

The 100 challenge

Why?

100 challenges in 100 days in order to raise as much money for More Africa as possible.

All our challenges has to do with the work we do, to create awareness about disabilities, awareness about the culture and people can get to know Zanzibar.

Two types of challenges

1. CHALLENGE ONLY: You accept the challenge and you try your best to fulfil the assignment to create more awareness about More Africa, culture, health or your own happiness
2. SERIOUS CHALLENGE: You accept the challenge and you try your very best to make as much money out of it in 100 days, but the minimum amount must be raised. You can let people sponsor you to make it easier. Use your own social media to finish the job.

Challenge “rules”

- We need proof!
Make a video/photo and send it to more Africa. Or even better, post it on your social media and tag #moreafrica and #moreafricaguesthouse
- You need to raise the minimum amount in order to accomplish the challenge. The more the better!
- The challenge must be accomplished in 100 days (November 23 2019 until march 1st 2020)
- All amounts now are in USD, for EURO we will use the same amount. So USD 50 and EUR 500 will be the same to keep it easy

On Sunday March 1st, on the fifth birthday of More Africa we will announce the amount that we raised during a nice poolparty at More Africa. Be there!

NR	CHALLENGE	CHALLENGE	MIN AMOUNT	CHALLENGER	RAISED	CHALLENGE ACCOMPLISHED
SOCIAL MEDIA						
1	Try to get something for free through Instagram what will help the NGO	CHALLENGE ONLY	-			
2	Make an advertisement on Instagram and try to get money out of it	CHALLENGE ONLY	-			
3	Let 50 people pose in front of our "instawall" and post all of the pictures online with #moreafrica #moreafricaguesthouse and #instawall. All picture 1USD or 1EUR	SERIOUS CHALLENGE	USD 50 EUR 50			
4	Pose in front of our instawall, post it on Instagram and make sure you have at least 250 likes	CHALLENGE ONLY	-			
5	Post a picture on your Instagram every day for 100 days	CHALLENGE ONLY	-			
6	Get 100 more followers in both instagrams in 100 days	CHALLENGE ONLY	-			
7	Tell 20 people in your surroundings about More Africa and the work we do. If they want to make a donation, perfect! If they don't, you at least create awareness about our work!	CHALLENGE ONLY	-			
EVENTS						
8	Organize a swimming day for the children of the NGO	SERIOUS CHALLENGE	USD20/EUR20			
9	Organize a charity bingo	SERIOUS CHALLENGE	USD50/EUR50			
10	Organize an auction. Think about experiences instead of physical items. For example a free night stay, or a free dinner, a painting?	SERIOUS CHALLENGE	USD 250 EUR 250			
11	Organize a treasure hunt (speurtocht)	SERIOUS CHALLENGE	USD50/EUR50			
12	Organize a massage day. After all those challenges we can use one. Give as many people a professional massage in 1 day. USD 15 per 30 minutes	SERIOUS CHALLENGE	USD 75 EUR 75			
13	Organize a pubquiz. Minimum of 4 teams of each 4 people. Entrance fee USD 10 per team. All profit will go to More Africa	SERIOUS CHALLENGE	USD 40 EUR 40			
14	Organize a "talent show" where everybody can come to show their talents for free. There is 1 jury. The winner is receiving a paid performance in our hotel. Entrance USD 5	SERIOUS CHALLENGE	USD 50 EUR 50			
15	Organize a game night	SERIOUS CHALLENGE	USD50/EUR50			
16	Organize a poolparty	SERIOUS CHALLENGE	USD50/EUR50			
17	Organize a beach cleanup where at least 10 people come to help you	CHALLENGE ONLY	-			

18	Organize a village cleanup where at least 10 people come to help you	CHALLENGE ONLY	-			
19	Organize a More Africa cleanup, where you clean up the premises together with the children and teach them about environment and recycling	CHALLENGE ONLY	-			
20	Organize a carwash where you wash a minimum of 10 cars for USD10.	SERIOUS CHALLENGE	USD 100 EUR 100			
21	Organize a volleyball tournament with a minimum of 4 teams	SERIOUS CHALLENGE	USD 50 EUR 50			
22	Decorate a Christmas tree completely in Zanzibar style	SERIOUS CHALLENGE	USD10/EUR10			
23	Organize a "newyearsdiver" with a minimum of 25 people joining	SERIOUS CHALLENGE	USD 100 EUR 100			
24	Organize a "night without roof" where you sleep with a minimum of 10 people within the open air	SERIOUS CHALLENGE	USD 100 EUR 100			
25	Organize a 50/50 lottery; at the end of the day the winner goes away with 50% of the income and the other 50% goes to More Africa	SERIOUS CHALLENGE	USD 50 EUR 50			
HEALTH, ENVIRONMENT AND SPORTS						
26	Be healthy! Eat breakfast every day for those 100 days	SERIOUS CHALLENGE	USD20/EUR20			
27	Exercise for 30 minutes every day for 100 days	SERIOUS CHALLENGE	USD50/EUR50			
28	Eat biological for 1 week	SERIOUS CHALLENGE	USD10/EUR10			
29	Don't throw away ANY food for 1 week	SERIOUS CHALLENGE	USD10/EUR10			
30	Reduce single use plastic for at least 100 days	SERIOUS CHALLENGE	USD20/EUR20			
31	Plant at least 10 new flowers or trees in your garden in 100 days	SERIOUS CHALLENGE	USD 10 EUR 10			
32	Do a handstand together with the local acrobat group (@movezanzibar)	SERIOUS CHALLENGE	USD 20 EUR 20			
SELL						
33	Sell at least 10 high teas of USD10 in 100 days	SERIOUS CHALLENGE	USD 100 EUR 100			
34	Give a minimum of 15 tours through More Africa in 100 days. Each tour will be 5USD without lunch and 10USD with lunch	SERIOUS CHALLENGE	USD 75 EUR 75			
35	Sell at least 10 More Handmade items in 100 days	SERIOUS CHALLENGE	USD50/EUR50			
36	Sell our products on a local crafts market	CHALLENGE ONLY	-			

37	Organize a photo exhibition with 15 pictures and sell each picture for 10 euro	SERIOUS CHALLENGE	USD 150 EUR 150			
	NGO					
38	Organize a king- and princesses march. This march is based on a monster's march for children with cancer and leukemia. Let children dress themselves as a king/queen or princess and let them design their own outfits. In a parade they can show their best costumes. All children that are joining pay USD 1 for a contribution to More Africa. If you organize the march in Zanzibar, be aware that parents will not be able to contribute so it will be necessary to find sponsors. With this march we will show everybody that we are all the same. The fact that we have a disability doesn't mean we cannot be a part of the society.	SERIOUS CHALLENGE	USD 100 EUR 100			
39	Find a minimum of 5 new sponsors who want to sponsor a child for at least 5 euro per month (for at least 1 year)	SERIOUS CHALLENGE	EUR 25x12			
40	Walk in his/her shoes. This event is created to create awareness under the type of disabilities our children have. More Africa will make couples and for a full schoolday you will do/not do the same thing as "your" child. For example your child is having a mental disability and is not able to speak; you will not speak the whole time. Or your child is having hemiplegia why he cannot use half of his body, you will also not use that side of your body. Look for sponsors to support you	SERIOUS CHALLENGE	USD 100 EUR 100			
41	Take a selfie with 15 children from the project	SERIOUS CHALLENGE	USD50/EUR50			
42	Make with the children a tower of blocks from at least 2 meter and raise a minimum of 10USD	SERIOUS CHALLENGE	USD 10 EUR 10			
43	Learn one of the children how to write in 1000 days and raise a minimum of 25USD	SERIOUS CHALLENGE	USD 25 EUR 25			
44	Treat all children in the NGO for ice-cream and raise a minimum of 25USD	SERIOUS CHALLENGE	USD 25 EUR 25			
45	Make a donation of your choice as an act of kindness	CHALLENGE ONLY	-			
	LOCAL LIFEAND AWARENESS					
46	Eat a local delicacy	SERIOUS CHALLENGE	USD10/EUR10			

47	Invite a local for a cup of coffee tea and get to know each other	SERIOUS CHALLENGE	USD 10 EUR 10			
48	Water challenge: In many African countries, people don't use more than 3 liter water per full day. We challenge you to don't use more than 3 liter water in 1 day. Including drinking, washing hands, showering, cooking etc. Make sure people will sponsor you!	SERIOUS CHALLENGE	USD 50 EUR 50			
49	Don't take a hot shower for 100 days	SERIOUS CHALLENGE	USD 50 EUR 50			
50	Electricity challenge: Many African people don't have access to electricity. Also the electricity transformers are not stable which means many days a week there is no electricity for hours. They charge their phone (if they have one) outside their houses, they use kerosene lights at night or they make a local fire. Cooking will also be on a local fire or on a gasstove. We challenge you to don't use electricity for 1 full day. Make sure people will sponsor you!	SERIOUS CHALLENGE	USD 50 EUR 50			
51	Be offline for 1 full day. Don't use your data or wifi. Make sure people will sponsor you!	SERIOUS CHALLENGE	USD 25 EUR 25			
52	Take the bike for going to work instead of the car. Many Africa people don't have access to cars, the local transport is overfull and a taxi costs too much money. Many people in Zanzibar use bikes. Undo your bike from all the dust and go for it! Donate your petrol money to More Africa	SERIOUS CHALLENGE	USD 25 EUR 25			
53	Enjoy a ride within the local transport (daladala) for at least 30 minutes	SERIOUS CHALLENGE	USD 10 EUR 10			
54	Save a cat or puppy from ZAASO	SERIOUS CHALLENGE	-			
55	Make at least one person aware about the local "rules" and traditions for appropriate clothes	SERIOUS CHALLENGE	USD 10 EUR 10			
56	Make music with a local band and make people sponsor you for that	SERIOUS CHALLENGE	USD 10 EUR 10			
57	Make a picture with at least 5 Masai	SERIOUS CHALLENGE	USD10/EUR10			
58	Make your own chapati	SERIOUS CHALLENGE	USD10/EUR10			
59	Make your own samosa	SERIOUS CHALLENGE	USD10/EUR10			
60	Do a REAL act of kindness to someone in the village (don't give candy to children oid)	CHALLENGE ONLY	-			
61	Try going for 100 days without purchasing anything new. Of course you still need to pay the bills and you need to eat, but don't buy any luxury items or clothing that you don't	SERIOUS CHALLENGE	USD 50 EUR 50			

	actually need. Donate to More Africa the amount of luxury's you would have bought without this challenge					
62	Bring/Buy some toothbrushes and make children aware of the importance of brushing teeth. Show them how it is done.	SERIOUS CHALLENGE	USD 20 EUR 20			
GUESTHOUSE						
63	Make up a bed in 1 of our rooms together with the housekeeper	SERIOUS CHALLENGE	USD 10 EUR 10			
64	Water all the flowers within the guesthouse	SERIOUS CHALLENGE	USD10/EUR10			
65	Create a new dish for on the menu	SERIOUS CHALLENGE	USD10/EUR10			
66	Make your own cocktail together with our staff	SERIOUS CHALLENGE	USD10/EUR10			
67	Marshmallow challenge: guess how many you can eat in 1 minute during our campfire. If you are wrong you need to pay double!	SERIOUS CHALLENGE	USD 15 EUR 15			
68	Chapati challenge: eat 10 chapati's in 30 minutes. If not? You need to pay double!	SERIOUS CHALLENGE	USD 15 EUR 15			
69	Sell vegetables from own garden and make at least 10USD	SERIOUS CHALLENGE	USD 10 EUR 10			
70	Make 5 nice DIY decorations from shelves, wood or other material, hang it somewhere in the guesthouse	SERIOUS CHALLENGE	USD 10 EUR 10			
71	Make at least USD 25 by selling your DIY decoration from shelves, wood or other material	SERIOUS CHALLENGE	USD 25 EUR 25			
72	Organize a special valentines diner, 3 courses for USD25 pp	SERIOUS CHALLENGE	USD 50 EUR 50			
HANDMADE						
73	Sell at least 10 "Share the Love" items in 100 days	SERIOUS CHALLENGE	USD 150 EUR 150			
74	Create 5 new selling points for the More Handmade and share the love items in 100 days	CHALLENGE ONLY	-			
75	Design a new item of your choice which will become our bestseller	CHALLENGE ONLY	-			
EXCURSIONS						
76	Make a picture while sitting on a palmtree. On a palmtree? Yes on it! Put the picture on instagra with #moreafrica and #moreafricaguesthouse	SERIOUS CHALLENGE	USD 10 EUR 10			
77	Watch the sunrise (east) and sunset (west) both on 1 day and make a picture	SERIOUS CHALLENGE	USD 10 EUR 10			

78	Eat fresh cinnamon from a cinnamon tree during the spice tour and make a picture	SERIOUS CHALLENGE	USD 10 EUR 10			
79	Swim with a dolphin	SERIOUS CHALLENGE	USD10/EUR10			
80	Make a selfie with a monkey	SERIOUS CHALLENGE	USD10/EUR10			
81	Make a selfie with a giant tortoise	SERIOUS CHALLENGE	USD10/EUR10			
82	Have a BBQ on a local sandbank (clean up afterwards!)	SERIOUS CHALLENGE	USD30/EUR30			
83	Drink met je billen bloot, melk uit een kokosnoot	SERIOUS CHALLENGE	USD25/EUR25			
84	Collect pictures of 7 different kinds of doors during a visit to Stone Town	SERIOUS CHALLENGE	USD 20 EUR 20			
85	Make a picture which shows both a mosque as a church	SERIOUS CHALLENGE	USD10/EUR10			
86	Make the biggest sandcastle you ever made. You are allowed to let as much people help you	SERIOUS CHALLENGE	USD 20 EUR 20			
87	Catch your own fish and prepare it for dinner	SERIOUS CHALLENGE	USD20/EUR20			
	OTHERS					
88	Play twister with minimum 5 people	SERIOUS CHALLENGE	USD25/EUR25			
89	Put a tattoo which has something to do with More Africa or Zanzibar	CHALLENGE ONLY	-			
90	Organize a "garage" sale and donate the income from this sale to More Africa	SERIOUS CHALLENGE	USD 50 EUR 50			
91	Bake cupcakes / cake etc and sell them for More Africa	SERIOUS CHALLENGE	USD50/EUR50			
92	Organize a charity dinner and donate the profit to More Africa	SERIOUS CHALLENGE	USD 50 EUR 50			
	HAPPINESS					
93	Keep a gratitude journal. Every night, challenge yourself to write down just 3 things what you were grateful for that day or that put a smile on your face. Do it for 100 days and see how much it brings you. Donate what you can miss for finishing this challenge	CHALLENGE ONLY	-			
94	Give yourself or someone around you a compliment. 100 days, 100 compliments. Donate what you can miss for finishing this challenge	CHALLENGE ONLY	-			
95	Find some quiet time each day to do some deep breathing and repeat some positive mantras. Do this for 5 to 10 minutes for (at least) 100 days. Donate what you can miss for finishing this challenge	CHALLENGE ONLY	-			

96	Make your own bucketlist and start with in within those 100 days. Donate what you can miss for finishing this challenge	CHALLENGE ONLY	-			
97	Buy a gift for someone you love. Donate what you can miss for finishing this challenge	CHALLENGE ONLY	-			
98	Do something within those 100 days what you always wanted, but for whatever reason never did. Donate what you can miss for finishing this challenge	CHALLENGE ONLY	-			
99	Book a flight to Zanzibar!	SERIOUS CHALLENGE	USD10/EUR10			
100	Book a room at More Africa Guesthouse for at least 2 nights	SERIOUS CHALLENGE	USD10/EUR10			