



HOW TO PLAN YOUR MO- MENT

No matter what type of event you Host this Movember, these steps have you covered. This is your chance to be the Host with the most.

01

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.

Stuck for inspo? Check out the Events page at movember.com.

Hot tip: We've got trivia night covered with our Mo Quiz Kit – in real and virtual style. Get your how-to guide on the Events page.

02

SET A BUDGET

Every dollar counts when changing the face of men's health. That means maximizing funds raised while minimizing cost. Start by checking if local businesses can offer their venue, goods or services – there's no harm in asking, right?

You can also set a suggested donation for your guests. Hosting a simple dinner or a virtual Shave Down? Ask for a \$20 donation per head – it's likely 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. Check out our downloadable resources on movember.com.

03

BOOK A DATE

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

04

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.

Hot tip: If you invite 5 friends over for a trivia night, and they donate \$20 each, that's \$100 raised. Easy huh? Small groups and small amounts really do add up.

05

SHOW YOUR STYLE

You want to get your guests excited and digging deep. So if you're inviting people over, don't forget to decorate your space. And if you're hosting a virtual event, choose a fun idea to suit those participating.

Need real-life styling ideas? Head to your Mo Space for downloadable Mo-style decorations. Want some online event planning tips? Check out our Virtual Event Guide [here](#).

06

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). Your donors simply need to hold their phone camera over your code for a quick and easy donation.

Hot tip: The quicker we receive your funds, the faster we can invest them in groundbreaking projects in mental health and suicide prevention, prostate cancer and testicular cancer.

07

REGISTER YOUR MO-MENT

Whatever kind of Mo-ment you're planning, be sure to register it at movember.com so we can help you out with tailored info and assistance. Above all else, have fun and be proud. The funds you raise will help stop men dying too young, and that's huge.



Need support? Get in touch at info.ca@movember.com and we'll give you a hand.