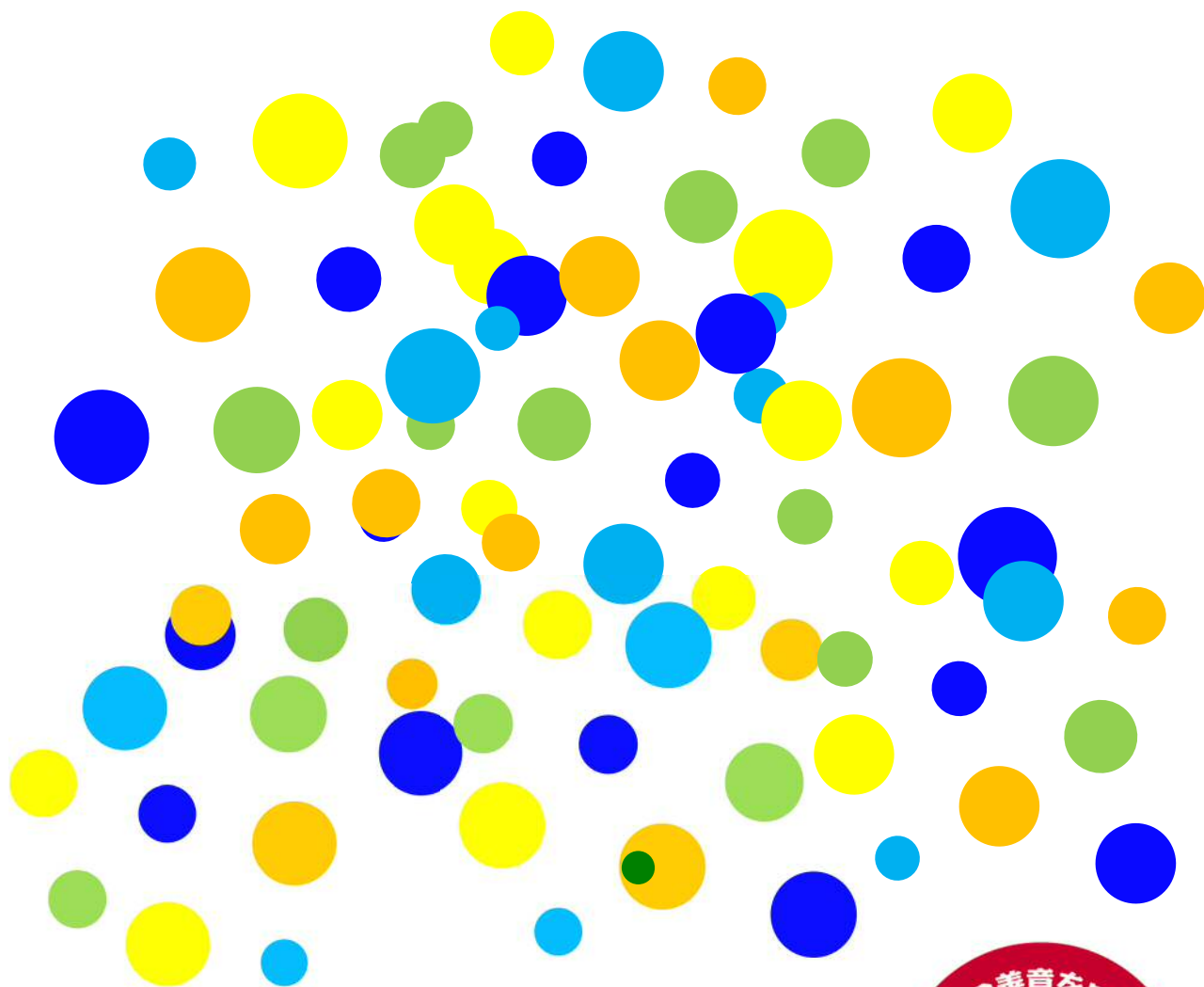


New Year's Postcard Donations Aid Program (2013)


Examples of Activities




Japan Post Co., Ltd.



1. General program of activities

Example 1-1	Japan Association for Refugees, a specified non-profit organization in Shinjuku Ward in Tokyo
Name of project	Project for establishing a consultation framework for enabling female refugees in Japan to live comfortably in their local communities
Project type	Project for promoting social welfare
Amount of distribution	1.6 million yen
<p>Description of project</p> <p>Specialist case workers were assigned to ascertain the specific needs of female refugees living alone or with their families and to provide support to them in their daily lives through casework and other activities to ensure that they are not isolated in their communities.</p> <p>[1] Casework for female refugees</p> <p>Dedicated case workers conducted casework five days a week for 160 female refugees in total during the project period. In addition to daily life consultation, they also provided consultation services regarding pregnancy, childbirth, child-rearing, birth control, gynecological matters, etc. and gave necessary support.</p> <p>[2] Holding of consultation meetings in which experts participated</p> <p>Consultation meetings were held three times in total with a nursery teacher, health nurse and midwife, each of whom delivered a lecture. A total of 35 parents and children participated in the meetings. Appropriate information and specialized consultation services were provided to them.</p> <p>[3] Provision of training by a nursery teacher and obtaining cooperation for providing daycare service to refugees' children</p> <p>Two nursery teachers and two daycare experts conducted a training session in which a total of 10 staff members and other persons participated. Children in daycare were presented with toys and care was taken to ensure their safety. As a result, service was provided from the viewpoints of both children and mothers.</p> <p>[4] Creation of pamphlets for female refugees</p> <p>For women who have difficulty obtaining information due to language barriers, 100 pamphlets each were prepared in English and in Japanese and were given to persons coming for consultation services.</p> <p>Comments by a female refugee</p> <ul style="list-style-type: none"> - In my country, relatives cooperate to raise children, but I am alone in Japan now. I am nervous about raising my first child in an unfamiliar place. I participated in a child-rearing consultation session held by the Japan Association for Refugees to obtain basic information on child-rearing. I cannot read Japanese so my only source of information is the Japan Association for Refugees. 	
Reference photos	
	

Example 1-2	Tosa no Mori Kyuentai (“Tosa Forest Rescue Team”), a specified non-profit organization in the village of Hidaka in Takaoka County in Kochi
Name of project	Tosa Forest project that encourages farm forestry to promote forest growing in Japan
Project type	Project to help preserve the global environment (meaning the preservation of the environment in the context of extensive and large-scale environmental changes occurring in and beyond Japan)
Amount of distribution	3.5 million yen
<p>Description of project</p> <p>We carried out forest maintenance through farm forestry instead of by large-scale forestry and also conducted small-scale, dispersed farm forestry activities rooted in local communities based on small capital investments. At the same time, we devised measures such as using these forestry activities as a springboard for local development by presenting vouchers for local products to participants in volunteer activities who met certain requirements.</p> <p>[1] Forest maintenance activity (logging and shipping)</p> <p>We carried out logging and shipping operations in the Niyodo River system 186 days of the year. Through these activities, we conducted forest maintenance in an area of 15 hectares in total and shipped about 700 tons of lumber.</p> <p>[2] Production and delivery of firewood</p> <p>Four times every month, over 10 volunteers gathered and produced 100 tons of firewood. The firewood was delivered to 33 households of elderly persons living largely on pensions in marginal villages of mountainous areas.</p> <p>[3] Issuance of Mori Vouchers for local products</p> <p>We issued vouchers for local products called Mori (“Forest”) Vouchers and distributed them to volunteers who participated in the activities described in [1] and [2]. These vouchers can be exchanged for local products in local shops. Their use by the residents who participated in the volunteer activities helped to promote the local economy through consumption of local products.</p> <p>[4] Carbon offsetting</p> <p>The activities described in [1] and [2] above generated about 15 tons of CO₂, but we purchased 214 tons of J-VER credits from Kochi Prefecture to offset these CO₂ emissions and support global environmental preservation.</p> <p>Comments by a volunteer</p> <p>- Participating in the production of firewood is a better way to relieve stress than sitting around the house all day, and above all else it’s a lot of fun.</p>	
<p>Reference photos</p> <div style="display: flex; justify-content: space-around;">   </div>	

Example 1-3	.jp a specified non-profit organization in Chiyoda Ward in Tokyo
Name of project	Futuristic municipal project to cultivate young people's abilities to "think, express their ideas and take action" so as to promote their participation in society
Project type	Project to provide social education for the development of healthy youth
Amount of distribution	4 million yen

Description of project

We held a municipal design contest that targeted people aged 30 or younger. The theme of the contest was "If I were mayor". Contestants were asked to present their ideal futuristic municipal vision and to apply it to policies and budgets. The aim of this contest was to promote a better understanding of municipal administration and policies among young people.

The starting point was the question: "If you were mayor, what kind of city would you want to develop?" Contestants were asked to create a vision for the city 30 years from now and to formulate municipal policies and budgets for the city 10 years from now. From two municipalities, a total of 19 teams consisting of 95 people participated in the contest, which attracted an audience of about 150 people. A gameplay element of competing for the most excellent team award encouraged the contestants to become aware of and examine issues they had some vague idea about; they conducted interview surveys in libraries and local communities while all the time having fun. Further, student staff contacted contestants regularly and provided support to help them stay motivated for two months.

Eligible contestants included even junior high school and high school students, who were not expected to participate initially. Their plans were more convincing than expected and surprised the audience. In the city of Sendai, excellent teams were given an opportunity to present their refined policies after the contest.



Comments by participants

- Since the role of mayor was set as a prior condition, we avoided pointless discussions. (participant)
- There are not many opportunities for young people to discuss political issues. This event gave me valuable experience in thinking on my own and expressing my ideas. (participant)
- City employees do not have many opportunities to interact with citizens, especially young people, so I hope there will be other opportunities like this in the future. (city employee)
- I am happy to have heard ideas from the viewpoints of citizens (students), which I normally have no opportunity to hear. (participant)

Reference photos



2. Activity and challenge program

Example 2-1	Edogawa Tasukeai (Mutual Assistance) Workers MoMo, Ability Club Tasukeai, a specified non-profit organization in Edogawa Ward in Tokyo
Name of project	Project for establishing a community center where anyone from babies to the elderly can gather
Project type	Project aimed at improving social welfare
Amount of distribution	0.5 million yen
<p>Description of project</p> <p>We created a community center where local people can spontaneously interact with, understand, and support each other so as to cultivate their self-esteem and a positive outlook in their daily lives. The center includes a plaza for parents and children where first-time mothers rearing children can spend time with peace of mind and a community café where anyone is welcome to eat safe food with peace of mind.</p> <p>[1] Daycare supporter development course (sponsored by the Social Welfare Council of Edogawa Ward)</p> <p>The course was held once a week from September 10 to October 22, using textbooks provided by the Japan Association for the Advancement of Working Women, with the aim of developing human resources possessing systematic knowledge of child-rearing in the local community. Participants who completed the course were given a certificate. Eighteen participants and two single-class participants attended the course.</p> <p>[2] Parent support program: “Nobody’s Perfect”</p> <p>The program was conducted once a week over six weeks. The instructor had completed a course given by the Tokyo Metropolitan Foundation for Social Welfare and Public Health, a public interest incorporated foundation. Based on the concept of no parent being perfect, the program was designed to assist beginning mothers in child-rearing without relying on childcare books. There were a total of 19 participants, including parents and children. To ensure that the course participants would go beyond just attending the classes, they also served as volunteers to gain practical experience in daycare services.</p> <p>[3] Plaza for parents & children and community café</p> <p>The facilities opened on March 13, 2014. Twelve persons and 58 groups visited the plaza for parents & children and the café, respectively on the first day. A bread-making class for children (twice a month), a sweets baking class, (once a month), a birthday party (once a month), and a yoga class with daycare services (twice a month) were among the activities provided.</p> <p>Comments by course participants (from questionnaire responses)</p> <ul style="list-style-type: none"> - I gained much knowledge in the course, which I will use in my volunteer activities. (Participant in daycare supporter development course) - At first, I felt that it was going to be awfully hard, but participating in the course gave me peace of mind. (Participant in Nobody’s Perfect course) 	
<p>Reference photos</p> <div style="display: flex; justify-content: space-around;">   </div>	

Example 2-2	Suita Environment Learning Association for the Future, a specified non-profit organization in Suita, Osaka
Name of project	Learning support project for providing pupils with opportunities to experience double cropping and local consumption of local products in real life
Project type	Project to provide social education for the development of healthy youth
Amount of distribution	0.5 million yen

Description of project

We established mini-rice fields on the school grounds of eight elementary schools in the city of Suita so that pupils could experience agricultural work such as growing rice and onions for one year and learn about double cropping and local consumption of local products. They experienced weeding, tilling, rice planting, reaping, threshing, rice hulling, onion planting, harvesting, and so on. These activities were featured in local newspapers and on school websites. Many parents and local people visited the fields where pupils were working and were impressed to see them working so actively.

In terms of hands-on learning of agricultural work, the pupils did almost all of the work on their own, while receiving instructions from farmers and support from the staff of the Japan Agricultural Cooperatives. They ate the harvested food in a hands-on home economics class and at school lunch, enabling them to feel the importance of growing food and local consumption of local products.

Further, while interpersonal relationships are scarcer these days, as indicated by the decline in intergenerational communications, more active interaction was achieved among parents and local people who visited the fields where the pupils were engaged in agricultural work such as tilling the rice paddies. As a result, a new community spirit centering on children was created and expanded steadily in the local communities, which was one of the significant results of this project.

Activity results

- Hands-on learning: About 800 pupils in 23 5th grade classes from 8 schools participated
- Amount of harvest: About 90 kg of rice and about 3,500 onions for the 8 schools combined
- Wildlife such as insects and birds found by pupils in the rice fields: 27 types

Feedback from pupils

- I became aware that, thanks to the hard work and efforts of farmers who grow rice, we can eat delicious rice. For that reason, we must be grateful to people who grow rice. I want to learn the importance of foods through the hands-on learning program for agricultural work.
- I want the current 4th graders to try hard next year. At that time, we will serve as a role model to teach them by example.

Reference photos



3. Refurbishment of facilities

Example 3	Shinkei Association, a social welfare corporation in Kitamoto, Saitama
Name of project	Biotope installation project for improving the daycare environment of children attending a daycare center operated by Shinkei Association
Project type	Project to provide social education for the development of healthy youth
Amount of distribution	2.68 million yen
<p>Description of project</p> <p>Amid the ongoing disappearance of the natural environment, we installed a biotope where plants and aquatic animals can live, along with a hand pump for getting well water. Our aim was to help children learn the importance of nature and life.</p> <p>We created an environment where children can personally be in close contact with a water environment and nature while observing an ecosystem near water. As a result, children can experience the beauty and strength of nature through their senses and thus cultivate their love for small species such as killifish and frogs. We observed that they worked hard to pump water from the well and that this experience made them aware of the importance of water.</p>	
<p>Reference photos</p> <div style="display: flex; justify-content: space-around;">   </div>	

4. Purchase of equipment

Example 4	Tumunui Welfare Association, a social welfare corporation in Itoman, Okinawa
Name of project	Project for installing equipment for producing new jewelry items in order to secure and increase wages in line with an increase in the number of workers at Aile, facilities providing job assistance to disabled people
Project type	Project for improving social welfare
Amount of distribution	2.25 million yen
<p>Description of project</p> <p>To assist disabled people in becoming self-supporting socially, economically and occupationally, we installed equipment to add Okinawan traditional jewelry as a new production activity at the facilities providing job assistance to disabled people. Currently, new products that combine elements of Okinawan traditional crafts such as Fusa rings and Basho fabric are being developed to create more value-added items. We also asked designers to create designs with a focus on branding. Thanks in part to these activities, the number of workers has increased from 13 in 2012 to 16 in 2013, and to 19 in 2014.</p> <p>The approach to creating traditional crafts focuses on producing each product carefully and so as to match the personalities and qualities of the workers such as their sincerity, straightforwardness and expressiveness. These activities also enable the traditional craft industries which have difficulty in securing successors, to spread their techniques further.</p>	

Reference photos



5. Purchase of vehicle

Example 5	Tokumi Association, a social welfare corporation in the town of Suttu in Suttu County in Hokkaido
Name of project	Project for replacing a special nursing home's vehicle for use in transporting residents
Project type	Project for improving social welfare
Amount of distribution	2 million yen

Description of project

We replaced a previous vehicle with a new one that accommodates four wheelchairs and is used to transport residents to hospitals, as a courtesy vehicle, and for taking residents on outings.

The previous vehicle was fitted with a manual transmission, so some employees could not drive it. However, the new vehicle is fitted with an automatic transmission, enabling all staff members to operate it. Further, the new vehicle is far safer than the previous one, which had a problem with the chair lift. The number of participants in events such as sleepovers and hometown visits can be increased thanks to the large number of passengers that the new vehicle can accommodate. Thus, this replacement has improved convenience and efficiency.

- No. of round-trips to medical institutions: reduced from twice a day in 2012 to once a day at present
- No. of persons accommodated by the vehicle: Increased from 2 wheelchairs in 2012 to 4 wheelchairs
- Frequency of use: twice a day

Reference photo



6. Assisting people affected by the Great East Japan Earthquake and Tsunami and providing preventive (reconstruction) measures

Example 6	Citizens' Public-Interest Activity Partners, a specified non-profit organization in Fukushima City, Fukushima
Project name	Project for assisting evacuees associations and communities by establishing a communication plaza for evacuees living in leased housing
Project type	Project for assisting people affected by the Great East Japan Earthquake and Tsunami and providing preventive (reconstruction) measures
Amount of distribution	4.51 million yen
<p>Description of project</p> <p>Unlike evacuees who live in temporary housing, evacuees who live in leased housing (deemed temporary housing) have difficulty not only in obtaining support information but also in accessing venues for communication such as meeting places. There is a gap in the quality of various supportive measures for the two types of evacuees. Therefore, the Uwamachi Communication Plaza was opened as a center for evacuees who live in leased housing dispersed throughout the city, and support was provided to associations of such evacuees.</p> <p>[1] Operation of Uwamachi Communication Plaza</p> <ul style="list-style-type: none"> - The "Program for restoring a normal life style" featured a walk around the city (9 times), sweets meeting (3 times), meeting for copying sutra text (4 times), New Year's card salon (2 times), penmanship class (2 times), movie show (36 times), etc. These events were organized not only in the communication plaza but also in other places near the evacuees, with the number of participants totaling 677. - A point of contact for consultation was opened 4 times a month over a period of 10 months, in order to support efforts such as interaction among evacuee groups and evacuee support activities. - We established an evacuees association support center, visited the meeting places of evacuees associations and received visitors from such associations in order to provide individual consultation services, from searching for places usable as a center for associations of evacuees living in leased housing to providing information on how to fill out subsidy application forms. - We held seasonal events such as a fellowship gathering in August and a luncheon to enjoy potato soup in October, in which local NPO staff, staff from the social welfare volunteer center in the town of Koori in Date County, and junior high school student volunteers participated, with the number of participants totaling 81. Together with grass-root groups (10 groups in total, about 40 persons) organized by evacuees from the town of Namie, we organized a booth and participated in an event for the exhibition and sales of products from Fukushima prefecture. <p>[2] Collection and transmission of support information</p> <ul style="list-style-type: none"> - No. of interviews conducted with support groups: about 50 times - A monthly magazine entitled Mutual Support Newspaper, featuring activities conducted by people from the town of Namie, support information, and interactions with people in areas that welcomed evacuees, was issued 10 times a year (5,000 copies annually). We interviewed evacuees about recent events and their public-interest activities and published the interview results, providing support for interpersonal relationships among evacuees dispersed over a wide area. 	
Reference photos	