

HOW TO RAISE \$300 IN ONE WEEK

(AND SCORE YOURSELF A COUCH PROJECT T-SHIRT!)

— THE —
COUCH
PROJECT
.COM.AU

Fundraising doesn't have to be hard. In fact, it can be really fun and a great way to connect with your community. You'll be amazed at just how generous people can be if you just ask!

DAY ONE // Demonstrate your commitment to The Couch Project by donating generously to your own fundraising page. People often match your amount!

WATCH HOW
QUICKLY IT
ADDS UP!

DAY TWO // Ask your **parents or neighbours** if they have any chores you can do in exchange for a donation. Wash two cars at \$15 each and make dinner for \$20 and you've raised \$50. Don't forget to pose for a pic so you can share it on your fundraising and Facebook pages. Remember, all donations over \$2 are tax deductible.

\$50

DAY THREE // Use **social media** to encourage people to help fight youth homelessness. Share the link to your fundraising page on Facebook with the message: "I'm taking part in The Couch Project and I need you to sponsor me! For just \$10 you can provide a warm, nutritious meal for a young person experiencing homelessness. Click the link to my fundraising page to sponsor me or to find out more!"

\$100

Post on Instagram with the same message, and include the link to your fundraising page in your bio.

Tweet the link to your fundraising page, with the message: "I'm doing The Couch Project! For just \$10 you can make a difference! Sponsor me at: "insert link"." Tag your friends to encourage them to donate.

Receive five \$10 donations and you've raised another \$50.

DAY FOUR // Showcase your baking skills and **sell some cupcakes or brownies at school**. Not good at baking? Make some popcorn and sell it in paper cups! At \$2 a cup, if you sell 10 cups of popcorn, you've raised \$20.

\$120

DAY FIVE // Jump on the phone and personally **ask four family members** (think Grandma and Grandpa, aunts, uncles and cousins) to donate \$40 each (\$5 for every hour you spend sleeping on your couch). That's \$160 in total.

\$280

DAY SIX // **Ask five friends** who haven't already donated to donate \$5 each. That's another \$25. Don't forget to **ask your teachers, club leaders or church community**.

\$305

DAY SEVEN // Hooray! You've raised more than \$300 to help fight youth homelessness. Post an update on your fundraising and Facebook pages, thanking everyone for their support. And remind everyone there is still time to donate!

P.S. Did you raise \$300 in a flash? Do you need a new challenge? Don't stop at \$300: adjust your target on your fundraising page and keep going! Remember every bit counts and will make a real difference to the lives of young Aussies!

