

TRAINEE REPORT

The 17th Duskin Leadership
Training Program in Japan

The Duskin AINOWA Foundation

Trainee Report

Period: Sept. 2015 - June 2016



Duskin Leadership Training Program in Japan

In 1999, the halfway mark of the Asian and Pacific Decade of Disabled Persons adopted by the United Nation's Economic and Social Commission for Asia and the Pacific, the Duskin AINOWA foundation launched its Leadership Training Program in Japan. This program invites young disabled people with leadership qualities to Japan to learn about disability welfare as well as Japanese culture for 10 months. After completing the training program, the participants are expected to be active leaders for the disabled in their countries.

By 2016, a total of 121 people from 27 countries and regions have studied in Japan, and, upon their return, taken part in various activities as leaders in the field of disability welfare in their home countries.

This is a compilation of the reports of the 17th-year trainees. In this report, six trainees write about what they learned and how they felt throughout their experiences, including learning Japanese language/sign language lessons, individual training programs designed to meet their specific goals in various institutions, unforgettable New Year home-stays with volunteer families, and learning how to ski. We hope you will enjoy reading their stories.

The Duskin AINOWA Foundation extends sincere appreciation to all members at the Japanese Society for Rehabilitation of Persons with Disabilities for taking charge of training, to all the institutions and organizations that kindly provided training opportunities, to the host family members who volunteered to receive the trainees in their homes, and to the AINOWA members. We look forward to your continued support of the Duskin Leadership Training Program in Japan.

Executive Committee for the Duskin Leadership Training in Japan

Akira Terashima	Professor, Faculty of Comprehensive Welfare, Urawa University
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(Terms of Members: Apr. 1 2015 - Mar. 31 2017)

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Training Schedule

2015	
Sept. 5 - 6	Arrival in Japan
Sept. 7	Opening Ceremony
Sept. 8 - 15	Orientation
Sept. 9 - Dec. 11	Japanese & Sign Language Training
Dec. 6	Japanese Language Proficiency Test
Dec. 8	Presentation of Japanese & Sign Language Skills
Dec. 14 - 25	Group Training 1
Dec. 28 - Jan. 4 2016	Home Stay
2016	
Jan. 12 - May 13	Individual Training
Jan. 22 - 25	Ski Training
Jan. 5 - 8	Group Training 2
Jan. 26 - 29	
Jan. 29	Networking Party
Apr. 25	Exchange Program with Duskin Newly Hired Employees
Apr. 26 - 27	Group Training 3
May 16 - Jun. 14	Group Training 4
Jun. 4	Presentation of Training Achievements
Jun. 16	Commencement Ceremony
Jun. 17 - 18	Departure for Home



To make Nepal a country where elderly people with disabilities can have fulfilling lives

Gyan Bahadur BHITAKOTI

Pokhara in Nepal, 24 years of age, Hearing Impairment (Deaf)

Fields of interest

- ① Elimination of discrimination and prejudice against persons with hearing impairments
- ② Creating a place for elderly of hearing impairments
- ③ Social Education for the Deaf

1. My experiences in Japan

For the first three months after arriving in Japan, I studied Japanese and Japanese sign language. The written Japanese language comes in three forms: hiragana, katakana and kanji, which truly stunned me. It was very difficult to learn Japanese but I worked hard on it. Gradually I began to understand it. I also spent three months studying the Japanese sign language, and I am happy to say that I have mastered most of it. After the language training we were supposed to visit many different locations for our training programs, so I knew it was important to master the Japanese sign language, if I were to communicate properly with people and learn as much as possible from them. So I worked hard on my sign language.

Next, I will talk about our ski training. The six of us trainees have different disabilities, but we all enjoyed skiing. Especially unforgettable, was how people with visual impairment learned to ski. First the tips of the skis were secured together with a tool to help snow-plough. This way, it becomes easy to create the V triangle shape of snow ploughing. We all just look at our instructors' skis, copy the angle of their triangles and adjust speed. But how about the trainees with visual impairment? How will they know the angle of the V shape?

Cleverly, our instructors likened the V shape of the ski tips to a pizza slice and said "put your legs apart, the size of a pizza slice," or "the size of two pizza slices." We gradually got the sense of how to position our legs apart and learned to snow plough. When people get better, they can snow plough without the tool that keep the tips of the skis together. In the beginning I was using the tool but later on, I was able to snow plough without it. People told me I skied well, but I actually fell over about three times.

For my individual training, I went to Kagayaki Pasokon School to learn how to put subtitles to a video. In Nepal, once we shoot sign language videos, we upload them as are, online. The problem about this style is that, even though deaf people in Nepal can understand the sign language in the videos, people from other countries never will. But if this new method is adopted, it is impossible to release information to the world. What comes in handy, is subtitles. I learned that, if we put





English subtitles to a video and upload it online, viewers can change that subtitle to the language of their choice and have the subtitles displayed in their own language. I would like to tell deaf people in Nepal such methods exist.

At NPO Japanese ASL Signers Society, I studied presentation techniques. While I was there, they gave me my first ever birthday celebration. In Nepal we do not celebrate birthdays and neither my parents nor my friends celebrated my birthday ever. The staff at Japanese ASL Signers Society had secretly planned to surprise me on my birthday. Suddenly a piece of pie came flying into my face. I was stunned. Not understanding what had happened, I wiped the cream around my eyes, and saw everyone saying "Happy birthday Gyan!" I was so happy. Afterwards a real cake was brought in, which we shared together. It was absolutely delicious. The birthday became an unforgettable memory.

2. Training in Japan

(1) The National Debate Meeting of Deaf Youth

The National Debate Meeting of Deaf Youth was held in Niigata Prefecture. As

part of the program, there were smaller meetings for various issues and I chose to attend the meetings of a division for lifestyle. When I participated, I realized that Japan and Nepal had different ways of running such conventions. Nepal has a similar organization to the youth division and they organize all kinds of conventions and events, but the managers of deaf associations tend to assert their ideas and methods to young people, instead of helping young people voluntarily and proactively running such events and stating their opinions. In Japan, it was totally different. Young deaf people were sharing the issues they were facing in their everyday life, and they were trying to come up with solutions by themselves. A director was attending the meeting from the Board of Japanese Federation of the Deaf as an advisor, but he was there only to give advice. I would like to think of ways in Nepal where young people can take part in activities proactively like this. It will not go smoothly from the start, but I feel it will eventually work if we work on it step by step. Going forward, I would like to take on the role of supporting young deaf people in Nepal, as I have been given such invaluable experiences in Japan.

(2) Awaji Fukuro No Sato

I attended a training program at Awaji Fukuro No Sato, a geriatric home for elderly deaf people. The elderly deaf people there told me stories of their lives, including the hardships they had gone through, in great detail. It was such a learning experience for me. At first I was just an observer, but I wanted to know more about their lives and participated in the program to experience daily help service. I noticed it was not always female assistants who helped female residents bathe. If the service user was heavy, male assistants came in to help because female assistants alone could not help the user. Help methods also varies, to match the various needs of each user. The members of the staff had various special skills to support the lives of the residents.

(3) Tajima Center for the Deaf

Next, I went to Tajima Center for the Deaf in Toyooka City, to learn how to support elderly deaf people and deaf people with other disabilities. Some elderly deaf people start working at a young age, but have nothing to do once they retire and confine themselves to their homes. If they live

alone and keep the sorrow and stress to themselves, they will become ill. So they need a place where they can get together with other elderly deaf people. This center was there to make that possible. Elderly deaf people engaged in easy tasks or interacted with each other to exchange information. The center also provided some health management service, like measuring their blood pressure.

3. My goals after returning to Nepal

First, I want to create a community for elderly deaf people. It is important for young people and elderly people to interact with each other, but there is a gap in their thinking and lifestyles. So I feel it is also important to create a place designated to elderly people, where they can be together and communicate fully with each other.

Second, I would like to create opportunities for elderly people to enjoy themselves. They can engage in easy tasks or draw sketches and paintings. I would like to plan a variety of such events to create learning programs and entertainment opportunities for elderly deaf people.

Next, the association of the deaf in Nepal has divisions for women, youth and sports, but not for the elderly. I would really like to establish a division for them and make it a system where elderly deaf people can develop their own activities. Also in Nepal, there are associations for different provinces but not for cities, towns or villages, so I would like to establish these smaller associations. Nepal does not have



adequate public transport system, so it is hard for deaf people to travel far. If there is a deaf association in their own town or village, they can exchange information with others more easily, interact with others and enroll in all kinds of activities and sports. They can then visit larger prefectural or national deaf associations once or twice a year.

Finally, I would like to eradicate discrimination and prejudice against deaf people. The important thing is to have more sign language interpreters. It is important for deaf people to work with sign language interpreters, as they will be our voice and ears when we negotiate with government authorities and help society

deepen their understanding of deaf people.

I will tell my friends and peers in Nepal about what I learned in Japan, but that will not be the end. We need to have the same standpoint and continue with our activities, helping each other.

4. Words of gratitude

Last but not the least, I would like to express my heartfelt thanks to everyone at Duskin AINOWA Foundation, my training locations, and Japanese Society for Rehabilitation of Persons with Disabilities. Thank you so much.

Training Schedule & Location

Individual Training Schedule

2016

Jan. 12, 18 - 20

Feb. 1 - 26

Mar. 1 - 14

May 9 - 10

Kagayaki Pasokon School

Jan. 13 - 14

Mar. 1 - 14

Mar. 16 - Apr. 22

May 9

May 10

May 11

May 12

May 13

Japanese Federation of the Deaf

NPO Japanese ASL Signers Society

Hyogo Association for the Deaf

Meisei Gakuen School for the Deaf

Tokyo Sign Language Interpreter Dispatch Service Center

Deaf Support Adachi

Tsukuba University of Technology

Office for Students with Disabilities, Waseda University

Good luck on your future work with peers in your community!

I remember Gyan walking in every morning with unkempt hair, saying “Ohayo Gozaimasu! (Good morning)” He had a jovial personality, telling jokes to people he had never met before. He is very good at entertaining people around him and was especially popular to people in their 50s to 70s.

During his training at “Awaji Fukuro No Sato,” a geriatric welfare home for the elderly, he found the experience he had very touching, worked very hard on his program, and everyone, including the home’s residents and staff, loved him. I am certain that he is also very popular to deaf people in his hometown of Pokhara.

Just like Japan, Nepal is a country prone to earthquakes. In April last year there was a big earthquake that shook Nepal. In December last year, I visited Kathmandu as a board member of the Japanese Federation of the Deaf, to observe the local

situation and discuss what kind of support would be needed in the future. Despite the chaotic situation, the board members of the Association of the Deaf were having energized discussions about what to do, and taking action. I am certain that Gyan too will work hard for deaf people in Nepal. Outside of Nepal, there are many events like the annual WFDRSA Representatives Meeting, World Federation of the Deaf Regional Secretariat for Asia Youth Section, and Youth Camp, among others. I hope you can actively get yourself involved in international affairs, acquire information and engage in activities that are useful to your country, that will help expand the deaf network in Asia.

Yasunori Shimamoto
Head of Administration
Hyogo Association of the Deaf



Deaf people gaining independence - developing and strengthening the Lao Association for the Deaf

Phanita MAIPHONE

Vientiane in Lao PDR, 23 years of age, Hearing Impairment (Deaf)

Fields of interest

- ① How to increase the organizational strength of our Lao deaf association
- ② How to eradicate discrimination against deaf people
- ③ Training of sign language interpreters
- ④ How to teach sign language

My name is Phanita Maiphone. I am one of the trainees of the 17th Duskin Leadership Training Program in Japan. I am from Laos. There were four things I wanted to study in Japan. 1) How to increase the organizational strength of our Lao deaf association, 2) learning about how to eradicate discrimination against deaf people, 3) learning about training of sign language interpreters, and 4) learning how to teach sign language. I spent 10 months on the training in Japan to study these issues.

1. Current situation surrounding deaf people of Laos

Deaf people in Laos face a number of issues, but here I will focus the four most significant issues. First, the activities of the Lao Association for the Deaf are not sustainable. One of the reasons is finance. The association engages in activities, receives grants and funds from NGOs and other entities, but these funds have a fixed business period like one to two years. After the business period expires, there are no financial resources and activities come to a halt. Second, we do not have enough sign language interpreters. Currently there are only three sign language interpreters in Laos. Even though there are 18 provinces in Laos, there are only three interpreters. The reason is the unstable income of sign language interpreters. NGOs give some support, but the funds only cover a short period of time and is of a very small

amount of money, so the interpreters quit. Third, deaf people have inadequate academic history. Deaf people in Laos can only proceed to junior high school at the most. There are only two deaf schools in entire Laos, and these schools only have primary schools and junior high schools. Nothing stops deaf people from going onto a high school, but there are no sign language interpreters at high schools. So what happens is, deaf people cannot go to high school because this means it is not possible to attend class with sign language. Fourth, there are few deaf people with sign language skills. Deaf people who can communicate in sign language are either those who went to a deaf school, or who are active in the Association for the Deaf. Deaf people in the countryside or in the mountainous areas often grow up without any chance to see sign language.

2. What I studied in Japan

First of all, as part of the group training, I participated in a leadership training program. There are many different people with disabilities. Some without much knowledge, some can exercise leadership skills, there are many different people, but I learned that if a leader could teach people with disabilities the people could get united, whether or not they have knowledge. When you have peers, it is easier to negotiate with government authorities. In Laos, however, people with disabilities are dispersed all over the

place. So I hope to work hard to unite people with disabilities and engage in activities together.

Next, I visited NPO Japanese ASL Signers Society for my individual training, where I learned presentation techniques that match the needs of deaf people. For example, I had to practice my presentation, thinking about where to stand as the presenter. If there are both deaf and hearing people in a speech event, and if a deaf person asks questions, the deaf people behind this deaf person (who is asking questions) cannot see their sign language. In this case, I, as a speaker, have to repeat the question in sign language so that the people behind the deaf person can also understand the question. This is the kind of things I learned. I also learned that sticking strictly to the time allowed for your presentation is actually a technique.

My next training destination was Shiga Prefecture Deaf Association. The



Walk towards your goals for the deaf in Nepal!

Gyan, well done on your hard work during your 10-month training program in Japan. I attended your final presentation and was happy to see that you had many deep and meaningful experiences at your training locations.

When I first met you in January, my first impression was that you had lovely smiles, and you were a very cheerful person.

I had a lot to learn from your constantly positive attitude, always accompanied with a smile. At Kagayaki Pasokon School, you learned how to edit videos and create subtitles. Thanks to the advanced technology, we can nowadays easily upload videos we shoot with smartphones or video cameras on the Internet. We can also use YouTube’s subtitle function and automatic translation function to create a video with subtitles in just one language, and let everyone in the world see the video in their language. I think, once people from

around the world view the videos you make, it will help broaden your activities in Nepal. It will also give me something to look forward to, because I will be able to see what you are doing from Japan.

Keep up your lovely smiles to cheer up your friends in Nepal and walk towards your goals, Gyan. Congratulations on your hard work. I look forward to the day we see each other again.

Shuichi Nonaka
Executive Manager
Kagayaki Pasokon School
(Kagayaki Co., Ltd.)



association had many departments, like a department for instructing sign language, PR department, youth department, senior citizens department and women department. I joined in the activities of each department as part of my training. The departments had their own activities, and saw leaders from each department getting together for a board meeting, where they reported about their activities, and their future activity plans. This meeting was being held regularly, once every month. In Laos, we only have such meetings once or twice a year. I understood that having regular meetings like this would help activities to proceed smoothly. Apparently, Shiga Prefecture Deaf Association charges its members annual membership fees for sustainable operation. We do that at the Lao Association for the Deaf as well, but the fees are really so small that it is difficult to operate the association with just membership fees. To supplement this, we get funds from NGOs, but when their support ends at the end of the term, the association's activities come to a halt. I thought that, in order to improve this situation and have a more sustainable operation, the Lao Association for the Deaf also needed to think of other means, like charging more membership fees perhaps.

In Shiga, they showed me devices that I had never seen in Laos. I took part in a welfare convention for the deaf, and when I went in, the convention hall was so big, and people seated at the back could not see the stage very well. What solves this problem, is the large screen installed in the middle of the stage. When a deaf person is talking on stage using sign

language, the person appears on the large screen. Hearing people are probably okay just with what they hear through the microphones, but for us, we cannot understand what is being said, unless we can see it in sign language, so it is tremendous help if there is a large screen. Conversely, if the speaker is a hearing person and does not use sign language, the screen is divided into two sections. One section shows the speaker, and the other section shows the sign language interpreter. I wanted to create such an environment in Laos as well.

My next training destination was Wakayama Prefectural Association for the Deaf. The association established "Kishu No Te," a regional activity support center, offering daytime services for deaf people. Some elderly deaf people who go to general elderly care facilities, but often they cannot communicate with



other users or members of staff and can get isolated. This was why "Kishu No Te" center was established to allow sign language communication. The center offers a number of activities. For example, they invite speakers to hold lectures, host study sessions, or handicraft circles, so these activities also keep people active and possibly prevent dementia. It was an extremely fun place for me personally. There are many deaf people in Laos who confine themselves to their homes, so it would be ideal if there was a place like "Kishu No Te" in Laos. I would like it to be a place not just for elderly deaf people but also for young deaf people. In Laos there are many deaf people who cannot find work, and many people, even if they are young, often keep themselves to their homes, so I would like it to be a place for such people.

Wakayama Prefectural Association for the Deaf is also focusing their efforts into a campaign to raise funds to establish a small-scale elderly people's home, where elderly deaf people can live comfortably and safely. The association raised funds not just from its members but from businesses and hearing people, and bought a plot of land. But they do not have a building yet, so they are continuing with the campaign. The campaign was not something the association started voluntarily, but something they are doing on behalf of deaf people in the prefecture, responding to their requests. I felt I would like my association in Laos do the same, to raise funds. The Lao Association for the Deaf is working under the umbrella of an association of people with physical disabilities. Associations of people with visual impairment, and intellectual

impairment, branched off and became independent, but the Association for the Deaf has not done that. We would like to have our own office and I think it would be a good idea to run a campaign to raise funds like Wakayama Prefectural Association.

Next, I attended the Diploma Course for Sign Interpreters, College, and National Rehabilitation Center for Persons with Disabilities, where I learned about natural approach. Natural approach is a teaching method for grammar unique to Japanese sign language, like CL (classifier) and NMS (non-manual signals). The lecturer also taught us about appropriate behavior for people wishing to become sign language interpreters. I have not seen teaching going this far in Laos so when I am back in Laos, I would also like to instruct people about appropriate behavior for potential sign language interpreters.

3. Fun memories

In this section I would like to talk about the fun memories of Japan I have had. In the New Year, I had two occasions to wear a kimono, in Kyoto and Hyogo. The hard part was walking. When you wear a kimono, you have to walk with your toes turned inwards, and that was quite hard. But I love kimono, they are beautiful.

4. My goals after returning home

After returning home, there are two things I want to achieve at the Lao



Training Schedule & Location

2016	
Jan. 12, 18 - 20	Kagayaki Pasokon School
Jan. 13 - 14	Japanese Federation of the Deaf
Feb. 1 - 22	NPO Japanese ASL Signers Society
Feb. 24	Asian Development with Disabled Persons
Feb. 25	Lifestyles of Deaf Women
Feb. 29 - Mar. 13 Mar. 21 - Apr. 8	Shiga Prefecture Deaf Association
Mar. 14 - 20	Wakayama Prefectural Association for the Deaf
Apr. 11 - May 13	National Rehabilitation Center for Persons with Disabilities
May 9	Meisei Gakuen School for the Deaf
May 10	Tokyo Sign Language Interpreter Dispatch Service Center
May 12	Tsukuba University of Technology

Association for the Deaf. One is to improve the organizational strength of the association. Second, I want to develop sign language interpreters and have more sign language interpreters available. Third, I want to teach deaf people the Lao language and sign language, and encourage a situation where more deaf people can write Lao and communicate in Lao sign language. Fourth, I want to create a community of deaf people, a place where deaf people can get together, learn together and engage in activities together. Finally, I want to negotiate with government authorities and overseas NGOs to gain support. In order for deaf people to continue with their activities,

sign language interpreters must intervene. I would like to get support from the government and NGOs so that we can pay sustainable salaries to sign language interpreters and create an environment where the interpreters and deaf people can engage in activities together, for a long time to come.

5. Words of gratitude

Finally, I would like to say thank you, to everyone from the Duskin AINOWA Foundation, the people who instructed me during my training period, and everyone from Toyama Sunrise.



I believe your success after you return to your home country.

My first impression of Phanita was “she looks like a Japanese lady.” We had her training in Shiga for one month. Phanita was, just like me, a designated member of staff from a deaf association, so we shared the same ideas and it was also easy to work with each other. I especially remember her face when talks about organizational structure struck a chord.

Something else also struck me. As we started our campaign to collect signatures to petition for Shiga Prefectural Ordinance on Japanese Sign Language, Phanita attended Shiga Prefectural Convention for the Welfare of Deaf People in Higashi Omi and collected 50 signatures before anyone else.

I also remember Phanita being glued to TV, wondering why in Japanese period TV dramas, the samurais’ particular hairdo did not slip out of place. Until she said that I had never noticed it.

I also think it became a good memory for her to hang around with the people from the youth section, who were about the same age as her, as if they were best friends. When I talked about boys she seemed somewhat indifferent, which was very cute. I am sure though, that Phanita will meet someone of her destiny, someone nice. I would also be so happy if she could use the fruit of this training at the Lao Association for the Deaf. I hope she can one day engage in important activities as one of the leaders of Asia.

Rieko Tanabe
Chairperson
Shiga Prefecture Deaf Association



To realize the concept of equal society

Jabis Ngibutai MANAIKA

Honiara in Solomon Islands, 24 years of age, Visual Impairment : Totally Blind (Congenital)

Fields of interest

- ① Welfare policy in Japan
- ② Relevant Information about persons of visual impairments
- ③ Special needs education in Japan

You have our support!

We took Phanita to Mt. Koya, a world heritage, then visited the local association, as well as the regional activity support center “Kishu No Te (translation: The Hands of Kishu),” a type-B sustainable employment support center “Te No Sato (translation: Home of Hands. Type B means people with disabilities commute to the center and receive wage for the work done)” which is currently under construction and scheduled to open soon, two offices of our association, Wakayama Prefectural Information Center for the Deaf, and a sign language club.

When I explained to Phanita about the operation of each organization, her until then gentle face suddenly had an air of seriousness and she started asking questions “What is this?” and “What is that?” until she was fully satisfied.

Despite the busy schedule, we shared about each other’s activities, and we also had casual talks about her country among other subjects. We learned a lot from Phanita.

“The situation surrounding the deaf people in our country is not good. How do we resolve these issues and problems? We have to strengthen our organization and develop a sign language interpreter system”...sometimes I saw her using online chat to talk to the chairperson of her association like this, about things she saw in Japan and what she thought should be done for activities back home. She shared with me her big goal, of wanting to learn more in Japan and improve situations of her country. I thought, “You are only 23, aren’t you?” Hats off to her.

Your friends from Wakayama will always be supporting you, Phanita Maiphon!

Takahiro Sakurai
Administration Office
Wakayama Prefectural Association for the Deaf

1. Introduction

I am the first ever trainee from the Solomon Islands to participate in the Duskin Leadership Training Program. I am from a family of five. Before coming to Japan, I was working for a radio station

2. The reason I applied for this training program

First, I love learning new things. I wanted to study Japanese culture and the Japanese language in Japan that I had never studied before
Next, the government of Solomon Islands does not have any law for people with disabilities formulated on international standards. This means any disability movement can be very tough. I wanted to change this situation and wanted to take part in this training program no matter what, even if it meant leaving my job.
Third, Japanese culture is very well-known in my country so I personally wanted to know more about it. Comics and chopstick manners are very well-known in my homeland.
Last, I thought I would be able to learn without worries because it is a large company in Japan Duskin supporting this training program.

3. The things in Japan I experienced for the first time

(1) The Japanese language

Before coming to Japan, I did not know any Japanese at all. For about three months after arriving in Japan, I studied Japanese. It was so difficult. My teachers were worried I might not be able to learn to speak Japanese, but I wanted to tell many interesting or funny stories, so almost every day I created new sentences. Thanks to my teachers’ great instructions, I was eventually able to speak simple Japanese. I also studied Japanese Braille. Going forward, I would also like to learn kanji. I will work hard on it!

(2) Learning to swim

In my life I had never practiced swimming. In Japan I swallowed so much water in the swimming pool, but I practiced repeatedly. Eventually, I was able to swim 25 meters.

(3) Home-stay

In the New Year I experienced home-stay in Nagasaki with my Matsumoto host family. I had such a wonderful experience in Nagasaki like tasting different, wonderful food every day, and visiting many famous places by family Matsumoto’s car. I felt as if it was the life of a king! The family also taught me about Japanese culture.

(4) Skiing

After coming back to Tokyo, we set out to Niigata for skiing. It was very cold in Niigata. It was especially hard for me to adjust to the cold climate as I am from a hot country, but I had a great time! After skiing I dipped in a large hot spring with many others. It was slightly embarrassing, but felt good.

(5) Running

Sometimes we went jogging with people from a club called Achilles International Japan in Yoyogi Park. It was a lot of fun every time, and as I became friends with them, I fell in love with running. Studying is important of course, but I think physical exercise is also important. I also played table tennis in Osaka for the first time in my life. This was also a terribly fun experience.



4. Individual training

During my individual training, I learned two important things. First, I learned about electronic devices for people with visual impairment, and second, welfare for people with disabilities.

First of all, I learned there were many electronic devices to assist people with visual impairment. I went to "At Ease" to learn how to operate a personal computer. Thanks to Mr. Nishimura's wonderful instructions, I now understand how to use a personal computer. I learned how to use Microsoft Word, PowerPoint and Excel, and I can use them almost as freely as I wish now.

At Assistive Technology Development Organization ATDO, I learned how to use DAISY. I learned that DAISY's software to make books was free, which I found was an important mechanism for producing more DAISY books. A blind person can read books if they are available in DAISY because they can hear recorded voices. I wanted to create my own DAISY books. The members of staff at ATDO passed a lot of knowledge and technologies on to me, so eventually I was able to make my own book.

At Nippon Lighthouse Welfare Center for The Blind, I learned not just about electronic devices, but also about the Braille library system, so I now have a better understanding of Braille libraries. For example, books printed in ink can be translated into Braille and these Braille data can be uploaded to an online library. Then, anyone can download Braille books from the online Braille library.

The other important thing I learned was welfare for people with disabilities. I learned many things about the welfare at NPO. Co. Rokuseikai Hamamatsu Workshop with the Disabled-WITH, from Ms. Shiba. She said, people with and without visual impairment were to work together. What kind of tools would that require? There are two important tools that will assist people with visual impairment to work. One, the sound. Something you can hear. Two, an uneven surface, something you can touch to understand. There were many people with disabilities working at WITH, and a variety of things they could hear and touch, that helped them to work. At



WITH, they never used "difficult" words. If they faced a problem, they put all their energy together to think about how to solve the problem.

The other important thing I learned at WITH is the concept of equal society. This is also so important. Japan is such a convenient country, but there are still many countries who do not have Braille blocks or elevators. Why? There are many people in Japan, with good thinking patterns. When a leader emerges from these people, they will support disability movement. This is the concept of equal society.

5. What I would like to do when I go home

(1) In the Solomon Islands, I will teach what I learned during the Duskin leadership program in Japan. I would like to pass on my knowledge to people with disabilities, my colleagues with disabilities, and their supporters.

(2) I would like to produce a radio program about people with disabilities. There are many radio listeners in the Solomon Islands. If I can produce a radio program about people with disabilities, it will give the listeners a chance to learn more about people with disabilities.

(3) I will talk to government authorities about people with disabilities. I feel it will be possible for me to take part in large government conferences once I build on my activities. When time comes, I will attend these conferences and introduce what I have learned in Japan, and my experiences in the Solomon Islands.

(4) Studying Japanese
Even after I go back to my country, I would like to continue my Japanese language studies. I will also email my

friends in Japan often. When Japanese people come to the Solomon Islands I would like to help them as an interpreter.

(5) I would like to build a school.
The big dream of mine is to build a school for people with visual impairment. I would like to be a teacher. Once I raise funds I definitely would like to establish a school. Right now the Solomon Islands does not have any school for people with visual impairment.

6. Summary

This training has given me such a wonderful experience. After studying many important things for about 10 months, my feelings and thinking have totally changed. Before coming to Japan, I was only thinking about myself. But now, I think about what to do for others.

From this training program, I learned not only about the Japanese culture, but also a little bit about the cultures of the countries the other trainees are from. It was also a wonderful opportunity.

There are so many things to be done, awaiting me in the Solomon Islands. Some may be hard, but I am going to be a leader for people with disabilities, after learning so many things in such great depth.

With these words I conclude my final report. I would like to express my heartfelt thanks to everyone at Duskin AINOWA Foundation, my training destinations, and Japanese Society for Rehabilitation of Persons with Disabilities, everyone who kindly supported me. Thank you so much!



Training Schedule & Location

2016	
Jan. 12, 14 - 20	At Ease Inc.
Feb. 8 - 15,	
May 9, 10	
Jan. 13	Rabbit, Co., Ltd.
Feb. 1 - 5, 16 - 29	Assistive Technology Development Organization (ATDO)
May 11 - 13	
Mar. 1 - 26	Nippon Lighthouse Welfare Center for the Blind
Mar. 29 - Apr. 23	NPO. Co. Rokuseikai Hamamatsu Workshop with the Disabled-WITH

Individual Training Schedule

Message to Trainee

Your inherent cheerfulness and ability to take action will broaden your activities!

"I may look like the same Jabis as before, but I am a different person!" you said, when we met up again after two months of not seeing each other. I cannot forget that moment. You accumulated many experiences through your various training programs, and it made you a very confident man.

During the training, when you finished your training at the office, you were going back to your room and revising what you had just learned, to gradually deepen your understanding. At your final presentation, I was very glad to hear you say that you came to understand what audio books were about.

I also recall your lunch, which was always noodles. Noodles after noodles. You just loved noodles and your lunch was almost always noodles. But two months later when we met again, you were having something different for lunch and paying more attention to your health. I was stunned. I also recall the fun times, like the time we had at the park near our

office, you went to smell the plum blossoms and touched the bamboos.

You also gave us a live performance of your guitar, which apparently was your hobby. Your beautiful singing voice and high technical skills stunned us all.

I have heard that your dream, after you return to your home country, is to challenge many things, to achieve an equal society. I am sure that your inherent cheerfulness and ability to take action will broaden your activities in many domains. I hope you can use the things you learned and experienced in Japan to accomplish your goals. We wish you well and give you our support!

Go Maruichi
Assistive Technology Development Organization
(ATDO)

Message to Trainee

Message to Trainee

Jabis! Be the prime minister of Solomon Islands!

Jabis came from Solomon Islands, the country of islands in the South Pacific. He got the opportunity to participate in the Duskin Leadership Training Program, because he had regular interactions with other people. Jabis, there were many wonderful "a-ha" moments for you in many locations, during your Japanese training and your individual training. Your caring heart and attention for others are very important for you, and you also need your kindness, as you take on many activities in the future.

When the six trainees were talking to each other, you quickly noticed that two of them with hearing impairment were not laughing like the rest of the group. You quickly tried to figure out why, and what to do about it, and you immediately sent the content of your discussion to these two trainees by iPhone so that they could take part in the conversation. You have a wonderful sensitivity.

For your individual training, you came to WITH in Hamamatsu. After a few sessions of walking rehabilitation, you were able to commute to WITH by train all by yourself, carrying a white cane. At WITH, you learned about the

importance of thinking hard to create tools that help you accomplish a given task.

During the long May holidays, you were assigned a task at Toyama Sunrise to insert documents into envelopes and stick name and address stickers on the envelopes. You instantly took a confectionery box and a pair of scissors and created a "sticker-putting tool." What an amazing drive and skills you have! This was indeed a wonderful result of the training at WITH.

Given your kindness and ability to take action, I am sure you will be able to get your peers involved when you go back to your home country and accomplish whatever goals you set yourself.

If you become the prime minister of Solomon Islands, the welfare of your country will greatly advance. Please invite me when that happens.

Chiaki Shiba
Representative
NPO. Co. Rokuseikai Hamamatsu Workshop with the Disabled-WITH



My discoveries in the land of the rising sun

Ariunaa BATSANDAG

Ulaanbaatar in Mongol, 29 years of age, Visual Impairment: Low Vision (Retinitis Pigmentosa)

Fields of interest

- ① Creating employment opportunity of persons with visual impairments and its capacity
- ② Training method and assistive devices that enable persons with visual impairments to access to higher education
- ③ Teaching method for persons with visual impairments
- ④ Workshop and income generation of persons with visual impairments

I clearly remember the joy and excitement I felt, when I received an email, saying that I was selected as the trainee for the 17th Duskin Leadership Training Program in Japan. One of the reasons I wanted to participate in this training was to study the employment situation and opportunities for the visually impaired in Japan. Through the program, I gained a lot of knowledge and information about this issue. During the 10-months training in Japan, I had important discoveries. I learned many useful things. I had very interesting experiences and wonderful memories.

Japanese language class

After coming to Japan, for the first three months, we, the trainees from 6 different countries, had Japanese language class. We had Japanese language and Japanese Braille classes. Soon, we were able to talk about our interesting and new experiences in Japan with our teachers. I admired the teaching skills and effective methods of our teachers.

Accessible society

There is a high level of accessibility in Japan, especially in big cities. Whenever I went out alone, the Braille pedestrian tiles and the audible traffic light signals were very useful. Because station officers provide a guide service for the visually

impaired, I could travel alone, even to places far away.

In my country, it is common for us to run across the road. But in Japan I crossed roads in a normal walking pace, without getting nervous.

Running activity in Yoyogi Park

Yoyogi Park is my favorite place in Tokyo. On Sunday mornings, friends from Achilles International Japan came to our hotel to pick us up and guided us to the park. I really enjoyed participating in the club activities. The time we spent together with our friends from the club is unforgettable.

Homestay

I was lucky to have an opportunity to stay in the homes of two families, in Osaka and Kyoto. I experienced and learned more about the lifestyle and culture of Japan.

In Osaka I stayed in the home of Hayashida family. The family had two children. With the children, I tried doing Japanese kanji calligraphy, flew kites and did other fun activities.

I celebrated the New Year in Kyoto, together with my Japanese Takeshita family. Now, whenever I hear someone mention Kyoto, the beautiful images and the wonderful memories spring back to my mind. My Japanese mother was totally

blind and she was a very kind person. She was good at cooking, singing and weaving. That is why in February I went back to Kyoto to learn weaving from her, Mama Yachiyo, because I wanted to transfer this knowledge and skill to visually impaired people in my country. Kyoto has beautiful nature. And when we walked in nature together, or when we went to many interesting places, like the beautiful botanical garden or famous old temples, my Japanese father described what he saw to me and to Mama Yachiyo. And whenever there were things which we could appreciate by sense of touch, he let us know and touch these things. He also wrote captions for all the photos I took in Kyoto.

Individual training

From January to May, I had individual



training. My individual training began with computer classes at At Ease. Towards the end of January, we, the trainees, went to Niigata Prefecture and had a two-day ski training program. In the beginning, I really thought that I would fall over hundreds of times. Because the teacher was very experienced, I fell over only 5 times. Skiing was a unique experience.

In February I had a DAISY training program at ATDO. I learned about different types of DAISY books and learned how to create each type of books. Eventually I created sample DAISY books.

After that, I went back to Kyoto to learn weaving from Mama Yachiyo. I felt happy to see and stay with my Japanese family again. Mama Yachiyo taught me different types of weaving. The training was intensive but enjoyable.

The loom we used was called Flamingo. It was amazing. Even if you cannot see, you can set the threads yourself and weave. I asked whether I could be introduced to the person who invented this loom. I got to meet the person and bought one unit.

In March, I went to Osaka to have training at the Information and Culture Center for the first three weeks, and to the rehabilitation center of Nippon Lighthouse Welfare Center for the Blind for the last week of March.

At the Information and Culture Center, hundreds of volunteers were doing activities for the visually impaired, like transcribing Braille books, recording audio books, and doing face-to-face reading. I admired them. In my country, the Braille as well as audio books are produced by staff. In Japan there are also volunteers who guide the visually impaired, and on many occasions they guided me when I needed to do something.

During the training at the Information and Culture Center, I received a lot of information and knowledge about the library system for the visually impaired, the inclusive education system in Japan and so forth.

For example, I went to the primary school to observe the inclusive class where a blind student was studying together with sighted students. That student was using Braille textbooks and Braille typewriter in the class.

I also went to the university support center for students with disabilities. I found out that this kind of support centers existed in several universities in Japan. During the training at the Information and Culture Center, I had training from my teacher Ms. Fudo for daily living. The rehabilitation center of the Mongolian National Federation of the Blind is planning to start regular training for daily living in the future, and right now they have a rehabilitation program for walking but there are not enough therapists. So I took this training in order to take home a lot of ideas and information about how daily living could be aided.

Ms. Fudo did not follow a standard program to train me. Instead, she always consulted with me to identify my current daily challenges and adjusted her training to my personal needs. I felt this way, the training would instantly come to fruition.

In April I had training about independent



living at Human Care Association. There I met Mr. Nakanishi, who is a reputable and a powerful leader of independent living movement in Japan. I was really impressed and inspired by his speech. Before this training, I did not have any proper understanding about independent living movement. I lived in the experience room of Human Care Association and learned many important things related to independent living movement. As part of the independent living program, I received a personal assistant service. It was a new experience.

After Human Care Association, I went to Hamamatsu to have training at NPO. Co. Rokuseikai Hamamatsu Workshop with the Disabled-WITH. At WITH, visually impaired people were working happily with sighted staff. The WITH team were thinking about many different ways or solutions so that the blind people could perform certain tasks and were incorporating common, simple tools. For example, to cut a piece of string at a correct length, one side of the table was being used as a measuring tool. Also I was very surprised to see a blind person operating a sewing machine. I had never thought of figuring out a way to do it. Ms. Shiba taught me many interesting, useful things. She taught me how to make my own white cane, which I am using it now.

I had heard Japan had many famous festivals. During the Golden Week, I had a wonderful opportunity to enjoy the fascinating Hamamatsu Festival.

My plan after returning to my country

I am leaving for my country soon. Back home, I want to make my contributions to the following three activities, together with my circle of peers.

- To create a personal assistance service
- To increase job opportunities for persons with disabilities
- To promote accessible environment

Acknowledgement

Every single day I spent in Japan was a precious gift for me. I would like to thank everyone from the bottom of my heart for giving me this wonderful opportunity. I have received so much help, support, warmth and generosity, Thank you very much.

Thank you, Japan!

Training Schedule & Location

2016	
Jan. 12 - 20, Feb. 5 - 15	At Ease Inc.
Jan. 13	Rabbit, Co., Ltd.
Feb. 1 - 4, 16 - 22	Assistive Technology Development Organization (ATDO)
Feb. 23 - Apr. 2	Nippon Lighthouse Welfare Center for the Blind
Apr. 5 - 22	Human Care Association
Apr. 28 - May 13	NPO. Co. Rokuseikai Hamamatsu Workshop with the Disabled-WITH

Individual Training Schedule

Message to Trainee

We are peers.

Ari and I had many opportunities to enjoy a girls' talk. The first time was when she came to my house as part of her training program. She told me stories that delved deep into her mind. The second time, there were four of us, all women, and we did peer counselling. It was another good opportunity to hear each other's stories in great depth.

The third time, we had girls-only dinner at my house. There were seven of us: Anam and personal assistant Shimza, who came from the center for independent living, from Pakistan's Milestone, guided by Rizwan, one of the 13th Duskin leadership program trainees, Mrs. Ito who was in charge of Ari's training at Human Care Association at the same time, her daughter, Ari, myself and my personal assistant. We had a great "girls' talk" chatting about relationships, marriages and other topics of interest.

Mrs. Ito, who is a great cook, brought cooked konjac balls (soft and rubbery Japanese food extracted from a root vegetable) because she wanted everyone to enjoy something Japanese. "Interesting texture! It is the first time I have had

this," said someone, inspiring a conversation about cooking. We then talked about the habits of our countries, and about women with disabilities. When Ari said that in Mongolia, women, especially those with visual impairment cannot ever go out on their own because it is too dangerous, someone countered, saying in Pakistan, women cannot freely leave their home unless the head of the family gives them permission, nor do they have freedom to choose their marriage partners. Together, we were shocked, angry, and identified with, the differences between our countries. It was a meaningful evening.

Ari is very open, curious, and she has great smiles. She said "I want to create a guide helper system in my country so that people can walk freely outdoors." We support this strong passion of hers.

Hiroko Akiyama
Secretary General
CIL Hino

Message to Trainee

Message to Trainee

Together with Ari

Mr. Takeshita, from Nippon Lighthouse Welfare Center for The Blind, asked me to help with the walking training of the Duskin Leadership Training trainees. He also told me that this time, there would be some requests for day to day living. I wondered what I could do with only about 10 sessions of training, and I did not come up with any good answers. Well then, why not directly ask the person herself? I met up with Ari before she started her training program, so that we could have a chance to talk. Ari was very open and welcoming. She told me many stories of her failures, so I thought about building on these stories. A failure becomes an experience, something that gets etched in one's memory. So I thought, if we could build on this experience we would trigger something new.

I do not know much about Mongolia and I do not speak English either. So I relied entirely on Ari's ability to

understand. I asked her to touch things, in as much detail as possible, and if we could not communicate enough, I made notes in Braille so that she could ask others. Even after that, I felt bad because I felt the efforts I made were not enough, but when I attended her presentation and listened to Ari speak, I felt happy as there seemed to be something that she found useful during the time we spent together.

I hope when Ari goes back to Mongolia, she has a chance to interact with even more people, share her learnings from Japan with more people, and build on that experience with others.

Sumie Fudo
Osaka City

Message to Trainee



To create a comfortable and safe environment for people with disabilities in Cambodia
Sereypong CHHIM

Phnom Penh in Cambodia, 30 years of age, Physical Disability (Manual wheelchair)

Fields of interest

- ① Welfare policy and services for persons with disabilities in Japan
- ② Inclusive education in Japan
- ③ CBR guideline
- ④ Disability and Development
- ⑤ Social Enterprise supporting independence of persons with disabilities
- ⑥ Advocacy

1. Self introduction

My name is Sereypong. I am from Phnom Penh, Cambodia, and I am one of the 17th Duskin Leadership Program trainees. I was born in 1985 in Kampong Chhnang Province. When I was 3, I contracted polio. I have three siblings. I have an elder sister and brother, and a younger brother. I am the only one with a disability. 15 years ago, my mother became disabled as well because of an illness. When I was 9, my father passed away from an illness, so my mother brought us up by herself. I now work as a civil servant, in the capital of Phnom Penh.

2. Living in Japan for the first time

I arrived in Japan in September last year, and studied Japanese for 3 months. Every Wednesday I had a swimming lesson and I also participated in many sports activities. In October last year I also participated in a wheelchair marathon. Together with a friend I often went to Yoyogi Park to run. In January this year, I had ski training in Niigata Prefecture. My physical condition is so much better now that I experienced many sports activities in Japan. I also stayed at the home of Mr. Itani host family for one week, in Matsuyama City, Ehime Prefecture. During the home-stay, we kneaded rice cake together, enjoyed delicious New Year cuisine, and played games. On the last day of the home-stay program, we went to Matsuyama Castle. There was no elevator leading up to the castle so I asked a personal helper to push

my wheelchair. The home-stay program taught me about the culture and people's lives in Japan.

3. Individual training

I had, even from before visiting Japan, been interested in education for children with disabilities, and employment for people with disabilities. This means I had three goals for the training. One was to learn about social enterprises for / by people with disabilities. The second was inclusive education for children with disabilities, and the third was project management. For 10 months I went to various places to attend my training programs. There were many of them but I would like to talk about Center for Independent Living STEP-Edogawa, Japan National Assembly of Disabled Peoples' International (DPI-Japan), NPO

Management Forum, AJU Center for Independent Living, and AAR Japan (Association for Aid and Relief, Japan), and Cocoron.

Center for Independent Living STEP-Edogawa

STEP-Edogawa has four important functions. They are: advocacy, sending helpers, peer counselling, and independent living program. Together with the staff of STEP-Edogawa, I went to have a look at the room where people could experience independent living. I was introduced to many interesting facilities for people with disabilities, including electric beds, bathrooms, toilets, lifters, and sinks. I also had an enjoyable experience, having a discussion and interactions with the staff of STEP-Edogawa, about people with disabilities in our respective countries.

Japan National Assembly of Disabled Peoples' International (DPI-Japan)

DPI-Japan was established in 1986. It has been devoted to important activities, including advocacy, protecting rights for people with disabilities, Braille printing, and international cooperation. The people there told me about the history of movement for / by people with disabilities, employment system for people with disabilities, and incurable diseases. DPI also engages in a number of international activities. They include JICA's projects in South Africa, and





participation in conferences about the Convention on the Rights of Persons with Disabilities. During the training I also learned about the parallel reports on the Convention on the Rights of Persons with Disabilities, and about why it is important to incorporate disability perspectives into the agenda for development. As I am interested in disabilities and inclusive development, I am certain this training will be very useful for my future work.

NPO Management Forum

There were 39 participants in the Management Forum, from Germany, Britain and Australia. There were 40 participants from Japan. All of the participants were from organizations for the elderly, people with disabilities, and youth. In the forum, we discussed how business enterprises and non-profit organizations could work together. Non-profit organizations' roles are becoming increasingly more important, so they are expected to cooperate with business enterprises and bring their strengths together to solve social issues. It was a great learning experience for me to listen to the case studies of various countries. When I go back to my country, I will think about ways for business enterprises and non-profit organizations to work together.

AJU Center for Independent Living

I took part in a meeting with Chubu District Transport Bureau for a discussion and negotiation about barrier-free transport system. I think it is important for civil servants and various stakeholders to discuss barrier-free transport together. I also went to check the level of barrier-free-ness at Chubu Centrair International Airport. I found that the toilets, nursing rooms, elevators, vending machines and car parks were barrier-free, easily accessible for people with

disabilities, the elderly, and people with prams. I also participated in Nagoya City's policy promotion meeting where budgets for the welfare of people with disabilities, the city's basic plans for people with disabilities, and initiatives to eliminate discrimination against people with disabilities were discussed. I think it is very good that many different parties get together to talk about how to solve issues. If we could do the same thing in Cambodia, Cambodia will be a lot more barrier-free.

Association for Aid and Relief, Japan (AAR-Japan)

AAR-Japan started in 1979, from the activities of people to help refugees who arrived in Japan from Indochinese. Currently, AAR-Japan has 5 operations in 15 countries, including emergency support, support for people with disabilities, actions against landmines, actions against infectious diseases, and making suggestions and dispatching information about these issues. During this training, I learned about the history and activities of AAR-Japan, project management, AAR-Japan's support for people with disabilities, and about inclusive education in Cambodia, Haiti and Tajikistan. AAR-Japan is engaged in inclusive education in Cambodia, so I

hope they work together with organizations in Cambodia to improve their activities even further.

Social Welfare Service Corporation "Cocoron"

Cocoron started in March 2004 as a local center to support the living of people with mental disabilities. Right now, they are engaged in many activities. This includes 1) Supporting employment: running Café Cocoroya, where they sell vegetables and other home-made products and people can also enjoy coffee and tea, delicatessen Nagomi No Ie, and kitchen Cocoron Kobo, to help them work, 2) Supporting the living of people with mental disabilities: running a group home, care home, home helper service, and a living service center Cocoron. Cocoron uses resources from local agriculture and mountains, which is a very good thing. As Cambodia is a developing country, it is better to utilize local resources for people with disabilities, like Cocoron.

4. My plans after returning to Cambodia

When I return to Cambodia I would like to do the following three things. I will continue to work in the Cabinet Office. Eventually I would like to be a

member of the national disability committee.

I want to start inclusive education in the country for children with disabilities. I would like to establish a company for people with disabilities.

During the 10 months in Japan, I had a great opportunity to study Japanese, the activities of people with disabilities in Japan, and their leadership, to great depth. After going back to Cambodia, I would like to use the knowledge I gained in Japan to create an environment for people

with disabilities in Cambodia where they can live comfortably and safely.

I would like to express my heartfelt thanks to everyone at the Duskin AINOWA Foundation, Japanese Society for Rehabilitation of Persons with Disabilities, and everyone else to whom I owe my experience in Japan. Thank you so much.



Message to Trainee

Message to Trainee

For persons with disabilities in Cambodia

Pong, what are your thoughts on your one-month training at AJU, between March 1 and 27? For the action against discrimination event, your original schedule had to be extended. At AJU we have many departments so I think you had many places to visit and did not have much time to rest. That in turn, probably gave you a chance to meet many people with disabilities and have a wide range of experiences.

There was something really charming about you. You never forget the names of people once meet them, but when you run a search for your home in Google Earth, you get lost. You told us about inclusive education in Cambodia, one of your training themes. You also cooked us Cambodian food. We got to know a lot about Cambodia through you.

Just like you said in the final presentation, it is important for people with disabilities to eagerly take part in negotiations with government authorities and present their opinions. When you go back to Cambodia and become a civil servant. I hope you can present your opinions from the perspective of people with disabilities, and change Cambodia's national rules so that Cambodia will be a country that is friendlier to people with disabilities.

Last but not the least, Dear Pong, who is seemingly serious, but actually playful, take good care of yourself and do your best in Cambodia as a leader for people with disabilities.

Chieko Utsumi
AJU Center for Independent Living

Training Schedule & Location

2016	
Jan. 12	Tokyo Metropolitan School for the Physically Disabled 'Komei'
Jan. 13	Rabbit, Co., Ltd.
Jan. 14 - 15, 20, Feb. 23	CBR/CBID
Jan. 19	Kenshin & Co., Ltd.
Feb. 1	SAITO KOBO
Feb. 2	Kagayaki Dream Factory
Feb. 4	WeCAN SETAGAYA
Feb. 5	JICA training course as Observer
Feb. 8 - 19	Japan National Assembly of Disabled Peoples' International (DPI-Japan)
Feb. 25 - 28	NPO Management Forum
Feb. 29 - Mar. 27	AJU Center for Independent Living
Mar. 28 - Apr. 1	Association for Aid and Relief, Japan
Apr. 4 - 8	Japan Council on Independent Living Centers
Apr. 11 - 15	JEN
Apr. 19 - 22	Social Welfare Organization Cocoron
May 9	Kyoto University
May 10	Mirairo Inc.
May 11	Asian Development with Disabled Persons

Individual Training Schedule

Message to Trainee

You are one of us and you are very, very important to us!

The unforgettable memory with Pong is by far, the one of cherry blossoms! Pong came to visit us at Japan Council on Independent Living Centers in early April, when cherry blossoms were in full bloom. Before anything else, I wanted him to enjoy the beautiful seasonal view of Japan, so I took him to a promenade lined with cherry trees and we had a good time together. Back at the office, I told him about Japan's independent living centers and peer counselling of course, but before we went to see the cherry blossoms, I had asked him to come to my house where I live alone, so that he could see how I had my meal cooked, giving instructions to a personal assistant. Even with a severe disability, I can go anywhere I want by train and enjoy myself. Even with a severe disability, I can cook my own food and eat whatever I choose.

Even if I get lost in town, or end up with food that may not be so appetizing, it is all the result of my own decisions, and this is how I enjoy my independent living. I spent time with him, hoping that he can understand that.

We are connected, no matter where we are, no matter what we are doing. You are one of us and you are very, very important to us. It was so good to meet you. Thank you. Until we see each other again, Pong!

Naoko Yamamoto
Administration Office
Japan Council on Independent Living Centers

Message to Trainee



To be a leader of the disability movement in Pakistan

Adeel AHMED

Karachi in Pakistan, 28 years of age, Physical Disability (Potable electric wheelchair)

Fields of interest

- ① Independent Living
- ② Mobility
- ③ Capacity Development of Youth with disability
- ④ Policy advocacy of persons with disabilities
- ⑤ Accessible website design

I am writing my final report right now. I feel a bit sad. During the training, I wrote about my experiences in Japan in my weekly report. I think it is a great concept to write a report every day. By writing it, I got to practice my Japanese and I was able to share various experiences with everyone else.

My experiences in Japan

I had such a wide variety of experiences in Japan. When I was in Pakistan, I did not know Japan was a barrier-free country. In Japan, I could use a wheelchair and go anywhere I wanted. I could live by myself and it made me very happy.

For the first 3 months in Japan, we studied Japanese. I was eventually able to say simple words and speak Japanese. I would like to say thank you so much, to my Japanese teachers.

My swimming training was great fun. I did not know how to swim at all at first, but our teacher taught us. By the end of the training I was able to swim 50 meters.

I also experienced skiing for the first time in my life. I was terrified at first. The most difficult thing for me was my legs getting very cold. But my teachers and I worked on skiing very hard. It was a very

good experience. Afterwards, we also went to dip in a Japanese style bath. It gave me a lot of energy.

At Mainstream Association, while I had training there, the staff of Mainstream Association kindly took me to many famous places, like Kyoto, Hiroshima and Kobe. We also went to a zoo and examined how barrier-free it was.

I also had training at Center for Independent Living "Partner" and visited Nagoya with their staff. We joined a



parade celebrating the enactment of Disability Discrimination Act.

Individual training

After our group training, I visited many centers for independent living as part of my individual training, including Mainstream Association, Human Care Association, Center for Independent Living "STEP-Edogawa," Independent Living "MUCHU" Center, A.J.U. Center for Independent Living and Center for Independent Living "Partner."

Leaders of disability movement in Japan

I met the leaders of disability movement in Japan, including Mr. Kadota, Mr. Nakanishi, Mr. Sato and Mr. Hirashita. I also had opportunities to meet many other leaders. After they taught me many things, my views changed. All of the leaders told me "We are all working hard towards a friendly society." This idea inspired me very much. The leaders also told me about how to create a barrier-free society, about the history and mission of the independent living movement, and the system of Japan's centers for independent living. It is important for people with disabilities to think for themselves, take action, and change society. The leaders also told me that once people with



disabilities got together, they could generate great power.

The lives of people with severe disabilities

At the center for independent living, I had wanted to learn how people with severe disabilities lived in Japan. I had training at Mainstream Association in Nishinomiya for 2 months and met many people with severe disabilities. They taught me many things and we became friends.

There are many reasons people become severely disabled. It could be muscular dystrophy, cerebral palsy, or a traffic accident.

Children with muscular dystrophy are born just like able children. However, over time, their muscles get weaker. When they are small they can walk but they get tired quickly. And gradually they will be unable to walk. At this stage, they rely on personal assistants for 2 to 5 hours. After that, if their muscles get weaker any further, they will use wheelchairs. At this point they will need about 10 to 15 hours of assistance. Once their internal organs get weaker, they will rely on many medical devices, like respirators and aspirators, to continue on with their lives.

Some people with severe disabilities always put on oxygen masks. At first I could not figure out what they were saying, but over time, I began to understand. Some people get severely

disabled from traffic accidents. Once they have cervical damage, they will be paralyzed from neck down. Some people with severe disabilities have difficulties being heard, but I saw such people speaking about disability movement at various colleges.

I also saw many people with severe disabilities enjoying a variety of sports. During my training at Mainstream Association, I enjoyed bowling with these people. I had never bowled before. Playing with everyone else made it even more enjoyable.

What truly stunned me is the fact people with severe disabilities in Japan lived alone. They can do so, relying on assistance around the clock.

People with severe disabilities in Japan also had big goals and confidence. They were thinking about what to do 5, 10 years later.

Why was I able to observe the lives of people with severe disabilities like this? Because I stayed at the home of someone with a severe disability. It was a very effective way to learn about their lives. They let me stay at their house and showed me how they lived. Until then, I had no idea how they were going to the bathroom, or how they went to bed, but I saw them doing these things fine and learned from it.

During the training at Mainstream Association, I had help from a personal assistant for the first time. I can have a

bath or cook by myself, but it takes a long time. With the help of personal assistants, the lives of people with disabilities become much easier.

My goals for the future

1. I will establish a center for independent living for people with severe disabilities.

First, I would like to build a center for independent living for people with disabilities and create a program in the center to support their independent living. The center's aim is to help people with severe disabilities use personal assistants so that they can live on their own.

2. I will create a personal assistance system in Pakistan.

Once the personal assistance system is in place, it will bring in three good things. Suppose there is a family and one of the family members has a disability. If the only help they get is from the family, it will be hard work. It will help the family



if there is a personal assistant.

If there is a personal assistant, the person with a disability can do anything he / she wants. He / she can go to the bathroom alone, go shopping, or cook himself / herself.

This system will create more job opportunities. People looking for work can be trained and become personal assistants.

How then, will people with severe disabilities and their families, pay the fee of personal assistants? Here are my ideas below.

3. I will start a social business.

I am a freelance IT consultant, so I can teach IT technologies to people with severe disabilities. I think IT will enable these people to work, in ways that accommodate their disabilities. I will start an IT company to support the operations of a center for independent living for people with severe disabilities. I will teach web design, programming, animation and other skills to these people, over a course of about six months. I will then go and talk to many companies and ask them to give us work. People with disabilities can then do the job, using the skills they learned, and get paid. This enables them to live independently. On the other hand, companies can support people with disabilities to live independently, and



fulfill CSR, Corporate Social Responsibility. This is a win-win relationship for both parties.

In Japan I saw many social businesses for people with disabilities. Do-will and Shimamura Store became the models of the social business I envision.

Thank you

I would like to say thank you from the bottom of my heart, to my teachers and

everyone at my training locations, who taught me many things during the training.

I also want to express thank you from the bottom of my heart, to the staff of the Duskin AINOWA Foundation, Japanese Society for Rehabilitation of Persons with Disabilities, and Toyama Sunrise. I have been given so much. Thank you so much.

Training Schedule & Location

Individual Training Schedule

2016	
Jan. 12	Tokyo Metropolitan School for the Physically Disabled 'Komei'
Jan. 13	Rabbit, Co., Ltd.
Jan. 14 - 15, 20, Feb. 23	CBR/CBID
Jan. 19	Kenshin & Co., Ltd.
Feb. 1	Tetsudo Koseikai Foundation
Feb. 1 - 5	SAITO KOBO
Feb. 9 - 19	Japan National Assembly of Disabled Peoples' International (DPI-Japan)
Feb. 25	Japan Council on Independent Living Centers
Feb. 26, May 12	Human Care Association
Feb. 29 - Apr. 23 Apr. 28 - May 6	Non-profit organization Mainstream Association
May 9, 13	WeCAN SETAGAYA
May 10	Mirairo Inc.
May 11	Asian Development with Disabled Persons

Message to Trainee

Message to Trainee

Involve people who identify with your ideas to make your dream happen.

Adeel, the first time I met you, was when I visited DWA more than two years ago, an organization for persons with disabilities, in Karachi. Do you remember we took a photo of the two of us by a mango tree?

This visit happened because the Sakura Wheelchair Project that originated in Lahore spread to Islamabad and Karachi.

Though your training at our studio was only for a short period of time, you had Habib, whom you knew well, so you often visited us on Sundays, cooking and enjoying curry together, tuning up wheelchairs, and we also went to Gold Concert together. Pakistan and Japan are closely related. We have many common friends and made many wonderful achievements together.

One of the achievements is the work of Shafiq, one of the trainees of the 3rd Duskin Leadership Program. With

like-minded peers, he established a center for independent living for persons with disabilities in Pakistan, created wheelchairs and even created a system to supply wheelchairs to those in need, greatly paving the way to diffuse wheelchairs in Pakistan. It was through this initiative that I got to meet you Adeel.

You said your wish was to use PC technologies, something you are good at, to establish a PC support center in your country and create jobs for persons with disabilities. I hope you will make this happen Adeel. You will need to involve people who identify with your ideas, and advance your work with them. Though we are far away, we are sending you all our good wishes for your success.

Sho Saito
President
SAITO KOBO

Message to Trainee

Message to Trainee

Do not forget the spirit and teamwork you have learned!

Whether good or bad, Adeel gives the impression that he sticks to his own pace. For example, it is soon time to depart, and he suddenly starts making chai. He tries to change the schedule out of blue. He always baffled us. It was probably because he wanted to let us enjoy chai, and probably because he wanted to have a wide range of experiences in Japan.

I got in touch with Adeel mostly through lectures on the Japanese disability movement, his home-stay program, and through play. During the training and the home-stay program, he wanted to learn as much as possible and asked many questions. He was also interested in the independent living of people with severe disabilities and enthusiastically talked with many such people. Unlike previous trainees, he needed help with shower and getting onto wheelchair. It was the first time for him asking for help, let alone from Japanese people so he must have felt quite troubled, yet I remember him accepting help in a nice, straight-forward manner.

After Adeel returns home, I want him to start living by himself, become a role model of independent living in Karachi, and a leader of the movement to build a society where many people with severe disabilities can live in local communities. Adeel, make sure to manage time and your schedule, so that you will not cause trouble to others. Do not get swept away by the tough world, but stick to your own pace, get your peers together and carry out independent living movement. Do not forget the spirit and teamwork you learned at Mainstream.

Katsuya Fujiwara
Vice President
Non-profit organization Mainstream Association

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