



Helping Children in Ethiopia

Sponsored Walk and dinner – Saturday 20th September 2025, 14:00h

Information for Participants

Our Achievements to date

Rainbows4children opened the Nicolas Robinson School in Mekele in September 2005 and has extended it every year. Today 1,800 children are studying in the School and now 7 years of our Grade 12 students have graduated and moved on to further education. The school has a strong emphasis on science as 75% of University places are in science and engineering and medical sciences.



September 26th will be the 21st consecutive year that Dow Horgen and its employees, families and network of friends have supported the event. To date, the events have raised a total of CHF 1,200,000, covering 12% of the project costs, hence supporting the education of disadvantaged local children for many years and ensuring the livelihood of many families.

Our event targets

- Exceed our result from 2025 of CHF 52,000!
- Find sponsors for at least 20 children (annual sponsorship costs of CHF 500). Details at the event or on request from Kathryn: kwrlachen27@gmail.com or info@rainbows4children.org

The Event

- At 2pm, sponsored walk or run in the afternoon, representing the long distance that many children walk every day to attend school in Ethiopia.
- Register for the walk [here](#).



- From 15:30h onwards, in the canteen, there will be information about Ethiopia, sales of jewelry and greetings cards for sale and other attractions.
- Apero starting at 17:00h, dinner with entertainment, presentations, a short film about the school, a tombola with great prizes, music, and dancing.



Participants

- Open to all, young or old, walkers or runners.
- Supporters are welcome to cheer for the runners and/or join the evening event.

Food & drinks & BBQ dinner

- Dinner tickets are CHF 60 for adults (ages 13 and over) and CHF 30 for children (between 5–12 years inclusive) and need to be bought in advance. Children under 5 years of age, are free of charge.
- The dinner starts with an apero at 17:00h promptly. The main buffet will start at 18:00h
- Drinks can also be purchased during the afternoon and evening.
- Register for the dinner [here](#).



Raising Sponsorship

- Runners or walkers contact sponsors several weeks before the event. As you confirm your sponsors please fill in the form attached. Sponsors may offer a fixed amount (“TOTAL Sponsorship”) or an amount per circuit run (“CHF per circuit”). Please give them an indication of the number of circuits you intend to complete.
- Sponsors can pay their sponsorship prior to, or after 20th September to the runner/walker or directly to Rainbows4Children. Please keep a careful record of sponsorship payments (column “Rec’d”). Runners and walkers can hand in the total collected sponsorship at the check-in desk during the event or send it after the event via bank-to-bank transfer.
- On the day of the run please register before setting off. At the end of your walk or run, report back to the check-in desk to have your form signed.



The Course

- The runners / walkers set off individually or in groups starting between 14:00–14:30.
- The course is outlined on the attached map. Each circuit is approximately 4 km. Each participant can choose the number of circuits they wish to walk, run or jog.
- The route starts behind the tennis courts and is marked with red arrows. It follows a public foot path in the woods, runs along a small river, over a high bridge by a waterfall and through the Rietwies neighborhood. There are two road-crossings attended by marshals. (Small children are to be accompanied by adults.)
- One refreshment station is available along the route.

Clothing and equipment

- Wear comfortable clothes and appropriate shoes for walking or running for a dry or wet day.
- Bring along a spare set of clothes and shoes for dinner if you would like to change.
- Changing and shower facilities are available in the Dow gym (follow the signs).

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