



# An immersion in the cold



Times haven't been easy for anyone: pandemic, wars, economic crisis... There are many reasons why we discover that keeping our minds and bodies healthy is as difficult as it is important and ur...



Campaign active from

**09/03/2023 to 28/04/2023 - 18:00**

<https://ppl.pt/en/frio>



## Support now.

It's fast and easy. Follow these three simple steps.



### STEP 1

Specify the contribution value and click Contribute or click on the desired reward. You can specify any integer amount from 1€.



### STEP 2

Fill in your identification (name and email) and click Next. You can leave a public and private message, and make your contribution anonymous.



### STEP 3

Review your pledge, select the payment method and click Submit. For international payments we recommend PayPal. Thank you!