



Young SVP Survive on 5 Challenge
Monday 2nd – Friday 6th March 2020

FAQs

Can I only spend €5 per day?

You can choose your own approach, your budget for 5 days is €25 in total. You can spend it all at once and then eat what you have bought over 5 days OR you can give yourself €5 per day to spend. Your budget should be part of your family / household budget for the week, you should not need an extra allowance to take this challenge i.e. do not ask your parents for money to take this challenge!

Can I eat for free?

No. As part of the challenge you cannot accept free food from anyone / anywhere. You must calculate the cost of EVERYTHING you consume. Some examples;

- If you visit someone and they feed you, you must calculate the cost of the meal.
- If there are sandwiches provided at an event / meeting you are at you must calculate the cost (as purchased) of these if you eat them.
- If it is someone's birthday and there is a cake...you guessed it, you will need to calculate the cost of this if you eat it.

We know that sometimes there is food available to us at no immediate cost, but for the purpose of this challenge we ask that if you accept and eat this food you then include it in your budget for the day.

Do I need to include dinner / other meals made at home?

Yes. If someone at home normally makes the dinner for you, you will need to get them to help you calculate the cost of the meal provided. They can let you know the ingredients and the quantities etc. It will also be important that you let them know you are taking this challenge and maybe you can help with the meal planning for the 5 days.

Can I use food that is already in the fridge / cupboards at home?

Yes, but you must calculate the value of what you are using and include it in your budget for the day. For example if you have the tin of beans that is in the press you will need to check how much it cost to buy in the first place. If the beans are a particular brand they may have been more expensive than a shop branded tin. You need to make sure you are pricing things accordingly.

Anything you eat or drink while out with family or friends will need to be included in your daily budget. A cup of coffee from a café will cost a lot more than one made at home. Tap water is free, but bottled water will need to be included in your budget.

I don't do the shopping so I don't know how much things cost.

If this sounds like you then you will need to talk to the person who does do the shopping, maybe offer to help with it this week? That way you will get a better idea of the cost of things, and maybe you can select some cheaper options.

Do I need permission to take this challenge?

It is important that your parents / family know you are taking the challenge and that they are ok with it.

It is also important that you register to let us know you are doing it.

What if I go over budget / can't do it?

This is a very difficult challenge. No one should have to live with such limitations. For many of us we have the choice to opt into this challenge, but for many others this is an ongoing reality.

If you go over your budget don't worry, this is not a competition, it isn't about winning / losing, succeeding / failing but it is really important to share your experiences, positive and negative. Include it all in your posts / blog etc.

Can I see how other people are getting on during the challenge?

Yes. Follow these on social media to see what others are posting;

	@youngsvpofficial	#surviveon5
	@young_svp	#surviveon5
	Young SVP page	#surviveon5
	youth@svp.ie	Subject: #surviveon5

And remember to use the hashtag in all your own posts so others can see how you are doing too.

If you have any other questions please email us; youth@svp.ie

Good luck