1-9 May 2021

International Women's Virtual Race

RUN WITH US!

From the 1st to the 9th of may, let’s run together to promote equal opportunity for women

We seek your participation!

Collaborate and participate in the

Women’s Solidarity Race!

Let's add the kilometres TOGETHER!

- Due to the Covid-19 pandemic, each participant will walk/run a 5km route between the 1st and 9th of May, which will be registered in the mobile application.
- A ranking of the times will be made and a small gift will be given to the winners.
- The registration fee is 5€ p/p and the proceeds will go in equal parts to the Spanish Association Against Cancer (AECC) and the "AWASUKA - *Smokeless kitchens*" program.

Where?

The virtual solidarity race will take place in more than **135 cities**, distributed in **35 countries**.

About us

The virtual solidarity race has been organised thanks to the collaboration of various NGOs and organisations such as

El Camí
de la Solidaritat

Awasuka
Program 2021
आवासुका

180Degrees
CONSULTING

aecc
Contra el Cáncer

El Camí de la Solidaritat

El Cami de la Solidaritat is a **NGO with 7 years of experience**, who's aim is to **transform vulnerable societies** through **inclusion**.

Founded in **2013**

Cambrils, Tarragona

The organization defends **human rights**, promotes **ethical values** based on **respect and dignity** of people, enhances **cultural diversity** and aims to generate **social awareness** and **emancipation** of vulnerable groups.

OUR TEAM

A **multidisciplinary team of 25 individuals**, combining both **young business leaders** and **industry experts**

OUR PARTNERS

CCD Center for cooperation and development
UPC Polytechnical University of Catalonia, Barcelona

HEC Paris
School of Management, Paris

OUR GOALS

TO SUPPORT COMMUNITIES
by making them protagonists of their own development

TO RAISE PUBLIC AWARENESS
of the economic, legal and social disparities of our society

TO INVOLVE THE WHOLE COMMUNITY
in the decision-making process

Our work is based, above all, on **LISTENING**.

It's a **journey** that starts with **local communities** and their real **needs**.

Awasuka Program

SMOKELESS KITCHENS - PROJECT 2021

During the Covid-19 pandemic, the home has become the only safe place where humans can take refuge. After many years of experience in rural Nepal, AWASUKA has discovered that within this safe refuge, there exists a serious problem: smoke from underdeveloped kitchens.

THE PROBLEMS

HEALTH
Household Air Pollution causes non-communicable **diseases,** including stroke, ischemic heart disease and lung cancer

LIVING CONDITIONS
Lack of health standards in rural houses of Nepal, especially in **kitchens**, where **firewood** is still used **for cooking**, resulting in the **inhalation of many pollutants**

GENDER INEQUALITY
Women and children are exposed to **3/7 hours daily of indoor house pollution** due to cooking, which **restricts** them from using this time towards **improving their economic conditions**

ENVIRONMENT
Many households are **still using** traditional sources of fuel, predominantly **firewood,** which is **one of the most polluting fuels for the environment**

THE CONSEQUENCES

24.000 **people die every year**

due to illnesses attributable to household air pollution from inefficient cooking practices

226.000 **people get respiratory illnesses**

due to household air pollution (HAP).

The diseases include stroke, ischemic heart disease, chronic obstructive pulmonary disease (COPD) and lung cancer

Women and Children
Are the most affected ones

Exposure to household air pollution increases the risk for **childhood pneumonia** (45% of all pneumonia deaths in children)

References: WHO House Air Pollution (HAP) factsheet. (2018) Global Health Observatory data repository (2016) Air pollution and child health - World Health Organization (2018)

Awasuka Program

SMOKELESS KITCHENS - PROJECT 2021

During 2019 **AWASUKA and Practical Action** collaborated to install **333** chimneys in the **Makawanpur** District in Nepal.
The **social impact** of installing one of these chimneys means:

HEALTH

50% decrease in the risk of developing health problems

161€ saved in health treatment costs & subsidized medicines per year, per household

100 deaths from respiratory illnesses prevented after the installation of 500 smokeless kitchens

ENVIRONMENT

564kg of CO2 emissions reduced annually, per kitchen

60m² of forest wood saved per year, from each smokeless kitchen

SOCIAL

7 Nepalese locals employed through the program

4.8 people impacted per smokeless kitchen installed

2h gained per day from reduction in cooking time with a smokeless kitchen

245h saved in firewood harvesting time per household each year

180 Degrees Consulting

"180 Degrees Consulting" **is the world's largest consultancy for non-profits & social enterprises.** It provides high quality **consulting services** to **social impact organizations** so they can improve and expand their services.

Operating in	Successfully Completed	Working from	Having more than
35+ countries	**5200+ consulting projects**	**150+ branches**	**10.000 professionally trained volunteer consultants**

**"Why are we called 180 Degrees? It's because we work to turn good organizations into great organizations, challenges into opportunities, ideas into reality.
We're focused on positive transformation.
Transforming organizations, and – in turn – transforming lives."**

– Nat Ware (Founder & CEO)

Asociación Española Contra el Cáncer (AECC)

"AECC" is **a non-profit organisation** which consists of **patients, family members, volunteers, collaborators and professionals.** The association operates throughout **Spain** with the **aim** of leading Spanish society's efforts to reduce the impact of cancer and improving people's lives.

How?

- Health Education
- Support and accompaniment
- Encouraging research

Reducing cancers impact on society can only be achieved with a **comprehensive approach**, that is why the "**AECC**" cares for everyone's health and stands by those affected while promoting quality research .

Our aims and objectives

- To reclaim **women's fight** for equality, peace, justice, full respect for human rights, security and sustainable development, as well as women's equality, participation and **empowerment** in all spheres of society.

- Raise funds for the "***Smokeless kitchens***" project, which has a strong **impact** in the fight to improve the living conditions of women in **Nepal**:

  - The installation of smokeless kitchens reduces **the exposure time of women and children**, who spend more time in the kitchen and indoors, to **indoor pollution** caused by **wood combustion and smoke accumulation**.

  - In addition, it reduces **time spent cooking,** therefore allowing the Nepalese, mostly women, to dedicate their time to other important daily activities.

- Fight and prevent the **development of serious diseases** such as **cancer.**

Event communication campaign

135 Universities around the world

Radio national coverage

National, regional and local **television**

Sports magazines national coverage

National and local **newspaper**

RRSS (Facebook, Twitter, Instagram, LinkedIn)

Famous people (Women runners & Women activists)

E-mail

Website

Donation impact

Every year millions of women around the world die from cancer.

In **Nepal**, toxic smoke from traditional kitchens represents an **additional risk** to women and makes the situation even worse.

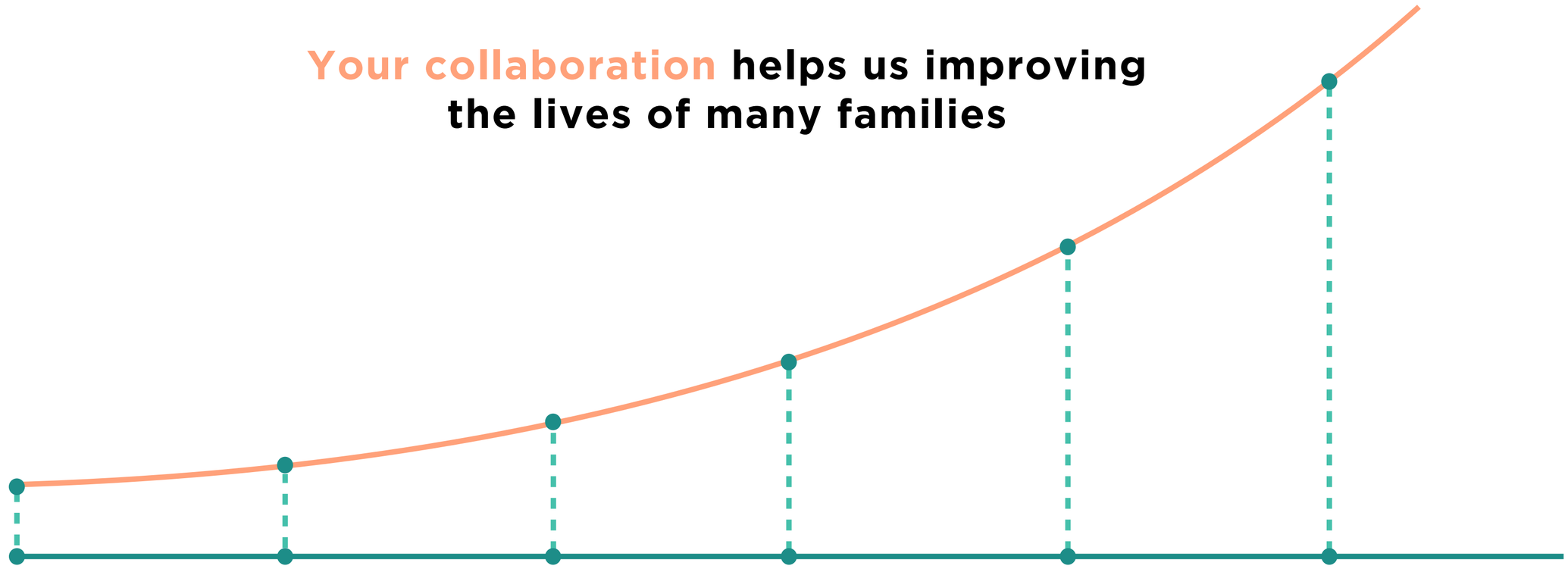
SMOKELESS KITCHENS - PROJECT 2021

Our Goal: **Collaborate with the AWASUKA program** to change the lives of **2400 people** by installing **500 smokeless kitchens more** with the possibility to expand the project in more areas around Nepal.

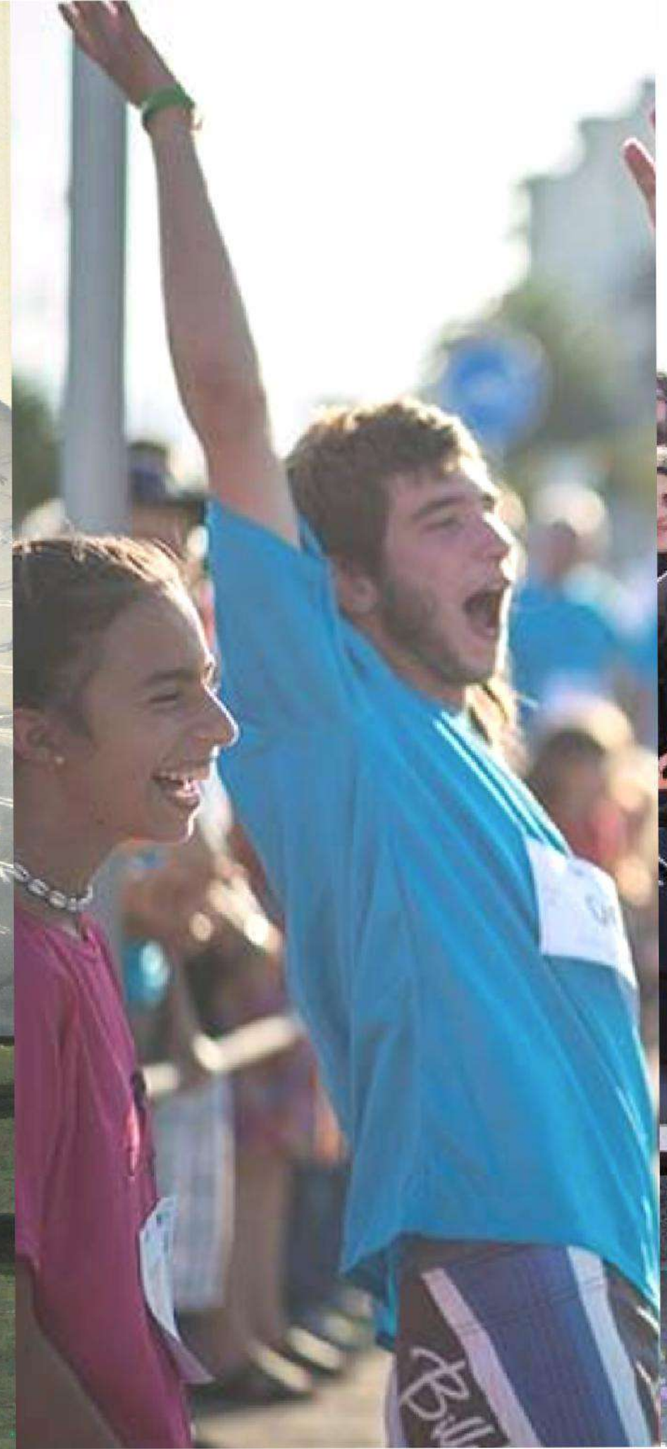
To install 500 smokeless kitchens

Donation impact

Your collaboration helps us improving the lives of many families



100 €	1000 €	3000 €	6000 €	10.000 €	15.000 €
1 Kitchen = 4.8 people impacted	**10** Kitchens = 48 people impacted	**30** Kitchens = 144 people impacted	**60** Kitchens = 288 people impacted	**100** Kitchens = 480 people impacted	**150** Kitchens = 720 people impacted



elcamidelasolidaritat.org

@elcamidelasolidaritat

@elcamidelasolidaritat

info@elcamidelasolidaritat.org

+34 676 485 737