



# 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  
in Schleswig-Holstein
- swamp-renaturalization  
in Brandenburg
- CO<sub>2</sub>-efficient stoves  
in West Bengal

1. April - 31. May  
2023





## We get moving for more sustainability!

**We get moving!** Moving and doing good at the same time? It's possible with Move for the Planet! Participating in the charity run benefits your own health and the environment at the same time.

**Who can participate?** Everyone is called to move - without competition! The point is that as many people as possible together set an example. Alone or together, as a team with the school class, the sports club or an institution.

**How can I participate?** The route and the type of movement can be freely chosen. We recommend swimming 500 metres, a 1 km wheelchair ride, jogging 5 km, walking 10 km or cycling 20 km. At a freely chosen location

### 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.

within the Move-period from 1st of April to the 31st of May 2023.

**Where can I register?** Registration will open at the 1st of April 2023 on our website [www.lions.de/move](http://www.lions.de/move).

**How much can I donate?** With the participation fee of a suggested donation of 10 €, reduced for children, youths and Leos to 5 €, everyone who takes part makes a donation. Additional donations can be made during the sign-up process or at [stiftung.lions.de/donate/](http://stiftung.lions.de/donate/)

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



**Lions Deutschland**  
Stiftung der Deutschen Lions

Stiftung der Deutschen Lions  
Bleichstraße 3, 65183 Wiesbaden



[move\\_for\\_the\\_planet](https://www.instagram.com/move_for_the_planet)



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