

- For cleaner water/ better health/ saving money & time -

Let's promote Acrylic Sponges!

< Promotion to use Acrylic Sponges is approved as >

* Official Common Actions of **NVDA** (Network for Voluntary Development in Asia) for 2008-09

* Global Common Action by Environmental Working Group of **CCIVS** for 2008-10



What is an Acrylic Sponge!?

It is made by acryl with which you can **wash dishes** (and bathtub, whatever) **without using washing soaps/ detergents** if the dishes don't have too much oil.

Q1: Why it can function like that?

Fivers of acryl are very small (0.01 mm) that can remove the things from your dishes.

Q2: Can you really make it clean?

YES. Don't worry about sanitation since when the dishes are rinsed and dry, there is no more bacteria!

Q3: How long can you use it?

Depends, but can be even for a few years!

Q4: Is it difficult to make?

Not at all!! Almost everybody can get a skill to do it in 30-60 minutes in the workshop.

Q5: How can I get tools and materials?

You can **easily** buy acryl and sticks in a wool shop. Actually, you can use it just by rolling (without weaving) it if it is too difficult.

Q6: Acryl is chemical, ecologically bad?

NO. In total, this should be better for nature since it won't be rotten/ melt like natural materials, it can be used for a long time, it needs just a bit amount, etc. etc.



Acrylic workshop in Vietnam (Jan. 2008)

Why Acrylic Sponges?

1) Good for water and environment!

By reducing the use of detergent, you can **decrease pollution of water!** This can be effective especially like in the following case;

© In the mountain village of Borneo, Malaysia where people flush used water directly to the river, Japanese volunteers made and gave acrylic sponges to the local people who use them now!

This can be also a powerful tool to **raise awareness** on importance to protect nature and promote concrete actions among any kinds of people who can easily join it!

2) Good for saving health and time!

There are many things that we believe necessary by the influence of the commercial information, but actually not or even harmful like shampoo. Scientists say, if you cannot eat it, you should **not put it on your skin.**

You may wash dishes **twice faster** since you can save a time to rinse detergent.

3) Good for the economy & the project!

You can **save some money** to buy detergents and even raise funds like;

© In the slam area of Hanoi, Vietnam, a woman got 40 US\$ by making and selling 20 sponges to the international volunteers, so that her son could get the birth certificate and go to the school!

© A team of volunteers in Japan made and sold sponges in the festival to support Nepali children.

It can be also good to do in **rainy days of the workcamps** when there is nothing to do!!

There is a **pilot action** that women in slam in Hanoi make them, the volunteers bring and sell them in their countries which will be used for their empowerment, so let's join it!

Where can we promote it!?

1) International workcamps

- * **Rainy days** when you have nothing to do
- * Exchange program with the **local people**
- * As a part of **voluntary work**

2) Training Seminars for camp leaders

So, the leaders can organize workshops during the workcamps by themselves!

3) Preparation Seminars for volunteers

So, they can promote it in their workcamps (at least, bring and use it there).

4) LMTV projects/ weekend workcamps

In schools, welfare institutions, etc.

5) Any other places you want!

Some Japanese volunteers made the sponges for the gift of St. Valentine day!

History and Achievement

It was started in Japan, 2003 as one of actions for International year of Freshwater.

It has been done in over **120 workcamps and 55 special workshops** organized by NICE Japan, IWC Indonesia, MOVE Malaysia, SJV Vietnam, KNCU Korea, INEX Slovakia, LEGAMBIENTE Italy, etc. with involving over 1,500 international volunteers and local people.

How to make it?

Step 1: Hold crochet hook in right hand and make a slip knot on hook.



Step 2: Bring acrylic hook from back to front and grab it with hook.

Step 3: Draw hooked acrylic through slip knot and onto hook. This makes one chain stitch.



Step 4: Skip the first chain stitch.

Step 5: Insert hook into center of next chain stitch. Draw acrylic through the chain stitch and up onto the hook. There are now 2 loops on hook.



Repeat Steps 2 and 3 in sequence 28 more times. You should have 29 chain stitches and one loop will

remain on hook.



Step 6: Bring acrylic over hook from back to front, and draw it through both loops on hook. One loop remains on the hook, and you have just made one single crochet stitch.

Repeat Steps 5 and 6 in each of the remaining 27 chains--be sure to work in the very last chain. You have now completed one row of single crochet. Measure your work; it should be about 7" wide. If it is too wide, try again with fewer beginning chains. If it is too narrow, try again with more beginning chains.

Step 7: At the end of the row, make one chain stitch, then turn the work counter-clockwise, leaving the hook in the chain.

Now you can begin another row, working into the stitches of the previous row.



Step 8: Make one single crochet stitch in first stitch and in each remaining stitch of the previous row. Be sure to work into the last stitch. Chain 1, turn. Repeat Step 8 until the block measures 9" long.

Finishing: Cut the acrylic from the skein, leaving a 6" end. Draw the hook straight up, bringing the yarn through the remaining loop on the hook. Thread yarn into yarn needle and weave back and forth through stitches to secure.

Well, it must be quite difficult to make it only with this instruction, but there are some ways like to **send Japanese (or other) volunteers as "Acryl messengers" to your office, projects, seminars** to teach how to make it! Of course, you are also free to make it by your own way.

Report & for more details

Don't hesitate to ask questions and you are also very welcome to report the results of your actions (number of sponges made, fund raised, people joined, etc.) to the action coordinator General Secretary of NVDA; KAIZAWA Shinichiro: nice@nice1.gr.jp.