

## Day 2: Visits

The participants were divided into the following four groups and briefed by experts on relevant issues. They also visited companies and organizations that address those issues and observed their programs and activities.

### **Group A<sup>1</sup>: Aging society with a low birth rate and elderly care**

#### **○ Women journalists who participated in the program**

Japanese participants (3), international participants (7)

#### **○ Program**

Morning: Visit to Kotoen, a childcare and elderly care facility

Afternoon: Visit to the National Institute of Population and Social Security Research

### **Group B: Sports and women's health**

#### **○ Women journalists who participated in the program**

Japanese participants (4), international participants (3)

#### **○ Program**

Morning: Visit to the Japanese Center for Research on Women in Sport

Afternoon: Visit to the Japan High Performance Sport Center

### **Group C: Barrier-free society**

#### **○ Women journalists who participated in the program**

Japanese participants (3), international participants (6)

#### **○ Program**

Morning: Lecture by Ms. OBINATA Kuniko, Senior Consultant of Dentsu Public Relations Inc.

Afternoon: Visit to the Kawasaki factory of Nihon Rikagaku Industry Co., Ltd.

### **Group D: Disaster prevention and rehabilitation**

#### **○ Women journalists who participated in the program**

Japanese participants (3), international participants (4)

#### **○ Program**

Morning: Lecture by Ms. ASANO Sachiko, Co-representative of the Training Center for Gender & Disaster Risk Reduction

Afternoon: Visit to the Honjo Life Safety Learning Center of the Tokyo Fire Department

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<sup>1</sup> Unlike the other groups, Group A visited in the morning an organization that addresses an issue, and, in the afternoon, an institution that is knowledgeable about the same issue.

## Group A: Declining birthrate and aging population, and elderly care

Japan's population and birthrate declines are among the fastest in the world, and the country must address these issues urgently. Group A visited a nursing home that uses an advanced approach and a research institute that investigates issues on aging society and declining birthrate.

### ○ Kotoen (Mr. INOUE Tomokazu, Director, Community Program Division)

"Intergenerational programs for aging society"

**Summary:** It is a nursing home for people aged 65 or above who find it hard to live in their own home. Kotoen provides meals, physical therapy and rehabilitation, as well as necessary support and consultation services for daily living. There is also a nursery school in Kotoen that allows children and senior citizens to interact daily. They share happiness and sometimes sadness through strengthening relationships among different generations. In the recent increase of nuclear families, children learn social diversity by sensing the presence of senior citizens in their daily lives.



Participants talking to the residents of Kotoen

### ○ National Institute of Population and Social Security Research (IPSS)

(Mr. KOREKAWA Yu, Senior Researcher, Department of Population Dynamics Research; Ms. WATANABE Kuriko, Researcher, Department of Research Planning and Coordination; Mr. KOJIMA Katsuhisa, Director, Department of Information Collection and Analysis; Ms. KOYAMA Yasuyo, Senior Researcher, Department of Population Structure Research)

Themes: "Overview of the Official Population Projection of Japan; toward 2065"  
"Social Security and Poverty in Japan"  
"Japan Long-term Care System"  
"Recent Changes in Family and Care for the Elderly in Japan"

**Summary:** Attached to the Ministry of Health, Labour and Welfare, it is a national research center that investigates population and household trends and implements research on social security policies and systems in Japan and abroad. The lecturers explained the trend and analysis of aging society and birthrate/population declines, changes in social security cost and workforce, and poverty among senior citizens.



Participants listening to the lecture

### ○ Participants' comments and opinions:

- ▶ Having learned about a nursing home like Kotoen makes me a bit optimistic about Japan's super aging society. (Japan/ TV station)
- ▶ The number of non-Japanese care workers is likely to increase because of the Japanese

government's new initiatives. (Japan/ TV station)

- ▶ The intergenerational facility can be used as a good example of an elderly care facility in Asia Pacific. (Republic of Korea / Newspaper)
- ▶ Countries in Asia Pacific will move toward an aging society, but my country has taken no measures to address it. (Thailand/ TV station)
- ▶ Japan is creating an ingenious care method of using robots and others to compensate for the lack of young care workers. (Australia/ Newspaper)

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## Group B: Sports and women's health

Female athletes were allowed to participate in the Olympics only from the second game in 1900. Since then, the number of female athletes has increased but the environment for professional female athletes remains far behind the one for male athletes. Support is needed through understanding women's health and provision of accurate knowledge.

### ○ Japanese Center for Research on Women in Sport (JCRWS), Juntendo University, (Ms. OGASAWARA Etsuko, Ph.D., Executive Director, Japanese Center for Research on Women in Sport)

"Female Athletes Lifelong Strategy in Japan"

**Summary:** Female athletes have specific issues as a woman in different stages: introductory stage of starting the sport; development stage during secondary sexual characteristics; maturity stage when both body and mind mature; after reaching maturity, and second career stage after retiring from the sport. By establishing a strategic support system, the Center helps female athletes improve their performance in international competitions and increase the total medal count.



Lecture by Ms. Ogasawara

### ○ Japan Institute of Sport Science (JISS) (Ms. MATSUI Yoko, Deputy Division Manager, Japan Sport Council)

"Strategic Support Program for Female Athletes"

**Summary:** JSC makes use of the sports medical and scientific functions of JISS to support and strengthen various aspects of female athletes and capacity development of coaches such as supporting illnesses or disabilities specific to women. Participants also visited a high-performance gym in JISS that uses advanced scientific training method.



Lecture by Ms. Matsui

○ **Participants' comments and opinions:**

- ▶ I have never known until I listened to Ms. Matsui's lecture that the Olympic Agenda 2020 includes promotion of gender equality. I was astounded that this is not reported in the Japanese media. (Japan/ Newspaper)
  - ▶ Until now, I have never known about promotion of women's empowerment in sports. This is probably because the media had never reported on the issue of sports from such a perspective. (Japan/ Newspaper)
  - ▶ I learned how female athletes lose weight in an unhealthy way when aiming for a medal in competitions. It is very tough for athletes to play sports in such a way. (Japan/ Newspaper)
  - ▶ Japan has many wonderful female athletes. However, it is astonishing that initiatives for the Olympic Agenda 2020 are not well known in Japan. (India/ Newspaper)
  - ▶ I learned that there is a network in Japan where former athletes discuss and pass on their experiences to young athletes. This is a cost-efficient and effective method. (India/ Newspaper)
  - ▶ It is interesting that Japan has initiatives to support female athletes while the world of sport is conservative regarding gender equality. (New Zealand/ Newspaper)
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**Group C: Barrier-free society**

Persons with disabilities are becoming more active and gaining attention in Japan. This is due to the coming Tokyo 2020 Paralympics, Japanese society getting more diversified, and the diversity concept gaining more acceptance. Group C deepened understanding on Japan's barrier-free society through a lecture by a former Paralympic athlete and a field visit to a company that is a pioneer in employing persons with intellectual disabilities.

○ **Ms. OBINATA Kuniko (Project Manager, Business Integration Department, Dentsu Public Relations)**

"Efforts toward barrier-free society--Taking the opportunity of the Tokyo 2020 Games"

**Summary:** Ms. Obinata, a former winter Paralympic gold medalist, works at a PR company to prepare for the upcoming Tokyo 2020 Paralympics. The history of parasports in Japan began with the 1964 Paralympics in Tokyo. Having gained recognition in the 1998 Paralympics in Nagano, it is now attracting much interest due to the upcoming Tokyo 2020 Paralympics. Keyed to the slogan

"diversity and harmony," the Tokyo Olympics/Paralympics are expected to promote "barrier-free" minds by affirming our differences and recognizing each other.



Lecture by Ms. Obinata

○ **Nihon Rikagaku Industry Co., Ltd. (Mr. OYAMA Takahisa, Company president)**

“History of initiatives on employing persons with disabilities and a field visit to the factory”

**Summary:** Nihon Rikagaku Industry Co., Ltd. manufactures chalks and markers. The company has employed persons with disabilities for over 60 years; over 70% of its employees are intellectually disabled. Such employees are in the frontline of product manufacturing, and the company strives to improve the working process and methods to maximize their working performance. Participants had a lecture on the history of company initiatives on employing persons with disabilities and then took a factory tour.



Site visit at the factory

○ **Participants’ comments and opinions:**

- ▶ The number of sponsored companies rose towards the 1998 games in Nagano. However, the interest quickly declined after the games ended. Therefore, it is necessary to find a creative way to maintain the attention on Paralympics and persons with disabilities after the Tokyo 2020 games. (Japan/ Newspaper)
- ▶ It was impressive that the company strives to improve the working methods and the working environment so that employees can demonstrate their ability despite their intellectual disabilities. (Malaysia/ Newspaper)
- ▶ Only a few female employees worked in the factory. I would like to pay more attention in the future regarding employment of women with disabilities. (India/ Newspaper)
- ▶ The salary of disabled employees starts from a minimum wage. This may not be sufficient, but it is wonderful that there is at least an opportunity to work as the number of companies that employ persons with disabilities is limited in Japan. (Japan/TV station)

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## **Group D: Disaster prevention and rehabilitation**

Japan, a natural-disaster-prone country, suffers considerable damage from earthquakes, large-scale typhoons and torrential rains. Do all natural disasters affect everyone in the same way? In the Great Hanshin-Awaji Earthquake, the female death toll was much higher than the male one; in the Great East Japan Earthquake, the death toll of persons with disabilities was double the one of non-disabled persons. Japan has advanced disaster prevention measures in infrastructure, but faces many challenges for steps to help vulnerable groups such as women.

○ **Lecture by Ms. ASANO Sachiko (Co-representative, Training Center for Gender & Disaster Risk Reduction)**

“Gender and Disaster Risk Reduction in Japan”

**Summary:** Natural disasters do not affect everyone in the same way. The scale and extent of damage depends on gender, age or disabilities. This is not because vulnerable groups or women are vulnerable to disaster, but for inadequate consideration to those with diverse or specific needs or lack of participation of diverse groups in disaster prevention systems.



Lecture by Ms. Asano

○ **Life Safety Learning Center, Tokyo Fire Department (Site visit and simulations)**

**Summary:** It is an educational facility that lets visitors learn and think about damages caused by past disasters and disaster prevention measures in Japan through a guided experience-based tour. For example, visitors can experience an earthquake just like the real thing, an urban flooding in which people may face difficulties getting out of a flooded car or opening an underground door owing to water pressure, dangers of smoke during a fire, or a windstorm.



Visitors experience a windstorm

○ **Participants' comments and opinions:**

- ▶ People of Japan think that a disaster can hit anyone at any time. This facility helps educate the public on disaster prevention measures, which is a good thing. (Indonesia/ Newspaper)
- ▶ I was surprised that disaster prevention measures do not address women and minorities although Japan is a leading nation in disaster risk reduction. Japan needs to have more women take part in disaster prevention and rehabilitation measures. (Republic of Korea / Newspaper)
- ▶ I want to inform the reader of the importance of increasing women's participation in communities during disaster relief activities; necessary support will not reach the marginalized unless this is addressed. The challenge is to build a system to encourage women's participation while involving men. (Japan/ Newspaper)
- ▶ One should report regularly such matters as difficulties women face or the importance of women's role in a disaster. (Japan/ TV station)