



## Japan Group Quests

Volunteer in Japan, a country where the past and future meet! With a unique culture and a 1,200 year history, Japan is filled with ancient ruins, castles, temples and shrines. Visitors to Japan can experience the Japanese tea ceremony, ikebana (traditional Japanese flower arranging), Judo (a type of martial art), Zazen meditation and more, but also explore modern Japan, a land of karaoke, sushi on conveyor belts, and one of the strongest economies in the world.

**However, despite its abundance of cultural and historical riches, Japan is struggling.** On March 11, 2011, Japan was hit by a 9.0 magnitude earthquake; within minutes, a 33-foot high tsunami hit northeastern Japan – sweeping away infrastructure (bridges, railroads, pipelines), destroying homes, and killing thousands. The situation was complicated by a nuclear disaster in Fukushima.

Currently, **the Tohoku area is still devastated, and thousands are without homes. Volunteers are needed** to help rebuild disaster areas, assist children in struggling local schools, and lift the spirits of the Japanese people.

Volunteers may also choose to volunteer in the beautiful city of Nagoya in the Aichi Prefecture. Nagoya, Japan's fourth largest city, is located at the heart of Japan – both in terms of location, and in terms of traditional culture and kindness of the people. United Planet's Nagoya program offers an interesting and meaningful range of volunteer projects, an opportunity to discover authentic Japanese culture, and immerse with the people.

Volunteers are also given the opportunity to take Japanese language classes, experience traditional Japanese culture, and go on excursions. Volunteers in Japan can experience a unique, fascinating culture while making a difference.

### Volunteer Opportunities in Japan: 1 - 12 Weeks

United Planet currently offers volunteering opportunities in the Tohoku region (disaster recovery) for a minimum of ten days; and in Nagoya for a minimum of one week.

#### Projects

- **School Support Quests**
- **Community Development Quests – Supporting Survivors through companionship**
- **Community Development Quests – Giving Physical Labor to Rebuild**
- **Supporting the Elderly Quest**

#### Accommodations

Your group may live with host families or in a community house. Living with host families is a great way to experience the flavor and culture of local life and enjoy traditional Japanese meals! If your group chooses to take part in physical volunteering in Ishinomaki City, you will stay in a volunteer camp with a large room for male volunteers and another large room for female volunteers. Everyone will be required to bring a sleeping bag for this project. Meals will be provided at the volunteer camp.

#### Standard Program Fee

The fee for the standard 10-day group Quest described on the itinerary below is \$1895.

Your price will differ if you choose to customize your Quest to meet the project, accommodation, and activity interests of your group. The price is based on accommodation with host families; if you choose group housing the price will be adjusted. One group leader travels for free when recruiting 10 participants.

Included in Standard Program Fee:

- Pre-departure training and support
- Orientation and training upon arrival
- Medical insurance
- Accommodations
- Excursions and cultural activities
- Customized itinerary
- 24/7 in-country support
- Round trip airport transfers
- Meals (some)
- Japanese language lessons
- Local cell phone for group leader during Quest

Not included in the Standard Program Fee: Airfare, Visa, Vaccinations

## Standard Group Itinerary

### Earthquake/Tsunami Recovery Projects

Date	Day	Particulars
Day 1	Friday	-Arrive in Nagoya airport and transfer to host family or community lodging. -Welcome dinner
Day 2	Saturday	-Tour city of Nagoya, including Samurai Era Nagoya Castle -Orientation and Training at United Planet Office in Nagoya
Day 3	Sunday	- Travel to Sendai in the Tohoku region. - Transfer to host family or community lodging. - Cultural activities/meals with local families.
Day 4	Monday	-Volunteer work with earthquake/tsunami survivors at community centers, temporary housing, or schools.
Day 5	Tuesday	-Volunteer work with earthquake/tsunami survivors at community centers, temporary housing, or schools.
Day 6	Wednesday	a) Volunteer work with earthquake/tsunami survivors at community centers, temporary housing, or schools.  b) Transfer to volunteer camp for physical volunteering (clearing debris, restoring damaged homes and buildings) in Ishinomaki City.
Day 7	Thursday	a) Volunteer work with earthquake/tsunami survivors at community centers, temporary housing, or schools.  b) Physical volunteering (clearing debris, restoring damaged homes and buildings) in Ishinomaki City.
Day 8	Friday	a) Volunteer work with earthquake/tsunami survivors at community centers, temporary housing, or schools.  b) Physical volunteering (clearing debris, restoring damaged homes and buildings) in Ishinomaki City.
Day 9	Saturday	-Travel to Nagoya - Final Reflection and Departure Meeting at United Planet Office - Farewell Dinner and Celebration
Day 10	Sunday	-Transfer to Nagoya airport -Departure

# Standard Group Itinerary

## Nagoya Social Projects

Date	Day	Particulars
Day 1	Friday	-Arrive in Nagoya airport and transfer to host family or community lodging. -Welcome dinner
Day 2	Saturday	-Tour city of Nagoya, including Samurai Era Nagoya Castle -Orientation and Training at United Planet Office in Nagoya
Day 3	Sunday	- Cultural Activities and Explorations with host families and students
Day 4	Monday	-Volunteer work with selected project, such as working with students, assisting the elderly, or working with politicians.
Day 5	Tuesday	-Volunteer work with selected project, such as working with students, assisting the elderly, or working with politicians.
Day 6	Wednesday	-Volunteer work with selected project, such as working with students, assisting the elderly, or working with politicians.
Day 7	Thursday	-Volunteer work with selected project, such as working with students, assisting the elderly, or working with politicians.
Day 8	Friday	-Volunteer work with selected project, such as working with students, assisting the elderly, or working with politicians.
Day 9	Saturday	--Special Retreat to Mie Prefecture -Hiking, exploration, and optional hot spa. - Final Reflection and Departure Meeting at Retreat --Farewell Dinner and Celebration
Day 10	Sunday	-Transfer to Nagoya airport -Departure