



FLYKTNINGHJELPEN
NORWEGIAN REFUGEE COUNCIL

NRK TV-aksjonen

JOIN A SCHOOL RACE FOR THE NRK TELETHON AND THE NORWEGIAN REFUGEE COUNCIL (NRC)

On Friday the 16th of October we will be arranging a school race for the entire school!

Every two seconds, a person is forced to flee because of war and conflict. This year's NRK telethon is on 18 October and will support The Norwegian Refugee Council (NRC), which works to provide displaced people with a safe home and hope for the future.

We want to give our pupils an opportunity to help others, and we hope that this will motivate our pupils before, during and after the race! The school will arrange other activities for children who are unable to run or walk for various reasons. The goal is to ensure that all pupils are included in the activity.

Before the school race:

Each pupil will be given a form (enclosed) to write down the names of their supporters and the amounts they want to donate. Supporters, such as parents, grandparents, aunts, uncles and neighbours, can choose which amount to pay for each lap the pupil runs.

Note that you do not need to return the form and neither the supporters nor the pupils will be identified in connection with payments.

During the school race:

The pupil walks/runs laps around the school grounds as many times as they can within a set time limit.

After the school race:

At the end of the race, pupils can let their supporters know how many laps they completed. Payments can be made via the school's Spleis, where payments are anonymous and cash-free. You can also see how much the school has raised in total on the same page.

Enter the details of the school's Spleis here: spleis.no/manglerudskole



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I am participating to raise money for the NRK telethon and the Norwegian Refugee Council (NRC)

Name of pupil: _____

Enter the names of your supporters.

Good luck!

My supporters (names)

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

The number of laps I ran:

Your supporters can visit the following website to make a donation:

spleis.no/manglerudskole