

KIT THE PLOGGING CHALLENGE



MORE KM, LESS WASTE...MOVE USEFULLY FOR YOUR PLANET

Don't know what plogging is? Straight from our Swedish friends, plogging is the short form of the word "pick up" in Swedish (plocka upp) and "jogging". The aim is to run (or walk) while picking up litter!

THE AIM IS TO TRAVEL AS MANY KILOMETRES AS POSSIBLE AROUND THE MEDITERRANEAN AND COLLECT AS MUCH LITTER AS POSSIBLE! 1000 KM / 2000 KM ? 2 TONS / 5 TONS ?

Are you up for the challenge? Find out how to organise a plogging event at home:

1

FIND A PLACE NEAR YOUR HOME THAT YOU WANT TO CLEAN (A PARK, A BEACH, A FOREST, A PLACE IN YOUR NEIGHBOURHOOD...). PLAN A CLEAR ROUTE AND CHECK THE SAFETY OF THE AREA

2

IF YOU ARE NUMEROUS (MORE THAN 20), INFORM YOUR TOWN HALL AND ASK THEM IF THE TECHNICAL SERVICES CANNOT COME AND COLLECT THE COLLECTED WASTE.

3

**REGISTER AS AN ORGANISER ON THIS LINK:
[HTTPS://BIT.LY/3uoH547](https://bit.ly/3uoH547)**

YOU WILL BE REGISTERED ON OCEAN INITIATIVES, WHICH WILL ALLOW YOU, IF YOU REGISTER IN ADVANCE, TO RECEIVE GLOVES AND BAGS FOR THE PICK-UP.

AJCM

**INITIATIVES
OCEANES**

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4

ASK YOUR COMMUNITY TO PARTICIPATE BUT RESPECT THE SAFETY DISTANCES AND DO NOT CAUSE MASS GATHERINGS, I.E. ORGANISE IN SMALL GROUPS. THE MORE PEOPLE YOU HAVE PRESENT THIS WEEK, THE MORE WASTE YOU WILL COLLECT!

5

ON THE DAY OF THE EVENT, WEAR APPROPRIATE CLOTHING, GLOVES AND GARBAGE

WHAT CAN YOU DO TO MAKE YOUR ACTION VISIBLE AND PARTICIPATE IN THE CHALLENGES?

6

IF YOU ARE A COORDINATOR, AT THE END OF EACH RUN OR WALK, FILL IN THE ONLINE FORM ON THE WWW.AJCMED.ORG PAGE UNDER THE HEADING PLOGGING CHALLENGE 2021 WITH THE NUMBER OF KILOMETRES COVERED BY THE MEMBERS OF YOUR GROUP AND AN ESTIMATE OF THE WEIGHT OF WASTE COLLECTED

7

IF YOU ARE A PARTICIPANT, YOU CAN INFORM YOUR COORDINATOR OF THE KILOMETRES TRAVELLED OR FILL IN THE FORM DIRECTLY

8

SEND US A PICTURE OF THE STRANGEST, WEIRDEST OR MOST UNEXPECTED PIECE OF TRASH YOU HAVE FOUND ON YOUR WAY! WITH YOUR NAME, COUNTRY AND CITY BY MAIL TO PLOGGINGAJCM@GMAIL.COM

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TO ILLUSTRATE YOUR CHALLENGE, THINK OF MAKING VIDEOS AND SHARING THEM ON SOCIAL NETWORKS WITH THE HASHTAG #PLOGGINGAJCM