

Project Change

Be the change you wish to see in the world – Gandhi

Project Change is designed to enable students to become an agent for positive change in the world. Working in groups, students plan and carry out a social or environmental stewardship project that positively impacts their community. The community, which has to contain at least 20 people, could be a social, religious, occupational, or other group that shares common characteristics or interests.

Projects must be designed to impact the community in specific measurable ways. For example, students can choose to track dollars raised, people in attendance, names on a petition, behaviour changed, waste diverted, energy saved, trees planted, or car trips avoided, among others. By measuring specific impacts, students are able to see the tangible difference they make in the world.

This year, 38 students created 13 projects in all, each summarized in this report. Projects included bike-to-work programs, clothing and food drives, homeless initiatives, resource and habitat conservation, and educational and awareness campaigns. With over 1,360 people taking part in their projects, the students succeeded in causing genuine environmental, social and behavioural change that will leave lasting legacies in their community. Most importantly, students emerged as leaders and powerful change agents in the world.

Project Change was launched in 2009 in the Faculty of Tourism and Outdoor Recreation at Capilano University. We encourage you to share *Project Change* with others. Our hope is that it is adopted by other departments, schools and universities. If you take it on, please report back with your own impacts.

Go ahead – be the change!

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TOTAL IMPACT – FALL 2010

Total Participants

- ❖ 38 students
- ❖ 13 projects
- ❖ 1,364 participants

Resources Conserved

- ❖ 4,218 kg CO₂
- ❖ 1.34 million litres water
- ❖ 22.5 acres of natural land
- ❖ 30 trees

Charities Helped and People Affected

- ❖ 1,500 people in Africa provided with clean water
- ❖ 734 articles of clothing for homeless youth in Vancouver
- ❖ 100 items of food for disadvantaged people
- ❖ 100 pledges to support National Housing Strategy
- ❖ 5 Red Tents for homeless community
- ❖ 18 lives saved through blood donations

Behaviour Changed

- ❖ 78 pledges to reduce electricity consumption
- ❖ 23 children completed at least two environmental actions at home
- ❖ 19 people ate locally sourced food
- ❖ 1,050 km of automobile commuting diverted
- ❖ 12 people committed to hiking in the North Shore
- ❖ 6 new canoe paddlers

Legacies Created

- ❖ Bike to Work plans in place at Capilano University
- ❖ Trail adoption program formed in North Vancouver
- ❖ Chef at Capilano University's cafeteria now using supplier of locally sourced food
- ❖ Media exposure
- ❖ Industry sponsorship
- ❖ Ongoing student involvement and education

Bike to Cap Week

Ryan Baldwin, Nic Alder, Scott Brydle

“Bike to Cap Week” was a week-long campaign to encourage people to commute to Capilano University by bike. Our event was run in partnership with the Vancouver Area Cycling Coalition and the Capilano Association of Cyclists.

Results

- 40 total participants
- 1,053 km of automobile commuting diverted
- 242 kg CO2 reduced
- 6 new bike commuters (3% of the total Bike To Work Week participation in Vancouver)
- Featured on front page of North Shore News

Bike Trail Adoption Program

Kris Christensen, Zach French, Jared James

We worked with the North Shore Mountain Bike Association to create a Trail Adoption Program for mountain bike trails in the North Shore.

Results

- 237 total participants
- 20 acres of wilderness preserved
- 30 trees saved
- First ever trail adoption program in Greater Vancouver

Blood Donation Campaign

Jeff Barnwell, Oliver Boxall, Karen Norton

This project was designed to encourage people to donate blood and become regular blood donors. Participants donated blood at clinics run by Canadian Blood Services.

Results

- 11 total participants
- 6 new regular blood donors
- 18 lives saved through blood donations

Canoe Cleanup

Chelsea Kennedy, Gareth Wheatley

Our event was a cleanup of Rocky Point in Port Moody by canoes, since we are both certified canoe guides. The goals of the project were to raise awareness about waste in watersheds and to remove garbage from the ocean.

Results

- 28 total participants
- 6 new paddlers
- 2 bags full of garbage removed

Discover Your Own Backyard

Rachelle Cadano, Kelly O'Neill, Sophie Fugulin

“Discover Your Own Backyard” is a hiking group encouraging Capilano University students to connect with the environment and with fellow students while improving their health and reducing stress. With the help of a nature guide, Discover Your Own Backyard was able to improve the appreciation students have for nature and give them a better understanding of what they are protecting when making sustainable choices.

Results

- 44 total participants
- 12 people attended events
- 11 students felt inclined to hike again
- 9 students felt their connection with nature improve

Eat Local

Adriane Harrington, Veronique Roy, Nicole Reist

It is important to recognize the benefits of buying and eating locally. We hosted the event “Eat local-palooza” to create an awareness on the what, where and how’s of eating locally and inform Capilano University students on the impacts eating locally has on the environment, the economy and our society.

Results

- 257 total participants
- 18 people attended the event
- 26 people participated in Eat Local Challenge
- 180 locally-sourced bowls of soup were consumed in the cafeteria

Energy Conservation Campaign

Karen Marks, Sujin Lee, Selena Yee

We held a kick-off campaign to raise awareness about electricity usage and conservation in the Cedar Building at Capilano University. The Pulse Energy website was used to measure the amount of electricity conserved as a result of our campaign.

Results

- 78 pledges to reduce electricity consumption
- 2,000 kWhrs of electricity conserved
- 40 kg CO2 reduced

Environmental Education

Joo Ok, Serina Liang, Olesja Malika

We held a series of environmental classes for children attending the Galilee Church Sunday School. Our goal was to education the children on the importance of environmental stewardship and to have them take environmental actions in their daily lives.

Results

- 23 children participated in the classes
- All 23 children completed at least two environmental actions at home
- 3,920 kg CO2 reduced
- 3,961 litres water conserved

Evergreen Park Cleanup

Cori Szumylo, Sammy Sherpa, Michael Hedgecock, Nick Cross

We held a clean-up of Mahon Park in North Vancouver. The project goals were to clear invasive species and remove garbage from the park.

Results

- 39 total participants
- 2.5 acres of parkland cleared of invasive species
- 3 bags full of garbage removed from park

Reduce, Reuse, Recycle

Eri Nomoto, Tina Cheng, Martha Mendoza, Hayley Jang

We held a workshop at Capilano University to educate international students on the importance of the 3 R's – Reducing, Reusing and Recycling Waste.

Results

- 34 total participants
- 30 international students attended the workshop
- 10 students willing to change their behavior and reduce waste

Shake It for Shelter

Jenifer Danyk, Laura Peake, Robert Bigelow Rubin

“Shake it for Shelter” was an awareness campaign and dance event to support Vancouver’s homeless community. Donations were collected to support Pivot Legal Society’s Red Tent Campaign and clothing was collected for homeless youth at Covenant House.

Results

- 140 total participants
- 100 pledges to support National Housing Strategy for homelessness
- \$505 raised for Pivot Legal Society’s Red Tent Campaign
- 5 Red Tents purchased for homeless community
- 50 articles of clothing donated to Covenant House for homeless youth

Strive for 225

Darryl Brown, Deanna Dailly

“Strive for 225” was a clothing and food drive to help those less fortunate. Clothing was donated to the Covenant House to support homeless youth. Food was donated to the Harvest Project to support people struggling with issues such as immigration, family breakups, mental illness and job loss.

Results

- 29 total participants
- 684 articles of clothing donated to Covenant House
- 100 items of food donated to Harvest Project
- Featured in North Shore News

Water Project

Nada Mher Al Saadi, Ahmet Yolcu

The purpose of the Water Project was to build awareness about the importance of water especially in developing countries, and to raise money for the Water Project Foundation to build wells in Africa. The project also encouraged participants to conserve water in their own lives.

Results

- 395 total participants
- \$301 raised for the Water Project Foundation
- 1,500 people in Africa provided with clean, safe water
- 1,333,333 litres water conserved by participants