



**LET'S GET MOVING
AND PARTICIPATE IN THE
4TH INTERNATIONAL
CHARITY RUN!**

#RUNFORUGANDA

SEPTEMBER 25 - OCTOBER 01, 2023

abaana
UGANDA E.V.



INFORMATION ABOUT THE INTERNATIONAL CHARITY RUN OF ABAANA UGANDA E. V.

WHEN? September 25 - October, 01 2023 - You have one week to either run once or collect miles with multiple runs throughout the week!

WHAT? Running, Walking, Biking - it doesn't matter! Participation is most important! Whether 5km, 10km or 42km is up to you!

WHERE? Worldwide - you can participate from everywhere!

WHAT IS IT ABOUT?

Every year, the non-profit organization Abaana Uganda e.V. organizes a decentralized charity run to support the Ugandan children's home "Purpose Uganda Babies Home". For one week, anyone worldwide can collect kilometers by running or cycling and have these kilometers sponsored. At the end, Abaana Uganda e.V. will issue a certificate for the participants. Of course, there will be a donation receipt for the money donated. The funds are used to finance the daily costs for rent, electricity, water and food. With other activities (such as this fundraising run), we try promoting the education of the children as best as possible, as well as ensuring their medical care.





HOW CAN I PARTICIPATE?

1. Find a few people to **sponsor** your run (friends and family are great for this).
2. Agree on **how much money** your sponsors want to donate for each kilometer you run (this can start at 1 €//\$ per km, but it can also be 10 €//\$ per km).
3. For your run or bike ride, use one of the many tracking apps (e.g. Runkeeper) to **record** your time and distance, or just do it oldschool and time yourself completing a route you know.
4. Take photos, a **screenshot** or a short video of your run and send them via **email** or directly to our Instagram account **@abaanauganda**.
5. Get your online-certificate: Please send us your full **name, email address, time, distance** and **place** of your run to info@abaana-uganda.com - you will receive an **online-certificate** from us.
6. Tell your sponsors about your **results**. They can either transfer the money to you (and you then collectively to us) or directly to our **account** or **PayPal** (info@abaana-uganda.com).





ABOUT THE ASSOCIATION IN GERMANY

Abaana Uganda e.V. is a small, non-profit association with members and volunteers all over Germany and Uganda with an annual donation of about 35.000 Euro. Since 2009, there is a cooperation with the organization "Purpose Uganda Babies Home" in Entebbe, Uganda. The work on site is supported financially together with an established circle of donors in Germany and supported idealistically through various activities, such as participation in fundraising runs, arranging internships, pen pal projects, educational sponsorships among others.

ABOUT THE ORGANIZATION IN UGANDA

Founded in 2009, the NGO (non-governmental organization) "Purpose Uganda Babies Home" is a children's home in Uganda that provides a refuge for neglected and orphaned children. Where possible, the children are reintegrated into their families by a social worker. At the same time, access to education is guaranteed with a school of their own, thereby investing in a self-determined future for the children. As a charitable project, Purpose Uganda Babies Home is solely dependent on donations, but these are reduced by income-generating measures, e.g. through agriculture or a guest house.

TRANSCONTINENTAL COOPERATION

A partnership of equals is the most important principle of the cooperation between the German association and the Ugandan organization. Decisions are therefore always made in Uganda. Mutual understanding, trust and friendship are the pillars on which this long lasting cooperation is based. Together they contribute to a fair and mutual exchange between the Global North and Global South by teaching intercultural skills and most importantly avoiding stereotyping. The common goal is to pave the way for a self-determined future for the children.


abaana

UGANDA E.V.

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