



MOVEMBER®

HOW TO PLAN YOUR MO- MENT

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

01

BRAINSTORM BIG

Whether it's a simple dinner with friends, a party at your workplace, or an epic golf tournament – any chance you can get together with mates is a chance to raise much-needed funds for men's health.

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

02

SET A BUDGET

Every euro counts when changing the face of men's health. That means maximising funds raised while minimising 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 dinner? 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 plenty 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 10 friends over for a Come Dine with Mo dinner, and they donate €20 each, that's €200 raised. Easy huh? Small groups and small amounts really do add up.

05

DECK OUT YOUR SPACE

Whether you're hosting at your local pub, at the office, or at home, don't forget to decorate your space. You want to get your guests excited, and digging deep.

Need a hand? Head to your Mo Space for downloadable Mo-style decorations.

06

PLAN YOUR DONATIONS

Once your Mo-moment 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.

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

07

REGISTER YOUR MO-MENT

Whatever kind of Mo-moment 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 restoftheworld@movember.com and we'll give you a hand.