

## Mutima 'Walk to Zambia' Sponsorship form



mutima project  
heart surgery for zambians

Name of Participant.....

Dear Potential Sponsor,

I am participating in a 6km "Walk to Zambia" for The Mutima Project, on Sunday 25<sup>th</sup> March. All proceeds will help fund heart surgery for those who cannot afford it in Zambia.

Thank you!

Name	Amount per KM	Or Gift amount for completing 6km walk	Total Amount Recieved
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[www.mutimaproject.com](http://www.mutimaproject.com)



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The following are some hints and suggestions on how to get sponsorship for your walk:

1. Set your sponsorship target - aim high!
2. Start your sponsorship early - well in advance of the event.
3. People give to people. So you, a friend or relative must ASK people to sponsor you.
4. **First** think of people who might be willing to sponsor you. Neighbour, shop-keeper, friend, relative, home-help, churchwarden, people who work or worked with you, even your husband or wife and don't forget your local pub or any club or society you belong to.
5. Seek help from your friends - network, friends of friends - you will collect more than you thought possible, but you need to work at it.
6. Show them the sponsorship form and tell them about the Walk. If they need more details and you think you don't have all the answers, direct them to [www.mutimaproject.com](http://www.mutimaproject.com)
7. Ask them to write the amount they will give to the Appeal for you to walk the distance. Remember, the money is for the Appeal, not for you. So say so!
8. Once they have stated the amount get their name and address written down clearly and in full. You know who they are now, but in two months you might not remember. **Better still, get them to give you the money now** – it saves a lot of effort later! People lose interest quickly and often find excuses for not giving you the money later.
9. If you have had more than one heart valve replaced, or you have had more than one coronary graft- try and get sponsorship for each valve or graft.