



Skoljoggen

Every year, around 500,000 children and youth participate in the Skoljoggen. Skoljoggen is Sweden's largest fun run for children and young people, and it takes place every autumn in schools all around the country. Students from preschool to high school take part on their own terms. They can run, roll, walk briskly, jog, or walk – the choice is theirs. The School Jog is not a competition. It's a celebration of movement joy and physical activity for everyone!

The Swedish School Sports Federation

The Swedish School Sports Federation organizes Skoljoggen, but it's the schools themselves that carry out the activity. The Swedish School Sports Federation coordinates the country's school sports associations and their members. A school sports association can be formed in a school that wishes to offer easily accessible and recurring activities that everyone can join. A school sports association is run by children and young people with the support of an adult. An active school sports association fosters camaraderie, physical activity, and movement, in the terms of children and youth. The Swedish School Sports Federation has over 650 member associations.

Springslanten 2023

In connection with the School Jogging Event, a voluntary Springslant-collection takes place among participating students, school staff, parents, and others. As students move, they also do good for other children. Springslanten 2023 is used to support the School Sports Federation in Ukraine. The collected funds are donated to provide the members of the School Sports Federation in Ukraine the opportunity to participate in international sports events through the [International Sports Federation](#).

How to Donate Money:

Option 1: The Swedish School Sports Federation uses Better Now for safe and convenient donations. As a school, you can keep track of the total amount raised for the school through your profile. Here, you can use both Swish and credit/debit cards.

[Start your fundraising here](#) [Guide to start your own fundraising](#) (Both links in Swedish)

Option 2: SWISH directly to the School Jogging's account. A simple way to donate money is by using Swish. You can "Swish" any amount to the number: 123-4512455. [Learn more about how to use Swish here](#).

Option 3: BANK ACCOUNT. If you need a regular bank account number, use bank account 8901-1, 924 972 903-0 (Swedbank). Don't forget to label it with the school's name.