

Trivia pack

Have fun with friends, family and colleagues
and raise funds for Aussie hearts.



**Do it
for
heart.**

Ready, set, QUIZ!



Thank you for hosting a Do it for Heart trivia event. Every dollar you raise will help support lifesaving heart research and programs for Aussie hearts.

This pack is designed to help you host a virtual or in-person trivia event. It contains everything you need for a great event, including:

- **a quizmaster script (in case you don't have the gift of the gab!)**
- **trivia questions and answers**
- **ideas for interactive activities in between question rounds**
- **some FAQs to help you answer burning questions before, during or after the event.**

The quiz is split into six rounds of five questions, plus a series of interactive games to keep the fun going in between rounds. We've also included some optional brain teasers, which you can use to offer on-the-spot prizes throughout the evening – a great way to keep people motivated!

Please note that this pack doesn't include prizes. If you'd like to give spot prizes and/or a grand prize for the overall winner/s, you'll need to prepare these in advance.

We encourage you add some personal touches to your trivia event and really make the event your own – for example, you might like to include some extra games or mini competitions in addition to what's provided in this pack.

You can expect the event to last 60 minutes if you deliver it as is, or up to 90 minutes if you add extra segments like the games, brain teasers or your own questions, games and ideas.

Quizmaster script



Getting the trivia party started

Below is a helpful script you may like to follow to help your event run smoothly, but feel free to make it your own.

“Welcome to this very special Do it for Heart trivia night! As you know, this event is all about raising vital funds for the Heart Foundation. Despite the inroads they have made, heart disease continues to claim 50 Australian lives every day.

If you haven't already, please consider making a donation today via my Do it for Heart fundraising page to support this worthy cause. The Heart Foundation is the largest non-government funder of heart disease research in Australia. Your contribution will help continue to fund lifesaving heart research and programs that saves lives and keep families together.

It's almost time for the games to begin, so let's get set up. Grab yourselves a pen and paper and get ready to play. If you're playing in a team, please give yourselves a name and let me know what it is. (Make a note of team names so that you can jot their scores down after marking.)

Here's how the quiz will run: there are 6 topics, each with 5 questions, focusing on the following themes: geography, sports, movie and tv, history, news and celebrity, and general heart health knowledge.

We'll also have one/some fun bonus challenges in between the rounds where you can win on-the-spot prizes, so put your game face on. But remember, this quiz is just for fun. Please don't cheat – no phones allowed – or give anything away by answering out loud. And remember, as the quizmaster, I have the final say over the answers and the allocation of points – so feel free to shower me with additional donations to get on my good side!”

It's question time!

Start the quiz and run through questions one by one, leaving enough time between them for teams to discuss their answers. If you want to add one or more of the games or brain teasers included in this pack, you can score these on the spot, or you can add them to the overall tallies and keep them secret until the end – it's up to you!

Answers at the ready

Once you've gone through each round of questions, it's a good idea to take a short break – give people the chance to grab a drink or something to eat and socialise with other players. Once you've called everyone back, you can get the teams to mark their own questionnaires (or keep things honest by getting each team to mark another team's answers!) and report their scores. At the end, tally each team's total score and announce the winner – if you're giving a grand prize, now's the time to hand it out!

Rounding it up

Finish out the evening with a quick thank you message – if you're stuck for ideas, here's what we suggest:

“Thank you so much for taking part in today's quiz. If you haven't already, please visit my Do it for Heart fundraising page and make a donation in support of Aussie hearts. So far, we've raised xxxx, but I think we can do better! Every dollar we raise will help fund lifesaving heart research and programs that could save the life of someone we love.”

Let's get quizzing!

Ready for round one?



Brain teaser



What's harder to catch the faster you run?



Geography round



1. Which rail service began in 1883, running between Paris and Constantinople (Istanbul)?
2. The equator passes through which three South American countries?
3. Suva is the capital of which Pacific Island nation?
4. Which Caribbean island's international airports are identified by the codes KIN and MBJ?
5. What do the Caspian Sea, the Dead Sea, and the Aral Sea have in common?

ROUND

1



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Sports round



- 1.** Who was the first gymnast to ever score a perfect 10 at an Olympic Games? For bonus points, name the country she represented and the year the Olympics were held.
- 2.** Which three movements are required for an athlete to successfully complete a triple jump?
- 3.** Which country won the first ever FIFA World Cup final?
- 4.** Where were the 2008 Olympics held?
- 5.** How long is a netball court?

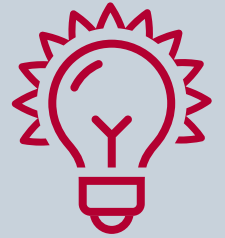
ROUND

2



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Fancy getting creative?



Pick one or more puzzles from the list below and offer an on-the-spot prize (optional).



Quick draw

Sketch a person, an animal or landmark – blindfolded for added difficulty!



Model citizen

Make a model/famous face out of tinfoil or using items from around the house.



Fancy dress

Between rounds, dress up as a character from TV, art, film or literature using whatever household materials you can find.



Make an impression

Do your very best impression of an (animal/accent/celebrity – quizmaster to choose)!



Strike a pose

Take the funniest selfie you can and send it to the quizmaster for judging.



Movie & TV round



1. What was the first feature-length animated movie ever released?
2. What's the name of the anthemic dance near the beginning of The Rocky Horror Picture Show?
3. Meryl Streep won her first Oscar for which movie?
4. Which of the following comedy TV shows had more seasons: Friends or Seinfeld?
5. Name the first-ever winner of one of the following reality shows: Australian Idol, Big Brother (Australia), the Biggest Loser or Masterchef Australia.

ROUND

3

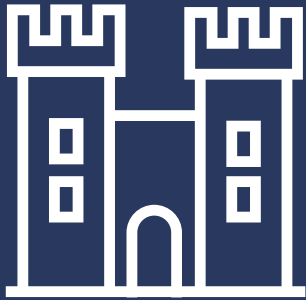


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Brain teaser



Which tyre doesn't move when your car turns right?



History round



1. What year was the Heart Foundation founded in Australia?
2. How old was Queen Elizabeth II when she became queen?
3. Which two schools competed in the first-ever game of Aussie Rules?
4. Who invented the telephone?
5. Based on landmass, what is the smallest country in the world?

ROUND

4



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Feeling smart?

Pick one or more puzzles from the list below and offer an on-the-spot prize (optional).



Age is just (a lot) of numbers

Guess the age of the host/famous person.



Round robin

Take it in turns to name themed items (e.g. things that float, shades of green, shapes of pasta) – no repetitions or hesitations allowed!



Scattergories

In 60 seconds, write down as many things as you can on (a set topic – such as animals, brands, foods, etc – quizmaster to choose) starting with the letter (quizmaster to choose)



Totes emoji

Send a screenshot of your most-used emoji to the quizmaster – and then guess which emoji belongs to which player.



Guess the weight

Guess the heaviest out of two household items.



Anagrams

The word 'spear' has more anagrams than any other. Find as many as you can in 60 seconds!



News & celebrity



- 1.** How many US presidents have been impeached? For a bonus point, who was the first?
- 2.** How many times has Dolly Parton been married?
- 3.** The band Little Mix won the British Band Award at the 2021 BRIT's – why did this win make news?
- 4.** Kim, Khloe and Kourtney Kardashian have two younger half-sisters. What are their names?
- 5.** What was Chris Hemsworth's character's name in Home and Away?





General heart health knowledge



1. Which charity is the largest non-government funder of heart research in Australia?
2. At what age should you start having regular heart health checks?
3. Name 3 common heart attack warning signs for men and women.
4. In the Heart Foundation's MyMarathon fitness and fundraising challenge, participants can walk, wheel or run a marathon in the month of October. What is the official length of a marathon?
5. The Heart Foundation funded Dr Rowan Nicks' research which led to the development of the first (what) in 1962?

ROUND

6



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Up for a physical challenge?

Pick one or more puzzles from the list below and offer an on-the-spot prize (optional).



Scavenger hunt

Your quizmaster will provide you with a list of household objects. Find as many as you can in two minutes.



Let's get physical

Hold the longest plank or do the most sit ups/press ups in a minute.



Slam dunk

Throw a tea bag into a mug. The person/team who makes the longest successful throw wins.



Extreme Simon Says

It's old-school Simon Says, but with a book balanced on your head at all times. The winner is the last person to drop the book!

Pens down!

The answers are on the next page



The answers



Brain teaser

Q: What's harder to catch the faster you run?

A: Your breath



Geography

Questions

1. Which rail service began in 1883, running between Paris and Constantinople (Istanbul)?
2. The equator passes through which three South American countries?
3. Suva is the capital of which Pacific Island nation?
4. Which Caribbean island's international airports are identified by the codes KIN and MBJ?
5. What do the Caspian Sea, the Dead Sea, and the Aral Sea have in common?

Answers

1. The Orient Express.
2. Ecuador, Columbia, Brazil.
3. Fiji.
4. Jamaica.
5. They're saltwater lakes, not seas.



Sports

Questions

1. Who was the first gymnast to ever score a perfect 10 at an Olympic Games? For bonus points, name the country she represented and the year the Olympics were held.
2. Which three movements are required for an athlete to successfully complete a triple jump?
3. Which country won the first ever FIFA World Cup final?
4. Which country hosted the 2008 Olympics?
5. How long is a netball court?

Answers

1. Nadia Comăneci, Romania, 1976.
2. Hop, step, jump.
3. Uruguay.
4. Beijing, China.
5. 30.5 metres.



Brain teaser

Q: What has a bottom at the top?

A: Your legs



Movies and TV

Questions

1. What was the first feature-length animated movie ever released?
2. What's the name of the anthemic dance near the beginning of The Rocky Horror Picture Show?
3. Meryl Streep won her first Oscar for which movie?
4. Which of the following comedy TV shows had more seasons: Friends or Seinfeld?
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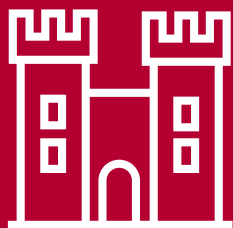
Answers

1. Snow white and the seven dwarfs.
2. The Time Warp.
3. Kramer vs Kramer.
4. Friends (10 seasons; Seinfeld had 9).
5. Guy Sebastian, Ben Williams, Julie Goodwin.

Brain teaser

Q: Which tyre doesn't move when your car turns right?

A: Your spare tyre



History

Questions

1. What year was the Heart Foundation founded in Australia?
2. How old was Queen Elizabeth II when she became queen?
3. Which two schools competed in the first-ever game of Aussie Rules?
4. Who invented the telephone?
5. Based on landmass, what is the smallest country in the world?

Answers

1. 1959.
2. 27.
3. Melbourne Grammar School and Scotch College.
4. Alexander Graham Bell.
5. Vatican City.



News and celebrity

Questions

1. How many US presidents have been impeached? For a bonus point, who was the first?
2. How many times has Dolly Parton been married?
3. The band Little Mix won the British Band Award at the 2021 BRIT's – why did this win make news?
4. Kim, Khloe and Kourtney Kardashian have two younger half-sisters. What are their names?
5. What was Chris Hemsworth's character's name in Home and Away?

Answers

1. 3, Andrew Johnson in 1868.
2. Once.
3. First time a female group has ever won the award.
4. Kendall and Kylie Jenner.
5. Kimberly 'Kim' Hyde.



General heart health knowledge

Questions

1. Which charity is the largest non-government funder of heart research in Australia?
2. At what age should you start having regular heart health checks?
3. Name 3 common heart attack warning signs for men and women.
4. In the Heart Foundation's MyMarathon fitness and fundraising challenge, participants can walk, wheel or run a marathon in the month of October. What is the official length of a marathon?
5. The Heart Foundation funded Dr Rowan Nicks' research which led to the development of the first (what) in 1962?

Answers

1. The Heart Foundation.
2. 30 years and over for Aboriginal and Torres Strait Islander peoples, 45 years and over for non-Indigenous Australians.
3. Chest discomfort or pain (angina). This can feel like uncomfortable pressure, aching, numbness, squeezing, fullness or pain in your chest. This discomfort can spread to your arms, neck, jaw or back.

Dizziness or feeling lightheaded, faint or anxious; nausea, indigestion, vomiting; shortness of breath or difficulty breathing.

Sweating or a cold sweat.
4. 42.2 km.
5. The automatic pacemaker, a truly life-saving invention.

FAQs



How much should I try to raise?

How much you raise depends on how many people participate in your trivia event and how widely you share your Do it for Heart fundraising page. We suggest a donation amount of \$20 per person taking part – some people may like to give more. But remember, every dollar you raise will help fund lifesaving heart disease research and programs that save lives.

I've run out of quiz questions. How can I get more?

Found your calling as a quizmaster? If you'd like to host another quiz, email us on communityfundraising@heartfoundation.org.au and we'll help you get started.

What difference will my fundraising make?

The funds you raise will help support lifechanging heart research and programs.

- **\$40** could pay for blood cells to be isolated, which can then be used to study blood clots. Understanding blood clots and how these clots can be removed or prevented is key to treating heart attack and stroke.
- **\$50** could pay for the nutrient solution researchers need to help grow heart cells in the lab.
- **\$100** could pay for a DNA test to help pinpoint genetic factors for heart disease.
- **\$200** could pay for essential lab tools and equipment for cardiovascular researchers.
- **\$500** could cover the cost of an antibody to detect viral or bacterial infection in the heart.
- **\$1,000** could fund a research nurse to work on a clinical trial for two days, potentially leading to improved treatments for heart disease.

FAQs



How do I host a virtual trivia night?

You can host your trivia event via an online videoconferencing platform like Zoom or Google Hangouts. Create an event in your calendar, add the meeting link and send an email invite to your guests. When you're ready to start the event, you'll be able to share your screen so teams can see the slideshow.

I've received cash donations. What do I do?

You can deposit the cash into your bank account and then make a donation of the equivalent amount on your fundraising page.

When can I host my trivia event?

The great thing about Do it for Heart is that you can host your fundraising event when and where you like. Give yourself a lead time of at least three weeks – this will give you a chance to prepare for the event, invite guests and collect RSVPs, and set up and share your fundraising page with your guests.

Thank you.

Thank for organising a Do it for Heart quiz event for the Heart Foundation. Every dollar you raise, helps to fund heart research and programs that could save the life of someone you love.



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