

<b>開催期間:</b>	2012.09.08 ~ 09	Duration
<b>スタッフ:</b>	14 members	Staff
<b>支援者:</b>	Disaster prevention section of Nagano pref. and of Nagano city / Nagano city Fire Department	Sponsors

<p>予算:</p>	<p>US\$11,222</p>	<p>Budget:</p>
<p style="background-color: black; color: black;"> </p>		
<p>利益／損失:</p>	<p>None</p>	<p>Profit / Loss</p>
<p style="background-color: black; color: black;"> </p>		
<p>誰の為に？</p>	<p>The 380,000 citizens of Nagano city</p>	<p>Who benefits ?</p>
<p style="background-color: black; color: black;"> </p>		
<p>目的:</p>	<p>JCI Nagano aimed to increase the number of citizens who act voluntarily and safely in a calm manner if a disaster occurs.</p> <p>JCI Nagano aimed to minimize the damage in our community if an earthquake strikes.</p>	<p>Objective</p>

<p>3 行程度 400 字以内</p>	<p>To achieve the above aims, JCI Nagano set the following project targets.</p> <ol style="list-style-type: none"> <li>1. The participants are able to simulate a possible disaster, and think how they should act with other people in a calm manner.</li> <li>2. The participants obtain knowledge of disaster prevention, and raise awareness so that they can act to minimize the damage if they face a disaster.</li> </ol>	
<p><b>概要:</b></p>	<p>Overnight workshop of the simulated experience of an evacuation.</p>	<p>Overview</p>

<p>全部で 400字以上</p>	<p>Before the project Our country was damaged severely by the Great East Japan Earthquake. However, the affected areas are far from our community, so citizens are not quite as aware of crisis management. We need to prepare for such disasters hitting our community. We didn't have any data showing how conscious our citizens were, so the project included an investigation of the facts.</p> <p>JCI Nagano recognized that it is most important for individuals in our community to positively change to a person who can act with leadership when a disaster occurs. If there are many such individuals in the community, the community is safe and a good place to live. This aids in increasing the value of our community.</p> <p>If many citizens take initiative to act rightly as leaders, it is a great benefit for the community. Therefore we decided to conduct a workshop for disaster prevention to develop citizen's abilities to take proactive and correct action, through cooperation with people who support our activities.</p>	
	<p>The project We organized a workshop for local disaster prevention with supporters. To be a leader in an emergency situation, the citizen has to acquire the necessary knowledge in advance. The workshop was held to develop the necessary abilities. Through participation in the workshop, participants improve awareness for disaster prevention, as well as knowledge for crisis management.</p>	

Timetable of the workshop  
September 8th 14:30 Opening ceremony 15:00 Program 1 (Quiz about disaster prevention and discussion on emergency packs) 17:00 Preparation for dinner / Dinner 19:00  
Program 2 (Simulated experience of evacuation site management) 21:30 Lights off  
September 9th 6:30 Wake-up 7:00 Preparation for breakfast / Breakfast 9:00 Program 3 (Fire extinguishing experience) 10:30 Program 4 (Lecture meeting) 12:00 Closing ceremony 12:30 End

After the project

We improved disaster awareness in participants through disaster prevention quizzes, and a fire extinguishing experience during the workshop.

The participants gained knowledge for disaster prevention through the simulated evacuation experience.

We made a documented report of the workshop for the participants and others to review and use as a reference to prepare for disasters. The report was distributed to the participants and others.

# 結果:

## Results

The participants attended seminars on disaster prevention.

They improved awareness and knowledge of disaster and crisis management.

We increased the number of citizens who can take the initiative to act safely in a calm manner in emergency situations. As a result, damage in our community will be minimized by participants if a disaster occurs.

The following is from the questionnaire answered by the participants after the workshop.

Q. Will the experience during the workshop be helpful if a disaster occurs?

A. Helpful (68.8%) / A little helpful (22.9%) / Neither (2.1%) / Not very helpful (0%) / Not helpful at all (0%) / Not answered (6.3%)

Q. Was the workshop worthwhile taking part in?

A. Very worthwhile (68.8%) / worthwhile (27.1%) / Neither (0%) / Not very worthwhile (0%) / Not worthwhile at all (0%) / Not answered (4.2%)

Q. What did you think about the fire extinguishing experience?

A. Very helpful (54.2%) / Helpful (35.4%) / Neither (0%) / Not very helpful (2.1%) / Not helpful at all (0%) / Not answered (8.3%)

## Results

	<p>The result is according to questionnaire answered by the participants after the workshop.</p> <p>The following is from the questionnaire answered by the participants after the workshop.</p> <ul style="list-style-type: none"> <li>- The content of the workshop was substantial and it will be helpful in the future</li> <li>- It was interesting learning how to use an Automated External Defibrillator, and to extinguish a fire.</li> <li>- I obtained useful knowledge and experience.</li> <li>- All of the things I experienced will be helpful, there are many things I learned.</li> <li>- I will recheck our emergency stocks and talk with my family on how to act in an emergency situation after I get back home.</li> <li>- I found many things I should have known but didn't.</li> <li>- Now I know what I need to add in an emergency pack.</li> <li>- I reconfirmed what I need in a emergency pack. I learned how I can choose important items to include in the pack.</li> </ul>	
	<p>We succeeded in increasing the numbers of citizens who will act voluntarily and safely in a calm manner if a disaster occurs.</p> <p>Participants gained abilities to minimize the damage in our community if it faces a disaster.</p> <p>This is what JCI Nagano expected.</p> <p>Reason</p> <p>This is because the workshop included activities which participants experienced first hand, in addition to lectures.</p>	

## 行動:

Early April Discussion on the guideline of the program  
Meeting with the program supporters  
Making guidelines for participant recruitment  
Discussion on recruitment method

Mid May Discussion on roles and program content

Early June The basic content was finalized  
Discussion on the details of the program

Mid June Discussion with the Nagano city board of education, schools and resident governance council  
Briefing of the program to the above groups and invitation for involvement  
/ Started poster making and flyers to advertize for participants

Mid July The posters and flyers were finished  
Started recruiting participants / Promotion of the program to the public / Starting press release

Mid August Participants and the details of the programs finalized

Late August Rehearsal / Preparation / Press rerelease

Sep. 8 The program started

Sep. 9 The program ended

Early November A report was made and distributed

## Actions Taken:

全部で 200 字以上  
2000 字以内程度

Timetable of the workshop

September 8th

14:30 Opening ceremony / Orientation meeting

15:00 Program 1 (Quiz about disaster prevention and discussion on the emergency pack)

- At the beginning of the program, quizzes were given about disaster prevention to check the current awareness of participants.

- The participants brought their emergency packs which they had put together for an emergency, and talked about them in groups.

17:00 Preparation for dinner (in a simulated emergency situation) / dinner

19:00 Program 2 (Simulated experience of evacuation site management)

- Instructors from the Disaster Prevention Section of Nagano prefecture provided trainings to simulate evacuation site management to the participants, and to act appropriately in a management role.

21:00 Explanation of sleeping rules / Preparation for lights off

21:30 Lights off

September 9th

6:30 Wake-up

7:00 Preparation for breakfast / Breakfast

9:00 Program 3 (Fire extinguishing experience)

To practice fire extinguishing in the initial stage of a fire

Participants practiced the correct use of a fire extinguisher as part of the training.

The participants were instructed on how to use an Automated External Defibrillator directly from ambulance team members of the Nagano Fire Department. All questions were answered by the instructors.

10:30 Program 4 (Lecture meeting)

Lectures were provided under the theme of "Disaster prevention at home and in the community"

12:00 Closing ceremony

12:30 End

## 考察や推奨

According to the results of the questionnaire, most participants chose the "very helpful" and "helpful" options. It can be considered that this is what was expected as initially assumed, with respect to the sharing of information and knowledge that is the basis for correct behavior. However, the options "neither" and "not very useful" were also chosen in small numbers. We need to talk with the participants on the details again. It is important to extract valuable information from this minority. Improvements, We need to increase the numbers of participants by reconsidering the program content. Then the number of citizens who are highly aware of disaster prevention will increase, thereby increasing the value of the community with citizens. Improvement of the program The program is focused on coping after a disaster has occurred, but we need to plan a workshop for an experience in more practical situations. (For example, if an earthquake occurs on the way to school, or if a fire occurs during the preparation of a meal) Improvement of public relations As well as promoting the program on TV and radio, we need to be more active in reaching out directly to local organizations such as elementary and junior high schools, leading to an increase in participants. By implementing the above, we will be able to promote awareness of disaster training in more citizens.


	<p>The points and features of the program</p> <ol style="list-style-type: none"> <li>1. The program became the starting point for the improvement of disaster prevention in the community while seeking cooperation with other organizations and local citizens.</li> <li>2. Disaster prevention cannot be effective without cooperation between citizens and the community.</li> <li>3. The program is considered to be necessary for the development of a better community.</li> </ol> <p>What we want to tell the new members next year</p> <p>This year's members have been working under the keyword of "cooperation" with the theme of "disaster prevention" as a project for local community development. We hope a project like this will bring benefits to the community.</p>	
<p>全部で200字以上</p>		
	<p>Feedback from the Crisis Management and Disaster Prevention Division of Nagano prefecture</p> <p>The commendable program includes many experiences.</p> <p>Feedback from the Crisis Management and Disaster Prevention Division of Nagano City.</p> <p>The concept of the workshop in which participants experience 2 days of life at an evacuation site is unique. The program greatly contributed in inducing awareness for disaster prevention in the community.</p>	<p>Recommendations</p>

	<p>The Nagano City Fire Department representative</p> <p>As an official organization that promotes disaster prevention, we appreciated a private organization holding a two day workshop such as this.</p>	
	<p>Local TV station (Company A) reported the program on September 8, 2012 from 17:15.</p> <p>The national TV station (NHK Nagano) reported the program on September 9th, 2012 from 13:15.</p> <p>A local newspaper (Company B) reported the program (Circulation of 484, 8000 copies / Subscription ratio 61%)</p>	