

**RUN4UNITY May 3, 2015**

**How to participate in the 'Edition 2015**? By submitting the name of the city, the schedule and the venue of the event with a brief description of what you plan to do, email to: [centro.rpu@focolare.org](mailto:centro.rpu@focolare.org)

It is important to give us also the name and email of the contact person.

**> MY TOWN PARTICIPATE**

From now on in www.run4unity.net you can share pictures of the preparations and then the Event itself, this will make visible the cities and groups participating in Run4Unity.

**How?** To keep us connected we chose to use the hashtag (#).

For those who are not familiar with this method, we explain how it works:

1. Put your photos on any social network (Facebook, Twitter, Flickr, Instagram, Youtube, Google+ etc.). Remember that to public the photos, you have to put the privacy as "global / public" instead of "just friends";

2. Write **# run4unity** in the comment to the photo;

3. Write the name of your city (eg **#rome #sydney #chicago**);

4. Everything will appear later in the page:

<http://www.run4unity.net/2015/hashtag-run4unity/>

**> WE LIVE THE GOLDEN RULE**

**A race between all**. Let's see which of the participating cities will have achieved more **hashtag for peace**. We share right now, but also after the May 3**, the experiences about the Golden Rule to spread this way of life that builds peace.**

**The method of posting is the same:**

1. Write the moments of life lived in the Golden Rule on any social network (Facebook, Twitter, Flickr, Instagram, Youtube, Google+ etc.). Remember that making public the photos, you have to put the privacy was "global / public" instead of "just friends";

2. Write **#run4unity#(name of your city)** in the comment of the photo;

3. Dedicate this experience to a country at war, adding a hashtag with the name of that country, for example: **# 4siria** or **#4nigeria**. So that together with the “Time out”, we can give them our support and make them feel less alone.

4. The various experiences will appear on the website: [www.run4unity.net](http://www.run4unity.net)

**Useful material** can be found on [www.run4unity.net](http://www.run4unity.net)

• the text for the Time Out;

• experiences on the Golden Rule;

• the experiences of young people living in countries at war. We remind you that in the Link-Up of February, there are some news from countries at war that can be used.

**The Center of the Teens for Unity**