

# Make a CHANGE Day

## 1. Why Hold this Event?

Make a CHANGE Day is one day out of a year when people throughout Japan and also around the world simultaneously take part in volunteer activities and community action projects. It is the perfect opportunity for those who have never participated in such projects and activities to get involved. For those who are already active in this field, Make a CHANGE Day can help them to develop their own projects and broaden their networks.

By taking part in the community on a regular and systematic base like this and by disclosing participant information and project reports to the public via the media, we hope to contribute to the following in creating “Volunteer Culture”:

1. The participants are able to exhibit the project to a wider public/audience and attract new participants. The project reports will be displayed as successful examples for other communities, and we can expect a flow-on effect through expanding information about various projects and worthwhile causes.
2. Volunteer activities and community projects leave a bigger impact on society.
3. The participants’ experiences are combined, leading to a strong solidarity sense of community within the participants; these experiences help to form a strong foundation upon which projects can develop and expand further.

## 2. The Flow of the Event

### Step 1: Fill out an Entry Form

Please fill out an entry form and send it in.

Deadline: November 13, 2009

Please see “3: How Do I Participate?” for more information.

Data on the entry form will be stored in a database and posted on our homepage, so you can get the word out. Make new friends, meet supporters, and view others’ project plans as well.

### Step 2: Action

Put your project plan into action on Make a CHANGE Day, November 22, 2009.

### Step3: Report your results

Fill in the Project Report Form with the results, records, and the impact of the project in your community. We will prepare a simple form. Mail it in by December 28, 2009.

Your project report will also be stored in a database and posted on our homepage for sharing. We plan on attaching a search engine for easy access to future project contents and references

In January 2010, a panel of judges will review your reports for the award ceremony.

End of March 27, 2010, we will hold an award ceremony. This ceremony will be a fun and meaningful event where all attendants will be able to honor each other’s volunteer activities/projects and encourage one another to strive even further.

### 3. How Do I Participate?

#### 1. Participation

Participation by groups of two or more people are permitted; it can be a family, school, associations (NGO, NPO, community associations, etc.) or any other types of group formations. It can even be a collaborative cluster established from several groups

#### 2. Date

Sunday, November 22, 2009

If participation is not possible on this day, please engage in the movement on Saturday the 21<sup>st</sup>, or Monday the 23<sup>rd</sup> (National Holiday).

#### 3. Projects Themes

This year's theme is the environment. Themes like town development, international exchanges, social works for the elderly and the handicapped, and assistance in child-raising can also be coordinated with the environmental theme.

#### 4. Entry Forms

Where do I get one?

- The Entry Form is included in this information packet.
- The form can be downloaded from our homepage.
- Contact the MCD Planning Committee and ask for the form to be sent to you.

Online

Go online at <http://makeachangeday.com>, download an entry form, and forward it.

FAX or Postal Mail

Fill out the entry form and send it in:

**MCD Office of Planning Committee**

**〒453-0021 Nagoya-Shi, Nakamura-Ku, Matsubara-Cho, 1-24**

**COMBi Honjin N104**

**EXPO2005 Aichi Volunteer Center**

FAX 052 - 387 - 8822

MCD 実行委員会事務局 宛

〒453 - 0021 名古屋市中村区松原町 1 - 24 COMBi 本陣 N104

愛・地球博ボランティアセンター内

#### 5. Deadline

The Entry Form must be received by November 13, 2009

#### 6. Other Information

- All groups which participated in the Make a CHANGE Day will receive a certificate recognizing participation (one per group), signed by the Make a CHANGE Day honorary ambassadors, actress Keiko Takeshita and TV-entertainer John Gathright.
- Entry forms and project reports will not be returned to you once sent in.
- We will prepare a simple project report form before the day of the event.
- Other important information will be provided accordingly as required.

## 4. Awards

We will set up a panel, review each projects from a variety of angles, and select projects that have the most powerful message. Selected projects will receive a certificate, a prize, and a commemorative gift.

The Make a CHANGE Day Grand Prize                      donation and certificate

Yahoo! JAPAN Volunteer Grand Prize                      donation and certificate

Other awards include fun awards including the Cooperative Award, Family Award, Community Award, Business Award, and School Award. Information on awards and additional awards will be posted on our webpage as final decisions are made.

## 5. Ceremony and Fun Events

(1) Date and Time

End of March, 2010

1pm ~ (TBA)

(2) Place ( Plan )

Oasis 21 ( オアシス 2 1 ) , Ginga-no-Hiroba ( 銀河の広場 )

Nagoya-Shi, Higashi-Ku, Higashisakura, 1-11-1

名古屋市東区東桜 1 - 11 - 1

Details of the program will be announced as final decisions are made.

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### Contact Information

First Annual Make a CHANGE Day Planning Committee

〒453-0021 Nagoya-Shi, Nakamura-Ku,

Matsubara-Cho, 1-24

COMBi Honjin N104

EXPO2005 Aichi Volunteer Center

Phone: 052-486-2055

FAX: 052-387-8822

Email: mcd@vol-expo2005.jp

Co-Host: Chu-nichi Newspaper

Special Support from: Yahoo! JAPAN

Sponsor: The Ministry of Environment, Aichi Prefecture, City of Nagoya, Nagoya Chamber of Commerce and Industry, Chubu Economic Federation, Committee of National Newspaper Business Enterprise

Subsidized Project by Global Industrial and Social Progress Research Institute and  
Aichi EXPO2005

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## Project Ideas

Areas of Volunteering	Examples
Forest Protection	Planting trees, forestation, tree thinning, mowing grass, pruning, etc.
Waterfront Protection	Water quality survey, nature watch, clean-ups, plating waterweeds, erosion research, etc.
Protecting Nature around Us	Vegetation research, nature watch, trees and greens, research on tidelands, etc.
Wildlife Protection	Protecting wildlife habitats, rescuing and sheltering wild birds and animals, etc.
Clean-ups	Pick up trash, litter survey and analysis, education on separating trash, watching for illegally disposed wastes, etc.
Environmental Education	Experiencing nature, arts with recycled materials, soap-making, nature-watching, learning about your city, etc.
Volunteering Overseas	Experiencing NGO overseas (forestation, redevelopment of disaster-struck districts, protection of plants and animals, organic agriculture, field research, etc.)
Nature's Revival from Natural Disasters	Soup kitchen, food drive, health management, psychological support for victims, disaster prevention
Food and Agriculture	Own arable land, interaction with farmers/providers, Green Tourism, vegetable gardening, etc.
Health and Science, Pollution	Dioxide, environmental hormones, health and people, actions/movements against pollution
Sustainable Lifestyles / Environmentally-friendly Lifestyles	Green Consumer Movement, promotion of fair trade, natural energy, citizens' fund, etc.
NPO Supporter	Office work, translation, etc.

Project Examples (from *Yattemiyou! Kannkyou Volunteer* (Let's Try Environmental Volunteering), published by Geoenvironmental Partnership Plaza)

## Collecting Information on Volunteering

We will post a list on our webpage that lists sites that provide information on volunteering and volunteer needs.

Entry Form for First Annual Make a CHANGE Day

Name	Organization, school, institution, etc.		
Contact Information	Address (able to receive mail)		
	Phone	FAX	
	Email	Web page http://	
Representative personnel	Name		
Contact personnel and Information <small>(*can be reached during the day)</small>	Name		
	Phone	Cell Phone	
	FAX	Email	
Action Plan	Name of Project		
	Place of Action	Country/Area	
		Prefecture/State	
		City	
		Facility (if applicable)	
	Date and Time of Action	Nov. , 2009	
		AM ~	AM ( hrs)
		PM ~	PM ( hrs)
	Number of Participants (estimate)		
	Please check one that is most applicable:		Revival from Natural Disasters
Protect the Forest		Food and Agriculture	
Riverside		Health and Science	
Nature around us		Sustainable lifestyle / environmentally-friendly	
Wildlife protection		Support an NPO	
Clean-ups		Others:	
Environmental education			
Volunteer overseas			
Action Plan			
Need help recruiting volunteers?	*Please circle one: YES      NO	If YES, Number of Volunteers: Special Skills:	
	Partnership with another organization		
Message:			
Please check here if you do not want the information provided on this form disclosed to the public: (otherwise, everything on this entry sheet will be published online)			