



MOVEMBER®



**HOW TO
HOST IN
MOVEMBER**

RAISE THE ROOF RAISE FUNDS HAVE FUN

It's been a big year. Now's the time to let your hair down and have some fun with friends and fam. We call it Hosting a Mo-ment, and it's all about having a good time while raising funds for a good cause.

GET STARTED

Sign up at movember.com, then choose to Host.

YOUR GUIDE TO HOSTING

01

KEEP IT SIMPLE

Whatever kind of shindig you plan, the secret is simplicity. Pick an activity that's fun and easy, get your friends on board and collect donations. As long as you're having fun and doing good, you're nailing it.

02

HOST THE MOST

Why limit yourself? Think about hosting your event more than once or Host a series of different events through the month.

03

MAKE AN EVENT PAGE

Use your Mo Space to make an event page. Share the URL, track RSVPs and invite people to donate directly to your event page.

04

PLAN AND PROMOTE

Save yourself any last-minute stress by planning everything well in advance. Use social media to tell people why Movember is important to you and encourage donations.

05

ASK FOR DONATIONS

An all-important step. Friends and fam can donate via your event page or directly to your Mo Space. Streamline donations by sharing your personalised Mo Space QR code.

06

HAVE FUN, DOIN' GOOD

The funds you raise – and the fun you have – will help change the face of men's health. Be proud and party on.

MO-MENTS WORTH HOSTING

As you plan your Mo-ment, there are a few key things to keep in mind. Physical distancing restrictions vary from place to place. Please always adhere to your governing health body's COVID-19 advice.

SHAVE DOWN

Razors at the ready! Host a group shave-off to kick-start the month. This can be done virtually, too. The secret ingredient? Recruit an MC to commentate and critique techniques.

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 can help you with that part.)

TRIVIA NIGHT

Recruit an awesome Quiz Master, secure some great prizes and charge £5 entry. Up the ante with bonus rounds, prizes and speed rounds. Why not throw a fancy-dress theme in the mix? We've got trivia questions and tips ready to go in our Mo Quiz Kit – shout out if you'd like one. (Trivia translates easily into a virtual event, too.)



If you need more virtual event tips and inspiration, check out our Movember Virtual Event Guide.

And if you've got any questions or want to chat through ideas, get in touch at info.uk@movember.com.