



Energy in Action

Human energy can transform the lives of others. In HUMAS System, one day each year, we channel the collected energy into real help for those in difficult circumstances.

It's an expression of gratitude to the participants of the system.

Each person becomes part of an energy cycle where contribution returns as support, care, and connection.

Principles of the initiative:

- Awareness: we direct energy where it becomes action and brings value to people
- Transparency: every step can be tracked — the result is visible, and you know exactly who received help
- Voluntary participation: open to all who feel ready to share

Where the energy goes:

- Supporting people in difficult life situations
- Helping HUMAS System participants in times of crisis
- Launching projects that restore meaning and stability

One day a year. One cycle of energy.
But the impact lasts far beyond.