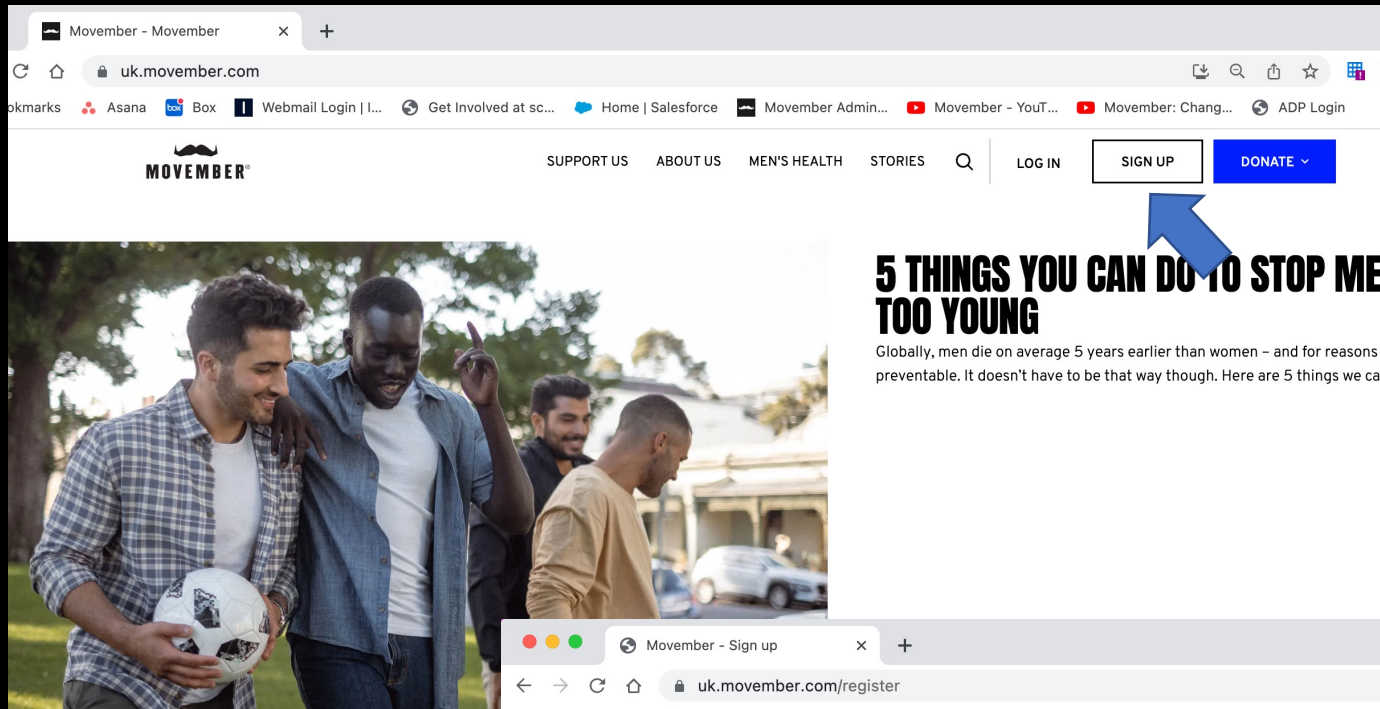


**SIGN UP &
JOIN YOUR UNIVERSITY
CHALLENGE**

SIGNING UP

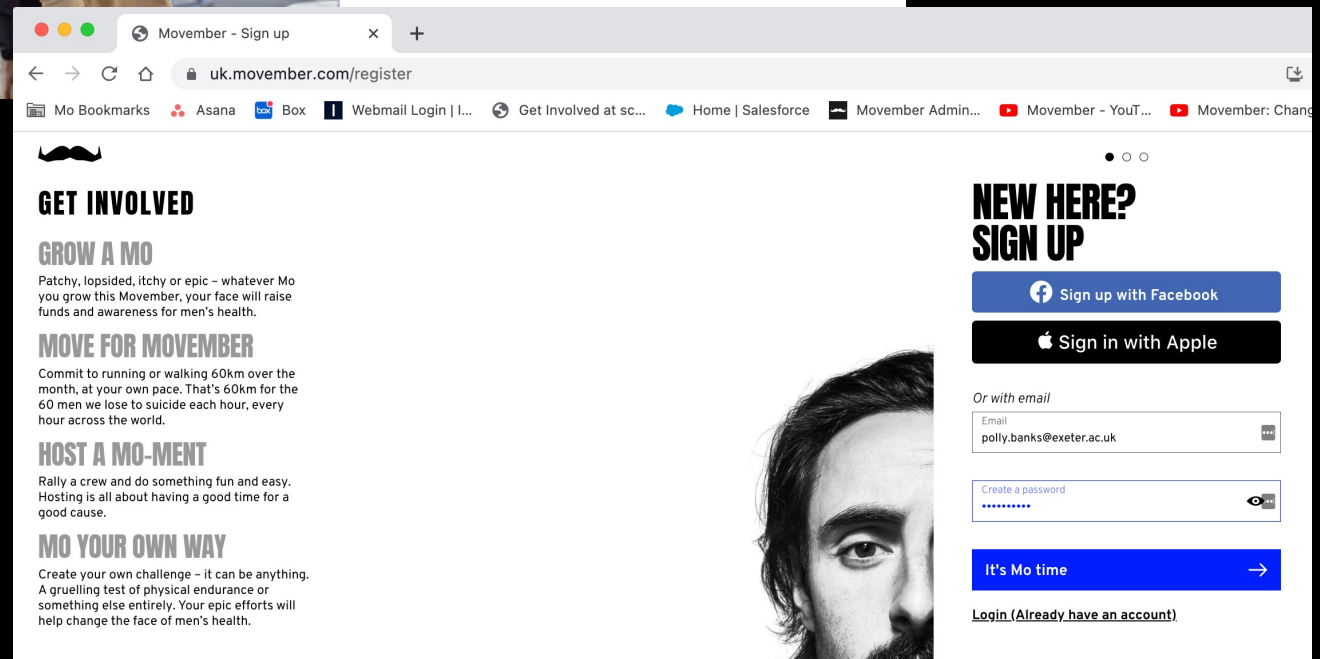
STEP 1

Go to the Movember homepage and click on the “Sign up” button in the top right-hand corner



STEP 2

Sign up with your email and create a password. Alternatively, use your Facebook or Apple logins. (Be aware that your linked email will then be the one connected to your Facebook/Apple login)



STEP 3

Fill out your details. Please give a correct address in case we want to send you a surprise gift in the post!

Click “Movin’ along”

STEP 4

Choose how you will fundraise, let us know you are taking part with your university, and if you are a student or staff.

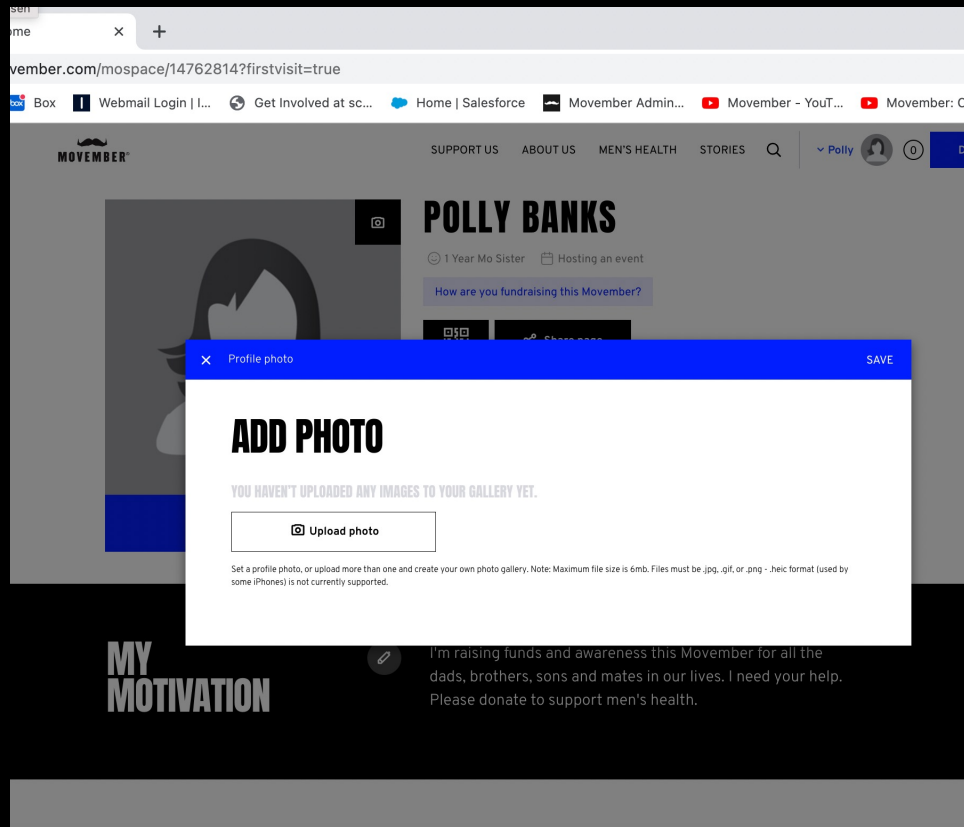
Type in your university and please select the option that says “*** University”, please. **DO NOT type in or select your sports club/society etc**

STEP 5

Please tick the box saying “I’m happy to be contacted by email”

If you do not agree to this, we cannot contact you after campaign to invite you to fun Movember events or tell you wear your money has gone

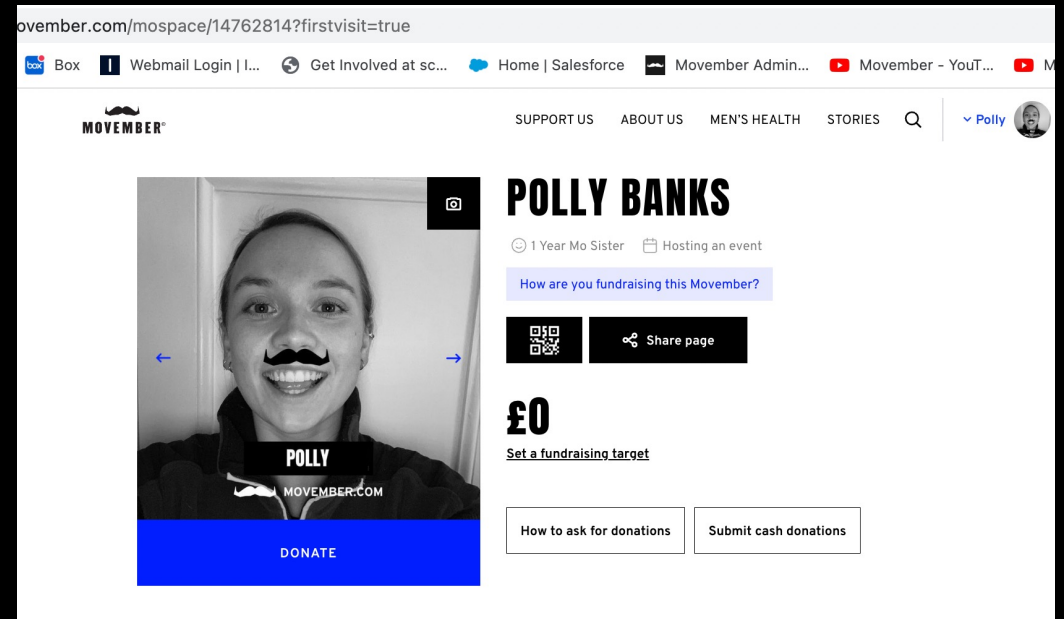
Select “Done and dusted”



STEP 6

Personalise your profile so people know it's you!

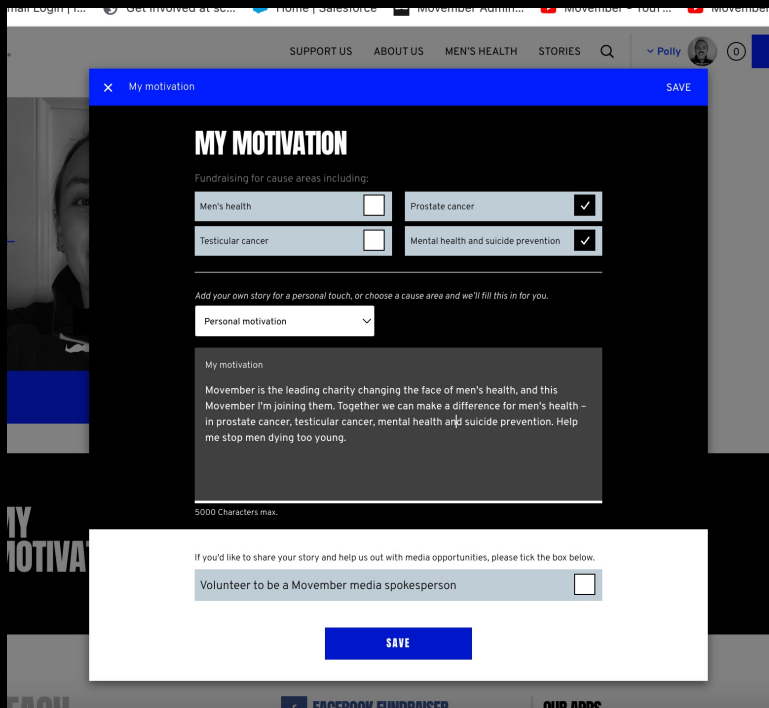
Add a photo by selecting the camera icon next to your name. Upload photo, crop and press save.



**MY
MOTIVATION**

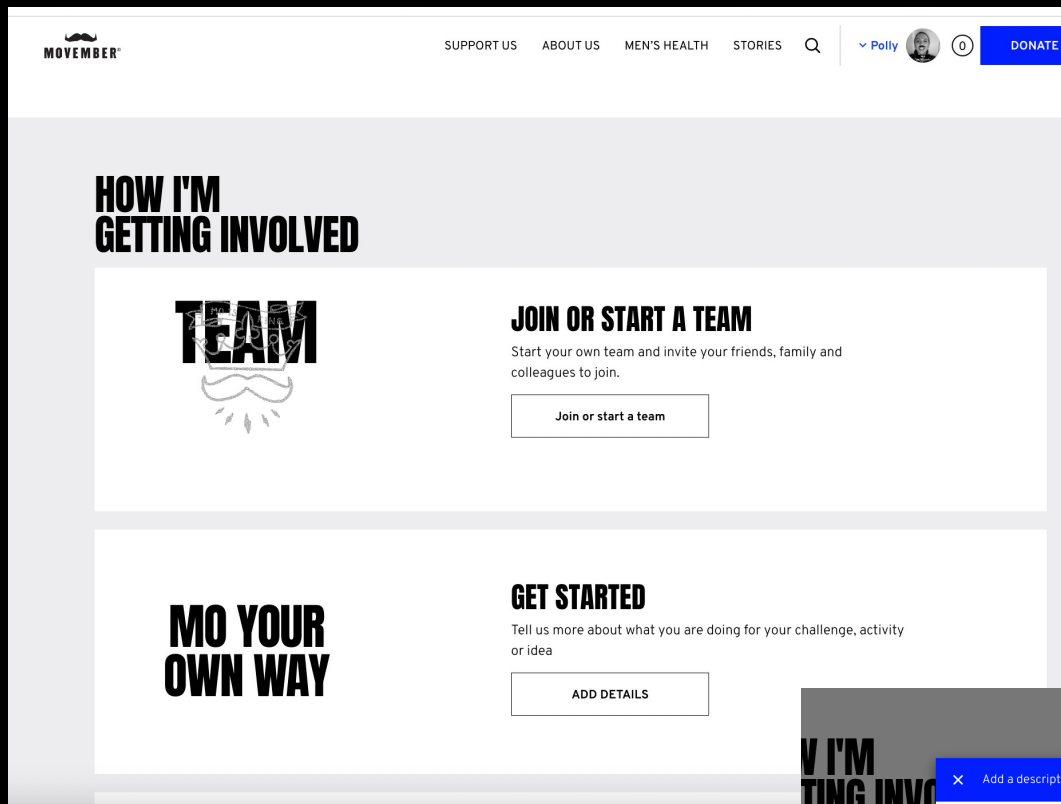


I'm raising funds and awareness this Movember for all the dads, brothers, sons and mates in our lives. I need your help. Please donate to support men's health.



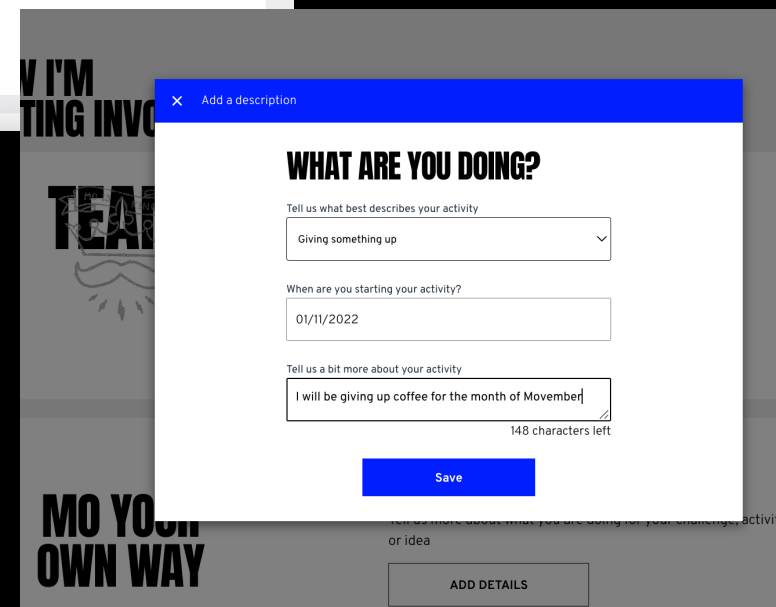
STEP 7

Change your motivation using the pencil icon next to “My Motivation”. Choose the cause areas that most resonate with you and either use the pre-populated motivation or write one of your own. Remember, the more personal the better!



STEP 8

Scroll down your page and let people know how you are raising money. If you have chosen “Mo your own way”, choose to “Add details” and let your supporters know what challenge you are undertaking



YOU ARE ALL SIGNED UP!

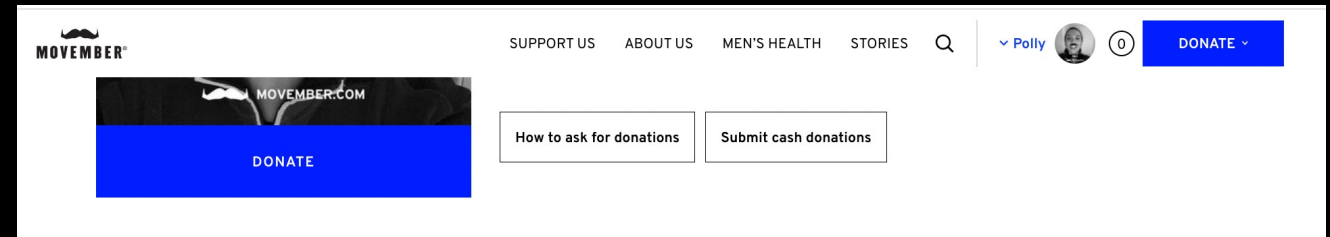
But keep following the next steps to be a top-class fundraiser

CREATE A FACEBOOK FUNDRAISER

FACEBOOK FUNDRAISERS

Mos who connect a Facebook fundraiser to their Mo Space raise up to 98% more in donations than those who didn't.

- You may not use Facebook much anymore, but you'll be surprised at who still does, and who you may get donations from through Facebook.
- If you set up a Facebook fundraiser from your Mo Space, any donations on there will automatically show on your Mo Space.
- If you set up a fundraiser directly on Facebook, we will not be able to link this to your Mo Space retrospectively.
- Unfortunately, you cannot link Instagram fundraisers to your Mo Space.



MY MOTIVATION

Fundraising for cause areas including:

Prostate cancer

Mental health and suicide prevention

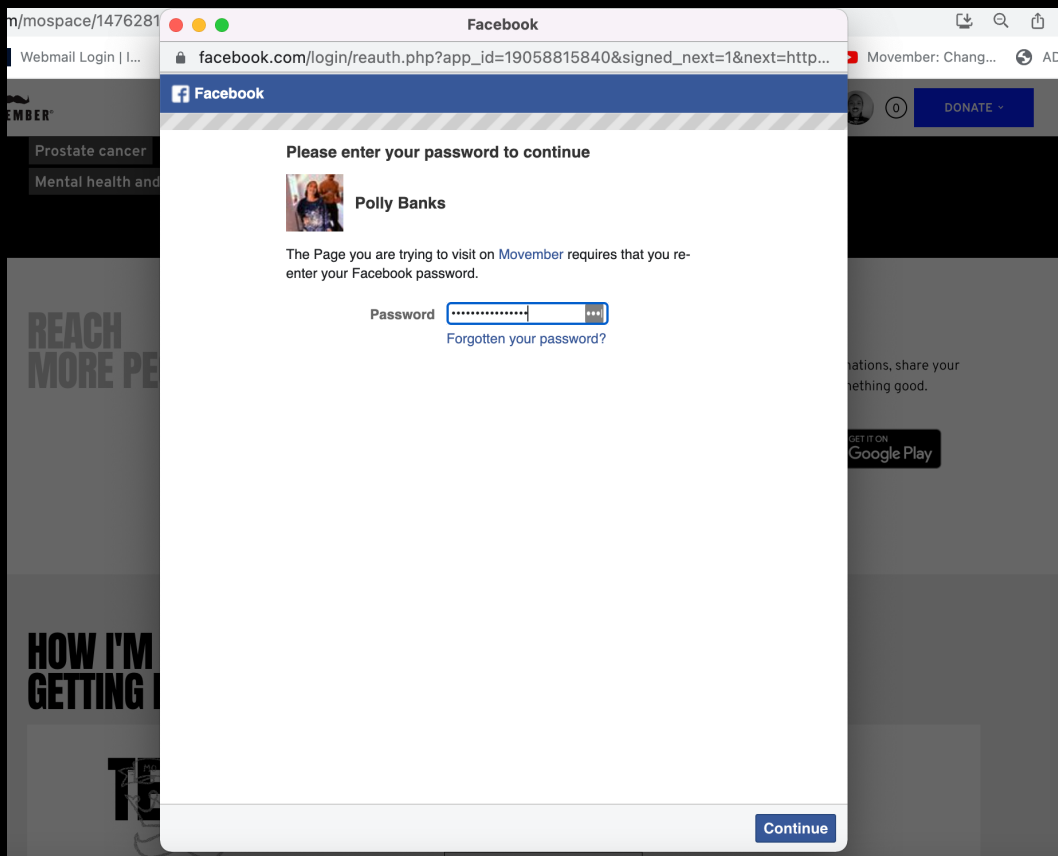


Movember is the leading charity changing the face of men's health, and this Movember I'm joining them. Together we can make a difference for men's health – in prostate cancer, testicular cancer, mental health and suicide prevention. Help me stop men dying too young.

A screenshot of the 'REACH MORE PEOPLE' section on the Movember website. On the left is the text 'REACH MORE PEOPLE'. To the right is a 'FACEBOOK FUNDRAISER' section with a Facebook icon and the text: 'You can automatically create a fundraiser on Facebook so friends can donate without leaving the site.' Below this is a button that says 'Create Fundraiser on Facebook'. To the right of the Facebook section is an 'OUR APPS' section with the text: 'Track your progress, rally donations, share your Mo Space (and more). Do something good. Download the app now.' Below this are two buttons: 'Download on the App Store' and 'GET IT ON Google Play'.

STEP 1

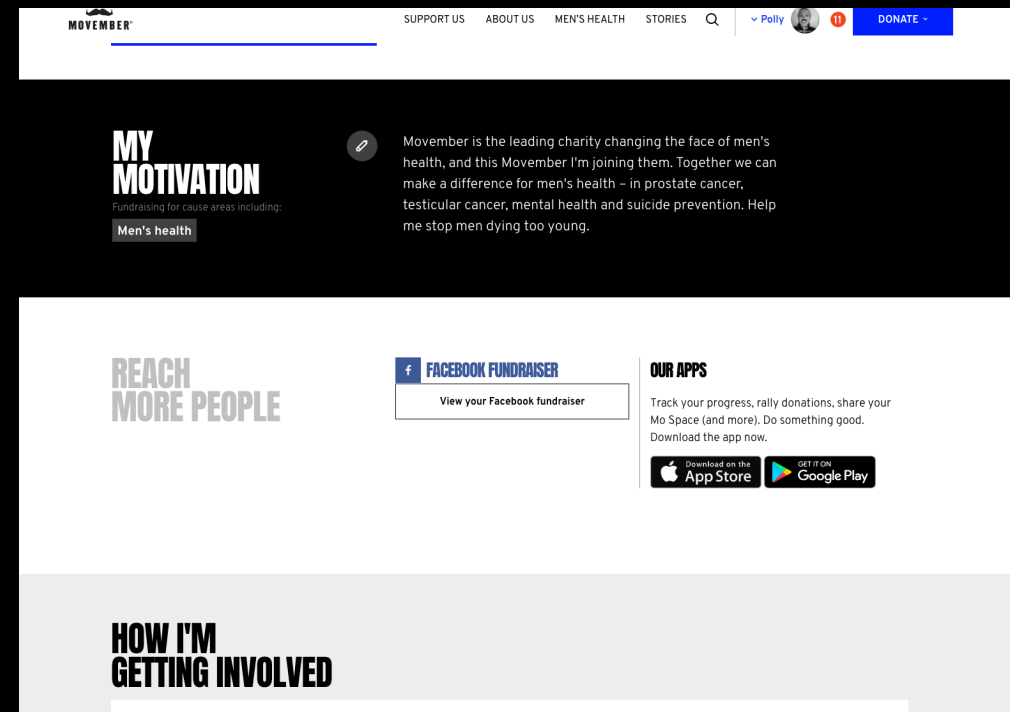
Scroll down your Mo Space page and press the button that says "Create Fundraiser on Facebook"



STEP 2

This will automatically open a new tab.

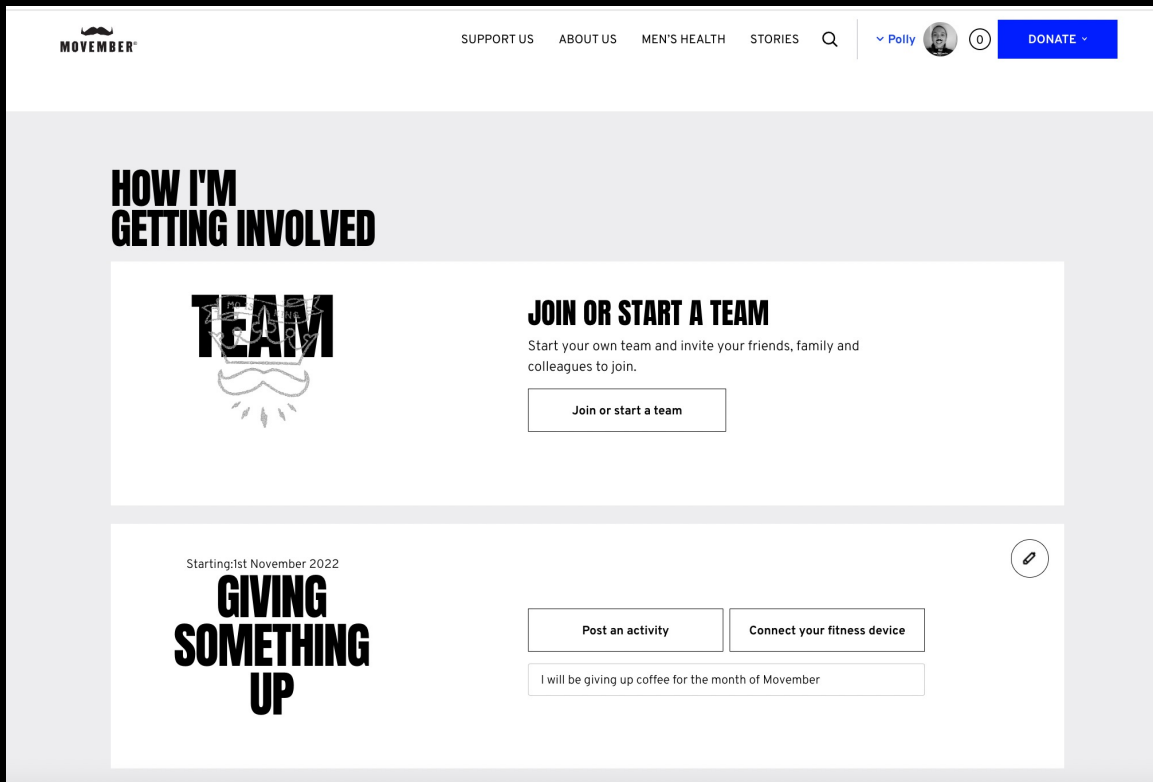
All you need to do is sign into your Facebook account and a fundraiser will be created automatically.



YOUR FUNDRAISER HAS BEEN CREATED!

You can view your fundraiser at any point from your Mo Space. It will take you to Facebook and you can edit and update your fundraiser as you please.

CREATE A TEAM



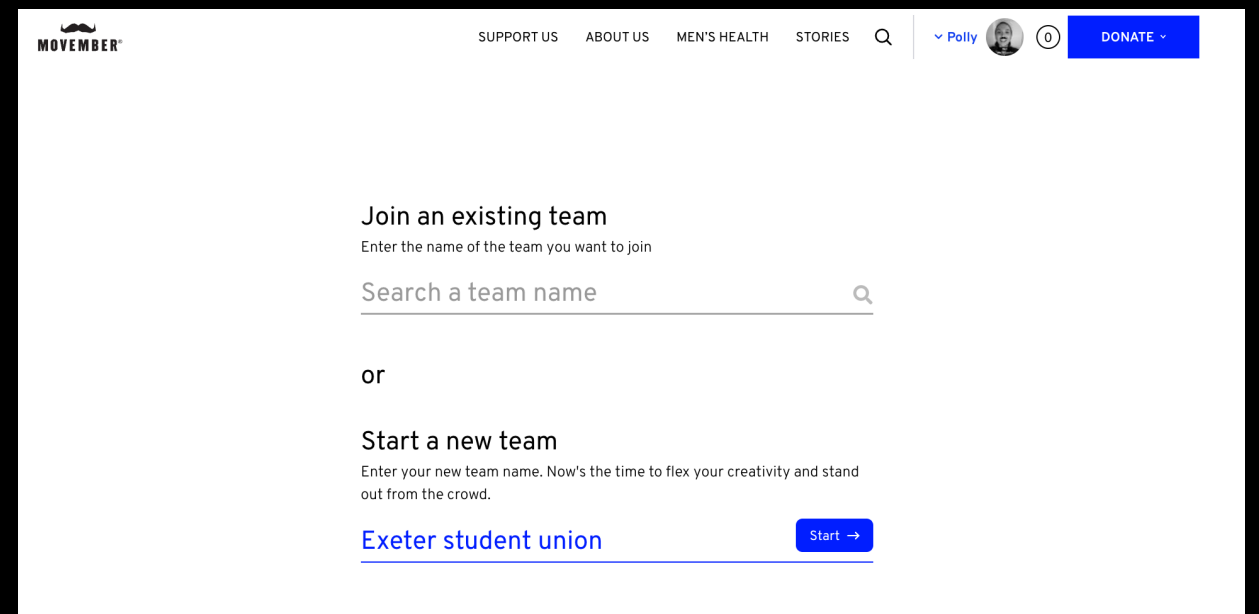
STEP 1

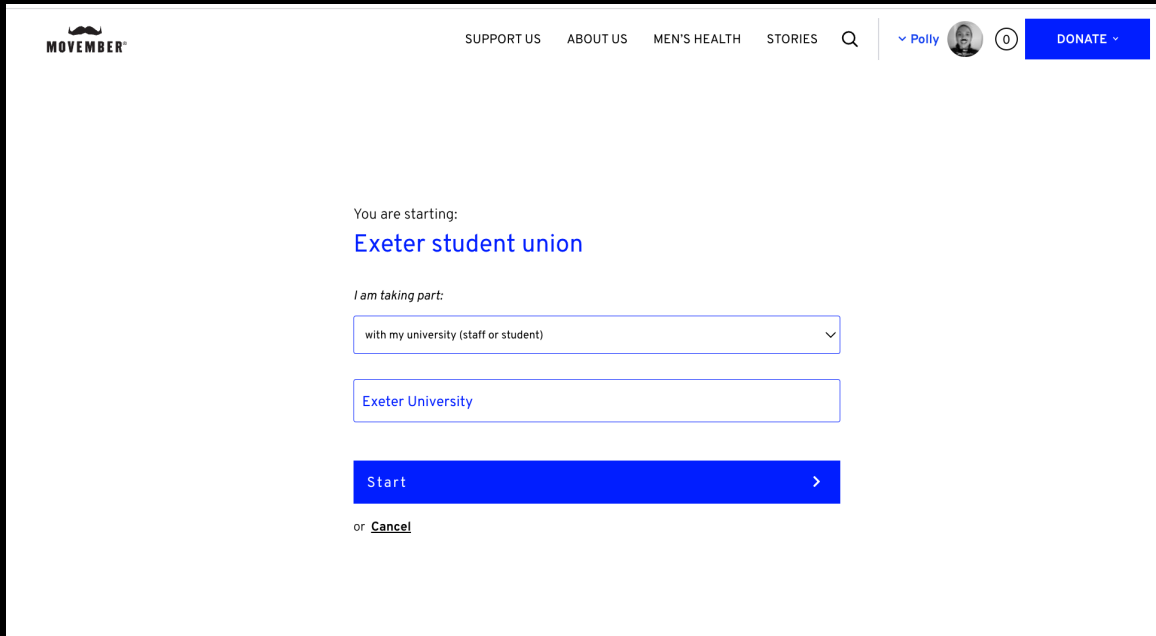
Scroll down to where it says TEAM on your profile and click the button “Join or start a team”

STEP 2

You can search for an existing team to join, or you can start a new team. Check there isn't an existing team for your team/society/group before creating a new one.

To create a new team, write the desired team name under “Start a new team” then press Start





STEP 3

Select that you are taking part with your university, it should then pre-populate the university you chose at sign up.

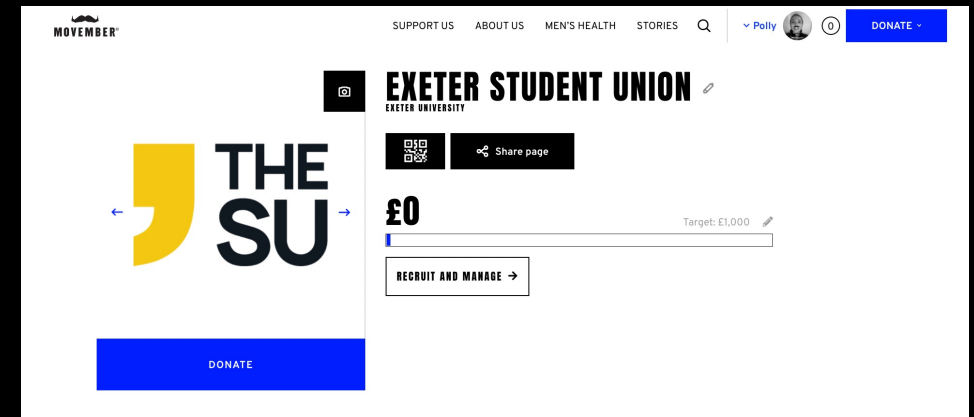
If your team is a university sports team, please select fundraising with your university, not fundraising with you sports team

STEP 4

Your team is now created!

You will automatically be team captain and you will be able to change the photo, motivation and fundraising target.

Start recruiting your friends to join your team and hit that fundraising target together!



**OUR
MOTIVATION**

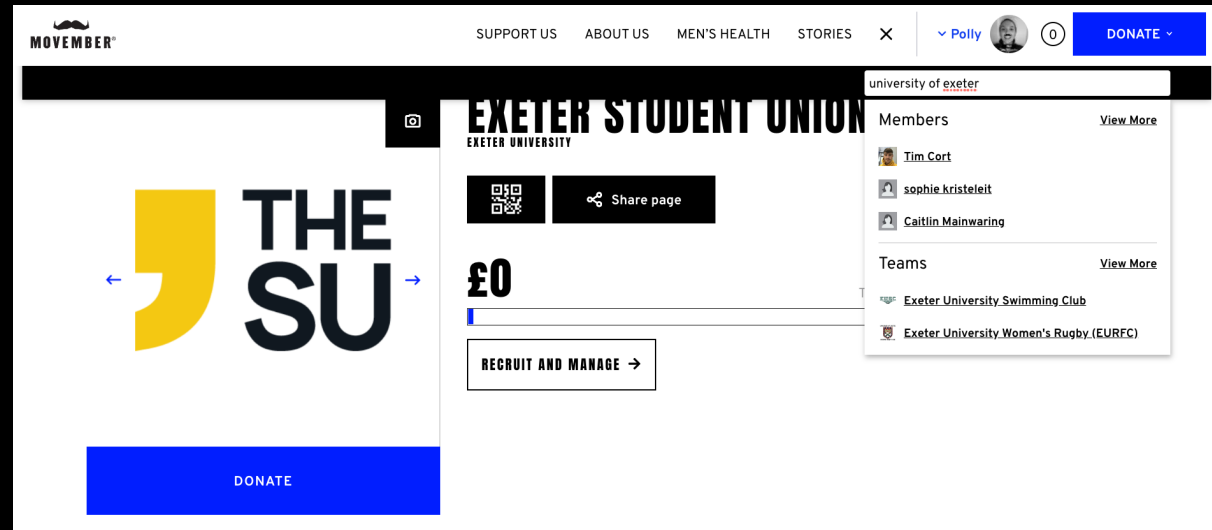


We're raising funds and awareness this Movember for all the dads, brothers, sons and mates in our lives. We need your help. Please donate to support men's health.

**JOIN YOUR UNIVERSITY
CHALLENGE**

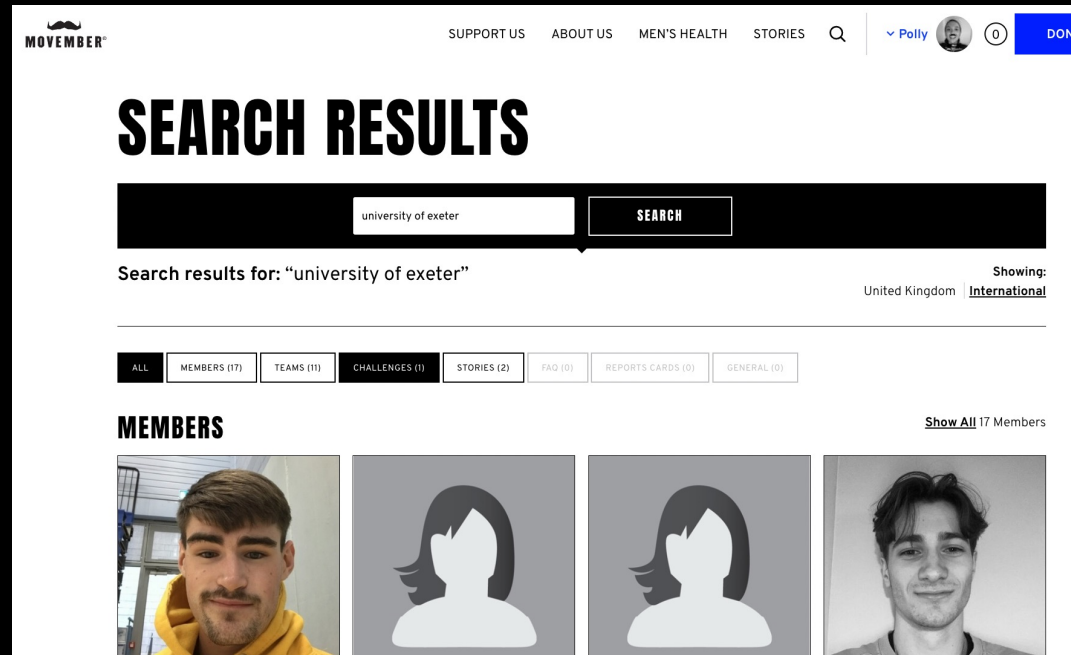
STEP 1

Use the search bar between "Stories" and your name to search for your university. Then press the return key to search.



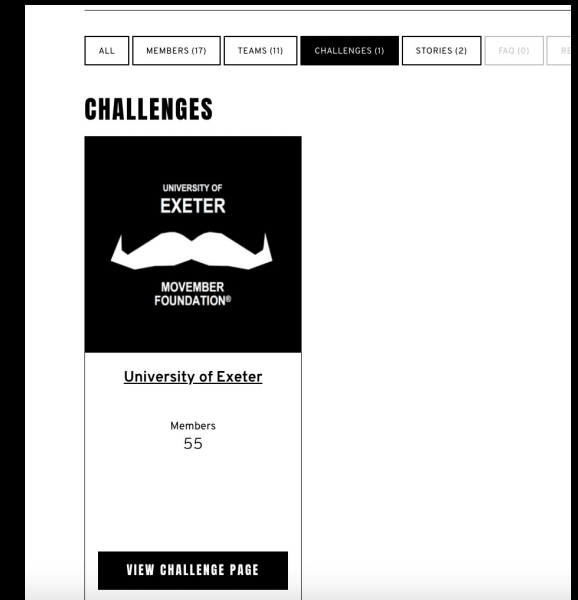
STEP 2

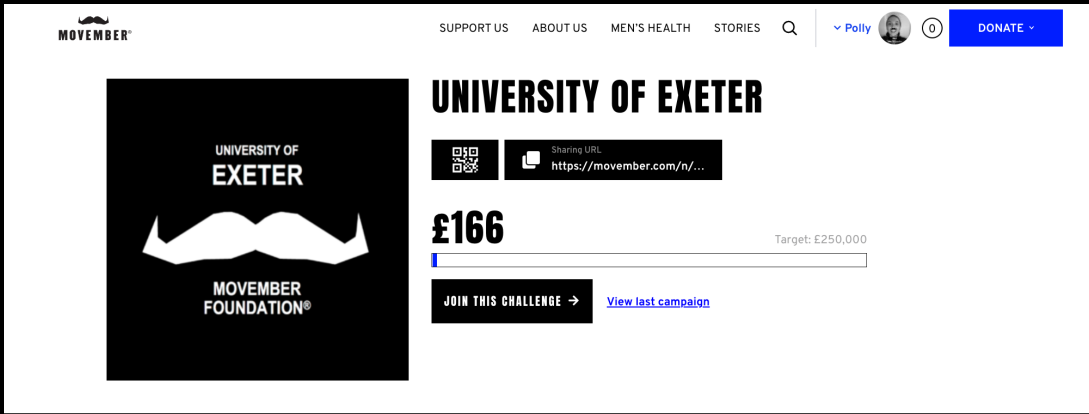
Select "Challenges" to refine the search to just the challenge pages



STEP 3

Select "View challenge page" on your university's challenge





STEP 5

If you are team captain, it will ask you to join as an individual or as a team. Select as a team to make sure your whole team is added. Get in touch with info.uk@movember.com if you have any issues with this.

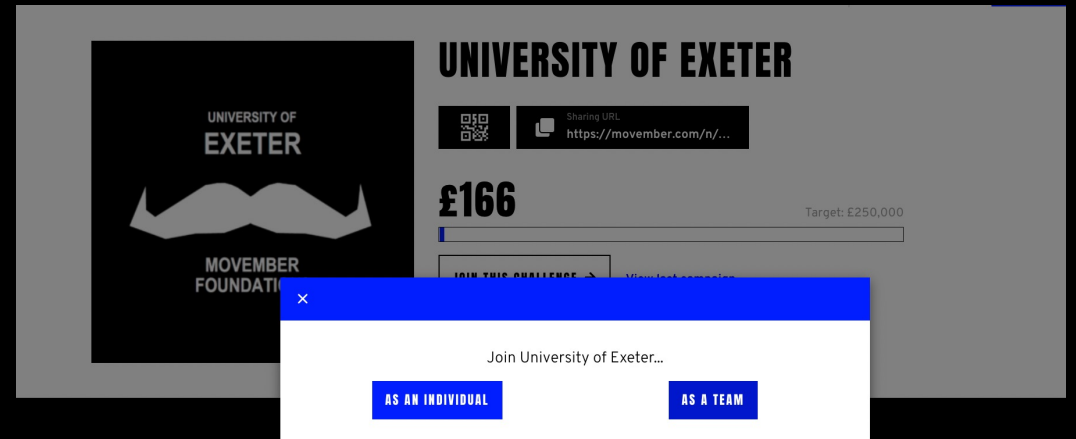
You are then done and ready to start climbing the leaderboard!

OUR MOTIVATION

Join us today to change the face of Men's Health. Whether you are Growing, Hosting or Moving this Movember, let's support those who are going through the unimaginable pain and suffering of Cancer or Mental Health issues. We are the difference, we are the ones who can make a change and stop men dying too young. Sign up to the Exeter network and raise money with us today.

STEP 4

Choose "Join this challenge" on your university's challenge page



OUR MOTIVATION

Join us today to change the face of Men's Health. Whether you are Growing, Hosting or Moving this Movember, let's support those who are going through the unimaginable pain and suffering of Cancer or Mental Health issues. We are the