

The most fun activity challenge of the autumn!

# 6 major cities

Competition period: September 19 - October 31



Will you manage to visit the Colosseum, Sagrada Familia, and the Louvre this fall? All it takes is 70,000 steps a week! In this fall's most exciting activity campaign, teams from across the country will inspire each other to stay active and visit Rome, Barcelona, Paris, Budapest, Lisbon, and London in 6 weeks.

All activities count and are easily tracked in the Tappa app.

**Take on bonus tasks and win great prizes!**



In addition to steps, you can complete bonus tasks to earn extra steps—simple everyday actions that enhance your own health, others' health, and the planet's well-being. Gather your dream team and join the competition for great prizes



Read more and sign up before September 18:  
[www.tappa.se/host](http://www.tappa.se/host)