

FRACHT FORWARD NEWSLETTER





EUROPE GOES PINK!

FRANCE - National walking challenge

Participation to the Pink October Challenge, a walk and race challenge involving around 2000 persons in 30 companies France wide, 63 employees from Fracht France participated and walked 4200 kms from October 1st to 15th. They even have the winner in their Team, David Dufour, Deputy Branch Manager of Dunkirk office with 478 kms ! This challenge is in favor of Institute Currie, first center in Europe for detection of breast cancer, collected more than 50 000 € in 2 weeks!



UK - Spotlight on health

The team kicked their “pink day” off with a short quiz to test their knowledge about breast cancer. With an average score of 11 out of 15, the results highlighted the importance of continuous learning and the role education plays in early detection and improved health outcomes. It was a simple yet effective way to engage

colleagues and spark conversations around a critical health issue.

To encourage self-care, especially among women, **gift bags** were distributed as a gentle reminder to prioritise personal well-being and perform regular self-examinations. This small gesture served as a powerful

prompt to make self-checks a consistent part of everyday routines.

Their traditional **pink-themed lunch** also received a thoughtful update. This year, the focus shifted to quality over quantity, with nutritious and festive food options that demonstrated how supporting a good cause can go hand-in-hand with healthier lifestyle choices.

IRELAND - Pink office day

Our colleagues of Quality Freight in Ireland celebrated Women’s Cancer Awareness Day with a pink day as well! It was a day filled with good energy, delicious food, and plenty of smiles. In addition to food and drinks, every woman in the office received a special gift bag containing pamphlets from the Irish Cancer Society and some thoughtful wellness products.

As part of their commitment to making a real difference, Quality Freight has also launched a fundraising campaign to support the Irish Cancer Society, helping them continue their vital work in research, education, and patient care.



BELGIUM GO FLUO!

In a vibrant step towards promoting health and safety, our Belgian colleagues have now received a fluorescent safety jacket! It is a commitment to SDG 3 target 3.6 which aims to halve the number of global deaths and injuries from road traffic accidents by 2030.

Whether you're cycling, walking, or scootering to work, visibility is key. These high-visibility jackets are designed to make sure you're seen especially during these darker months helping to reduce the risk of accidents on the road.

SWEDEN NO ONE LEFT IN THE COLD

As part of their commitment to social responsibility, our colleagues in Sweden donated winter clothes to Stadsmissionen (Social charity organization) for International Day for the Eradication of Poverty .

The need is urgent: more than 1,700 people in their city have applied for winter clothing support this year. That number is not just a statistic it reflects children whose health, ability to attend school, join after-school activities, or simply play outside is at risk. For adults, it means challenges in getting to job training, meetings, or community spaces, things many of us take for granted.

So for Fracht Sweden, taking part in helping people in our own city, prepare for the cold season was an easy decision. No one should have to face a Swedish winter without proper clothing.





A CLEANER EUROPE

Every September, our European offices join forces for World Cleanup Day, and this year was no different! Teams across the region stepped out of the office and into the streets, parks, and riversides to help clean up their cities. This tradition that reflects our shared commitment to a cleaner planet, one piece of litter at a time.



UK NEW SUSTAINABLE OFFICE

Fracht UK has made a big green move to Fort Dunlop, and it's more than just a new address. The new office is packed with eco-friendly features: solar panels, water-saving systems, and the UK's largest grass roof, great for insulation and even better for local wildlife. Inside, smart LED lights and laptops help cut down electricity use. The team's also recycling 33% of its waste and tracking CO₂ emissions to shrink its footprint. Add in everyday habits like cycling to work and ditching single-use plastics, and you've got a workplace that's serious about sustainability—with a smile.



SWEDEN

PREPAREDNESS WEEK

As part of Sweden’s national Preparedness Week, our colleagues watched a series of short educational videos focused on personal preparedness and what actions individuals can take at home to manage during a crisis or disruption. The content covered essential areas such as:

- Stocking non-perishable **food** to last at least 72 hours
- Ensuring access to clean drinking **water** and alternative sources
- Staying **warm** during power outages, especially in winter
- Staying **informed** and communicate without digital or mobile networks

This initiative supports learning and helps reduce vulnerability to future disruptions, reinforcing their commitment to sustainability and responsible citizenship.



UK

BOOK DRIVE

Focusing on Quality Education, Fracht UK organised a month-long book drive. It was a big success, with generous donations from our team and partners, including a computer! All items went to a local charity supporting readers near and far. Even the well-loved books got a second life through recycling. Thank you to everyone who helped spread the joy of reading!

IRELAND

EXPLORING IRISH HISTORY

In August, our colleagues of Quality Freight visited one of Dublin’s most historic cemeteries, a site filled with stories of Ireland’s past. The guided tour gave them the chance to learn about the lives of remarkable figures, from political leaders and rebels to poets and cultural heroes. The experience was both educational and engaging, with tales of courage, drama, and even a few ghostly legends along the way. This activity gave the team the opportunity to connect with the history of the city while deepening our understanding of the people who shaped it.



FRANCE TOOLS FOR THINKING

Fracht France donated 60 abacuses to Jean Moulin Primary School in Villers-Saint-Paul. The abacus is a powerful educational tool that combines hands-on manipulation, visualization, and the structuring of mathematical thinking. It is particularly well-suited for primary school students – from kindergarten through fifth grade – as both a support and an introduction to fundamental arithmetic concepts. Many thanks to Grégory Méchain from Fracht Paris and to the entire teaching team led by Mrs. Duchesne for this wonderful initiative!



SWEDEN BALTIC SEA ACTION

To support Goal 14 Life Below Water, our team in Sweden launched an awareness initiative focused on protecting marine ecosystems and restoring the Baltic Sea.

They shared practical tips like choosing eco-labeled seafood, reducing plastic use, and avoiding red-listed fish. They also promoted WWF’s “Restore the Baltic Sea’s Vitality” project and encouraged everyone to pass on the message to five others. A financial donation was made to WWF to support their restoration efforts. Together, we’re helping reduce marine pollution and protect biodiversity.

BELGIUM NO MORE MICROPLASTICS

At Fracht Polytra Belgium, they have taken action to support SDG 14: Life Below Water. After reflecting on how their office could help protect the ocean, they focused on microplastics—tiny pollutants often found in everyday products.

They discovered that their soap and dishwasher tablets contained microplastics. So, they switched to eco-friendly alternatives and surprisingly, they’re no more expensive than what we used before.

UK ADOPT A TURTLE

In support of SDG 14: Life Below Water, Fracht UK donated £70 to WWF to adopt a sea turtle. With threats like habitat loss, climate change, and unsustainable fishing, sea turtles face steep challenges—only 1 in 1000 hatchlings reach adulthood.

WWF uses donations to safeguard nesting grounds, improve fishing practices, and conduct vital research. As a token of the adoption, the team received a cuddly turtle, a postcard, and a certificate—small symbols of a meaningful impact.



BELGIUM ROOFTOP GARDEN TOUR

To support SDG 11 our team at Belgium visited PAKT, a unique rooftop farm located in the heart of Antwerp. This green oasis brings together urban gardening, sustainability, and community spirit all on top of a city building. During a guided tour, we explored the vegetable gardens, met the resident animals, and learned how PAKT transforms unused rooftop space into a thriving ecosystem. It was a fascinating look at how cities can become greener and more self-sufficient, even in the most unexpected places. The visit inspired us to think differently about urban sustainability—and reminded us that innovation often starts just above our heads.



FRANCE CIGARETTE WASTE RECYCLED

Fracht France partnered with Tchao Megot, a company that recycles cigarette butts into insulation materials without using water or toxic solvents.

To support this, awareness-raising ashtrays have been installed at the Lyon and Saint-Etienne offices. This initiative helps reduce pollution and protect soil, showing how small changes can lead to sustainable impact.

SUTTON FUN RUN

12 Colleagues from Fracht UK took part in the Sutton Fun Run, an 8.5-mile event through Sutton Park. The team ran in support of St Giles Hospice, a local charity providing palliative care to terminally ill patients chosen for its personal significance to several staff members. Thanks to everyone's efforts, over £800 was raised via JustGiving.





ZERO HUNGER MONTH

UK - Creative ways to cut food waste

Ahead of a team meeting at Fracht UK’s head office, a fun and meaningful challenge was introduced to the colleagues: reduce food waste through everyday actions.

Two activities were launched—regrowing plants from food scraps like spring onions and basil, and cooking with leftovers, using what’s already in the fridge (wonky veggies welcome!). On 14th May, teams came together to showcase their creative dishes and share ideas for more sustainable habits.



IRELAND - Food collection campaign

Colleagues at Quality Freight Ireland began the month with a breakfast event to launch their internal food collection campaign. Throughout May, team members donated non-perishable food items with great generosity.

They are proud to announce that over 25 kilos of food have been collected. These donations will be delivered to the Dublin Simon Community, a local charity supporting individuals facing food insecurity.



BELGIUM - Highlighting local farmers

To mark World Hunger Day, colleagues in Belgium launched a month-long initiative focused on food awareness and community support. The team highlighted the environmental impact of imported foods and encouraged choosing local and seasonal produce supported by a seasonal calendar and weekly showcases of local farmers. Throughout the month, food donations were collected and are being donated today to a local food distribution centre, reinforcing the team’s commitment to building a more resilient and sustainable food system.



SWEDEN RUNNING FOR CHARITY

Half the team at Fracht Sweden proudly took part in the Göteborgsvarvet half marathon, one of the world’s largest running events. They joined a charity start group, raising funds for Ung Cancer, Suicide Zero, and Ågrenska, organisations supporting youth, mental health, and families affected by rare diseases.

While some ran the 21 km course, others cheered from the sidelines, creating an unforgettable atmosphere of support and team spirit. The event also stood out for its strong focus on sustainability, making every step count for both people and the planet.



FRANCE HIVES AND HIGH-FIVES

This May, colleagues at Fracht France took part in two inspiring initiatives.

First, the team visited their sponsored beehives in Domont, near Paris, as part of an ongoing partnership with Les Écorches. Now in its second year, this initiative supports biodiversity by financing two hives in the Paris and Lyon areas. During the visit, colleagues spent two hours learning about the honey-making process and the vital role bees play in our ecosystem.

Later in the month, the team laced up their trainers for the Special Olympics solidarity race at CDG Airport. This marked Fracht France’s fourth participation in the event, which raises funds to make sports more accessible to people with disabilities. With 93 teams from 37 companies, the race brought together 232 runners and 144 walkers, raising an impressive €72 000 for the cause.

From supporting pollinators to championing inclusive sports, Fracht France continues to show how small actions can lead to meaningful impact.

