

# CHALLENGE

# 30

# Welcome

## Thank You for choosing to fundraise for Challenge 30.

Supporting Lung Foundation Australia through Challenge 30 is a fun way to support life-changing services & groundbreaking research into lung disease & lung cancer.

The aim of this kit is to provide you with the tips & tricks to enlist your friends, family, colleagues & community to help you make your fundraiser a success!

If you have any questions, want a brainstorming buddy or need support please don't hesitate to email [supporters@lungfoundation.com.au](mailto:supporters@lungfoundation.com.au) or call 1800 654 301.

I can't wait to see what Challenge you take on!  
Happy fundraising.

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**Lung  
Foundation  
Australia**

# GETTING STARTED

## 1 Set Up Your Fundraising Page

The best way to fundraise is by creating a personal online fundraising team or page here: [lungchallenge.com.au](http://lungchallenge.com.au) remember to add the finishing touches to your profile like your photo, video & description telling people what you are doing and why you are supporting Challenge 30.

## 2 Choose Your Challenge

Join us in celebrating our 30th Anniversary and pick a challenge themed with the number 3, 30, 300 or even 3000. Whatever challenge you choose you will have 300hrs (12.5 days) complete it. Can't decide? See some ideas on page 3.

## 3 Set a Goal

How much do you want to raise? You may be surprised at how your community gets behind you! Remember you can always update your goal as you go. Shoot for the stars!

## 4 Teamwork Makes the Dream Work

Fundraising with others is a lot of fun and can make your target more achievable, recruit your family, friends or work mates to join you in your challenge.

## 5 Spread the Word

Share your fundraising page on social media (there are buttons below your profile picture) or email the link with a heartfelt request for support – the more you personalise your ask & let people know why you want to support Challenge 30, the more likely it is that people will get behind you! We even have frames for your profile on Facebook – search Lung Foundation Australia to access!

## 6 Enjoy Yourself

Now that you're all set up enjoy your challenge & the rewarding sense of making a difference.

## 7 Don't Forget Your Thank You's!

Reach out to your supporters or give them a shout out on social media! No matter how big or small every dollar makes a difference.

## Fundraising Inspiration

There are so many ways you can fundraise for Challenge 30! The number 1 rule? Keep safe. Engage your workmates, school, friends, family or fly solo.

### Let's get Physical

- 30 sit ups every day.
- Run 3km a day.
- Throw a ball for your dog 30 times – who will tire out first, you or them?

### Teamwork Makes the Dream Work

- Hold a quiz night.
- Take on the challenge of serving 3 new recipes at a dinner party.
- Step-a-thon – break out your competitive side – who can get the most steps in 300 hrs?

### Get Creative

- Build a tower of blocks 3 meters high.
- Hold a 3-legged race.
- Bake 30 cupcakes – maybe you should give them out to your supporters?

#### Hot Tip

Remember to ask your workplace if they offer matched giving program, it could double your fundraising dollars!

#### Hot Tip

Share your posts on social media with the hashtag #Challenge30 or tag @lungfoundationaustralia so we can show off all the amazing work you're doing!

## Your Fundraising Impact

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*1 in 3 Australians will experience a lung disease or lung cancer in their lifetime.*

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Challenge 30 was created in 2020 in the face of the COVID-19 pandemic, to offer a safe, fun & inclusive way for our community to stay active and involved with Lung Foundation Australia.

Whole-heartedly embraced by our community & partners it has become an annual event raising vital funds to support Australians living with lung disease & lung cancer.

Get a team together to take on a challenge that comes with a rewarding sense of making a difference for some of the most vulnerable people in the community.

Every dollar raised will make a real difference in the lives of patients and their families.

The impact can be seen across the range of our projects and services:

- Our Peer Support Program brings people living with lung disease and lung cancer together online or in person to ensure every person can have a sense of belonging no matter their circumstances.
- The 1800 support line helps people living with lung conditions, their families or carers to access free, vital support as well as to book appointments with our specialist lung nurses.
- Our research program offers grants to early career researchers to invest in the future of lung disease research and one day finding a cure.

Include your team in the fundraising fun by [downloading the fund-tracking poster](#). You set your own goal & colour the thermometer as you go. Seeing goals surpassed will encourage your team to keep up their momentum!

### Maximise your fundraising.

- Email your friends & colleagues to raise event awareness.
- Recruit others to join your team.
- Ask for sponsorship – not matter how big or small it makes a difference!
- Share your page on social media – encourage your friends, family & workmates to support you in your challenge!

Remember to tag us so we can support you! **@lungfoundationaustralia**

**#lungfoundationaustralia #challenge30**

## The Official Bits

### Remain COVID-19 Safe

As a condition of participation, you must ensure your activities fit within the COVID-19 guidelines mandated by your state.

Find your up-to-date information:

ACT: <https://www.covid19.act.gov.au/home>

NSW: <https://www.nsw.gov.au/covid-19/what-you-can-and-cant-do-under-rules>

NT: <https://coronavirus.nt.gov.au/>

QLD: <https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/current-status/urgent-covid-19-update>

SA: <https://www.covid-19.sa.gov.au/>

TAS: <https://coronavirus.tas.gov.au/>

VIC: <https://www.dhhs.vic.gov.au/coronavirus>

WA: <https://www.wa.gov.au/government/covid-19-coronavirus>

### Resources

To find posters & resources or to find out more about Challenge 30 please visit [lungchallenge.com.au](http://lungchallenge.com.au)

### Contact Us

If have any queries or need support at any time, please don't hesitate to reach out.

Email: [supporters@lungfoundation.com.au](mailto:supporters@lungfoundation.com.au)

Phone: 1800 654 301

## Thank You.

Your participation makes a real & lasting impact in the lives of Australians living with lung disease and lung cancer.