

# Connect & Collect 2023

*A sports competition between the Nyenrode IB-Bsc, Msc students, staff and Alumni to support education in Africa*



## **Rules and regulations of connect & collect 2023**

### **1. General rules & information**

- What: A running, hiking, and cycling competition.
- When: April 28<sup>th</sup>- May 26, 2023 (4 weeks)  
The prize ceremony will be June 7<sup>th</sup>
- For Whom: The IB-Bsc, MSc cohorts of Nyenrode Breukelen, Amsterdam and its teachers, staff and Alumni
- Where: Wherever you are
- Why:
  - Supports Education in Gambia (Farato Education Foundation).
  - Stay connected.
  - Enhance the feeling “we are Nyenrode”.
  - Contribute to a healthy body and mind.
- By: Joep Toebes, Johan van Haren, Frederique Hondelink, Kim van Keulen, the Coach Clowns and PM
- Sponsor: Program management IB-Bsc & Msc

### **How does it work:**

#### *The contest*

Connect & Collect is a running, cycling, hiking competition between the different cohorts of the IB Bsc program, during a period of 4 weeks. The top 10 students of each Cohort compete against each other, during that period, starting Friday April 28<sup>th</sup> . However, everybody can join! If you

run a minimum of 80 kilometers hiking/ running or cycle 240 kilometers, you'll earn a T-shirt and you will contribute to the Farato Education Foundation at the same time.

### **Prizes which can be won are:**

- The cohort of the Year price
- The individual award for the male/ female student with the most kilometers
- A participation award for all who run at least 80 km/ or cycle at least 240 kilometres during the 4 weeks

All kilometers ran and cycled are recorded in the Strava app (Nyenrode CC).

During the four weeks, an overview of the contest will be given frequently.

### **The sponsor program**

For each KM ran, cycled or hiked between April 28<sup>th</sup> and May 26<sup>th</sup> which is correctly registered in Strava € 0,21 will be donated to the Farato Education foundation (3km by bicycle equals 1 km on foot).

### **Practical information**

We are logging everything in Strava. A personal Strava account with your own **name and family name** is obligated (download the app on your phone).

All questions can be asked to one of the Cohort representatives!

BScBa 2022 BR: Ivy Kuypers, Julie Swinkels (Bachelor)

BScBa 2022 Ams: Babs Sanderman

BScBa 2021 BR: Joep Toebes & Johan van Haren

BScBa 2020 BR: Pleun de Sitter

MSc31 BR: Dennis van der Maarel

MSc31 Ams: Floris Janmaat

Cohort 2019: Marijn Blom & Rick Immig

Cohort Staff: Arjen Hemelaar, Kim van Keulen and Vanessa Kühn (PM)

Alumni: each team has his/ her own point of contact

## [Subscribe teams](#)

### **1. Participation:**

#### **What you need to do if you are in the team:**

- \* Download the Strava app and make a personal Strava account (using your own name).
  - \* Follow **Nyenrode CC** on Strava.
  - \* We'll follow you and will invite you for the challenge.
  - \* Accept the challenge and start moving 😊.
  - \* For the challenge entails: Running, hiking, walking or cycling.
  - \* The challenge is only available by the app on your phone.
- 
- \* Record your activities on Strava:
    1. Click the button record
    2. Click the button start

3. Select a sport (run, hike, walking or cycling)
4. Click on the button start (and start moving)
5. Perform your work-out
6. Click on the button stop when you are done
7. Click on the button Finish
8. Name your activity (date/ activity)
9. Click the button Save

\*You always have to do the activity by yourself and with your own phone

\*Your activities can only be logged by using the Strava app

## **2. The Cohort of the year: Connect & Collect 2022-2023**

\* Each Cohort can become the Cohort of the year

\* You become the Cohort of the year when you make the most kilometers with your team. A team consists of 10 persons from your cohort. Make sure to sign-up you need to sign-up before **April 27<sup>th</sup> 23:00. Please contact the Cohort representative in case you want to sign up later.**

\* 3km by bicycle equals 1 km on foot.

\* Only the result of the 10 persons count for “Cohort of the Year”

\* It is not allowed to change the team of 10 persons during the competition

\* You need to record all your activities in Strava as we described here above

\* The best cohort wins 500 Euro to buy sports materials at [www.eilersport.nl](http://www.eilersport.nl)

### **Charity**

\* Each cohort has a responsible person to raise sponsors for the Farato Education foundation.

\* The sponsor will sponsor (for example) 0,21 Euro cent a **Kilometer from the whole cohort** (probably with a limit of a certain amount)

## **3. The individual female / male student with the most kilometers of 2022-2023**

\* The female and male overall with the most kilometers (all km counts no 1:3) is the winner of the project Connect & Collect and become the best sport female/ male for the year 2022-2023.

\* We count all the kilometers you make in total and that’s the result.

\* The best female and male deserve a complete running or cycling outfit.

\* Your name will be placed on the future wall of fame.

### **What you need to do as an individual:**

\* Download the Strava app and make a personal Strava account (using your own name).

\* Follow **Nyenrode CC** on Strava.

\* We follow you and will invite you for the challenge.

\* Record your activities on Strava:

1. Click the button record
2. Click the button start
3. Select a sport (run, hike, walking or cycling)
4. Click on the button start (and start moving)
5. Perform your work-out

6. Click on the button 'stop" when you are done
  7. Click on the button Finish
  8. Name your activity (date/ activity)
  9. Click the button Save
- \*You always have to do the activity by yourself and with your own phone
- \*Your activities can only be logged by using the Strava app