



MOVEMBER®

YOUR MOVEMBER
FUNDRAISING EVENTS

AN A-Z OF IDEAS

A

AFTERNOON TEA

Host a civilized tea party with cakes, scones and cucumber sandwiches.

ATHLETIC CHALLENGE

Get sporty and challenge your friends to a test of athletic prowess. Hockey, dodgeball, ping-pong – you name it, they play it.

B

BBQ

Get grilling. Invite all your friends and colleagues to a big BBQ cookout or a feast at a local BBQ joint in aid of Movember.

BREAKFAST POTLUCK

Host a breakfast pot luck in the office kitchen. Collect donations to attend and enjoy a feast of pancakes, waffles, bacon and eggs.

C

COME DINE WITH ME

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

COFFEE SACRIFICE

Give up one coffee a day and donate the money you would have spent to Movember. It'll be hard, but changing the world wasn't meant to be easy!

D

DOG DAY

Host doggy days in the office (one dog per day). Ask paw parents to donate to bring their furry friend along. Sell cuddle sessions for extra donations.

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 coworkers looking to loosen their collars.

E

END OF YEAR PARTY

Self-explanatory, right? Let your hair down and kick your heels up! Ask partygoers for a donation on the door.

ERRAND SERVICE

Never have enough time? Run an errand service. Who knew picking up dry cleaning could help change the face of men's health.

F

FILL THE JAR

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

FASHION FRENZY

Throw a 'forgotten fashion' show and have the crowd vote on the best retro swag. Bring out the flares, fluoro 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

Host a head-shaving day in collaboration with a local barber. Ask colleagues to sponsor your efforts.

HOT WINGS

Can you handle the heat? Uncover your Chilli King or Queen in an office-wide hot-wings eating contest.

I

IQ CHALLENGE

An IQ challenge with a twist: test your coworkers' knowledge on a specific subject – reality TV, celebrity news or current affairs.

INTERNATIONAL FEAST

Invite colleagues to a bring-a-plate feast of flavours from across the world. Simply donate to attend.

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 your team and spread awareness.

L

LUNCH WITH THE CEO OR A CELEBRITY

Auction off a special lunch with your company's CEO or a local celebrity.

LUNCH AND LEARN

Use your lunch break to educate your colleagues about Movember and your fundraising efforts - have a collection and link to your Mo Space at the end.

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 run or walk 60kms over the month. That's 60kms for the 60 men we lose to suicide, each hour, every hour across the world.

N

NETFLIX MARATHON

Pick an absolute classic show and host a binge night. Supply popcorn and simply ask for a donation to attend.

NAP SESH

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

O

OLYMPICS

Host your own Olympics with events like egg-and-spoon relay races around the building. Donate to participate and spectate.

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.

PING PONG TOURNAMENT

Now is the time to dust off those paddles. Grab your friends and crown a men's health champion.

Q

QUIZ NIGHT

Everyone loves a trivia quiz, so why not host one at a local bar. Simply charge for entry. We can help with Mo-themed questions.

QUICKEST MO

Who's the fastest fundraiser? Whoever raises the most in the first week wins a \$5 donation from everyone in the office.

R

READY TO RUMBLE

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

RAFFLE

You can't go wrong with a raffle. Ask local businesses to donate 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.

T

TV DRESS-UPS

Come dressed as your favourite TV star for a day. Think Don Draper, Daenerys Targaryen or a wing-wearing Handmaid. Donate to participate.

THEMED FEAST

Whether it's an office lunch or dinner party, pick a cuisine – Mexican, Indian, Moroccan, whatever – and ask everyone to bring a plate and a donation.

U

UNDERCOVER BROTHER

Inspired by the Undercover Brother – a classic Movember moustache – host a murder mystery night. Pay to play.

UNWANTED GIFT SALE

That gift collecting dust in the cupboard – you know, that blender/toaster/margarita maker – it's time to sell it in aid 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.

VACATION DAY

Ask your employer if the company can offer a paid vacation day as a prize for the month's top fundraiser.

W

WINE AND CHEESE

Host a cheese and wine night for your coworkers, with the help of a local expert to talk you through the delicious menu.

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 you'll find. All proceeds go to Movember.

Z

ZUMBA CLASS

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

ZANY DRESS DAY

Add something extra quirky to your normal work attire. A silly pair of sunglasses, some wild false lashes, a headache-inducing tie – whatever you like, just make it zany.