

September 2020

Dear friends

In order to introduce myself to you, I am Katerina Filopoulou, and I live with my family (my husband Kostas, our 10-year old son Thanos, and our 14-year-old cat Chihiro) in Athens, Greece.

A special person, a favorite pastime activity, and an amazing project are the reasons behind my writing this invitation letter.

A special person

Doris Kuhn is this special person. I have known Doris since 2014 when I first began to collaborate with her on the educational project "Living Democracy" at the University of Teacher Education (Pädagogische Hochschule Zürich PHZH) in Zurich. We have been good family friends ever since, and I feel lucky and grateful for this friendship in many ways.

A favorite pastime activity

Running is my preferred daily activity. Last year, in a great leap forward, I began to prepare for running in the Athens Authentic Marathon (AMA). The preparation comprised 4 months of increasingly rigorous mental and physical effort, an uplifting experience, which, together with the uniquely edifying experience of running the 42,2 km marathon, inspired me to prepare for running the next AMA, which hopefully will take place on November 8 this year. <https://www.athensauthenticmarathon.gr/site/index.php/en/>

I strongly believe that running a Marathon for a good cause invigorates one's mind and body in terms of concentration, courage, faith, and energy! It is also a good way to spread a message, to encourage people to get informed about what is happening in the world we live in and get involved.

An amazing project

Among her many initiatives and good deeds, Doris is privately running a solidarity project in the Sherpa Community of Hile Nigale in Nepal. In so doing, she supports a small Sherpa village high up in the Himalayas with educational training programs and more. You can find more information about this project here: <https://www.hilenigale-sherpasociety.com/>



Though the small, traditional Sherpa Community, situated in the remote mountains of Nepal is far away for most of us, Doris' innovative, humanitarian *in situ* project magically brings us a little closer to the culture and the people of this Community. The project provides us with a close-up opportunity to learn from the Sherpa way of life, their philosophy and long history. In the end, it also gives us the chance to share the delight and the exhilaration of offering! It shows us that people can be happy with just a few basic things, that human beings can dwell and survive in any place with faith, trust and in communion with Nature. For these reasons, I have asked Doris to kindly allow me to help support her project with fundraising by running the AMA 2020.

I invite you with all my heart to consider donating generously for this worthy cause. For further information, see

<https://www.hilenigale-sherpasociety.com/how-to-help/>

Supporting this project of my good friend is a great honor for me. Love and hope keep us alive, they provide a good example for our children, and can help make a better world for all them!

My plans are as follows:

I began my 18-week preparatory efforts for the marathon at the end of July and, so far, I'm continuing my training schedule. However, given the uncertainty with the current COVID-19 situation on our planet, I am willing to continue my preparation until the date of the race, taking all the protective measures for myself, my family and other people. In case the AMA 2020 should be cancelled due to restrictions and measures in my country, I will still run the Marathon distance somewhere here in Athens, privately, and in a safe manner, to ensure that I fulfill my commitment firstly to the children of the

Hile Nigale-Sherpa Community, as well as to myself, my friend Doris, and all of you who may wish to support this effort! I shall be more than happy to provide you with updates and details of my preparation, training, race forecasts, photos of the places where I train and, of course, the actual marathon and in the last 200 meters I will carry a Nepal flag.

I would like to thank you all for your time and consideration. I hope to remain healthy and strong enough to run other marathon races in support of this worthy cause, perhaps someday together with an entire Nepal team!

Katerina Filopoulou, Athens,

katefilo@gmail.com,

0030 694 247 63 93



For donations:

Doris Kuhn, Asylstrasse 50, 8708 Männedorf, Switzerland

Alternative Bank Schweiz, Olten

IBAN: CH84 0839 0010 2761 1000 0

Note: "Nepal"

Or TWINT: 0041 (076) 367 49 53