



FAMINE NIGHT

Sample 30 Hour Famine Schedule



DAY 1

- 12:30 p.m. Enjoy your last lunch!
- 1:00 p.m. Setup the supplies you're going to need for the Famine activities. Appoint and introduce your official media representative (in charge of photos, videos, social media, etc.) to your group. Capture the best moments.
- 1:30 p.m. Welcome everyone officially and go over what you have planned for the Famine event.
- 2:30 p.m. Get everyone together to take a group photo.
- 3:30 p.m. Juice/water break.
Activity.
- 4:00 to 11:30 p.m. Check out what is happening on **social media, Night Of**, and our live webcast!
- 5:30 p.m. Juice/water break.
- 6:00 p.m. Reflect – Have everyone in the group write down how they are feeling about giving up food. Reflect on what it's like to go without.
- 9:00 p.m. Juice/water break.
- 9:30 p.m. Wind things down with a film screen – show a movie that's appropriate for the Famine.
- 11:30 p.m. Get ready for bed or head home for the night.
- 12:00 a.m. Lights out.

DAY 2

- 9:00 a.m. Rise and shine.
- 9:15 a.m. Hydrate, hydrate, hydrate! Start the day with some juice or water.
- 10:00 a.m. Activity.
- 11:00 a.m. Juice/water break.
- 11:30 a.m. Play a round of Famine Jeopardy to remind everyone why they're raising funds and doing a Famine challenge.
- 12:30 p.m. Juice/water break.
- 2:00 p.m. Choose another activity.
- 3:30 p.m. Setup your Famine Mini Olympics. Divide up into small teams and play sports, board games, charades. If you're feeling competitive, eliminate the teams that lose and hold a championship round.
- 5:00 p.m. Activity.
- 6:00 p.m. Decorate your space with your Famine posters and start cleaning up.
- 7:00 p.m. It's been 30 Hours! You did it! Thank everyone for coming, and tell them they are free to eat again!
- 8:00 p.m. The 30 Hour Famine Dance. Invite your friends to a dance. Celebrate and share your experience with everyone!

NOTE For schools that do not hold overnight programs, participants can leave at this time and return the following day to complete the Famine.

JOIN the Global Movement and do your 30 Hour Famine on April 29-30, 2016!