

# Final Report on the LestWe4Get Walk 2012



# #LestWe4Get Walk 2012

## Final Report

### Why a LestWe4Get Walk?

The first annual international LestWe4Get Walks took place on November 4, 2012—the Sunday before Remembrance Day.

Pragmora established the LestWe4Get Walks to complement Remembrance Day commemorations and to emphasize its current and universal relevance.

Every year on November 11, many of us gather to express our appreciation to those who World War I and World War II. They served—and sacrificed—to protect democracy, human rights and freedom. The democracy, human rights and freedom that many of us were born into. And are grateful for.

At Remembrance Day services, we respond to the reading of the [Ode of Remembrance](#) by saying in unison, “lest we forget.”

“Lest We Forget” is a warning. A warning that is as relevant today as it was 100 years ago. A warning to all humankind.

We must not forget the painful sacrifice that war extracts, nor the relentless horror that war inflicts, so that we never, never go lightly into war.

We must not forget the sacrifice and horror of war so that we persistently demand that our governments do more to find realistic nonviolent alternatives to armed conflict, and diligently plan for peace

While Remembrance Day seems to reflect on historic events, ‘lest we forget’ feels like a commandment for today.

### Lest we forget what?

- Those whose lives are devastated by armed conflicts beyond their control,
- Those who serve today in the armed forces on our behalf,
- The sacrifice of veterans past.

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## LestWe4Get Walks 2012

Pragmora is very excited that in its first year, #LestWe4Get Walks took place in 9 cities in 7 countries around the world!

**Nepal.** Katmandu and Bhotewodar (170 km from Katmandu).

**Switzerland.** Basel.

**Spain.** Seville (Gardens of the Palace of Seville).

**Democratic Republic of the Congo.** Goma.

**Pakistan.** Loralai District and Quetta District, Balochistan Province.

**Hong Kong**

**Canada.** Toronto (Etienne Brule Park).

The LestWe4Get Walk was even more international in nature considering that the walk in Switzerland included citizens of Nepal, the **USA, Colombia, Italy, Germany, Palestine** and **Syria** !

Check out the wonderful individual country reports:

**Switzerland Report.** Provided by Bikash Subedi, graduate student at the World Peace Academy. <http://bit.ly/LW4G2012Switzerland>

**Nepal Report.** Provided by Sangeeta Shrestha, Chairperson of [Slisha](http://bit.ly/LW4G2012Nepal).  
<http://bit.ly/LW4G2012Nepal>

**Pakistan Report.** Provided by Atta ul Haq Khaderzai, CEO of Youth Association for Development. <http://bit.ly/LW4G2012Pakistan>



## Basel, Switzerland



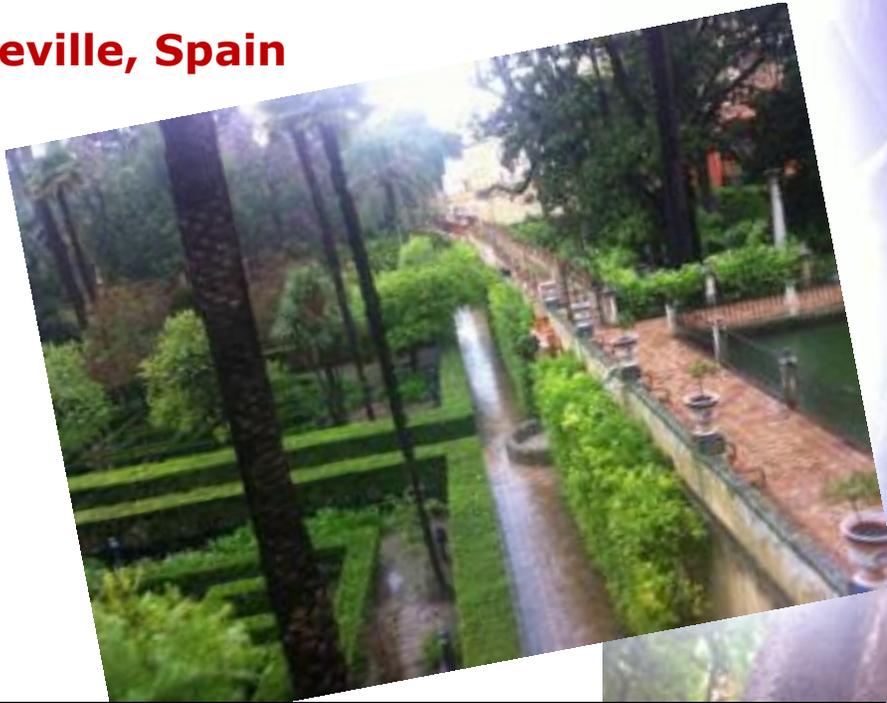
**Conclusion:** This #LestWe4Get was fantastic for us. We walked a lot in our whole life but today is the best day that we walk as 'lest we forget' feels like a commandment for today. Thank you **PRAGMORA**, thank you **Glenys** for your unique idea; and thank you all the great walkers from Basel.

## Bhotewodar, Nepal



Conclusion: We have concluded our walk after 2hr walking. Participants expressed their views that they felt lighter sharing with friends while walking. Great opportunity to talk and share with friends, felt peace in mind.

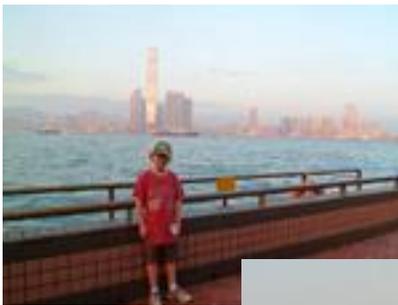
## Seville, Spain



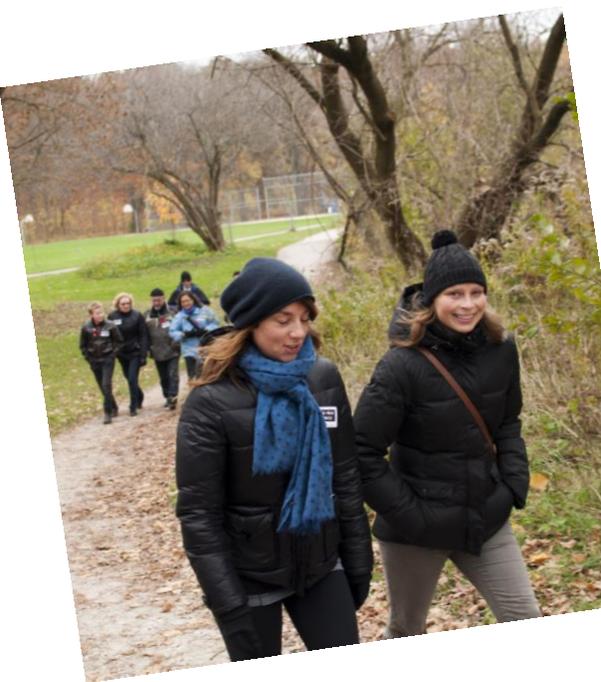
Conclusion: I believe that the LestWe4Got walk is very important and should be an annual returning event.

I felt humble and thankful to live in a peaceful country, and hope that Pragmora can keep up its good work. Next year I will walk again!!

## Hong Kong



## Toronto, Canada





Conclusion: It was an exhilarating walk and a great event! We were super excited afterwards.

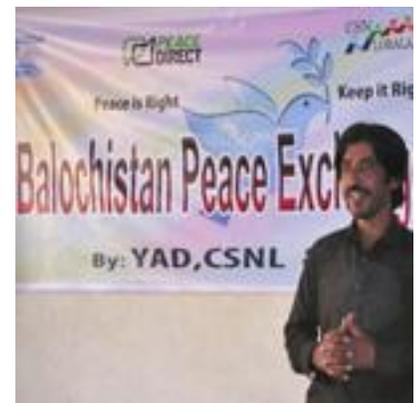
When we started our walk in Toronto, the other LW4G walks had already finished—it was a powerful feeling to know we were part of a global 'relay' for peace. And beautiful 5km route!

Looking forward to next year!

## Lorelei and Quetta, Pakistan



Conclusion: The volunteers of YAD including kids, children also participated the walk more than one KM. After that the Chief Executive Officer of YAD Atta ul Haq Khaderzai continued the walk until end point 14th KM with the message of peace building, conflict resolution, reducing extremism, terrorism, sectarian violence & all violence of the area. The people took keen interests in the peace walk at the end of the walk the YAD issues the press release of the walk to print & electronic media & stressed upon that all the people must play their role for peace building & conflict resolution in the society.





#LestWe4Get Walk

POPPY DEATH BRAVERY FEAR  
RWE WILL REMEMBER THEM

# #LestWe4Get

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ISHORROR PLAN THE PEACE



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