

E-Run for
Diversity



E-Run for Diversity

5th edition

23rd - 30th septembre 2024

<https://run4diversity.eu/events/e-run-for-diversity/>



Co-funded by
the European Union



Our mission

- During an entire week, the E-run for Diversity invites you to take part in a **connected challenge**. It can be completed either **individually (solo) or in pairs (duo), along with your company's co-workers**.
- It includes a connected run with **a points-based system, which will be added to your total points**. These depend on your performance and on what you score during quizzes or missions.
- The aim is to **collectively participate** in the event, whether you work in the same office or remotely.

OUR GOAL

Organise a dynamic and entertaining challenge, for everyone to participate in, sports aficionados and non-athletes alike

E-Run for
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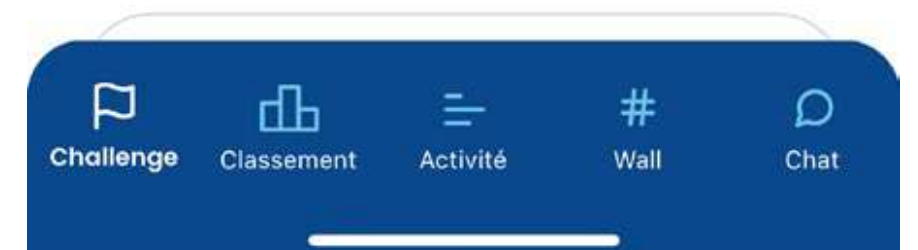
Challenge

La E-Course de la Diversité



Bonus

Aucun bonus pour le moment



The challenge

A CONNECTED CHALLENGE WITH A POINTS-BASED SYSTEM

The **total number of steps walked over the span of the week** (from 23rd to 30th Sept) will be converted to points, adding to the total points of both solo or duo runners.

Participants can either walk or run, wherever and whenever they like.

A TIMED RUN

At European level, challenges available in France, Latvia, Malta, Slovenia and elsewhere in Europe will be timed races over 3 or 6 km.

Like other challenges of the week, you will be given a **limited amount of time to complete the run. It is a great opportunity to show us and your colleagues what you are made of!**

The E-run for Diversity App will be available on Android and IOS's platforms early September. There are 3 languages available: French, English and Spanish.

Thanks to the chat option that is included in the app, you will be able to communicate with your teammates.

Precise guidelines detailing how to use the app will be sent to you via email a few days before the beginning of the challenge.

The challenge

There will be other types of challenges throughout the week:

MISSIONS

Every day, new missions will be available to spice up the week. Once completed, these missions will add bonus points to your total points (for solo and duo runners).

The duration of a mission can vary, and some missions might take place simultaneously.

For example: walk as many steps as you can between 12pm and 2pm.

The goal : create a sense of emulation, to share an experience and to push your limits!

QUIZZES

In a fun way, participants are presented every day with new **questions that might range from physical activity to diversity, or even inclusivity.**

RANKINGS

Countries- Companies- Branches- Solo/Duo

Registration

REGISTERING YOUR COMPANY TO ENTER THE RUN

To enter the E-Run, companies must get registered and choose a contact person

1. The contact person goes to the **FFSE's website**
2. They **download the registration file**, fill it in and sent it **back to the FFSE via email at ffse@ffse.fr**
3. Once the registration is approved by the FFSE, the contact person receives a **unique code for their company**. This code must remain undisclosed until the application opens to co-workers.
4. Then, **each co-worker gets registered** within the app thanks to the company code.

The app will be accessible to contact people early September, and to co-workers mid-September.

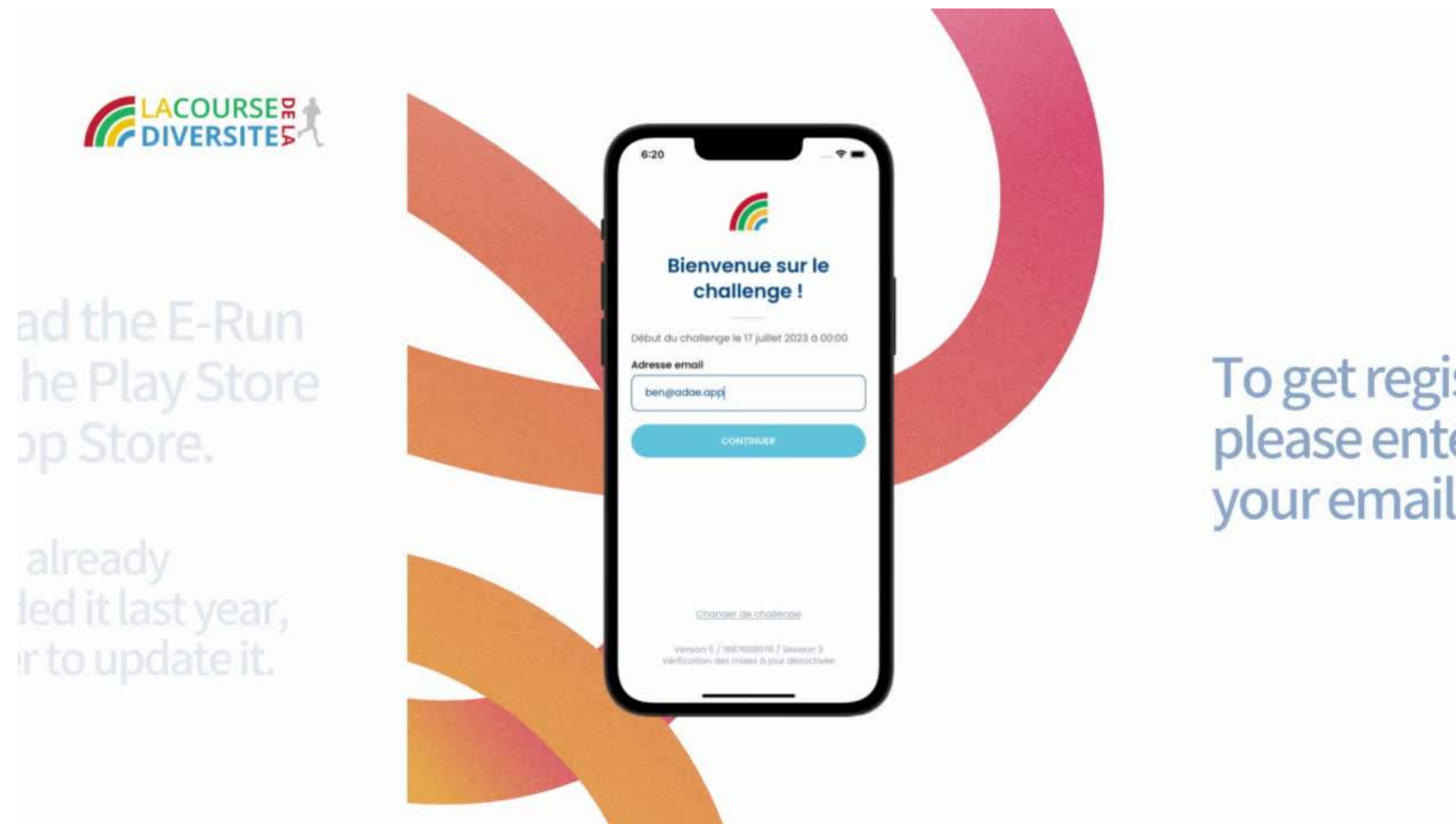
Should the contact person wish to test the app prior to these dates, please contact the FFSE via email at ffse@ffse.fr

**15€ per
person**

Registration

REGISTRATION OF CO-WORKERS

Each co-worker gets registered to enter the race within the app thanks to their company code.



To get registered,
please enter your email address.

**15 € per
person**

Run for Diversity Project



Erasmus+ programme

Co-founded by the European Commission, this project is made up of a consortium of different company sport stakeholders, including national company sport federations and European and national organisations with expertise in diversity and social inclusion.

Our purpose:

To guide the implementation of the concept at national and international level, while **promoting inclusion and diversity** in European companies.



<https://run4diversity.eu/>





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<https://ffse.fr/nos-actions/manifestations/e-run/>

