



When should your STAND UP and SPEAK OUT action take place?

People all around the world have 24 hours from **9pm GMT on October 16 and 9pm GMT on October 17** to break the Guinness World Record for the largest number of people to STAND UP and SPEAK OUT to Make Poverty History. To be counted towards this World record attempt, all Canadian Stand Up actions must take place during specific timeframes.

Start:	End:	Report numbers by:	Start:	End:	Report numbers by:
BRITISH COLUMBIA Oct 16, 2pm and Oct 17, 2pm		Oct 17, 11pm	PRINCE EDWARD ISLAND Oct 16, 6pm and Oct 17, 6pm		Oct 18, 3am
ALBERTA Oct 16, 3pm and Oct 17, 3pm		Oct 18, 12am	NOVA SCOTIA Oct 16, 6pm and Oct 17, 6pm		Oct 18, 3am
SASKATCHEWAN Oct 16, 3pm and Oct 17, 3pm		Oct 18, 12am	NEWFOUNDLAND Oct 16, 6:30pm and Oct 17, 6:30pm		Oct 18, 3:30am
MANITOBA Oct 16, 4pm and Oct 17, 4pm		Oct 18, 1am	YUKON Oct 16, 2pm and Oct 17, 2pm		Oct 17, 11pm
ONTARIO (western) Oct 16, 4pm and Oct 17, 4pm		Oct 18, 1am	NUNAVUT (mountain) Oct 16, 3pm and Oct 17, 3pm		Oct 18, 12am
(eastern) Oct 16, 5pm and Oct 17, 5pm		Oct 18, 2am	(central) Oct 16, 4pm and Oct 17, 4pm		Oct 18, 1am
			(eastern) Oct 16, 5pm and Oct 17, 5pm		Oct 18, 2am
QUÉBEC Oct 16, 5pm and Oct 17, 5pm		Oct 18, 2am	NORTH WEST TERRITORIES Oct 16, 3pm and Oct 17, 3pm		Oct 18, 12am
NEW BRUNSWICK Oct 16, 6pm and Oct 17, 6pm		Oct 18, 3am	All timeframes have been adjusted for daylight savings time where appropriate.		

As soon as you have your plan all set up, **pre-register** your Stand Up and Speak Out action or event on www.8goals.ca/standup. You have until **9pm GMT on October 17** (i.e. the “end” time corresponding to your time zone) to do so.

Make sure that someone in your group records your final Stand UP and Speak Out numbers and upload your pictures and videos using the form on www.8goals.ca/standup by **6am GMT on October 18** (i.e. the “Report numbers by” time indicated for your time zone). If you have already registered your event it will only take a few minutes. If you have not pre-registered your event, you will have to register your event and report participation numbers at the same time.

For more information, download the **Campus Organizing Guide** from the Resource Section at www.8goals.ca/standup.