

SLEEP OUT



TEGUCIGALPA, HONDURAS

Each year, thousands of people give up their beds for one night so that youth facing homelessness and human trafficking can sleep safely at Covenant House.

Covenant House's doors are open 24/7 in 34 cities across five countries for young people who need a safe place to sleep. At Covenant House, youth work towards independence and self-reliance through programs that give them the skills and tools needed to overcome homelessness.

Sleep Out is a movement of people who believe that everyone deserves a safe place to sleep. Sleepers raise critical funds to support this work and shine a light on the often-ignored youth homelessness crisis.

WHEN & WHERE

November 6-9, 2024

Tegucigalpa, Honduras

WHO

You, your friends, family, and colleagues can be Sleepers! (18+ years or older) Sign up on your own or with a team.

Sleepers joining us in Honduras set a fundraising goal of \$5,000 USD (with tools, tips, and support from our fundraising coaches!).

WHAT

At Sleep Out, you learn from youth homelessness experts, hear stories from youth overcoming homelessness, and connect with a community that cares.

Sleep Out: Honduras offers Sleepers a unique experience to spend time with our youth and local team for up to two days (arriving November 6 or 7), leading up to the overnight on November 8, and departing on November 9th.



SLEEPOUT.ORG/EVENT/HONDURAS



ONE PURPOSE.
ONE NIGHT.
ONE COMMUNITY.



[DETAILS AT SLEEPOUT.ORG/EVENT/HONDURAS](https://SLEEPOUT.ORG/EVENT/HONDURAS)

Where do Sleep Out events take place and what happens once I'm there?

Sleep Out events take place in 20 cities, at or near Covenant House affiliate sites across the U.S., Canada, and Latin America, as well as any location where a company decides to host a Sleep Out with their staff. Throughout the night, Sleepers learn about the plight of youth homelessness, hear directly from Covenant House frontline leaders, connect with alumni and youth, and share in deep conversation with teammates.

Companies can host Sleep Out events anywhere, as long as the location is safe and legal. You pick the day, the place, and the people. We provide the planning tools, activity ideas, and event support to create an engagement experience for your team.

You can also Sleep Out from home! Register as a virtual Sleeper and get everything you need to have a meaningful night.



Anchorage, AK
Atlanta, GA
Atlantic City, NJ
Bay Area, CA
Boston, MA
Chicago, IL
Detroit, MI
Ft. Lauderdale, FL
Houston, TX
Los Angeles, CA
New Orleans, LA
New York, NY
Newark, NJ
Philadelphia, PA
Research Triangle Park, NC
St. Louis, MO
Washington, D.C.

Toronto, ON
Vancouver, BC
Tegucigalpa, Honduras

**2024
Locations**

Contact us:

sleepout@covenanthouse.org

sleepout.org

How can my company get involved in Sleep Out?

Companies can participate in Sleep Out in two ways:

1. Product integration and sponsorships.
2. Creating a corporate Sleep Out team, an incredibly meaningful employee engagement opportunity!