

ACTIVITY IMPLEMENTATION SCHEDULE Run – Donate – protect | *Run and give a "green" breath of life to our planet!*

| | FOREST ENVIRONMENT | RECYCLING MATERIAL | TRANSPORTATION |
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| <p>1st PHASE PREPARING THE EVENT</p> | <p>1st- 2nd Week 7 – 20 November 2022</p> <ul style="list-style-type: none"> • A Green News letter to be sent out to registered runners of all road races during the 1st & 2nd week regarding the Environmental program "Run - Donate - Protect" and the actions of the Organization for the 1st Action Pillar on 'Forest Environment'. • Publications in Mass MEDIA – Social Media • Sending informative scientific material and information sources to participants about the Athassa Forest Park and its flora and fauna. The forest park and its significance as a "lung" for the capital will also be highlighted during the Marathon race itself. • The Green News letter will also be sent to the Organisations that participate and support the event based on the message of the Event which is "Run and give a green breath of life to our planet", to attract more runners, boosting the overall social contribution. • Sending the Green News letter and an invitation to participate in the "Run - Donate - Protect" environmental program to Volunteer Organisations and Cultural clubs, calling them to help out with the volunteer program of the Quantum Nicosia Marathon, which from the year 2022 is on a "Green Mission". | <p>3rd – 4th Week 21 November 2022 - 4 December 2022</p> <ul style="list-style-type: none"> • Sending out the Green News letter to the registered runners of all the road races during the 3rd & 4th week, regarding the "Run - Donate - Protect" program and the actions of the Organization for the 2nd Pillar of action which is Material Recycling. • Publications in Mass MEDIA – Social Media • Sending informative material and information sources to the participants regarding the recycling of the plastic water bottles that will be distributed at the Water Supply Stations of the Marathon route and the other races. • Reducing the use of plastic by choosing a smaller bottle of bottled water for a smaller environmental footprint of plastic in Cyprus. • Reducing the amount of water used and minimizing water waste by choosing a smaller water package. • The recycling of shoes which are to be collected in special bins during the operation of the Registration Centre at the Nicosia Municipal Theater. • The use of environmentally friendly recyclable materials (runners' bags) in their delivery to the Registration Center. • Sending out the Green News letter to the Organizations that participate and support the based on the message of the Event "Run and give a green breath of life to our planet", for the Recycling actions to attract more runners who will boost the overall social contribution. • Sending out the Green News letter and an invitation to participate in the Environmental program "Run - Donate - Protect" to Voluntary Organizations and Cultural clubs, helping out with | <p>5th Week 5 - 11 December 2022</p> <ul style="list-style-type: none"> • Sending out the Green News letter to registered runners of all road races during the 5th week regarding the "Run – Donate - Protect" Environmental program and the actions of the Organisation for the third action pillar "Transportation". • Publications in Mass MEDIA – Social Media • Sending informative material and information sources to participants with suggestions to limit travel by car to reduce CO2 emissions, encouraging the use of environmentally friendlier means throughout the week of the organisation's events. • Minimising travel by car and opting for Public Transportation means or electric vehicles to get to the Registration Center to pick up Bib numbers, contributing to the reduction of CO2 emissions in the area of Nicosia and Cyprus in general. • Minimising travel by car and opting for Mass Transportation means or electric vehicles to access the start/finish area on the day of the event, contributing to the reduction of CO2 emissions in the area of Nicosia and Cyprus in general. • Sending out a Green News letter update to Organisations that participate and support the event as well as to the Volunteereer Organisations and Cultural associations, based on the message of the Organization "Run and give a green breath of life to our planet", regarding the actions to reduce car travel and opting for environmentally friendlier means of transportation throughout the week of the parallel actions but also on the day of the event, in order for us all to contribute to the reduction of CO2 emissions in the area of Nicosia |

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| | | | | <p>the volunteer program of the Quantum Nicosia Marathon, which from the year 2022 is on a "Green Mission".</p> | | <p>and Cyprus in general. Designating a car-free day on the day of the Event or one day in the week before, for access to the venues of the actions by opting for Public Transportation means or electric vehicles, contributing to the reduction of CO2 emissions in the area of Nicosia and Cyprus in general.</p> |
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Chrysa Apostoloumi, MSc, PhD
Information Communication & New Technologies
in Environmental Education
D.U.TH., Greece