

Host your **COMBAT STRESS** virtual quiz

Firstly, yourself and your guests will need:

- A computer, tablet or smartphone with a webcam and microphone
- good internet connection

Choose your platform, this is critical, one person needs to make a call as how you're going to see and hear each other.

If you're really going all out, you could stream on **Twitch** via GivePenny and get your friends to send over their answers via Google Forms to stop any cheating.

For a simpler option you can use:

Zoom - best for tablet or computer

is very popular currently, have currently lifted the 40 minute limit for the free version of this platform and you can get a whopping 100 people at a time on here:

However if you're not keen on Zoom you've got other options.

House Party - best for phone or tablet

is the other platform that's had a sudden surge in users since the lockdown, it's easy to use on your phone and fairly reliable. Maximum of 8 participants

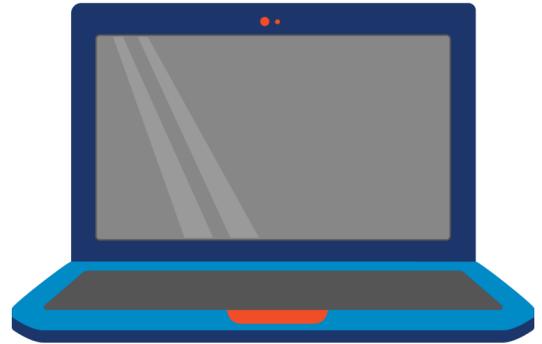
Skype lets you video call up to 50 people. You and your guests can either download the app to your computer, smartphone or tablet, or access Skype directly on Google Chrome. You don't need to have an account as you can use the conference call option as a guest.

Microsoft Teams is like Skype but with far, better functionality.

Facebook messenger, lots of your guests may already have Facebook, and you can use the messenger tool to video chat with up to 50 people. This works best if everyone is using the Facebook messenger app on phones or tablets.

There are other options inc Google Hangouts, Whatsapp.

How to guides for each platform can be found on youtube.





Raising money for Combat Stress

When you host your virtual quiz, you'll be giving your friends and family an opportunity to come together and have some fun from home. You'll also be helping to raise vital funds for Combat Stress, to provide support for veterans from every service and every conflict.

Before your quiz, set up a [Give Penny](#) or [JustGiving page](#) and send your guests the link for them to make their donation you can also set up a quiz playlist on Give-Penny and your guests can donate to add a song to your Spotify playlist.

Set a date and time for your quiz and invite your mates and family to join the fun. Make sure you're all well stocked with snacks and drinks!

Get your guests emails if you've not got them so you can send them all the link to the quiz on your chosen platform.

Quiz teams should only consist of members of a household, in line with the governments social distancing guidelines. If you have any solo players or teams of two, you could give them bonus points to even the playing field

Do a test call with a friend the day before your quiz to check how the platform works so that you don't have to worry on the day.

Choose the winner's prize – it could be the promise of a future night out, a home cooked meal, or a loo roll!

If you have any questions please don't hesitate to call on 01372 587 140 or drop us a line a fundraising@combatstress.org.uk

