



Welcome!

Taking your community fundraising event online is fun and easy. There are many creative and unique ways to fundraise virtually and a growing number of user-friendly platforms to connect with your supporters online. Host a virtual event in support of Ovarian Cancer Canada and ask your supporters to donate to participate.

Looking for ideas and where to begin? Check out the below list of daily themes to try. You can choose one or them all! Have your own fundraising idea to share? Please email Ashley alaw@ovariancanada.org and add your idea to the list.

How to Get Started

Step 1 – Choose your theme or event (*See 'Virtual Fundraising Ideas' list below*)

Step 2 – [Register](http://noca.convio.net/site/TR?fr_id=1570&pg=entry) your event (http://noca.convio.net/site/TR?fr_id=1570&pg=entry)

Step 3 – Personalize your fundraising page

Step 4 – Invite friends to join (*See 'How to Video Chat' resource*)

Step 5 – Host Your Event

- Share on social using the hashtag(s) #FundraiseForHer

- Inspire others to host a virtual event

Step 6 – Thank your donors and participants

Virtual Fundraising Ideas

Move on Monday

Fitness Challenge

Ask your friends to sponsor your personal workout challenge or have them join in on the fun. For example, run or walk 5km, bike to the next town, take part in an online aerobics or yoga class, or initiate a friendly pushup challenge.

Online Fitness Class

Are you a fitness instructor, yoga teacher or personal trainer? Lead an online class to get everyone moving at home, in their garage or backyard.



Teal Tea Tuesday

Teal Tea

Invite your friends to tea...virtually! The best conversations happen over a comforting cup of tea or java.

Wine Down Wednesdays

Happy Hour

Plan a night in with your besties and join them by video. Everyone can pick up the same beverage of choice and share tasting notes. Invite someone you haven't seen in a while and laugh the night away together.

Fancy Dinner

Do you long for the day when you can visit your favourite restaurant with your favourite people again? Get dressed up and cheers with your dinner guests from the comfort of your own home. A proper toast is highly encouraged!

Trivia Thursdays

Trivia Game

Plan a virtual trivia game with friends and family. The host can choose from a variety of free online trivia games with a wide range of levels of difficulty. Ovarian Cancer Canada also has some available and ready to go, just ask!

Game Together

There are many free websites to play a game of cards, a favourite board game, or even video games. Check out Google Play, Tabletopia, POGO, and Playcards.

Fashion Fridays

Hair Cut

In need of a visit to your hairdresser or barber? Ask people to sponsor your head shave or hair cut in support of Ovarian Cancer Canada. Don't forget to film yourself in action or live stream the big event.



Clothing swap

Connect on video call with your friends, put on a fashion show, and get a new wardrobe. For each \$5 donation you can swap one item. Choose items that you can swap with someone else and arrange to exchange the items at a later date. This is a great way to get the next size clothing for your kids too!

Beauty Tutorial

Share tips and tricks on your favourite hair or make up styles or lead a full tutorial. You can send a list of items your guests will need ahead of time so they can follow along with similar products. Want to keep it easy for your group? Indulge in a nail painting party instead.

Cinema Saturdays

Movie Date

Watch movies with your friends from the comfort of your home using applications like Netflix Party, Watch2gether and TwoSeven. Start the date with a video call so you can share why you have chosen this movie or meet online after the movie to share your favourite (and disliked!) movie moments.

Perform Live

Are you musically talented? Play a show or perform a song on a live feed for your family and friends. If you are on social media offer to donate \$1 for every like or share.

Sunday Funday

Scavenger Hunt

Fun for every age group! Find an existing list of scavenger items online or create your own unique list of items found in your house and neighbourhood. Take photos of the items you found as proof of completion. The team who finishes first can win a prize or well-deserved bragging rights.

Celebrate a Milestone

Ask for donations in lieu of gifts for your birthday, anniversary or other milestone.

Shopping Consultant

Host a tupperware, jewelry, health food or beauty party online. Over video, demonstrate products for sale and take orders to be delivered to the purchaser's home. Most companies will donate back a portion of the sales to a charity of choice.



Cooking Challenge

Challenge your friends to use ingredients already in their house to create a culinary masterpiece. Reveal your culinary creations online. Get the kids involved too – it's fun for all ages and appetites.

Example 1: The Lunch challenge

- Must contain 1 vegetable and 1 fruit
- Must have something yellow (and cannot be included as a fruit or vegetable above) Must have something that starts with the letter "c" and cannot be included in the above categories
- Must have something that needs to be peeled- this can be one of the other items
- Must have something white

Example 2: The Dinner challenge

- Must contain 1 protein of your choice,
- Must contain at least 2 veggies, canned, fresh or frozen
- Must have at least 1 fruit, canned, fresh or frozen
- Include oil, butter or margarine, Wine, beer or liquor, mustard, rice
- Include one ingredient beginning with the letter "m" not previously used
- Include 1 ingredient beginning with the letter "s" not previously used
- Include fresh or dried herbs or spices.