

SUSTAINABLE DEVELOPMENT GOALS

17 GOALS TO TRANSFORM OUR WORLD

The passion for sustainable development has guided the choices of 5.30, a project created with the aim of promoting people's well-being, through movement, food, culture, art and experience, in the places where they live and work .

In this document we reveal what it means for us, organizing these events, communicating with you, relating to our local partners and sponsors, aligning ourselves with the 17 Sustainable Development Goals of the 2030 Agenda.

<https://en.unesco.org/sustainabledevelopmentgoals>



Zero poverty. *End all forms of poverty in the world.*

5.30 choose running because it's the most democratic sport: physically and economically, running it's the easiest to approach. Sport is a great opportunity for everyone - especially young people - to increase social justice, resilience and reduce vulnerability. In the 5.30 events online registration, we invite participants to donate to those less fortunate.



Zero hunger. *Ending hunger, achieve food security, improve nutrition and promote sustainable agriculture.*

For the refreshment we buy fresh seasonal fruit of the highest quality to promote healthy eating and agriculture. Cherries portion - 150 gr - is perfect for filling and avoiding unnecessary waste. The leftover cherries are donated to Charity in every 5.30 cities.



Health and wellbeing. *Ensuring health for all and for all ages.*

5.30 is a great communication project, designed to promote the health of people of all ages through a combination of 'physical activity and healthy food': a 5 km walk with fruit refreshments. With this project we invite people to adopt healthy lifestyle habits to cultivate wellbeing and prevent chronic diseases.



Quality education. *A quality, equitable and inclusive education is a learning opportunity for all.*

Each 5.30 article, post or video, based on scientific evidence, uses plain language to increase the fundamental skills of each participant. All the documents are published online, available to everyone. Quality, continuity, inclusion and fairness are the basis of our way of doing things.



Uguaglianze di genere. *Raggiungere l'uguaglianza di genere ed emancipare tutte le donne.*

5.30 promuove la piena uguaglianza di genere, siamo riusciti a coinvolgere pienamente le donne e le giovani adolescenti delle scuole. Nel 2009, le donne partecipanti alla 5.30 erano il 21%, nel 2018 abbiamo raggiunto il 57%! Un miscela perfetta di energia maschile e femminile contraddistingue i nostri eventi e tutte le nostre attività.



Clean water and hygiene. *Ensure availability and sustainable management of water and sanitation facilities for all.*

In all cities*, we pour water into glasses to avoid waste and reduce the environmental impact of plastic bottles.

* In one city we use Council public water.



Clean and accessible energy. *Ensuring access to affordable, reliable, sustainable and modern energy systems for all.*

5.30 events aim at zero impact therefore we have chosen not to use electricity: no inflatables and no music... only the magic dawn lights and the participants power.



Good employment and economic growth. *Encourage lasting, inclusive and sustainable economic growth, full and productive employment, decent work for all.*

All the people involved in 5.30 project are well paid. The economic growth of 5.30 is given by the participants and by the sponsors. Sponsors are only allowed if they match with 5.30 principles.



Industry, innovation and infrastructure. *Building resilient infrastructures, promoting sustainable industrialization and encouraging innovation.*

We promote people wellbeing using urban spaces as they are, simplifying and innovating the world of sport events. Every 5.30 events is an opportunity to rediscover the beauty of the city using the urban heritage and, at the same time, protecting them.



Reduce inequality. *Reduce inequality within and between nations.*

Sport brings people together. 5.30 is a 5k race, easy to run or walk, for young and old, for women and men, for rich and less rich. Thousands of people wear the 5.30 t-shirt, and find they feel good, all together but unique and inimitable.



Sustainable cities and communities. *Make cities and human settlements inclusive, safe, long-lasting and sustainable.*

Each path is designed to emphasize the cities artistic heritage and guarantee the safety of participants, thanks to collaboration with the Council and local partners. We fold the t-shirts and we deliver them to the participants in a paper bag. During 5.30 events, we recycling waste, thanks to participants full collaboration.



Responsible consumption and production. *Guarantee sustainable models of production and consumption.*

Many choices of 5.30 match the sustainability criteria. In 10 years we have often questioned ourselves about dilemmas related to organize a thousands people events and the respect for sustainable development. 'Less is more' always remains our mantra.



Fight against climate change. *Take urgent measures to combat climate change and its consequences.*

5.30 has grown with word of mouth, internet and social networks, dematerialization of documents, separate collection and authentic human relationships. We promote a simple eating lifestyle and 10,000 steps a day because individual choices can have a strong impact on climate change.



Aquatic flora and fauna. *Conserve and sustainably use the oceans, seas and marine resources.*

Healthy diet proposed by 5.30 is one in which foods of vegetable origin prevail with small portions of proteins of animal origin (fish to alternate with meat, eggs and dairy products). We promote variety, moderation and avoid waste while respecting all ecosystems.



Life on earth. *Protect, restore and promote sustainable use of the ecosystem.*

5.30 is the race of dawn and promotes choices in harmony with nature and its rhythms. 5.30 inspires a healthier and more sustainable lifestyle, close to human needs and in harmony with nature.



Peace, justice and strong institutions. *Promote peaceful and inclusive societies for sustainable development.*

5.30 promotes physical activity, a balanced diet and a simple lifestyle; all this gives peace to people and society. Peaceful and respectful relations with participants, collaborators, partners and institutions are the basis of 5.30 project.



Partnership for the goals. *Strengthen the means of implementation and renew the global partnership for sustainable development.*

5.30 is a communication project to promote a sustainable lifestyle, based on global principles and criteria, which can be shared worldwide. We continue searching for an enlightened partner to create a valuable partnership and develop this project around the world.