



The
19th
year

Trainee Report

The 19th Duskin Leadership Training Program in Japan

September 2017 to June 2018

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 2018, a total of 132 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 19th-year trainees. In this report, five 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, and to the AINOWA members. We look forward to your continued support of the Duskin Leadership Training Program in Japan.

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Executive Committee for the Duskin Leadership Training in Japan

Akira Terashima	Consultant Japanese Society for Rehabilitation of Persons with Disabilities (JSRPD)
Kazuhiko Yamaguchi	Executive Director Approved Specified Nonprofit Corporation (TOMO)
Hiroshi Kawamura	Vice Chairman NPO Assistive Technology Development Organization
Yasunori Shimamoto	Director Japanese Federation of the Deaf (WFD Regional Secretariat in Asia)
Misako Nomura	Consultant Japanese Society for Rehabilitation of Persons with Disabilities (JSRPD)
Michio Murase	Social Welfare Juridical Person KOYUKAI
Syunji Kadota	President NPO Mainstream Association
Kiyoshi Kawaguchi	Technical Officer Sign Language Research Center, Kwansai Gakuin University

(Terms of Members: Apr. 1 2017 - Mar. 31 2019)

Training Schedule

2017

Sept. 10 and 11	Arrival in Japan
Sept. 12	Opening ceremony
Sept. 13 to 20	Orientation
Sept. 14 to Dec. 8	Japanese and sign language training
Dec. 3	Japanese Language Proficiency Test
Dec. 6	Presentation of Japanese and sign language skills
Dec. 11 to 27	Group training 1
Dec. 28 to Jan. 4	Home stay

2018

Jan. 5 to 16	Group training 2
Jan. 12 to 15	Ski training
Jan. 17 to May 11	Individual training
Feb. 16	Networking party
Apr. 23	Exchange program with Duskin newly hired employees
Apr. 23 and 24	Group training 3
May 14 to June 14	Group training 4
June 2	Presentation of training achievements
June 15	Commencement ceremony
June 16	Departure for home

It's my way

Kaewkul Tantipisitkul

Kaewkul is active as a freelance sign language interpreter. She voluntarily serves as the General Secretary of National Association of the Deaf in Thailand.

Thailand, 30 years of age
Auditorily-impaired

Fields of interest

- 1 Negotiation skills
- 2 Information accessibility
- 3 Way of thinking and behavior pattern of Japanese people



Introduction

My name is Kaewkul Tantipisitkul. My friends call me "Liu," which is my nickname. I was born with hearing loss in both ears. I grew up in the world of the hearing and communicated with my hearing family and friends by lip-reading and listening to the best of my abilities. This meant I never gave much thought about the world around me until I had a chance to join a deaf community. This community showed me that our society needs to improve, because there is

inequality that should not be there. Time flew so fast. My world gradually became wider and the world around me showed me a clear direction, urging me to do more to make life easier for people. My learning did not stop. I need more knowledge to make things happen. This was why I decided to learn three things from Japan to get ideas that can be applied to my country. They are:

1. Negotiation skills
2. Accessibility to information
3. Way of thinking and behavior pattern of

Japanese people

Learning Japanese language and Japanese sign language

The three months of learning Japanese and Japanese sign language was so wonderful and very useful for my day-to-day living. Japanese and Japanese sign language are essential for learning and accessing knowledge in Japan. I was so happy and excited when I looked around me and realized I could read the kanji I saw or understood new words I saw when I travelled. Without learning Japanese sign language and Japanese, I would not have been able to access nor gain much knowledge. I am so thankful to my Japanese sign language teachers and Japanese teachers. I am very grateful.

Home-stay

I had a wonderful time staying with the homes of two Japanese families in Hokkaido. They were so nice and kind. We talked a lot in sign language. Through the stay, I learned that Japanese sign language varied depending





on region. So, for the first time, I learned Hokkaido's sign language, which was different from what I had learnt in the previous three months. It was very interesting and funny to learn many new signs. I had a lot of experience in Hokkaido. Especially memorable was my first visit to an onsen (hot spring), where I saw snow. I would like to thank my home-stay families. They made my day and made my New Year a warm experience that will stay in my mind forever.

Ski training

I learned skiing for the first time. In the beginning, it was painful. Later, the teachers told me to adjust my postures while skiing. I was delighted that with all the fundamental knowledge, my skills gradually developed, enabling me to ski smoothly. Knowledge is important for everything. Knowledge is essential in acquiring the skills I trained for. Getting good basic skills from good teachers is also important for skill development.

Individual training

Negotiations:

One of the goals of the training was to learn about negotiating skills with the government. I was given an opportunity to interview deaf leaders and deaf people with academic knowledge, who had hands-on experience of negotiating with the government. They shared unshaken belief, bravery, information and the power to involve many people.

Accessibility to information:

- In Japan, some TV programs offer real-time sign language interpretations and captions. They also have sign language news, which is very interesting. With the sign language, I managed to understand news and learn Japanese.

- In Japan, sign language interpreters are provided for a wide range of things. For instance, they can be sent to personal events such as weddings and university occasions.

Sign language interpreter training and examinations can be introduced to my home country. I grew to have a better understanding of how sign language interpreters developed in Japan.

Moreover,
- Alert services that can be seen or felt will make life easy. For example, if a baby is crying in the house, the guardian

can be alerted it is emergency, by a vibrating device. These services will be great for the deaf and hard of hearing. There are no such services in Thailand. I would like to introduce them to Thailand and show people how good they are.

- The class I attended at Tsukuba University of Technology was very impressive. For the first time in my life I had a chance to observe and join the class taught by a deaf professor, who only used sign language. I saw how good it was, to be appropriately taught through visual communication (sign language).

Life:

- In Japan, there is an appropriate environment of support for senior citizens and job support for the deaf and hard of hearing. I had a chance to interact with seniors and workers. I will share this experience with my friends and make it the next step to think about how the knowledge could be applied to my country.

- Japan has day care service for children with hearing-impairment which is much needed and helps working parents. It is good because children can learn sign language when parents are at work.

- I was impressed by Meisei Gakuen, a school whose education was based on sign language, but both sign and spoken languages. The children were talkative, active and boldly expressed their opinions. I realized that they would be able to express their emotion and reason well in future.

Returning to Thailand

When I joined the world of the deaf and hard of hearing, it determined the direction I would like to take. From the beginning it was clear that it was my way. I vowed to myself never to forget my first resolution. Japan gave me a lot of experiences which enabled me to learn and compare the two countries, Japan and Thailand. The problems and solutions may be different in these countries. But, I will adjust and apply



the knowledge to my country. I would like to solve current problems and make a barrier-free society with my experience, training and learnings. They gave me many ideas. Last but not least, I cannot drive things forward without team work. This is why I will ensure the following steps.

First, I will share my experiences and ideas with friends and my organization to plan future project.

Second, I will implement the project to support the life of the deaf and hard of hearing. I would like to establish information and communication access center for the deaf and hard of hearing to support their daily life.

Third, I would like to advocate sign language and international sign language to support deaf people.

It is impossible to describe how invaluable my experiences from Japan have become to me. I got to know myself more and I established good

relationships with good people. We will support one another and make the world a better place with the aptitude of each person.

Acknowledgments

From the bottom of my heart, I would like to thank the Duskin AINOWA Foundation, the Duskin family, the Japanese Society for Rehabilitation of Persons with Disabilities for all the



Individual Training Schedule

Jan. 2018 to May 2018	
Jan. 24 to Feb. 13	NPO Japanese ASL Signers Society
Feb. 17	Personal Color
Jan. 17 and 18, May 9	Japanese Federation of the Deaf
Feb. 21 and 22, May 8 and 10	Tsukuba University of Technology
Feb. 20 and 23	REIKO KAZUKI Makeup School
Feb. 27 to Apr. 20	Hyogo Association of the Deaf
Apr. 26	Tokyo Sign Language Interpreter Dispatch Service Center
Apr. 27	Meisei Gakuen School for the Deaf
May 11	Information and Culture Center for the Deaf



support and encouragement they gave me, and for helping me develop knowledge, including knowledge about Japanese culture. Last but not least, I would like to express my deep gratitude to all my teachers, friends and

Japanese people. All of you gave me a warm welcome and filled my heart with happiness during my training in Japan.

Message to Trainee

Liu, you are a member of our family

Liu, do you remember when we met for the first time? When we were waiting for you at Sapporo Station we had many worries. Do we communicate in international sign language? Or in Japanese sign language? We had a lot of questions. At first, we were tense and had a hard time communicating in sign language but were surprised that smooth sign language communication was possible after a short while. It was fun to meet many people and learn the culture and sign language of Thailand at the language club in Sapporo. It was also fun to go sightseeing with you in Otaru and Biei, and so nice to see you happy, seeing the snow for the first time in your life. We often listened to your worries. It was surprising to chat until so late every night (laughing). We cannot forget that, when the home stay period was over,

we felt so lonely and were on the verge of tears. We are so happy to have accepted you on the home stay program. We hope you are enjoying your working back in Thailand, building on the things you learned in Japan. We consider you a member of our family. We will visit Thailand someday because we would like to study Thai culture. We hope we see each other again. Thank you so much.

Takayuki Izumi and Noboru Higashide
Host family

Message to Trainee

To Liu, who is always smiling and kind

Unbelievably, it is already one month since June 15th when we said goodbye to each other at Osaka Station, after the closing ceremony. We knew each other for only two months, but it was intense two months. Now that you are gone, there is some sense of emptiness for us. I cannot help having an embarrassed smile every time I think of the first time I met Liu. I had been informed of her background. I knew she had an amazing background. This made me tense when I met her for the first time, and that turned the air tense. But that was totally unnecessary. She talked to me in such a relaxed manner, as if she had known me for a long time. Naturally, she had mastered Japanese so there were no obstacles in communication, but more than that, her soft attitude made it easy for us to enjoy spontaneous conversation. That was the start. After that, every time we met, we would talk about many things or she would ask us if we had any suggestions, about relationships, family, physical

exercise, peers, and all such things from our private life, outside of the training. We enjoyed several such discussions, together with the staff. This personable side of Liu affected our staff and peers in Hyogo and nurtured many great friendships. It was so delightful to witness this development. Liu, thank you for your company, though we only managed to spend a short time together! We wish you the best with your work helping the welfare of Thailand develop through your activities in Thailand, building on your own invaluable experience and achievements from the Duskin Leadership Training Program, and with your signature cheerfulness and smile. We wish you all the best. Take good care of yourself!!

Tadashi Nakai
Chairman
Hyogo Association of the Deaf

Toward a society where deaf women can shine!

Solongo Batbayar

Solongo's work is tailoring at an organization where her mother serves as Representative.

At another organization founded by a Japanese individual, she is engaged in fun activities such as teaching deaf children how to make collages out of pieces of colored paper.



Mongolia, 27 years of age
Auditorily-impaired

Fields of interest

- 1 To learn about identity development of deaf children
- 2 To learn about how Japan has developed
- 3 To acquire Japanese language and Japanese sign language

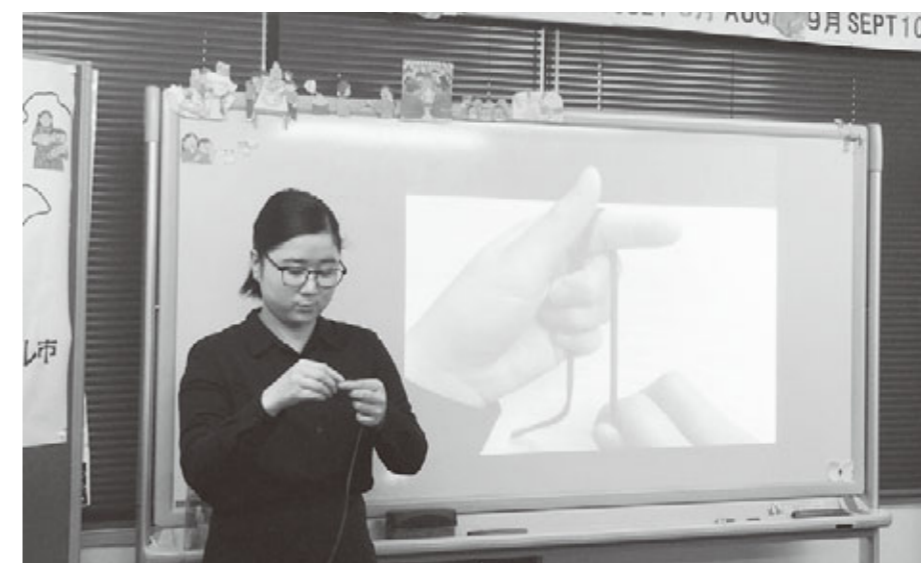
My background

When I played in my room at 2 years old, I became trapped under a bookshelf. My parents were surprised and took me to a hospital. However, I lost my hearing ability because of medicine side effects. When I was 8 years old, I joined a school for the deaf and started learning sign language. But the teachers used a method of lip-reading, which children needed to read the teachers' lip movements, without sign language in every class. Because of lack of my abilities of hearing and lip-reading, I could not study

sufficiently. However, I began to communicate with friends and parents in sign language. Then, I entered Mongolian University of Science and Technology. In the university, I was the only deaf student. As everyone around me could hear, it was very difficult for me to communicate with them. The teachers offered lessons through only verbal communication. The way to get information in classes was to look into my friends' notebooks from the side. I continued to study in this way for five years. Though I



graduated from the university, I could not get as good skills as my friends have. I decided to learn how to make clothes by taking a short-term course, then finally I was able to open a tailor shop. I work with my mother. I make clothes and she sells them. We have hired one woman who is a wheelchair user, her responsibility is simple tasks for our working.





The purpose of my training

There were three things I wanted to learn in Japan.

1. Identity development of deaf children
2. How Japan has developed
3. Japanese and Japanese sign language

Many different training courses in Japan

First, I had spent three months for learning Japanese and Japanese sign language. Sign language was very hard to learn at first. But as I began to get accustomed to sign language through communication with my deaf friends, I began to enjoy it. In all honesty, learning Japanese was so hard that I did not understand kanji at all, but I had to work really hard because I was obliged to write reports every week in Japanese. Now I am interested in kanji.

I also visited Meisei Gakuen, a school for deaf children. These children could



communicate well by sign language! I was amazed also their non-disabled mothers were good at sign language and communicated with their children by sign language. The teachers at school always used sign language for classes. I thought the school was wonderful, and I want to establish such a school in Mongolia.

At NPO Japanese ASL Signers Society, I learned how to make a presentation. I practiced very hard during this training because I had never made a presentation in Mongolia. I tried to do my best for learning a presentation, so when I was asked to make a presentation in Kagoshima, I could do it very well. I received many questions from audience after the presentation. I was very happy that many people came to see my presentation.

In the New Year, I went to Nagano to stay at home of a Japanese family. The parents were deaf and the daughter was a normal-hearing person. I had made Mongolian traditional clothes for her. It made her very happy. The family also gave me a chance to wear a kimono and take pictures together. They told many things about Japanese culture such as the New Year to me. When we visited the shrine to wish for a good start of this year, I drew a fortune slip. The slip said that I would succeed in work, so I was happy.

In January, I had a ski training course in Niigata with other Duskin trainees. I had an experience to ski in Mongolia before. I thought I could not ski at first because Mongolian ski slopes were gentle but Japanese ones were very hilly. However, I learned how to ski following my teachers' instructions. Other

trainees could ski well too. Their smiles made me happy. I extend my gratitude to our ski teachers.

Training at NPO DeafNet. KAGOSHIMA

The place of my longest individual training is DeafNet. KAGOSHIMA whose president is Ms. Sawada, a deaf person. Ever since I had heard about Ms. Sawada's organization activity, I really wanted to have a training there. DeafNet. KAGOSHIMA has five projects. I would like to explain three of them.

1. Budo-no-Ki

Budo-no-Ki is a workshop where deaf people and deaf people with intellectual disabilities are working together to make handicrafts and sew clothes. For deaf people with intellectual disabilities, the workshop provides tasks to them according to the character of their disabilities. I think that it is effective to adjust a task to the character of disabilities. I took part in the handicraft work and picked up a wonderful idea. During sewing, I used to throw away the fabric scraps even if it is waste to do. At Budo-no-Ki, the workers collected these scraps and made cute stuffed animals. These accessories would be perfect small gifts. I think that it is a wonderful way to make profit from the unnecessary scraps.



2. Satsuma Waffle

In Satsuma Waffle, deaf people and deaf people with intellectual disabilities work together to make and sell waffles. I tried to make waffles by myself but it was incredibly difficult. People with intellectual disabilities made much better waffles quickly than I did. As the waffles are really delicious, I strongly suggest that everyone should eat them.

3. Deaf Kids

Deaf children go to school during day time, and then after finishing school the staff of Deaf Kids or parents go there to pick up the children in order to take them to Deaf Kids. Deaf Kids is not only a place for playing, but also a place for doing homework with the support from the staff. Their parents can communicate with their children about anything since they are good at sign language. The staff is fluent in sign language and also have a specific knowledge about the way of instruction for children.

At Deaf Kids I learned that communication is the most important to understand each other



deeply. For deaf children, sign language is the best way of communication. The second is knowledge. When I go back to Mongolia, I would like to share what I learned in Japan with many deaf people.

Activities I want to start in Mongolia

1. Sewing class for deaf women

When I arrived in Japan, I hoped to learn about identity development of deaf children but as my training progressed, my feeling changed. At first, I want to support deaf women. One of my friends is a leader of deaf women in Mongolia. I want to ask her to support my activity to start a sewing class. She has responsibility for management of association for deaf women. I learned many things in

establishing a sewing class in Japan. It is impossible for me to do the project alone. I want to ask her to cooperate and move forward.

2. Independence of deaf people

In Mongolia, many deaf people live with their parents. It is difficult for them to live independently. I want to support them for employment, and then I hope that deaf people can get their own salary and live independently.

3. Teaching sign language to deaf children and their parents

Deaf children and their parents cannot understand each other without communication by sign language. Through sign language instructions, I want to support communication between deaf children and their parents.

Acknowledgments

We had many opportunities to go to various training places, and obtained a lot of knowledge and information. We totally grew up, compared to September in 2017 when we came to Japan. I really want to express my appreciation to everyone who is related to the Duskin AINOWA Foundation and everyone who helped me during my stay in Japan. Thank you so much.

Individual Training Schedule

Jan. 2018 to May 2018	
Jan. 17 and 18	Japanese Federation of the Deaf
Jan. 22, Jan. 29 to Feb. 15	Kagayaki Pasokon School
Feb. 22 to Mar. 13	NPO Japanese ASL Signers Society
Mar. 14 to Apr. 20	NPO DeafNet. KAGOSHIMA
Apr. 26	Tokyo Sign Language Interpreter Dispatch Service Center
Apr. 27	Meisei Gakuen School for the Deaf
May 8 and 9	Piroracing
May 11	Information and Culture Center for the Deaf

Message to Trainee

My memory with Solongo

Solongo was the second Duskin trainee my family and I accepted into our home for a home-stay program. The first trainee was Gyan from Nepal. Solongo was our second guest from Mongolia. Both Gyan and Solongo were cheerful people and told us many things about their countries. Solongo runs a tailoring store with her mother. She gave us a traditional Mongolian costume she had made. We were deeply touched. My 24-year-old daughter wore it and it looked gorgeous. Thank you so much, Solongo. Solongo told us she wanted to try a Japanese kimono on. I pulled out a kimono that my daughter and I both had worn on our coming-of-age ceremony, a ceremony people celebrate when they turn 20, and put it on Solongo. I was not too sure how to tie the wide kimono belt called “obi” so I asked a sign language interpreter from our neighborhood to help us. It is a great memory for all of us. The northern part of Nagano prefecture is called “Hokushin”. It is famous for skiing, skating, Zenkoji Temple, Jigokudani Yaen-koen. I was working full-time in Tokyo right until December 28 and from then through to the end of the New Year, January 4, it was quite a hectic week. I felt I did not manage to show Solongo as much as I had wanted to, but I am glad we

managed to squeeze in visits to Zenkoji Temple, Jigokudani Yaen-koen. Solongo is very close to her family. She video-talked to her family almost every day. In Japan, families are all busy and family members tend to do their own business separately. This was a lot we could learn from Solongo’s attitude toward her family. She cooked us some Mongolian dishes. They were very good. Even though we only spent one week with Solongo, we are very happy to have been granted such an invaluable experience. The World Federation of the Deaf has a female board member from Mongolia. Solongo, too, is a very caring person. I am sure she will help the Mongolian Association of the Deaf develop, making full use of her training experience in Japan. She kindly told us to come and visit her in Mongolia. I hope I can do so one day with my husband.

Reiko Wada
Host family

Message to Trainee

Solongo is a lovely person. She worked hard on the training.

Solongo has cute spontaneous smiles. She is not nervous around people. Rather she is eager to make a connection with people and learn from them. From that attitude, I thought she will achieve something wonderful in the future. During her training in Kagoshima, Solongo engaged in sewing which was part of Sheltered Workshop B and learned about support to service users who are deaf, or deaf with multiple disabilities. During the After-School Day Care Program, Solongo learned about support to deaf school children in the form of play and schoolwork, as well as the public provision of sign language interpreters in Kagoshima. In day to day living in Japan, Solongo seemed to face some difficulties. She often fell ill but with help from others she

worked hard to the end. This had much to do with her charming character. I am also certain that this character of hers will help her in future, work or otherwise. She is amazing at tailoring. I hope that, building on her experience in Kagoshima, she will be a wonderful leader for women in Mongolia, helping deaf people and deaf people with multiple disabilities find the meaning of work and live an enriched life.

Rie Sawada
Chairperson
NPO DeafNet. KAGOSHIMA

To a bright future: people with disabilities empowered

Laxmi Nepal

Laxmi serves as a freelance English-Nepalese interpreter.

She is active as a member of Access Planet, an organization for the blind, and Blind Women Association Nepal.



Nepal, 25 years of age
Visually-impaired

Fields of interest

- 1) Accessibility in the field of education
- 2) To learn about how information accessibility and ICT are utilized in the life of persons with disabilities
- 3) Fundraising skills

1. Introduction

There were mainly three things I wanted to study in Japan.

- (1) Accessibility
- (2) Educational support
- (3) Employment for people with visual impairment

I came to Japan from Nepal because I wanted to fulfill these goals and create a bright future for people with disabilities in Nepal.

2. Japanese language

Before coming to Japan, I had no knowledge of the Japanese language. I was very worried about how I could learn Japanese and Japanese Braille. It was very hard to learn them at first, but the teachers taught us

patiently. Eventually I was able to speak Japanese. I was also very happy to be able to figure out Japanese Braille. Using Japanese, I would like to deepen the friendship between Nepal and Japan.

3. Group training

Our group training started after three months of studying Japanese. In the group training, we studied Japan’s welfare, educational support, employment support, leadership, U.N. Convention on the Rights of Persons with Disabilities, and accessibility to information. I felt that Japan’s welfare and support for people with disabilities was not something that occurred naturally. The efforts of many pioneers created Japan’s situation today. I would like to apply what I learned in Japan about Japan’s disability movement to change the situations in Nepal.

4. Individual training

After the group training, we went on individual training.

1) Creating a webpage

At the beginning of the individual training, we learned how to create a webpage. Applying what I had learned, I created a webpage for my organization “accessplanet.” I will launch the webpage when I get back to Nepal.

2) DAISY (Digital Accessible Information System)

In February, I studied DAISY over a course of two weeks at Assistive Technology Development Organization (ATDO). I learned how to create audio DAISY, text DAISY and multimedia DAISY. It was a very impressive training course. I would like to produce DAISY books after I get back to Nepal.

3) Education

One of my purposes of the Duskin training was to learn about the education for people with visual impairment. For one week at Uni in Kyoto, I studied support for students with disabilities in Japan. So, I went to Kyoto Seika University and Ritsumeikan University to





learn about their offices that offer support to students with disabilities. Universities in Nepal do not have such offices. At Tsukuba University of Technology, I studied an app for people with hearing impairment the university had created, that helps students take notes remotely on a PC. The app is so useful. Thanks to it, people with hearing impairment can receive inclusive education. Once again, during the three-week training at Nippon Lighthouse Welfare Center for The Blind in Osaka, I studied educational support for people with visual impairment. I learned about many Braille devices and technologies. It was amazing to see the volunteers at Lighthouse offering support, creating Braille translations and DAISY books. Through a visit to a junior high school in Toyonaka city which has a student with visual impairment, I learned about support for inclusive education. In May, I attended a training course at Tsukuba University of Technology. I saw their barrier-free installations and learned about support for education for people with visual impairment. Afterward, I went to Special Needs Education School for the Visually Impaired, University of Tsukuba for a one-week training course. I learned how to teach children with visual impairment, in ways that they find easy to understand. I also saw many tools and techniques to improve education for such children. I attended chemistry, music, art, English, acupuncture and massage classes to learn about effective educational methods.

4) Employment

My other purpose for the Duskin training was to learn about Japan's employment for people

with visual impairment. Mr. Sashida, researcher from Japan Organization for Employment of the Elderly, Persons with Disabilities and Job Seekers, the National Institute of Vocational Rehabilitation, kindly told me about employment for people with visual impairment in great detail. During the training at Uni, Kyoto, I met a teacher with visual impairment, who taught English at a local public school. He told me what kind of support is available when a teacher with visual impairment like himself teaches at a public school, and what positive impact it has on students. During the training at Nippon Lighthouse, I learned about various jobs for people with visual impairment, such as health managers of major companies and administrators of city offices or plants. I also learned about many other types of jobs that were available for people with visual impairment at Hamamatsu Workshop with the Disabled -WITH, and Kitakyushu Association for Promoting Independence for Persons with Visual Impairment AIZU. I found many tools that help to do their jobs.



5. Other learnings

1) Accessibility

Japan's accessibility is incredible. I can go anywhere by myself, using Braille pedestrian tiles and traffic light music. Public places are all accessible, so I can do many things alone. I saw many touch-and-feel objects that I had never seen in Nepal.

2) Cross-disabilities

The other thing I learned in Japan is cross-disability. Two of the trainees are visually impaired, and two are hearing-impaired, and the other one is a wheelchair user. At first, I was worried about how we could live together and communicate with each other, but we created our own solutions.

3) Recreational accessibility

In the New Year, I stayed at the home of the Takeshita family in Kyoto. In the beginning I was nervous about what I should do for one week with a Japanese family. But the one week turned out to be great fun. During the stay, I learned about Japan's culture and daily lifestyle. I also enjoyed a lot of great food for the New Year and visited beautiful places in Kyoto. Mr. Takeshita always let me touch many things and explained to me about things I was touching, so I understood well. I also learned how people with visual impairment can enjoy sightseeing. The home-stay was so fun.

In January, we went to Niigata for skiing. I was scared at first, but gradually I learned to ski. Skiing was truly accessible for me. Through the training, I enjoyed Japan and Japan's way of life. I did a lot of shopping as well. I also played sound table tennis. I would like to disseminate this sport in Nepal. In Osaka, I went on a tandem bike, and in Hamamatsu, I enjoyed cherry blossoms with the members from WITH. In Hamamatsu, I went on a funicular for the first time and went to the Pacific Ocean. In North Kyushu, I went on a rickshaw. I also visited an undersea tunnel.



I also drew a fortune slip at a shrine. It was all very interesting. In May, I went to Disneyland. There was a tactile map and small models of all the rides, so it was easy to see where I was, and what kind of attractions were available. I learned how people with visual impairment could enjoy attractions in many more ways than just getting on the rides.

6. My future plans

I came to Japan because I wanted to build a bright future for people with disabilities in Nepal. The training taught me that we need to improve education and income for the people to achieve this. That is why I would like to

launch activities once I am back in Nepal, on education and employment. In Nepal, there is not a single university with an office that offers support to students with disabilities. I would like to launch such offices jointly with the government. Also, there is no national library for people with disabilities in Nepal. It costs too much to produce Braille books. Nepal has a lot of mountains, so it is hard to transport Braille books. So, I would like to launch a national library for DAISY books. In Nepal, there are 79 schools where people with visual impairment and people without disabilities can study together. I would like to introduce computer education in these

schools. I would also like to tell students with hearing impairment about the technique of taking notes remotely. With this technique, people with hearing impairment can easily study at universities. Today, people with hearing impairment can go to university, but with no support whatsoever. It is very hard for them to engage in their studies. In Nepal, it is very hard for people with disabilities to find work. I would like to launch a job center that helps the people look for jobs. At this center, people with disabilities will be able to acquire skills. I will also enlighten companies to employ such people.

Individual Training Schedule

Jan. 2018 to May 2018	
Jan. 17 to 23	At Ease Inc.
Jan. 30 to Feb. 13 and Feb. 23	Assistive Technology Development Organization (ATDO)
Feb. 14	Japan Braille Library
Feb. 15	Japan Organization for Employment of the Elderly, Persons with Disabilities and Job Seekers
Feb. 19 to 22	Japan National Assembly of Disabled Peoples' International (DPI-Japan)
Feb. 26 to Mar. 3	Uni
Mar. 6 to Mar. 23	Nippon Lighthouse, Welfare Center for the Blind
Mar. 26 to Apr. 6	NPO. Co. Rokuseikai Hamamatsu Workshop with the Disabled-WITH
Apr. 9 to 20	Kitakyushu Association For Promoting Independence For Persons with Visual Impairment AIZU
Apr. 25 and 26	Association for Aid and Relief, Japan
Apr. 27	Tokyo Helen Keller Association, Inc.
May 1	Tsukuba University of Technology
May 7 to 11	Special Needs Education School for the Visually Impaired, University of Tsukuba



7. Summary

For me, the Duskin training was a wonderful learning experience. I will never forget the precious time I spent in Japan. I am sure I can improve the situations in Nepal if I apply what I learned from the disability movement of Japan.

I thank everyone who gave me their support. My Japanese teachers, my home-stay family, everyone at the organizations I visited on my individual training, our teachers for our

group training, and the volunteers. I thank you all. I would appreciate it very much if you could kindly continue to offer your support to improve the situations of people with disabilities in Nepal.

The staff at the Japanese Society for Rehabilitation of Persons with Disabilities (JSRPD) always watched over me. Thank you so much. I would also like to say a word of thanks to the trainees who became my good friends. It is my strong belief that I can

improve the situations of people with disabilities in the Asia Pacific region, if I could work with you and JSRPD.

Last but not least, I thank everyone at the Duskin AINOWA Foundation and the Duskin family who made this training possible.

Thank you very much.

Message to Trainee

To Laxmi

Thank you for visiting us at AAR Japan for your training. This time we were the one offering you the training, but it seems we have learned a lot from you, from the stories you told about your experience in Nepal. In your final presentation, you showed us many cases of visual impairment and talked about your future plans in Nepal, which would substantially help AAR's activities in supporting people with disabilities. We hope that fundraising and other contents of the training you

received here at AAR will prove useful for your activities in Nepal. If we can be of any help on your way forward in Nepal, please let us know any time. From Japan, we wish you all the best for your future in Nepal.

The staff
Association for Aid and Relief, Japan

Message to Trainee

Keep up the great work!

Well done on your hard work over the last year. Laxmi, you looked a bit nervous with us at first because for you ATDO was your first individual training destination. But you gradually began to relax and asking us a lot of questions. I clearly remember how carefully you were working on the DAISY books you were creating. Whenever you found any tiny errors that needed correction, you made sure to address them. It was very impressive. You and Krish, the other trainee who joined us, were a great pair. You helped each other as you worked on your tasks together. Do you remember the day we went out for a curry to celebrate your birthday? We asked the restaurant staff to make the curry as close as possible to the curry you get in Nepal. It was absolutely delicious. So good that we almost wanted the special

order every time we revisited any curry place. Your fluent Japanese in your final presentation was totally astonishing. In the presentation, you said you wanted to launch a center for people with disabilities to help them develop job skills and find work. You also said that you wanted to help people with all types of disabilities as well as people with visual impairment. You were ready to try anything. Your challenging spirit was shining. With your enthusiasm for your goals and your attention to detail that help you complete any work to the end, I am sure you will be able to achieve any kinds of goals you have set yourself. We wish you the very best for your future!

The staff
Assistive Technology Development Organization (ATDO)

My new hopes

Krishneel Kunal Sharma

Krishneel is the President of United Blind Persons of Fiji in Western region and conducts liaising activities within Fiji beyond the area of disabilities. He also serves as a board member of Fiji Disabled Peoples Federation.

Fiji, 27 years of age
Visually-impaired

Fields of interest

- 1 Leadership skills in order to lead an organization
- 2 Welfare equipment, independent living / mobility training for persons with visual impairments
- 3 Presentation and communication skills

Introduction

I learned many things from this training that will be useful for disability movement. Fiji does not offer good accessibility for people with disabilities. Recently the government ratified the U.N. Convention for the Rights of Persons with Disabilities. The Duskin training has taught me what I need to do when I go back to Fiji.

Japanese studies

As soon as I arrived in Japan, I attended a Japanese language class to be able to communicate with people. The lessons turned out to be very useful when I went shopping or met up with people. Studying Japanese helped me make friends as well. I was very happy to be given this opportunity to learn a new language.

Group training

In December, we, the trainees, attended a group training course. During the training, we visited many organizations for and by people with disabilities, where we learned about disability movement, problems the people face, and the support they get. We learned that people with disabilities should participate in society just like people without any disabilities, and that we have to minimize problems associated with independent living. In our May group training, we learned how to give presentations and how to write proposals. I will apply these techniques when I go back to Fiji.

Individual training

The individual training started after the group training. First, I learned how to create a website during a PC training session and studied accessible information system DAISY at Assistive Technology Development Organization (ATDO). These training sessions were extremely useful. After that, I went to Kyoto. At Uni, I learned





about support for students with disabilities. I visited many universities and learned about centers for students with disabilities. I also learned about speech recognition software. This software is useful for people with hearing impairment to study. I also played sound table tennis for the first time in my life. Then I went to Nippon Lighthouse Welfare Center for the Blind in Osaka for a 3-week training course where I learned about support for people with visual impairment. I visited many institutions in Osaka for people with visual impairment. The thing

that touched me most was a DAISY movie. There was a vocal guide, so I could follow the story very well. I also rode a tandem bike for the first time and played bowling as well. It was so fun to play new sports. I then went to Hamamatsu Workshop with the Disabled-WITH for another training course. At WITH, I found artworks by people with visual impairment. The interesting thing was they were recycling used Braille paper and making postcards. I made my own white cane as well. I also went to enjoy cherry blossoms with the members of WITH. I tasted eels for the first

time ever. It was very good.

Next, I visited Shiga Welfare Association for Persons with Visual Impairment. The association gave me a chance to play many new sports. I played baseball for the first time, as well as goal ball. I went dancing, and I even met ninjas. After finding out that I like beer, the staff also took me to a beer factory. At the end of the factory tour, they let me taste their beers. I don't think there are any such factories in Fiji. The people of Shiga were very fun to be with. My last training took place at KOYUKAI Light Friend Association in Kanagawa. About 60 people with disabilities live there. I learned how KOYUKAI offers support to people with disabilities. I also learned about support from the local government. The staff took me to Enoshima and Kamakura, where, once again, I played a new sport called rolling volley ball. The rules were really interesting.

Fun times and first experiences

During my home-stay program, I stayed at the home of a Japanese family. They let me experience daily lifestyle of Japan, Japanese culture and tradition, and Japanese foods I had never had. We went

to Yamanashi together, where I took pictures of Mt. Fuji. I went horse-riding for the first time, and also enjoyed a hot spring. I was so happy to be given so many new experiences.

I skied for the first time as well. I had never experienced snow until then. We also went to Disneyland and got on many rides. It was truly wonderful. I also played blind soccer and participated

in a marathon. The styles were a little different between Japan and Fiji, but it was so fun. I also experienced climbing for the first time in my life. It was great fun.

My plans for the future

When I go back to Fiji, I would like to do three things. First, I would like to launch a national soccer and goal ball team for people with disabilities.

I would like to then take part in the 2020 Tokyo Paralympics and see my friends in Japan again. Second, I would like to talk to the government of Fiji about accessibility and make our society barrier-free. For instance, I would like to implement Braille blocks and slopes. There are no musical traffic lights in Fiji, so I would like to work on that as well. Third, I would like to introduce DAISY books to Fiji and create a library for people with

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Mar. 6 to 23	Nippon Lighthouse, Welfare Center for the Blind
Mar. 26 to Apr. 6	NPO. Co. Rokuseikai Hamamatsu Workshop with the Disabled-WITH
Apr. 9 to 13	Shiga Welfare Association for Persons with Visual Impairment
Apr. 16 to May 2	Social Welfare Juridical Person KOYUKAI
May 10	Tokyo Metropolitan Sports Center for the Disabled
May 11	Kanagawa Light Center



visual impairment.

Words of gratitude

From the bottom of my heart, I would like to thank everyone from the Duskin AINOWA Foundation, the Duskin family, the Japanese Society for Rehabilitation of Persons with Disabilities, and everyone who welcomed me at my training destinations. Thank you so much.



Message to Trainee

Apply your sportsmanship to make inclusive society happen!

My image of people from Fiji had always been that of a burly rugby player or a plump lady, so it took me by surprise when I saw Krish, who was lean and slim. Apparently, he was an athlete who could run 100m in some 12 seconds. He was also good at all kinds of sports. With us in Osaka, and at Uni in Kyoto, Krish had intensive training with Laxmi from Nepal about inclusive education and accessibility to information, and it was apparently a “great learning experience” –but Krish’s number-one interest was really sports. He enjoyed training that included lots of sports and many new experiences, including tandem cycling and sound table tennis in Osaka, as well as goal ball and grand soft ball at Shiga Center for Persons with Visual Impairment, and even bouldering after he went back to Tokyo, which is getting widely popular among people with visual impairment. He is usually cool and quiet. Sometimes he would look lonely, perhaps because his mother had passed away not

long before he came to Japan, but as soon as he started playing any sports his face would be instantly lit up with joy so much that I could not take my eyes off him. When he goes back to Fiji, he wants to cheer up people with visual impairment as the vice chairman of United Blind Persons of Fiji, as people with visual impairment in Fiji tend to hide from society and be reclusive at home. Krish also wants to use sports promotion and other measures to encourage people with disabilities to participate in society. Krish, I hope you can exercise your inborn sportsmanship and become the top athlete of Fiji’s inclusive society.

Wataru Takeshita
 Director
 Information & Culture Center, Nippon Lighthouse

Message to Trainee

We are happy he enjoyed the one-week training.

For the first time, we at Shiga Welfare Association for Persons with Visual Impairment decided to accept a Duskin leadership program trainee for one week. However, after making that decision, we did not know what sort of person would be visiting us, or how we should interact with him, or how other training institutions welcomed and guided the trainee. We only had some files about Krish when we went to greet him at Maibara Station shortly after noon, April 9. The start of day one. Krish wanted to take part in many sports and wanted to visit sports facilities. So we introduced him to tandem cycling, sound table tennis, grand soft ball, goal ball, bowling and rhythmic exercises. We also took him to a tour of Shiga Center for Persons with Visual Impairment, a home for elderly blind people, a workshop of people with visual impairment, and to a

beer plant because he said he loved beer. We also went on a funicular together on Mt. Hiei because he did not know what it was. The week flew by. We were happy he enjoyed the training without being nervous. He was very eager to play sports, he had the best smile when he had beer, and he was a quick learner when he tried handicraft at our workshop. It was very impressive. I hope he maintains this attitude and becomes a leader for people with disabilities when he goes back to Fiji. I can easily imagine him guiding people as a leader, telling jokes every now and then.

Hiroshi Ohashi
 Chairman
 Shiga Welfare Association for Persons with Visual Impairment

Final Report

Anam Shahzadi

Anam is a Public Relations Officer and Female Coordinator at Milestone, an independent living center where 3rd-year Asian trainee Shafiq-ur-Rehman serves as Representative.



Pakistan, 25 years of age
 Physically-impaired

Fields of interest

- 1 History of disability movement
- 2 Transportation accessibility
- 3 Disability discrimination (especially against women with disabilities) and government measures of the elimination
- 4 Government measures for realization of inclusive society in Japan

Group training

We had studied Japanese for three months at Toyama Sunrise. Before coming to Japan, I only knew how to say greetings in Japanese, so it was very difficult to learn Japanese. After the three months, we studied many other things, including barrier-free society, leadership, and abuse toward people with disabilities. We also learned how to plan a project, and how people with cross-disabilities can communicate with each other. It was very useful.

Individual training

My first individual training took place at the Center for Independent Living “Honyara” in Tsukuba city. I learned many things about personal assistance. For instance, I saw and learned about assistance service for people with disabilities. I also visited the home of a person with severe cerebral palsy and saw the barrier-free rooms and lifestyle in the house. I also visited a plant where people with intellectual disabilities worked. I saw how they worked. They get wage of their working

from this plant. I think this arrangement will help people with disabilities live independently. In Pakistan, there are no places where people with intellectual disabilities can work, so I wanted to create a working place such as this one in Pakistan. I also went to Center for Independent Living “Higashiyamato” for a week training course. I stayed with two Japanese families. First, it was the home of Mr. and Mrs. Tabuchi. Mrs. Tabuchi had disability, spinal injury. Her house is barrier-free and has an automatic chair-lift that goes up and down the stairs. It was very interesting because I had never seen it before. I used it many times. I was very surprised to see someone with spinal injury married and has children. This doesn’t happen very often in Pakistan. I then stayed at the home of Ms. Ebihara. She lives on an artificial respirator around the clock. I was surprised to see someone with such a severe disability living all by herself. Together with Ms. Ebihara, I went to a company of assistance device such as lift and saw many types of lifts, for example; a lift that helped the user to move to a bed, a lift for going to





toilet and bathroom, and a wheelchair vehicle lift. The company makes original lifts tailored to each type of disability. The lifts were small and easy to use. At "Higashiyamato," I studied about independent living program (ILP). ILP is one of the programs for independent living. The people with disabilities decide to live independently and want to learn many things for independent living, and they can take ILP. During the ILP, we made hand-made sushi. It was very tasty. I also went to a bakery by people with intellectual disabilities. I talked and danced with them.

It was a great experience for me. During the training at "SAITO KOBO" in Tokyo, I learned how to make a wheelchair. I learned about wheelchair fitting and made a controller and cushion for an electric wheelchair. Eventually, I mastered how to repair a wheelchair. Next, I went to Center for Independent Living "Yah! Do' Miyazaki" in Miyazaki. Here, I learned ILP, peer counselling for women, and how to get support from the government. I also saw artworks by people with disabilities and talked with people with mental disabilities. I had never had these

experiences before. At AJU Center for Independent Living in Aichi, I studied peer counselling and ILP again. At Mainstream Association, I learned about personal assistance service and how to operate as a system. The staff explained to me what is good personal assistance and not good one in detail. I also learned how a married lady with spinal injury lived and she taught me many ways to live a healthy life. This information was very useful for me. I met wonderful leaders and learned about leadership. At Independent Living "MUCHU" Center, I talked with a lady with a severe disability and learned about her needs. At Center for Independent Living "Partner," people with intellectual disabilities and physical disabilities lived together. I had never seen this type of center before. It was very interesting. My last individual training course took place at Human Care Association. I studied peer counseling for three weeks and served as a peer counselling leader for two days. In the beginning, I was so tense that I forgot everything I had learnt. Once I relaxed, I managed quite well and got positive feedback from the staff. I also studied personal assistance service at Human Care Association. I learned so much about peer counselling and personal assistance service. I would like to



continue these efforts in Pakistan. I visited so many centers for independent living and had a lot of wonderful experiences.

Fun events I experienced in Japan

I did many things in Japan that I had never done before. I learned how to swim and ski. Before coming to Japan, I had never thought I could

do that. But now, I can swim and ski. I saw snow as well. It was cold, but so much fun that I forgot it was cold. I stayed at the home of the Nishio family in Kagawa. We ate rice cake in the New Year and drew a fortune slip at a shrine, which said that during this year, I can be in great luck so I was very happy. In Kyoto and Osaka, I went to see cherry

blossoms. The cherry blossoms were so beautiful. I also rode a rickshaw in Kyoto. It was so fun. In Miyazaki, I saw the ocean. There is an ocean in Pakistan too, but it is far from where I live. I was happy to see the ocean at last. I visited Sanrio Puroland with Mr. and Mrs. Mitsuoka. I love Hello Kitty. I took a photograph with Hello Kitty.

Individual Training Schedule

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Jan. 17 to 25	Center for Independent Living in Tsukuba, Honyara
Jan. 27 to Feb. 2 and Feb. 13	Center for Independent Living Higashiyamato
Feb. 5 to 9	SAITO KOBO
Feb. 15	Tokyo Metropolitan Sports Center for the Disabled
Feb. 16	Tokyo Metropolitan Komei Gakuen for Special Needs Education
Feb. 19 to 22	Japan National Assembly of Disabled Peoples' International (DPI-Japan)
Feb. 26 to Mar. 12	Center for independent living "YAH! DO" Miyazaki
Mar. 13 to 18	AJU Center for Independent Living
Mar. 19 to Apr. 13	Mainstream Association
Apr. 16 to May 11	Human Care Association



There is not much halal meat in Japan. In Kobe, I had halal beef. It was very good but very expensive.

My plans in Pakistan

There are four things I would like to do after returning to Pakistan.

- 1. I would like to launch peer counselling and independent living programs.

- 2. I would like to launch personal assistance services with support from the government.
- 3. I would like to launch inclusive education programs.
- 4. I would like to make Pakistan a barrier-free society.

I am so happy that I learned so much during the 10-month training. I would like to work

hard after going back to Pakistan. I would like to thank everyone at the Duskin AINOWA Foundation, the Duskin family, and the Japanese Society for Rehabilitation of Persons with Disabilities for having given me this opportunity. I would like to also extend my gratitude to everyone who welcomed me at my training destinations. Thank you so much.

Message to Trainee

My memory of Anam

In 2004, when I visited Milestone in Lahore, Pakistan, their CIL was already very active -- distributing manual wheelchairs they made, urging people with disabilities to participate in society, and conducting peer counselling to empower people with disabilities.

That was already 14 years ago! Anam is already interacting with various people with disabilities and having already mastered the principles of CIL philosophy and CIL's basic knowledge, this curious and energetic girl asked me many concrete questions like "How should I interact with people with disabilities if they do not like themselves?" and "What is the hygienic way to help the toileting of people with spinal injury?"

During your home-stay program, you had a keen interest in the gastronomy tube feeding by the attendant. When the attendant

wasn't in my house in the morning, I nearly got killed because the artificial respirator got clogged with condensation, and you came over with sleepy eyes and rescued me, throwing the water away. I had such fun sharing such thrill-laden medical care with you.

"CIL gave me a chance to love myself. So I want to work for a CIL and help many people with disabilities, especially women, to love themselves," you said, with your eyes shining. You, the person who tried natto totally fearlessly, can do it.

Hiromi Ebihara
Director
Center for Independent Living Higashiyamato

Message to Trainee

We are looking forward to reports about your activities at home.

How are you Anam? You must be busy every day, now you are back at Milestone. You must be working very hard.

We had such a great time with you over your three-week training. You cooked us kheer, the rice pudding. We enjoyed it at lunch. It was so good. You also showed up in such fashionable clothes every day. You looked wonderful and stylish.

You worked very hard on your training. During the day, you studied hard with us. During the evening, you put together your training reports and notes for your role as a peer counseling leader. Using English and Japanese, you worked hard and asked us many questions. Eventually you successfully completed your role as the peer counseling leader. You were

wonderful.

We are all looking forward to the day when new women, who get empowered by your peer counselling, will visit us for their training, sometime in the future. We would like to tell them about the wonderful leader by the name of Anam Shahzadi and become friends with them.

We are peers. We are very happy to have each other. Please send us reports about your activities at home. We wish you all the best for your future.

The staff
Human Care Association



The Duskin AINOWA Foundation

3-26-13 Esaka-cho, Suita-shi, OSAKA 564-0063 JAPAN
Telephone: 06-6821-5270 Facsimile: 06-6821-5271

<http://www.ainowa.jp/>