

FAQ

Do I have to do 30DayHasSeptember for the full 30 days?

This is entirely up to you – do as much as you feel you can. This is a challenge to stretch yourself to do things you've never done. You can not fail! Do as much as you feel you can. You will really reap the benefits with each new task you set yourself and accomplish. 1 new event, is fantastic – we're aiming for participants to try something each day over the month however with each individuals new experience a shift occurs in the focus on the day and what can be made of it. Start small and build as you feel comfortable.

What if I don't have the time in my day to try new things?

The challenge is to put a spin on the everyday with breaking your norms. It could be a 1 minute task – ordering something different off the menu. It could be a 5 minute task by taking time to get to know a colleague you've not yet made time for. See [suggestions](#) on the site for some of the types of things you could do that you may have been putting off. There is always time to go off the beaten track – we hope to go in many different directions with our own challenges many will be small tasters, others will be large events that have been put off for too long. Try not to look at 30dayshasseptember as a life list but a step to taking advantage and living out experiences you've yet to try out.

How can people sponsor me?

Participants in 30dhs 2010 can be sponsored two ways;

1. People can donate against individual events you intend to try over the 30 days (per day/event sponsorship)
2. Or people can donate a 1 off amount for the month as a participant in 30 days

What do the funds go towards?

The Ted Noffs Foundation Street University provides programs and services for Aussie kids who have been effected by substance abuse, mental illness and/or homelessness and need a new start. For more information on The Ted Noffs Foundation and how the funds are being put to work click on the about Ted Noffs link.

How can I get more involved in 30dayshasseptember?

Arrange your own events and invite friends to join you in new activities you are planning on being a part of. Post your experiences to your own Facebook account and let people know what you've been up to this September. We'd love to hear what you've been up to and the types of new challenges you've set yourself and welcome your photos and posts to the 30DaysHasSeptember facebook page.

I am a business and wish to be involved more with this campaign how can we work with 30DayHasSeptember?

Please contact us at media@30dayshaseptember.com - we welcome the involvement of brands wishing to work closely with the 30dhs community. This is a month dedicated to driving a change in perception to what is possible with the day ahead. We'd love to work closely with you around how we can do achieve this together.