

Congratulations and welcome!

By joining the Pingngupaa Challenge, you are part of a community of hundreds of participants from Nunavik and beyond willing to embark on a positive and supportive movement around sobriety.

This February, you will experience the benefits of living a healthy lifestyle, and even reflect on the sacrifices and determinations it takes for anyone beginning a healing journey.

Recovery is a process. We have to give ourselves the space and time to learn and grow as we change.

Wherever you stand in your drinking habits, we invite you to set individual and realistic goals based on your reality. Here are a few options:

- > Stop drinking for 28 days.
- > Stop drinking only during the weekdays or the weekends.
- > Stop drinking on specific days.
- > Reduce by half your overall daily consumption.
- > Start working towards complete self-discipline.

Remember, the goal is not just about stopping alcohol, but to begin to love yourself enough that you don't feel the need to drink.

Your Social Community Starts Here

Join the Private Facebook group



Questions?
challenge@isuarsivik.ca

IN SUPPORT OF



Participant Booklet



Let's first ask you a few questions!



Why are you taking this Challenge?

What is your main objective/goal regarding your alcohol consumption?

What does that change mean to you?

Where do you see yourself after this Challenge?



General rules

1. CHALLENGE DURATION

It starts on February 1st at 12:00 a.m. and ends on the last day of February at 11:59 p.m.

2. ELIGIBILITY

The Challenge is focused on the population of Nunavik, but all residents of the province of Quebec are eligible. Anyone, wherever they stand in their drinking habits (heavy drinkers, occasional drinkers, sober people, etc.), can join.

3. PARTICIPATION CRITERIA

3.1 Registration

To become a participant, the individual must complete the Registration Form before the deadline for registration. A participant in the Challenge may submit only one entry form during the Contest Period and provide a valid email and mailing address.

3.2 Participant Engagements

As a Pingngupaa participant, you commit to:

- Do your best to stay sober for 28 days without interruption.
- Collect a minimum of \$28 donation.

3.3 Collecting Donations

Each participant is responsible for finding at least one supporter using an online fundraising page through Zeffy. Upon registration, the participant creates their fundraising page and can share it on their social media platforms or by email. The participant is responsible for collecting a minimum of \$28, but there is no minimum donation per supporter.

3.4 Success

Each participant has their own challenges and values in taking part in the Pingngupaa Challenge. No matter if you make it a day, a week, or 28 days, it is already an important step towards recovery to not consume alcohol for a definite period. For these reasons, participants will not be tested after the Challenge to confirm their monthly sobriety.

4. DONATION

All funds from the yearly Pingngupaa Challenge will benefit Isuarsivik's cause by providing additional resources and making the Centre's services easily accessible to the 14 communities of Nunavik. The funds are also used to buy new equipment and accessories in order to support the new Centre's cultural mission.

5. TAX RECEIPT

Tax receipts are issued automatically to supporters and sent by email to the supporter through Zeffy.

6. DRAWS

6.1 Pingngupaa Participant Draw

Each participant who complies with the conditions in 3.2 Engagements will be eligible for the Pingngupaa Participant Draw. This draw will take place live on our Facebook page once all the donations are received.

6.2 Individual Supporter Draw

Each supporter who contributes to a Pingngupaa participant for a minimum of \$28 will be eligible for the Individual Sponsorship Draw. If a supporter donates a minimum of \$28 to more than one participant, they will have as many chances as the number of participants they have supported.

7. PRIVACY/USE OF PERSONAL INFORMATION

By participating in the Contest, participants consent to the collection, use, and disclosure of personal information by Isuarsivik solely for the purpose of administering the Contest and awarding the prizes. By accepting a prize, winners consent to any use of their name, address (city, province), voice, statements, picture, photographs or other likenesses and recordings for publicity purposes in all media and formats, including, without limitation, the Internet, and without further notice or compensation.