

We would like to thank the companies who have already participated: 42 Consulting, Advanzia Bank, AFC Benelux, Akt One, ALD Automotive, ATOZ, AXA, Bâtiments moins chers, BioneXtLab, BNP Paribas, Boydens, CACEIS Bank, Catella Bank, Chambre de Commerce du Luxembourg, CTG, Dimension Data, Docler Holding, EBRC, Econocom, Factory 4, Farad Group, Fast Track Diagnostics, Finexis, Flen Health, Générali Fund Management, Grand Thornton, Hëllef Hëllef, les Hôpitaux Robert Schuman, Jobs.lu, KBL European Private Bankers SA, les Laboratoires Ketterhill, Leaseplan, LIH, LLuCS, Luther SA, OneLife, Natixis Wealth Management, NCI, Paypal, PwC, Randstad, Réka, Renault Retail Group, SD Worx, Tralux, TridentTrust, Vansken.



Registration

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ELA is counting on you!

Share your company's "wear your trainers" day on social media!
@ELAOfficelle • #MTBEntreprise • www.ela-asso.lu



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To make a donation:

Digicash



Paypal



Wire transfer BGL-BNP Paribas · LU03 0030 7539 5205 0000
ELA is a not-for profit association recognized as being of public utility.



TEAM UP

WITH US FOR ELA!

ON THURSDAY THE 13th OF JUNE

* or on the date of your choice

**Wear your
trainers!
and beat disease**



at
work

Photo : Jempy Drucker (Cycliste),
John Rech (Leader du groupe pop-
rock T42), Tessa Scholtes (karatéka
) et Gilles Müller (joueur de tennis)

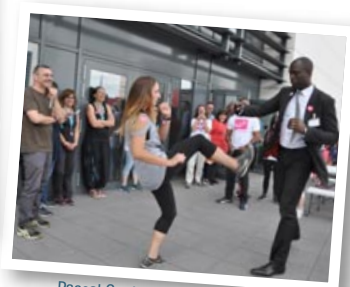


A unified initiative adapted for companies

- One goal: to take as many steps as possible during a working day
- A simple concept: every employee who participates records their steps
- One step = 1 euro cent paid by the company to ELA Luxembourg
- A “turnkey” initiative



Lara, a leukodystrophy patient (Differdange)



Pascal Gentil, double Taekwondo Olympic medallist, sponsor of ELA

Taking part is easy!

- 1 - Sign up
- 2 - Receive your participation kit
- 3 - Make your employees aware of the initiative using the materials you have received (posters, flyers, videos etc.)
- 4 - Walk, run, challenge yourself... using a pedometer or your smartphone app
- 5 - Record your steps by entering them into the ELA web application

1 step =

1 euro cent

paid by the company to ELA Luxembourg



Sandrine Quétier and Jeff Strasser, the “godparents” of ELA



A great experience, acclaimed by employees

- It allows moments of shared enthusiasm and creates team dynamics.
- It rallies employees around a common cause, brings them together with shared values and gives a unified purpose to a day at work.
- It becomes associated with the company’s image, and gives a sense of pride that everyone is participating in a unified action to help sick children.



A milestone for your company's CSR policy

- It reinforces the company’s social commitment by involving its employees in a unified action.
- It expresses the company’s commitment to the health and well-being of its employees (the WHO recommends 10,000 steps per day).
- It embodies the company’s commitment to fighting against discrimination



Tom Schumacher, basketteur au T71, avec Max atteint de leucodystrophie (Dudelange)

Example

**1 EMPLOYEE
= 5000 STEPS
= 50 € for ELA***

* Paid by the company to ELA
Your donation is tax deductible in accordance with Article 109, Paragraph 1 No. 3 of the Income Tax Act.

ELA works to beat leukodystrophies, genetic diseases that attack the nervous system in sick people.

The nervous system is essentially a current that passes through a sheath.



For a patient suffering from a leukodystrophy, it becomes increasingly difficult for the current to pass.

These rare genetic diseases destroy the myelin (sheath coating the nerves) of the central nervous system. When this sheath is damaged, the current cannot pass through and the nerve messages are interrupted: this results in loss of mobility and balance, loss of vision and hearing, and loss of speech and memory. Every week in Europe, between 20 and 40 children are born with these terrible diseases.

Support ELA families in their fight

Since 1992, ELA has brought together families who are rallying to overcome these diseases. Funding medical research and supporting families on a daily basis are the fundamental missions of the association which, thanks to donations, has become the first private funder of leukodystrophies research. Since it was founded, ELA has funded 511 research programmes amounting to 43.5 million euros. Clinical trials are underway, giving hope to patients.

Every step counts! Your involvement is vital

NUMBER OF STEPS	NUMBER OF EMPLOYEES	SUM COLLECTED	ACTIONS FUNDED BY ELA
3 000	1	30 €	Storage of a sample for one year in a biobank.
5 000	1	50 €	One night's accommodation to accompany a child hospitalised away from home.
60 000	12	600 €	Covers the participation costs of one set of parents in the annual family/ researcher symposium.
80 000	16	800 €	A week-end break for a family of four.
135 000	27	1 350 €	High throughput sequencing of human exome.
150 000	30	1 500 €	A family's annual cost for essential medical hygiene products which are not compensated.
300 000	60	3 000 €	A manual wheelchair.
1 M-1,5 M	200-300	10-15 K€	Average cost for specific adaptation of a house, vehicle, etc.
3 M	600	30 K€	Scholarship for a young researcher.