



UNITED NATIONS ASSOCIATION  
OF THE UNITED STATES OF AMERICA

## Grab Coffee & Talk UN – Host Guide

Purpose: This is a casual, relationship-first way to help people learn what the United Nations does and why U.S. support matters. Success is measured in coffee chats and follow-up actions.

### 1. Quick Checklist

- Invite 1–3 people (friends, classmates, neighbors).
- Meet for 40–45 minutes (coffee, tea, or virtual).
- Listen more than you talk (aim for 70/30).
- Share 2–3 quick facts about the UN.
- End with ONE clear action (postcard, call, or hosting another coffee).

### 2. The Ask

The “ask” is the most intimidating part. The key is to make it feel natural, grounded in commonality (same campus, same class, same neighborhood, same professional interest). Here are some real-life phrasing examples that keep it casual and authentic:

#### Campus examples:

- “Hey, I’ve been working on a project about global issues and thought it’d be fun to chat over coffee. Do you want to grab a cup this week?”
- “We’re both in [Professor X’s class] and I’ve been thinking a lot about how the UN shows up in real life. Want to talk it through at Starbucks?”
- “I’m asking a few friends what they think about global issues for something I’m working on. Want to grab coffee and share your take?”

#### Community examples:

- “Since we both live in [neighborhood], I’d love to hear what global issues you think connect back to our community. Want to grab coffee sometime?”
- “You and I both volunteer with [local group]. I’m starting some casual conversations about the UN and would love to hear your perspective over coffee.”
- “We’ve talked about [shared interest — e.g., health, education, service]. I’d love to connect it to some global stuff I’m learning about — would you be up for a coffee chat?”

#### Professional/peer network examples:

- “As fellow members of [association/club], I thought it’d be great to swap thoughts about how global issues affect our work. Can we grab a coffee?”
- “I’m talking with a few colleagues about the UN’s role in global health and security. Would you want to join me for a quick coffee to share your perspective?”

### 3. Conversation Starters

- What global story has caught your attention this year?
- When you hear ‘foreign aid,’ what comes to mind?
- If the U.S. could solve one global problem, what should it be?
- How do global issues show up in our community?



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#### 4. Quick Facts (Share 1-2)

- U.S. foreign aid is about **1% of the federal budget**.
- It funds **natural disaster responses, health, nutrition and safety programs** in 170+ countries.
- It's a smart investment that **prevents crises before they cost more later**.

#### 5. Myth-Busting Lines

- "Aid is wasted." → Most is tracked and targeted to health & disaster response.
- "Aid doesn't help Americans." → It stops diseases, stabilizes regions, and reduces crises that affect us here.
- "Foreign aid is just military assistance." → Military assistance and foreign aid are two different things. Foreign assistance funds things like vaccines, clean water, and disaster relief, about 1% of the budget. Military assistance is separate, handled through defense accounts, and supports our men and women in uniform. Both matters, but when we talk about "foreign aid," we mean programs that save lives and prevent crises before they require military intervention.

#### 6. Clear Next Step

Clear, low bar asks (pick one):

- Sign a postcard to Congress.
- Join a short call (or for national call in day) to your Member of Congress.
- Host your own coffee with a friend.
- Follow us on TikTok and/or share a UNA-USA social media post.