



## **What is the Lauf gegen Grenzen?**

The **Lauf gegen Grenzen** (= Run against Borders) is a sponsoring run that takes a stand for refugees, documented and undocumented migrants. It is organized by a group called "Verein gegen Grenzen" and the host organizations Freiplatzaktion Basel and Anlaufstelle für Sans-Papiers Basel. The run takes place every year in Basel and is open for everyone. The main goals are to raise awareness in the society for migration politics, to connect different people and organizations as well as to collect money for the two host organizations and other projects. We run for an open minded society, for solidarity, for civil society activism, for a world without racism and social exclusions and for a human migration policy.

## **To participate**

The participation of the run is open to everyone. You can support the run as runner as well as a sponsor. It is also possible to take part with your own booth or to attend the event just as a visitor.

## **To participate as a runner**

If you would like to run yourself, sign in on our website ([www.laufgegengrenzen.ch](http://www.laufgegengrenzen.ch)) or directly at the information desk on the event day. The sign-in is for free. Each runner gets a number to wear during the run and then: let's get started!

One run lasts 45 minutes. You run as many rounds as possible. One rounds measures about 300 meters. There is also a run just for kids. It last 20 minutes and one round measures only about 150 meters. There are people that count the number of the running rounds and the runners don't have to count themselves.

With each running round there is a collecting of money. To achieve this, it is necessary that each runner searches persons (= sponsors) that will support her\* run financially. Sponsors can e.g. be friends, colleagues, companies or relatives.

Of course, runners that don't have sponsors are also very welcome to attend and to run. At the end of the event there will be a reward for the fastest runner and the runner, that has collected the most money.

## **To participate as a sponsor**

Each runner asks people (= sponsors) to support her run and pays a certain amount of money for every running round. It doesn't matter how high this amount is. It is also possible to pay a lump sum no matter how many rounds the runner runs. Each runner hands over a list of names of the sponsors when signing in on the event day.

The running rounds will be counted and after the event it will be calculated how much the sponsors have to pay. The sponsors will get a letter with the bill some weeks after the run.

## **Submitting a project**

When all sponsors have paid, the money will be given to the two host organizations and further projects in the context of migration. On third of the collected money goes to Freiplatzaktion Basel and one third goes to Anlaufstelle für Sans-Papiers Basel. The last third is given to other smaller project. Everyone can submit a request for a project after the event.

## **Contact**

[info@laufgegengrenzen.ch](mailto:info@laufgegengrenzen.ch) (German, English, French, Italian, Spanish, Portuguese)

---

\* All genders are included, even using the female form.