



USE THE POWER OF A GOOD TIME TO SPREAD AWARENESS
AND RAISE FUNDS FOR MEN'S HEALTH.

MOVEMBER FOUNDATION EVENT GUIDE

WHAT IS A MOVEMBER EVENT?

MOVEMBER EVENTS ARE USED TO FUNDRAISE, UNITE YOUR COMMUNITY AND CHAMPION MEN'S HEALTH.

MOVEMBER EVENTS COME IN ALL SHAPES AND SIZES. WHETHER IT'S A MASS SHAVE DOWN SESSION OR A NIGHT OUT ON THE TOWN, A MOVEMBER EVENT IS A GREAT WAY TO BRING YOUR FUNDRAISING TO THE NEXT LEVEL. GET CREATIVE (SO LONG AS IT'S SAFE, FUN AND IN THE SPIRIT OF MOVEMBER) OR RUN WITH ONE OF OUR IDEAS LISTED ON THE RIGHT.

NEED MORE IDEAS? HEAD OVER TO THE CONTACT PAGE ON MOVEMBER.COM AND GET IN TOUCH!

EVENT IDEAS

SHAVE DOWNS

If you're growing a moustache for Movember, get off to a good start by rallying friends and family to shave down on 1 November.

MOVE EVENTS

A MOVE event can be anything physical – a fun run, ping pong tournament or yoga session – in support of Movember.

MO PARTIES

Who doesn't like a good old-fashioned party? Bring the community together to raise some cash for men's health. Why not have a moustache theme or make it a costume party?

COMMUNITY EVENTS

Get local sporting clubs, businesses and venues involved and champion Movember in your community.

WHEN CAN I HOLD A MOVEMBER EVENT?

Anytime! Raising awareness and funds isn't limited to only one month, so feel free to hold an event anytime.

DURING MOVEMBER

Events are a great way to promote your Movember fundraising efforts.

YEAR-ROUND

Host a Movember Foundation event any time of year to raise funds and awareness for men's health. You can donate funds at any time on Movember.com.

HOW TO HOST AN EVENT

GET PLANNING

You'll be most successful if you get a team on board and make your plans early. Try not to overcomplicate things, sometimes the best events are the ones that keep it simple.

SPREAD THE WORD

Once you've planned your event, spread the word by emailing your friends, sharing through social media, or even using posters.

HAVE FUN, RAISE FUNDS, DO GOOD

Make sure everyone knows why you're fundraising for men's health. Once things are wrapped up, send in your donations through Movember.com.

See our FAQ section for more information about donating.

THANK YOU FOR YOUR EFFORTS IN SUPPORT OF THE MOVEMBER FOUNDATION.
REMEMBER TO SHARE PICTURES AND VIDEOS WITH US ON SOCIAL MEDIA USING #MOVEMBER

MOVEMBER.COM



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FUNDRAISING AT YOUR EVENT

We want to make sure your Movember event goes smoothly. Here's some need-to-know info to make that happen.

COMMUNICATE

Tell people about the Movember Foundation's cause and communicate our men's health messages. You can find more information about our focus on Movember.com.

ASK FOR SUPPORT

Try and get your local businesses involved. Local restaurants or bars may be able to sponsor your event, and/or provide prizes or supplies to show their support. The more support you can get, the more you will be supporting men's health initiatives.

THE MO IS KING

During the month of Movember, champion the moustache! It's your #1 fundraising tool.

GET CREATIVE

Donation boxes, ticket money and auctions are just a few ways to get those donations rolling in.

BE NICE!

Remember to thank your sponsors and everyone who supports your event!

DON'T BREAK THE LAW

Raising funds using the Movember name and distributing them to anyone other than the Movember Foundation is illegal.

PROMOTING YOUR EVENT

SHOUT LOUD

Promote your event via local channels, on social media, and through your personal network.

GET SOCIAL

Use #Movember on social media to spread the word or share pictures.

CHECK YOUR TOOLBOX

Make the most of our fundraising resources. Sign in to your Mo Space to access customisable posters and other helpful tools.

SIGN UP

Ask attendees to sign up at Movember.com and join the hairy journey.

DON'T FAKE IT

It takes dedication for a Mo Bro to change his appearance for 30 days, so encourage the men attending the event to turn up with their real Movember moustache, not a fake one.

PROMOTE RIGHT

Don't engage in paid promotions through advertising and media without prior consent from the Movember Foundation first.

ATTENTION

If there is alcohol at your event make sure everyone attending is of legal drinking age or hold the event in an establishment with an age requirement. Remember, the Movember Foundation is a men's health organisation. When it comes to alcohol, moderation is key.

PAY IN YOUR DONATIONS

You can donate the money raised from the event by credit card via your Mo Space page.

For any other enquiries about donating to the Movember Foundation, head over to the contact page on Movember.com to get in touch.

MOVEMBER FOUNDATION
The Movember Foundation is the leading global organisation committed to changing the face of men's health. Millions have joined the men's health movement, raising €465 million and funding over 1,000 projects focusing on prostate cancer, testicular cancer, poor mental health and physical inactivity.

MOVEMBER FOUNDATION
HELPING MEN LIVE HAPPIER, HEALTHIER AND LONGER LIVES.

MOVEMBER.COM