



Foundation against Cancer



IDEA GUIDE

**Coronaproof  
fundraising with  
your team!**







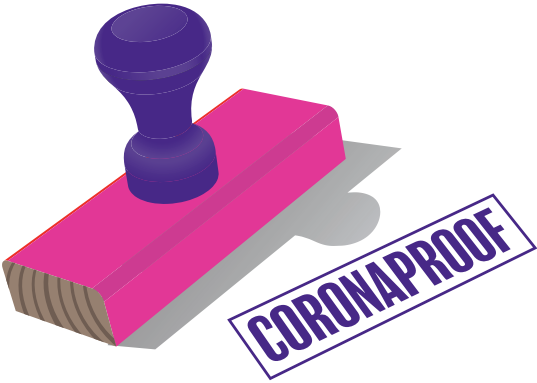
The Foundation against Cancer remains committed to the fight against cancer, even during this difficult period. Unfortunately, cancer never stops and therefore, it is necessary to raise money to advance cancer research during this period as well. These uncertain times may have impacted your team's fundraising activities, but don't let that stop you. Now is the time to make your fundraiser a huge success by turning it into a virtual fundraiser at home.

This document contains several ideas for coronaproof fundraising initiatives. Hold a video chat with friends and family. Or get everyone together for a virtual coffee morning, a virtual cookout, or movie afternoon. Make it a fun time and ask for a small donation to be made on your Relay for Life fundraising page! For the Foundation Against Cancer, ensuring good mental but also physical health is very important in the prevention of cancer. Therefore, do not forget to include sports, healthy eating and general well-being in your fundraising initiatives. Thank you to everyone who continues to dedicate themselves to the fight against cancer!

### Legend

Our handy legend lets you choose the activity that best suits you.

-  How long the fundraiser will last
-  How much money the fundraiser can raise
-  How much preparation is needed
-  How strong the link is with the cancer prevention guidelines of the Foundation against Cancer



## 1



### VIRTUAL BOOK CLUBS

Virtual book clubs are in! Organise your own book club online and invite all your team members. Ask everyone to donate the amount that you would normally have spent on drinks and snacks during Relay for Life!



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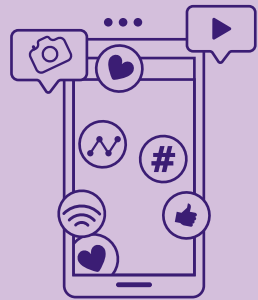


### QUIZ

Why not organise a local quiz? Organise your own charity quiz at home to raise money. Why not ask quiz questions about Relay for Life or Belgian Foundation Against Cancer? You can find a lot of inspiration on **relayforlife.be** and **cancer.be** (BFAC)!

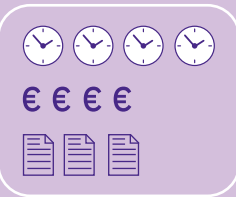


## 2



### SHARE YOUR TALENTS!

The perfect time to share your skills with friends and family and teach them something new! Whether it's a hobby or a hidden talent, share your knowledge online! You can mention your fundraising page during your workshop for optional donations.



## 4

### POETRY CONTEST

Choose a theme of your choice and write a poem about it. Let your creativity run wild and challenge friends and family to do the same in an online poetry contest. Bundle all your poems in a booklet or make it a nice gift that people can buy.



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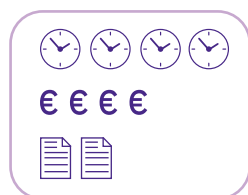


# 5



## CREATIVE MARKET

If you can knit, sew, or have other creative skills, why not create unique items to raise funds? These can be sold in a virtual sale or at a market. For example: handmade wooden shelves, key rings, crocheted cushions for women who have had breast cancer, crafts...



# 6

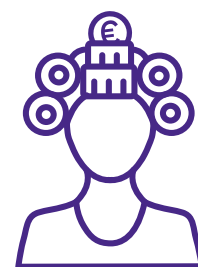


## SECOND-HAND AUCTION

Clean up your house/wardrobe and sell your stuff on a second-hand site to benefit Relay for Life. Or ask your network if anyone can get hold of an autographed item (e.g. an autographed football jersey). Then you can have it auctioned off online via your committee!

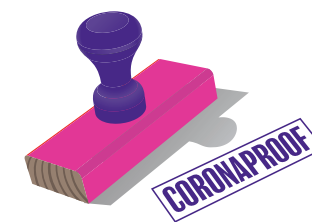


# 8



## DIY HAIRCUT

Would you shave your head to raise money for us? Try out a brand-new look and ask friends and family to make a small donation to sponsor you and shave your head.



# 9



## 10-DAY CHALLENGE

10 days; 10 challenges. Are you ready? These challenges can be assigned by friends, family, colleagues, followers, or you can create your own challenges. It can be something creative, fitness-related, or maybe a good deed... You can get sponsored for every challenge you take on! Find more inspiration on our blog: <https://www.cancer.be/gardons-le-moral>

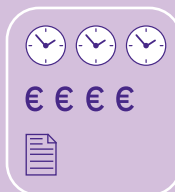


# 7



## AN EVENING OF LIVE MUSIC

For all the music lovers among you: dance the night away! You can stream your musical talents live and provide an evening of entertainment from your living room. Whether you sing or play an instrument, you can host an online performance and encourage visitors to donate on your fundraising page.



# 10



## COLLECT COINS

Dive into the corners of your sofa, your pockets, etc. and dig up all your loose change... ! Add all the coins to your fundraising total, or if that's too easy - you can double the amount of all the coins you can find and donate this amount on your online fundraising page.



# 11

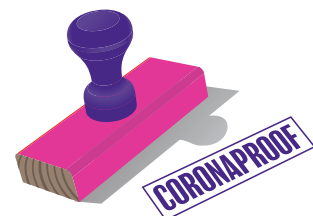


## SAVINGS CHALLENGE

You're spending less money on commuting, and you can't go out to restaurants or cafés any more. So seize this opportunity to save some money! Whether for a week, two weeks, or a month – put aside what you would have spent and see how much you saved at the end! You can then donate some of your savings!



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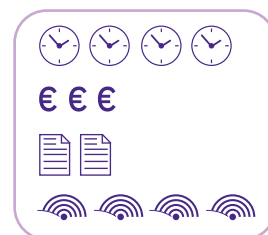


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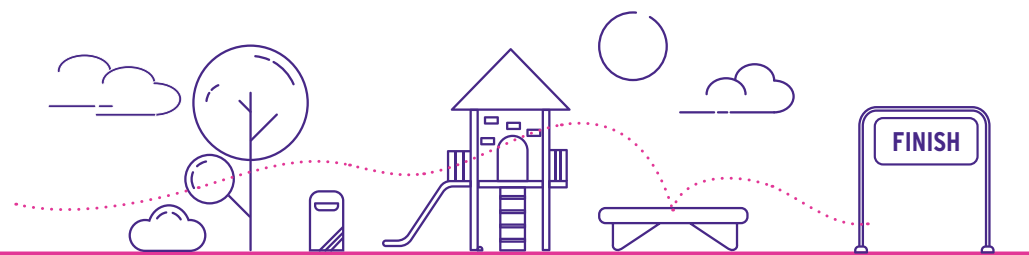


## SPORTS

From squats and lunges to walking and running – try a new activity or do your workouts at home. Choose a sport to do for, say, an hour a day. Make it an online challenge and ask friends, family, and/or your Relay for Life team to join in and to donate.

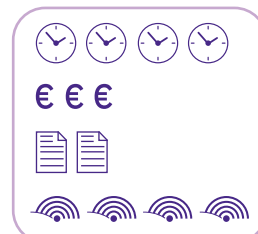


# 13



## SPORTS DAY AT HOME

Organise a sports day in your garden or around your house. Set up an athletics track with household objects as obstacles! Ask your family members to join you or do it online and involve your family and friends via video chat.



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# 14



## HARVEST YOUR OWN VEGETABLES COMPETITION

Do you have vegetable seeds in your garden shed or pantry? Or do you want to buy some online? From tomatoes and carrots to potatoes and onions, plant your vegetables and let people vote on which ones will grow first. Or who among your team, family, and friends can grow the biggest vegetables. The faster they grow, the faster you can eat them!



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# 15



## BAKE-OFF FUNDRAISING

Inspired by all those creative dishes we often see on TV? Maybe you can have your own cooking competition? Determine the participation fee and the categories to be judged in advance. Choose the recipe and have everyone who participates send a photo to the jury. Reward the winner with a baked good of their choosing! You can vote on the most beautifully decorated (healthy) cake to the tastiest, animal-shaped pastry: the possibilities are endless! For inspiration, have a look at <https://www.cancer.be/recettes>.



# Thank you!

