



Join us for a  
**connected day of solidarity**

**ON PENTACOST | MONDAY, MAY 24, 2021**

**Make your heart beat,  
alone or in a small group, to  
support the volunteers and  
projects of SFE (Serve –  
Follow - Empower) in Laos!**

An event proposed by SFE



More info at: <https://www.sfe-laos.org/news/a-heart-for-laos-2021/>



## HOW TO PARTICIPATE ?

Alone or in small groups (due to the COVID crisis), you are invited to «make your heart beat» and to move : walk, run outside or inside, ride your bike or your horse... and to collect funds from your friends and family, based on how much you achieve! Creativity, sweat, communication and generosity are the key words! Prizes will be awarded to the most innovative initiatives, carried out in compliance with the social distancing conditions of the day!

## WHY ?

SFE is a French NGO that has been in Laos for over 20 years, working to improve the living conditions of the country's poorest and most vulnerable people. « A Heart for Laos 2021 » specifically aims to raise funds for 2 projects in Attapeu : a project supporting people with disabilities and a project improving the capacities of the nursing school, as well as helping the French expatriates in charge of the projects.

## HOW TO MOVE :

- Create your own sports program (you choose the activity, circuit, with whom, ...)
- Predict your performance in number of km (or miles) and an amount of money per km (or mile)
- Share your challenge with family, friends and your community to find sponsors
- Surpass your goal on May 24, 2021
- Join us on the Facebook page « *un cœur pour le Laos* »

## HOW TO DONATE

(fixed donation or donation according to your performance in your chosen activity)

- Make your donation online :
    - in the US, see information <https://www.sfe-laos.org/giving/> (for US citizen, your donations are eligible for a tax receipt according to current legislation)
    - in Europe, via Hello Asso SFE or via bank transfer to SFE specifying « A Heart for Laos 2021 »
- SFE : IBAN FR76 1250 6200 0456 5113 6920 278  
(for French citizen, your donations are eligible for a tax receipt according to current legislation)



## INFORMATION AND REGISTRATION :

(For practical information on the organization, communication support, search for supporters, ...) :  
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