**Shed Your Bed Challenge**

**What is the Challenge?**

Habitat Ireland are asking you to experience what it is like to not have a safe, decent place to live. Somewhere without a warm comfortable bed to sleep in, by asking you to ‘shed your bed’ for one night and get sponsorship for doing so.

**Why take on the Challenge?**

Globally 1.8 million people live in inadequate shelter and 100 million do not have any shelter at all. The Shed your bed challenge is a great way to raise awareness of this issue while also helping raise important funds to create a word where everyone has a decent place to live.

**How to complete the challenge?**

All you need to complete the challenge is:

* To register with Habitat Ireland
* Somewhere other than your bed to sleep in
* Decide if you would like to do it on your own or with your friends or family.
* To tell everyone about the event and encourage lots of support!
* Share your story, send info and maybe even some photos with us, don’t forget to tag **@habitatforhumanityireland** or email to **communications@habitatireland.org**

**All participants will receive a certificate on completion of the challenge, from Habitat Ireland.**