

The special feature article in this issue is about Study Tours. Although a study tour is only one section of the whole training course, it may have an extremely large impact.

We select the course entitled "Promotion of Enabling Environment for Civil Society and Community Development" in this article, fifteen participants from eight countries conducted a 3-day field survey realized with the cooperation of "Kamiechigo Yamazato Fan Club" (hereafter referred as "the Club"), an NPO* that operates in Joetsu City, Niigata Prefecture. The problems that may exist in the small towns or villages in the participants' countries will only be evident if efforts are made to find out. The participants learned about "*jimoto-gaki*" using various methodologies that exist in Japan through field survey. How did the participants' views change in these three days?

*NPO (Non-Profit Organization): An organization that implements volunteer activities and other social action programmes.

**jimoto-gaki*: the methodology of developing community.



Fifteen participants from Indonesia, Tanzania, Turkey, the Dominican Republic, Bangladesh, Bhutan, Malaysia



Read the article for more!



Participants from Liberia, after 17 years!

Due to escalation in ethnic conflicts, the Japanese Government stopped all bilateral cooperation toward Liberia in 1990. After nearly 2 decades, JICA will resume its direct assistance to Liberia.

As the first step, Ms. Marietta Yekee and Mr. William Dakel Sr. have been selected as the first two participants for the

training course in Japan. In the future, their contribution will be expected in the development of self sustaining health administration.

(See the JICA website for details <http://www.jica.go.jp/tokyo/enterprise/message/message06.html>)

JICA Tokyo organizes a variety of events to make your stay as comfortable as possible. Advice on how to spend your free time can be provided, and Clinics and Counseling Services are also available to support you with your health issues. Please utilize JICA Tokyo Quarterly to make your training experience in JICA Tokyo as enjoyable and fruitful as possible. (See page 6, 7 & 8)

DAY-1

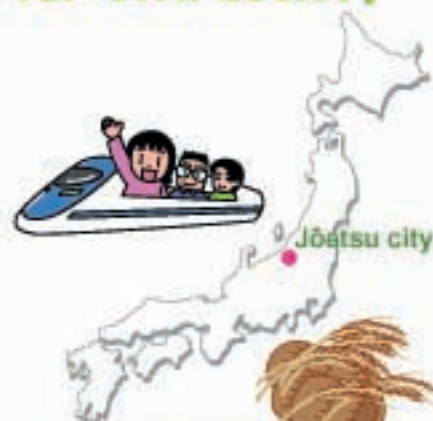
'The Promotion of an Enabling Environment for Civil Society and Community Development' in Kuwadori

Do you have a study tour in your training course?

What was it like?

Did you discover anything through the study tour?

Let's find out what these participants achieved through their study tour.



Mr. Nakagawa,
from the Club.

In Kuwadori area, where the Club operates, there are several villages scattered along the river. Nine young people including Mr. Nakagawa, have gathered from all over the country to implement the activities.

Let's get on the bus
and start the tour!



"The rice fields from
the pioneer days
are degraded because of
the decline in
rice consumption."



A walk through the "Kuwadori Citizen's Forest": The management of the forest is entrusted to the Club by the municipality. As the forest is a river source, the Club developed a park and implements various activities for the preservation of the countryside, e.g. natural study programmes.



Konnichiwa, we are
from Brazil.



The participants then moved to Yokobatake village. The community hall, a traditional house with a thatched roof, became the seminar room during the study tour.



The Club organizes various events here, and has built a good working relationship with the staff. They began to understand the activities of the Club and the community.

Move
to their
accommodation.



All the participants used Futon mattresses and slept together in a *Tatami* room. **Everything was in Japanese style.** They seemed uncomfortable at first, but in the end they all enjoyed the Japanese food and the *Onsen*!



Their first experience
of a *Tatami* room.



The furniture was made from
the local cedar trees, and the
meals were prepared from the
local products.



Mr. Nakagawa explained that "Our activity is to revitalize the villages. We started building a **relationship of trust** with the community." As the Club members showed interest in the things which no longer interested the local youths, the villagers gradually became eager to teach them more. Traditional customs were revived and new industries using local products were developed. Discovering resources from the local products and people, it is like a "treasure hunt"!

Due to the declining population, the number of households in Yokobatake village has decreased from **twenty-four to just seven.**

The streets with traditional houses are almost empty. Is there anything here? The first day ended with the participants feeling "Nothing here."

Now, the DAY 2

The participants were divided in to two groups to conduct the surveys: one group to study the local lifestyle and customs, and another group to study the natural environment in the mountains.



Mr. Nakagawa explains the survey method.

Specific themes are not decided when conducting this type of survey. It is important to have curiosity and say "What will I find?" instead of "I want to find this." Photographs and notes are taken for all the discoveries and surprises.



The crops from the field behind the house are for the relatives.

The group to study the village lifestyle visited the residence of **Mr. Isao Hattori (88)**, leader of the village elders. His house is said to be about 200 years old, and the traditional way of life is still conserved. A flail (manual thresher) and hand-made snow-coats and boots were in the entrance.



After the survey, the participants prepared lunch together. All the food were produced locally.



The shelf (*Kamidana*) on the wall for the gods, the family emblem, the photographs of Mr. Hattori's 88th birthday etc. These things helped the participants to discover more about the history of a farming family.

Discussed their findings from the survey, and made a summary on a large sheet of paper.



"What is that on the wall?"
"What is different now compared to the past?"
So many questions!!



This tastes much better than the rice in Tokyo!



Ms. Zeynep Selen Yilmaz from Turkey commented "There are so many insects here and I felt uncomfortable at first because I don't like them. But I realized that the people in this community are living in harmony with nature, including insects."



"There are so many things which I had not noticed before."

See Next Page

After the presentation, a welcome party was held together with the villagers. Some participants also tasted the local Sake (rice wine). **"Welcome to such a small village!"** The participants were surprised to receive such an enthusiastic welcome from the villagers. It was their first introduction to the Japanese style **hospitality**.



Grilling the local Shiitake mushrooms on the open fireplace (iron).



Everybody danced to Mr. Hattori's song.



Yokobatake village seemed deserted and quiet at first, but in fact it was rich in culture, nature and food. The first impression of the village being "lonely" and "empty" was cast aside in one day, by the **warmth** of the villagers.

DAY-3

Day 3 was the final day.

In the morning, the last seminar was held.

The lecture was given by the senior director of the Club.

He explained the expected outcome of the surveys and the presentations of the second day.



"Don't you think yesterday's procedures are elementary school level?"

The participants nodded in agreement.

He explained how the outflow of the rural population occurred during the period of rapid economic growth, which increased the psychological stress on the remaining villagers.

The mental trauma was serious, causing the residents to feel that "there was nothing" in their villages. Providing new things or money will not change the people's mind-set. It might be a child-like process, but it is necessary to start from that level to raise awareness and to find resources within the community.

The participants were eager to ask questions after the lecture, but unfortunately, there was a train to catch. They said good-bye to the members of the Club, and left the village.



This is the technique of the **"Jimoto-gaku"**. It is a process of studying the natural environment and the culture with the local residents, in order to find the "treasures" of the community.



Thank you!

Yokobatake village

After the study tour...

Mr. Lobzang Dorji from Bhutan: "Unlike the people in Tokyo, everyone in the village was friendly and had personality. Their simple lifestyle was similar to the lifestyle in my country. In Bhutan, the lands in the highland villages are barren. I was surprised to see that the lands in Kuwadori area were being used effectively to cultivate crops."



Mr. Jonas Gomes Da Silva from Brazil: "Japanese people have developed industrial technologies but have not developed much technology based on nature. More efforts should be made in that area."



Everyone was grateful.



At the closing ceremony



After the study tour, the group visited other NPOs, participated in several workshops at JICA Tokyo and successfully completed the 3-week training course.

At the end of the course, each participant reviewed what was learned and prepared an action plan for their own professional field of work.

But actions cannot be made alone. The challenge will be to transfer the knowledge gained in Japan to their colleagues in their own country and to obtain their cooperation.



It added richness to my life!

Ms. Zeynep Selen Yilmaz, Turkey



I have been a civil society professional, community development volunteer and a devoted gender-equality activist for many years now.

Regarding my work, this training course can easily be accepted as "enlightenment" for me.

Maybe I did not learn or discover new things in terms of methodology but I have become more aware and conscious of what community development really is.

The approaches I have learned here, namely the *jinoto-gaku* and Soft Approach are definitely more human oriented than the other traditional methods we have been using. This way puts much emphasis on the process and the community itself, rather than on outcomes or results.

The most important lessons I have learned during the training are:

1. Every community has its own resources to utilize, so the most important step is to discover what they already have instead of what they don't; this could be done by being a child again, and to ask simple naive questions with a child's eagerness to learn - from the community itself of course;
2. People take responsibility, participate and grasp ownership as long as the activity or the project has a value or use in their daily lives. So instead of trying to convince them from a top down approach, it is important to let them decide what they want to do by prioritizing their needs themselves;
3. The *hon-ne* (what he/she really thinks) of every member of the community is very important, and although it takes time to accommodate each and every *hon-ne* in development actions, it is still possible and it is the most important prerequisite.

I am going back to Turkey with a hugeresponsibility to implement actions based on what I have learned here and a heart full of wonderful memories.



Young people should go back their home town!

Mr. Abdul Syukur Ahamad, Indonesia



I work in NGO (KONSTAN) one of NGO in South Sulawesi, Indonesia.

This training course is very relevant for my work in my country.

I have been working for a forest community for six years to empower and facilitate other stakeholders (local government, other agencies) to support the community development process around the forest in areas such as sustainable forest management, watershed management, and capacity building on each level (community, local NGO, local government).

In this training, I am learning more about concepts, methods of community development, and indicators that can be utilized in my workplace, especially about *jinoto-gaku* and the Soft approach.

I like this country, that has a good urban planning and a good environment. Unfortunately, in the countryside there were fewer young people, most of them are elder people.

It will be better if the young people go back home to their own countryside to develop and build their own community where they were born.



The participants have not yet found the "hidden treasures" in their own community. The goal of this training course is different for each participant, and there are infinite possibilities. Their challenges have only just begun.



Tea Ceremony



3月 March
4月 April
5月 May

Koto (Japanese harp)



Japanese culture is so powerful. Such a wonderful culture, behavior and the heart are the bases of the Japanese people. The same thing might apply to all countries, but it is important not to forget one's own culture.

Let's blow away the stress from the training, personal relationships or even homesickness!

CHIGIRIE - Torn Paper Collage

I could feel like a Japanese person. Such an event is very relaxing, and it was a philosophical moment. It's a wonderful idea to make hand-made souvenirs for the friends and families.



YUKATA - Traditional Clothes

I would like to return to Japan again to learn more about *Yukata*.



6月 June
7月 July
8月 August



IKEBANA - Japanese Flower Arrangement



It's amazing how you can easily make such a beautiful arrangement with only a few flowers. I was surprised that you don't need to overcrowd with many flowers to make it look beautiful.
(All participants)

Experiencing the Japanese traditional culture, making new friends, relieving stress, etc, you can find your own way to enjoy these events!

You can enjoy all through

Coming all the way to Japan only for the training? What a shame! Do you know the easiest and the cheapest way of discovering Japan? Yes, you're right! You can participate in various events organized by JICA Tokyo. Enjoy yourself, and the **experience** will surely be one of the **best souvenirs** you take home from Japan!



Autumn Festival



9月 September
10月 October
11月 November

Cooking Class

I will try and cook Japanese food when I return to my country.



Winter

Snow Viewing Tour

12月 December
1月 January
2月 February



Bus Tour to Hakone

It was a good experience to learn about Japanese culture and history.



ORIGAMI - Japanese Paper Craft

When I am in my home country, I am always very busy working. From now on, I would like to do origami when I need to take a break.



Some of the examples are given, but there are many more events in which you can participate. There is simply not enough space here to introduce them all! For detailed schedules, please check the Information Board.

* Subscriptions will be accepted at the Information Desk, from about 2 weeks before the date of the event.

Do you need help?

You may want to learn ORIGAMI but the event is not organized during your stay,
or you may want the events to be organized more frequently.
Or you got the information on the internet about the places you want to visit,
but you don't know how to get there from JICA Tokyo.



In any case!

Where can I buy Japanese souvenirs?
Where can I buy some clothes at a low price?
Where can I go to see Bonsai?

... You may have many questions to ask.

The first thing you should do is to go to the Information Desk for assistance.
The staff will be there to provide help, to meet your needs in the best possible way.
They can give you some suggestions that might interest you.
All sorts of information are available here. You can come with as many questions as you like.
Come and have a look, even if you don't have any questions to ask!

I don't look sweet. But,
my heart is sweet enough.
You're always welcome.
(Kobayashi-san)



Come and visit us!
We can assist you to find
nice places to visit in Tokyo.
(Tanaka-san)



We want to go to
Disney Land tomorrow!
(the participants
from Egypt)



JICA Tokyo the year!

Mt.Fuji



We are also looking forward to seeing you!

JICA Staffs are not the only ones who are waiting for your arrival.
The general public is also looking forward to this wonderful opportunity for international exchange with the training participants coming from all over the world.

Kamakura is a town that flourished as a center of Japan, about 800 years ago. It is a small town by the sea, located approximately 50 km southwest from Tokyo. With many important cultural properties still remaining to this day, such as the temples and Buddha statues, Kamakura is one of the most popular destinations for both Japanese and foreign tourists.

KSGG is an organization with about 150 members, and it will mark its 20th anniversary next year.

Its activities are not limited to these guided tours but are wide-ranging, including the provision of support to the foreign residents in Japan. It also has its own programmes of "Lectures on International Understanding," "Training for Guides" and language seminars, for the members to improve their skills in providing better services to the foreign visitors.

This Kamakura sightseeing tour, guided by the KSGG volunteers, is organized by JICA TOKYO almost every month.



It is the members of KSGG (Kanagawa Systematized Goodwill Guide Club), a language volunteer group, who will guide the training participants through this remarkable city.

Wow!
It says I'm about to have
an excellent stroke of luck!



Come and see us in KAMAKURA!



(photographs contributed
by Mr. Umeshita, KSGG)

What does the
OMIKUJI (fortune
paper) say?



◆ Here we are at Tsurugaoka -
Hachimangu.
Your bright smile and positive
attitude always gives us new
energy



◆ Which country do you come
from?
We always enjoy talking with the
guests from various countries
we have been to and never been
to. Tell us about your country!

Find out about "Tsubo", which may be useful in your daily lives.

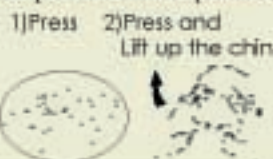
"Tsubo" are the pressure points on the body that are important in the practice of oriental medicine. Through stimulation of the "Tsubo", the flow of vital energy "Chi (or Qi)" (pronounce "K7" in Japanese) becomes smooth and stressful symptoms can be alleviated.

(Procedure) 1) Press the Tsubo, marked with ●, and count to four.

2) Continue to press on the Tsubo while you breathe out slowly and stretch out in the direction of the arrow. Count to four.

3) Repeat the above process twice, for each Tsubo.

Tsubo 1
For headaches



Tsubo 2
For sleeping problems

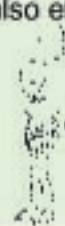


Tsubo 3
For irritability



Breathing methods are also effective in relieving sleeping problems, stress, headache, fatigue etc.

1) Put your hands on your belly and imagine that you have a balloon in side.



2) Exhale from the mouth and shrink the balloon (your belly) as small as possible.



3) Release it and feel that the air comes into bottom of the balloon. Slowly expand the balloon by inhaling through the nose.



There are other Tsubo and relaxation methods.
If you want to have more information, please feel free to come to the Counselor Room or the Clinic.

[Opening hours]

Counselor Room: Wednesday 3:30 p.m. to 7:30 p.m. Extension no. 5118
Clinic: Every day (except Sundays and National Holidays)



Modigliani et le Primitivisme

(モディリアーニ展)

Amedeo Modigliani was an Italian painter. His simple and pure works were strongly influenced by African primitive art and the eyes of persons drawn in his paintings have an absorbing power. He died at the age of 35 and it is said that he left not more than 400 oil paintings. This is the biggest scale Modigliani exhibition ever held and about 150 of his works collected from more than 10 countries in the world are shown including those exhibited for the first time. Please enjoy the "primitivism" of Modigliani.

Place: The National Art Center, Tokyo (国立新美術館)
(Directly connected to Nogi-zaka Station on Tokyo Metro Subway Chiyoda Line, or 4 min walk from Exit7 of Roppongi Station on Tokyo Metro Subway Oedo Line)

Date: Until June 9 (Mon.)
Closed on Tuesdays, April 30 (Wed.) and May 7 (Wed.),
Open on April 29 and May 6.

Time: 10:00-18:00
(till 20:00 on Fridays)
Last entry 30min before the closing time.

Admission: ¥1,500

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

The traveling exhibition:
July 1 (Tue.)-September 15 (Mon.)
The National Museum of Art,
Osaka

Red-Haired Girl (Jeanne Hébuterne) 1918 Oil on canvas
Private Collection

National Treasures from Yakushi-ji Temple

(国宝 薬師寺展)

Yakushi-ji is located in Nara prefecture, Japan and is part of the UNESCO World Heritage. It is a Buddhist temple built at the end of the 7th century. Among many national treasures exhibited in this exhibition, the most notable ones are the two statues of Buddha. (Photo) These are known to be two of the greatest works of Japanese Buddhist sculpture, but in the temple where they are located, the sides and back of the statues cannot be seen well. But in this exhibition one can see well the beautiful figure full of grace in a 360-degree view. The expression of the natural and vivid body of the statue and the texture of thin and soft cloth is wonderful. This is the first time that these two statues are brought outside of the temple together. You can touch the treasure of Nara, the old capital of Japan while you are in Tokyo. Don't miss this important chance!

Place: Tokyo National Museum (Ueno Park) (東京国立博物館)
RoomT5, Honkan; Special Exhibition Galleries, Heiseikan (10 min. walk from Ueno or Uguisudani Station on JR Yamanote Line; 15 min. walk from Ueno Station on Ginza and Hibiya Subway Line and Keisei Ueno Station)

Date: Until June 8 (Sun.)
Closed on Mondays and May 7 (Wed.)
Open on April 28 and May 5.

Time: 9:30-17:00
9:30-20:00 (Friday)
9:30-18:00 (Saturdays, Sundays
& National Holidays)
Last entry 30min before the closing time.

Admission: ¥1,500

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

(L) Standing Gakko Bosatsu (Candraprabha),
(R) Standing Nikko Bosatsu (Suryaprabha)

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