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# SPORT UNITES

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## SPRING 2025

### Record-Breaking “Motion Gives me Warmth and Joy” Event

The athletic stadium of the Faculty of Physical Education and Sport, Charles University, came alive with participants of all ages during the seventh edition of the charity run Movement Warms Us. This year's event was part of the nationwide **Run and Help** campaign organized by **Konto Bariéry**.

The event was officially launched by Dean of the Faculty Miroslav Petr, Charles University Vice-Rector Markéta Martínková, COO of the Charter 77 Foundation Gabriela Švagrová, Cesta za snem founder Heřman Volf, and Olympic champion **Kateřina Neumannová**. The aim was not only to get people moving but, more importantly, to support a meaningful cause: through entry fees and voluntary contributions, the event helped fund **sports prostheses for three young athletes** — Kuba, Elen, and Pěťa.

"It warms me to see how many people are willing to combine sport with helping others. Movement has the power to connect, inspire, and transform lives — not only those of the runners, but also of those we run for," said Dean Miroslav Petr.

Among the participants were students of the faculty who had represented the Czech Republic at the Winter Universiade in Turin, including members of the gold-medal-winning women's ice hockey team — **Natálie Brichová** and **Lucie Eignerová** — along with **David Jindra** (ice hockey), **Marek Müller** (alpine skiing), **Michal Strejc** (ski mountaineering), and **Radek Fajkus** (speed skating). Also present was **Tereza Jakschová**, a member of the Czech Paralympic athletics team. Their presence offered inspiration and energy to everyone involved.

This year, participants symbolically “ran to Stockholm” — a city 1,273 kilometers from Prague and the founding location of the Charter 77 Foundation in 1978. Thanks to the engagement of more than 350 participants, the group impressively covered **2,060 kilometers**, setting a new record in the event's history.

Adding to the lively atmosphere were **Anička and Roman**, both students of adapted physical activity, who performed live music during the event. In addition to running and walking on the track, visitors could try out **rehabilitation training simulators** operated by the Cesta za snem initiative.

The event also featured the **Sport Connects** student project, initiated under **Youth Connect for Ukraine** and supported by the **British Council**. In the 20 days leading up to the event, 104 participants used the **Strava app** to log a total of **4,214 kilometers** — far surpassing the symbolic route from London through Prague to Kyiv. Each kilometer was matched with a **10 CZK donation to People in Need** in support of Ukraine.

As part of the Horizon Europe **SUPPORTER** project, our faculty also promoted the importance of **gender equality in sports**. At our booth, we presented current faculty initiatives and gathered input for our tailored **Gender Equality Plan**. Visitors explored interactive Mentimeter activities and contributed ideas on a shared flipchart. Everyone was warmly invited to attend the final conference Advancing Gender+ Equality in Widening Higher Education Institutions, scheduled for **June 4–5, 2025**.

A heartfelt thank you goes to all our partners — the **Czech Paralympic Committee**, **Cesta za snem**, **DECATHLON**, **KPMG**, and **MATTONI** — whose support made this large-scale event possible.

Once again, Movement Warms Us demonstrated the power of sport to unite people across generations and borders. True to the motto of the Faculty of Physical Education and Sport, “**We Change the World Through Movement**”, hundreds came together for a great cause — proving that even the smallest step can make a big difference.

## AUTUMN 2024

### 6th Edition – “Sport Unites” Charity Event

The goal of the sixth edition of the event was to collectively cover a distance of 2,000 kilometers while raising awareness and supporting the Cesta za snem (Journey for a Dream) project. This initiative creates opportunities for people with disabilities to engage in sports activities, while offering a helping hand to anyone eager to lead an active lifestyle. The track thus became a place where individuals with and without disabilities came together.

At the registration tent, anyone interested could borrow a chip and run, walk, or wheel any distance of their choice on the athletics track. Within four hours, over 200 participants managed to collectively complete 1,470 kilometers. Among them were students, staff, and alumni from our faculty and other faculties of Charles University, as well as families with children and senior citizens. Two participants surpassed 30 kilometers, and 14 others exceeded 20 kilometers.

Also joining the event were students from the Faculty of Physical Education and Sport who will represent the Czech Republic at the upcoming Paris 2024 Olympic Games — Zosia Burská, Amálie Švábíková, Anna Šantrůčková, Michaela Hrubá, and Eduard Kubelík. Short opening remarks were delivered at the starting line by Vice-Rector of Charles

University Markéta Martínková, our Dean Miroslav Petr, Vice-Dean Lenka Henebergová, and Cesta za snem Director Heřman Volf.

The full program, running from 2:00 PM to 6:00 PM, featured a demonstration of the recreational sport Youfo, a children's station organized by Kroužky, and adaptive sports simulators for individuals with mobility limitations. Students from the faculty also organized a second-hand sports gear and clothing market titled "Put Me Back in the Game", with proceeds donated to the mental health nonprofit Nevypust' duši.

Participants could also learn more about the international project SUPPORTER, in which our faculty is actively involved. The event was hosted and moderated by Vice-Dean Aleš Vlk and students Matouš Adamec and Julie Králová.

#### **SPRING 2024**

##### **Tuesday, April 9 – "Sport Unites" Charity Run, 5th Edition**

On Tuesday, April 9, the fifth edition of the charity event "Movement Warms Us" took place on the athletics track of the Faculty of Physical Education and Sport, Charles University. This year, the event emphasized solidarity and mutual support among students and faculties following the tragic events at the end of the previous year. Organized by students for students, the event symbolically covered a total distance of 1,929 kilometers.

This distance represents both the year in which the Faculty of Arts was relocated to Jan Palach Square, and the number of kilometers separating Prague from Athens—the cradle of philosophy.

The event was officially launched by London 2012 Olympic modern pentathlon champion David Svoboda, Heřman Volf (Chairman of Cesta za snem), Vice-Deans of the Faculty Lenka Henebergová and Aleš Vlk, and Jan Hušbauer, managing director of V&M Agency.

Participants set off together from Prague to Athens shortly after 2 PM, and by just after 5:30 PM, the total symbolic distance had been reached, with runners crossing the finish arch together.

In addition to longstanding partners DECATHLON, KPMG, and MATTONI, the V&M Agency joined the event this year, pledging to donate 14 CZK for every kilometer completed. Thanks to this initiative, a total of 27,006 CZK was donated to the non-profit organization Peerko. Additional funds were raised through voluntary contributions collected during on-site registration.

Throughout the event, participants not only engaged in running and walking but also enjoyed a rich accompanying program. More than 329 runners took part, alongside many others who came to support a meaningful cause.

#### **AUTUMN 2023**

On Tuesday, October 10, 2023, the fourth edition of the event took place. This time, through running and walking, we supported the Olympic spirit and symbolically ran to Paris, where the Games of the XXXIII Olympiad will be held in 2024. The route from Prague's Veleslavín to the headquarters of the French National Olympic Committee on Avenue Pierre de Coubertin in Paris measured 1,200 km.

A total of 222 participants and 22 four-member teams took part in the event, honoring the Olympic values. Altogether, they managed to cover a combined distance of 1,736 km, surpassing the organizers' original expectations. Five participants ran more than 30 kilometers and 17 exceeded 20 kilometers.

The event gained further significance thanks to the active participation of members of the French Embassy and the French Institute in Prague. Among the runners were not only students of the faculty but also its staff, representatives of other Charles University faculties, and members of the general public.

We would like to thank our partners — DECATHLON, MATTONI, and KPMG — for their support and for ensuring the smooth running of the event.

The "Motion gives me Warmth and Joy" charity run is traditionally organized twice a year (in spring and autumn) at the Faculty of Physical Education and Sport, Charles University.

The event was created to promote physical activity, sports, and the integration of diverse groups into mainstream society. Through movement — whether running or walking — we express support for various causes, initiatives, or individuals in need of help.



