

To Parents/Sponsors

Our school will be organizing the FORUT Skoleløpet on _____ day, the ____/____.

What is the FORUT Skoleløpet?

It is an initiative where students learn about global topics such as the UN Sustainable Development Goals, children's rights, and international development work. This year, the focus is on how parents' work and income are important for children's safety, well-being, and future opportunities.

After the educational sessions, students participate in a run to raise money for FORUT's work to safeguarding children. For example, the funds help more mothers in Sri Lanka receive support and training to start their own businesses, providing an important source of income for their families. Students get to learn and be active while helping improve the lives of children in other countries.

How are we doing it?

We have created a course that students can complete at their own pace within _____ minutes. Beforehand, students find sponsors who donate either a chosen amount per lap or a fixed sum.

We emphasize collective effort and shared results. Even small contributions per sponsor on the student's sponsor card can lead to a significant total donation from the school. The sponsor card is part of the student booklet.

Please help your child follow up so that sponsors pay the agreed amount by the deadline, which is _____ day, the ____/____.

How to contribute

SPLEIS provides an electronic payment solution for FORUT Skoleløpet. Here's how to donate:

1. Go to www.spleis.no/ _____ (the school's assigned Spleis number).
2. Enter the amount from the student's sponsor card. Pay via Vipps or card.
3. Once the payment is completed, you will receive a confirmation by email.

Everyone can see how much the school has raised and follow the progress on this page.

Thank you very much for supporting the school's commitment to fighting poverty and injustice.

Kind regards

FORUT is a Norwegian NGO working to make the world safer for children. The funds raised from Skoleløpet go to children and youth in FORUT's project countries in Asia and Africa. FORUT works with children's rights, gender equality, mental health and alcohol and harmful drug use. FORUT is a member of Charity Monitoring Norway (Innsamlingskontrollen). Learn more: forut.no

