

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: October 31, 2011

✂ 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, October 22, 2011.

✂ All projects related to Quake Restoration, dating anytime between March 11 to October 31 of 2011, qualify for registration.

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 November 14, 2011.

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 middle of December 2011, a panel of judges will review your reports for the award ceremony.

On February 4, 2012, 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

Saturday, October 22, 2011

✂ If participation is not possible on this day, please engage in the movement from October 1 to October 31.

All projects related to Quake Restoration, dating anytime between March 11 to October 31 of 2011, qualify for registration.

3. Projects Themes

This year's theme is the "*Kizuna*"

This year's focus is on restoration after the Great East Japan Earthquake, using it as a chance to dramatically develop "community power" (as characterized by support and unity) that will help reconnect Northeast Japan with the rest of the country. In addition, the United Nations has designated the 10th anniversary of the "International Year of Volunteers" as "IYV + 10 (plus Ten)," and will work to widen volunteer action and community service networks on a global level.

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 October 31 2011

6. Other Information

- All groups which participated in the Make a CHANGE Day will receive a certificate recognizing participation (one per group).

- 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.

(There are only examples)

○ 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

4 February, 2012

(2) Place(Plan)

Chuden Holl(中電ホール)

Nagoya-Shi, Higashi-Ku, Tousein-cho 1

名古屋市東区東新町1番地

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

Contact Information

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

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Types of Action Projects		Examples
Nature / Environment Preservation		Streets and Park Cleanups, Seaside Cleanups (Trash-Picking), Tree Planting, Forest Tree Trimming, Wild Bird Watching and Protection, Soap-Making with Recycled Oil, etc.
International Exchange and Global Cooperation		Translation, Refugee Support, Technical Assistance, Desert Restoration (Planting Trees), Food Aid for Overseas, Support for Exchange Students, etc.
Multiculturalism		Lingual Support in Medical and Social Consultation, Support for Immigrant Children, Educational Project promoting Multiculturalism, etc.
Social Service	for the Elderly	Provide a Gathering Place for the Elderly and the Young, Lead and Participate in Recreational Projects, Help Acquire a Skill, Provide Companionship, Food Delivery Service, etc.
	for the Disabled	Street-Guide those with Disabilities, Lead and Participate in a Recreation, Help Acquire a Skill, Provide Companionship, Helper Service, Promote Social Participation (Provide Wheel Chairs, etc.), Translate into Braille, Recitation (Reading), Recording, Sign Language, etc.
	Health and Medical Support	Give Blood and Promote Blood Donation, Patrol Medical Treatment, Health Consultation, etc.
Community Safety and Security		Patrol Unsafe Neighborhoods, Security along School Routes, Street and Traffic Safety, etc.
Disaster Prevention/Preparedness and Victims Support (includes action projects for the Great East Japan Earthquake)		Collect and Send Relief Aids, Run Soup Kitchens, Clear Debris, Help Sort-Out and Cleanup of Residences, Help Move to Temporary Residences, Collect Donations, Provide Transportation to Hospital, Collect and Send Commodities, Provide Companionship to the Elders and the Young in the Affected Areas, Information Provision, Organize a Charity Event, Promote Fire Security around Neighborhoods, etc.
Community Development		Plant Flowers along the Street, Organize Bicycle Sheds near Train Stations, Promote Exchange between Urban and Rural Areas, Lead a Community Group, Projects for Areal Economic Development, etc.
Sports, Culture, and the Arts	Sports	Lead and Organize a Class, Secure Safety at Sporting Events, Organize a Sport Event, etc.
	Public Awareness	Organize of Events and Lectures, Support for the Under-Informed (Computer Education), etc.
	Culture and the Arts	Support for Young Musicians & Artists, Public Play, Show-Viewing Event, Promotion of the Traditional Arts and Cultures, etc.
Infants, Children, and the Youth		Child-Raising Consultation, Recreational Event in the Park, Lead a Youth Group, Child Care, Bullying Consultation, etc.
Others		Support for those receiving welfare, Support for Volunteers, etc.

These are only examples. Please use as reference.

Entry Form for 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	Date	
		AM ~	AM (hrs)
		PM ~	PM (hrs)
	Number of Participants (estimate)		
	Please check one that is most applicable:		
<input type="checkbox"/> Environmental	<input type="checkbox"/> International Exchange and Global Cooperation		
<input type="checkbox"/> Multiculturalism	<input type="checkbox"/> Social Welfare		
<input type="checkbox"/> Anticrime/Traffic Safety	<input type="checkbox"/> Disaster Prevention/Victims Support (Excluding support for the Great East Japan Disaster)		
<input type="checkbox"/> Restoration/support for The Great East Japan Disaster	<input type="checkbox"/> Urban Development		
<input type="checkbox"/> Sports	<input type="checkbox"/> Social Education		
<input type="checkbox"/> Culture/Art	<input type="checkbox"/> Infant/Child Development		
<input type="checkbox"/> Others			
Action Plan			
Need help recruiting volunteers?	*Please circle one: YES NO	If YES, Number of Volunteers: Special Skills:	
	Message:		
Partnership with another organization			
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)			