



Move with **CENTRAL**

Connecting miles, Embracing cities, virtual route



What is the event about?

- part of **Erasmus days** (1st - 10th October)
- 10 days long **training** challenge
- **Online** and **offline** event

- **University** teams
- **Prize** for the best runners, walkers and cyclist
- **Stay with your university but move with us online**

What do I need to do?

1) Download Strava app and sign in

2) Join running or walking group on Strava



RUN



WALK



BIKE

Don't have clever watch or you can't download Strava?

- don't worry, you can simply let us know about your activity.

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Programme

- **Training challenge 1.10. - 10.10,**
Get ready and count kilometres for your university team.
- **10.10. Sport Unites**
Help us to run and walk via Strava or at the Faculty of Physical education and Sport Charles University.

Universities

University of Warsaw
Warsaw

Eötvös Loránd University
Budapest

Humboldt University
Berlin

University of Vienna
Vienna

Charles University
Prague

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