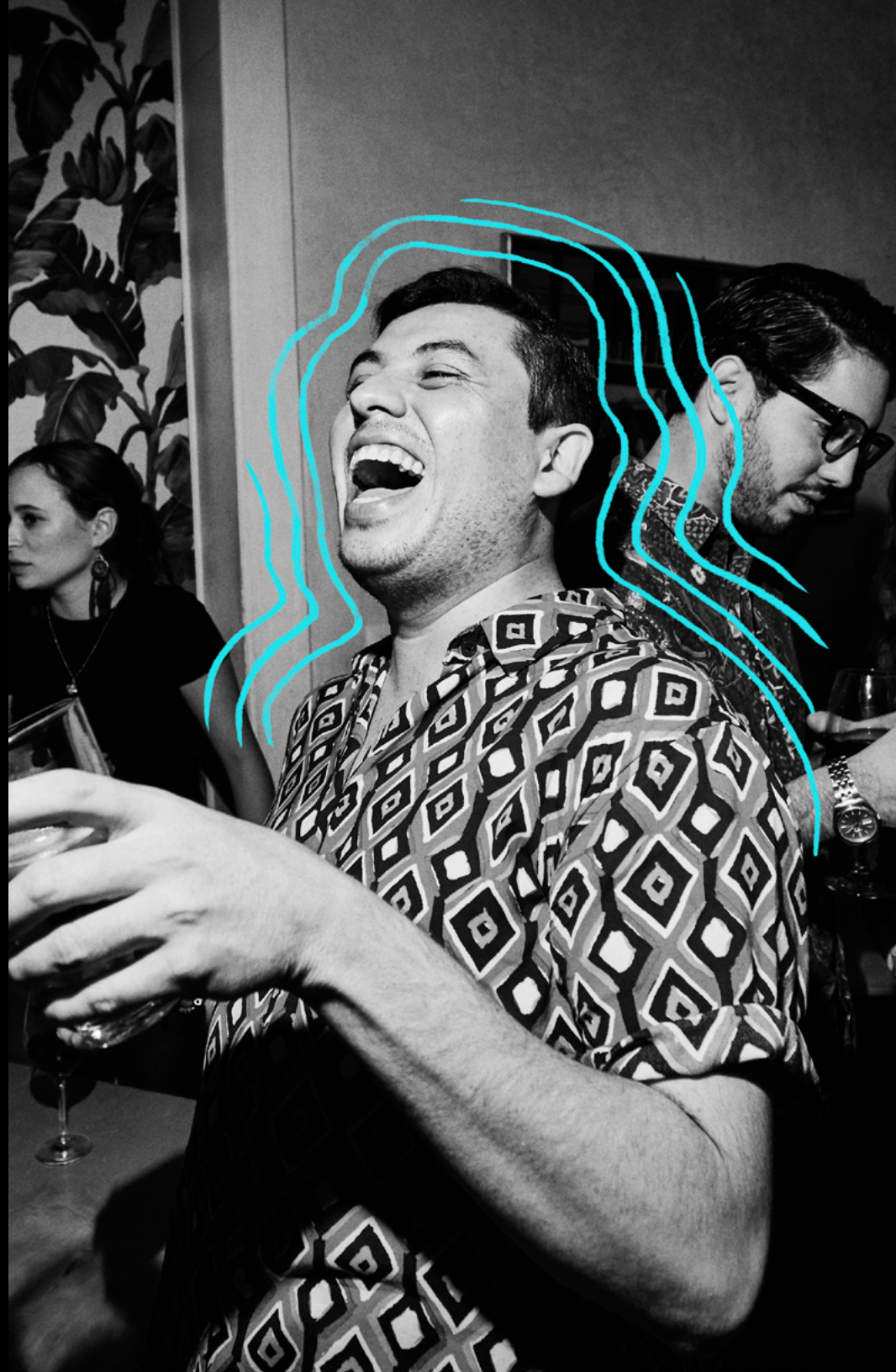


 **MOVEMBER®**

# HOST TOOLKIT





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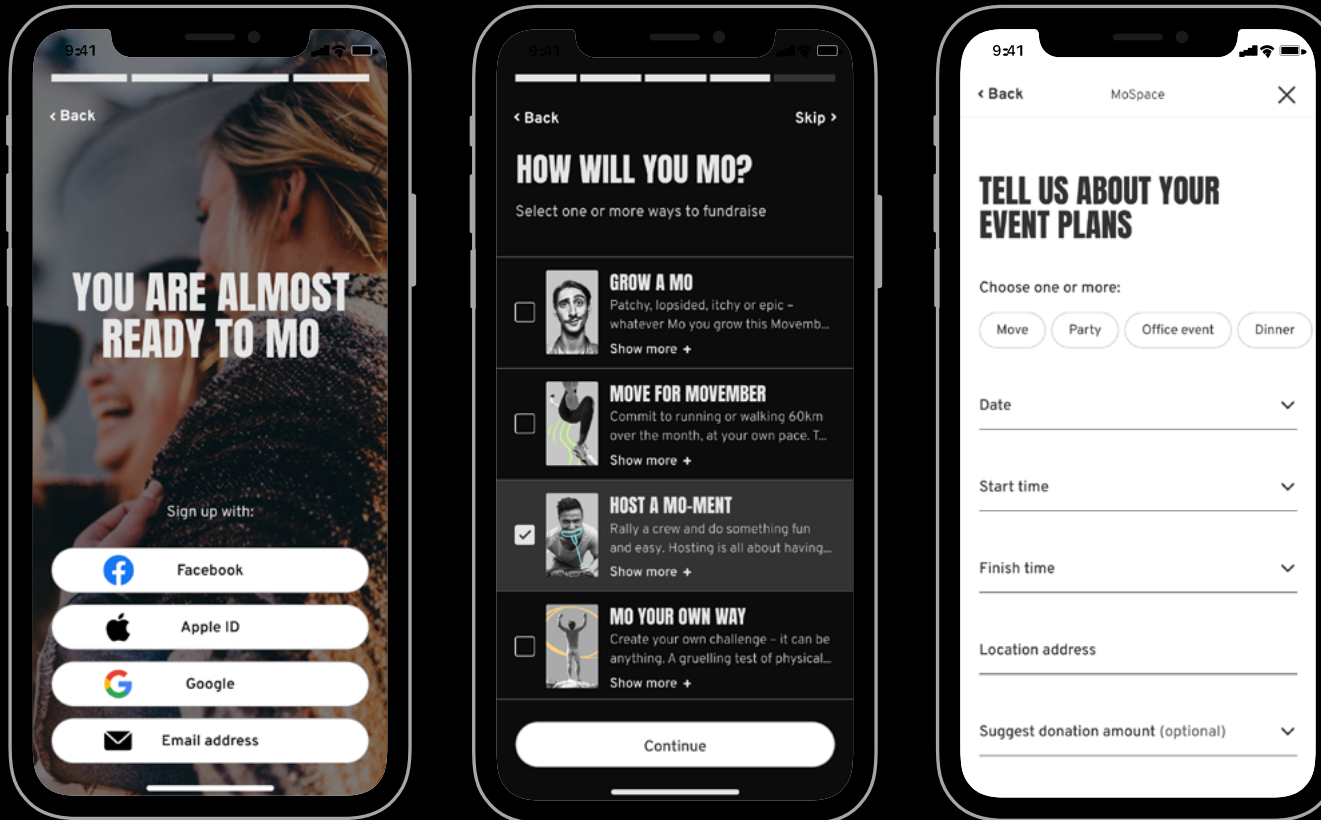


# HAVIN' FUN, DOIN' GOOD

Men are dying before their time. But you can help save lives and bring about change.

With the money you raise, we fund groundbreaking health projects across mental health and suicide prevention, prostate cancer, and testicular cancer – more than 1,250 projects so far.

We've had a huge impact and we're hell-bent on making it even bigger. That's where you come in. Help change the face of men's health – rally a crew and do something fun and easy, virtual or in person. Host an event. And have a good time for a good cause.



# READY SET MO

## HOW TO HOST

- 01 Sign up via the Movember app or at [movember.com](https://www.movember.com)**  
Choose to **Host** this Movember.
- 02 Set up your Mo Space**  
Set a fundraising target.  
Write your motivation.  
Upload a profile pic. Share!
- 03 Plan your event**  
How will you rally the crew? Go with a classic – like a quiz night – or let your creative juices flow. This guide has plenty of ideas and inspiration.
- 04 Make an event page**  
From your personal fundraising page (that's your Mo Space), go to 'Host', then choose 'Create event'. This lets you share all your event info in one place, track RSVPs, send event updates, and use your event's unique QR code to drum up donations.  
  
**Note:** Your Mo Space does not sell or manage tickets for your event. Use a third-party app or, better yet, create deeper connection by physically issuing tickets.
- 05 Make it count**  
Ask friends, family and even local businesses to back your event by purchasing tickets, donating goods or sponsoring your shindig. Together, we can stop men dying too young





# PLANNING YOUR EVENT

## BE THE HOST WITH THE MOST. START WITH THESE STEPS:

### Brainstorm big

It could be a trivia night, a competitive gaming tournament or a Shave Down. Any way you can bring friends together, physically, or virtually, is a chance to raise much-needed funds for men's health. We've got **ideas and inspo** on the next page to help you get started.

### Register your Mo-ment

Whatever kind of Mo-ment you're planning, be sure to register it on the Movember app or at [movember.com](https://movember.com). That way we can help you with tailored info and assistance.

### Set a budget

Every last bit you raise counts when changing the face of men's health. So aim for maximum funds for minimum cost. Start by checking if local businesses can offer their venue, goods or services – you miss all the shots you don't take. You can also set a suggested donation for your guests. Hosting a picnic for a small group of friends, or a **Shave Down** for a large group? Ask for a donation per head – it'll likely be less than what your friends would spend on a night out, and it's for a good cause.

**Hot tip:** Aim for a 40:60 ratio of cost-to-profit.

### Book a date

Leave plenty of time to plan and give your guests lots of notice to free up their schedules.

### Build your guestlist

It's true – the more the merrier when it comes to supporting men's health, but small groups can make a huge difference, too. Invite people using your Mo Space and social media. We have Movember-branded, customizable social images you can use at Canva right [here](#).

### Show your style

Decorations encourage donors to dig deep. So decorate your space. If you're hosting a virtual event, have some fun with a dress theme or virtual backgrounds. Mo-style decorations can be found on your Mo Space and [downloaded right here](#).

### Plan your donations

Once your Mo-ment wraps up, decide how you'll send in donations. You can collect cash from guests and transfer the funds electronically or mail a cheque.

Alternatively, ask guests to donate directly to your Mo Space by sharing your Mo Space URL and/or your unique QR code. You'll find your QR code on your Mo Space (your event page has one, too).

If you have a donation bucket or cup set up (or many of them), you can download and print this [special \(and stylish\) bucket band here](#).



# IDEAS AND INSPO FOR YOUR MO-MENT

## PUT YOUR OWN SPIN ON THINGS OR TAKE SOME INSPIRATION FROM US:

### Sports clash

Challenge your mates to a winner-takes-all-glory backyard football or doubles tennis tournament. Donate to play, take no prisoners.

### Gaming tournament

Challenge your mates to a gaming marathon or tournament. Use your Mo Space to drum up hype then stream the event live on Twitch (we've got [some info](#) to help you with that). Unfortunately, though, only one person may choose Fuse in Apex Legends at a time.

### Trivia night

Recruit an awesome Quiz Master, secure some great prizes and charge an entry fee. Up the ante with bonus rounds, speed rounds and prizes. Throw in a fancy-dress theme for more fun. Questions and tips ready to go in our Mo Quiz Kit – [shout out if you'd like one](#). Trivia works just as well in-person or online.

### Shave Down

Get the gang together on November 1st for a **Shave Down**. Have a barber on deck to bring out those baby faces. Host it in-person or virtually – or both.

### All or nothing auction

Put the stuff you want to get rid of into a room and auction it all, online or in-person. What about selling the clothes off your back to show how far you'll go? Just promise to wash them first.

### The Mo factor

Hold a talent show. Pick the right team members, and your event could score a perfect 10. Set up at your place or do it live on a video conference.

### Mo photo contest

Set up a moustache-themed photo contest, with a theme or challenge, and a judging panel. Ask for a set donation to join and offer prizes for the winners.

### Throw a stache bash

End of Movember means it's time to party. Invite your friends, family and supporters. Ask for donations as a cover charge, set up fun activities and thank everyone for helping you change the face of men's health.

### Mo golf tournament

Hosting a golf tournament is a guaranteed way to have fun and do some good in the name of men's health. Choose a venue and format that suits – such as match play, alternate shot, or 4-person scramble (our favorite). You can also get local businesses or the club to sponsor the tournament and hold a raffle – a bigger carrot to draw more donations.

### 5K stache dash

Rally your friends, map out a 5mi route, and hit the ground running! Charge a fee or have participants pledge a donation amount. Throw a post-run celebration with a raffle for more donations. Make sure you have first aid, permits, and volunteers ready so the day runs smoothly.





# HOW TO ASK FOR SPONSORSHIP

An event sponsor can give your fundraising big time backing.

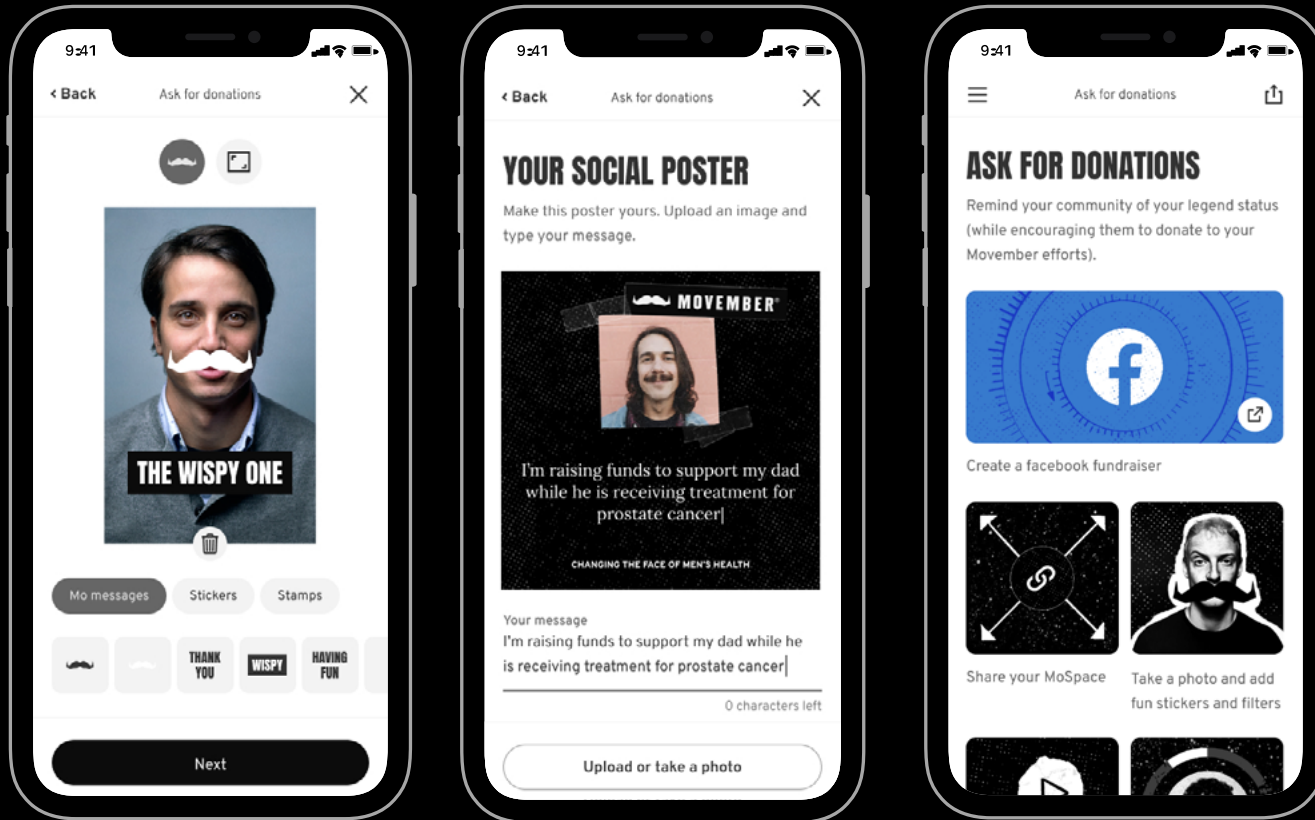
## HERE'S HOW TO SECURE ONE:

- 01 A letter is best. Classic and sincere.**
- 02 Address the person you're reaching out to by name.** Acknowledge their role in the business and explain who you are, who you're writing on behalf of, and, of course, why you're getting in touch.
- 03 Explain what kind of event you're hosting.** Include details like time, location and theme.
- 04 Don't be shy. Ask your questions with confidence.** Be specific with the donation amount you're requesting. Communicate clearly that it's for a good cause (feel free to adapt the suggested message below). More often than not, you'll get what you ask for. Let them know how much your event hopes to raise, and the impact their donation would make.
- 05 It's important to highlight how supporting your event complements the sponsor's** broader community goals, and how your goals align. Show them what's in it for them.
- 06 Highlight how the sponsor will be promoted at your event** – give them options, if possible. Maybe it's posters on walls, a banner across the scoreboard, social media articles on your website and regular mentions throughout the month.
- 07 Include your contact information.** The letter is your intro, but a follow-up call or meeting is where you'll lock down the details and secure your sponsorship.
- 08 Keep it short and sharp.**

Adapt this message for a sponsor:

"I'm fundraising for Movember, the leading charity changing the face of men's health. Across the world, men are dying earlier than women, and for largely preventable reasons.

Movember is addressing some of the biggest health issues faced by men – prostate cancer, testicular cancer, and mental health and suicide prevention – finding and investing quickly in innovative health projects (more than 1,250 since 2003) across the world to help stop men dying too young."



## YOUR HARD WORK GOES EVEN FURTHER WITH THESE PRO TIPS:

### Use the Movember app

It's easy, quick and loaded with features. Get notified whenever donations roll in. Track your progress, check in on your team and any challenges you're part of, get the latest Movember news while connecting with clubs and the wider Movember community. Get the app from the [App Store](#) and [Google Play](#).

### Use Facebook Fundraisers

What if we told you that you're likely to raise 180% more funds than your average Mo by using one simple trick? With Facebook Fundraisers, you can easily link your Mo Space fundraiser profile and Facebook account. That way, friends and family can donate to your Movember fundraiser directly through Facebook – they don't even need to leave the app.

And that statistic is true: people who do this raise 180% above average.

### Use Canva custom graphics

Jazz up your posters, email signatures, and social media posts with Movember graphics on Canva. They're free and there's one for every situation. [Sign up for Canva here](#).

### See our other fundraising guides

You'll find even Mo ideas and resources on our [fundraising resources page](#).

# HOW TO SUPERCHARGE YOUR DONATIONS





**Movember's own insurance won't cover your event or your participants, so please make sure everyone is covered.**

Be aware of any insurance requirements if you're hosting a Mo-ment on private property like a home, office or apartment building.

Check to see if any games of chance or skill need to be registered and/or supervised by official observers.

If you're hosting a fun run or outdoor sports event, you may also need approval if you're using public grounds or blocking off traffic for your route.

You will have to recruit first aid wardens for public physical events – your local ambulance volunteers may be available to help here.

We're here to help in any way we can, so reach out if you need a hand with legal, planning or fundraising tips.

# KEEPING IT LEGAL

## CONTACT US

Got a question? Drop us a line:

**Email** [info@movember.com](mailto:info@movember.com)

**Phone** 1300 GROW MO  
(1300 4769 66)



**MOVEMBER®**

CHANGING THE FACE OF MEN'S HEALTH