



# HOW TO: HOST IN MOVEMBER



## Raise the roof, and raise much-needed funds along the way.

There's nothing better than getting together with mates. Except getting together with mates to change the face of men's health.

Host a Mo-moment this Movember and you can do just that. It's the easiest way to stop men dying too young.

## HERE'S HOW:

### 1. SIGN UP AT [MOVEMBER.COM](https://www.movember.com)

It's as simple as entering a few details.

### 2. CHOOSE TO HOST

Go big or go small – your approach is up to you.

### 3. MAKE IT COUNT

Raise the roof, and raise much-needed funds along the way.

## YOUR GUIDE TO HOSTING

### 1. FOCUS ON THE SMALL WINS

Remember, whatever way you like socialising qualifies. From long lunches to movie nights. Every get-together counts.

### 2. MIX IT UP

There's more than one way to Host. So why stop at one Mo-moment? The more fun you're havin', the more funds you're likely to raise.

### 3. POST ONLINE

For a quick and easy way to get the word out about your get-together, add the details to your Mo Space. From there, send the link out, and get the RSVPs in.

### 4. GET PLANNING

Ask your mates to help out by chipping in food and drink, or entertainment, But try not to overcomplicate things, the best gatherings are usually the ones that keep it simple.

### 5. ASK FOR DONATIONS

Your friends and family can donate straight to your Mo Space, or give you cash on the day. You can send cash in via cheque, or bank transfer.

### 6. HAVE FUN, DOIN' GOOD

This one needs no explanation. Sit back, soak it in, and enjoy. Or celebrate with a victory dance. We won't judge.

## MO-MENTS WORTH HOSTING

### BIG DINNER

Get your friends and family together for an epic night of eating. Try that recipe you've never mastered, or order pizzas and put your feet up.

### COOKING COMP

Whip out the apron and whip your friends into shape. From brownies to cookies, cakes and slice – whatever you create can be sold for a donation.

### SHAVE DOWN

Host a group shave-off of facial hair to get the month started. Collect donations from anyone who'd like to step up and take control of the razor.

### SPORTS CLASH

Challenge your mates to a test of athletic ability. Rugby, football, cricket, ping-pong – the sport is up to you. Entries can be sold for donations.

### MOVIE NIGHT

Pull out the popcorn. It's time for a night in. Get movie suggestions from attendees and stay up all night in the name of men's health.

## CONTACT US

Got a question? Drop us a line:

**Email:**

[singapore@movember.com](mailto:singapore@movember.com)

**SIGN UP TO HOST  MOVEMBER.COM**

## FAQS

Visit our [FAQs](#) for answers to your questions.



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