

Kick Start Your Fundraising

Plan

- Brainstorm fundraising Ideas
- Decide on your fundraising target
- Register your event.

Make a donation

- Statistics show that people who donate to their own fundraising page have higher engagement and raise more funds. More money = greater impact!

Share your story

- Record a video or write a post about your connection to lung disease or lung cancer to inspire others to share or donate.

Spread the word

- Encourage your friends, family, and network to get involved and donate by sharing your page, posting about your event and using the hashtag #Challenge30

Keep People informed

- Update your community regularly through photos, videos and posts. Make sure to use hashtag #Challenge30 and tag @LungFoundationAustralia in your posts to be featured on our website. Help us spread the word about the impact of lung disease and lung cancer.

Thank your supporters

- Thank those who have donated to your fundraising profile. Post publicly to encourage and remind others to get involved.

Fundraising ideas

- Run 30km
- Throw a ball for your dog 30 times
- Make 30 dishes or cocktails
- host a quiz with 30 questions or with 30 guests
- Spend 300hrs sugar/alcohol/meat free.

Fundraising tips

- Promote Yourself – give your friends and family an opportunity to support you by reaching out on social media or email.
- Online Resources – check out our online resources and FAQs. If there is something else you need, please get in touch by emailing: fundraising@lungfoundation.com.au. We are here to support you!
- Enjoy the 300 hours - you are raising donations for over 30% of Australians who will be affected by lung disease or lung cancer in their lifetime. Be proud of the positive impact you are making. You are giving hope to thousands!

Thank You for joining us for #Challenge30

You are making a difference.
