



Runners4All - European Students Run project

Guidelines for selected students - mentors

The Runners4All project is led by the association Timing Ljubljana together with EUSA and associate partners. The aim of the project is to promote sport and healthy lifestyle, to encourage students to be active and to participate in the European Student Run. This run will be included in the program of the 29th NLB Ljubljana Marathon in Slovenia on October 19th, 2025.

Among the important activities of the project is also appropriate preparation for the running event and competition. Students are the selected target group, as research indicated a decrease in the number of regularly active students and a decrease in their physical capabilities.

We believe that students can greatly help and contribute to this task. And we want students to be active and to invite them to participate.

A special task of the project is to appoint students as mentors and train them to be able to promote healthy lifestyle, running as a basic sport activity and also how to prepare a runner for safe and efficient training and competition.

Selected students will benefit from participation in the program:

- Free participation in educational workshops, where they will receive a lot of useful knowledge for their personal development and for further work in the field of sports. Guidelines and recommendations for organizing a running event and training. Connecting with colleagues from other countries.
- Selected student mentors will be presented on the project website, and this will be their permanent reference.
- They will receive some sports equipment from the Runners4All project and the Ljubljana Marathon, which will be useful both for training and for participating in the running event.
- All necessary supporting documents (implementation manual, content descriptions of educational modules, documents for reporting on activities for students within the Runers4All project).
- Covered costs of participation in the run and conference in October 2025 in Ljubljana.
- Free participation in the European Student Run and the NLB Ljubljana Marathon.



**Co-funded by
the European Union**



Who can be a student – mentor

- A student who has been selected for this task by a participating partner of the Runners4All project can be selected as a mentor.
- Is active in sports. Has previous experience with running.
- Wants to gain new knowledge and is interested in possible future work in the field of organizing sports events and sports training.
- Is fluent in English and will be able to follow workshops for acquiring new knowledge - educational modules that will be in English.
- Will encourage students to exercise regularly and to participate in the European Students Run in Ljubljana.
- Will participate as a runner in the NLB 29th Ljubljana Marathon and the European Students Run event in October 2025 in Ljubljana.

What are the tasks of the students - mentors

- Connect with the Runners4All project partner in the country and apply for a position of mentor. Sign a statement to confirm aim, interest and commitment to the program.
- Fill out the application form and provide personal and contact information to Timing Ljubljana (Timing Ljubljana and the partner will protect personal data in accordance with the GDPR rules. The agreed and permitted data will be published).
- Attend an educational workshop - a module that will last for all mentors and will last for 3 days of 4 teaching hours (May 13, May 14 and May 15, between 4:00 PM and 8:00 PM)
- Organize 1 (introductory) workshop for students who want to prepare for a running event, or who just want to practice running regularly. At the workshop, they will provide some basic information that they will receive at the seminar - educational workshop. Support in the implementation will be provided by Timing Ljubljana employees.
- Will encourage students to join the running training, to regularly attend the running training and to prepare for the European Student Run in Ljubljana. The exact locations and dates of the training will be coordinated via project partner.
- Will keep a basic record of the workshop and collect data on the participants, who will receive codes for registration for the marathon, T-shirts and some other promotional equipment. After the completion of the training programs, a student mentor will submit a written report with data on the training dates, locations, implemented program, and participation in the training. Mentor will also share some photos from the trainings.
- Will be asked to make a post on social media regarding the implementation of the program, impressions and feedback from the participants.
- Will participate in the running event in Ljubljana, which will take place on Sunday, October 19, 2025. Will also participate in a project conference, which will take place on Saturday, October 18, 2025.



**Co-funded by
the European Union**



**Form for students who join the
Runners4All – European Students Run project trainings**

Number	Name and Surname	Country	T-shirt size
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			
16.			
17.			
18.			
19.			
20.			
21.			
22.			
23.			
24.			
25.			



**Co-funded by
the European Union**



Number	Name and Surname	Country	T-shirt size
26.			
27.			
28.			
29.			
30.			
31.			
32.			
33.			
34.			
35.			
36.			
37.			
38.			
39.			
40.			
41.			
42.			
43.			
44.			
45.			
46.			
47.			
48.			
49.			
50.			
51.			
52.			
53.			
54.			
55.			



Co-funded by
the European Union