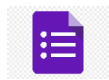


LA SOLIDAIRE DE BREST

HOW TO PARTICIPATE ?

1. REGISTRATION (for students and staffs)

<https://forms.gle/PrXaK7CdvHFUoLHi6>



Registration



2. ONCE REGISTERED :

You are registered ! thank you ! Now, here are the steps to follow :

1 - Find a way to **calculate the distance you've runned or walked** (Application like STRAVA, Apple watch and others connected watches, pedometer...)

2 - **Between** the **12** and **17 of April 2021**, put on your shoes and go running and walking within the limits allowed by your countries (if you are in lockdown for example) many kilometers as you want. **Your university might set up a meeting point and time, you'll be informed.** You can take a **picture** of a landscape or a selfie during your run. If you want, you can also say in the language of your country **"Solidarity with Brest"**. They will be used to make a final video of the places where you ran.

3 - Once your race finished, send the results and the pictures to this following address : seaeu.results@gmail.com

4 - See you on our social networks (**website** : "La Solidaire de Brest", on **Instagram** : "La Solidaire de Brest" and **also** "La Solidaire de Brest" on **Facebook**) to see the results, the **interactive world map** and the **videos** of your races !

You can also **join** our **Whatsapp group** :



As members of the SEA-EU community, you are sponsored by the alliance. That means you will bring back money to the two partner associations of "La Solidaire de Brest" for each kilometer you run, that's great ! These associations are Handi'chiens (association for the education of guide dogs) and APF (association for the paralyzed people in France).