

The corona pandemic has affected all our lives. For many people it is harder to socialize with others and to do exercise on a regular basis due to current restrictions. Social interactions and physical activity are extremely important to stay healthy and can prevent mental and physical disorders. Here, we propose a corona-friendly project that helps people stay social and active throughout these difficult times. We have established a running group based at the student house of Aarhus University (Stuenterhus Aarhus) over the last years, which accommodates anybody who wants to join us. Our group includes Danes and internationals between 18-40 year old though there is no age limit, and consists of both students (ca. two thirds) and people that work (ca. one third).

The restrictions are especially difficult for expats and foreign students that have no family or established social network within Denmark, making it hard for them to establish social contacts. Therefore, to be inclusive to everyone, all our sessions are coached in English. However, there are always native speakers participating in case someone needs further clarification in Danish. Our training is centred on running, which makes up two training sessions per week, supplemented by a strength workout once or twice a week (Table 1). We welcome all fitness ability levels, from complete beginners that have never run before to ambitious athletes. All workouts are conducted outside and in groups consisting of ≤ 10 people to comply with the current corona restrictions. This means that we typically have four different groups, (allowing us to accommodate up to 40 people per session), which are organized according to the different fitness levels of the participants, and the workouts are conducted at different locations within the city. Both our running sessions (conducted Tuesdays and Thursdays), and our body workout sessions (conducted Wednesdays and sometimes Sundays) always begin with an easy warm-up, followed by an interval training tailored to the respective ability group. An experienced member of run for friendship coaches each group, but we always welcome new members to join our coaching team. This means that our project does not only offer the benefit of doing sports and socialize in a safe way, but also provides the opportunity to coach groups and talk in front of people, which are important soft skills.

The participation in all sessions is free of charge and all coaches work on completely voluntary basis. The only requirement at the moment is for the participants to sign up for the preferred session (and ability group) on our Facebook page in order to be able to organize the training taking the current corona restrictions into consideration.

Table 1: Our proposed weekly training schedule.

Day	Meeting spot	Time	Activity	Groups
Tuesday	Student house	17:00	Running	Up to 10 participants per groups

Wednesday	Student house	17:00	Body workout and ball games	Up to 10 participants per groups
Thursday	Student house	17:00	Running	Up to 10 participants per groups
Sunday	Various locations in the city	11:00 (can vary)	Body workout and ball games	Vary depending on the number of participants

Importantly, the basic infrastructure for the proposed project is already in place, i.e. we have an active group of experienced coaches and a network to advertise our activities via Facebook and other social media platforms (including a person responsible solely for this task). However, due to the current restrictions, we are not able to store our belongings inside the student house and have no access to indoor facilities. The cold conditions during the Danish winter make it a necessity to wear warm clothes on the way to and from the training, and to have workout mats when doing exercises on the ground (e.g. sit-ups etc.). Thus, to ensure people can stay warm and thus, healthy before, during and after our trainings, we would need a locker to store our belongings during the trainings and workout mats to keep warm during exercises on the ground. Importantly, the locker would be located outside the building and will be sanitized before and after each training to keep up with current regulations. Moreover, we would use the funding to provide reflective vests to all members to be safe while running during the dark time of the year, to obtain speakers for our body workouts, and balls for social sports.