



FONDAZIONE MALAGUTTI
Onlus

RUNNING ITALY

Well-being, Africa, Human Rights

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FONDAZIONE MALAGUTTI *Onlus* - ACCOGLIENZA E ASSISTENZA PER MINORI IN DIFFICOLTÀ

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RUNNING ITALY

Well-being, Africa, Human Rights

Walking is a primordial action, which is innate in the human development; thanks to it, we can provide food and keep our body in good health. Feeding ourselves and resting are necessary the reproduction of the life cycle.

This is the essential nature of the life style, the way men and women organize their survival interacting with the environment.

During the centuries, longevity has been growing thanks to healthy cares, scientific knowledge and discovers selection of food and proper life styles. We are looking for well-being, a sort of physical-mental-environmental balance that, nowadays, is in a serious danger because of the exploitation-oriented development.

“Social evils” come from the human inability to confront with the nature and the other living beings, the eternal and egoistic dissatisfaction, the pulses’ management without any control.

Eating disorders and harmful substances are the damages and the main reason of death with obesity, alcohol consumption, tobacco use, psychiatric drugs’ abuse.

Therefore, these dangerous inclinations cause serious diseases as cancers as well as they harms our vital organs: the hearth, the lungs and the liver.

Due to this situation, the global economy feel the effect, so the experts suggest new way to save the Earth and people life.

It is a very hard work to change a negative behavior, but perhaps “to be an example” can be a good way achieve our aims, after all, it is a useful instrument in children’s education: we have grown thanks to the positive examples of our parents, experiencing and managing in different situations in order to get benefits.

Therefore, with the same logic, social leaders can advise people toward a better life, pursuing their well-being and the Earth’s sustainability. Everybody should become leader of his/her community, suggesting safe life styles to increase the awareness for life.

RUNNING ITALY will follow this introduction and aims:

- to support people’s **well-being**, as promoted by the European policy, supporting physical activity as a fundamental instrument for both individual and collective growth;
- to think about migration of people looking for resources, like **Africans**;
- to promote the defense of Human **Rights**, in particular children’s protection



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The Idea

“Italian Walking”:

- a travel which, step by step, bring us **to meet people** from the North to the South of Italy, following the Benedictine origins of “Europe” concept: to leave monastery in order to meet people and to spread ideas;
- a way to **think about life style** and **to propose** way for the well-being and the prevention from the main causes of mortality.
- Sport and physical activity as a means for inclusion, participation, and gathering as well as an instrument for the psycho-physical well-being and prevention.
- Non only the **ambassador of well-being** but someone who **encourages resources and projects for children** living in Nagnimi Village (Burkina Faso) where **starvation, malaria and AIDS force people to migrate**.
- Keeping **high the flag of Childhood’s Rights**: children are too often broken because of violence and abuse.

Goals

- o To promote a healthy life-style for the prevention from serious diseases and the reduction of the public spending.
- o To promote a healthy and aware nutrition.
- o To promote the motor, physical and sport activity, to spread more awareness and more culture about the exercise with whole population.
- o To compare healthcare and prevention in Mantua with projects and users from other Regions.
- o To arise awareness and interest among volunteers and to convey synergies to everyone.
- o To support the reduction of Africans’ migration developing projects to fight starvation, diseases and poverty in their Countries.
- o To defend Children’s Right as well as to offer new opportunities of growth.



Actions

1. In different places, we will organize some little events to talk about the mentioned themes.
2. We will meet associations, teams and individuals who can take part in walking.
3. We will involve mass media, which have to promote this athletic, social, and health initiative bracing also the voluntary work.
4. We will collect resources to fulfil the project “Avamposto 2007 BF” which has to support the Nagnimi village.
5. We will keep alive the attention on the dramatic 2016 earthquake; we will offer an instrument to facilitate a child to walk.
6. We will visit the pediatric and oncologic pediatric departments of our Italian stop-over

The Main characters

The Main characters of this “Italian walking” will be:

- all the **people** who would like to cover a part of the travel;
- the local **administrations** who would like to embrace the initiative to support healthy life-style;
- the **volunteers** and the **associations** who would work for the hospitality and the safety;
- the **audience** and our followers on the social networks;
- **mass media** which would spread our message in favor of well-being.

In addition to them, there will be an enabler who, walking the whole path, will meet people and promote the discussion about the project: Giovanni Malagutti, psychologist, 62 years of age; he has been spending 38 years to offer his experience working in social and healthy context for the Italian Health. He works at the ASST (Social and Health Public Utility) in Mantova at the SER.D (Service for Dependencies); he founded Alfaomega Associazione Volontari which takes care of people suffering from HIV-AIDS; he is the President of Fondazione Malagutti onlus which takes care of children victims of abuse, mistreatment and without parents.



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Partners

ATS (Public Utility for the Defense of Health) in Po Valley

It was born in January 1st 2016 and it is the reference point for Mantova and Cremona.

- It follows the program decided by Lombardy Region
- It guarantees the balance among social and health service
- It makes agreements with private and public subjects on its territory

The Regional Law gives to ATS the following functions:

- the purchase of health services from accredited structures
- the patient's management during the whole health path
- the management and the promotion of programs about health, prevention, assistance, cares and veterinary services
- supervision of item of expenditure for pharmacology, dietetic science and prosthetic
- supervision of health, social-health and social structures.

Patronage

- Lombardy Region

Agreements

- European Union - Milan's Headquarters
- ATS (Public Utility for the Defense of Health) in Po Valley
- ANCI - National Association of Italian Municipalities
- Italian Red Cross

Collaborations

Académie Toulousaine de Marche (Toulouse - France)

Alfaomega Associazione Volontari (Curtatone - MN)

A.R.T. Association for Terminally-ills Research (Bettola - PC)



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Fondazione Malagutti Onlus (Curtatone- MN)

IYMS - International Youth Media Summit (Los Angeles - California USA)

OMEGA - Association des mères et enfants de Guinée et d'Afrique (Conakri - République de Guinée)

Rotary Club Mantova Postumia - Distretto 2050

Nagnimi Village (Kombissiri Municipality in Bazega Province - South Centre of Burkina Faso)

| WALKING DAYS | NR. OF STEPS | DATE | | PATH | | EXPECTED KM | TOT EXPECTED KM | REAL KM | TOT. REAL KM | NOTES | MEETING | ORGANIZATION'S ACTIVITY | WHERE | HOST |
|--|--------------|--------|----------|-------------------------------------|---|-------------|-----------------|---------|--------------|--|--|---|---|---|
| | 0 | 06 apr | Fri | Firenze | | - | - | - | - | - | Community "Ca Vittoria" Santa Maria Annunziata Hospital Meyer Hospital | AIDS healthcare Infectious diseases Children's hospital | Firenze | Supervisors: Luisa Sanvito Nicoletta Maggini Dott. Francesco Maria Fusco Dott.ssa Luisa Galli |
| 6 WALKING DAYS 243 Km 260,85 Km | 1 | 07 apr | Sat | Firenze | Montevarchi | 43 | 43 | 46,73 | 46,73 | | Town of Montevarchi | Municipality | Montevarchi (AR) | ViceMayor: Stefano Tassi |
| | 2 | 08 apr | Sun | Montevarchi | Arezzo | 35 | 78 | 36 | 82,73 | | | | | |
| | 3 | 09 apr | Mon | Arezzo | Città di Castello | 40 | 118 | 45,49 | 128,22 | | Town of Città di Castello | Municipality | Città di Castello (PG) | Mayor: Luciano Bacchetta |
| | 4 | 10 apr | Tue | Città di Castello | Gubbio | 48 | 166 | 51,39 | 179,61 | | | | | |
| | 5 | 11 apr | Wed | Gubbio | Perugia | 38 | 204 | 42,24 | 221,85 | | Town of Gubbio | Municipality | Gubbio (PG) | Mayor: Filippo Mario Strati |
| | 6 | 12 apr | Thu | Perugia | Foligno | 22 + 17 | 243 | 39 | 260,85 | through Assisi | "Don Dante Savini" Community | AIDS healthcare | Perugia | Dott. Antonello Faloci |
| REST | 7 | 13 apr | Fri | By car from Foligno to Norcia 65 Km | | | | | | | Town of Foligno Ser.T | Municipality Drug Abuse Public Service | Foligno (PG) | Mayor: Nando Mismetti Supervisor: Roberta Antonelli |
| 6 WALKING DAYS 268 Km 258,74 Km | 8 | 14 apr | Sat | Norcia | Amatrice Grisciano (destination has been changed because of injured roads) | 43+15 | 301 | 35 | 295,85 | through Accumoli (earthquake epicentre) | Il Guazzabuglio Coop. Ippogrifo | No-profit organization Mentalhealth service | | President: Nanina Colore Guazzabuglio Collaborators: dott. Enrico Baraldi e dott.ssa Manuele Caraffini |
| | 9 | 15 apr | Sun | Amatrice | L'Aquila | 50 | 351 | 49,67 | 345,52 | | Comune dell'Aquila | Municipality | L'Aquila | ViceMayor: Loris Guido Quintino |
| | 10 | 16 apr | Mon | L'Aquila | Popoli | 48 | 399 | 58 | 403,52 | | | | | |
| | 11 | 17 apr | Tue | Popoli | Chieti | 39 | 438 | 37,67 | 441,19 | | | | | |
| | 12 | 18 apr | Wed | Chieti | Lanciano | 36 | 474 | 39,40 | 480,59 | | Town of Chieti Rotary Club 2090 di Lanciano | Municipality Charity organization | Chieti Lanciano (CH) | Assessor: Raffaele Di Felice President: Licia Caprara |
| 13 | 19 apr | Thu | Lanciano | Vasto | 37 | 511 | 39 | 519,59 | | Town of Vasto "L'Albero Azzurro" School | Municipality Private School | Vasto (CH) | ViceMayor: Giuseppe Forte Supervisor: Claudia Gattella | |
| REST | 14 | 20 apr | Fri | By car from Vasto to Foggia 118 Km | | | | | | | Rotary Club Foggia Town of Foggia | Charity organization Municipality | Foggia | President: Francesco Corvelli Assessor: Anna Paola Giuliano |
| 6 WALKING DAYS 266 Km 266,27 Km | 15 | 21 apr | Sat | Foggia | San Giovanni Rotondo | 42 | 553 | 46,78 | 566,37 | | Town of San Giovanni Rotondo | Municipality | San Giovanni Rotondo (FG) | ViceMayor: Nunzia Canistro |
| | 16 | 22 apr | Sun | San Giovanni Rotondo | Zapponeta | 23 + 23 | 599 | 50,72 | 617,09 | Through Manfredonia | "Le Rondinelle" Community | Assistenza per diSatili | Manfredonia (FG) | Supervisor: Giuliana Berardinetti |
| | 17 | 23 apr | Mon | Zapponeta | Trani | 44 | 643 | 51,20 | 688,29 | | | | | |
| | 18 | 24 apr | Tue | Trani | Bari | 45 | 688 | 48,19 | 716,48 | | Town of Bari | Municipality | Bari | Mayor: Antonio Decaro |
| | 19 | 25 apr | Wed | Bari | Altamura | 48 | 736 | 48 | 764,48 | | | | | |
| 20 | 26 apr | Thu | Altamura | Matera | 20 | 756 | 21,38 | 785,86 | | Town of Matera AIDE | Municipality Independent Association of European Women | Matera | Mayor: Raffaello Giulio De Ruggieri President: Anna Selvaggi | |

| WALKING DAYS | NR. OF STEPS | DATE | | PATH | | EXPECTED KM | TOT EXPECTED KM | REAL KM | TOT. REAL KM | NOTES | MEETING | ORGANIZATION'S ACTIVITY | WHERE | HOST | |
|--|--------------|--------|----------|---------------------------------------|----------------|--------------|-----------------|---------|-------------------------------------|--|---|-----------------------------------|------------------------------------|---|--------------------------------|
| 2 WALKING DAYS 91,48 Km | 21 | 27 apr | Fri | Matera | Pisticci | 21 + 37 | 814 | 51,48 | 837,34 | Through Miglionico | Town of Miglionico | Municipality | Miglionico (MT) | Mayor: Angelo Buono | |
| | 22 | 28 apr | Sat | | Pisticci | Policoro | 40 | 854 | 40 | 877,34 | | Town of Pisticci | Municipality | Pisticci (MT) | Mayor: Viviana Verri |
| | | | | | | | | | | | Policoro Red Cross | Local Committee Italian Red Cross | | Supervisor: Chiara Farella | |
| REST | 23 | 29 apr | Sun | By car from Policoro to Rossano 90 Km | | | | | | | | Town of Policoro | Municipality | Policoro (MT) | Mayor: Enrico Mascia |
| 5 WALKING DAYS 205 Km 214,53 Km | 24 | 30 apr | Mon | Rossano | Cariati | 36 | 890 | 36 | 913,4 | | "Basta Vittime sulla Strada Statale 106" | Association | Calopezzati (CS) | President: Fabio Pugliese | |
| | 25 | 1 may | Tue | Cariati | Umbriatico | 24 + 28 | 942 | 54,09 | 967,43 | Through Cirò Marina | Town of Umbriatico | Municipality | Umbriatico (KR) | Mayor: Rosario Pasquale Abenante | |
| | 26 | 2 may | Wed | Umbriatico | Santa Severina | 40 | 982 | 40,20 | 1007,63 | | "Piccola Italia" | Association | Perticaro (KR) | | |
| | 27 | 3 may | Thu | Santa Severina | Sersale | 20 + 8 + 19 | 1029 | 54,24 | 1061,87 | Through Petilia Policastro and Mesoraca | Town of Sersale | Municipality | Sersale (CZ) | Mayor: Salvatore Torchia | |
| | 28 | 4 may | Fri | Sersale | Catanzaro | 30 | 1059 | 30 | 1091,87 | | Town of Catanzaro | Municipality | Catanzaro | Mayor: Sergio Abramo Assessor: Lea Concolino | |
| REST | 29 | 5 may | Sat | By car Catanzaro to Tropea 89 Km | | | | | | | | "Silvio Paternostro" | Prison for minors and young adults | Catanzaro | Director: Francesco Pellegrino |
| 5 WALKING DAYS 228,54 Km | 30 | 6 may | Sun | Tropea | Thuia Tauro | 21 + 14 + 14 | 1108 | 55,4 | 1147,27 | Through Nicotera and Rosarno | Gioia Tauro Red Cross | Local Committee Italian Red Cross | Thuia Tauro (RC) | Supervisor: Maria Giovanna Ursida | |
| | 31 | 7 may | Mon | Gioia Tauro | Messina | 42 | 1150 | 46,67 | 1193,94 | Ferry-boat from Villa San Giovanni to Messina (40 min) | | | | | |
| | 32 | 8 may | Tue | Messina | Taormina | 50 | 1200 | 42,08 | 1236,02 | | Town of Messina | Municipality | Messina | Mayor: Renato Accorinti | |
| | | | | | | | | | | Lelat | AIDS healthcare | Messina | President: Anna Maria Garufi | | |
| | | | | | | | | | | | Taormina Red Cross | Local committee Italian Red cross | Taormina (ME) | President: Filippo Isaja | |
| | | | | | | | | | | Town of Taormina | Municipality | Taormina (ME) | Assessor: Salvo Cilonia | | |
| 33 | 9 may | Wed | Taormina | Catania | 18 + 12 + 22 | 1252 | 49,90 | 1285,92 | Through Riposto and Zafferana Etnea | Town of Riposto | Municipality | Riposto (CT) | Assessor: Paola Emanuele | | |
| | | | | | | | | | | School of Zafferana Etnea | School partner of "Diritti a Colori" network | Zafferana Etnea (CT) | Headmaster: Gabriella Zammataro | | |
| 34 | 10 my | Thu | Catania | Palagonia | 41 | 1293 | 34,49 | 1320,41 | | Salesiani per il Sociale | Help and care for children | | | | |
| | | | | | | | | | Ferrarotto Alessi Hospital | Infectious diseases | Catania | Supervisor: Arturo Montineri | | | |
| | | | | | | | | | | Rugby I Briganti ASD Onlus | Association for the inclusion of disadvantaged boys and girls | | President: Piero Mancuso | | |

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|--|--------------|--------|------|-------------------------|-------------------------|-------------|-----------------|---------|--------------|---|--|---|---|---|
| | | | | | | | | | | | | | | |
| 5 WALKING DAYS 204,23 Km | 35 | 11 may | Fri | Palagonia | San Michele di Ganzaria | 27 +11 | 1331 | 41,30 | 1361,71 | Through Caltagirone | Town of Palagonia | Municipality | Palagonia (CT) | Mayor: Salvatore Astuti |
| | 36 | 12 may | Sat | San Michele di Ganzaria | Ravanusa | 52 | 1383 | 43,08 | 1404,79 | | Town of San Michele in Ganzaria ACAMS | Municipality Art and Music Center | San Michele in Ganzaria (CT) Ravanusa (AG) | Assessor: Maria Rachele Milazzo Consigliere: Carmela Vitiello President: Andrea Tricoli |
| | 37 | 13 may | Sun | Ravanusa | Mussomeli | 50 | 1433 | 57,45 | 1462,24 | | | | | |
| | 38 | 14 may | Mon | Mussomeli | Villafrati | 53 | 1486 | 34,80 | 1497,04 | | Town of Mussomeli | Municipality | Mussomeli (CL) | Mayor: Giuseppe Sebastiano Catania Assessors: Sebastiano Loconte and Giuseppina Territo |
| | 39 | 15 may | Tue | Villafrati | Palermo | 32 | 1518 | 28 | 1525,04 | Flight from Palermo to Napoli | Town of Villafrati Town of Palermo Ospedale "Di Cristina" | Municipality Municipality Children's hospital | Villafrati (PA) Palermo Palermo | Mayor: Francesco Agnello Assessor: Giovanna Tueano Dr.ssa Anna Giordano |
| REST | 40 | 16 may | Wed | Napoli | | | | | | Through Ercolano | Town of Napoli MAV di Ercolano "Annalisa Durante" Center | Municipality Virtual Archeological Museum Library | Napoli Ercolano (NA) Forcelle (NA) | Assessor: Alessandra Sardu Director: Nunzio Spina President: Giuseppe Perna |
| 7 WALKING DAYS 333 Km 328,17 Km | 41 | 17 may | Thu | Napoli | Mondragone | 53 | 1571 | 32,20 | 1557,24 | | "Europa" Institute Fernandes Center Town of Mondragone | School Migrants hospitality Municipality | Castel Volturno (CE) Castel Volturno (CE) Mondragone (CE) | Dott. Raffaele Picardi Director: Antonio Casale Mayor: Virgilio Pacifico |
| | 42 | 18 may | Fri | Mondragone | Gaeta | 43 | 1614 | 47,61 | 1604,85 | | | | | |
| | 43 | 19 may | Sat | Gaeta | Sataudia | 42 + 19 | 1675 | 55,88 | 1660,73 | Through Terracina | Town of Gaeta | Municipality | Gaeta (LT) | Assessor: Lucia Maltempo Counselor: Luigi Passerino |
| | 44 | 20 may | Sun | Sataudia | Aprilia | 23 + 30 | 1728 | 54,91 | 1715,64 | through Latina | Town of Sataudia | Municipality | Sabaudia (RM) | Mayor: Giada Gervasi |
| | 45 | 21 may | Mon | Aprilia | Roma | 16 + 25 | 1769 | 45,13 | 1760,77 | through Albano Laziale and Città del Vaticano | Town of Aprilia Padre Giuseppe Bellucci "Villa del Pino" Community | Municipality Curia Generalizia AIDS healthcare | Aprilia (RM) Città del Vaticano Monte Porzio Catone (RM) | Mayor: Antonio Terra Supervisor: Padre Mario Longoni |
| 46 | 22 may | Tue | Roma | Bracciano | 39 | 1808 | 34,60 | 1795,37 | | Palazzo Montecitorio | Italian Parliament | Roma | Member of Parliament: Marilina Intriери | |

| | 47 | 23 may | Wed | Bracciano | Viterbo | 43 | 1851 | 57,84 | 1853,21 | | | | | |
|---|-----------------|-----------|-----|-------------------------------------|--------------------------------|---------------|------|----------------|---------|-----------------------------------|--|--|--------------------------------------|---|
| WALKING DAYS | NR. OF STEPS | DATE | | PATH | | | | | | EXPECTED KM | TOT EXPECTED KM | REAL KM | TOT. REAL KM | NOTES |
| REST | 48 | 24 may | Thu | By car from Viterbo to Siena 171 Km | | | | | | | Town of Viterbo Oncology Prevention Festival Siena Hospital Town of Siena | Municipality Public event Pediatrics Municipality | Viterbo Viterbo Siena Siena | Assessor: Antonio Delli Iaconi Oncology Supervisor Belcolle Hospital: Enzo Ruggeri Project leader: Elena Bertoni Supervisor: dr. Salvatore Grosso Assessor: Andrea Sbardellati |
| 5 WALKING DAYS CAMMINO 278,59 Km | 49 | 25 may | Fri | Siena | Volterra | 24 + 26 | 1901 | 53,54 | 1906,75 | through Colle di Val d'Elsa | | | | |
| | 50 | 26 may | Sat | Volterra | Pisa | 62 | 1963 | 62,34 | 1969,09 | | | | | Supervisor: Crisitna Galavotti |
| | 51 | 27 may | Sun | Pisa | Pistoia | 20 + 40 | 2023 | 61,26 | 2030,35 | through Lucca and Collodi | Pinocchio Parc | Theme park | Collodi (PT) | Fondazione Collodi President: Pier Francesco Bernacchi |
| | 52 | 28 may | Mon | Pistoia | Porretta Terme | 37 | 2060 | 36,65 | 2067 | | Town of Pistoia | Municipality | Pistoia | Supervisor: Giorgio Zuccherini |
| | 53 | 29 may | Tue | Porretta Terme | Bologna | 58 | 2118 | 64,80 | 2131,8 | | Red Cross Castel di Casio | Local Committee Italian Red Cross | Porretta Terme (BO) | |
| REST | 54 | 30 may | Wed | By car from Bologna to Modena 46 Km | | | | | | | Fondazione Augusta Pini e Istituto del Buon Pastore onlus Fanep "San Lazzaro" Community | Community for children's assistance It promotes care and research for children AIDS healthcare | Bologna | Coordinator: Samantha Balboni President: Prof. Emilio Franzoni Supervisor: Sig.ra Fiorella |
| 4 WALKING DAYS 191,84 Km | 55 | 31 may | Thu | Modena | Reggio Emilia | 25 + 14 | 2157 | 42,51 | 2174,31 | through Scandiano | Scandiano ProLoco | For the town promotion | Scandiano (RE) | President: Tina Cucci |
| | 56 | 1 june | Fri | Reggio Emilia | Parma | 43 + 10 | 2210 | 45,87 | 2220,18 | through Collecchio | Town of Reggio Emilia | Municipality | Reggio Emilia | Council member: Serena Foracchia |
| | 57 | 2 june | Sat | Parma | Suzzara | 45 | 2255 | 56,53 | 2276,71 | | La Calcio Balilla Sport Town of Suzzara | Association Municipality | Brescello (RE) Suzzara (MN) | President: Emilio Tondelli Sporting Director: Angelo Magnani Mayor: Ivan Ongari |
| | 58 | 3 june | Sun | Suzzara | San Benedetto Po MANTOVA | (20+21) 41 | 2296 | 46,48+ 0,45 | 2323,64 | | Town of San Benedetto Po Town of Mantova CONI MANTOVA Rotary Postumia FICR Mantova | Municipality Municipality Association Charity Organization Time-keepers association | Mantova | Assessor: Cristiano Torresani Assessor: Nicola Martinelli President: Giuseppe Faugiana Advisor: Susanna Gargioni President: Sandro Pontoni |