



NGO JEN

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To All Who Are Volunteering

About the Tohoku Earthquake

At 14:46, March 11th 2011, a devastating earthquake of M9.0, the largest in the recorded history of Japan, occurred off the coast of Miyagi prefecture. (On the Japanese seismic scale, registering 7 in Miyagi prefecture, and 6 plus in Fukushima prefecture.) Over 20,000 people have been reported either dead or missing due to the earthquake, 10m high tsunami, or fire. With over 20,000 houses destroyed, more than 300,000 people were forced to evacuate and are enduring hardships at the evacuation centers.

As roads and basic infrastructures are being rebuilt, more and more people are returning to their homes from the evacuation centers. On the other hand, people from communities that suffered total destruction may have to remain at the evacuation centers for a longer period of time.

JEN's Continued Assistance

JEN dispatched its first team to Miyagi prefecture on March 13. JEN distributed emergency supplies (clothing, hygiene kits, food, fuel, etc.) to evacuation centers and nursing homes in Sendai City and to individual homes in Ishinomaki City, where there was more damage. Hot meals were also prepared and distributed at evacuation centers. In addition, JEN is supporting those who are not receiving adequate aid by sending in supplies, removing dirt and debris from buildings, establishing community spaces, and providing short term psycho-social care programs.

JEN's long-term vision for the future is to help the victims reclaim their old lives as soon as possible, give support until they regain hope for the future, and aid in industry revitalization as well as emotional care.

To implement our vision, we are recruiting volunteers to support us on this long path of recovery.

Terms and Conditions

- **Transportation to Ishinomaki must be organized on your own.**
- **Volunteers will lodge in communal housing.**
- **Volunteers must bring their own sleeping bags, food and drinks, working clothes and tools.**

Work Summary

According to the needs, we will decide what type of work is required.

For example,

- Removing dirt and debris from individual homes (and cleaning dirt, garbage, debris, and water from household belongings.)
- Helping send supplies to homes and temporary houses.
- Aiding the recovery of the fishing industry

- Cleaning public places such as shrines and parks.

We will assign tasks from those of high importance, so they may change according to the day. Thank you for your understanding.

Your Living Experience as a Volunteer

Lodging

- Address: 「JEN Watanoha Lodging」(48-2 Watanoha Jiyama-saki, Ishinomaki City, Miyagi Prefecture)
*If the above lodging is full (maximum 20), then the address will be 「JEN Senshu University Office」(1 Minamizakai Shinmito, Ishinomaki City, Miyagi Prefecture)
- Using a sleeping bag, you will sleep in a communal housing with a tatami floor.
- There is access to flushable toilets and kitchens with sinks (while volunteering, there is access to toilets at the nearby evacuation center).
- There is cleaning service, but it requires a car to get there. It is possible to hand wash your laundry, but please bring your own hangers.
- There are no bathtubs or showers. However, an onsen (道の駅 上品の郷) is a 30 minute drive away.
- Please turn off the light at 21:00.

Meals

- Volunteers need to bring their own foods or buy foods in stores near the lodging. A convenience store reopened close by, and is a 10 minute walk away. You need a car to go to a supermarket.
- As to contribute to the economy of Tohoku, we recommend that you buy your foods in the convenience store and other stores in the region. However, there is a possibility that these stores run out of stocks, especially when an aftershock happens. Please bring enough food for the duration of several days
- Portable stoves are available at the lodging, so it is possible to boil water for cup noodles and pasteurized food.
- There is no refrigerator.
- Since you cannot return to your lodging while volunteering, hot water is not available during lunch. Please bring food that does not require boiled water for lunch. Volunteer activities require strength. Please bring enough water to prevent dehydration.

Safety and Health

Please take care of your health before departure. Refrain from staying up late, or consuming excessive amounts of alcohol as they can lead to heat exhaustion. If you have any doubts about your health, please withhold participation.

Depending on the activity or weather condition, the staff may deem it unsafe and stop all activities. Please be ready to follow instructions in such a case.

There are currently continued aftershocks. Before work, the staff will explain the location of evacuation sites, so please listen carefully.

Clothing and Preparation

- There is a lot of glass and nails at the work site, so to prevent injuries, please wear thick boots. Also, bring boot holders.
- To prevent infection, always wear long sleeves and long pants to avoid skin exposure.
- Please bring dust proof masks. There is a lot of dust during mud removal, therefore masks are a must.
- Please prepare for heat exhaustion. To avoid heat exhaustion, please wear clothes that allow wind passage. Do not forget to bring a hat and a towel.
- The mud contains dust that is filled with chemicals. Please do not touch them with your bare hands. Also, please bring water so you can wash your eyes if it gets irritated.

Breaks during Volunteer Work

While volunteering, please take frequent breaks, drink plenty of water, and eat enough salt. Whenever you feel tired or sick, please stop your work immediately and contact the nearest JEN staff.

Registration and Volunteer Health Insurance

- Please fill in the “application form” and send it to JEN by fax +81-3-5225-9357 or e-mail at volunteer@jen-npo.org to the JEN Tokyo Headquarters. Volunteer insurance is mandatory. If registered up until the August volunteer activities, JEN will process your Natural Disaster A Plan health insurance and will cover the cost. Those who are volunteering from September will need to register for their health insurance on their own at a nearby social welfare council centre. Once you register, the insurance is valid until the end of March, 2012.
- Those who are not volunteering for their first time are not required to attend an orientation or fill out the “application form.” Please e-mail JEN your 1) Arrival and Departure date 2) Volunteering dates 3) Request for housing 4) Transportation means. Since there are numerous volunteer registration requests over the weekend, please apply early.

Volunteer Schedule

We will gather and disperse at Ishinomaki. We request first-timers to meet on Tuesdays at 17:45 at JEN's office in front of Ishinomaki Station or on Saturdays at 9:00 at JEN Senshu University's office for an orientation. After this meeting, it is possible to volunteer for one day or for a longer period of time.

Transportation

Sendai⇄Ishinomaki: Miyako Bus (Tel. +81-22-771-5310/ Open Weekdays 9:00-17:30)

The highway bus may not be running between Ishinomaki Station and Ishinomaki Senshu University on some days. For further information please refer to the university homepage. There is another direct highway bus running from Tokyo to Ishinomaki. Please research the operating times and bus stops beforehand.

What to Bring (July - September)

	Items to Bring	Note
<input type="checkbox"/>	Sleeping Bag	There are no futons at the lodging. Please bring sleeping bags, towels, or anything that will be an alternative.
<input type="checkbox"/>	Work clothes (long sleeve T-shirt and trousers)	Clothes can get muddy. No laundry service is available on site. To prevent injuries, always wear long sleeves and long pants to avoid skin exposure. To circumvent heat exhaustion, please wear clothes that allow wind passage.
<input type="checkbox"/>	Rubber Boots with steel soles or safety shoes	There will be a lot of debris on the work site, so to prevent injuries, please wear thick boots. Also, bring boot holders.
<input type="checkbox"/>	Drinking Water	Please read "Your Living Experience as a Volunteer" on page 2
<input type="checkbox"/>	Food	Please read "Your Living Experience as a Volunteer" on page 2
<input type="checkbox"/>	Mask/Anti-dust masks	Required on the work site. Please bring the round cup type.
<input type="checkbox"/>	Hat	To prevent heat exhaustion
<input type="checkbox"/>	Goggles	It will prevent dust from going into your eyes. Please bring them if you have them.
<input type="checkbox"/>	Change of clothes and underwear	Please bring enough.
<input type="checkbox"/>	Towels (small and big)	Towels are used to protect your neck, and they may get dirty.
<input type="checkbox"/>	Toiletries	Soap, toothbrush, etc.
<input type="checkbox"/>	Thick rubber gloves	Required for sludge removal. Cotton gloves are good to wear underneath rubber gloves.
<input type="checkbox"/>	Heat-retention silver sheets	It will keep you warm at night when used underneath sleeping bags.
<input type="checkbox"/>	Raincoat	Raincoat and nylon trousers
<input type="checkbox"/>	Medicine	Make sure to bring any needed medication
<input type="checkbox"/>	Photocopy of health insurance	
<input type="checkbox"/>	This booklet	
<input type="checkbox"/>	Flashlight	Necessary for moving around at night.
<input type="checkbox"/>	Umeboshi (salted plums)	Recommended to obtain supplemental salt, especially to prevent heat exhaustion.
<input type="checkbox"/>	Water bottle	Recommended to keep water for washing your eyes and hands.
<input type="checkbox"/>	Back pack/Small bag	Recommended to keep your valuables
<input type="checkbox"/>	Wet Tissue	For hygienic purposes

※ Cell phone reception is not good.

※ JEN's number in Tokyo (+81-3-5225-9352) can be used as an emergency contact for your family and employer.

Contact for Volunteers

JEN Headquarters Office in Tokyo Volunteer Office +81-3-5225-9352

JEN Staff in Miyagi Mr. Nimura +81-80-3303-6719

Please contact them during emergencies.

General Inquiries

NGO JEN

TEL : +81-3-5225-9352

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