Acknowledgements
There have been many people who have helped to create, enlarge and improve the Directory over the past 16 years. Jeanne Vass and Toni Wren created the first edition of the FEW Volunteer Directory in 1995. Further acknowledgements go out to past directors and editors including – but not limited to - Anne Makepeace, Nicola Finkle, Sarah Thompson-Copsey, Nadine Zukoski, Jennifer Fujita, Cherrian A. Chin-Harada, Julia Maeda, Carolyn Pieroway and My Persson.

Special thanks go out to FEW member Lizzie Murphy for designing the cover for the 2011 Directory.

Many thanks to the organizations listed in this Directory, which have provided us with invaluable information and encouragement. We hope that that our Directory connects them with the resources they need to further their organizational goals.

Notes:
The information contained in this directory is accurate as of July 2011.

• If you find any information that is inaccurate, please contact us by email few@gol.com with the basic information listed in the directory or fill in the online form: https://docs.google.com/spreadsheet/viewform?formkey=dGRFLUp2cG1OY2tpNkx3X3VNTTctUHc6MA

FEW cannot guarantee, assume any legal liability nor take responsibility for the accuracy, completeness, or usefulness of any information in this Directory. Some listings may provide links to Internet sites for the convenience of users. FEW is not responsible for the availability or content of these external sites.
The Community Service Directory is a project of FEW – For Empowering Women in Japan.

FEW is the GO-TO place for personal and professional learning & connections for international women in Japan.

About FEW
FEW was founded in 1981 by two non-Japanese female entrepreneurs wishing to create a professional and social network among women in Tokyo. The aim of the group was to recreate in Tokyo the networking and business associations they had enjoyed back home. From an initial meeting of nine women, FEW membership has grown over the last 25 years beyond Tokyo with a sister organization in the Osaka area.

The organization was originally named “Foreign Executive Women” or FEW. FEW has evolved tremendously since its inception. Reaching beyond “executive women”, FEW now welcomes all women, Japanese and non-Japanese, from all professional backgrounds and at all stages of their careers.

Activities include monthly meetings at which members and guests listen to speakers on topics of interest and meet other women. Other regular events include the Career Strategies Seminar, as well as cultural and social events. In addition, FEW supports community and fundraising events, local organizations and volunteer projects, such as the compilation of the Community Services Directory.

About FEW’s Community Service activities
The purpose of FEW’s Community Service work is to provide the membership with information about organizations and opportunities for getting more involved locally. We arrange events, such as clothing and book drives, benefitting local community organizations. Each year the FEW Bonenkai also raises funds for a particular organization supporting people locally. FEW has focused community activities on 3 areas:

- Promotion of volunteering and community engagement programs
- Awareness raising of key issues both locally and internationally
- Raising money for nonprofit organizations - supporting Japan-based nonprofits

FEW Community Service Strategic Partners (CS SPs)
Each year, a few organizations are selected by FEW to be our Community Service Strategic Partners. New groups are selected & and some from the previous year continue on as CS SPs so that we may spotlight them and encourage FEW members to be more engaged in the issues that interest them.

Basic criteria for selection
1. Local engagement: Japan-based organizations, working domestically or internationally.
2. FEW member participation: Possible opportunities for FEW member participation in events, volunteering, drives or campaigns etc.
3. Organization involvement in FEW: sending someone to FEW monthly meetings to network and develop involvement and awareness of key issues.
4. Issue categories: Diverse issues with an emphasis on projects targeting women and vulnerable persons.

Find out more about FEW through our website (www.fewjapan.com) or contact us about how you can get involved at few@gol.com.

2011 FEW Community Service Directory
# Table of contents

## Page # | Contents
--- | ---
6. | About this Directory, Using this Directory
7. | About the Organizations in the directory
8. | About the Japanese nonprofit sector
9. | Getting involved in community service

## Organization Introductions:

10. | The Alliance of Guardian Angels Japan, Inc.
11. | AMDA (The Association of Medical Doctors of Asia) International Medical Information Center
12. | Amnesty International Japan/AITEN
13. | Animal Refuge Kansai (ARK)/Tokyo ARK
14. | Ashinaga
15. | Asia-Japan Women’s Resource Center
16. | Asian Rural Institute
17. | Asian Women Workers’ Center
18. | Beers for Books
19. | Big Issue Japan
20. | Chuo Cultural and International Exchange Association (CCIEA)
21. | College Women’s Association of Japan
22. | Dream a Day in Tokyo
23. | Earthwatch Institute Japan
24. | Foundation for Global Peace and (FGPE)
25. | Franciscan Chapel Center
26. | Friends of the Earth Japan
27. | Greenpeace Japan
28. | Habitat for Humanity Japan
30. | Hands On Tokyo (HOT)
31. | House of Emergency Love and Peace (HELP) Asian Women’s Shelter
32. | House for Women “SAALAA”
33. | Human Rights Watch Tokyo
34. | Internashokunai
35. | International Association of Volunteer Effort (IAVE)
36. | International Education Resource and Innovation Center (ERIC)
37. | International Movement against all Forms of Discrimination and Racism (IMADR)
38. | Japan Braille Library
39. | Japan Earthquake Animal Rescue and Support (JEARS)
40. | Japan Environmental Action Network (JEAN)
41. | Japan NGO Center for International Cooperation (JANIC)
42. | Japan Tropical Forest Action Network (JATAN)
43. | Kalabaw-no-Kai (Association in Kotobuki for Solidarity with Foreign Migrant Workers)
44. | Kalakasan Migrant Women’s Empowerment Center
45. | Kanagawa Women’s Space “Ms. La”
46. | Kyoiku Kai Step House
47. | Kyoto Journal
48. | Live with Friends on the Earth (LIFE)
49. | Living Dreams
50. | Make-a-Wish of Japan
51. | Medecins du Monde Japon (Doctors of the World Japan)
52. | Meguro International Friendship Association (MIFA)
53. | Micaela Ryo (Women’s Shelter)
54. | Minato International Association
55. | Missionaries of Charity
56. | Nerima International Friendship Association
# Table of contents

## Organization Introductions (continued):

57. O.G.A for AID  
58. Oxfam Japan  
59. Peace Boat  
60. Polaris Project Japan  
61. Refugees International Japan  
62. Resilience  
63. Room to Read Japan  
64. Run for the Cure Foundation  
65. Saitama International Association  
66. Sanya Kyodai no Ie  
67. Sanyu Kai  
68. Second Harvest Japan (formerly Food Bank Japan)  
69. Seishonen Fukushi Center  
70. Seishu Ryo  
71. Services for the Health in Asian and African Regions (SHARE)  
72. Setagaya Volunteer Association  
73. Shanti Volunteer Association (SVA)  
74. Shinagawa-ku International Friendship Association  
75. Special Olympics Nippon  
76. Together with Africa and Asia Association (TAAA)  
77. Tokyo Caritas House  
78. Tokyo English Life Line (TELL)  
79. Tokyo Rape Crisis Center (TRCC)  
80. Tokyo Union Church Women’s Society  
81. Tokyo Voluntary Action Center  
82. TokyoYMCA, TOKYOYMCA Center  
83. TokyoYWCA International Language Volunteers  
84. The Tyler Foundation for Childhood Cancer  
85. World Wide Fund for Nature (WWF) Japan

## Resources:

87. Busy people can help too  
88. Careers in the Non-profit NGO Sector in Japan  
89. Online resources  
90-91 Organizations active in Tohoku recovery
THE 2011 FEW COMMUNITY SERVICE DIRECTORY

The 2011 Directory was edited by Sarajean Rossitto, the 2010-2011 Community Service Director and is based on the 2010 edition which was compiled by Carolyn Pieroway, and edited by Sarajean, the 2009-2010 FEW Community Service Directors.

About This Directory

The goal of this Directory is to inform FEW members and supporters of opportunities to get involved in organizations making a difference in the community. We hope that this guide will meet the diverse interests and schedules of people interested in getting involved.

The first print edition of this Directory was published in September 1995. It provided a listing in English of community organizations that welcome volunteers. The aim was to identify the specific projects and skills each organization required to help make the best "match" between potential volunteers and organizations.

Six more editions followed in 1997, 2000, 2002, 2004-2006, 2008 and 2010. The earliest editions were supported by corporate sponsors and all were created with the dedication and hard work of many women in Japan. Since 2008, the Directory has been made available online on the FEW website.

This Directory can assist in matching skills and interests of those interested volunteering with the needs of a wide variety of community and international organizations. For Non-Japanese living in Japan, each organization provides a unique way to learn more about the community in which you live.

Revisions are made about once a year. If readers find any information need updating, please let us know by email few@gol.com. We appreciate your support and understanding!

Using the Directory

Entries are listed alphabetically and include information about the organization, focus areas, community service activities and contact information. In addition to volunteering, we have identified other resources these organizations may need. This information can be found under "Other Ways to Contribute."

Given the economic downturn since 2008 and multiple disasters in 2011, the needs and opportunities for volunteers and financial support has been constantly increasing. We hope that you will use this directory as an opportunity to find ways in which you might be able to support local organizations that are making a difference every day.
About the Organizations Listed in the Directory

A wide range of organizations that offer the FEW community diverse opportunities for participation are included in this edition of the Directory. For many of the organizations listed, volunteers are a key resource without whom they would never be able to achieve their goals.

The Directory focuses on organizations in the Kantoh region but some groups from other parts of Japan are also included. We have also tried to identify those that can best use the skills of Non-Japanese people, and able to engage people who might not be fluent in Japanese.

Some of the organizations listed will not have the capacity to respond to email inquires in English immediately. Also understand that not all groups will have someone available to take your call in English, but calling is the preferred means of first contact.

Categories
Organizations have each been categorized into the following areas to help guide readers:

- Animals
- Arts
- Children/Youth
- Community Development
- Consumers
- Counseling
- Culture
- Cultural Exchange
- Disabilities
- Disasters & emergencies
- Discrimination
- Education
- Environment
- Health
- Homeless
- Human Rights
- Non-Japanese
- Nonprofit Support
- Poverty
- Refugees
- Social welfare
- Sports
- Work
- Women

Special to the 2011 Edition

At the back of this edition, we include a separate listing of organizations active in Tohoku recovery. The number and variety of organizations involved is vast and this list is by no means exhaustive. Please understand that as we move from relief to recovery and rebuilding the situation is changing rapidly and many organizations have been founded in spring 2011 which may or may not continue their work in the upcoming years. The list focuses on larger, established organizations already committed to long term recovery efforts.

We have also included links to network organizations where you may get information on other organizations and news from the field as well as recovery related news and events. We hope you will find this useful for getting involved in Tohoku related community service activities in the upcoming years.
**About the nonprofit sector in Japan**

There are many kinds of organizations in which you can participate. There are estimated to be over 300,000 civil society organizations in Japan, more than 42,000 of which are incorporated as Specified Activity Nonprofit Corporations. Approximately 500 NGOs (nongovernment organizations) are involved in international development work overseas.

There are tens of thousands of other organizations, which are active and have been around for several years but are not incorporated. Incorporation confers legitimacy and recognition as a legal entity that allows for organizations to rent offices, get phone lines and open bank accounts under an organization’s rather than an individual’s name. This alone does not guarantee organizational longevity but it does allow for organizations to work more autonomously and opens up options for funding from a wider variety of sources. For those interested in better understanding the Japanese nonprofit sector, online resources have been listed in the back of the directory.

**Communication skills**

Whether or not you need Japanese language skills depends on the organization you are interested in and the work they do. Many - but not all - require some level of Japanese. Many organizations working internationally need people with excellent English language skills particularly for communications, outreach, grant proposal writing and PR. Other languages groups most often need help with are Chinese, Korean, Thai, Portuguese and Spanish.

If you have your heart set on a particular group, but do not have confidence to contact them in Japanese, ask someone who speaks Japanese to go with you on your first visit. Have your friend explain that you would like to find a way to contribute – based on their needs, make suggestions for how they be able to use the skills you have.

**About Volunteering**

People volunteer for a myriad of reasons – to work with children, to use skills, to learn about an issues, to make friends, to have an impact on a problem, etc. – so your first step is to decide your own personal priorities, possibilities and needs.

Organizations need volunteers and supporters in all "shapes and sizes". Whether your expertise lies in finance or filmmaking, counseling or design, there is an organization that can use your help. Volunteers are needed 24-hours each day, seven days a week. Many organizations listed rely solely on volunteers to carry out their missions.

There are many possibilities and depend on the organization’s need, your skill-set and time availability. Many ways you can support community groups include: event preparation, editing newsletters, translating reports, writing conference notes, answering the telephone, doing research, making PR materials, making an English brochure or webpage, cleaning the office, teaching kids, fundraising, taking care of animals, counseling, training volunteers, making presentations to corporations, writing grant proposals, running a food drive … the list is limitless. Volunteering can be a rewarding experience allowing you to give something back to the community while acquiring new skills and meeting new people.
Getting involved in community service

Community service is a serious dedication of time and effort towards the chosen organization. One should expect to

- Be ready to share skills and ideas.
- Learn about an organization’s priorities and needs.
- Be open to learning new things.
- Follow through on commitments.

You need more than a good heart. You need to show commitment to the organization. It is hard to be in a position of responsibility without first showing commitment as a volunteer. In Japan, there are few paid positions and most people work for little or no money. When funding arises for a position it may go to the person who has been doing that work on a volunteer basis.

Many people come with experience volunteering in nonprofits overseas but do not know where to start once they get to Japan. There are many opportunities and you do not have to start your own group. If you are committed, have some basic skills and the passion, you can help an organization achieve its goals.

Volunteer your time: getting started.

Self-Assessment: Ask yourself 3 things
- What are your relevant interests, skills and experience?
- How much time do you have and how long do you want to work with a group?
- What are your language and communication skills like?

Find out what they need:
Try to understand organizational goals and needs. Although some groups value sharing the mission over all else, organizations need skilled volunteers. Ask yourself what you can offer: Do you have skills and/or experience in PR, fundraising, website creation, database, outreach, grant proposal writing, financial management or event coordination?

Meet people at events and attend volunteer orientation meetings.
There are so many events going on it would be a shame not to just find out what groups are doing by learning more about the problems and how nonprofit NGOs are tackling them. Go to volunteer orientation meetings and other events run by organizations doing work in your fields of interest. Events will tell you more about what they do and the people involved.

Making contact:
Talk to people in person. Don’t send out a bunch of emails. Unfortunately, nonprofits, NGOs and local associations are usually too understaffed to deal with email enquiries effectively. Ask the people you meet about what the organization’s needs are. You can learn a lot more about their work, methods, vision and achievements by talking to and listening to people than you ever could from their website. This way you will find out more about their needs, if your skills are a match and if these are the people with whom you want to commit your time.

Make the commitment.
Select a group or project and then stick with it. Whether as an individual or group, for one event or one day a week the key is to follow through. You will not only make a difference in peoples lives but you may also learn new skills, develop an deeper understanding of issues, while meeting new people and gaining a sense of satisfaction.
THE ALLIANCE OF GUARDIAN ANGELS JAPAN, INC.

MISSION
To provide role models for young people through safety patrols and safety education to improve quality of life in the community.

POPULATION SERVED
All citizens in Japan and worldwide through our International Alliance.

PROJECTS/ACTIVITIES

Regular fundraising through speaking engagements, seminars, community affairs, bulk mail and t-shirt sales.

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SKILLS NEEDED</td>
</tr>
<tr>
<td>LANGUAGES</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact Person: Keiji Oda, President

Address: 1-29-13 Shinkawa, Chuo-ku, Tokyo 104-0033, JAPAN
Email: info@guardianangels.or.jp
Phone: (03) 3523-5300
Fax: (03) 3523-5366
URL: www.guardianangels.or.jp

Hours: Depends on chapters (mostly on the weekends and nights)
AMDA (THE ASSOCIATION OF MEDICAL DOCTORS OF ASIA)
INTERNATIONAL MEDICAL INFORMATION CENTER

MISSION
To help the Non-Japanese community in Japan make the best use of the Japanese medical system by providing a telephone information service in English, Spanish, Chinese, Korean, Thai, Portuguese, and Tagalog.

POPULATION SERVED
The Non-Japanese community in Japan.

PROJECTS/ACTIVITIES
Medical information services including: introduction to medical institutions where foreign languages are available, information on the Japanese medical system, interpretation service on the phone between medical staff and patients, publication of multi-lingual medical guide books, seminars and symposia on medical services for Non-Japanese living in Japan.

Annual "International Day" Bazaar including free medical consultation by affiliated physicians. (April/May).

<table>
<thead>
<tr>
<th>SKILLS NEEDED</th>
<th>Translation</th>
</tr>
</thead>
<tbody>
<tr>
<td>LANGUAGES</td>
<td>English, Japanese</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
<td>Flexible</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
<td>Distribute information, donations</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Address: Shinjuku Kabuki-cho Post Office Poste Restante, Kabuki-cho, Shinjuku-ku, Tokyo 160-0021
Phone (03) 5285-8088
Office: (03) 5285-8086
Email: info@amdainternational.com
URL: http://amda-imir.com/

Hours: Monday - Friday, 9:00 AM - 5:00 PM
AMNESTY INTERNATIONAL JAPAN
AITEN (AITOKYO ENGLISH NETWORK)

MISSION
AMNESTY INTERNATIONAL’s vision is of a world in which every person enjoys all of the human rights enshrined in the Universal Declaration of Human Rights and other international human rights standards. In pursuit of this vision, AI's mission is to undertake research and action focused on preventing and ending grave abuses of the rights to physical and mental integrity, freedom of conscience, expression and freedom from discrimination, within the context of its work to promote all human rights.

POPULATION SERVED
All human beings in all countries covered by AI's mandate.

PROJECTS/ACTIVITIES
Lobbies government, offers support to asylum seekers and others, co-ordinates the public relations, campaigning and fund-raising activities of local AI groups, members and supporters around Japan. Campaign priorities are: demand dignity, stop violence against women, abolition of the death penalty, discrimination and xenophobia, against renditions, torture and other HR abuses carried out under the guise of the “War on Terror” and HR education.

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SKILLS NEEDED</td>
</tr>
<tr>
<td>LANGUAGES</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact Persons: Hideki Wakabayashi, Executive Director, AI Japan
Sonoko Kawakami, Campaign Coordinator, AI Japan
Chris Pitts, Coordinator, AITEN (Amnesty International Tokyo English Network)

Address: 2-12-14-7F Kanda, Ogawamachi, Chiyoda-ku, Tokyo 101-0052
Phone: (03)-3518-6777
Fax: (03)-3518-6778
E-mail: info@amnesty.or.jp

Hours: Monday - Friday, 10:00 AM - 7:00 PM (closed on Saturdays, Sundays and national holidays)
ANIMAL REFUGE KANSAI (ARK)
TOKYO ARK

MISSION
To rescue, protect and assist companion animals in need and to ensure their future in a safe and loving home.

POPULATION SERVED
Animals across Japan in need of help.

PROJECTS/ACTIVITIES
Promote neutering to prevent the needless suffering of dogs and cats being born unwanted into the world. Promote proper care by pet owners through information regarding the care, handling and understanding of their pets, and other educational activities aimed at raising public awareness of animals’ needs. Provide provision of a shelter and treatment for lost and abandoned dogs and cats, and efforts to find them a new home. Lobby governmental bodies to enforce the Animal Protection Law so as to make it truly effective.

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SKILLS NEEDED</td>
</tr>
<tr>
<td>LANGUAGES</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Tokyo ARK
Contact Person: Ayako Nagano, Adoptions Coordinator
Address: Tokyo ARK101 Forum Yukigaya 1-16 Kitaminecho, Ota-ku, Tokyo 145-0073
Phone: 050-1557-2763 Fax: 050-1557-2763 E-mail: tokyoark@arkbark.net
URL: www.arkbark.net
Hours: Monday – Saturday, 10:00 AM – 5:00 PM

Osaka ARK
Contact Person: Sakae Kishida
Address: 595 Noma Ohara, Nose-cho, Toyono-gun, Osaka-fu 563-0131
Phone (07) 2737-0712 / (07) 2737-1885 Fax: (07) 2737-1886 E-mail: ark@arkbark.net
URL: www.arkbark.net
Hours: Monday – Friday, 10:00 AM -5:00 PM except Wednesdays
ASHINAGA

MISSION
Ashinaga is a non-profit organization provides financial and psychological assistance in support children and youth who have lost one or both parents as a result of illness, accident/disaster, or suicide, as well as children, who have a parent with a disability that prevents them from working.

POPULATION SERVED
Orphans, youth who have lost a parent and children of persons with severe disabilities.

PROJECTS/ACTIVITIES
Since it was founded in 1969, Ashinaga has provided over $800 million in educational aid to some 80,000 students at high schools or institutions of higher education. Since 2000, Ashinaga has expanded its activities to support children in 21 countries and regions.

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SKILLS NEEDED</td>
</tr>
<tr>
<td>LANGUAGES</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact Person: H. Okazaki, International Programs Director
Address: 1-6-8 Hirakawa-cho, Chiyoda-ku, Tokyo 102-8639
Phone: 03-3221-0888
Fax: 3-3221-7676
E-mail: contact@ashinaga.org, okazaki@ashinaga.org
URL: www.ashinaga.org
Hours: Monday- Friday, 9AM – 5PM
ASIA-JAPAN WOMEN’S RESOURCE CENTER (AJWRC)

MISSION
Work towards a democratic Japanese society based on gender justice and human rights, and a fair sustainable global society. AJWRC addresses social structures and gender biases that lead to violence and suppression against women and challenges growth-oriented development that devalues women’s labor and reproductive economy. AJWRC informs and empowers women so that they organize themselves effectively beyond national borders.

POPULATION SERVED
Women throughout Japan and Asia

PROJECTS/ACTIVITIES
1) Information Sharing and Networking Program
Publication of a quarterly feminist journal in Japanese/Publication of English journal twice a year/International information exchange program/information sharing through internet and other media, women’s information service
2) Education and Training Program
Seminars, workshops and training programs/Women’s study tour to exchange information and experiences with women’s and civil organizations in other countries
3) Advocacy and Campaign Program
Ad-hoc actions/long-term campaigns/research/advocacy at UN human rights processes

VOLUNTEER INFORMATION

<table>
<thead>
<tr>
<th>SKILLS NEEDED</th>
<th>Writing, editing, translating</th>
</tr>
</thead>
<tbody>
<tr>
<td>LANGUAGES</td>
<td>Japanese and English</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
<td>Flexible</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
<td>Translation, proof-reading, becoming a member</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
<td>20-50 volunteers, 800 members</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact Person: Hisako Motoyama, Secretary-General
Address: 14-10-211 Sakuragaoka, Shibuya-ku, Tokyo
Phone: (03) 3780-5245
Fax: (03) 3463-9752
Email: ajwrc@ajwrc.org
URL: www.ajwrc.org/

Hours: Monday - Friday, 10:00 AM - 6:00 PM
ASIAN RURAL INSTITUTE

MISSION
To build an environmentally healthy, just and peaceful world, in which each person can live to their fullest potential. Rooted in the love of Jesus Christ, we nurture and train rural leaders for a life of sharing, to live and work in grassroots rural communities, primarily in Asia, Africa and the Pacific, and to form a community of learning, and study the best ways for rural people to share and enhance resources and abilities for the common good through community-based learning. We present a challenge to ourselves and to the whole world in our approach to food and life.

POPULATION SERVED
Rural communities throughout Asia, Africa, and the Pacific.

PROJECTS/ACTIVITIES
ARI is an international training ground for grassroots rural leaders. From April to December ARI conducts a Rural Leaders Training Program on Sustainable Agriculture, Community Development, and Leadership. Upon completion, program participants return to their home villages and communities to work with and train their people, pass on their learning at ARI to facilitate ‘development from within.’ To date, ARI has trained 1,160 rural leaders from 52 countries throughout Asia, Africa, and the Pacific. The course is also open to those interested in learning about organic farming agriculture, community building, and rural development. Additionally, ARI hosts work camp groups and conducts overseas study tours.

VOLUNTEER INFORMATION

<table>
<thead>
<tr>
<th>SKILLS NEEDED</th>
<th>A positive and open attitude is most valuable; graphic design, photography, computer systems maintenance, web design, carpentry and general maintenance, writing, or translation. Many volunteers work on the farm, training provided</th>
</tr>
</thead>
<tbody>
<tr>
<td>LANGUAGES</td>
<td>Common language is English, Japanese is frequently used</td>
</tr>
<tr>
<td>WAYSTO CONtribute</td>
<td>Volunteers typically work in one of the following areas: on the farm, in the kitchen, food processing, in the office, computer systems maintenance, and general maintenance</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
<td>Usually about 10 full-time volunteers each year (from 60 days to 1 year). Welcome are those who wish to stay for shorter terms (2 days or more) as “Working Visitors”</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact Persons:
Takashi Yamashita - Working Visitor / Work Camp Co-ordinator e-mail: nsh@ari-edu.org
Hiromi Sato - Volunteer Coordinator (Japanese) Email: info@ari-edu.org
Jonathan McCurley - Volunteer Coordinator (English) Email: clc@ari-edu.org

Address: 442-1 Tsukinokizawa, Nasushiobara , Tochigi Pref. 329-2703
Phone: (02) 8736-3111
Fax: (02) 8737-5833
URL: www.ari-edu.org

Hours: Monday - Friday, 9:00 AM - 5:00 PM, Saturday, 9:00 AM – 12:30 PM
ASIAN WOMEN WORKERS’ CENTER

MISSION
To deepen mutual understanding and strengthen solidarity with Asian people, and to provide accurate information and resources as well as raise awareness about Asian women workers' issues.

POPULATION SERVED
Women, women workers and the general population in Japan.

PROJECTS/ACTIVITIES
Meeting Exchange Program and Information Exchange with Asian women workers, publishing and proof-reading newsletter about women’s labor issues in Japan (in Japanese three times a year and in English twice a year), holding study meetings. AWWC raises consciousness among the Japanese on the issue of Asian women workers. It promotes direct exchange with women workers in other Asian countries.

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SKILLS NEEDED</td>
</tr>
<tr>
<td>LANGUAGES</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact Person: Michiko Hiroki, Representative

Address: 3-2555-15 Wakasa Tokorozawa, Saitama Pref. 359-1151
Phone: (042) 949-5231/(042) 949-5231
Fax: (042) 949-5231
E-mail: awwc@japan.email.ne.jp

Hours: Monday - Friday, 10:00 AM - 6:00 PM
BEERS FOR BOOKS (B4B)

MISSION
We believe that every child has the right to learn how to read. We create and support simple and fun fundraising concepts that support effective and transparent literacy programs around the world. We encourage people of all ages, income levels, etc. to get involved in charitable giving in the hopes that they will enjoy the benefits of giving and become lifelong donors.

POPULATION SERVED
Children in developing countries around the world which have limited access to educational resources.

PROJECTS/ACTIVITIES
Simple and fun fundraising events which provide funds for the publishing and delivery of local language books. The event concepts are designed so that anyone anywhere can organize and enjoy them by just being with their friends, doing something fun, and raising small but meaningful amounts to fund books for kids.

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SKILLS NEEDED</td>
</tr>
<tr>
<td>LANGUAGES</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact Person: Gary Bremermann

Phone: 090-2469-3700
Fax: 03-5855-3066
E-mail: gary@robertleonard.jp
URL: www.beersforbooks.org

Also find us on Twitter, Facebook, Mixi, LinkedIn!
MISSION
The Big Issue Japan, Ltd, was established in September 2003 as a social enterprise with the aim to provide homeless people with the means to earn an income and to provide support for them so that they are able to help themselves out of homelessness. The Foundation is a nonprofit organization that supports the society’s most excluded and vulnerable people, the homeless, by providing various support programs. The ethos of The Big Issue is “self help”. We would like to contribute to the solving of the problem of homelessness by helping the homeless to help themselves to get back on their feet and to break away from living on the streets.

POPULATION SERVED
Homeless persons

PROJECTS/ACTIVITIES
Independent Living Support Program, Recovery of "Connectedness" to society
Employment Placement/Training Program, Developing Job Listings and helping homeless find work
Support for Cultural and Sports Activities Program, to Regain Motivation and Joy of Life

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SKILLS NEEDED</td>
</tr>
<tr>
<td>LANGUAGES</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
</tr>
<tr>
<td>WAYS TO CONtribute</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact Person: Miku Sanno (Tokyo Director)
Address: 2-3-2-401 Dojima, Kita-ku Osaka 530-0003
Phone: 03-6380-5088 (Tokyo) 06-6344-2260 (Osaka office)
Fax: 06-6457-1358 (Osaka)
E-mail: info@bigissue.or.jp
* Note: Any English contact should be made by email.
URL: http://www.bigissue.or.jp/english/

Hours: Monday – Friday 10AM -6 PM
CHUO CULTURAL AND INTERNATIONAL EXCHANGE ASSOCIATION (CCIEA)

MISSION
To promote cultural activities and international exchange by people living in Chuo Ward and to make our town genuinely rich in humanity, comfortable to live in, joyful, proud and be a town which is open to the world.

POPULATION SERVED
Residents and workers in Chuo Ward.

PROJECTS/ACTIVITIES
1. Cultural promotion projects
2. Projects for multicultural society promotion in Chuo Ward
3. Volunteer Activity support
   Dispatching interpreters
   Training, follow-up, support courses for Japanese language instructors (volunteers).

VOLUNTEER INFORMATION

<table>
<thead>
<tr>
<th>SKILLS NEEDED</th>
<th>Translation, interpretation.</th>
</tr>
</thead>
<tbody>
<tr>
<td>LANGUAGES</td>
<td>English, and other languages are useful; Japanese</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
<td>Varies</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
<td>200</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact Person: Mrs. Izumi Kikuchi

Phone: (03) 3297-0251
Fax: (03) 3297-0253
E-mail: bunkoku@chuo-ci.jp
URL: www.chuo-ci.jp

Hours: Monday - Friday, 10:00 AM - 6:00 PM
COLLEGE WOMEN’S ASSOCIATION OF JAPAN

MISSION
Committed to enrichment, cross-cultural exchange and friendship.
Primary service initiative is the provision of scholarships to deserving women who want to further their study either in Japan or overseas.

POPULATION SERVED
Members who take great pride in participating in making a difference. Over the past five decades, CWAJ has provided scholarships and travel grants to more than 780 women for university study outside their home countries, and to visually-impaired men and women from Japan.

PROJECTS/ACTIVITIES
Raising funds from individual and corporate donations. The CWAJ Print Show - an exciting fund-raising event on Tokyo’s social calendar. CWAJ also offers cultural opportunities with their monthly, theme-based luncheons, special interest activities and socially-interactive education circles. This environment is uniquely dynamic and allows foreign women to get the maximum out of living in Japan, and Japanese women an avenue for a rich multicultural interaction. “CWAJ Great East Japan Earthquake Relief Fund” - CWAJ established this special fund, which supports AMDA (Association of Medical Doctors of Asia), the CWAJ Great East Japan Earthquake Mental Health Care Project, and a new scholarship for young scholars, from the disaster area, to continue pursuing their education.

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SKILLS NEEDED</td>
</tr>
<tr>
<td>LANGUAGES</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Address: 2-24-13-703 Kami-Osaki, Shinagawa-ku, Tokyo 141-002
Phone: 03-3491-2091
Fax: 03-3491-2092
Email: membership@cwaj.org
URL: www.cwaj.org

Hours: Monday - Thursday 10AM – 12PM
DREAM A DAY IN TOKYO

MISSION
A Dream A Day in Tokyo seeks to give children with life-threatening illnesses and their families a dream vacation in Tokyo. Our mission is to help these children and their families spend a wonderful time together in the hope that this will raise the spirits of the children and provide comfort and relief to their families.

POPULATION SERVED
Children with life-threatening diseases and their families in Asia.

PROJECTS/ACTIVITIES
Publicity and fund-raising events, hosting families in Tokyo.

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SKILLS NEEDED</strong></td>
</tr>
<tr>
<td><strong>LANGUAGES</strong></td>
</tr>
<tr>
<td><strong>TIME REQUIRED</strong></td>
</tr>
<tr>
<td><strong>WAYS TO CONTRIBUTE</strong></td>
</tr>
<tr>
<td><strong>NO. OF VOLUNTEERS</strong></td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact Person: Michiyo Uehara, Meisei Ikka

Address: c/o MATRIX Co., Ltd., 2-8-15, Kamiosaki, Shinagawa-ku, Tokyo, Japan 141-0021
Phone: (090) 9840-6101 (English and Japanese)
        (03) 3440-2777 (Japanese)
Fax:     (03) 3440-2781
URL:     http://www.guesthouse.or.jp

Hours: Monday - Friday, 10:00 AM - 6:00 PM
EARTHWATCH INSTITUTE JAPAN

MISSION
Earthwatch is an international environmental organization that engages people worldwide in scientific field research and education to promote the understanding and action necessary for a sustainable environment.

PROJECTS/ACTIVITIES
We run short duration expeditions, lasting 3-5 days. We offer expeditions just for teenagers (teen teams age limit 16-17 years). We can cater for families on some expeditions and we can organize group teams (for 6-20 volunteers) for schools, colleges, universities and other groups.

Joining an Earthwatch expedition, you’ll donate time and energy to a research or conservation project. Your financial contribution will cover the costs of your participation and support the scientists.

Earthwatch Research
Earthwatch will fund critical scientific research projects across four key areas in 2010: Climate Change, Ecosystems, Oceans, and Cultural Heritage. You’ll have the opportunity to join one of more than 50 research projects in 24 countries around the world. You will join leading researchers and demonstrate the power of "citizen science".

VOLUNTEER INFORMATION
More than 3,500 people each year join our scientists in the field. Students, educators, families, conservation professionals, corporate employees, members of school and community groups – Earthwatch volunteers come from every part of the population, from every country of the world. Volunteers can be young as 10 in the family teams, and there is no upper age limit – we have repeat volunteers in their 90s. You need no special skills or experience, just a desire to make a difference.

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SKILLS NEEDED</td>
</tr>
<tr>
<td>LANGUAGES</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact Person: Michael T. Kobayashi, Executive Director, Research Expedition Guide 2010

Address: Sanban-cho TY Plaza 5F, 24-25 Sanban-cho, Chiyoda-ku, Tokyo 102-0075
Phone: (03) 3511-3360
Fax: (03) 3511-4663
E-mail: info@earthwatch.jp
URL: http://www.earthwatch.jp/ (Japan office - Japanese)
http://www.earthwatch.org (International - English)

Hours: Monday - Friday, 10:00 AM - 6:00 PM
MISSION
To enhance the awareness of people, especially children and young people, regarding the importance of sustaining the global environment. To encourage them to protect the irreplaceable environment and ensure that succeeding generations will inherit a beautiful and peaceful earth.

POPULATION SERVED
General public, especially children and young people, in Japan and worldwide.

PROJECTS/ACTIVITIES
International Contest and Exhibition of Children’s Environment Paintings, publication of books and newsletters, environmental education materials, international conferences for young people, symposia and seminars, Tennis Forum and Rice Forum for Global Environment, exchange programs for young people in developing countries, planning and support of projects of international organizations and eco-tourism.

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SKILLS NEEDED</td>
</tr>
<tr>
<td>LANGUAGES</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact person: Tomoko Yano, Secretary General

Address: 401 Howamita Tsunazaka Bldg., 2-7-7 Mita, Minato-ku, Tokyo 108-0073
Phone: (03) 5442-3161
Fax: (03) 5442-3431
Email: info@fgpe.net
URL: http://www.chikyu-e.com

Hours: Monday - Friday, 9:30 AM - 5:30 PM
FRANCISCAN CHAPEL CENTER

MISSION
To reflect the spirit of justice and peace through social outreach efforts serving the needs of the international community (primarily English-speaking) in Tokyo.
To assist Non-Japanese prisoners, Japanese homeless, refugees, and foreign workers living in Japan.

POPULATION SERVED

PROJECTS/ACTIVITIES
Programs by Oasis, the outreach program run by the church, include; Rice Patrol program for homeless in the Tokyo area, making rice cakes at Franciscan Chapel Center and distributing to homeless in the Shibuya area, Street Children Ministry, hospital and prison visits to foreigners, counseling, co-op playgroup for English-speaking mothers and young children, FCC Women's Network charities, babysitting, appeals on behalf of rice program and other causes.

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SKILLS NEEDED</td>
</tr>
<tr>
<td>LANGUAGES</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact Persons: Father Callistus Sweeney, OFM, Parish Priest
Lolita Lopez De Leon, Parish Administrative Assistant

Address: 4-2-37 Roppongi, Minato-ku, Tokyo 106-0032
Phone: (03) 3401-2141 Fax: (03) 3401-2142
E-mail: fcchapel@gol.com
URL: www2.gol.com/users/fcchapel/.html

Hours: Monday - Friday, 9:00 AM – 5:00 PM
FRIENDS OF THE EARTH JAPAN

MISSION
To promote environmental protection, preservation of ecological, cultural and ethnic diversity, and environmentally sustainable development. To increase public participation in decision-making and to achieve social, economic and political justice and equal access for all.

POPULATION SERVED
Japan and other countries.

PROJECTS/ACTIVITIES

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SKILLS NEEDED</td>
</tr>
<tr>
<td>LANGUAGES</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact Person: Ms Shinohara

Address: 1st Fl, 3-30-8 Ikebukuro, Toshima-ku, Tokyo 171-0014
Phone: (03) 6907-7217
Fax: (03) 6907-7219
E-mail: info@foejapan.org
URL: www.foejapan.org

Hours: Monday - Friday, 10:00 AM - 6:00 PM
GREENPEACE JAPAN

MISSION
Domestic and international activities to bring about an environmentally sustainable and peaceful future.

POPULATION SERVED
Domestic and international.

PROJECTS/ACTIVITIES
Information dissemination, political lobbying at conferences, advocating alternative policies and solutions, organizing protests involving non-violent direct action against environmental destruction. Current campaign areas include climate change, renewable energy, nuclear power, marine ecosystems and genetic engineering. Regular fundraising activities and occasional public events.

VOLUNTEER INFORMATION

<table>
<thead>
<tr>
<th>SKILLS NEEDED</th>
<th>Translation and interpreting, helping public events, driving cars or boats, clerical work</th>
</tr>
</thead>
<tbody>
<tr>
<td>LANGUAGES</td>
<td>English or Japanese</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
<td>Varies with projects</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
<td>Donation of office equipment, re-useable photocopy paper, and monetary support</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
<td>20-30</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact Persons: Daisuke Miyachi and Mai Suzuki, Volunteer Coordinators

Address: NF Bldg.2F, 8-13-11 Nishishijuku, Shinjuku-ku, Tokyo 160-0023
Phone: (03) 5338-9800
Fax: (03) 5338-9817
E-mail: volunteer@greenpeace.or.jp
URL: http://www.greenpeace.or.jp/
     http://www.greenpeace.or.jp/info/volunteer

Hours: Monday - Friday, 10:00 AM - 6:00 PM
HABITAT FOR HUMANITY JAPAN (HFH)

MISSION
Habitat for Humanity (HFH) works in partnership with God and people everywhere, from all walks of life, to develop communities with people in need by building and renovating houses so that there are decent houses in decent communities in which every person can experience God's love, and can live and grow into all that God intends.

POPULATION SERVED
Families in need of shelter. The affiliates' family selection committee chooses home owners based on their level of need, willingness to become partners in the program and ability to repay the no-interest loan.

PROJECTS/ACTIVITIES
HFH has built more than 400,000 houses around the world. Since HFH Japan does not build houses in Japan owing to law regulations, Japanese cultural aspects, and other reasons, we send hundreds of volunteers to other countries.

The Global Village Program provides an opportunity to travel and enhance the ongoing work of a local Habitat affiliate. Participants do this by building houses together with the hosting affiliate.

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SKILLS NEEDED</td>
</tr>
<tr>
<td>LANGUAGES</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact Person: Kentaro Yamazaki, Volunteer Coordinator

Address: #401 CHARI Sendagaya 1-13-11 Sendagaya, Shibuya-ku, Tokyo 151-0051
Phone: (03) 6459-2070
Fax: (03) 6459-2071
E-mail: info@habitatjp.org
URL: www.habitatjp.org

Hours: Monday - Friday, 10:00 AM – 5:30 PM
HAND-IN-HAND CHIBA

MISSION
To protect Non-Japanese living in Japan from human rights violations.

POPULATION SERVED
Non-Japanese and their families living in Japan.

PROJECTS/ACTIVITIES
Projects include:
• Accompanying Non-Japanese to hospitals, immigration offices etc.
• Serving women include assisting with marriages / divorce, child rearing, citizenship and healthcare.
• Serving men include assisting with unpaid salary, labor accidents, etc.
• Providing information and assistance to foreign workers, primarily from mainland Asia, the Middle East and Africa.
• Counseling and social exchange for foreign workers.
• Regular fundraising is done through bazaars.

VOLUNTEER INFORMATION

<table>
<thead>
<tr>
<th>SKILLS NEEDED</th>
<th>Counseling, interpreting, translation, bazaar assistance</th>
</tr>
</thead>
<tbody>
<tr>
<td>LANGUAGES</td>
<td>Japanese, English, Thai, Tagalog and Spanish</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
<td>Varies</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
<td>Membership fees and monetary donations. Computer equipment, office supplies and bazaar goods</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
<td>20</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact Persons: Akiko Okuda, Kazuko Takahashi, Coordinators

Address: 505 Chiba Chuo Heights, 3-5-7 Chuo-ku, Chiba-shi, Chiba-ken, 260-0013
Phone: (043) 224-2154
Fax: (043) 224-2305
E-mail: hand-in-hand.chiba@bz03.plala.or.jp
MISSION
To accelerate the growth of volunteerism in the Tokyo community by joining Japanese and foreigners in service and matching them with meaningful volunteer activities. We help nonprofit organizations craft programs to support their mission and recruit and manage volunteers on their behalf. We develop a broad menu of volunteer activities for volunteers of all ages through our partnerships with nonprofits. HOT has a project coordinator at each activity to ensure that the nonprofit and volunteers have a meaningful experience.

POPULATION SERVED
Hands On Tokyo currently has partnerships with 6 non-profit organizations: Special Olympics, Tokyo Metropolitan Area Association of the Blind, Second Harvest Japan, Arinkai, Tsukuba Blind School, and the Tokyo Miracle Stars.

PROJECTS/ACTIVITIES
HOT arranges over 200 volunteer activities a year as well as an Annual Day of Service. Examples of ongoing volunteer activities:
- Arts and Crafts at Children’s & Seniors Homes
- English Conversation with the Sight Impaired
- Special Olympics Basketball
- Special Olympics Bowling
- Tennis with Sight Impaired Youth

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SKILLS NEEDED</td>
</tr>
<tr>
<td>LANGUAGES</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact Person:  D. Steven Lin, Chair
River Furuta, Project Manager

Address: Hands On Tokyo, Executive Tower Azabudai #402,
1-4-3 Azabudai, Minato-ku, Tokyo 106-0041
Phone: 03-3583-2135
Email: info@handsontokyo.org

Hours: Monday - Friday, 9:00 AM – 5:00 PM
HOUSE OF EMERGENCY LOVE AND PEACE (HELP) ASIAN WOMEN’S SHELTER

MISSION
To provide emergency shelter to women and children facing violence and various human rights abuses regardless of nationality, visa status, religion or age.
To address structural issues underlying Domestic Violence and Human Trafficking, and to bring it to the forefront of the community’s consciousness and agenda for social change.

POPULATION SERVED
• During April 2007 – March 2009 this included 124 Japanese, 60 non-Japanese and 64 children.
• 40% of the non-Japanese women were victims of human trafficking; 75% were domestic violence survivors.

PROJECTS/ACTIVITIES
Providing emergency shelter for up to 8 women at a time (the shelter has four single rooms and four family rooms).
Running a hotline service in Japanese, English, Thai, Tagalog and Spanish.
Along with the lobbying activity for the anti-trafficking law, HELP continues assisting the victims in contacting embassies/consulates to expedite immigration and legal processes.

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SKILLS NEEDED</strong></td>
</tr>
<tr>
<td><strong>LANGUAGES</strong></td>
</tr>
<tr>
<td><strong>TIME REQUIRED</strong></td>
</tr>
<tr>
<td><strong>WAYS TO CONTRIBUTE</strong></td>
</tr>
<tr>
<td><strong>NO. OF VOLUNTEERS</strong></td>
</tr>
</tbody>
</table>

CONTACT DETAILS.
• Contact details of organizations working with victims and survivors of violence, are generally private in order to protect the people they serve.
Phone: (03) 3368-8855
Hours: English and Japanese Monday – Saturday, 10:00 AM – 5:00 PM
Thai Monday and Thursday, 10:00 AM – 5:00 PM
Tagalog Monday, Wednesday and Friday, 10:00 AM – 5:00 PM
HOUSE FOR WOMEN “SAALAA”

MISSION
To provide shelter and other necessary support to foreign women facing trafficking, domestic violence, or other problems. Present situation to and seek solution with others in society.

POPULATION SERVED
Women in need.

PROJECTS/ACTIVITIES
• Provide shelter and referrals for medical and legal assistance to women facing trafficking, domestic violence and other problems.
• Provide both telephone and in-person consultation to women concerning marriage, pregnancy and immigration issues.
• Publish newsletters, hold seminars and conduct study activities with the public

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SKILLS NEEDED</td>
</tr>
<tr>
<td>LANGUAGES</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
• Contact details of organizations working with victims and survivors of violence, are generally private in order to protect the people they serve.

Mail Address: P.O. Box 13, Aoba Post Office, Yokohama 225-8691
E-mail: admin@saalaa.org

Hours: Monday - Friday, 10:00 AM - 5:00 PM
MISSION
Human Rights Watch is dedicated to protecting the human rights of people around the world. We stand with victims and activists to prevent discrimination, to uphold political freedom, to protect people from inhumane conduct in wartime, and to bring offenders to justice. We investigate and expose human rights violations and hold abusers accountable. We challenge governments and those who hold power to end abusive practices and respect international human rights law. We enlist the public and the international community to support the cause of human rights for all.

POPULATION SERVED
Victims of human rights abuses, governmental authorities, international organizations, media

PROJECTS/ACTIVITIES
Annual fundraising dinner in Tokyo, usually in the summer.

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SKILLS NEEDED</strong></td>
</tr>
<tr>
<td><strong>LANGUAGES</strong></td>
</tr>
<tr>
<td><strong>TIME REQUIRED</strong></td>
</tr>
<tr>
<td><strong>WAYS TO CONTRIBUTE</strong></td>
</tr>
<tr>
<td><strong>NO. OF VOLUNTEERS</strong></td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact person: Riyo Yoshioka, Associate

Address: Meiji University Academy Common bldg. 7th Floor 4A
1-1 Kanda-Surugadai, Chiyoda-ku, Tokyo Japan 101-8301 101-8301
Phone: 03-5282-5160
Fax: 03-5282-5161
E-mail: Tokyo@hrw.org
URL: www.hrw.org/ja
BLOG http://hrw.asablo.jp/blog/

Hours: Monday – Friday 9:30 AM -6:30 PM
MISSION
To promote a society which ensures that all people, with or without dietary restrictions, are able to overcome language barriers and choose what to eat safely and with peace of mind.

POPULATION SERVED
Japanese and non-Japanese with food allergies or dietary restrictions

PROJECTS/ACTIVITIES
1. Design Project – design standardized food pictograms to enable everybody to understand food ingredients easily.
2. Promotions Project - promote the pictograms and have them displayed as widely as possible.
3. Learning Project - take part in workshops at schools, universities, businesses, and at public events to promote understanding of issues related to differing food cultures and dietary restrictions.

The name of our organization derives from the English word “international”, and the Japanese word for food, “shoku”. The central aim of our organization, namely to contribute towards a multicultural society through food, is illustrated by this name.

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SKILLS NEEDED</td>
</tr>
<tr>
<td>LANGUAGES</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact person: Nobutaka Kikuchi

Address: 4-21-4-401 Nakayamate-dori Chuoku Kobe
Phone: 080-3113-7409
E-mail: info@i-nsl.org
URL: [http://www.i-nsl.org](http://www.i-nsl.org)

Hours: Monday - Friday, 10:00 AM - 6:30 PM
INTERNATIONAL ASSOCIATION OF VOLUNTEER EFFORT (IAVE)

MISSION
To promote volunteer activities through coordination and liaison work between Japanese volunteer organizations and individuals and IAVE fellow organizations worldwide.

POPULATION SERVED
Volunteers and voluntary organizations in Japan and worldwide.

PROJECTS/ACTIVITIES
International and regional meetings, supporting Japanese representatives participating in meetings held outside Japan, newsletters, events on International Volunteer Day and worldwide information center.

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SKILLS NEEDED</td>
</tr>
<tr>
<td>LANGUAGES</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact Person: Akiko Seto, President

Address: IAVE Japan, #302 Gyoen Heights, 1-6 Naito-cho, Shinjuku-ku, Tokyo 160-0014
Phone: (03) 3351-5130    Fax: (03) 5363-9026
E-mail: info@iavejapan.org
URL: http://www.iavejapan.org

Hours: Monday - Friday, 10:00 AM – 5:30 PM
INTERNATIONAL EDUCATION RESOURCE AND INNOVATION CENTER (ERIC)

MISSION
To increase awareness regarding the environment, human rights, peace and other global issues in Japan and worldwide through educational media.

POPULATION SERVED
Primarily in Japan, providing textbooks or educational media and facilitators’ training.

PROJECT/ACTIVITIES
Educational publications, seminars and information services, human resources development in Japan. Regular fundraising through book sales, fees for training, seminars

<table>
<thead>
<tr>
<th>SKILLS NEEDED</th>
<th>Training of participatory learning for educators and local facilitators, editing of various educational media, translation, volunteer training, assistance with fundraising</th>
</tr>
</thead>
<tbody>
<tr>
<td>LANGUAGES</td>
<td>Japanese and English</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
<td>Monetary donations, donations for bazaars</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
<td>10</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact Person: Naoko Kakuta, President

Address: Cosmo-Nishisugamo 105, 1-93-5 Takinogawa, Kita-ku, Tokyo 114-0023
Phone: (03) 5907-6054
Fax: (03) 5907-6095
E-mail: eric@eric-net.org
URL: http://www.eric-net.org/

Hours: Monday - Friday, 10:00 AM - 6:00 PM, except Wednesdays
INTERNATIONAL MOVEMENT AGAINST ALL FORMS OF DISCRIMINATION AND RACISM (IMADR)

MISSION
To eliminate discrimination and racism. Forge international solidarity among discriminated minorities, to achieve advancement for the international human rights system.

POPULATION SERVED
People subject to discrimination and racism in Japan and worldwide

PROJECTS/ACTIVITIES
Projects for grassroots empowerment (e.g. running day care centers for Dalit children in India). Organizing seminars and workshops, publishing newsletters and books, participating in joint research/action projects, sending missions to investigate discrimination and strengthen solidarity among minority groups; lobbying the United Nations.

IMADR’s primary focus is to combat racism, racial discrimination and multiple discrimination (in particular, discrimination based on both race and gender), as they cut across the following areas:
- Eliminating discrimination based on work and descent
- Eliminating exploitative migration & trafficking in women and children
- Upholding the rights of indigenous peoples and minorities
- Eliminating racial discrimination in the administration of justice
- Strengthening international human rights protection mechanisms for the elimination of discrimination, racism; and promoting their effective use by the discriminated.

VOLUNTEER INFORMATION

<table>
<thead>
<tr>
<th>SKILLS NEEDED</th>
<th>Translation, writing, computer skills</th>
</tr>
</thead>
<tbody>
<tr>
<td>LANGUAGES</td>
<td>English and Japanese, Spanish, and French also welcome.</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
<td>Volunteers are needed for translation (especially from Japanese into English), proofreading, report writing, data input, and general office work. Other ways to contribute: subscribe to newsletter Connect, make a donation (earmarking a specific activity if you wish), and become a member (includes subscription to publications).</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact person: Yuriko Hara, Secretary-General

Address: 6F, 1-7-1 Irifune, Chuo-ku, Tokyo 104-0042
Phone: 03-6280-3100
FAX: 03-6280-3102
E-mail: imadr@imadr.org
E-mail: imadris@imadr.org
URL: http://www.imadr.org

Office Hours: Monday-Friday, 9:30AM-5:30PM
Closed Saturday, Sunday and National Holidays
MISSION
To serve the visually disabled by providing Braille books, cassettes and CDs, talking books, face-to-face reading, reference service, selling aids for the blind, publishing Braille books, teaching Braille to the newly blind and others.

POPULATION SERVED
Persons with visual disabilities in Japan and overseas.

PROJECTS/ACTIVITIES
Volunteer education of Braille transcribers and narrators, newsletters, annual movie shows and concerts to raise funds, training workshop for computerized Braille production in ASEAN countries, and others.

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SKILLS NEEDED</td>
</tr>
<tr>
<td>LANGUAGES</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact Person: Mr. Tetsuji Tanaka, President

Address: 1-23-4 Takadanobaba, Shinjuku-ku, Tokyo 169-8586
Phone: (03) 3209-0241
Fax: (03) 3204-5641
E-mail: nitten@nittento.or.jp
URL: www.nittento.or.jp

Hours: Tuesday - Saturday, 9:00 AM - 5:00 PM
Closed Sunday, Monday and national holidays
MISSION
A grassroots coalition of 3 established and registered NO KILL NPO shelters (Animal Friends Niigata, Japan Cat Network and HEART Tokushima), formed on March 12, 2011, to rescue, shelter and support animals who have suffered as a result of the March 11.

POPULATION SERVED
Pet owners, Animal lovers, Those directly impacted by the earthquake and who have pets/animals, Other animal welfare organisations and animal shelters (both Japanese and international)

PROJECTS/ACTIVITIES
Delivering supplies to pets and pet owners in Tohoku
- Veterinary support
- Ongoing care of animals in our shelters
- Fostering/Adoption of animals
- Food drops to farm animals (i.e. chickens)

VOLUNTEER INFORMATION

<table>
<thead>
<tr>
<th>SKILLS NEEDED</th>
<th>Experience with animals and Communication skills</th>
</tr>
</thead>
<tbody>
<tr>
<td>LANGUAGES</td>
<td>Japanese, occasionally other languages are needed</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
<td>Flexible</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
<td>Donating pet food and supplies, Spreading the word on our organization, especially to animal lovers, Fostering/Adoption, Volunteering in one of our shelters, Fundraising, Being a driver, Sourcing pet supplies, Veterinary assistance</td>
</tr>
</tbody>
</table>

NO. OF VOLUNTEERS 20-50, more than 5 speak English

CONTACT DETAILS
Contact Persons: Selena Hoy and Susan Roberts, Co-ordinators

Address: Club Lohas 2706-1 Ueno Daiji Iwasatoji, Inwashiro-machi, Yama-gun, Fukushima-ken 969-3141
Phone: 0242-93-8777
Fax: 0242-93-8777
E-mail: katelarsen69@hotmail.com, selena@jears.org
URL: http://jears.org/
Also find us on Twitter and Facebook!

Hours: Monday - Friday, 9:00 AM - 5:00 PM
JAPAN ENVIRONMENTAL ACTION NETWORK (JEAN)

MISSION
The ocean is the symbol of the global environment for JEAN. We coordinate country-wide Coastal Cleanup Campaigns twice a year to promote our conservation aims and spirit. Marine debris in the natural environment is not only unsightly but also poses threats to both people and wildlife. Our principle at JEAN is "Start with what one can do." The office serves as an intermediary for networking local coordinators and volunteers participating in the campaigns.

POPULATION SERVED
General Public and the marine environment.

PROJECTS/ACTIVITIES
Since 1990, as Japan's first participant in the Ocean Conservancy's International Coastal Cleanup (ICC), JEAN has carried out the Cleanup Campaign twice a year and has accumulated data and surveys on marine debris. Apart from research and cleanup activities, JEAN organizes forums and workshops in cooperation with national and local government offices, other NGOs and researchers in and outside of Japan, on the issues of marine debris. We give presentations and lectures at schools and private groups about the problem of marine litter, as well as the marine environment, in order to enlighten the public.

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SKILLS NEEDED</td>
</tr>
<tr>
<td>LANGUAGES</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact Persons: Azusa Kojima, Director
                Yoshiko Ohkura, International Liaison and Information Manager (English speaking contact)

Address: Mansion Sophia 202, 3-4-12 Minami-cho, Kokubunji-shi, Tokyo 185-0021
Phone: (042) 322-0712 (Japanese)
Fax: (042) 324-8252
E-mail: cleanup@jean.jp
URL: http://www.jean.jp

Hours: Monday - Friday, 10:00 AM - 6:00 PM, excluding Japanese national holidays
MISSION
To foster closer relations among Japanese NGOs engaged in international cooperation.
To provide services for NGOs, development, encourage networking among domestic and international
NGOs and related organizations, and encourage dialogue among NGOs and other sectors of society.
To deepen Japanese public understanding and support for NGO activities and international cooperation,
and to conduct research on NGOs and international cooperation.

POPULATION SERVED
Japanese NGOs and the general public.

PROJECTS/ACTIVITIES
NGO staff development training courses: accounting courses for NGOs, information and resource center,
global citizenship seminars, research and advocacy on NGO support schemes such as official development
assistance for NGO activities, providing information and advisory services to local government, economic
organizations, labor unions, private companies and other groups which are interested in NGO activities,
seminars on Japanese NGOs and working for Japanese NGOs (held in Japanese). Volunteers needed for
office work, festival and symposium.
Regular fundraising through speaking engagements, seminars, community affairs, bulk mail and t-shirt
sales.

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SKILLS NEEDED</td>
</tr>
<tr>
<td>LANGUAGES</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Address: 5F, Avaco Bldg., 2-3-18, Nishiwaseda, Shinjuku, Tokyo 169-0051
Phone: 81-(3) 5292-2911
Fax: 81-(3) 5292-2912
E-mail: global-citizen@janic.org, task@janic.org
URL: http://www.janic.org

Hours: Monday - Friday, 9:30AM – 5:30PM
JAPAN TROPICAL FOREST ACTION NETWORK (JATAN)

MISSION
To act not only as a center for the exchange of vital information, but also actively engage in various projects to research, publicize and campaign with regard to the tropical deforestation crisis.

POPULATION SERVED
Asia and the Pacific.

PROJECTS/ACTIVITIES
Campaign to save tropical forests and stop natural forest logging for paper.
Current focus on protection of Indonesian natural forests on peat land through educating Japanese customers.

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SKILLS NEEDED</td>
</tr>
<tr>
<td>LANGUAGES</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact person: Toyoyuki Kawakami
Address: 3rd Floor, Shinjuku 1-23-16, Shinjuku-ku, Tokyo 160-0022
Phone: (03) 5269-5097
Fax: (03) 3341-2277
E-mail: jatan@jca.apc.org
URL: http://www.jatan.org/

Hours: Monday - Friday, 10:00 AM - 6:00 PM
KALABAW-NO-KAI (ASSOCIATION IN KOTOBUKI FOR SOLIDARITY WITH FOREIGN MIGRANT WORKERS)

MISSION
To support migrant workers and Non-Japanese residents who are facing labor, marriage or other problems. To facilitate the establishment of self-help groups among Non-Japanese.

POPULATION SERVED
Non-Japanese migrant workers and residents, mainly in Kanagawa prefecture.

PROJECTS/ACTIVITIES
Consultation on labor issues (unpaid wages, labor accident, etc.), and residence (marriage, divorce etc.) and refugees.

Telephone Consultation: Tuesday-Friday 7:00 PM – 9:00 PM.
Face to Face Consultation. Must be previously arranged by telephone every Sunday 2:00 PM – 5:00 PM.
Japanese Classes: Saturdays 7:00 PM - 9:00 PM

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SKILLS NEEDED</td>
</tr>
<tr>
<td>LANGUAGES</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact person: Makiko Ando, officer

Address: Rm. 202 Kaneoka Bldg. 3-10-13, Naka-ku, Yokohama-shi; Kanagawa-ken 231-0026
Phone/Fax: (045) 662-5699
E-mail: kalabaw77@nifty.com
URL: http://homepage3.nifty.com/kalabaw/
BLOG: http://kalabaw.blog.fc2.com/

Hours: Tuesday - Friday 7PM-9PM, Sunday 2PM – 5PM
KALAKASAN MIGRANT WOMEN’S EMPOWERMENT CENTER

MISSION
To facilitate the empowerment of migrant women and their children, so that they might reclaim their inner strength.

POPULATION SERVED
Migrant women of any nationality or age, including women with children.

PROJECTS/ACTIVITIES
Through programs and support systems for migrant women and their children, KALAKASAN responds comprehensively to women and children in crisis, particularly those bearing complex problems. Provides crisis intervention services and follow-up programs focusing on healing and self-reliance.

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SKILLS NEEDED</td>
</tr>
<tr>
<td>Translation (Tagalog, English and Japanese), legal knowledge, able to work with small children, professional education and counselling background helpful</td>
</tr>
<tr>
<td>LANGUAGES</td>
</tr>
<tr>
<td>Japanese skills helpful, English required</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
</tr>
<tr>
<td>Varies by activity</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
</tr>
<tr>
<td>Donations of household items in good condition, cash donations</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
</tr>
<tr>
<td>Several groups of volunteers per project</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
*Contact details of organizations working with victims and survivors of violence, are generally private in order to protect the women they serve.*

Location: Kanagawa prefecture
Phone: 044-580-4675
Fax: 044-580-4676
E-mail: kalakasan@inada-noborito.com
URL: www.k5.dion.ne.jp/~kalakasa

Hours: Varies but generally Monday – Friday, 10:00AM - 6:00 PM
KANAGAWA WOMEN’S SPACE
“Ms. LA”

MISSION
To support all women in oppressive or disadvantaged situations to recover their self-esteem, empower themselves and make decisions about their lives.

POPULATION SERVED
Women facing troubles, regardless of nationality or visa status.

PROJECTS/ACTIVITIES
Social work, labor union activity, and social action sections undertake projects including: telephone helpline, intake interviews, temporary crisis shelter, counseling, accompanying to immigration offices, embassies etc, networking and campaigns.

VOLUNTEER INFORMATION

<table>
<thead>
<tr>
<th>SKILLS NEEDED</th>
<th>Writing, translation, counseling. Volunteers are required to complete the Volunteer Counselor Training Course</th>
</tr>
</thead>
<tbody>
<tr>
<td>LANGUAGES</td>
<td>Japanese, English, Chinese, Tagalog, Thai, Korean, Portuguese, Spanish</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
<td>Flexible</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
<td>Supplies for charity bazaar, equipment for shelter and monetary contributions</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
<td>40</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact Person: Keiko Ariizumi, Chief Director

Address: 2-1-613 Aoki-cho, Kanagawa-ku, Yokohama 221-0057
Phone: (045) 451-3776
Fax: (045) 451-6967

Hours: Monday - Friday, 2:00 PM - 5:00 PM (Office Hours)
       6:00 PM - 8:00 PM (Consulting Hours)
KYOFUKAI STEP HOUSE

MISSION
To provide emergency shelter and advice to women who become homeless, women due to home violence, or other family problems.

POPULATION SERVED
Women who have been victims of home violence, young and old, in need of support. Clients are females from 15 to 65 years old and to date have totaled 300.

PROJECTS/ACTIVITIES
Introduces professionals to help with medical, legal and mental health support. Provides women with a place to stay during difficult times, averaging from about six months, while some stays have been up to two years.

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SKILLS NEEDED</td>
</tr>
<tr>
<td>LANGUAGES</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
*Contact details organizations working with victims and survivors of violence are generally private in order to protect the people they serve.*

Location: Tokyo
Tel: 03-3364-3133
E-mail: kstep@k5.dion.ne.jp
FAX 03-3364-1866
URL: http://www18.ocn.ne.jp/~kyofukai/04fastep.htm

Hours: Monday – Friday, 10:00 AM - 6:00 PM

2011 FEW Community Service Directory
KYOTO JOURNAL (KJ)

MISSION
Since 1986, in 75 printed issues, as a non-profit all-volunteer-based quarterly magazine, KJ has featured a great diversity of fresh Asia-related observations, visions and perspectives. Our contributors share valuable insights through special features, interviews and profiles, fiction, poetry, photo-essays and reviews, in both omnibus and themed issues. KJ has developed an Asia-wide network of sources, and a world-encompassing subscriber base. But print is clearly being superseded by new digital media, with vast potential for diversification of content, and the life-spark of active connectivity.
As of Spring 2011, we are continuing our evolution by exploring this unprecedented new media potential with a wholly-new website and a digital-based quarterly publication, in a new e-reader-friendly format.

POPULATION SERVED
Anyone who reads English and has a deep interest in Japanese and Asian culture and values.

PROJECTS/ACTIVITIES
In addition to publishing our magazine, KJ co-sponsors exhibitions. KJ is also publishing a bi-lingual book on Alternative Energy in Japan in response to the Fukushima disaster. KJ is currently participating in the Restoring Memories Project, which aims to restore photographs damaged by the tsunami – Photoshop is used to fix the images and then send them back to their owners.

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SKILLS NEEDED</td>
</tr>
<tr>
<td>Editing, Image search and editing, web uploading, marketing, accounting, event planning, translation, Photoshop</td>
</tr>
<tr>
<td>LANGUAGES</td>
</tr>
<tr>
<td>English and Japanese</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
</tr>
<tr>
<td>Varies by activity</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
</tr>
<tr>
<td>Help with promotion and marketing of our publications and projects. Assist with Restoring Memories Project; need help over several years.</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
</tr>
<tr>
<td>50-100, more than 5 speak English</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact person: John Einarsen, Founding Editor
Address: 76-1 Tenno-cho, Okazaki, Sakyō-ku, Kyoto 606-8335
Tel: 075-761-1433
Fax: 075-761-1433
E-mail: feedback@kyotojournal.org
URL: www.kyotojournal.org

Hours: Irregular, call anytime up to 8pm at night
LIVE WITH FRIENDS ON THE EARTH  
(LIFE)

MISSION
Our mission is to promote mutual understanding and cooperation among all people living on Earth and to contribute to achievement of a peaceful and comfortable society and to environmental conservation. We provide opportunities to those who share our vision for their self-advancement by actively participating in our activities.

POPULATION SERVED
‘Friends’ on Earth who are deprived of basic human needs and a comfortable living environment.

PROJECTS/ACTIVITIES
Activities abroad focus on projects such as, supplying clean water, reforestation, and leadership training in India and Indonesia. We focus on empowerment of the less privileged in society, such as residents of poor rural areas and women.

VOLUNTEER INFORMATION

<table>
<thead>
<tr>
<th>SKILLS NEEDED</th>
<th>Computer skills (Word, Excel, HTML), office work, public relations, translation, volunteer co-ordination, event planning, fundraising</th>
</tr>
</thead>
<tbody>
<tr>
<td>LANGUAGES</td>
<td>Japanese (at least conversational level), English, Indonesian, Tamil, and other languages</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
<td>Flexible (Interns must commit to at least one morning/afternoon each week for 6 months)</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
<td>Become a member, plan events, participate in study tours to India or Indonesia, help at office, plan and conduct fundraising, translate, stamp sorting, Japanese picture book translation, use creative/computer skills, translate or other volunteer activities at home</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
<td>A few at a time at our office, and around 20 home-based volunteers</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact Person: Mr. Yoneyama, Director

Address: Tokyo Sanwa Building 501, 2-2-2 Fujimi, Chiyoda, Tokyo 102-0071
Phone: (03) 3261-7855
Fax: (03) 3261-9053
E-mail: life@earth.email.ne.jp
URL: http://www.ne.jp/asahi/life/home/index.html

Hours: Monday - Friday, 10:00 AM - 6:00 PM
LIVING DREAMS

MISSION
Focused on improving the lives of kids who live in children's homes (orphanages) in the Tokyo area. Through continual and personal communications across a network of homes, the mission is to deliver effective, enriching and continual opportunities to as many children as possible, to provide a level of support that goes beyond day-to-day basic needs. Centered along the principle of L*A*S*T (Learning, Arts, Sports and Technology), to create continual and positive programs across these categories that help feed imaginations, bolster self-confidence and improve overall motivation.

POPULATION SERVED
Children's homes in the Tokyo area. Currently Living Dreams serves 24 homes.

PROJECTS/ACTIVITIES
- Designing Artists Academy - annual 10 day summer arts camp
- Digital Natives - buy and install computer labs for children's homes
- Staff Training Program - training for support staff at children's homes, led by clinical psychologist
- Learn to Snowboard program - providing opportunities during the winter season for children to learn how to snowboard
- Succeed through Service internship program - providing older children with hospitality training
- Christmas Wish Program - providing children 'wished for' gifts at Christmas time
- Smile and Dreams: Tohoku Orphans activities and support program

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SKILLS NEEDED</td>
</tr>
<tr>
<td>LANGUAGES</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
</tr>
</tbody>
</table>

CONTACT DETAILS:
Contact Person: Amy Moyers-Knopp, interim managing director

Address: 3-4-22-401 Mita, Minato-ku Tokyo Japan 108-0073
URL livingdreams.jp
Email: amy.moyers@gmail.com
MAKE A WISH JAPAN

MISSION
To grant the wishes of children with life threatening illnesses. Affiliated with Make-A-Wish Foundation International.

POPULATION SERVED
Children living in Japan, between the ages of 3 and 18 years old, with life threatening illnesses.

PROJECTS/ACTIVITIES
“Wish Granting” - arranging “wish fulfillment” for children. Children who are medically qualified by their doctor can be referred. The Wish Team, visits the child to determine the wish and works out the details involved.

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SKILLS NEEDED</td>
</tr>
<tr>
<td>LANGUAGES</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact Persons: Hisako Ohno, Masako Okabayashi, Tomoko Suzuki

Address: Ichibancho Tokyo Bldg 7F, 21 Ichibancho, Chiyoda-ku, Tokyo 102-0082
Phone: (03) 3221-8388
Fax: (03) 3221-8380
E-mail: tokyo@mawj.org
URL: http://www.mawj.org/
MEDECINS du MONDE Japon
DOCTORS OF THE WORLD Japan

MISSION
Founded in 1980, Médecins du Monde (Doctors of the World) is an international humanitarian organization whose medical and non-medical volunteers provide healthcare for the most vulnerable and marginalized populations worldwide. Currently MdM runs 300 programs in 100 countries. It works in emergency, post-emergency and rehabilitation, as well as long-term development.

POPULATION SERVED
World population in medical need.

PROJECTS/ACTIVITIES
Provide medical aid to the most vulnerable populations in the world: victims of natural disasters, famines, epidemics, infectious diseases (malaria, HIV/AIDS, tuberculosis), armed conflicts, political repression, minorities as well as to street children. Médecins du Monde’s additional missions include speaking out against those who obstruct access to healthcare, as well denouncing those who violate human rights and dignity.

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SKILLS NEEDED</td>
</tr>
<tr>
<td>LANGUAGES</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
</tr>
</tbody>
</table>
| NO. OF VOLUNTEERS     | 150 volunteers registered to help in Japan
No. of staff : 400 in the world, 5 in Japan
No. of staff that speak English : all staff in Japan speaks English |

CONTACT DETAILS
Contact person: Prune Helfter, General Director

Address: PMC Bldg 4F, Higashi-Azabu 1-23-5, Minato-ku, Tokyo
Phone: 03-3585-6436
Fax:03-3560-8073
E-mail: info@mdm.or.jp
URL: www.mdm.or.jp

Hours: Monday – Friday, 10:00 AM – 6:00 PM
MEGURO INTERNATIONAL FRIENDSHIP ASSOCIATION (MIFA)

MISSION
To promote international exchanges in Meguro City, and to deepen mutual understanding amongst people as a result under the encouragement of Meguro citizen's creativeness and vitality, and thereby contribute to the formation of "Meguro City - open to over the world"

POPULATION SERVED
People living in Meguro-ku; Japanese and Non-Japanese

PROJECTS/ACTIVITIES
1) Activities promoting cooperative friendship with foreign cities which Meguro City has established links.
2) Exchanges in culture, sports, economy etc. between the people of foreign cities and Meguro.
3) The introduction of foreign cities to the people of Meguro, and vice-versa.
4) Investigation, research, and publicity to promote international exchanges.
5) Communication, coordination, and assistance with or to groups related to MIFA.
6) All other activities necessary to achieve MIFA's objectives.

VOLUNTEER INFORMATION

<table>
<thead>
<tr>
<th>SKILLS NEEDED</th>
<th>Translating, Proofreading, interest in cultural exchange</th>
</tr>
</thead>
<tbody>
<tr>
<td>LANGUAGES</td>
<td>Japanese, English, Tagalog, Chinese, Korean</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
<td>Varies</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
<td>Cooperative members of 700</td>
</tr>
</tbody>
</table>

CONTACT DETAILS

Address: 5th Floor of Meguro City Office Complex' Annex,
2-19-15 Kamimeguro, Meguro-ku, Tokyo 153-0051
Phone: (03) 3715-4671
Fax: (03) 3715-4672
E-mail: info@mifa.jp
URL: http://www.mifa.jp

Hours: Monday - Friday, 8:30 AM - 5:00 PM
MICAELA RYO  
(WOMEN'S SHELTER)

MISSION,  
To provide emergency shelter to any woman in need.

POPULATION SERVED  
Women of any nationality or age, including women with children.

PROJECTS/ACTIVITIES  
Provide room and board for up to three months to women referred by local social welfare offices; half-day nursery; preparation for monthly fundraising garage sale; cooking and sewing classes.

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SKILLS NEEDED</td>
</tr>
<tr>
<td>LANGUAGES</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
</tr>
</tbody>
</table>

CONTACT DETAILS  
*Contact details of organizations working with victims and survivors of violence are generally private in order to protect the people they serve.*

Location: Tokyo  
Phone: (045) 251-4023  
Fax: (045) 251-4963  
(Only Japanese and Spanish available on Thursdays)

Hours: Monday – Friday, 10:00AM - 5:00 PM
M.I.A. MINATO INTERNATIONAL ASSOCIATION

MISSION
Aims to realize a multi-cultural society, through sponsorship of various events and provision of support for foreigners based on volunteer activities. As many embassies, corporate offices and foreign residents are based in Minato City, much international contact occurs naturally, but MIA helps to promote this contact through various activities.

POPULATION SERVED
General Public in Minato-ku.

PROJECTS/ACTIVITIES
Home stays, home visits, hiking, embassy visits for junior and senior high school students, LRJ( Let’s Rediscover Japan), LCJ( Let’s Chat in Japanese), translation/interpreting, beginner language classes for Japanese training class for English, Chinese and Spanish interpreters (volunteer), Foreigner Advisory Service, Japanese cooking.

VOLUNTEER INFORMATION

<table>
<thead>
<tr>
<th>SKILLS NEEDED</th>
<th>Teaching English, Chinese, Spanish and other languages, translation of English, Chinese, Korean, Spanish, French and others, interpreting</th>
</tr>
</thead>
<tbody>
<tr>
<td>LANGUAGES</td>
<td>Depends on project</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
<td>Flexible</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
<td>305</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact Person: Masahiro Otomo, Secretary General

Address: Toei Kita Aoyama 1-chome Apartments, Building 3 B1
1-6-3 Kita Aoyama, Minato-ku, Tokyo, 107-0061
Phone: (03) 6440-0233
Fax: (03) 6440-0234
E-mail: office@minato-intl-assn.gr.jp
URL: www.minato-intl-assn.gr.jp

Hours: Monday - Friday, 8:45 AM - 8:15 PM
Saturday, 8:45 AM - 5:15 PM
MISSION
To help those in need through Christian activity.
*A humanitarian and advocate for the poor and helpless founded by Mother Teresa.

POPULATION SERVED
People in the Taito-ku neighborhood, especially day laborers many of whom suffer from alcoholism, gambling addiction and isolation.

PROJECTS/ACTIVITIES
Light meals provided four days a week during which time the brothers and volunteers talk or play games with the people who come to eat and distribute clothing.
Fundraising for elderly savings, holiday parties and other events.

Distribution of food: Tuesday prep starts at 8:30 AM, distribution around 10:00 AM
Saturday prep starts at 8:30 AM, distribution around 10:00 AM - 11:30 AM

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SKILLS NEEDED</td>
</tr>
<tr>
<td>LANGUAGES</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
</tr>
</tbody>
</table>
| NO. OF VOLUNTEERS      | 25 - 30 on Tuesdays
                                      40 - 50 on Saturdays |

CONTACT DETAILS
Contact Person: Brother Benedict

Address: 2-2-14 Nihontsutsumi, Taito-ku, Tokyo 111-0021
Phone: (03) 3876-2864
Fax: (03) 3873-1486
URL: http://missionariesofcharitysanya.wordpress.com/

Hours: Monday – Saturday 10AM - 5PM
Closed - Thursday and Sunday
NERIMA INTERNATIONAL FRIENDSHIP ASSOCIATION

MISSION
To promote cross-cultural interaction in the community, assist Nerima-city’s Non-Japanese residents, and promote international understanding.

POPULATION SERVED
Persons living in Nerima City

PROJECTS/ACTIVITIES
Telephone information service and information counter in the office in English, Chinese, and Korean on weekday afternoons (Mon.-Fri. for Chinese and English, Friday for Korean); Japanese classes; quarterly publication of newsletter in English, Chinese, Korean and Japanese; cultural lectures and goodwill trips abroad; interpretation service at schools and municipal facilities

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SKILLS NEEDED</td>
</tr>
<tr>
<td>LANGUAGES</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact Person: Yuta Tanaka, Chief of Culture & International Relations Section
Address: Nerima City Office, 6-12-1 Toyotama-kita, Nerima city, Tokyo 176-8501
Phone: (03) 3994-4725
Fax: (03) 3993-6500
E-mail: kokusai@city.nerima.tokyo.jp
URL: www.city.nerima.tokyo.jp/manabu/kokusai

Hours: Monday - Friday, 10:00 AM – 5:30 PM
O.G.A. FOR AID

MISSION
• To provide disaster relief aid.
• To contribute to the long-term betterment and rehabilitation of communities.
• To provide educational programs and contribute to the economic enhancement of low income or impoverished communities

O.G.A. FOR AID was established in the immediate aftermath of the March 11 disasters. Our team supports Minamisanriku and its surroundings, beginning with immediate relief aid and continuing with ongoing support related to community rehabilitation. We help the people stand on their own and contribute to developing an even better society than existed before so that people from throughout Japan and even the world can look to it for inspiration.

PROJECTS/ACTIVITIES
Continuing distribution of food an water where required but now focusing on community development and job creation via two projects:
1. GFA (Green Farmers Association) - rebuilding the agricultural sector by harvesting vegetables.
2. Community Learning Center - English teaching, playroom for kids, internet facilities, coffee shop.
These and other projects are ongoing and will eventually be completely handed over to the local community.

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SKILLS NEEDED</td>
</tr>
<tr>
<td>LANGUAGES</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact Person: Damon Farry, Director of PR/Logistics
Address: 99-17 Kurosaki, Minamisanriku, Motoyoshi-gun Miyagi-ken 986-0766
Phone: 090-3922-7146
E-mail: damon@ogaforaid.org, ogaforaid@gmail.com
URL: http://www.ogaforaid.org
Visit OGA for AID on FB, Twitter and Mixi as well.

Hours: Everyday, 10AM – 8PM

2011 FEW Community Service Directory
OXFAM JAPAN

MISSION
Oxfam believes that in a world rich in resources, poverty isn’t a fact of life but an injustice which must be overcome. We believe that everyone is entitled to a life of dignity and opportunity, and we work with poor communities, local partner organizations, volunteers and supporters to make this a reality. Oxfam’s goal is a world where every person is safe, healthy, secure, skilled, heard, and equal.

POPULATION SERVED
Disadvantaged in over 100 countries around the world.

PROJECTS/ACTIVITIES
- Emergency relief work
- HIV/AIDS programs
- Women’s livelihood
- Natural resources management:
- Disaster preparedness& management
- Youth Employment Program

VOLUNTEER INFORMATION

<table>
<thead>
<tr>
<th>SKILLS NEEDED</th>
<th>English media liaison, organizing fundraising events</th>
</tr>
</thead>
<tbody>
<tr>
<td>LANGUAGES</td>
<td>English (Japanese preferred but not required)</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
<td>Flexible</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
<td>Contacting English media for announcements, organizing fundraising events, monetary contributions or helping with events</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
<td>20</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact Person: Tomoko Koga, Communications Director

Address: 1-20-6, Higashiueno Taito-ku, Tokyo 110-0015
Phone: (03) 3834-1556
Fax: (03) 3834-1025
E-mail: oxfaminfo@oxfam.jp
URL: www.oxfam.jp

Hours: Monday - Friday, 9:00 AM - 6:00 PM
**PEACE BOAT**

**MISSION**
Peace Boat seeks to create awareness and action based on effecting positive social and political change in the world. We pursue this through the organization of global educational programmes, responsible travel, cooperative projects and advocacy activities. These activities are carried out on a partnership basis with other civil society organizations and communities in Japan, Northeast Asia, and around the world.

**POPULATION SERVED**
Open to participation by anyone, both Japanese and non-Japanese, of any age, background etc.

**PROJECTS/ACTIVITIES**
- Global Voyages for peace and cultural understanding
- Disaster relief in Ishinomaki, Miyagi through coordination of volunteers for mud clearing, food provision, support in evacuation centres etc, peaceboat.org/relief
- Peacebuilding and conflict prevention in Northeast Asia, through coordination of the Global Partnership for the Prevention of Armed Conflict (GPPAC), www.gppac.net
- Global Article 9 Campaign to Abolish War, www.article-8.org

<table>
<thead>
<tr>
<th>SKILLS NEEDED</th>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>For onboard volunteers, language skills or teaching experience is required for each position - view the website for details. For volunteers in Tohoku, no particular skills are required except time and motivation! Volunteers with particular skills such as language skills, drivers licenses etc. will often be allocated to work that fits their experience.</td>
</tr>
</tbody>
</table>

| LANGUAGES | Proficiency in English or Japanese is necessary; proficiency in Spanish, Chinese, and / or Korean is also highly welcomed. |

| TIME REQUIRED | Depends on the type of work. |

| WAYS TO CONTRIBUTE | Assistance with fundraising, monetary contributions or helping with events. Items for communities visited during the global voyages (such as soccer or baseball equipment, stationery, musical instruments etc.) changes regularly, please enquire directly to our office at 03-3363-7561. |

| NO. OF VOLUNTEERS | 100+ |

**CONTACT DETAILS**
Contact Person: Meri Joyce, International Coordinator
Address: B1, 3-13-1 Takadanobaba, Shinjuku, Tokyo 169-0075
Phone: 03-3363-8047
Fax: 03-3363-7562
E-mail: pbglobal@peaceboat.gr.jp
URL: http://www.peaceboat.org

Hours: Monday - Friday, 9:30 AM - 7:00 PM
POLARIS PROJECT JAPAN

MISSION
Polaris Project Japan is dedicated to combating human trafficking and modern-day slavery in Japan, particularly the exploitation of women and children in the sex industry. Activities address both domestic and international forms of human trafficking, as well as the commercial sexual exploitation of children (CSEC).

POPULATION SERVED
The primary beneficiaries are victims of human trafficking and those in danger of being trafficked. The target audience for our public awareness campaigns is the broader Japanese public, as well as government officials, law enforcement agencies, and service providers.

ACTIVITIES AND PROGRAMS:
Efforts focus on three main activities: victim assistance, public awareness, and advocacy. In addition to operating an emergency hotline, Polaris Project:
- Provides information and resources to those in need and to those who are supporting them;
- Holds regular seminars “Do you know human trafficking?” to educate the public about the facets of the issue.
- Uses social networking to spread awareness of human trafficking and related issues.
- Distributes informational cards for women and children in the disaster-affected areas on how they can protect themselves against sexual and other forms of violence in the disorder and stress of post-disaster life.

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SKILLS NEEDED</td>
</tr>
<tr>
<td>LANGUAGES</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Polaris Japan Office  P.O. Box 7 Shibuya Post Office, Tokyo 150-8691
Phone: 050-3496-7615
Fax: 020-4669-6933
Email: info@PolarisProject.jp
URL: www.polarisproject.jp
Blog: http://d.hatena.ne.jp/polarisproject/
Disaster project blog: http://ssv311.blogspot.com/
Refugees International Japan (RIJ)

Mission
Refugees International Japan is an independent, not-for-profit organization dedicated to raising funds to assist refugees who have lost everything as a result of war and conflict. Refugees International Japan channels fund to projects run by experienced organizations already working with refugees out in the field, ensuring that assistance goes quickly and directly to where it is most needed.

Population Served
Since 1979 Refugees International Japan has supported over 500 projects in more than 40 countries, distributing in excess of US$7 million to many thousands of innocent victims of conflict.

Projects/Activities
Refugees International Japan funds projects for emergency situations, provides assistance to meet basic survival needs, supports pilot schemes and distributes grants for training and education. RIJ favors projects that empower and build self-sufficiency in order to give refugees the means and hope to return home. Preference goes to projects for the most vulnerable: women, children, the elderly and those physically challenged.

Volunteer Information

<table>
<thead>
<tr>
<th>Skills Needed</th>
<th>Fund raising, event planning, public relations, computer skills, finance, marketing, writing, and editing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Languages</td>
<td>Japanese, English</td>
</tr>
<tr>
<td>Time Required</td>
<td>Variable and flexible</td>
</tr>
<tr>
<td>Ways to Contribute</td>
<td>Make a donation, provide professional support, become a member, attend an event, help at event, organize your own event</td>
</tr>
<tr>
<td>No. of Volunteers</td>
<td>100</td>
</tr>
</tbody>
</table>

Contact Details
Contact Persons: Jane Best, CEO
Taeko Numata, Administrative Assistant

Address: c/o Showa Shell Sekiyu Yu K.K. Daiba Frontier Bldg. 12F, 2-3-2 Daiba, Minato-ku, Tokyo, 135-8074
Phone: (03) 5500-3093
Fax: (03) 5500-3094
E-mail: enquiries@refugeesinternationaljapan.org
URL: www.refugeesinternationaljapan.org

Hours: Monday - Thursday, 10:00 AM - 3:00 PM
RESILIENCE

MISSION
To assist women in healing and regaining their lives after an abusive relationship by increasing self-awareness and understanding through educational workshops.

POPULATION SERVED
Women who have survived abusive relationships, also anyone who wishes to gain knowledge about the effects of domestic violence to help support a friend or client.

PROJECTS/ACTIVITIES
* Women’s Program: Program: Based on 12 themes related to understanding violence, trauma, and the process of healing. Worksheets are used for self-reflection. A self-reflective workshop for survivors of domestic violence, harassment, and trauma, or those hoping to support a survivor, which uses worksheets to help deepen understanding of the effects of violence to assist in the healing process. English Women’s Program held once a month on 6 different themes, Japanese Women’s Program (called “Kokorono care kouza” in Japanese) held at 3 locations on 12 themes.
* Facilitator Training Program: Training for facilitating the Women’s Program. (Offered in Japanese only)

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SKILLS NEEDED</td>
</tr>
<tr>
<td>LANGUAGES</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
</tr>
</tbody>
</table>

CONTACT DETAILS:
Contact person: Robyn Tsuji
Address: 4-14-19-110A Jingumae Shibuya-ku Tokyo 150-0001
Phone: 03-3408-4616 Fax: 03-3408-4616
E-mail: info@resilience.jp
URL: www.resilience.jp

Hours: Monday - Friday 11AM – 4PM
ROOM TO READ

MISSION
Room to Read partners with local communities throughout the developing world to establish schools, libraries and other educational infrastructure. We seek to intervene early in the lives of children in the belief that education is a lifelong gift that empowers people to ultimately improve socioeconomic conditions for their families, communities, countries and future generations. Through the opportunities that only an education can provide, we strive to break the cycle of poverty, one child at a time. Our long-term goal is to provide educational access to 10 million children throughout Asia, Africa and by 2015.

POPULATION SERVED

PROJECTS/ACTIVITIES
Funds are raised in Japan and other developed countries to build schools and libraries, establish long-term scholarships for girls, publish books in local languages, and establish computer and language labs in developing countries.
The Tokyo chapter has been very successful in raising funds and has become a great way to meet new people who share the same goal.
Committees Event: Business development, Communication (web/PR), SHS (Students Helping Students), Volunteer Coordination to help organize communication among volunteers.

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SKILLS NEEDED</td>
</tr>
<tr>
<td>LANGUAGES</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact Persons: Kaho Matsumaru, Room to Read Japan Director
Kenji Tanahashi and Meg Nakajima-Caldwell, Room to Read Tokyo Chapter Leaders

Address: Izumi Garden Tower 26F, Roppongi 1-6-1 Minato-ku, Tokyo 106-6024
Phone: 03-5545-7285
080-3707-3887
E-mail: tokyo@roomtoread.org
URL: http://www.roomtoread.org
http://roomtoreadjapan.org/
Blog http://roomtoreadjapan.org/
RUN FOR THE CURE FOUNDATION

MISSION
Our mission is to eradicate breast cancer in Japan as a life-threatening disease through education, timely screening, and treatment.

POPULATION SERVED
Women in Japan, especially in areas with low breast cancer screening rates.

PROJECTS/ACTIVITIES
- Fund educational initiatives
- Fund clinical examinations and mammography
- Donate funds to organizations that promote activities specific to the mission of the foundation
- Develop and execute community outreach programs
Regular events include: Run for the Cure/Walk for Life, Pink Ball and A Day at Atsugi Golf Tournament

VOLUNTEER INFORMATION

<table>
<thead>
<tr>
<th>SKILLS NEEDED</th>
<th>Computer skills (Word and Excel), PR, Marketing, Law, Accounting, Web design and programming</th>
</tr>
</thead>
<tbody>
<tr>
<td>LANGUAGES</td>
<td>English and/or Japanese</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
<td>Varies according to projects</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
<td>Donations, Join event committees, Join events</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
<td>1 to 50 (varies according to project)</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact Person: Davide Cascini, Events and Sponsorship Coordinator

Address: 4-18-12 Takanawa, Minato-ku, Tokyo 108-0074
Phone: (03) 5422-8591
Fax: (03) 5447-8832
E-mail: inquiries@runforthecure.org
URL: www.runforthecure.org
Twitter: RFTCTokyo
Facebook: http://www.facebook.com/rftctokyo

Hours: Monday - Friday, 10 AM - 5 PM (closed on national holidays)
SAITAMA INTERNATIONAL ASSOCIATION

MISSION
To promote mutual understanding between Saitama citizens and Non-Japanese within Saitama prefecture. To contribute to peace and prosperity through this "grass roots international exchange". To provide assistance for international NGOs and volunteers by offering a base for their activities promoting citizen-led exchanges and cooperation.

POPULATION SERVED
People living in Saitama.

PROJECTS/ACTIVITIES
Consultation services for Non-Japanese residents, international events, support for Non-Japanese students’ and home stays, translation and interpreting.
SIA can arrange free legal consultations with lawyers from the Saitama Bar Association.
The Saitama Nihongo Network is a volunteer group that aims to create a network to facilitate the exchange of information among individuals and organizations that provide and support Japanese-language lessons.

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SKILLS NEEDED</td>
</tr>
<tr>
<td>LANGUAGES</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Address: Urawa Godo Chosha, 3F, 5-6-5 Kita-Urawa, Urawa-ku, Saitama City, Saitama Pref. 330-0074
Phone: (048) 833-2992 (Japanese only)
(048) 833-3296 (English, Spanish, Chinese, Portuguese, Korean, Tagalog, Thai, Vietnamese)
Fax: (048) 833-3291
E-mail: sia@sia1.jp
URL: www.sia1.jp
Hours: Monday - Friday, 9:00 AM – 4:00 PM

Focus
Cultural Exchange, Non-Japanese, Nonprofit Support
SANYA KYODAI NO IE

MISSION
In the spirit of Christian ministry, to provide assistance to day-laborers working on a contract basis, and to poor, elderly and homeless in Sanya area.

POPULATION SERVED
Homeless people in the Sanya area.

PROJECTS/ACTIVITIES
Provision of meals to homeless people.
Preparation and serving meals to those in need.

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SKILLS NEEDED</td>
</tr>
<tr>
<td>LANGUAGES</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
</tr>
<tr>
<td>OTHER WAYS TO CONTRIBUTE</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact person: Yuzuru Kikuchi

Address: 2-29-2 Nihonzutsumi, Taito-ku, Tokyo 111-0021
Phone (03) 3875-9167

Hours: Generally Monday – Friday, 12:00 AM – 6:00 PM
MISSION
To serve the homeless and needy in the Sanya area through direct services.

POPULATION SERVED
Homeless and needy population of 12,000 in Sanya area.

PROJECTS/ACTIVITIES
• Providing free medical check-ups.
• Distribution of blankets and food.
• Providing daily activities and shelter.

Since April 2009, Sanyu Kai has run Sanyu So a residence for 21 persons.

Persons of diverse religions and nationalities volunteer to help to create a more humane life for people that have to sleep outside. We hope to continue to work together in these efforts.

<table>
<thead>
<tr>
<th>SKILLS NEEDED</th>
<th>No special skills are required, except for the clinic where nursing and medical skills are needed.</th>
</tr>
</thead>
<tbody>
<tr>
<td>LANGUAGES</td>
<td>Japanese, English, and French</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
<td>Flexible: days</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
<td>Foodstuff, men’s clothing (particularly underwear and socks), hand towels, blankets, medicines and monetary donations</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
<td>8 doctors, 5 acupuncturists, 1 chiropractor, 7 nurses (clinic); 175 other volunteers</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact Person: Jean LeBeau, Director
Koji Matsuzaki, Staff

Address: 2-32-8 Kiyokawa, Taito-ku, Tokyo 111-0022
Phone: (03) 3874-1269
Fax: (03) 3874-1332
E-mail: sanyukai@gol.com
URL: http://www2.gol.com/users/sanyukai

Hours: Monday - Saturday, 10:00 AM - 3:00 PM
SECOND HARVEST JAPAN  
(Formerly Food Bank Japan)

MISSION
Collect and distribute food to people in need in Japan; develop a viable food-banking network; and educate the public concerning food security issues in Japan.

POPULATION SERVED
Serves more than 100 different agencies primarily in the Kanto area and other agencies throughout Japan. Agencies include: shelters for victims of domestic violence, orphanages, hospices, free clinics, senior care facilities, facilities for mentally and physically challenged children, group homes, alcohol and drug abuse treatment centers, low-income aid agencies, and migrant worker support agencies. Additionally, single mothers, low-income families, refugees, Asian exchanges students, and the homeless are also served.

PROJECTS/ACTIVITIES
- Delivery to food agencies
- Saturday meal service in Ueno Park
- Mobile food pantry along Sumida River in Asakusa (2nd & 4th Saturdays of every month)
- Establishing the first food pantry in Japan

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SKILLS NEEDED</td>
</tr>
<tr>
<td>LANGUAGES</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact Person: Megumi Takahara

Address: Mizuta Bldg., Asakusa-bashi 4-5-1, Taito-ku, Tokyo 111-0053
Phone: (03) 3838-3827  Fax: (03) 3863-4760
E-mail: info@2hj.org  URL: www.2hj.org

Hours: Monday - Friday, 10:00AM - 6:00PM  Saturdays, 9:00AM - 5:00PM  (Please contact before visiting the office.)
SEISHONEN FUKUSHI CENTER

MISSION
To provide care and services for 15-18 year olds who lack parents or guardians to raise them.
To support and raise each child with love, knowledge and skills.
To support disadvantaged children in a home environment.

POPULATION SERVED
70 young people, including 30 receiving vocational training.

PROJECTS/ACTIVITIES
Offer guidance to young people from broken families to build self-esteem and independence, help with fundraising bazaars and other programs.

Fundraising at bazaars several times each year.

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>SKILLS NEEDED</td>
<td>Teaching, word processing, meal preparation, collecting items for bazaar</td>
</tr>
<tr>
<td>LANGUAGES</td>
<td>Mainly Japanese with some English</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
<td>Flexible</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
<td>Goods for bazaars, food, articles for daily use and monetary donations</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
<td>15</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact Person: Natsuo Haseba, Vice President

Address: Oghi 1-12-20, Adachi-ku, Tokyo 123-0873
Phone: (03) 3856-2728
Fax: (03) 3896-1597
E-mail: 2728@wfc.or.jp
URL: www2s.biglobe.ne.jp/~center/

Hours: Monday - Friday, 9:00 AM - 5:00 PM
SEISHU RYO

**MISSION**
To support young women who are leaving child welfare institutions after compulsory education, providing guidance to become independent.
To assist with mental health services and promote self reliance within the community.

**POPULATION SERVED**
Young women who have completed compulsory education and are looking for employment.

**PROJECTS/ACTIVITIES**
Provide guidance for young women in co-operation with local child guidance centers, welfare centers, hospitals, public employment exchanges, family courts and lawyers. Run a group home which serves the mentally ill. Offer follow-up care for residents after they leave. Regular fundraising through donations and bazaars

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SKILLS NEEDED</strong></td>
</tr>
<tr>
<td><strong>TIME REQUIRED</strong></td>
</tr>
<tr>
<td><strong>LANGUAGES</strong></td>
</tr>
<tr>
<td><strong>WAYS TO CONTRIBUTE</strong></td>
</tr>
<tr>
<td><strong>NO. OF VOLUNTEERS</strong></td>
</tr>
</tbody>
</table>

**CONTACT DETAILS**
Contact Person: Keiko Oya

Address: 2-18-15 Hokima, Adachi-ku, Tokyo 121-0064
Phone: (03) 3850-8573
Fax: (03) 3850-8509
E-mail: seishuryo@mercury.dti.ne.jp
URL: http://www.wfc.or.jp

Hours: Monday - Friday, 9:00 AM - 5:00 PM
SERVICES FOR THE HEALTH IN ASIAN AND AFRICAN REGIONS (SHARE)

MISSION
To support every person’s right to better health through the provision of medical care, training and advice. By providing medical care, training and advice, SHARE supports people and communities to overcome their own health problems. We try to promote access for everyone to essential health care services with full community involvement. SHARE believes in an equal partnership between those who support and those in need. The goal of SHARE is to achieve a fairer and healthier world through SHARING and working with people.

POPULATION SERVED
Current projects serve communities in Cambodia, Thailand, Japan and Timor-Leste.

PROJECTS/ACTIVITIES
Health Education and HIV/AIDS prevention and home-based care (Cambodia), AIDS Prevention and Education (Thailand); counseling for Non-Japanese Workers (Japan), community health reconstruction project (Timor-Leste).
Translating and editing newsletters and handouts, fundraising event planning, office work, and medical counseling. Regular fundraising bazaars.

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SKILLS NEEDED</strong></td>
</tr>
<tr>
<td><strong>LANGUAGES</strong></td>
</tr>
<tr>
<td><strong>TIME REQUIRED</strong></td>
</tr>
<tr>
<td><strong>WAYS TO CONTRIBUTE</strong></td>
</tr>
<tr>
<td><strong>NO. OF VOLUNTEERS</strong></td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact Person: Yukio Kobayashi, Secretary General

Address: Maruko Bldg 5F, 1-20-6, Higashi-Ueno, Taito-ku, Tokyo, 110-0015
Phone: (03) 5807-7581
Fax: (03) 3837-2151
E-mail: info@share.or.jp
URL: share.or.jp/index.html

Hours: Monday - Saturday, 10:00 AM - 6:00 PM
MISSION
To promote volunteering in Setagaya, Tokyo.

POPULATION SERVED
Residents, organizations and volunteer groups, those willing to contribute community and those who need support from the community mainly in Setagaya.

PROJECTS/ACTIVITIES
Three major areas of activities:
1) Setagaya Volunteer Center Project - Connect those who wish to help and those who need support according to interests and on various kind of volunteering. Three additional volunteer bureaus include:
   • Daita Volunteer Bureau
   • Umegaoka Volunteer Bureau
   • Tamagawa Volunteer Bureau

2) Setagaya Disaster Prevention Center Project: Advocate the policy of community development. Provide seminars, training program for residents and information regarding disaster prevention.

3) Setagaya Child Line Project- Telephone line available to those up to 18 years of age allowing callers to speak freely and terminate the call as they like. Well-trained volunteers listen with humanity and sincerity.

VOLUNTEER INFORMATION
All projects welcome volunteers and donations at any time. Volunteer groups can use meeting room at volunteer center and bureaus for free. (Need to be registered as group.)

CONTACT DETAILS
Contact Person: Yukiko Nakaie

Address: 2-20-14 Shimouma, Setagaya-ku, Tokyo 154-0002
Phone: (03) 5712-5101
Fax: (03)3410-3811
E-mail soudan@otagaisama.or.jp
URL: http://www.otagaisama.or.jp

Hours: Setagaya Volunteer Center Tuesday - Sunday, 10:00AM - 10:00 PM
        Umegaoka, Daita, Tamagawa Monday - Saturday, 10:00AM - 5:00 PM
SHANTI VOLUNTEER ASSOCIATION (SVA)

MISSION
SVA stands at the side of people oppressed by poverty, war, strife, environmental destruction or disaster, and works with those people in order to solve such issues. The Association recognizes a variety of problems concerning poverty, peace, human rights, etc. as common issues for all humanity caused by structural contradictions of the world. Thus the objectives of the Association is to promote the development of collaborative projects in developing countries and aid projects for disaster victims in Japan and overseas, in an effort to establish a global civil society where all people can achieve their own potential, respecting all ethnic groups and “living together and learning together” in comfortable symbiosis beyond differences based on country, ethnicity, religion, language and culture.

POPULATION SERVED
Children in Thailand, Cambodia, Laos, Myanmar(Burma)Refugee Camps in Thailand and Afghanistan.

PROJECTS/ACTIVITIES
1) Library Project: publishing and distribute picture books and kamishibai, conducting mobile library, training librarians, constructing libraries and so on
2) Primary School Construction
3) Tohoku Projects - SVA Kensennuma Community Development Project and SVA Iwate Mobile Library Project

VOLUNTEER INFORMATION

<table>
<thead>
<tr>
<th>SKILLS NEEDED</th>
<th>Translation and proof-reading for PR</th>
</tr>
</thead>
<tbody>
<tr>
<td>LANGUAGES</td>
<td>English and Japanese. Interpreters of Thai, Khmer, Lao, Karen and Pashtun and Dali are also needed from time to time.</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
<td>Flexible, translation work can be done at home/online</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
<td>Fundraising parties and events, and monetary donations</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
<td>More than 20 staff and more than 100 volunteers, more than 5 are fluent in English</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact Person: Sachiko Kamakura, Chief of Public Relations Division

Address: Jibokaikan 2-3F, 31 Daikyo-cho, Shinjuku-ku, Tokyo 160-0015
Phone: (03) 5360-1233
Fax: (03) 5360-1220
E-mail: info@sva.or.jp
URL: http://www.sva.or.jp/global/
Visit us on Twitter and Facebook.

Hours: Monday - Friday 9:30AM - 6:30PM
SHINAGAWA-KU INTERNATIONAL FRIENDSHIP ASSOCIATION

MISSION
To build friendly relations with other countries, deepen international understanding among Shinagawa residents and to contribute to world peace.

POPULATION SERVED
Shinagawa-ku residents.

PROJECTS/ACTIVITIES
With Shinagawa-ku sister city and friendship cities: home stay program, goodwill delegations, cultural mission and sports exchange.

For Non-Japanese living or working in Shinagawa-ku: Japanese language courses, flower arrangement classes, English conversation classes, publication of bulletin.

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SKILLS NEEDED</td>
</tr>
<tr>
<td>LANGUAGES</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact Person: Harumi Komatsubara
Address: Shinagawa City Office III (Daisan-Chosha), 4F, 2-1-36 Hiromachi, Shinagawa-ku, Tokyo 140-0005
Phone: (03) 5742-6517
Fax: (03) 5742-6518
E-mail: info@sifa.or.jp
URL: www.sifa.or.jp/eng/01/index.html

Hours: Monday - Friday, 9:00 AM - 5:00 PM
SPECIAL OLYMPICS NIPPON

MISSION
Special Olympics is an international program of year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities. Special Olympics gives continuous opportunities to develop physical fitness, demonstrate courage, experience joy and share skills and friendship with families, other special Olympics athletes and the community.

POPULATION SERVED
More than 3.1 million people with intellectual disabilities in over 165 countries. 7,500+ in 47 prefectures and other administrative divisions in Japan.

PROJECTS/ACTIVITIES
Operation of year-round sports training and athletic competition through Special Olympic program offices in 47 prefectures and other administrative divisions in Japan.

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SKILLS NEEDED</td>
</tr>
<tr>
<td>LANGUAGES</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact Persons: Yuko Arimori, President & CEO
Sayaka Sonobe, Office Manager

Address: 7F, Nishi-shimbashi 2-chome, Mori Bldg. 2-2-1, Nishi-Shimbashi, Minato-ku, Tokyo 105-0003,
Phone: (03) 6809-4680
Fax: (03) 3436-3666
E-mail: info@son.or.jp
URL: http://www.son.or.jp/

Hours: Monday - Friday, 9:30 AM – 5:30 PM
TOGETHER WITH AFRICA AND ASIA ASSOCIATION (TAAA)

MISSION
To foster better education for young people, especially in disadvantaged communities that were victims of the former apartheid regime. By doing so, to support the new democratic South Africa. (School level, picture and story books for children).

POPULATION SERVED
Schools in South Africa, including Johannesburg, Durban, Cape Town, etc.

PROJECTS/ACTIVITIES
Collect and send educational English-language books and mobile libraries. Also assist, primarily through donations, the Chinese and Korean school in Kobe that was damaged during the January 1995 earthquake.

Volunteers needed for collecting books, fundraising, arranging for books and mobile libraries to be sent to South Africa, and planning symposia concerning South Africa, two or three times each year.

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SKILLS NEEDED</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>LANGUAGES</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact Person: Chikako Noda

Address: 5-17-1 Oto, Chuo-ku, Saitama-shi, 338-0012
Phone: (048) 832-8271
Fax: (048) 832-3607
E-mail: cnoda@email.plala.or.jp
URL: http://www.taaa.jp/

Hours: Vary, mostly on Weekends
MISSION
Based in the spirit of Christianity, to improve social welfare in the Tokyo area by providing services to families and individuals experiencing problems.

POPULATION SERVED
Families in need of support.

PROJECTS/ACTIVITIES
Consultation and assistance with family problems, referrals to legal and other professional help, and occupational therapy programs.
Social services casework: Orientation and training provided to volunteers on a regular basis. Volunteers are then assigned to an individual case. Mass for volunteers every month.
Fundraising through irregular bazaars.

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SKILLS NEEDED</strong></td>
</tr>
<tr>
<td><strong>LANGUAGES</strong></td>
</tr>
<tr>
<td><strong>TIME REQUIRED</strong></td>
</tr>
<tr>
<td><strong>WAYS TO CONTRIBUTE</strong></td>
</tr>
<tr>
<td><strong>NO. OF VOLUNTEERS</strong></td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact person: Hisae Yoshida, Yoshiko Nakao

Address: 3-16-15 Sekiguchi, Bunkyo-ku, Tokyo 112-0014
Phone: (03) 3947-9365 / 3943-1726
Fax: (03) 3946-9156
Email: info-childcare@tokyo-caritas.org
URL: www.tokyo-caritas.org

Hours: Monday - Saturday, 10:00 AM - 5:00 PM
TOKYO ENGLISH LIFE LINE (TELL)

MISSION
Tokyo English Life Line seeks to be an accessible, community-serving organization that provides effective, confidential support and counseling for the international community.

POPULATION SERVED
Persons in need of support and counseling throughout Japan with special focus on the international population and Japanese who are unable to have their needs met otherwise.

PROJECTS/ACTIVITIES
The Life Line: offers Free, anonymous and confidential telephone counseling and support in English 9 a.m. to 11 p.m. everyday anywhere in Japan
Wiki-TELL: English Language services throughout Japan
TELL Counseling Center: professional assessments and counseling, medication clinic in multiple languages
TELL Children and Families: consultation, testing, counseling and referrals by professional experts
Outreach: workshops, suicide prevention, School Life Line awareness, child protection

<table>
<thead>
<tr>
<th>SKILLS NEEDED</th>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Computer proficiency or bookkeeping for office support, event organizing, PR and outreach, Bilingual skills to assist in data input and financial tracking, Counselors need to complete the training program.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>LANGUAGES</th>
<th>Japanese and English</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>TIME REQUIRED</th>
<th>Phone counselors are asked to commit to 10 hours a month for one year Other volunteers: usually one half day per week, for events as needed for the program they support</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>WAYS TO CONTRIBUTE</th>
<th>Volunteers needed for 3 main fund raising events: Connoisseurs Auction, Runathon, and Children's Ballet, donation of Auction items for events, Home fundraising parties, Increasing awareness about activities, attend events, monetary donations.</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>NO. OF VOLUNTEERS</th>
<th>50-100, many speak English</th>
</tr>
</thead>
</table>

CONTACT DETAILS
Life Line: (03) 5774-0992
Volunteer & Fundraising Coordinator (for general volunteering): event@telljp.com
Life Line Services Assistant Director (for telephone counselor training): Ils.assist@telljp.com

Address: Minami Aoyama 6-chome in May 2010
Phone: (03) 4550 1191
Fax: (03) 4550 1192
Email: admin@telljp.com
URL: www.telljp.com
Follow TELL on Twitter and Facebook
Hours: Monday - Friday, 9:00 AM – 6:30 PM
TOKYO RAPE CRISIS CENTER (TRCC)

MISSION
To support women victims of sexual violence and to educate the general public that rape (whether by a stranger, partner or acquaintance) is a violent crime against women.

POPULATION SERVED
Victims of sexual assault. Since opening in 1983, TRCC has served over 5,500 women.

PROJECTS/ACTIVITIES
Telephone counseling, referrals for legal and medical assistance, advocacy work, crisis counseling, support for victims during trials, Women Support Women Fund to financially aid women prosecuting rapists, and quarterly newsletter.

VOLUNTEER INFORMATION

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>SKILLS NEEDED</td>
<td>6-month training provided by TRCC is compulsory, as is fluency in Japanese</td>
</tr>
<tr>
<td>LANGUAGES</td>
<td>Native-level Japanese is required</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
<td>Twice a month</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
<td>Monetary donations</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
<td>15</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact Person: Naomi Tajima

Address: Jyoto P.O. Box 7, Koto-ku, Tokyo 136-8691
Phone: (03) 3207-3692
Fax: (03) 3207-4587 (confidential)
E-mail: wsw@tokyo-rcc.org
URL: www.tokyo-rcc.org/

Hours: Saturdays, 3:00 PM - 6:00 PM
       Wednesdays, 6:00 PM - 9:00 PM
MISSION
The Society is an international group dedicated to the spiritual enrichment of its members and to the encouragement of participation in Christian service and cooperation in the total program of Tokyo Union Church.

POPULATION SERVED
International and local Japanese nonprofit organizations.

PROJECTS/ACTIVITIES
Volunteer referrals to nonprofit organizations, homeless food program, orphanage support program, English teaching program for children, fundraising via Flea Market, Furniture Sale and other work on various outreach programs.

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SKILLS NEEDED</td>
</tr>
<tr>
<td>LANGUAGES</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact Person: Rose Nagakura, Receptionist

Address: 5-7-7 Jingumae, Shibuya-ku, Tokyo 151-0001
Phone: (03) 3400-0942
Fax: (03) 3400-0942
E-mail: tucws@hotmail.com
URL: www2.gol.com/users/tuc/ws/tucws.html

Hours: Monday - Friday, 10:00 AM - 2:00 PM
TOKYO VOLUNTARY ACTION CENTER (TVAC)

MISSION
To support volunteer, nonprofit nongovernmental organizations in the Tokyo Metropolitan area through funding programs, research, training, referral services and networking activities.
To coordinate all local volunteer centers and organizations supporting nonprofits in the Tokyo area in order to exchange information and methods, to advocate to the society and to promote voluntarism in Tokyo.

POPULATION SERVED
Volunteer centers, nonprofit NGOs and volunteers in the Tokyo Metropolitan area.

PROJECTS/ACTIVITIES
Provides information about volunteer activities and nonprofits to people who are interested in volunteer activities by telephone, E-mail or in person.
Advises volunteers and volunteer groups on how to set up nonprofits and helps nonprofits strengthen their organizations.
Provides space and access to office equipment for volunteers and groups and volunteer insurance.
Coordinates an annual volunteerism conference each winter
Current projects:
• Community Program
• School Program
• Youth Program and Conference
• Senior Program
• Corporate Volunteer Activities
• Volunteer Fund

TVAC does not accept volunteers but provides support for individuals wanting to volunteer and organizations in need of volunteers.

TVAC also runs an annual Voluntary Conference promoting volunteering in Tokyo.

CONTACT DETAILS
Contact: Akiko Kawaguchi
Address: Kaguragashi, Shinjuku-ku,Tokyo 162-0823
Phone: (03) 3235-1171
Fax: (03) 3235-0050
E-mail: center@tvac.or.jp
URL: www.tvac.or.jp/

Hours: Tuesday - Saturday, 9:00 AM - 9:00 PM
Sunday, 9:00 AM - 5:00 PM
MISSION
The Tokyo YMCA carries out activities which contribute to local communities in an attempt to create a just and peaceful world, in the hope that young people can achieve holistic development of their spirits, minds, and bodies, based on the love and spirit of service as exemplified by Jesus Christ.

POPULATION SERVED
Divers groups depending on programs, including the Non-Japanese community.

PROJECTS/ACTIVITIES
Camping program for children, English teaching assistants to instruct children
Offers short-term courses for students at different studying stages of learning Japanese.

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SKILLS NEEDED</td>
</tr>
<tr>
<td>LANGUAGES</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Address: 2-18-12 Nishiwaseda, Shinjuku-ku, Tokyo 169-0051
Phone: (03) 3202-0321
Fax: (03) 3202-0329
E-mail: pr@tokyo.ymca.or.jp
URL: http://tokyo.ymca.or.jp/eng/index.html

Hours: Evenings
TOKYO YWCA

MISSION
Tokyo YWCA supports human rights and dignity and maintain peace and justice in the world on the basis of Christian faith.
Tokyo YWCA was founded in 1905. Members of all ages gather together and do various activities in five bases in the Tokyo ares (Ochanomi, Musashino, Itabashi, Kokuryou), Nojiri campsite in Nagano prefecture, and members' homes and community halls.

PROJECTS/ACTIVITIES
Physically handicapped children's care, elderly people's care after-school children's care, Women's fitness club, volunteer activities of Japanese mothers for foreign students, camp site.
Main or regular events include fundraising bazaars, lectures, and other volunteer activities
Volunteers are needed at our office for one of our programs "Japanese mothers for foreign students"

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SKILLS NEEDED</td>
</tr>
<tr>
<td>LANGUAGES</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact person: Hiroko Nemoto, Overseas relations staff

Address: 1-8-11 Kandasurugadai, Chiyoda-ku, Tokyo, Japan 101-0062
Phone: 03-3293-5421
Fax: 03-3293-5570
Email: office@tokyo.ywca.or.jp
URL: http://tokyo.ymca.or.jp/

Hours: Monday – Saturday, 9:30am - 6pm
TOKYO YWCA INTERNATIONAL LANGUAGE VOLUNTEERS

MISSION
To promote international communication through interpreting and translation work.
To work within the YWCA philosophy to support human rights and dignity and to maintain peace and justice in the world on the basis of Christian faith.

PROJECTS/ACTIVITIES
14-15 translation/interpreting projects each year.
Translation of reports and papers (e.g. Sexual Abuse Prevention, Personal Safety Information), and interpreting (e.g. when medical and social workers visit welfare institutes in Tokyo).

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SKILLS NEEDED</td>
</tr>
<tr>
<td>LANGUAGES</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact Person: Marina Kaneko

Address: 1-8-11 Kanda Surugadai, Chiyoda-ku, Tokyo 101-0062
Phone: (03) 3293-5422
Fax: (03) 3293-5570
E-mail: lang@tokyo.ywca.or.jp
URL: www.tokyo.ywca.or.jp

Hours: Monday - Saturday, 9:30 AM - 6:00 PM
THE TYLER FOUNDATION FOR CHILDHOOD CANCER

MISSION
To support children in Japan with cancer and other serious illnesses through innovative, empowering programs that improve quality of life for the children and their families.

Inspired by the smiles and courage of their son Tyler Ferris, who lost his battle with leukemia shortly before his 2nd birthday, Mark and Kim Ferris started this organization in 2006 to support children and families in Japan experiencing what they had been through. The organization's innovative programs are in 19 hospitals throughout Japan and has expanded its activities after March 11, 2011 to provide psychosocial support to all children in Tohoku.

POPULATION SERVED
- Children in Japan with cancer ages 0-18
- Children in Japan with serious illnesses that require long hospitalization
- Siblings and parents of seriously ill children
- Children suffering from trauma and PTSD as a result of the Great East Japan Earthquake and tsunami

PROJECTS/ACTIVITIES
Creation of programs is guided by the Foundation’s directors, medical advisors, input from parents of children with cancer and input from medical professionals, both in Japan and overseas.

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SKILLS NEEDED</td>
</tr>
<tr>
<td>LANGUAGES</td>
</tr>
<tr>
<td>TIME REQUIRED</td>
</tr>
<tr>
<td>WAYS TO CONTRIBUTE</td>
</tr>
<tr>
<td>NO. OF VOLUNTEERS</td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact Person: Kim Forsythe, President

Address: Oak Minami Azabu Bldg. 2F, 3-19-23 Minami Azabu, Minato-Ku, Tokyo 106-0047
Phone: (03) 4580-2770
Fax: (03) 4580-2771
E-mail: info@tylersshineon.org
URL: www/tylersshineon.org

Hours: Monday - Friday, 9:00 AM - 5:00 PM
WORLD WIDE FUND FOR NATURE
JAPAN (WWF JAPAN)

MISSION
To realize a world where human beings can live in harmony with nature by preserving biological diversity, promoting sustainable use of natural resources, and reducing pollution and the wasteful consumption of resources and energy.

POPULATION SERVED
Global citizens

PROJECTS/ACTIVITIES
Projects in Japan include conservation projects in Nansei Shoto (preservation of coral reefs), Yambaru Forest, wetlands conservation, and monitoring of international wildlife trade (TRAFFIC Japan), promotion of a certification system with the Forest Stewardship Council (FSC), marine stewardship council (MSC), promotion of energy saving and the use of renewable energy with industry to mitigate climate change.

<table>
<thead>
<tr>
<th>VOLUNTEER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SKILLS NEEDED</strong></td>
</tr>
<tr>
<td><strong>LANGUAGES</strong></td>
</tr>
<tr>
<td><strong>TIME REQUIRED</strong></td>
</tr>
<tr>
<td><strong>WAYS TO CONTRIBUTE</strong></td>
</tr>
<tr>
<td><strong>NO. OF VOLUNTEERS</strong></td>
</tr>
</tbody>
</table>

CONTACT DETAILS
Contact Person: Yuriko Yokozeki, Assistant for Communications, contact by email first

Address: 3-1-14 Shiba, Minato-ku, Tokyo 105-0014
Phone: (03) 3769-1711
Fax: (03) 3769-1717
E-mail: communi@wwf.or.jp
URL: www.wwf.or.jp

Hours: Monday - Friday, 10:00 AM – 5:30 PM
Busy people can help too:
Other types of community service, other ways you can make an impact

Perhaps your schedule does not allow you enough time to commit on a regular basis, but there are other ways to contribute. Be innovative!

It is possible to have an impact through your company, network of friends, school or any group in which you are involved. First you need to select an issue or project and find and organization that matches your needs. Then develop a support program that matches your time frame and/or organization’s goals.

Just a short list with ideas of things you can do:

1. Invite an NGO leader to give a guest presentation to the members of some groups you are active in.

2. Distribute nonprofit NGO event materials and pamphlets to your co-workers or friends.

3. Have a party that doubles as a mini-fundraiser – introduce an issue and organization over dinner and drinks; guests pay a “party donation fee”.

4. Make donations of office items organizations are always in need of - such as computers, food, telephone lines or office supplies. Contact the group of your choice with the specs on what you have and find out if it meets their needs. (Don’t just send stuff!)

5. Have a food or clothing drive in your office or through your association. Many groups in this directory need many day-to-day items to make their organizations work. Before starting, get in touch with a group, confirm their needs and the limitations of what they can and cannot accept.

6. Purchase products that groups sell – fairtrade items or organic cotton for example – as gifts or when your group makes T-shirts, bags or other logo bearing items.

7. Join fundraising events or parties. Expect to make an investment in the organization by buying raffle tickets or joining in on the auction. Consider it a social investment with a bit of fun too!

For those with very little time, you can always become a member and/or make in-kind (good or service) or cash donations.

Share your ideas about other possibilities with us. We are always happy to find new ways people can get involved or support community organizations.

You have many options - now go out there and make a difference!
Are you interested in pursuing a career in the nonprofit NGO sector? Or maybe start with volunteering here in Japan and assessing if it might be the right career for you?

Sarajean Rossitto, an independent consultant working in the field of nonprofit NGO organizational development writes about her path leading to socially responsible work in Japan.

Although I worked for 6 years at the Tokyo YMCA, and did graduate research on the development of Japanese NGOs, my real beginning in the Japanese nonprofit NGO sector started in 2001, when Katsuji Imata, the founder and director of JUCEE (Japan-US Community Education and Exchange) hired me at JUCEE. I was lucky when I came back to Japan in Nov 2000 - a person I interviewed for my grad research introduced us, and there was an opening coming up the following January. In my first weeks back, I looked for a volunteer position and interviewed with 3 or 4 organizations, but by the time I was offered the first two, I had already secured the job at JUCEE. For close to 4 years I coordinated US-Japan nonprofit collaborative projects. During that time, I traveled from Sendai to Hiroshima speaking to nonprofit leaders, giving presentations and supported leaders in the US and Japanese nonprofit sector in their efforts to work together to bring about social change while sharing know-how and best practices. Using this experience as a base, since 2005 I have been working freelance on a project basis.

I did try to move on to another organization, but my experience, and personality (maybe age as well?) was sometimes a bit too much. I did not feel being non-Japanese was much of an issue at the places I applied, however I realized my style, expectations and interests were best for more independent work. Also I decided I needed a break from the 24/7 lifestyle, and working with the same people in the same place.

My work today
My work is currently concentrated in 5 areas. I run various skills development workshops and trainings aimed at nonprofit, NGO professionals and the general public. I give presentations to a wide array of audiences on social issues and nonprofit organizations tackling them. I do project development and support by linking groups overseas to those here, as well as develop corporate-community partnerships. I also have done some publication development, both writing and editing articles about the Japanese nonprofit NGO sector. Lastly, I arrange networking and information sharing opportunities.

I started doing this work without having a big plan. I have always been surrounded by community involvement. My parents were active in various groups related to education, health and poverty. However this was not what inspired my career. I went to university to study drama and was inspired by Nelson Mandela. I then changed my major to social movement theory. In the 1980’s I was inspired by AIDS activists and then in 1989 by activists in Tiananmen Square. My first real job developed out of my student activist days and led me to become a community organizer with a crazy schedule, traveling throughout the state of New York, always with only a few dollars in my pocket.

Things have developed based on my passion, experience, knowledge and work ethic. Since I am on the independent side and like an irregular schedule, working freelance suits me. But it is not for everyone; there are very busy days and very slow weeks. I love working with different people everyday. This means differences in languages and communication styles as well as what you can and cannot say.

It’s a challenge but there are many needs and opportunities for this type of work in Japan. I hope more people will consider this a career.
**Links and useful resources**

**Information about the Japanese nonprofit sector in English**

The changing face of NGOs in Japan http://www.gdrc.org/ngo/jpngo-face.html

The Japanese System of Incorporation and the Concept of NPOs http://www.gdrc.org/ngo/jp-civil-society.html

Exploring the Realities of Japanese Civil Society through Comparison, by Yutaka Tsujinaka, Jae-Young Choe, Takafumi Ohtomo, ASIEN 105, October 2007 http://www.allacademic.com/meta/p_mla_apa_research_citation/2/5/2/0/1/pages252011/p252011-1.php


**Nonprofit and Volunteer Support Organizations in Japan**

The Japan NGO Center for International Cooperation (JANIC) http://www.janic.org

Tokyo Voluntary Action Center: http://www.tvac.or.jp/english/index.html

NPO support center NPORT http://www.nport.org/

CSO Network http://www.csonj.org/english/

Japan NPO Center http://www.npo-hiroba.or.jp/

Osaka Voluntary Action Centre http://cwlzaq.ne.jp/osakavol/english/index.html

Japan Centre for International Exchange http://www.jcie.or.jp/

C’s Coalition for Legislation to Support Citizens’ Organizations http://www.npoweb.gr.jp/

The Japan Foundation http://www.jpf.go.jp/e/index.html

The Japan Philanthropic Association http://www.philanthropy.or.jp/english/index.html

The Nippon Foundation http://www.nippon-foundation.or.jp/eng/index.html

The Osaka Community Foundation http://www.osaka-community.or.jp/contents/english/index.htm

**General Information & Resources**

Tokyo Community Events http://tokyo-community-news.blogspot.com/

Action Without Borders www.idealist.com

Civicus www.civicus.org

Charity Navigator http://www.charitynavigator.org/


Nonprofit Mgt help http://www.managementhelp.org/index.html

Nonprofit good practice guide http://www.npgoodpractice.org/

Japan Volunteers, https://japanvolunteers.wordpress.com/
Organizations and Links of groups active in Tohoku disaster relief and recovery

ADRA Japan 特定非営利活動法人アドラ・ジャパン (ADRA Japan)
http://www.adrajpn.org

NPO Aichi-net 特定非営利活動法人 愛知ネット
http://npo-aichi.or.jp/

Association for Aid and Relief, Japan 難民を助ける会
http://www.aarjapan.gr.jp/

AMDA - formerly Association of Medical Doctors of Asia 特定非営利活動法人 AMDA (元アジア医師連絡協議会)
http://www.amdainternational.com/

Care International Japan 公益財団法人 ケア・インターナショナル ジャパン
http://www.careintjp.org

ETIC 特定非営利活動法人ETIC
http://www.etic.or.jp/recoveryleaders/

Foreign Volunteers in Japan
http://www.foreignvolunteersjapan.org/

Good Neighbors Japan グッドネーバーズジャパン
http://www.gnpj.org/campaign/emgy_2011tohoku.html

Hope International Development Agency ホープ・インターナショナル開発機構
http://www.hope.or.jp/

Hope Worldwide Japan ホープワールドワイド・ジャパン
http://www.hopewwwj.org

The Japan Asian Association and Asian Friendship Society アジア協会アジア友の会
http://www.jals.or.jp/

Japan Earthquake Animal Rescue and Support, JEARS
http://jears.org/

Japan International Volunteer Center 特定非営利活動法人日本国際ボランティアセンター（JVC）
http://www.ngc-jvc.net/en/

JEN 特定非営利活動法人 ジェン
http://www.jen-npo.org/

Living Dreams
http://livingdreams.jp/main/

MDMJ Medecins du Monde Japan / Doctors of the World 特定非営利活動法人 メドゥサン・デュ・モンド ジャパン
http://www.mdm.or.jp/

MSF Japan: Medecins sans Frontieres / Doctors Without Borders Japan 特定非営利活動法人 国境なき医師団日本
http://www.msf.or.jp/

Nippon International Cooperation Community Development NICCO 公益社団法人日本国際民間協力会（NICCO）
http://www.kyoto-nicco.org/
Organizations and Links of groups active in Tohoku disaster relief and recovery (continued)

Nippon Volunteer Network Active in Disaster, Inc.
URL: http://www.nvnad.or.jp/

O.G.A. for AID
http://www.ogaforaid.org/

PARCIC 特定非営利活動法人 パルシック
http://www.parcic.org/

Peace Winds Japan 特定非営利活動法人 ピース ウィンズ・ジャパン
http://www.peace-winds.org/

Peace Boat ピースボート
http://www.peaceboat-us.org/

Rescue Stockyard レスキューストックヤード
http://www.rsy-nagoya.com/rsy/

Save the Children Japan セーブ・ザ・チャイルドレン子ども基金
http://www.savechildren.or.jp/

Shanti Volunteer Association (SVA) 公益社団法人シャンティ国際ボランティア会
http://sva.or.jp/global/

SHARE 特定非営利活動法人 シェア＝国際保健協力市民の会
http://share.or.jp/

Uniken, Japan Universal Design Research Institute 日本ユニバーサルデザイン研究機構
http://www.ud-web.com/shinsai/

World Vision Japan ワールド・ビジョン・ジャパン
http://www.worldvision.jp/

NETWORK organizations
- With links for information on the hundreds of other groups involved:

Japan Civil Network for Relief in East Japan 東日本大震災支援全国ネットワーク（JCN） Groups working on the Japan EQ/tsunami relief efforts, http://www.jcn-civil.net/about_us/groups.html

Japan NPO Center 特定非営利活動法人 日本NPOセンター Nationwide network of Japan-based local nonprofits, http://www.jsnopc.nc.jp/

Japan Association of NGOs in International Cooperation (JANIC) 特定非営利活動法人 国際協力NGOセンター Network of Japanese NGOs involved in international development work, http://www.janic.org/

The Community Service Directory is a project of FEW – For Empowering Women in Japan.

FEW is the GO-TO place for personal and professional learning & connections for international women in Japan.

Find out more about FEW through our website or contact us about how you can get involved at few@gol.com.