



# Move for the Planet

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A little move for you...  
A big movement for our environment!

Walking, running, cycling...  
Which sustainability project are you going to  
support?

- reforestation & flowering meadows
- swamp-renaturalization
- CO<sub>2</sub>-efficient stoves

1. April - 31. May  
2024





## We get moving for more sustainability!

**We get moving!** Get moving and doing something good at the same time? It's now possible with Move for the Planet! By taking part in our charity run your own health and the environment will benefit at the same time.

**Who can participate?** Everyone is called upon to get moving - without competition! The point is for as many people as possible to join in and set an example. Alone or together, as a team with the school class, your colleagues at work or an institution.

**How can I participate?** The distance and the type of exercise can be freely chosen. We recommend 500 metres swimming, 1 km wheelchair ride, 5 km jogging, 10 km walking or 20 km cy-

cling. At a freely chosen location within the Move-period from 1st of April to the 31st of May 2024.

**Where can I register?** Registration will open 1 April 2024 on our website [www.lions.de/move](http://www.lions.de/move).

**How much can I donate?** We recommend a donation of 10 € per adult, 5€ for children, youth, and Leos. Additional donations can be made during the registration process or at [stiftung.lions.de/donate](http://stiftung.lions.de/donate)! They will increase the project scope and are gladly accepted.

**What happens with my donation?** Participants decide for themselves which of the three Move environmental projects their donation will go to.

### About us:

Alongside our youth organisation LEODEUTSCHLAND, the approximately 52.000 members of Lions Germany are committed to social and community-oriented projects. We are part of one of the largest service organisations with around 1.4 million members worldwide. The Foundation of the German Lions bundles the charitable activities of the German Lions and is the organiser of Move for the Planet.



**Lions Deutschland**  
Stiftung der Deutschen Lions

Stiftung der Deutschen Lions  
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