



### A Happy New Year to all JICA participants

Three months have passed since I was assigned to be the Director General of JICA Tokyo. These three months are the busiest season of the year and I have tried to work hard in co operation with the staff members of this center to make your stay in Japan fruitful.

Until last October we had been publishing "JICA Tokyo Monthly" to ensure your convenience with a variety of information concerning Japan and JICA. However from this year we revised it from a monthly to a quarterly in order to focus more closely on participants' needs. And this January issue is the first one in the new style.



There may be a lot of things you would like to know while you are staying in Japan. Perhaps you wonder what other participants are learning. How can newly arrived participants make friends? How can you enjoy JICA Tokyo life to the full? How do other people get over their homesickness? Then we want to make the Quarterly a tool to answer those questions and others by sharing your experiences and information and to be a forum to communicate with others as well.



As for the event information, which had been given in the former Monthly, we have made it a flyer and we issue it twice a month. You can get further support service at the Information Desk and Communication Plaza just as you used to.

I hope you enjoy JICA Tokyo Quarterly. It is our great pleasure if these pages are helpful to make your stay in Japan more comfortable and meaningful.

I wish you good health and prosperity for the new year to come.



Yoshiaki KANO  
Director General  
JICA Tokyo

## Fire Fighter's Wish and Challenge

In the cities of the developing countries, facilities and measures for fire prevention are not advanced compared to the modern, developed cities.

Eight trainees from Iraq, Sri Lanka, Fiji, the Philippines, Belize and Peru who are fire service personnel and officials in charge of disaster management started their program from August in JICA Tokyo. They would learn Japan's fire prevention techniques for two months with the cooperation of Tokyo Fire Department (TDF).

On August 22<sup>nd</sup>, that day was marked by the temperature as



Mr. Cablayan was curious about the latest equipment

high as 37 . In spite of the heat, the participants of the course visited Yume-no-shima in Tokyo to see the National Rescue Meet.



It had been ten days since the trainees first met each other in Japan and they started to get along and livened up in the bus. When they heard an ambulance siren, they all pressed to the window. "When drivers hear the ambulance siren, it is the rule in Japan to pull over to the side of the road," Ms. Marumo, training coordinator, explained. The participants could learn a lot of things even from the street.

At the National Rescue Meet, the nation's firefighters and rescue workers get together in one place every year and compete with their achievement of daily drills. The venue was filled with a lot of visitors. There were so many fire engines lined up and there was a demonstration of disaster relief robots and an exhibition of specialized equipment. All the essentials of Japan's fire prevention techniques seemed to be assembled there.

A trainee observed rope climbing and aquatic rescue games and was surprised, saying, "The Japanese are small but very

## Skilled Hands Can Save More Moms and Babies

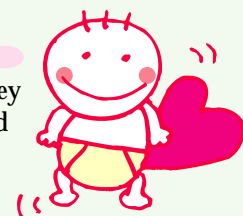


Resuscitation of a newborn in pairs.

In sub-Saharan African countries, it is said that one out of 16 women dies during her pregnancy or childbirth. This figure is 175 times as high as one out of 2800 in developed countries. There are so many situations where they can't save lives that would be saved in the developed countries. Having a baby in their home without any help from midwives, repeating pregnancy in a short cycle, the lack of hospitals in the neighborhood, insufficient ambulances, a shortage of health workers with advanced medical skills, these are all factors behind the sad statistics.

The course of Nursing Management of Maternal and Child Health for African Countries was carried out with 12 participants from 6 African countries, namely, Kenya, Malawi,

Sudan, Tanzania, Uganda and Zambia. They are midwives, nursing school teachers and administrators, and they have training at hospitals and other places for 3 months.



In September 7<sup>th</sup>, the African participants learned the care of women with major obstetric hemorrhages and the resuscitation of the newborn at the Japanese Red Cross College of Nursing. The techniques they learned methods without any medication or special equipment. Usually 10% of newborn infants require resuscitation at their births and 90% of these cases don't require any medication or special equipment.

If there aren't any stethoscopes, a pulse can be taken at the umbilicus. If there aren't warmers to avoid baby's heat loss, the infant can be given care in the non-drafty place. Then, a pair of nurses perform chest compression and ventilation at the same time.



The instructor shows the amount of bleeding by using a drink package.





The first experience of an earthquake for Mr. LENNAN from Belize

tough. Everything is so fast ! " In some games, all the trainees cheered the workers of TDF (Tokyo Fire Department) where they have their training. Mr. Nazrudyn M Cablayan, one of the trainees, looked closely at each piece of equipment saying, "In the Philippines, we don't even have enough oxygen masks so we have to go into a fire with only a cloth mask. In Japan, you have everything."

In the National Rescue Meet, the most impressive thing was neither the state-of-the-art equipment nor the advanced technology. The trainees seemed to be inspired by the importance of civil participation. In their countries, negligence in the fire at home is always one of the top reasons for fire. This

kind of event in which people can participate serves as a good tool for raising public awareness of disaster prevention. A trainee from Peru where they had major earthquakes recently, another trainee from Belize where hurricanes hit frequently and another from Sri Lanka where lots of lives are lost in tsunami's said, "We hope that each person will remember how necessary it is to prepare for natural disaster."



They asked for a group photo!

Compared to Japan, it takes much more time to fight a fire in the developing countries, causing major damage. All the more, it is important to prevent disaster. I hope the trainees will play a major role in disaster prevention after the two-months-long training course.



At the venue of the National Rescue Meet

( The Group Training Course in Fire Prevention Techniques )  
August 12, 2007 - October 20, 2007

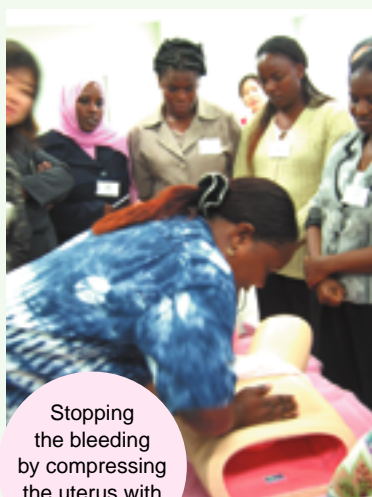


Mana KIKUCHI,  
PR Desk, JICA Tokyo

However, "What can I do if there is only one nurse and nobody else?" A participant from Tanzania popped the question during the resuscitation in pairs. The instructors and other Japanese staff were stunned, as they have never imagined such a situation.

A nurse alone is obliged to support giving birth in many situations in Tanzania. This is not only because of inadequate techniques and equipment, but also because of the shortage of nurses against the number of daily births. The instructor of the course told the trainees, "If you are by yourself, the priority is ventilation. However the most important thing is to prepare the personnel. In Japan, we have the same problem. Please prepare manpower as much as possible."

In every country, there is a risk for women to lose their lives because of major obstetric hemorrhage. Yet the risk can be diminished with more knowledge and better techniques of midwives.



Stopping the bleeding by compressing the uterus with their hands.

Trainees acquired knowledge of how to stop bleeding by compressing the uterus with their hands. The instructor answered the question from a Sudanese if this method can be applied for home births. "Of course. This procedure is exactly

appropriate for home births."

No matter if the birth occurs in a well-equipped ward in Japan or in a mother's home, the hands of a midwife are able to save the lives.

If a mother dies, not only the newborn baby but also his or her brothers and sisters will have difficulty with their lives. It is essential to reduce maternal mortality in order to keep more lives of children in developing countries.

I was impressed by the last comment made by an instructor, "In the world, an expectant mother dies every minute. It means that three hundred mothers have died during this program. Please help more and more moms and babies with your skills."

( Nursing Management of Maternal and Child Health for African Countries )  
August 21, 2007 - November 10, 2007



Mana KIKUCHI,  
PR Desk, JICA Tokyo



## See it from my side !

### 【Bangladesh】 Trainees who protect people from flood by weather warnings



Mr. Ali and Mr. Abul are the ones who operate and do maintenance of the new radar. Here are messages from the people who have been participating in training at Japan Radar Co., Ltd. in Mitaka-city, Tokyo.

Mr. Ali (left) and Mr. Abul (right)  
in front of the new radar



I am Mohammed Ali from Bangladesh.

I was working for 20 years in Bangladesh in a different radar station. So this training will benefit us. I shall work harder after the training.

I like Tokyo for its beauty. My country and my countrymen are good but the Japanese are better in human kindness and modesty.

I am Hashem Abul.

According to my course outline, we are achieving theoretical and practical knowledge in operation, maintenance, some adjustment and measurement.

I am an engineer in my country. My job is to maintain, control and manage Doppler Radar.

This training course is so very useful for me because I am presently serving in the Doppler Radar in Bangladesh so I can utilize this experience in my present job. Discipline, cleanliness, softness of the people, green views, town planning and rail communication: for those points, I like Tokyo best.



Mr. Ali and Mr. Abul learning operation



With instructors of Japan Radar Co., Ltd.

### 【Tunisia】



My name is Samir AMARA. I am from Tunisia.

I belonged to the JICA group training course on energy efficiency and conservation from 10 June to 28 July 2007.

My job is to check the electricity consumption of air conditioners at hotels, hospitals and government related buildings and also to suggest ways to reduce the use of electricity.

It was at J.F.E. Steel Company in Chiba where we had our training. The place was disturbing because of machine sound so we put a cap and headset with a microphone on to hear the demonstrator.

I have come to understand that to reduce the energy consumption efficiently, the following two things are important :

- 1) using new and highly efficient equipment
- 2) implementing energy management effectively in the factories

I would like to make the most of the knowledge I gained here for my work to reduce energy consumption.

Insh'allah to meet again.  
Samir AMARA.





# Enjoy Japan and Enjoy JICA Tokyo

The Voice of Experience Gives Practical Advice for Newcomers.

You may miss the food of your country but do not stick to it. As what you eat is very important, try to eat to maintain your health, and don't stick only to the tastes you know.



Do not lock yourself up in your room. Go outside and enjoy Japan as much as you can.



Mr. Phosy Chanhming, he is from Laos and is a participant of the long-term program of JICA, has been in Japan for about 2 years. He gave us advice about spending a useful life in Japan especially at JICA Tokyo.

## What kind of facility at JICA Tokyo do you recommend to the newcomers?

I like the sports facilities at JICA Tokyo. In addition to that I recommend the video library. The recordings are very interesting and useful to learn about the traditional culture of Japan.

At Ooyama Park, next to the JICA Tokyo building, there is a group doing radio gymnastic exercises for thirty minutes from 6 o'clock every morning. Anyone can join the group. I was once a member and I can tell you it is refreshing and good for health.

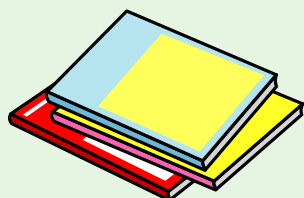
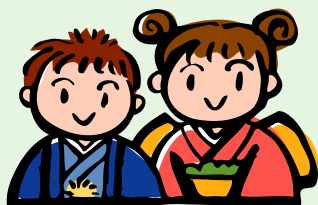
## Actually this is his third visit to Japan. When he came to Japan for the first time, he lived in an apartment.

When I was living in a private apartment my life was hard, because I did not understand Japanese very well and I had to do everything by myself. On the contrary, at JICA Tokyo I could communicate with people in English and can concentrate on studying without being annoyed by daily affairs. It is very comfortable living here without wanting for anything.

## Please give some advice to the newcomers.

In Japan it is hard to find books on your country and very expensive to buy them in Japan. So it is good to bring some of them when you come.

And I recommend you to bring a traditional or national costume for the official occasions during the training program.



Ms. Hartini Mohd Nasir is from Malaysia. This is the second time she has come to Japan. When she first came to Japan she was deeply interested in Japan. That is why she decided to apply for the JICA program. It has been two years since she started the program, and she has been staying at JICA Tokyo for the whole term.

## Do you get homesick? Is there any good advice to make the stay more comfortable?

I call my family three or four times a week, so I do not get homesick. I guess frequent calls to your family prevent you from getting homesick.

And do not stay in your room but go out to see friends to talk. Talking in your mother language will help you to release your stress.

The events or activities at JICA Tokyo are very refreshing to the newcomers.

## Did you have any problems in Japan?

I arrived in Japan in February and it was a very cold season. As I come from a tropical country it was very hard for me. And there was a time I had a very bad cough and it wouldn't go away. When I coughed in the train people gave me a strange look and it was embarrassing for me. People might think I had some bad disease. I took several kinds of medicine which the doctor gave me but it still took two weeks to get over it. It should have been cured within 2 days if I was in my home country.

## How do you spend your holidays?

When I meet a newcomer from Malaysia at JICA Tokyo, I am usually busy to take them sightseeing in Tokyo.

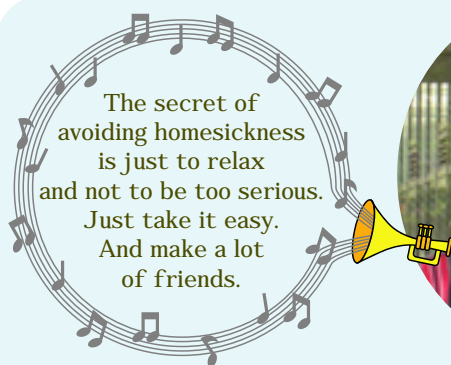
I like to shop at Sasazuka and Shinjuku. I also like to go to the flea markets where I can get things cheaper.

## Malaysian food info:

Malaysian food is very hot but it is popular among Japanese women.

There are good restaurants in Ikebukuro and Ginza.

# Enjoy Japan and Enjoy JICA Tokyo



Mr. Hendra Gunawan comes from Indonesia and he studies at the Dermatology Laboratory at Jyunntendo University. He has been in Japan for one and half years and commutes to the University from JICA Tokyo.

## How do you like the life in JICA Tokyo.

I have never felt lonely at JICA Tokyo because I can easily make friends just by stepping out of my room.

It is great fun to attend the events at JICA Tokyo. I have attended almost all the events.

It is very convenient that there is a Mosque at Yoyogiuehara, very close to JICA Tokyo. The biggest problem might be food, I think.

## Where do you recommend for shopping?

I recommend flea markets. You can buy various things at cheaper prices.

## Did you find any gap between the image of Japan which you had before and the actual Japan?

I heard Japan is very crowded. But actually the neighborhood of JICA Tokyo is very quiet and sometimes I see no one on the street. That was very surprising for me. In Indonesia there are always a lot of people everywhere even on narrow streets.

## Do you have any advice for the would-be JICA participants?

When I arrived in Japan for the first time it was hard to get used to the life, because the theme of my research was quite new to me. Studying abroad or doing a training program is usually hard so you need to be mentally prepared for the differences of the living conditions and the study life.



## Home-stay

JICA Tokyo presents various entertainment programs, which ease your stress or help you get over your homesickness. The over-night home-stay program is also good for changing such a difficult condition. You can be just like a member of the family. And also it's a fruitful experience for the host family.

### The Iida Family & Joullanar/Lubna from Syria

I will never forget her happy face when I said Arabic words to her. I know that to hear one's mother language is a great pleasure in a foreign country. I had the same experience. I felt the Arabic world came closer to me.  
(Iida san.)



When I was assigned to this program I was really afraid that I would not be able to do it, as I'm not used to sleeping in a house with strangers, but actually . . . it was marvelous !!  
(Ms. Lubna Al Jabi, Syria)

The youngest daughter made the best relationship with him among the family. She tried every imaginable step like sounds, words, and gestures to communicate with him. Though it's just a one-night stay, they could open their minds and they developed such a great relationship.  
(The Miyazawa Family.)

We told each other about our countries, jobs and many other things after the children went to sleep. We didn't do any special activity at the house but anyway we chatted a lot, laughed a lot and danced a lot!  
(Sakai san.)



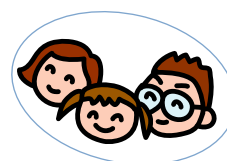
### The Sakai Family & Egypt / Colombia

I had a great time and it really feels like home. The kids were amazing and the parents are very welcoming and loving.  
(Ms. Walaa Hassan, Egypt)

My host family welcomed me very warmly. My host mother is a bundle of joy and energy. It is amazing the way she and her husband raise 4 daughters and one son.  
(Mr. Prasad Abeysinghe, Sri Lanka)

Even though everybody was anxious about language, I felt sure the most important thing is to enjoy that moment.  
(The Takemura Family.)

I felt it was just like my home.  
(Ms. Alhan Obeid, Syria)





# EVENT

A Calligraphy writing class is held once a year at JICA Tokyo. Calligraphy is one of the traditional Japanese cultures. 40 people learned how to write Japanese calligraphies at the September class last year.



shodou



The instructor lectured on the origin of Calligraphy and the Japanese writing system of *Hiragana* and *Katakana* and this fascinated the participants.

First they learned how to hold a brush and practiced the basic strokes and then they started writing letters. The instructor held each participant's hand and taught them how to draw lines following the sample projected on an OHP. They tried hard to write well. Drawing curved lines seemed to be very difficult for the participants who were doing calligraphy for the first time. We will be very glad if you too get familiar with Japan and its culture after attending the session.



I was lonely and nervous when I arrived at Japan because this is the first time for me to travel abroad. However after attending JICA training and the welfare events, everybody is nice and kind to me and I feel like I am a family member of JICA Tokyo. I might get homesick during my stay in Japan, but on such occasions I will attend the welfare events to forget it. (Ms. Prasertsang Suphalak, THAILAND)



I am a junior-high teacher. I want to teach my students to write calligraphy when I go back. I am as happy as this character. (Ms. HANWA Anne, CAMEROON)



(幸 : meaning Happiness)

I am very happy to be in Japan. I am impressed that the Japanese language has these different types of characters. (Mr. Emmanuel Amonoo Cobbinah, GHANA)



(平和 : meaning Peace)

A granny-like instructor taught us calligraphy so kindly.

I get interested in Japanese as I know that each character has a meaning. Characters in newspapers will look different from now on.

(Mr. Sorongon Ivan Rey Pailla / Mr. Derit Melvin Hernandez, PHILIP PINES)

I am good at using a brush, because I am familiar with a brush as I do drawing at home. Drawing is used for a therapy and a rehabilitation method at home. The ink smells good. (Mr. Juan Pablo, Colombia)



## Japanese custom & tradition

In Japan there is a New Year's custom called *KAKIZOME*. People write a new year's resolution in calligraphy with a serene mind on a New Year's day.

# The Fire Brigade Drill Contest!

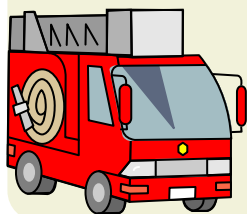
At JICA Tokyo, all members of the staff in various positions are supporting you, the participants. One of the activities for that purpose is participation in the private fire brigade contest that is sponsored by the Shibuya Fire Department.

This is the contest in which the contestants compete for the speed of communication and early extinction of fire in case of the fire. Each establishment forms a group of three to take part in it.

Every year JICA Tokyo participates in this contest by forming a team selecting one person from the front staff, the guards and the electrical facilities staff respectively. And in the contest held last September, the team admirably took third place.

It's worth noting that the persons who take part in this contest from JICA Tokyo are not the same ones every year but are different people every time. In this way, more staff members raise their awareness of disaster prevention and improve our fire-fighting skills.

By such an effort all of you, the participants, are supported so that you can relax and devote yourselves to training.



*Attention!*

Some people are seen sometimes throwing cigarette butts and plastic shopping bags on the sidewalk. Cigarette can be a cause of a fire. Please don't throw away cigarette butts and trash in order to keep the streets clean and safe.



## Renoir+Renoir Exposition

(レノワール+ルノワール展)

An exposition will be held where paintings of Pierre-Auguste Renoir, who was a leading painter of the Impressionist movement, and his son, a filmmaker of note, Jean Renoir can be enjoyed at the same time.

In father's paintings his wife and three children appear frequently. His family was the very source of his creation. The son had been influenced by his great father throughout his life and his respect for his father is shown in his works. From the works you can feel not only things that the father and the son had in common but also the deep link between them.

**Place: The Bunkamura Museum of Art**  
(Bunkamura ザ・ミュージアム)

(7 min. walk from Shibuya Station of JR, Tokyu Toyoko, Ginza and Inokashira Lines. 5 min. walk from Shibuya Station on the Shin-tamagawa and Hanzomon Lines)

\*The maps are available at the information desk.

**Date: February 2 (Sat.) - May 6 (Tue.)**

Open every day during the exhibition

**Time: 10:00 - 19:00 (till 21:00 on Fridays and Saturdays)**

Last entry 30min before the closing time

**Admission: ¥1,400**

Free tickets are available at the JICA Tokyo information desk on a first-come, first-served basis.

Pierre-Auguste Renoir,  
"Colonna Romano, dit Jeune femme à la rose" 1913

c Photo RMN/J. G. Berizzi/digital file by DNPAC

## The Great Robot Exhibition

(大口ロボット博)

At present in Japan the largest number of industrial robots in the world are used.

And the development of the humanoid robot is going forward energetically and they are not only used practically but have also become characters of comics and animations and are loved by the people.

In this exhibition, the history of Japanese robot technology is traced from the traditional mechanized puppets to the cutting-edge robots of the modern world.

At the site, you can experience a moving robot. We strongly recommend you to visit the site and feel the "manufacturing spirit" of the Japanese.

**Date: Until January 27 (Sun.)**

Closed on Mondays and Jan.1(Tue),15(Tue).

Open on Jan.14(Mon.).

**Place: The National Museum of Nature and Science**

(国立科学博物館)

(5 min. walk from the Ueno Koen Exit of JR Ueno Station or

15 min. walk from Ueno Station of subway Hibiya or Ginza

Line and Keisei Ueno

Station of Keisei Line)

\*The maps are available

at the information desk.

**Time: 9:00 - 17:00**

**(till 20:00 on Fridays)**

Last entry 30min

before the closing time.

**Admission: ¥1,400**

Free tickets are available at the JICA Tokyo information desk on a first-come, first-served basis.

Honda ASIMO

Shobei Tamaya IX,  
"Tea-serving Karakuri ningyo"  
The National Museum  
of Nature and Science