



# EMpower

Empowering young people,  
creating brighter futures.



**#journeyforyouth**

## Need some inspiration? Say no more!

1. **The Simple Approach:** Email friends, family, colleagues or clients to support!
2. **Have your friends challenge you!** For every 100 pounds donated, you will run a certain number of miles.
3. **Make it Social:** Hold a virtual wine tasting, pub quiz or karaoke night via Zoom!
4. **Donate your Commute:** Working from home? Donate the cost of your commute and coffee weekly, and ask others to do the same!
5. **Move Local, Impact Global:** Walk or run 50 miles around your neighbourhood over 4 weeks.  
Post updates linked to Strava, and photos of what you see!
6. **Cycle for Youth:** Cycle 100 miles. Each week? Over 4 weeks?
7. **Sponsored Sit-Up Challenge:** Post a video doing 1 sit-up for every pound donated!
8. **Create a Good Habit:** Do something for 1,000 minutes over 4 weeks (that's 33 minutes per day!).
9. **Get into the kitchen:** Have a bake sale, cook dinner for your neighbours.
10. **Get your Family in on the Fun:** Send donors thank-you artwork drawn by your kids!
11. **Make it a Celebration:** Birthday, anniversary or other celebration coming up? Ask for donations to the Journey Around the World Challenge in lieu of gifts.
12. **Dance for Change:** Send donors a dancing thank-you video.
13. **Lead by example.** Your friends are more likely to donate if you have done so yourself

**Have fun!**

**Thank you for fundraising for EMpower!**

