



**MOVEMBER®
FOUNDATION**

A-Z FUNDRAISING



A

Afternoon Tea

Do as the British do and Host a tea party. Charge everyone a fee and provide delicious cakes and tea. For extra fun, make it a Mad Hatter's theme.

Athletic Challenge

Get sporty and challenge your fellow students to a test of athletic prowess. Rugby, football, soccer, ping pong – you name it, they play it.

B

BBQ

Get grilling. Invite all your friends and coworkers to a big BBQ cookout in aid of Movember.

Breakfast Potluck

Have you and your team/co-workers put on a breakfast pot luck. Collect donations for a great breaky to start the day.

C

Come Dine with Mo

Put on your own Come Dine with Me dinner week with your friends. Everyone donates what they think the meal is worth.

Coffee Run

Have someone around the office grab coffees for morning break. Switch it up each day of the week and donate the price of your coffee to your team. You could fill a pot or mug with donations.

D

Dog Day

Ask your buds to bring in their furry four-legged friends, fence off an area and donate for an adorable cuddle sesh.

Dress Down

Leave the shirt and tie in the closet and head to work in what makes you feel comfortable. Don't forget to set a donation requirement for your co-workers looking to loosen their collars.

E

End of Year Party

This needs no explanation.

Egg and Spoon Race

Put on a good old-fashioned egg and spoon race. Add in three-legged and sack races for the full shebang.

F

Fill the Jar

Guess the number of candies in the jar, but charge per guess. Winner gets a boatload of candy.

Fashion Frenzy

Let's take it back to the days when the Mo was king. Throw a fashion show and have the crowd vote on the best retro swag. Bring out the flares, fluro, and FILA.

G

Games Night

Get out the Twister, Jenga, Clue and Catan – if you dare – for an old-school games night. For a modern twist, pull out the video games.

Golf Tournament

Question: what's better than a stroll around the course with friends?
Answer: a stroll around the course with friends *while* raising funds for men's health. Donate to enter.

H

Head Shave

Get sponsored to shave your head. Or go wild and cut a Mo into your hair.

Hot Wings

Do you think you can handle the heat? Find out who's got a mouth of steel in an office-wide hot wings eating contest. Your Mo might come back to bite you.

I

IQ Challenge

Put your friends to the test while they compete for title of smartest in the group.

International Lunches

Each participant contributes in a dish from a different culture. Everyone brings Tupperware and pitches in for lunch and leftovers.

J

Jack-o-lantern Jungle

Imagine a garden of glowing vegetables. Donate to creatively carve a pumpkin for Halloween, but there's a catch: the pumpkin must feature a moustache. Most ferocious veggie wins.

Jammin' (Open Mic)

Unleash your inner superstar with an open mic night at your local bar. Anyone is welcome to come along and play or watch – for an entrance donation, of course.

K

Karaoke Night

Tune up those pipes for a night of beautiful ballads, crooning classics and pumping pop hits.

Kick Off Awareness

A party to start the month with a bang is always a good idea. Use it as an opportunity to recruit to your team and spread awareness.

L

Laser Tag

Teams go head to head (and Mo to Mo) in the ultimate laser battle.

Lecture Life

Use your lectures as fundraising opportunities. For an office-space twist, challenge your coworkers to keep meetings to their proper length. If they go over, they donate. If they keep it prompt, *you* donate.

M

Movie Night

Host a Mo movie night, starring your favourite moustachioed men. Channel your inner Tom Selleck or Ron Burgundy and make it fancy dress.

Move for Movember

Get sponsored to walk or run throughout the month of Movember. Check out movember.com for more inspiration.

N

Naked Calendar

Ask your more daring friends to pose in a naked calendar – make it funny and quirky. The more moustaches, the better.

Nap Sesh

Donate for an uninterrupted snooze in a designated nap area. Ahhh heaven.

O

Olympics

Host a your very own Mo Olympics and discover your nearest sporting legend. Who could it be?

Office Collection Day

Make the rounds and let people know what cause you're crusading for. Keep it light and friendly, or create a donation box for the front desk.

P

Putting with Poise

Putt for glory and charity, but don't get distracted by carefully curated distractions.

Pants Run

Make your debut campus run one to remember. Find your wildest underpants and show them off in aid of a good cause.

Q

Quiz Night

Everyone loves a good old-fashioned Pub Quiz, so make it happen in your local bar or pub for a guaranteed great night. Get in touch for a Movember-oriented quiz, we have one handy.

Quirky Quest

Design a quest involving a scavenger or treasure hunt with a prize for the winning team.

R

Ready to Rumble

Test your buds with an epic arm wrestle contest. Who will be crowned the ultimate victor?

Rad Raffle

You can't go wrong with a raffle. Ask each one of your friends or local businesses to provide awesome prizes.

S

Switch Up Stitch Up

Come to the party dressed to impress, but don't get too comfortable. Swap clothes with whoever you like and be sure to leave the party with a new wardrobe. Donations at the door.

Salsa Night

Bring out the Latin tunes and get on those dancing shoes. See if a local instructor will teach a class for you – or maybe one of your friends has a hidden talent?

T

Table Tennis Tournament.

Now is the time to dust off those paddles. Get your ping on and play some pong.

Trampoline Extravaganza

Put a trampoline on campus and people will flock.

U

Underwater Plunge

Think you have what it takes to brave the cold? Take an icy polar bear dip at the end of the month to help raise funds and awareness for men's health.

Unwanted Gift Sale

We all have unwanted gifts collecting dust. Maybe it's that second toaster your mother-in-law thought you needed (toast is great, but really Marge? One was enough), or the winter jacket that's three sizes too big. Whatever it is, sell it for donations in the name of men's health.

V

Viral Award

Why not create your own MOscars Awards Evening? Challenge Mo Bros and Sistas to create some epic content and see whose goes viral.

Varsity Cup

Put on a big varsity tournament between all your uni sports clubs. Leave a legacy by awarding the winning team an epic trophy.

W

Wine and Cheese

Get fancy and invite your friends to a night of carefully selected smooth red wines and delicate French cheeses.

Wax Fest

Wax for a good cause. Each donor gets to rip, tear and pull. Ouch.

X

X-Factor

Embody Simon Cowell and advise contestants to 'not quit their day job' in your own X-Factor contest.

Xmas Party

Celebrate a year of havin' fun, doin' good. Is it ever too early to have a Christmas party? The answer is a very firm: no.

Y

Yoga Class

Balance your chakras with a Mo Yoga class. Ask your local studio to Host a special class for Movember.

Yard Sale

One person's trash is another person's treasure. Dig through those closets, cupboards and shelves – who knows what treasures you'll find. All proceeds go back to Movember.

Z

Zumba Class

Shake it, dip it and move it with a Mo Zumba class.

Zeus: Cut Loose

Bed sheets, towels, actual togas... embrace your inner Apollo or Athena and walk with the Gods to your on-campus or in-office Toga Party.