JICATOHO QUARTER THE EARTHQUAKE

We are now having the second summer after the Great East Japan Earthquake. Although the effects of the earthquake are not always visible if you stay in Tokyo or other cities away from the disaster stricken areas, one thing is quite clear. Out of 51 nuclear power plants in Japan, only two of them are in operation, while operation of the others is suspended.

As a direct result of this situation, we are expecting to have a serious shortage of electricity in some areas of Japan this summer, when the electricity consumption will be at the peak. One countermeasure to the problem is to utilize solar energy, as JICA Tokyo has been doing since this March. The Solar panels installed on the roof of the Accommodation Wing of JICA Tokyo produces 30 kilowatts per hour at their maximum performance, about 5% of the total energy consumed at the Center during the daytime. One disadvantage of the solar panels is that they cannot produce energy at night. Therefore, they are connected to batteries for electricity use at night, turning the disadvantage to an advantage. The batteries allow the system to be used as an emergency power source. Thanks to this system, JICA Tokyo now has a Buisiness Continuity

Plan (BCP), that ensures us to continue the minimum operation in case of emergency that is vitally important for the Center to keep the operation and for the safety of course participants. The Generation Monitor placed at the lobby shows the level of electricity generated by solar panels.

Solar Panels on JICA Tokyo's Accomodation Wing



The Generation Monitor showing the level of electricity

Of course, the use of solar panels does not solve all the difficulty of power shortage, and therefore we must ask the course participants to colaborate with our energy saving policy. For this summer, JICA Tokyo is planning to save the electricity by refraining from using the airconditioning for certain period of time, cutting the electricity at accommodation rooms between 9:00-17:00, and using "cool biz" attire and Green (plant) Curtain on the windows.

We, JICA Tokyo request you to understand and cooperate with our energy saving policy. If you have some good practices in your country to save energy, please share them with us. Please also refer to the contents of this newsletter about keeping your health in hot weather, and enjoy having nice summer in Japan!

JICA's New President Visits JICA Tokyo



After Taking office as the President of Japan International Cooperation Agency on April 2nd, one of the first place Akihiko Tanaka visited outside JICA Headquarters was JICA Tokyo. He made this visit two days after his inauguration to observe the functions of International Center, and how the training courses are operated. Through his tour, Tanaka saw the facilities and their operations of JICA Tokyo and shared his vision with JICA Tokyo staff to proactively keep on advancing with the cooperation that strengthen the ties with the rest of the world.

Acceding the Memories and Lessons of March 11th



On 11th of March, 2011, Great East Japan Earthquake and Tsunami hit the Pacific coast of north east Japan. I am sure that most of you have already seen the scenes of disaster through the television news with shocking images and people showing strong wills of reconstruction.

Disasters however, bring not only huge damages, but also precious lessons about the importance of the disaster prevention, servival methods and means of efficient reconstruction works and so on. In order to share these most valuable lessons that were learned in exchange for human lives with foreign countries, JICA has been conducting series of seminars and training courses

on what we learned since last year. As one of the said courses, from 14th May to 18th May this year, the seminar on "Air Navigation Services after the Great East Japan Earthquake" was conducted at JICA Tokyo with the cooperation of Ministry of Land, Infrastructure, Transport and Tourism of Japan.

Ten participants who engage in air navigation related tasks, most of them being director generals or directors of aviation administration and airlines from 10 countries (Bangladesh, Cambodia, Laos, Malaysia, Mongol, Myanmar, Nepal, Papua New Guinea, Thailand and Vietnam) participated this unique seminar.

At the initial moment of the earthquake, some airplanes were flying the quake hit areas, but the airports and air traffic control facilities at the areas were mostly damaged and unoperational. How did the related authorities respond at that moment and land the aircraft safely after that? In this seminar, the



articipants with Control Simulater at Aeronautical Safety College

answers were provided through lecturers from the Ministry and related private companies (the manufacturers of air traffic control facilities) sharing their experiences during the disaster and the reconstruction works after the earthquake.

The participants also visited Sendai Airport and surroundings, about 300km north of Tokyo, the area almost completely



destroyed by the Tsunami. One year after the Tsunami, Sendai airport itself is now mostly reconstructed especially for passenger's facilities. Nevertheless, some airport facilities still have not completely recovered, and the surroundings, mostly residential area and rice fields, also still clearly show the signs of damages, with houses in ruins and withered rice fields once flooded by salt water. Those scenes gave the searing images and impressions to the participants.

On the final day of this seminar, all participants made brief presentations about their impression. Most of them mentioned the seriousness of the damage of this disaster and were anxitious about using this experience to

formulate the contingency planning for the safer air navigation in respective countries.









Keeping your Health during the Summer in Japan

Do you think that you are already accustomed to summers in Japan? Be careful—summer in Japan is slightly different from other countries'; here, it is very hot and humid. Failing to cope properly with the heat and humidity may in extreme cases threaten your very life. According to the Ministry of Health, Labour and Welfare, a total of 1,718 people died of heat stroke in 2010 and 53,843 were taken to hospitals. Heat stroke can be prevented by learning how to avoid it. The following information and advice will help you stay healthy during the Japanese summer.



* What is heat stroke?

Heat stroke is a physical disorder that occurs when the body loses excessive fluids and salt (such as sodium) or cannot maintain its normal functions under hot and humid conditions.

* When is heat stroke most likely to occur?

Though it depends on the temperature, generally cases of heat stroke start to be reported in May, peak in early August, and continue to be reported through the end of September.

* Symptoms and Actions to Take

	7 🔻			
3	Severity	Symptoms	Actions to take	
	I	Feeling dizzy or lightheaded, painful muscle cramps, heavy sweating	Go to a cooler place (the shade if outside or an air-conditioned location) to replenish lost water and salts (cold sports drinks are ideal).	
	II	Throbbing headaches, nausea, vomiting, tiredness, feeling lethargic, sick	Lie down, elevate your legs, and rest. Loosen or remove clothing to help release body heat. Replenish lost water and salt. If you cannot replenish water and salts on your own, go to the hospital immediately.	
	III	Loss of consciousness, seizures, high body temperature, disorientation, hot and flushed skin, inability to walk in a straight line	Cool the body (neck, armpits, and groin) with cold water, a canned drink, or ice. Call an ambulance immediately. Apply water to exposed skin (hands and feet, etc.). Direct air onto the person with a manual or electric fan.	

- * You must pay extra attention to avoid heat stroke if any of the following apply:
- You are not accustomed to the heat of Japanese summer. You do not feel well (fever, diarrhea, lack of sleep, etc.). You have one or more chronic health problems.
- * You must pay extra attention to avoid heat stroke on days for which any of the following apply: It is very hot. It is very humid. It is less windy than usual. It has suddenly become hot. The previous night was sweltering (the temperature did not fall below 25°C).
- * Tips on preventing heat stroke in daily life

1. Avoid hot places.

⇒ Walk in the shade. Use electric fans and air conditioners to maintain suitable temperatures. Pull down blinds. Improve airflow. Use a parasol. Wear a hat or cap.

2. Wear suitable clothes.

⇒ Wear cool, loose-fitting clothes. Loosen your collar to allow for more airflow. Avoid black material if you will be under direct sunlight.

★3. Drink water frequently.

⇒ Drink water whenever you sweat, even if you are not thirsty. When you sweat heavily, you must replenish lost salt as well as water. Alcohol does not hydrate you (rather, it dehydrates you).

4. Build your physical strength.

⇒ Do light exercises (for example, take a brisk walk that makes you sweat lightly) under warm conditions for 15 to 30 minutes per day, three or four days per week.

5. Check your health every day.

⇒ Avoid sleep deprivation, skipping breakfast, dehydration, and hangovers.



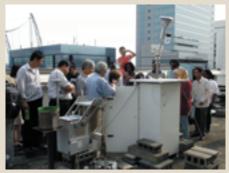


JICA Tokyo's Training and Dialogu

Environmental Impact Assessment in ODA Projects

This program will begin with an introduction of Japan's ODA, an outline of the JICA's Guidelines for Environmental and Social Considerations, and lectures by the Ministry of the Environment on the system and current situation of environmental impact assessment (EIA) in Japan. Next, university professors in environment related fields give lectures outlining EIA, the history of Japan's environmental administration, and strategic environmental assessment (SEA).

In the meantime, course participants present their inception reports submitted before coming to Japan. By doing so, they share basic information on EIA in their own countries and will be able to ask questions and exchange opinions regarding the current status and issues for their countries' EIA. Several Japanese experts will join this session; these experts will help participants recognize their countries' situations and future issues. Then for the second week, participants will visit Chubu and



Kansai regions to see Japan's EIA in action. During this four-day trip, participants will learn about the current application of an EIA ordinance and waste policies by a power company and the city of Nagoya. Through lectures and visits, they will also experience other real-life examples of EIA, such as the Fujimae tidal flat protection movements aimed at abandoning a construction plan for a final disposal site for Nagoya and conserving biodiversity, and the EIA, cultural property protection, and environmental and social considerations at a World Heritage site, the Yamato-Kita Road project in Nara Prefecture.



In the latter half of the training program, participants will get lectures from university professors on the current situation of and issues related to environmental assessment, the international trends in compensatory mitigation and biodiversity offsetting,

and the relationship between the environment and the economy. They will also recieve lectures on involuntary resettlement and the current situation of and issues in environmental assessment as seen by other experts who have been involved in creating educational materials in this field. These lectures will no doubt help them think about the future direction of EIA in their own countries after they return home.

For their second trip, participants will visit water treatment plants in Tokyo and Kanagawa as well as the Tsukui and Shiroyama power plants, which make use of the water power of the Sagami River, to learn about systems at hydroelectric and pumped-storage power plants.



Participants in front of Generator Turbine Shaft of Kanagawa Prefecture Dam

Keiko SUDO, Vision and Spirit for Overseas Cooperation Co.,Ltd. (VSOC)



Solar Panels at Kanagawa Prefecture Dam

In their rapid economic development, many developing countries face serious environmental problems and other issues related to the destruction of the natural environment. Thus, it is more important than ever before to promote sustainable development that balances development needs with those of the local natural environment and the everyday lives of local residents.

By establishing the Guidelines for Environmental and Social Considerations(*) in 2010, JICA has been working to ensure that our assistance to developing countries will not cause environmental destruction and that Japan's ODA projects will serve as models for development projects performed by developing countries.

This training course aims to give officials who are in charge of environmental impact assessments in developing countries the opportunity to learn from the systems and actual cases of environmental impact assessment in Japan as well as the above guidelines in order to promote the environmentally friendly development projects funded by Japan's ODA in their respective countries.

At the end of this training course, groups of course participants will hold mock stake-holder meetings in which they will act as government officials in charge of development projects, donors, NGO workers, local residents, and corporate representatives seeking to win orders in order to allow them to express their opinions from their own positions. Participants will have heated discussions as if at an actual stakeholder meeting and review these discussions together with the instructors.

* "Environmental and social considerations" means considering environmental impacts including those related to air, water, soil, ecosystem, flora, and fauna, as well as social impacts including those related to involuntary resettlement and respect for the human rights of indigenous people.



Inside Kanagawa Prefecture Dam



Programs July-September 2012

Looking for What We've Got through JIMOTOGAKU! -Community Based Development with Local Residents as Main Actors-



Participants practicing ARUMONOSAGASHI in Kuwadori, Niigata Prefecture

At JICA Tokyo, we implement various Training Programs with know-hows of regional revitalization in Japan that are systematized from the viewpoint of development. One of such programs is "Community Based Development with Local Residents as Main Actors," in which 132 participants from 41 countries have taken part since 2004 up to July 2012, and JICA Tokyo responded to the

course's increasing popularity by implementing the course twice a year. This year, the first course will be held from June 24 to July 21 with 12 participants.

In this training program, participants learn "*Jimotogaku*" (literally local studies), an approach of community development in which

the local residents take the major roles using what they have already got in the communities, not depending on local governments. After going back to their countries, many ex-participants are already fully utilizing the *Jimotogaku* for the development of their own communities.



Participants interviewing villagers of Kuwadori

Oil Sludge dump site in Bibunde Village

The crucial factor of Jimotogaku is "Arumonosagashi" (means search for what they have got), a field work to look for the elements that can be used in community development. The key concept of Jimotogaku is to look closely at the region and local resources, and to vitalize the community by making full use of what they have already got, instead of asking more developed

countries or international donor organizations for what they do not have. In this training course, participants walk around the communities they visit, grasp their characteristics through the *Arumonosagashi*, and align their findings in pictorial maps. Within this process, participants speculate how the communities should develop through the field studies and interviews to residents.

Here, we have a progress report of an ex-participant of this course, **Ms. Mariana Mojoko Sama** from Cameroon, who joined this course in November 2011.



Ex-participant Ms. Mojoko, her colleagues and workshop participants

I am working as the Director of Community Education and Action Centre (CEAC) of Department of Local and Community Development,

Ministry of Agriculture and Rural Development. After getting back home, community development staff of CEAC and I held a three-day workshop inviting local government staff and residents in the Idenau municipality to share my experience in Japan.



in the fieldwork. The second day was spent entirely for Arumonosagashi

making pictorial maps in the end. On the third day, we discussed on the communities' problems, such as "Poor oil mill sludge disposal," "Houses with no toilets," "Poor drainage system," "Bushy trees planted too close to roadsides," and so on.

Our discussion was mainly on poor hygiene and sanitation situation in Idenau, especially on environmental problem caused by the oil mill sludge in Bibunde village. In order to solve this problem, we came up with some ideas, such as producing soap from the sludge (it would be an income generation for women, too), utilizing the experience of Kawasaki soap plant in Japan, a joint project of local government and civil society.



Workshop on livlihood improvement in Bibunde

Ms. Mojoko concluded her report with following words; "The viewpoints and methodology I have learned in Japan gave us an opportunity to discuss the environmental issues in Idenau. My future challenge is to use the methodology to improve environment situation in Idenau and get the people to manage their living conditions in sustainable ways."

*Jimotogaku started from the activities of Minamata city, that overcame the environmental disaster, the Minamata Disease, and reborn as an environmentally friendly city. We would like to continue sharing Japanese experience for further development of the countries that need it!





Traditional Events in Summer

- Tanabata, Obon and Natsu Matsuri -

Summer is the season of many festivals. Between July and September, there are many traditional events that coincide with festivals and fireworks.

Tanabata is a star festival celebrated on July 7th, originated from Chinese tradition. According to a legend, two stars, namely Vega and Altair, representing weiver (in Japanese *Orihime*) and a cowherd (*Hikoboshi*), separated by the milkyway, get to meet only once every year on this evening. Upon celebrating this festival, people, expecially children, decorate bamboos with strips of fancy papers (*tanzaku*) with their wishes written on them, and also many papercraft.



TANABATA decoration with bamboo

The city of **Hiratsuka**, about one-hour-ride on trains, is famous for cellebrating the largest Tanabata festival in Kanto area in the first weekend of July (July 6-8 this year) with more than 3,000 bamboos. You can take Odakyu Line from Yoyogi-uehara to Fujisawa, and change there to JR Tokaido Line to get to JR Hiratsuka Station (train fare: ¥1,260 one way).



Wishes written on papers

Obon



Vegetable turned into vehicles for the deciesed



Tokyo's cultural event, Bonodori Disco Night

Having its roots in Buddhist ceremony, *Obon*, or sometimes just *Bon*, is a Japanese festival to worship the ancestors. During Obon period, few days around July 15th in Tokyo and some other areas in East Japan and August 15th in the rest of Japan, spirits of deceased ancestors are believed to come back to the homes where they used to belong. To welcome these spirits, peolpe burn dried hemp stalk on the evening of 13th of July or August, to mark the entrance to their houses. To help the spirits to come to their homes, transportation is also provided by making horses and oxen with cucumbers and eggplants. Once the ancestors' spirits are at home, they are treated by offerings piled up at altars *(butsudan)* and sutra *(okyo)* recited by budhist priests to comfort them.

In the evenings during the Obon period, *Bon-odori*, a traditional dance performed in groups is danced. Many Japanese, especially young ladies, in traditional summer cotton clothes, yukata can be seen dancing bon-odori. At **Koenji**, **Awa-odori**, a Tokushima version of Bon-odori is danced in the evenings of August 25th and 26th in which about 15,000 people take part. You can take JR Chuo line to Koenji from Shinjuku Station (train fare: ¥270 one way from Hatagaya).

Natsu Matsuri (Summer Festivals)



Natsumaturi are almost always celebrated with Hanabi, Japanese fireworks

Popular festivals in summer are usually somewhat related to religion, Buddhism or Shintoism, and thus are part of religious ceremonies. In Japanese, the word *matsuri* has meanings of both festivals and rituals. Summer is the season that many Bhuddhist temples and Shinto shrines celebrate summer festivals related to Tanabata and Obon, or sometimes rituals of avoiding epidemics that privail in summer. Here are some of popular summer festivals;

Fukagawa Matsuri: Festival of Tomioka-Hachiman Shrine, celebrated around August 15th is one of the three largest festivals of Tokyo, famous for spraying water on festival participants. You can take Toei Oedo Line from Shinjuku to Monzennakacho, where the shrine is (train fare: ¥380 one way from Hatagaya).

Hachioji Matsuri: Celebrated as citizens' fesival of Hachioji on the first weekend of August (August 3 to 5 this year) that

involves many portable shrines and parade floats. Take Keio Line to Keio Hachioji to see the festival (train fare: ¥330 one way from Hatagaya).



Floats at Natsumatsuri

Welcome to Japan! Have you adv decided what to do on wring your stay, or is a where suggestions? Well, when you are in JICA Tokyo, "do as the former TIC participants did"! Here is good news; The former TIC participants gave you some recommendations for the places to visit. The following places are the three popular places among them. Everyone to his taste but if you are not sure where to go, why don't you start up with their choices??

Asakusa: This area has flourished as one of the bustling shopping and entertainment area in Edo/Tokyo over 400 years. You can enjoy old downtown atmosphere in Asakusa and it's a great place to feel good old days in Japan. It is also very close to the new landmark in Tokyo, "Tokyo Sky Tree Tower". It's a unique experience for you to discover old and new aspects in Asakusa skyline seen from Sumida Rive Tokyo.



How to Go:

Yoyogiuehara — – Omotesando ——— Asakusa (38mins, ¥230) Chiyoda Line Ginza Line

Stephen Ecaat(Uganda):

Tokyo sky tree view, in the spring-Sakura viewing and going for boat cruising starts here... The place has it all.

Ivana Udovcic(Bosnia and Herzegovina):

I like Asakusa because of the Buddhist temples. It was so nice and special for me to learn something about another religion.



Ueno Park Asakusa JICA TOKYO

Ueno Park: Ueno Park is the first approved park in Japan. By holding various kinds of expositions repeatedly, this park became not only a birthplace of the cultural enlightenment but also a standard park model in Japan. The size of the park is



Mr. Diego Amenabar at Shinobazu-no-Ike Pond

530,000m² and there are a zoo, temples, and museums in the park. Ueno Zoo is also famous for the panda bears.

How to Go:

— Shinjuku —— — Ueno (30mins, **¥**310) Hatagaya -Keio New Line JR Yamanote Line

Diego Amenabar(Chile):

Ueno Park has museums, a zoo, and a couple of temples. You can enjoy arts, nature, and culture at the same time.

Alejandro Machado(Colombia):

It was great to see big animals like the gorillas, the polar bears, giraffes, and hippos. Especially it was amazing to have the opportunity to see the panda bears. They are incredible, and it is



Mr. Aleiandro Machado at Ueno Zoo

difficult to see them because not many zoos have these great animals. You can see many of other animals in the zoos even here in Colombia, but seeing the Panda bears are a unique experience in Ueno. The park is very organized, and there was a lot of fun to spend an afternoon.

Odaiba:Tokyo Bay area: Odaiba was originally constructed as off shore fortress islands to protect the city of Edo (modern-day Tokyo) from attack by western countries in 1850s. It has changed since then and turned into a modern waterfront city and attracts many people from all over the world. Especially from the sunset time to the night, you can enjoy the spectacular view with the Rainbow Bridge and City of Tokyo. Mr. Jimmi Pardede with the Rainbow Bridge



Yoyogiuehara-Omotesando-Shinbashi-Odaiba KaihinKoen (50mins,¥500) Chiyoda Line Ginza Line Yurikamome

Jimmi Pardede (Indonesia):

Odaiba is a right place to enjoy sunset and there is the Statue of Liberty.

Anindya Banerjee(India):

The scene during the evening is very good with the Chinese



Mr. Anindya Banerjee with the Statue of Liberty

type boats around and a lot of partying. You can get a boat ride across the Sumida-gawa River from Hamarikyu Garden. It is just fantastic and you can have a beautiful view of the Rainbow Bridge from the boat.



Tomomi NISHIGAKI, JICA Tokyo



★★★★ Where can you see HANABI?

You can't talk about summer in Japan without mentioning fireworks. It is undoubtedly one of the main attractions of summer. *Hanabi*, meaning flowers of fire, were so loved by the citizens of Edo, modernday Tokyo. Their fondness of fireworks in summer originated from the means to forget the summer heat. Here are some places you can visit easily to see the art of Hanabi, the Japanese fireworks.

Hachioji (July 28): 48 minutes on Keio Line from Hatagaya to Keio Hachioji **Jingu Gaien** (August 10): Take Chiyoda Line from Yoyogiuehara to Omotesando and walk towards Jingu Gaien (Outer Precinct of Meiji Shrine).

Edogawa (August 4): Take Keio New Line bound for Motoyawata and get off at Shinozaki. Fireworks display is held at the riverbed of Edogawa.

Please keep in your mind that these places of popular fireworks displays are always very crowded.



MUSEUMS

JOURNEY THROUGH THE AFTERLIFE: ANCIENT EGYPTIAN BOOK OF THE DEAD

大英博物館 古代エジプト展

Everyone knows that ancient Egyptians made mummies. But why were they so obsessed with mummies? The answer is that they deeply believed in afterlife, and mummified bodies were needed as the vessel for resurrection and rebirth of the spirits. Such belief was part of the ancient Egyptians' view, that afterlife is a journey from this world to heaven in which souls of the dead are constantly threatened by evil spirits. To make this journey successful, the "Book of the Dead" was created as a guidebook to the other world.

This exibition consists of hyerogriphic text on papyrus that is

37 meters long — the longest *Book of the Dead* in the world — to be shown publicly for the first time in Japan, as well as mummies, sarcophagi, amulets (charms), accesasories and other artifacts, collected by the British Museum.

Place: Mori Arts Center Gallery (森アーツセンターギャラリー) (4-minute-walk from Exit No. 3, Roppongi Station on Toei Oedo Line)

Date: July 7 (Sat)-September 17 (Mon)

Time: 10:00~22:00

Night Museum (Friday 10:15pm-11:30pm)
Last entry 30 minutes before closing time

Admission: ¥1,500

From Renaissance to Rococo: Four Centuries of European Drawing, Painting and Sculpture

ベルリン国立美術館展~学べるヨーロッパ美術の400年~

Although many might recall Kaisers and two World Wars to their minds, when they think of Berlin, the capital of Germany has more aspects than those. In Berlin, the art collection of State Museums acquired by Germany's growing economy since its unification by Prussia in late 19th century had become example for other European nations. This exhibition of State Museums'art collection showcases 33 paitings, 45 sculptures and 29 sckeches that represent 400 years of European Art.

One of the exhibit's main features is Vermeer's "Woman with a Pearl Necklace," one of his 36 known paintings, that comes to Japan for the first time. Other artworks of the exhiition include paintings

of Rembrandt, sckeches of Botticelli and Michelangelo.

Place: The National Museum of Western Art(国立西洋美術館)

(10-minute-walk from Ueno Station on JR and Tokyo Metro Lines)

Date: June 13 (Wed)-September 17 (Mon)

Closed on Mondays, except July 16, August 13, and September 17

Time: 9:30~17:30 (until 20:00 on Fridays)

Admission: ¥1,500



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