

THE ULTIMATE GUIDE TO HOSTING YOUR COUCH PROJECT SLEEPOVER



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COUCH
PROJECT
.COM.AU



Set the date, time and venue

The official date for The Couch Project sleepover is Friday 16 September, but you can host your event anytime from July to October.

Will you sleep on your couch or in your school hall? Make sure you ask your parents/teachers first.

Create your personalised fundraising page at thecouchproject.com.au

Share your reasons for participating, photos and updates throughout your fundraising journey.

Create your guest list and invite your friends

Be sure to consider the size of your venue before sending out invites – don't forget to include your parents or leaders. Check out our invite template here [link] and either send them out via email or the old-fashioned snail mail way.

Plan your night

Will you have a movie marathon, a games night or both?

Grab the popcorn and enjoy *The Pursuit of Happyness* (rated M) or *Big Hero 6* (rated PG). Or show your friends just how their support is making a difference

with *The Oasis Movie* (ages 15+), a documentary that follows seven young people experiencing homelessness as they work with the Salvos to rebuild their lives. Watch at: theoasismovie.com.au

Make or buy some decorations for your sleepover – because balloons equal fun – and create a playlist of your favourite songs. Be sure to include Owen and Dwaine's song about their experiences of sleeping rough and the support they received from the Salvos:

salvos.org.au/move-forward

Ask for donations

Use your networks to share your reason for participating. You are swapping your bed for a couch so young Aussies can find a safe home. That's awesome and people will support you!

Ask around for donations from your family, friends, sporting team, colleagues, church community, teachers, Facebook network, neighbours ... everyone can make a difference for youth experiencing homelessness.

Encourage all your guests to do the same. You could even make a competition out of it. Whoever raises the most money gets the biggest slice of pizza at the sleepover!

Check out our handy guide to raising \$300 in one week:

salvos.org.au/fundraising-guide

Get everyone excited

Send out event updates in the lead up to your sleepover. Remind your friends of the difference they'll make in attending – helping over 44,000 young Aussies who are experiencing homelessness*.

Time to set up

Get out the snacks – pop the popcorn, set up the sundae bar and blend the kale smoothies (just kidding). Blow up the balloons, spread out the Twister mat and login to Netflix. Don't forget to plan ahead for breakfast ... mmm, pancakes.

Have fun!

Now settle in for your most productive sleepover ever knowing you are making a difference in the lives of other young people.

