

A ride on a motor canoe to the island

where villagers use solar panels.

Solar panels on the roofs

JICA Tokyo's Participants Visit Renewable **Energy Sites in the Philippines**

Although most of JICA's Training and Dialog Programs take place in Japan, the training sites are not limited to this country. Many training courses now implement preparation and follow-up phases in participants' countries or third countries, but this course we would like to introduce, includes one-week program out of Japan in its main part.

In November 2010, eight participants from eight African countries came to JICA Tokyo to attend "Sustainable Rural Electrification Promotion Utilizing Renewable Energies" course designed for African Countries. Japan possesses world class technology on the uses of renewable energies, such as solar, small hydro, wind power, and geo-thermal. Also, Japan is familiar with policy making and implementation of uses of such energy, and the knowhow of making research for introducing these energy sources. For these reasons, the participants first accumulated knowledge on these themes in Japan.

Although the participants gained a great deal of knowledge on renewable energy in Japan, there are difficulties they may face in introducing new energy sources in their own countries. For example, there are people in the rural areas completely unaware of or even hostile to the use of electricity. In African rural areas, the population density is generally very low and the access from the cities is not very easy. In order to electrify such areas, it requires establishing a system to collect electricity fees, and to conduct routine maintenance.

As described above, there are problems to be solved, whose solutions might not be available through class sessions. In order to learn the practical ways to cope with these difficulties, the course participants moved to the

Philippines. This trip was intended to develop actual images of installing power plants using renewable energy by seeing the sites where renewable energy is used.

In Philippines' rural areas, there are regions still waiting to be electrified. In the past, JICA implemented several projects to install small-hydro and solar energy plants in these villages. It was two of these places the course participants visited to see the power plants in use. In these villages, people are paying electricity fees equivalent to one to two U.S. dollars a month to maintain the power plants. After observing these sites, course participants told us that they "got the clear vision of implementing the renewable energy by seeing the Philippino people maintaining their system of toll collection and maintenance". It was successful to let the participants find out through their own experience that, even a good power plant is introduced making people's lives better, without routine maintenance the lives will go back to their original state.

Even though the amount of electricity we saw in the villages of the Philippines is very small, it gives chances of improving the quality of life of the rural people once power plants are introduced. It won't be far in the future that we can see in the African villages, the people's lives improved though the use of clean, renewable energy with the hints the participants of this course got in the Philippines.

Hidetaka KOSEKI, Industrial Development and Finance Division, JICA Tokyo



A hut that houses small hydro power plant



articipants observing a canal that leads water to small hydro power plant



Follow-up Cooperation for JICA Alumni in Madagascar - Keeping Hospitals Clean

JICA is currently running the AAKCP (Asian-African Knowledge Co-creation Program) in African countries to reflect our experience in Asian countries to find a solution for development issues. In the area of health, a sub-program "Total Quality Management (TQM) for better hospital services" is under way, which applies 5S, a quality management method conceived in Japan, to the improvement of hospital services. Following this program, the hospital staff in African countries including Madagascar are promoting 5S, following the examples of the hospitals in Sri Lanka that achieved excellent results by introducing 5S.



documents from the pile



5S represents the five initials of the words "Sort, Set, Shine, Standardize and Sustain". 5S activities do not need investment in any special equipment or funds, but can improve the working environment and services for visitors by a little attention and ingenuity of staff members.

The core of this sub-program of AAKCP is the "Quality Improvement of Health Services by 5S-KAIZEN-TQM," a Training and Dialog Program implemented in Japan by JICA Tokyo, and the Action Plan made by Participants at the end of the training course. Participants from Madagascar have

taken part in this course since 2008, and have gained valuable experience such as visits to see 5S practised in Japan and Sri Lanka, and exchange of opinions with Participants from other African countries. On returning to Madagascar after about one month of training, they have to introduce their experience and knowledge to hospital staff and health administrators, and discuss how to implement their Action Plans. The JICA Madagascar Office supports these activities of returned Participants by a scheme called Follow-up Cooperation for Returned Participants (F/U Cooperation) with technical and financial aspects. F/U Cooperation aims at enhancing the efforts made by returned Participants by supporting their activities based on the Action Plan. It also has the advantage that the headquarters of JICA and JICA Tokyo can obtain feedback on the results and problems regarding the activities of returned Participants.

The activities that returned Participants have engaged in so far include: 1) a 5S introduction seminar for medical staff; 2) introduction of 5S to the health administrators in Madagascar and to other donors; and 3) monitoring and evaluation in hospitals that have already introduced 5S. Returned Participants play the role of instructor/presenter in 1) and 2), and the role of an evaluator in 3). In those hospitals which adopted 5S, the following results have been achieved through the activities of returned Participants:







- Required tools can be immediately taken out in an emergency, by putting medical apparatus and medicines in their proper places.
- Patient files and hospital management documents can be searched efficiently by reorganizing them.
- Waiting time is reduced by specifying the flow path between sections such as reception, the waiting room, consultation room, and treatment room by setting up signs and arrows.



At present, they are starting with activities such as "Sort", "Set" and "Shine" which are readily noticed by everyone and easy to implement, as in these activities, each improvement can be achieved in a short time with obvious effect, leading to the satisfaction and confidence of staff. Repeating this cycle, they will get into the habit of voluntary improvement.

After clearing this stage, the next step is to apply the results of 5S to improvement of operating efficiency and patient satisfaction, by applying the method called KAIZEN. The future objective of the hospitals in Madagascar is to achieve total quality management (TQM) through the following cycle: presenting ideas from sections concerning the issues and countermeasures identified in routine work by 5S; putting the ideas into practice; and self-evaluating the results.

Returned Participants have introduced the 5S method extensively. As a result, many hospitals have expressed their desire to adopt 5S. The JICA Madagascar Office will, by involving these hospitals, support the establishment of a system in which hospitals can compete with each other on a friendly basis, and exchange examples of service improvement.







Putting things in order

Taku ICHIYAMA, JICA Madagascar Office



Returned Participant's Message:

2015 WORLD'S EXPECTATION IN BROADCASTING



Upon my arrival at JICA Tokyo, I met some of my fellow course participants of JICA's Training and Dialog Program, Digital TV Broadcast Engineering and Equipment Maintenance Management from twelve countries. Organized by JICA and facilitated by various companies including NHK-CTI and Sony Corporation, lectures began three days later after orientation.

Anything that deals with engineering is regarded as tough generally, but amazingly, due to the skilled and professional presentation of lectures with use of graphics coupled with the practical aspect, the course was made simple and enjoyable. Although Tokyo is a huge city, our travelling to different areas in the city was easy through the able guidance of the Program Officer and the Course Coordinator.

At every institution we visited, we met friendly and helpful staff eager to contribute to the smooth running of the course. The course was indeed helpful to all the twelve participants. We, the participants had a rare opportunity to learn digital signal processing which include encoding and decoding, to prepare for the 2015 world wide broadcasting transition from analog to digital signal broadcasting according to the International Telecommunication Union-ITU regulation.

Barely a month after returning from Japan on 12th September 2010, I was promoted to the post of Deputy Head of Operations and Maintenance and this happened after MBC-TV management got satisfied with the contents of JICA's course through my report and the action plan that I presented. My performance at work has improved greatly as a result of the course.

We also had a joyous time learning the admirable Japanese culture and visiting beautiful and historic sites like Matsumoto Castle. One would wonder as to how those big logs of wood were carried to the construction sites of the castle but the amazing Japanese ancestors managed to do it. I also admired Japanese food like sea food and traditional Japanese attire *Kimono*, as my wife in the picture below wears one.







Shopping added color to our stay in Japan as participants had a chance of relaxing during weekend at the popularly known market square Akihabara. It was interesting to travel by train through either subway lines or Shinkansen to various Towns and Cities as Nagoya and Nagano passing through the largest and magnificent train station in the world known as Shinjuku.

Indeed my perception, both socially and technologically has changed and my approach to broadcast engineering problem solving back home, has improved.







Mr. Boston Machika with his Colleague in a TV screen

I salute to the Japanese government and JICA staff for organizing such a wonderful and motivating course which is helping engineers from developing countries to improve their knowledge in Digital Engineering and Equipment Maintenance management. Arigatou gozayimasu.

Boston Machika, MBC-TV, Malawi

"JICA Tokyo's Training and

Training and Dialog Program on "Digital Terrestrial TV Broadcast (DTTB) Engineering"

In Japan, where the conversion to digital TV broadcasting is on its way, we see a notice on TV everyday, telling viewers to replace their TV antennas to suite digital broadcasting. Similarly, switching to digital TV is a task at hand for all countries, including the developing world, as the International Telecommunication Union (ITU) proposes that all nations should complete their transfer to digital terrestrial TV by 2015.

In developing nations, TV is influential since it distributes information equally to all classes and regions, and as an efficient and easily affordable means of communication. In particular, the medium has proven to be effective in broadening knowledge and education in health care, environment protection, democracy, etc., and as an enlightenment activity with images for areas with low literacy rates. Digital broadcasting is expected to enhance these functions of TV even further, because, for instance, it can carry a program in multiple languages and distribute information more broadly with higher efficiency in a country with multiple ethnic groups.

Under these circumstances, JICA Tokyo has decided to reshape the training course on "Digital TV broadcast engineering and equipment maintenance management" into a new course specializing in digital terrestrial TV broadcasting.

Last year, 12 participant from 12 countries joined our training course. This year, 25 people from 18 countries have already applied for the new course which specializes in digital terrestrial broadcasting. To respond to such a demand, we plan to hold the course twice this year, in spring and fall, in order to provide training to as many people from as many countries as possible.

In digitization by 2015, we hope to see our participant leading their respective countries and playing a major role.

Yuko SOMEYA,

Economic Infrastructure Development and Environment Division, JICA Tokyo



Japan's Cooperation on Digitalization of Terrestrial TV Broadcasting

Digitalization of Terrestrial TV broadcasting will be fully accomplished by July 2011 in Japan. This switchover from analog to digital broadcasting is nothing special to Japan. It is going on all over the world. In such situation, the NHK Communications Training Institute has, since 2008, been providing training courses focused on digital TV engineering to broadcasting engineers from developing nations.

Digital broadcasting has many advantages, such as multi-lingual broadcasting with multiple channels, data broadcasting, high quality images and sound, reception by mobile terminals, etc. These new broadcasting services are considered to be very helpful for a developing nation in getting information from distant places, providing education,

health and hygiene information, and to improve people's standard of living.

The training course in "Digital terrestrial TV broadcast(DTTB) engineering" provides lectures and hands-on training covering digital engineering theory and transmission technology that are essential in implementing digital broadcasting, as well as the methodology of channel planning that you need to know when you install transmission antennas and facilities. The course also provides an explanation of the features of the Japanese digital broadcasting standard, ISDB-T [Integrated Service Digital Broadcasting Terrestrial], the technology and political challenges of Japan's complete shift to digital broadcasting, and visits to broadcast stations, manufacturers of relevant equipments, etc.

Many Latin American countries have adopted Japanese digital terrestrial broadcasting standard, and some African nations might follow the move. In the training course FY2011, we will enhance the contents of digital engineering still further so that we will be able to provide the best assistance possible to nations as they implement digital broadcasting.

Satomi TAMURA, Training Division, NHK Communications Training Institute





Dialog Programs April-June 2011"

Region Focused Training Course on "Maternal and Child Health" for Francophone Africa

Improving maternal and child health is one of the common objectives for the international community as it is stipulated in the Millennium Development Goals. Also, reduction of maternal and infant mortality rates is clearly stated among the eight objectives of the African Union's Initiative, "New Partnership for Africa's Development" to be accomplished by 2015. Despite these international and regional commitments, maternal and infant mortality rates still remain high in sub-Saharan Africa, where, according to a UNICEF report, a woman out of 16 dies from complications arising during pregnancy or delivery, and 1 in every 6 children dies before age of five.

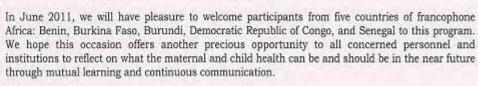
It is in this context that the JICA's training and dialog program "Maternal and Child Health" was set up in 2003 with the close cooperation of National Center for Global Health and Medicine (NCGM). With a view of responding to the specific challenges and needs of health and reproductive services in French-speaking African countries, this course focuses its scope on the concept of "Continuum of

care". For this end, it is necessary to adopt a comprehensive and harmonized approach which involves not only health centers or hospitals, but also communities and households.



Visit to Shonan Kamakura Hospital

In the past, several activities, such as organization of maternal classes, promotion of humanized care and introduction of free-style delivery, have actually been realized based on ex-participants' action plans in accordance with JICA's support related to reproductive or maternal and child health. JICA and NCGM also support ex-participants' post-activities by providing expert feedback to their progress reports of action plans and try to improve and update the contents of the training course by sending follow-up missions and hearing from ex-participants and their organizations about difficulties they face upon implementation of action plans.





Course Participants in NCGM's Maternal and Child Health Conference

Yu ABIKO, Human Development Division, JICA Tokyo

NCGM's Cooperation for Maternal and Child Health

The training course, "Continuum of Care for quality improvement of Maternal, Newborn, and Child Health in Francophone Africa", by the National Center for Global Health and Medicine (NCGM), Japan

This course is intended to help participants' organizations ensure 'continuum of care for women, children and their families', and improve the preparation and implementation of their national health policies through working out action plans designed to best suit the situation of each locality.

To do this, the National Center for Global Health and Medicine (NCGM), engages the whole process of the training course with JICA, such as selection of participants, implementation of the training course and follow-up after the course.

The five-weeks training course in Japan provides the following three subjects under the principle of the continuum of care: (1) health care measures for mothers and children in developing countries, (2) a framework of the continuum of care in health systems, and (3) the continuum of care to each individual. The course is a mixture of lectures, group work, and visits for the best effects possible. The purposes of the visits are to observe activities in several health facilities as follows; health care services for mothers and children provided by municipal health care centers, care provided to pregnant mothers, births, and babies at maternity centers of local communities, organizations of local residents and their voluntary activities to help provide health care services to mothers and children at Boshi-Aiiku-Kai, [Maternal and Child Health Association] and the continuum of care provided by collaboration between the prefectural and municipal governments and medical facilities at a farming village in Mie Prefecture.

The participants are expected to exchange what they have learnt with each other, while developing his/her own perspective of how health care services for mothers and children should be, thereby planning his/her own specific activities for providing the kinds of services required in his/her home country. After the training course in Japan, NCGM gets feedback on their progress reports by follow-up surveys and workshops in Japan. Thus, this training course helps the participants and their organizations implement their action plans in many ways.



In charge of Human Resources Development, Maternal and Child Health, Expert Service Division,
Department of International Medical Cooperation Japan, National Center for Global Health and Medicine (NCGM)



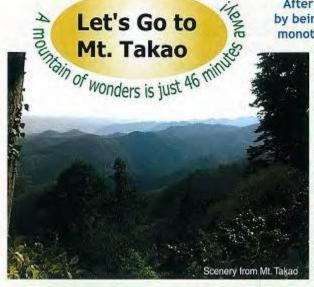
Participants in the Continuum Care Workshop



Visit to a nursery school in Mie Prefecture



Participants in Hospital's Tanabata Festival



After spending days or weeks in Tokyo, you might feel stressed by being in one of the world's major metropolises, surrounded by monotone concrete buildings and busy streets. In such case, the

> best place we recommend to refresh yourself in the nature is Takao-san, or Mt. Takao. Located 50 kilometers west of Tokyo's central district, it's only 46 minutes train ride from Hatagaya to Takaosanguchi station, the gateway to Mt. Takao, and the fare is 350 yens one way.

> The best part of Mt. Takao, however, is not the easy access, but the beauty of nature you can experience there. In the area around Mt. Takao, which is designated as a quasi-national park, you can observe 1300 plant species, more than 150 kinds of birds, and over 5000 insect species. Also, the view you can see from there is magnificent. With these advantages, Mt. Takao is a very popular place for Tokyo's citizens and visitors, especially after being designated as a three-star tourist spot by 2007's edition of French travel guidebook, Michelin's "Voyager Pratique Japon."

We must therefore, expect quite a number of visitors on Mt. Takao, making it the most visited (2.5 million visitors a year) mountain in the world! Therefore, almost always there are people forming lines at the cable car and chairlift station waiting for rides to the top. But don't worry too much. You can easily reach the top on foot just for an hour and a half walk. I recommend walking as you will appreciate the scenery and the forest on the way to the summit.

From the top, please enjoy the breathtaking view with Mt. Fuji on one side and the city of Tokyo on the other. One of JICA Tokyo Alumni, Ms. Amina Miro from Siria left us a message about her experience at Mr. Takao; "A wonderful place, amazing nature! It's an unforgettable day. From the top of MT. Takao, the spectacular scenery of Mount Fuji at the sun set, you will see the mountain in the sky, which you will not move your eyes away from it."

Mt. Takao is also a religiously special place, too. Yakuoin Buddhist Temple on the summit, established in 744, uses the entire mountain as training place for trainee priests and worshippers. In the mountain, you can see people in white clothes practicing taki-gyo, a form of ascetic training, standing under waterfalls while reciting mantras and sutras.



Even though Mt. Takao is a popular hiking spot, there are rules and cautions you

must always keep for your safely and for preserving the environment. Please always stay within the walking course, and be sure to get back to the station before dark, or otherwise, you can easily get lost in the mountain. It is also important to keep your self warm and dry. Weather might be very unstable in mountains, and the temperature can easily change dramatically. So it will be wise to bring a sweater or a jacket even when it's warm, and also a raincoat that fits in your pocket(you can buy one at a 100-yen shop).

You can enjoy visiting Mt. Takao all year round, but spring to early summer is perhaps the best seasons to go there, as the mountain is covered with fresh

leaves and the weather is neither hot nor cold. From April 4th through May 30th, local shop owners celebrate "Takaosan Wakaba (Fresh Leaves) Festival", which you can see street performers, such as magicians, belly dancers, monkey showmen and stalls welcome visitors.

Before visiting Mt. Takao, please refer to its official web site below. The site provides detailed instructions and precautions you need to know.

http://www.takaotozan.co.jp/takaotozan_eng1/index2.htm



Mt. Fuji in sunset

Train Fare: 700yens round trip between Hatagaya and Takaosanguchi stations Cable Car/Chair Lift: 470 yens one way/ 900 yens round trip

JICA TOKYO's Recreational Activities April-June 2011

Welcome to JICA Tokyo, and to its recreational Activities! JICA Tokyo prepares various recreational and cultural activities throughout the year for the participants of all JICA programs, Participants are recommended to join these activities to make their stay at JICA Tokyo more enjoyable and memorable, have opportunities to exchange with local people and gain knowledge about Japan's traditional culture etc.. Through these events, you will have deeper understanding of Japanese culture and the history that lies behind it, and feel Japan and its people much closer to you. Between April and June, JICA Tokyo is planning to organize activities including follows (but not limited to

Japanese Martial Art (Budo) Demonstration;

Even if you know very little about martial arts, you must have heard of Karate or Judo, as means of effective self-defense. Other than these two very popular forms of martial arts, very many Japanese practice Aikido Janother form of self defense), Kendo (art of sword) and Kyudo (Japanese Archery) that are taught and practiced at schools and various clubs and circles. Naginata, is a bit rare, but interesting form of combat technique using a long, poled sword. All these types of martial art is perfor-

med voluntarily by students of International Budo University. Please don't miss this opportunity to take close look at these performances.





Participants learning Strech





Tsubo and Relaxation Seminars:

Living far away from home in a different environment is sometimes very stressful, especially when you have to speak and study in a non-native language. In order to decrease your stress and help you relax, we provide two ways of stress reduction. One is called Tsubo Point Exercise, which intends to strengthen the flow of vital energy "Ki" or "Chi" (in Chinese) by pressing pressure points (tsubo) on the body, that are said to be 1,500.

Another relaxation method is presented to you at the Japanese style tatami (woven straw mattress) room. Following the lecture on stress management, you will learn breathing techniques to ease the tension, and then learn stretching.

Both exercises have a meditation time at the end of the seminars, as you meditate on the floor while the sound of crystal bowls played throughout the seminars gives a great help for relaxation.

However, if you think you are suffering from intensive stress, don't wait for these seminars, and come to the clinic immediately.

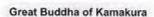
Mr. Shin, Crystal Bowl Player

Day Trip to Kamakura;

Kamakura is a city about 50 kilometers southwest of Tokyo. The city served as the capital of the first military government of Samurai warriors between 1192 and 1333. The city is therefore full of old temples and shrines that originated in this era, and keeps austere and imposing atmosphere. Among these, most famous and impressive are Tsurugaoka Hamimangu, the shrine of the warrior god, and Kotoku-in, the temple that houses the Great

Participants in a Rickshaw

Buddha. Minor temples and shrines, tasteful streets and shops will surely make your trip memorable. The tour is guided by volunteer guide group, Kanagawa Systematized Goodwill Guide (KSGG).





To find out the exact date of these activities, or detailed information, please contact the Information Desk at JICA Communication Plaza. Friendly staff will help you make your days in JICA Tokyo pleasant.

JICA Tokyo's Waste Wars - Please help us keep the Center clean

We would like to ask a few questions to those staying at JICA Tokyo. How much waste do you think is generated from your room per day? A bucket full? That doesn't sound too much.

Do you know how many people are staying at JICA Tokyo? Its capacity is 445. Can you imagine the amount of waste which is generated from 445 people? 445 buckets of waste are quite a lot. Besides, please look at this picture. This shows a room after a visitor left. Many things remain in the room, which will be disposed of as waste.

Then, how many participants leave the Center per day? It depends on the season, but more than 100 in a busy season, or 200 at the maximum leave the Center per day. You will understand how much waste is generated from the Center, if you add the amount disposed of by those staying with that generated from more than 100 people leaving the Center.

Some of you may have waited for a while before checking into a room because cleaning was not finished yet. This is because cleaning staff have to cope with a vast amount of waste day and night. Now, I have a favor to ask of you who will be leaving the Center some day. You will receive garbage bags at reception two days before leaving. You are expected to put the things to be disposed of in the bag beforehand. This will help the cleaning staff do their work smoothly, so that a newcomer (perhaps from your country) will be able to check into a room a bit earlier.

As you are aware, JICA Tokyo is not a hotel. Visitors are expected to do what they can, and to help each other. Thanks to your cooperation, visitors coming from across the world with different values can stay in a hospitable way, and the Center is run without any trouble.

We will do as much as we can to make your stay in Japan meaningful. We also request you to think just a little bit about what you can do for your fellows. Thank you for your cooperation to keep the center clean.

From the whole staff of JICA Tokyo















SHARAKU

[特別展] 写楽

If you have some interest in Japanese wood block printing or Ukiyo-e, you must have heard of Toshusai Sharaku. Sharaku is a an enigmatic Ukiyo-e Master who made a sensational debut with 28 large-size colored printings at once in 1794, and disappeared only 10 months later from the art world of Edo, present day Tokyo. Since his time,

Sharaku's prints have attracted people's attention and has become to be known as one of the greatest portrait artists of the world. This exhibition features about 170 prints of 140 of Sharaku's works, covering most of his printings, in a scale never seen before.

Toshusai Sharaku "Actor Otani Oniji III as Edobei"

The Metropolitan Museum of Art/ Art © Resource, NY

Place: Tokyo National Museum, Heiseikan, (国立博物館平成館) (A 10-minutes walk from Ueno Station on JR and Tokyo Metro Lines)

Date: Apr 5 (Tue)-May 15 (Sun)

Time:9:30~17:00, Saturdays, Sundays, Holidays until 18:00 Fridays until 20:00 (Last admission 30 minutes before closing)

Admission: ¥1,500

Inquiries: 03-5405-8686(Information service in English)

Rembrandt: The Quest for Chiaroscuro

レンプラント 光の探求ー闇の誘惑

An "artist of light and shadow," Rebrandt van Rijn (1606-1669), a Dutch painter is well known to have opened the Dutch golden Age of paintings with his masterpieces in portraiture, landscape and narrative painting, with the use of chiaroscuro, the theatrical employment of light and shadow.

This exhibition intends to examine how Rembrandt dealt with the expression of the light and the shadow mainly through 110 pieces of his prints and 15 paintings.

Rembrandt van Rijn (Self-portrait as an Oriental with a Dog) 1631 Petit Palais, Paris©Petit Palais/ Roger-Viollet

Place: The National Museum of Western Art(国立西洋美術館)
(10-minutes walk from Ueno Station on JR and Tokyo
Metroo Lines)

Date: Mar 12 (Sat)-Jun 12 (Sun), Admittance until 30 minutes before closing time Closed on Mondays (except March 21,May 2, closed on March 22)

Time: 9:30~17:30 (until 20:00 on Fridays, Admittance until 30 minutes before closing time)

Admission: ¥1,400



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