

## SUNRISE TOASTMASTERS CLUB

### ❖ What do we do?

Give speeches and listen to stories, in a friendly and supportive atmosphere. Learn about and improve our public speaking and leadership skills.

### ❖ What is the meeting agenda like?

The meeting is divided into 3 sessions; Prepared Speeches, Table Topic Speeches (impromptu speeches) and Evaluation of Prepared Speeches. Everyone then votes for the Best speaker in each category. After the meeting, we attend an after-party to socialize ♪

### ❖ Where do we meet?

Bunkyo Civic Center, accessible by Korakuen (後樂園) and Kasuga (春日) stations.

### ❖ How often do we meet?

Two (sometimes three) times a month. 1st, 3rd and 5th Saturdays of each month, 6:05pm to 8:30pm.

### ❖ Any other activities?

Workshops, contests, Hanami, summer camp, Halloween party, holiday party and many more!

### ❖ What can I gain from the club?

Get more confidence in public speaking, and improve English communication skills in general. Build leadership skills and make wonderful local and foreign friends from various backgrounds!

### ❖ How do I join?

After you attend 3 Sunrise meetings you can apply for membership.



### ❖ How much is the membership?

For a 6-month period, membership for Standard is ¥8,000; Dual or Student is ¥6,000; Family is ¥4,000.

### ❖ Now a member, how do I proceed?

You train with 2 manuals to be a certified Competent Communicator and Competent Leader. A mentor to guide you in the first 3 speech projects.

### Competent Communication Manual

The Ice Breaker, Organize Your Speech, Get to the Point, How to Say It, Your Body Speaks, Vocal Variety, Research Your Topic, Get Comfortable with Visual Aids, Persuade with Power, Inspire Your Audience.

### Competent Leadership Manual

Timer, Ah-Counter, Grammarian, Speaker, Speech Evaluator, General Evaluator, Topicmaster, Toastmaster, etc.

## Club Achievements

Won President's Distinguished Award for 4 straight years. Members won District 76 International Speech Contest 3 times in the last 5 years.

## Member's voice

"I overcame my nervousness when giving speeches in front of an audience." ❁ "My English presentation skill improved tremendously, which helped me both in my work and private life." ❁ "Members are supportive and they always try their best to improve their own skills." ❁ "The Club is very well organized and has enthusiastic, good English-speaking, friendly and easy-going people." ❁ "I get highly motivated to improve my speaking skill and leadership skill by other members." ❁ "The speeches are inspirational, heart-moving and entertaining."