

# GO WITHOUT Challenge

25-31 March 2019

GUIDE FOR STUDENTS



## HEY STUDENTS, ARE YOU **ALLIN** for the Go Without Challenge?

### THE CHALLENGE

You can feel empathy with the real-life challenges of Australians experiencing hunger, homelessness and isolation, while at the same time raising money to help them.



**Go without a meal** to stand with families struggling to make ends meet.



**Go without your bed** by sleeping on the floor, the couch or in a tent, and stand with over 116,000 Australians who are homeless.



**Go without words** in person, text or social media, and grow closer to 500,000 people who are deeply excluded from society.

Go Without Week, 25-31 March

### WHY GO WITHOUT?

It should go without saying that everyone deserves a lunch to eat, a bed to sleep in at night and friends and family to chat with. During Red Cross Calling this March we're inviting students across the country to accept the challenge and stand with Australians who really go without.

### HOW TO GO WITHOUT

1. Sign up from 1 March at [redcross.org.au/gowwithout](http://redcross.org.au/gowwithout)
2. You'll get an activity pack with everything you'll need, from posters to fundraising tips and ways to spread the word.
3. Set up your own online fundraising page. Ask your friends, neighbours, family, in fact everyone you know, to donate (hey, going without isn't easy). You'll be able to watch how your funds grow and see how you could be helping real people in need.

### WHERE DOES THE MONEY GO?

All the money you raise from sponsors goes towards the work Red Cross does every day. It could buy a grocery voucher for a refugee family, a hot, healthy meal for a young person experiencing homelessness or make a life-changing phone call to an isolated person.

### TIPS TO GO WITHOUT

- If you turn into a monster without food, swap lunch for a carrot or skip a treat.
- Make your bed challenge fun by hosting a sleepover with your friends, or by getting cosy on the sofa.
- Ramp up your words challenge - treat your challenge as a way to get some headspace. How do you feel afterwards? Does your concentration in class improve?

Go all in and join the Go Without Challenge.

Sign up from 1 March at [www.redcross.org.au/gowwithout](http://www.redcross.org.au/gowwithout)

the power of humanity

