



Joint Master's program in  
International Development and Peace through Sport



**TIAS2.0 (TAIKU - IDS) STUDY TOUR– December 16<sup>th</sup> and 17<sup>th</sup> 2023 (JSC – SFT)**  
**Iitate-mura (village), Fukushima (福島県飯舘村) (<https://www.vill.iitate.fukushima.jp/>)**

**JSC Project Theme for 2023 FY: 'Contribution of Sport to Sustainable Development and Peace'**  
**("To Go is To Believe": STUDENTS SAY IT ALL – FUKUSHIMA post-2020)**

**BACKGROUND:** Tsukuba International Academy for Sport Studies (TIAS) established in the graduate school of University of Tsukuba as a part of the Sport for Tomorrow programme, has conducted study tours to areas affected by the 3.11 Great East Japan Earthquake (hereafter 'GEJE'). **Slogan of 2020 Tokyo Olympics and Paralympic Games (hereinafter, Tokyo 2020 Games) was announced as, "The Recovery Olympic and Paralympic Games (hereinafter, Recovery Olympics)"** since the disaster and the bid process, and various activities have been carried out (*TOGOC, 2019; Tokyo Organising Committee of the Olympic and Paralympic Games (2019). The Caring Games. <https://tokyo2020.org/en/games/caring/> (accessed 2019.07.11)*). The TIAS Study Tour to the TOHOKU region was initiated in June 2016, with the 1<sup>st</sup> batch students of TIAS. The TIAS students have visited the TOHOKU areas which were affected by the 'GEJE'. The program was created first upon the request of University of Tsukuba alumni, currently a local high-school teacher in Rikuzentakata city, and who asked TIAS to implement Olympic/Paralympic education for his school students. **Second, Iitate village ([https://en.wikipedia.org/wiki/Iitate,\\_Fukushima](https://en.wikipedia.org/wiki/Iitate,_Fukushima)) in Fukushima Prefecture was also included as Fukushima was a keyword for Tokyo 2020.** Thus, it was decided to conduct a study tour not only keeping in mind the Tokyo 2020 legacy but also as a great opportunity for the TIAS students (**International and Japanese**) to learn about the current status of the "Recovery Olympics/Paralympics" in the local context. The purpose of the tour was "thinking about contribution to GEJE's reconstruction through the Olympics/Paralympics and Sports". **This is being continued in TIAS2.0 at TAIKU.**



**Study Tour continues the Legacy of TIAS in the affected regions of Tohoku following the "3.11 Great East Japan Earthquake"- and, SHARING with International Students in the Spirit of OLYMPISM (& Interaction with SFTC-JSC ([JAPAN SPORT COUNCIL 日本スポーツ振興センター](#)) Members)**

## <SCHEDULE & ACTIVITIES>

### DAY 1: Dec 16<sup>th</sup> (Saturday)

- ➡ Start – Baseball Ground Parking : 6:30 AM - 6:45 AM (Bus)
- ➡ Arrive at Michi-no-eki/ <http://madeikan.com/> = MADEIKAN♥️📍 : 10:30 AM meet up with ITO Nobuyoshi – apprentice farmer living in Iitate Village (Citizen/Researcher/Tour Guide)  
= <https://www.youtube.com/watch?v=jpkzQnei7kE>
- ➡ Introductions and Explanation : of the Day and Village Market Construction
- ➡ LUNCH at MADEIKAN♥️📍: 11:15 AM to 12:15 PM
- ➡ GUIDED TOUR of the Village: 12:30 PM to 15:00 PM – ITO san
- ➡ KIKORI♥️📍 : 15:30 PM ~ check-in
- ➡ LECTURE and Q&A : 16:30 PM to 17:30 PM – ITO san (Seminar Room)
- ➡ DINNER: 17:30 PM to 19:30 PM – Soul Food of Iitate

### DAY 2: Dec 17<sup>th</sup> (Sunday)

- ➡ Check-out – KIKORI♥️📍 : 08:00 AM ~
- ➡ Arrive at Michi-no-eki = MADEIKAN♥️📍 : 08:15 AM (light breakfast)
- ➡ Sports Complex: Sport Activities with Villagers/Seniors (Indoor Gymnasium)  
= 09:30 AM to 11:30 AM (Boccia – with 飯館村老人会様- Iitate Village Elderly Association)
- ➡ MOVE to SOMA 📍 (Soma Reconstruction Citizen's Market Hama Station Matsukawaura / Michi no eki ; <https://www.hamanoeki.com/>): Recovery Sports Infrastructure and LOCAL SEAFOOD/LUCNH = 13:00 PM to 14:30 PM
- ➡ MOVE TO TSUKUBA: 14:30 PM to 17:30 PM ~ Baseball Parking

## <RESOURCES>

**Resource 1 (academic):** to know about the 3.11 disaster and effect on the people of Iitate-mura (=village) in Fukushima; and Expert talks on the subject to gain a general understanding of the nuclear reactors/ener

× 3 PDFs

1. 0\_2020\_Jpn\_ORG\_ITO\_N\_TALK 筑波大学
2. 1\_2020\_ITO\_N\_TALK 筑波大学\_English\_Sep\_22\_for TIAS Study Tour
3. 2\_EXPERT LECTURES 1 and 2\_IMANAKA sensei\_KURRI and ITONAGA sensei\_NU

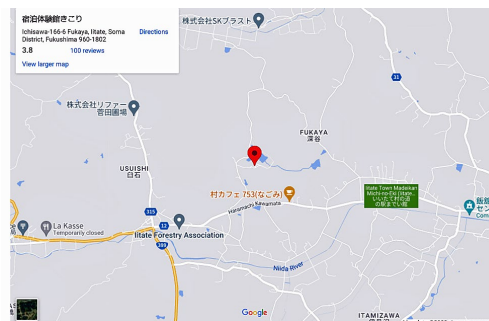
**Resource 2 (general):** to know about Iitate-mura and the revitalization through the Village Market

- **Iitate Village** is located in the northern part of the Abukuma mountain range in Fukushima Prefecture. The Village is surrounded by beautiful natural scenery and is famous for embodying the slow way of life referred to as “Madei”. In 2010 Iitate Village joined the Association of The Most Beautiful Villages in Japan. In 2011, the Great East Japan Earthquake struck the area leading to a nuclear accident which forced the over 6,000 residents to evacuate. Residents were able to begin to return from March 2017 and since then the people of the Village have been seeking new ways to revitalize their village.



- What does the “Madei” of Madeikan mean? The word “Madei” is defined as “slow life” and represents the ideology and way of thinking of the people of Iitate Village. The word itself comes from the word “Mate”, which means to place your hands together. This local word encapsulates ideas such as thoughtfulness, respect, taking ones time, sincerity, and living life to the fullest.

- KIKORI : Camping Site : <http://itate-kikori.jp/>





筑波大学大学院 TIAS 村内視察&交流会

1. 12月16日土 10時30分

道の駅までい館見学、昼食

13時村内視察スタート

山津見神社

↓

飯樋(フレコンバック)

↓

長泥(高度汚染地域)

↓

文教地区(学校、スポーツ公園)

↓

役場

↓

道の駅

↓

きこり

16時30分～17時30分講話、質疑

18時～夕食

2. 17日(日)

道の駅で朝食

9時30分～

屋内球技場 ポッチャ交流会

3. 解散 11時30分



Guest Speaker and Guide: 伊藤 延由 Nobuyoshi Ito

Self-introduction and knowledge about radioactivity

- Born in November 1943, 79 years old
- April 1962: Joined Niigata Tekko Co., Ltd. (Immediately after joining the company, I was involved in emergency power generation at the Fukushima Daiichi Nuclear Power Plant.)
- (Start of diesel engine production)
- March 2010: Became manager of Iitate Farm, an agricultural training center established in Iitate Village.
- In 2010, while working as a manager, cultivated 2.2 ha of rice fields and 1.0 ha of fields.
- Disaster struck just before preparations for the second year in 2011
- Evacuated to Fukushima City at the end of June 2011 (Back from evacuation site to Iitate Village to manage facilities)
- November 2011: Launched the "Iitate Village New Tenchi Society"
- I understood the extent to which radioactivity was dangerous.

- 2011.3.15 The value at the village monitoring post was  $44.7 \mu\text{Sv/h}$ ?
- Effective dose or equivalent dose?

IISORA Symposium 2023

# 13 years of measuring wild vegetables and mushrooms

( Real image of the nuclear power plant accident )

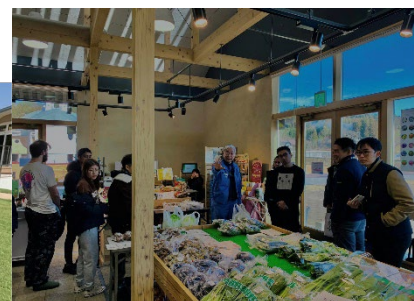
1 chair worth 6.5 million yen  
A symbol of recovery?



Villager of Iitate Village ( Former Iitate Farm Manager )  
**Nobuyoshi Ito**

IISORA Symposium 2023

@Dec 16<sup>th</sup> 2023 – for TIAS2.0 – JSC Project Study/Field Tour: Iitate-mura, Fukushima



福島スポーツプロジェクト「スポーツで地域を元気に！」in 飯舘村

Fukushima Sport Project “Energizing the Community through Sports!” in Iitate

[ボッチャ大会&筑波大学との交流会 in Iitate]

[Bocca tournament and exchange sport event with student of UT]

日時 2023.12.17 (日.Sun)

9:30AM~11:30AM

場所 飯舘村屋内球戯場 gym in Iitate

参加者 飯舘村老人会様 (約 10 人)、筑波大学 TIAS の生徒 (約 10 人)

必要なもの ボッチャ 4 セット (Bocca×4 set)、テープ、ペン、post it,

内容(contents) ・ボッチャ大会

・筑波大学 TIAS メンバーとのスポーツを通じた交流

タイムスケジュール (Time schedule)

| 時間(time)    |   |
|-------------|---|
| 9:30~       | 準備(Preparation)   |
| 9:45~       | スポーツプログラムスタート (Program start)<br>1. 自己紹介 (Introduction) |
| 10:00~      | 2. アイスブレイキング (Icebreaking)                              |
| 10:15~      | 3. 交流アクティビティ (Exchange Activity)                        |
| 10:30~      | 4. ボッチャ大会 (Bocca competition)                           |
| 11:20~11:30 | 片付け (clean up)  |

**NOTES:**

**Accommodation: KIKORI (Dec 16<sup>th</sup>)**

Room allotment will be made according to the rooms available and consideration of each student.

**Radiation Concerns:**

The village living areas are not a risk; including the accommodation area; and each location explained and guided within the village will be under expert supervision and any risks clearly explained by Ito san with monitoring devices (and I will be also carrying additional Portable Dosimeter/ Geiger Counter as part of my research).

**ADDRESS 1: IITATE**

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960-1802

福島県相馬郡飯舘村深谷字深谷前 12-1

Tel.0244-42-1080

Fax.0244-42-1085

マップコード 446 118 290\*34

**ADDRESS 2: SOMA**

〒

976-0022 福島県相馬市尾浜字追川 196

TEL: 0244-32-1585 FAX: 0244-38-6886



## ACTIVITIES: Highlight in IMAGES – ‘say it all’...

(IITATE-MURA, photos by author)



THANK YOU Ito san, all the citizens, and Iitate-mura, FUKUSHIMA



## STUDENT'S IMPRESSIONS: International (TIAS2.0 & Exchange) and IDS

### TRISTAN FORT (France)

11th march 2011, a terrible earthquake (9 Richter Scale) hits Japan and triggers a tsunami on the coast of Fukushima prefecture (and Tohoku coastal regions). Along 600 km, a series of powerful and deadly waves is destroying everything that is not on a hill. The 3rd catastrophe will take place on the next day: the nuclear power plant is overheating due to the damage by the tsunami and one of the reactors explodes. All the inhabitants in the perimeter of 20 km around the power plant are evacuated which represents 160,000 persons. Before going to Fukushima prefecture I barely remembered the details shared on the French news at home. So far away from my land, on the other side of the planet, I felt concerned and shocked but did not try to learn more about it. I was 14 at the time. Joining this field trip was for me an important decision even though some of my relatives were concerned I was confident we were not going to take irresponsible risks. Realizing how big was the restricted area and the number of residents impacted was a big shock for me. Being guided by a knowledgeable local who invested his time in researching besides what the Japanese government stated was an inestimable asset for the trip. Unfortunately, I wish I could have understood more of what he was saying in Japanese. It was a weird feeling to be in an environment which is supposed to be dangerous for your body in the long-term run but you cannot really perceive it without the assistance of tools. Knowing to use those devices and learning to have an idea about their units and “safe” level was something I was not expecting but was glad to learn. The elderly still living in this grey area where the local government wants people to come back but is not totally safe, where you have to be careful about what you eat and where you go must be hard on their daily life. It made me question myself about their motives to stay in the area. Attachment to the land, money issue, etc., are some strong reasons to make them stay or come back to such an environment. Providing mental and physical support to them through sports on Sunday was pleasing to me as I could see their joy. I wish I could have seen the peaceful and welcoming prefecture of Fukushima before the catastrophe. Now I want to learn and visit more of the places impacted by the tsunami itself and not the nuclear accident as I learned that so much of the north coast was devastated 12 years ago. Thanks a lot for this experience.



### EMOINU PUKHRAMBAM CHANU (India)

The recent trip to Iitate village in Fukushima Prefecture was an eye-opening and unique experience that gave insight into the essence of rural life—simplicity and sustainability. The village is gradually attempting to recover, despite the unfortunate incident that occurred in 2011. The villagers are making great effort to restore normalcy to their lives despite being surrounded by many challenges. The elders of the community, who now make up the majority, greeted us with open arms and eagerly, sharing their experiences and memories with us. I have learned throughout the trip how crucial it is to preserve the nature/environment and how difficult it is to restore once it has been adversely affected. The journey concluded with a display of the value of the human bond between youth and old via sports.



### GABRIEL BAHTIT (France)

The trip to Fukushima was a new experience for me. It was the first time for me to go to the countryside of Japan except for Tsukuba and I think that part of the country is what I like the most in Japan. The landscape was beautiful, especially the ocean. So it was nice to go there by bus and to discover this prefecture full of history and the people who live in it. Indeed, practicing sports in Iitate-mura with the elderly people was a means for me to understand the power of sports and how it can gather people from everywhere and also a means to understand the notion of longevity especially with our 80-year-old guide. After the catastrophe people there still want to have the opportunity to exercise, meet new people, and bring some joy and hope in their life. I also feel this with the fact authorities gather all the students of the area in one school (elementary and junior-high), so Fukushima reborn and never abandoned their population. I know Japan has a big problem of rural exodus and Iitate-mura is a great example to show that people have to make a lot of effort to make their area alive again. Moreover, enjoying the onsen was an experience I had been looking



for a long time, I am happy I could share it with my friends from TIAS2.0 which was followed by a nice traditional Sake tasting night party. People from all over the world sharing a bath and sake in the rebounding lands of Japan is a sign for us to show our love for Japan. Traveling around Fukushima prefecture by bus was good for taking time and enjoying step by step the local specialties however I think I would have enjoyed it more if we were staying in the onsen or the village for a longer time instead of the bus and gas station. Thanks for this opportunity – this trip is now a core memory.

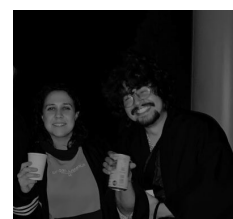
### **DANIELA (Chile)**

Before coming to Japan in Chile, a large earthquake also occurred in 2010, which caused the destruction of many cities in Chile and a large tsunami that took the lives of many people. Then the following year when I saw the news of the mega earthquake in Japan, the impact and how destructive this event was very moving to me. When I saw the images in the media, it was very devastating to know that the Japanese were going through this situation. It was not until a few days that the magnitude of the earthquake and nuclear disaster in Fukushima really became known. During this study trip we had the opportunity to attend a seminar led by Nobuyoshi Ito, who is a person who has played the role of manager of “Iitate Farm”, and who explained to us the difficulties that farms have had to overcome in this village of Iitate to produce its food. To sell all the vegetables produced in Fukushima, they must be constantly monitored to be able to sell them to the community and different types of protocols are used to measure radiation. I was able to understand how in village of Iitate they work to remove (decontaminate) radiation from the ground and be able to return to normality in the city. However, this work of removing radiation from the soil will take a considerable amount of years to remove all the radiation completely (100 to 200-300 years), furthermore, just by seeing it cannot be differentiated exactly which land is contaminated and which is not, for example. He also taught us that trees get radiation from the ground and incorporate it and a process of constant intake of radiation from the ground to the tree occurs. The connection that this Fukushima has with the Tokyo 2020 Olympic-Paralympic Games is that this area hosted Baseball at the Fukushima Azuma Baseball Stadium, which results in more people coming to the prefecture and giving the area more of an opportunity to show how they have overcome their difficulties. At the Iitate village office they show one of the Olympic torches that has a lot of meaning for the local people. In my opinion, this study trip allowed me to understand the real consequences of a catastrophe of this magnitude. It inspires me to know how people overcome this situation every day. Iitate is a beautiful place that has a lot to teach the world. For me the best experience was having shared my time and sport with the older people of the town, I had a lot of fun, they are very friendly and very active too, for their age they are highly active in doing physical activity. It was a very enriching experience for my heart.



### **ENZO VINICIUS LESNIEWSKI (Brazil)**

Before the trip, I will be honest I did not know much about the catastrophe itself. For example, my basic knowledge was that Fukushima was a nuclear accident in 2011 caused by an earthquake and tsunami that made an electrical grid, as a result, the environment of the entire surrounding was contaminated, and the accident was severe with a scale of 7 by NISA. What I just wrote was my actual knowledge because there is a great difference between what I believed on the other side of the world and the reality. To be honest, the fantasy we build about certain kinds of events is far from reality. Before the trip when I was on a call with my parents in Brazil, I told them about the weekend and what was my plan for those days, their first thoughts I believe expressed the pre-concept of cities that were devastated by catastrophes like in 2011. They told me to take care because it was a dangerous place. And months ago this thought was mine too. As a beginning but also the main conclusion seeing the reality with my eyes re-signify all my perspective from Fukushima. In the beginning, the visit to local markets made me understand their concept of "normal life", with proper routines. During these days it became explicit how the fear of the unknown was just a basic mechanism to protect, but at the same time kept me unaware of another reality. During the exploration in the village to understand the concept of how radioactive particles behave, and break another idea that only because in our daily life we are far from the center of radiation does not mean that we are far from radiation itself. During the conversation it was clear the possibilities, and the struggles to live in such a condition. A perfect example of this statement is the children's reality, which means because their bodies are developing each day it's necessary to be restrictive with kids, to avoid any complications. Even so it is inevitable to think a little about the development of this child, living in an



excluded area, with limited social interactions. But centrally the program that kept all my efforts and attention was the activity with the elders, first of all, the language barrier was key, to this language difference the students were pushed to make spontaneous interactions. In my case seeing the joy in their eyes was the most rewarding feeling, but also understand why a person wants to stay in a place similar to Fukushima. Maybe it was a validation of the inner self on the environment, or maybe the attachment with complex memories, with families, and friends that maybe are not here to celebrate life. Of course, this is just the beginning of the reestablishment of everything, but the connection that the natives have with the place is impossible to see, you need to feel.

### **JASON CHRISTIANTO PUTRA (Indonesia)**

The study tour was, in my opinion, an open-minder for what we have received in the news and articles regarding the word “Fukushima” itself. I personally viewed from my reference which was news and articles that was published, that Fukushima prefecture after the disaster received such a negative narration. When I was applying for my student visa to Japan, even the embassy has a column for anyone that plans to travel to the impacted prefectures such as Fukushima, Iwate, and Miyagi, will be referred to proceed through a special application procedure. That really left me with an impression that even until 2023, Fukushima is still a hazardous place to travel and particularly, to live. However, since the beginning of the TIAS program, this study tour project (Rikuzentakata and Iitate) has been introduced. There was a very good explanation about the reality, that finally came as my first exposure to the real conditions that is currently ongoing in the prefecture, and it pinpointed to a very specific region, Iitate Village (飯館村). At first, it was difficult for me to believe about the real circumstances at the area, how it went through the unfortunate day, its impact towards the people, and how it has been trying to recover since that fateful day, four days after the disaster, on March 15 (the night the radiation started falling down on the village), 2011. By the time we arrived, I was surprised that the recovery process is actually doing pretty well. The radiation exposure on the ground is also getting into a minimal level (where there is decontamination), and the people are utilizing effectively what has been reconstructed. At the same time, I could still also observe the decontamination process, where the soil is still being excavated and how ruins are being demolished and rebuilt in a very careful manner. In this sense, I started to wonder, is this really the desire of the inhabitants of Iitate-mura, or is it a program to reduce negative perceptions towards Fukushima as a whole? The impression left from this tour really made me rethink about the reality: is Fukushima actually in the right direction of recovery, and putting a good hope not only for Iitate-mura inhabitants, but also to all people around the world, or is it a cover-up? I would never know the truth for sure. However, witnessing how the inhabitants are happy about their return to their hometown, and how stress-free they are in terms of living and working, even on a very old age (as most returnees are senior citizens), I am confident that now, the image of Fukushima, the spirit of its recovery, and how that spirit was adopted to the bidding of the Tokyo 2020 Olympics, is something that I still mesmerize. How Japanese, as a population and as a society, managed to overcome the already devastating situation after the Great Tōhoku Earthquake, Tsunami, and Nuclear Meltdown. This proved solid in the Olympic Games, even held under the pressure of Covid-19 pandemic restrictions, still left a positive legacy to all the stakeholders.



### **JULIUS HANNIG (Germany)**

The 3-11 Great East Japan Earthquake and the following nuclear incident in the Fukushima Daiichi power plant were the reason that my first ever planned trip to Japan was canceled. After that, it took me seven years to actually travel to Japan. This study tour was my first direct contact with the consequences of the disaster. While I informed myself about the nuclear incident itself through German media (podcasts, documentaries, presentations), I never got much information about the surrounding area in Fukushima. In general, the media in Germany mostly provided information about the incident and the mistakes TEPCO made. I have never encountered information about the area outside of the direct exclusion zone. I also was not aware that Iitate village (mura) was so heavily contaminated after the incident. That made me realize that I do not really know anything about the surrounding areas in Fukushima prefecture. Therefore, I was glad that this opportunity was provided to get to know more about the region. I was really impressed by Ito's presentation and I was





not expecting to learn that much. The efforts of Ito to test the radiation in the different vegetables and mushrooms around Iitate-mura and the different ways of decontaminating the food to make it edible again stuck in my head, as well as the contaminated mushrooms he has shown us. I think everybody could gain a lot for their respective research projects from the academic approach that Ito chose to approach the problem. He gave the example how research should be conducted and how even the most basic hypothesis, in his case that the radiation comes from the nuclear incident, should be questioned and proven. The biggest impact for me left the answers from Ito to our critical questions. He was open and answered sincere. The consequences of the disaster were brought back to my mind when I watched the opening ceremony of the Tokyo 2020 Olympic Games and children from Iwate, Miyagi and Fukushima were the second to last torchbearers of the Olympic flame. The German commentator talked a bit about the affected prefectures. Just like in preparation of the 1940 Olympic Games, Japan had to overcome the destruction of a great earthquake. Since the 2011 earthquake was not in Tokyo, the media attention surrounding the Games was less focused on the disaster. There was also the Covid-19 pandemic which took most of media's attention. Through letting some Baseball and Softball games be played in Fukushima, the NOC (National Organizing Committee) tried to show some revival for the region. The legacy of the Games should try to follow this example and provide a tomorrow for the region. Unfortunately, our study tour showed us not much of a tomorrow for the region. The age pyramid that Ito showed us and the persons we interacted with showed an aged society with not much chance to change. As a sport enthusiast it was sad to see the beautiful venues that were not used.

### KAI WANG (China)

Two days were surely not enough for me to fully understand what is transpiring in the beautiful Iitate village and the recovery work happening in Fukushima. However, through this trip to Fukushima, I unquestionably learned a lot of meaningful things—from my friends, from my sensei, and from the people living there. In my opinion, his wasn't merely a trip for enjoyment or happiness; it was more about learning and understanding. Before this trip, only a few keywords and a sense of sympathy lingered in my mind regarding the disaster that occurred in my neighboring country, Japan, back in 2011 — huge earthquake, tsunami, disaster, nuclear meltdown, radiation pollution, water release, protest... I can still recall that period, I was in junior high school, and the internet was not as speedy as nowadays. Yet, for some reason, we were informed of this shocking news in class as soon as it happened. And that's all I can remember. But for those who actually experienced it, it's more than just a piece of news. It's difficult for me to comprehend the need to relocate one's house or an entire family to a completely new area due to a natural disaster. It's challenging to imagine a village where over 70% of the population is over 60 years old. It is surreal to imagine school life where, as a student, you cannot hang around outside the campus due to potential radiation exposure. It's tough to fathom the amount of work required to remove 5cm of all the surface soil and pack them into packs orderly. However, it's valuable to be able to engage in some meaningful conversations with the people who have returned and are living a peaceful life there. It is precious. I do not know if hosting the Tokyo Games actually improved the quality of life for the people living in Fukushima, considering the occurrence of the COVID-19 pandemic. But spiritually or emotionally, I felt the connections between the two. With the new motto of the Olympic Games — Faster, Higher, Stronger — Together, we learned that there is a sense of community and togetherness that we need to foster for a brighter society for all. But how do we achieve this togetherness? In my opinion, one of the essential approaches is through compassion. Because ultimately, we are all related individuals, living on the same and only planet. At the end of everything, just before we boarded the bus back to Tsukuba, I found Ito san again. I used Google Translate to convey what I wanted to say to him: 'Thanks for your efforts and hard work. I am very impressed. I wish you all the best.'



### MAI VAN DER SCHEER (Netherlands)

In March, I had the opportunity to visit Fukushima as part of the TIAS 2.0 3rd batch. Meeting Ito-san for the first time, I delved deeper into the intricacies of the nuclear disaster and its repercussions on Iitate Mura village. During our village tour in March, we encountered a gate restricting access. However, on our recent visit, I was taken aback to find the gate open to the public, revealing areas with alarmingly high radiation levels. The newly constructed community center beyond the gate made a lasting impression, without a community to serve. During the trip we encountered several attempt of urban



planning and preparing the village for the future. The bus window offered both intriguing and profoundly saddening views of the surroundings. As Ito-san emphasized, radiation is invisible, odorless, and inaudible, giving me goosebumps at the realization of being in such a possibly dangerous area. Meeting the elderly club of Iitate village fostered an immediate connection with the villagers. Despite being mostly raised in a rural setting and over the age of 65, they warmly welcomed us foreigners. One interaction, in particular, stood out, where a woman's openness and tolerant perspective pleasantly surprised me. As I tried to emphasize my classmate's progress in learning the Japanese language she started with stating that there were many Chinese and Filipino immigrants in Japan. I was a little bit scared she was going to express her dissatisfaction with the more recent influx of foreigners in Japan; but my prejudice against elderly Japanese got disapproved. She continued that their Japanese was often excellent, but she was saddened to see that many Japanese were not putting in the effort to learn Chinese or Filipino to meet them half way. Thereafter she started to speak some basic Chinese and said: If I, an old lady from a village, can do this, why others could not make the same effort. Her viewpoint was so refreshing, but I also got aware of my own bias against Japan. This experience served as a reflection, highlighting the potential for a better world if everyone made the effort to understand each other.

### MASAHIRO MORI (Japan)

As one of the Japanese, I thought learning from the accident of the Fukushima Nuclear Power Plant should be passed down to future generation. This was my first visit to the Fukushima prefecture including before and after the great east Japan earthquake. It is not that I was not conscious about the recovery of the disaster area, but I could not have the opportunity to visit the place. I have been trying to know about the situation of the area through newspaper, comics, movies, and documentaries. However, this study tour changed my image of the area. Throughout the story of Ito-san who devotes his life to research about risk of radiation on plants, forests, including the mushrooms raised in the disaster area reminded me to understand the risk of the Fukushima Nuclear Disaster still remain in Japan. The Iitate village locals are living in that environment and their bodies are exposed to the contaminated soil and the area. I believe we do not get the complete information – and the media only give the information that is good for the government and do not give us the truth of the disaster area. Ito-san's action should be reported more and the fact that Ito-san findings must be given more attention from the citizens. Otherwise, we can learn nothing from the significant accident. I barely have knowledge about the risk of nuclear power, radiation, and the contaminated soil, and actually, the story of the radio-active mushrooms is difficult for me even in Japanese. This is as same as immediately after the time when the accident happened, but now, I could understand what the importance is having a critical perspective for those things. The one thing that is most impressive for me is Ito-san answered one of the questions from us, which is how can other people live in another prefecture or country contribute to the recovery of the disaster area. He said the important thing is the will to try to know about the situation in the area, which will contribute to the promotion of understandings with nationwide scale. Last but not least, I would like to express my appreciation for Japan Sport Council and TIAS2.0 to set this great opportunity to learn about many things in Fukushima. It is not only the learning about the nuclear disaster, but having the opportunity to interact with local elderly people in Iitate village. Through the physical activity with them, I hope they could enjoy sports and it was also great opportunity to them to interact with foreign students. I wish sports could make their happiness in their lives and I can contribute to the development of sports in local area too.



### PUKHRAMBAM OSHIN CHANU (India)

The Fukushima tragedy in Japan has influenced worldwide debates about the role of nuclear energy, safety standards, and the significance of shifting to sustainable and resilient energy sources. As for me, I do not know much about Fukushima before this study tour, but I do know a little bit about it because of the 2011 earthquake in Japan. Where the disaster was a result of a massive earthquake and tsunami that struck the Great eastern coast of Japan. The Fukushima Daiichi Nuclear Power Plant, operated by the Tokyo Electric Power Company (TEPCO), was completely damaged, resulting to a release of radioactive radiation. The incident had significant consequences, including a large-scale evacuation of the affected areas and continuous difficulties in dealing with the radioactive contamination. When I first arrived in the Fukushima area, I was overwhelmed





by the surrounding environment as well as the local residents. One -- particularly memorable experience we were visiting Madeikan, a rebuilt small community space within the once contaminated area, where right now it has also become a Village Market place. A true picture of the nuclear power plant accident was displayed on a bench by the Village Market Construction park, which cost 6.5 million yen and represented "Recovery." It was equally surprising to explore Iitate-mura village, which revealed not only the environmental beauty but also the agricultural richness of the region. Our host guide, Nobuyoshi Ito san, highlighted the area's skill at farming. Despite encountering numerous facilities that remained unused, the locals were fully aware of the risks associated with staying there. Even so, many made the decision to return back and start over because of their strong attachment to the village. An impressive aspect that experienced was the communities actively engages to help revive the damaged regions. This included innovative approaches such as soil reuse, involving the removal of contaminated soil and its replacement with uncontaminated soil. Besides the difficulties, the people's dedication to remaking the area in any way showed their strength and courage and fortitude in the face of challenges. During the tour, I had the opportunity to be engage with elderly people and play recreational activities, which proved to a nice worthwhile experience. We laughed and told stories together, creating a special chance to bridge the generation gaps and create friendships. These interactions with the elderly people, through playful engagement and genuine conversation, added an aspect of cheerfulness and humbleness to the whole experience, making it a particularly memorable and un-forgetful moments of this tour. As we all know the Tokyo 2020 Olympic and Paralympic was held in 2021, due to the COVID-19 pandemic. So, the inclusion of Fukushima as one of the host locations for the Olympic torch relay and the baseball and softball events served as a symbolic gesture of recovery as we can accept. Where hosting events in Fukushima provided an opportunity to promote of Fukushima recovery. The Tokyo 2020 Games were aimed to be environmentally sustainable, with a strong focus on renewable energy sources. This is consistent with wider worldwide discussions about shifting to more sustainable and reliable energy sources, which developed rapidly in the aftereffects of the Fukushima incident. In conclusion, while I can relate that the Tokyo 2020 Games aimed to positively impact both Japan's overall legacy and the legacy of Fukushima, opinions considering the event's overall impact, especially in the long term, may differ.

### SUMEI HUANG (China)

Every country is releasing the treated waste (radioactive) water into the ocean, many comments from the world, complaining about how selfish Japan is, has their bias and things they do not completely know. I learned a lot in this year in Japan: from sensei, from news, from international students, that what we think might not be true. Every people including me are in their bias and limits. Fukushima is trying so hard to recover this region, their home, but it seems hard because not many people want to go to this area. Not to mention foreigners, even when Japanese people hear that we come back from Fukushima, they (not all, of course...) will probably not receive our souvenirs (because of a bias in their minds). So, Fukushima really needs people like us, or JSC projects to bring more people there, to learn more about this place, then more and more people could bring good things to Fukushima and share it to the public. One of the biggest reason why Tokyo got this chance to hold Olympic Games is because of Fukushima. But it is a pity that the recovery does not go well as expected. And many professionals who are supposed to help Fukushima, do not help also, I feel. It is like, people used Fukushima, but just used it. This village is so beautiful but lack of vitality. My deepest impression in this trip, is when we do games together. I truly feel that "wow, the power of sports ! ! !". There are many beautiful scenes left in my mind. One is that when we are introducing with all the elderly people, the atmosphere is cold! But when we started to play games, people were all showing their smiling face like a child, like the original face. Second is that when we are doing hand-soccer, elderly people are so - so - so cute, some dropped their hats like a 'kodomo'. Yes, in the end, we are all children. Third is that an 'obaachan' chatted with me saying that "it is so nice you guys come here, this place become alive immediately. You don't know that how silent here in normal days and how boring we are" I feel so touched. And this scene has stayed in my mind: a cute place is actually needing help and love. And sports gather people together, we are all children that day, that moment. All my classmates are so cute. I really love TIAS2.0 4th batch, every person is so weird, everyone is being themselves, everyone is sharing their love to each other. I appreciate Randeep sensei's all the efforts for us, for TIAS, for sports, for the world. Always making everything going so smoothly in Fukushima study tour. It is sensei that teaches me a valuable course in life, that is-do from



now, and revise from now. I got really deep influence by sensei that if I want to do one thing, don't think about 100%, just do it every single steps, and revise and revise and revise. I got so big benefits from this kind of life attitude-though it seems like I did nothing in the past one year, but I myself know that I truly changed many working ways. I appreciate! (I was crying a little bit when typing these words, too many touching things and appreciation). Thank you once again for Iitate village and study tour to give me something new once again.

### YUTO NAKAMURA (Japan-Zambia)

Fukushima study tour was conducted on December 16<sup>th</sup> and 17<sup>th</sup>. The aim of the study tour was to learn about the current situation of Fukushima and energizing the community through the interaction with sports. December 16<sup>th</sup> was mainly focused on learning the current situation by observing and measuring radiation as well as listening to the explanations. The next day was more focused on the interaction with the local elderly people. Before the study tour, I had a little knowledge of Fukushima. I knew that Fukushima had a J-village where it is used to train football national players. During the trip I revealed that national players were used as a tourism resource. The national players' hands and footprints were displayed in the transport café for the highway. The displays could also be the legacy of construction of the J-village as well as encouraging the visitors to take photos. Regarding the disaster, I knew that Fukushima (some regions in particular) was contaminated with radiation and residents had to stay in an evacuation shelter for a while. As far as I remember the news back then, the condition of the shelter was insufficient, and residents were frustrated because they were not sure when they could return to the home. This led some of the residents to leave the city completely to start a new life. I also knew that various videos and movies were broadcasted after the incidents. Those videos to some extent contributed to dark tourism, a tourism related to visiting the places where were damaged due to war, disasters, etc. I learned that Fukushima is promoting dark tourism during my one of the under-graduation classes. Therefore, I believed Fukushima's residents life is getting back to normal before visiting Fukushima. Upon visiting Iitate-mura my perception towards Fukushima changed. I learned that the residents are still facing challenges. For example, children have limited areas to play due to the radiation. The school and mountain are quite close, but they cannot enter. I was quite surprised to know this because without measuring (radiation; it can't be seen or felt) we cannot recognize the danger. This fact demonstrates that residents have to co-exist with the radiation if they want to live in Iitate-mura (or other severely affected -by radiation- areas). After the nuclear accident, the radiation was carried on with wind and rain and contaminated some areas of Fukushima. This indicates that the radiation could be carried on to other prefectures and it might have had different results. In addition, I learned how government are reconstructing some areas by reusing contaminated soils. Layers are made with contaminated soils and decontaminated soil and enclosed with concrete. I believe this strategy is quite risky because the radiation is assumed to be naturally eradicated after 300 years and Japan often has a natural disaster. Moreover, near the constructed areas, there is a small river and that may damage the construction eventually. I believe Tokyo 2020 encouraged local people to play sports. One of the elderly people who interacted on the second day mentioned that he often plays sports with the community. He also mentioned that he enjoyed himself more than his expectation with the TIAS2.0 students. Therefore, I believe if we could continue to interact with them regularly, we could encourage them to play sports as well as creating a community where is tolerant to multi-culture.



### IDS STUDENT'S IMPRESSION: Leading Sport and Physical Activity program

#### YUKA ABE (Japan) International Development and Peace through Sport (IDS) Program

**TITLE: "The Learning in 'Iitate-mura' Study Tour Project: SPORT & SOCIETY":** In the Iitate-mura (Fukushima) Study Tour Project, I tried to make a "social-themed sport project" for the people in Iitate village, with an aim to have a collaboration and fun between the citizens and international students through physical activity/human movement and communication. When I visited Iitate village for the first time, I realized the beauty of the village itself and the warmth of the people in the village; and, I fell in love with this village right away. However, because of the Fukushima-Daiichi Nuclear Power Station accident and the resulting radioactive contamination and the long-







lasting evacuation from their hometowns, there are very few children and young people left in Iitate. In contrast to the village's recovery by efforts of the senior citizens who have come back and live in Iitate, the village looked somewhat lonely and inactive. So, I started to think "I want to do something for people in Iitate and this village through sports" as a student who is learning 'sport for the society'. Also, to create or strengthen connection in community through sport is what I want to do

in the future, I wanted to try to do such an activity using sport as a first step for my dream. This was also an opportunity for me, and I took it. To note, this JSC (Japan Sport Council)-funded study tour is part of the Tokyo 2020 Legacy (Sport for Tomorrow-SFT-<https://www.sport4tomorrow.jpnsport.go.jp/about/>) at TAIKU (TIAS2.0 & IDS), University of Tsukuba. In creating the project,

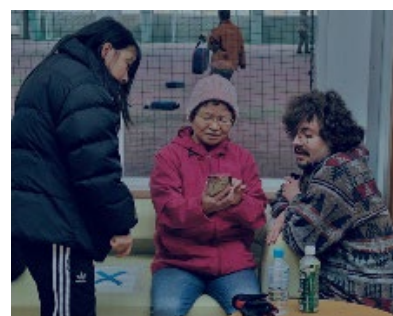
I focused on energizing the senior citizens who live in Iitate, because most of the population who resides in Iitate is over 60 years old. And, in same project, students who are in the English-based program at University of Tsukuba (so, most of the student are from foreign countries) joined this study tour in Iitate, so I created the sports exchange program that combined the Iitate village "Roujinkai" (Association of Senior Citizens)



and international students together. To realize energizing senior citizens, I thought the role (and power) of sport was to provide the extraordinary space where people can free themselves, to contribute to physical and mental health, and to create and strengthen the connection between people. I created 3 plans in order to accomplish my objectives: one was a communication game using a little bit of movement and one's thinking (brain), the second was a ball game which mixes



teams to compete against each other by focusing on movements and team work (body & mind), and the third was organizing an inclusive sport 'boccia' competition by mixing teams utilizing components of brain: 'thinking and strategizing', 'communication', and body: 'action'. Before the project, I had a lot of anxiety such as 'how much motivation senior citizens have', 'how much can they move', and 'how communication between members of Roujinkai and international students who do not yet speak Japanese fluently will work'. However, my fears were quickly dispelled at the start of the sports program, and, the members of Roujinkai participated in these activities very actively and they were able to move – to say in a word 'amazingly'. Especially, in the second ball game, they ran aggressively, threw very first balls, called for balls from their teammates, and competed for the ball with international students. I and the international students were very surprised, and the tournament match we played as a mixed team was a blast. And from the first activity, Roujinkai members tried to communicate with international students and international students also tried to communicate with Roujinkai members using the Japanese language. At first, there was a little bit of hesitation towards each other, but gradually through the sports activity, by enjoying sports together and rejoicing together at each winning moment, they shared their emotions and communicated in such friendly manner even they did not understand each other languages. After the sport activities were over, they kept talking/communicating, and were reluctant to part. They looked like 'really friendly' and know each other a long time. I saw that this sport project became more energetic than I had ever planned or imagined, and that this exchange across generations and countries created further communication and gave energy to each other. And I also realized the power of senior citizens, and after the project, they told me how much they enjoyed the sport activities and communication and how they would like to do it again. I hope that this activity would be a catalyst for positive emotions, such as trying some new things, and talking to the person/s normally they do not talk to when they return to their daily life. And, I also hope this activity would be a wonderful memory for the participants for their future energy for life. I will not forget this experience. And this experience made me realize the need for sports



opportunities for senior and adults, and I more strongly than ever wanted to create a place (space & time) where people of different generations, communities, and countries can interact with each other. Thank you for giving me such an experience. I really appreciate it.



# <https://www.vill.iitate.fukushima.jp/> # <https://tias.tsukuba.ac.jp/> # <https://tkjids.taiiku.tsukuba.ac.jp/>  
# <https://www.taiiku.tsukuba.ac.jp/en/> # <https://www.tsukuba.ac.jp/en/>

飯舘村(福島)スタディツアープロジェクトでは、私は飯舘村の人たちをスポーツを通じて元気づけるため、「ソーシャルテーマ・スポーツプロジェクト」を試み、飯舘村村民と筑波大学留学生が身体活動・人間運動・コミュニケーションを通じてコラボレーションするプロジェクトを行いました。

私が初めて飯舘村を訪れた際、飯舘村の美しさや人々の温かさに触れ、私はすぐにこの村が好きになりました。しかし、福島第一原発事故とその結果生じた放射線、それによる長期にわたる故郷からの避難により、飯舘村に残っている子供や若者はほとんどおらず、避難指示解除の後に飯舘村に戻り、復興に向けて尽力する高齢者の皆さんの努力は対照的に、その村はいくらか寂しく、活気がないように見えました。そこで、私は社会課題を解決するためのスポーツを学ぶ学生として、「この村と村民の皆さんにスポーツを通して何かしたい、貢献したい」と思うようになりました。また、地域においてスポーツを通じてつながりを創生・強化することは私が将来行いたいことでもあり、私は私の夢を実現するための第一歩としてもこの飯舘村でスポーツプログラムを行うことを決意しました。なお、この日本スポーツ振興センター（JSC）の助成によるスタディツアーは、筑波大学 TAIKU (TIAS2.0&IDS) の東京 2020 レガシー (Sport for Tomorrow-SFT-  
<https://www.sport4tomorrow.jpnsport.go.jp/about/>) の一環として行われました。

プロジェクトを作成する際、私は飯舘村に住む高齢者の皆さんに焦点を当てプロジェクトを行うことを決めました。なぜなら、飯舘村に住むほとんどの住民が 60 歳以上であり、私はこの村を愛し、復興を願う人々をスポーツで元気にしたいと思ったからです。そしてこの飯舘村スタディプロジェクトでは、筑波大学の英語プログラムの学生（ほとんどの学生が留学生）が参加していたため、私は飯舘村老人会と留学生のスポーツ交流プログラムを作成しました。私は高齢者を活気づけるというプログラムの目的に向けたスポーツの役割と力は、人々が自らを開放することができる非日常の空間を作り出すこと、彼らの心身の健康に貢献すること、そして人々とのつながりを生み出し、強化することだと考えました。目的を達成するために私は 3 つの活動を用意し、1 つは、頭脳を使って動くコミュニケーションゲーム、2 つ目は混合チームの対戦形式で行い、普段使わない動きと運動量を伴うチームワークに焦点を当てたハンドサッカー。そして 3 つ目は、同じく混合チームで、老人会でよく行われるというボッチャを行い、「思考と戦略」、「コミュニケーション」と「動き」に焦点を当て、大会形式で行いました。

実際にプロジェクトに取り組む前は、「老人会の皆さんはどのくらいモチベーションがあるのか」「どれだけ動くことができるのか」「日本語がまだ流暢に話せない留学生と老人会のメンバーとのコミュニケーションはど



うなるのか」など沢山の不安がありました。しかし、スポーツプログラムが始まると私の不安はすぐに払拭されました。老人会の皆さんはとても積極的に活動に参加し、体を動かすことを楽しんでいました。素晴らしいという言葉では表すことのできない、驚くべき光景でした。特に2つ目のハンドサッカーでは、老人会の皆さんは積極的に走り、球を投げたり、味方のボールを呼んだり、留学生とボールを奪い合ったりしていました。老人会メンバーの皆さんのエネルギーには、留学生も私も大変驚きました。全員が一つのボールに没頭し、勝敗を争った混合チームでのトーナメント戦はとても盛り上がりしました。そして、老人会の皆さんは留学生とのコミュニケーションも最初の活動から積極的に図っており、留学生も日本語を使って老人会の皆さんとのコミュニケーションに挑戦していました。最初はお互いに少し戸惑いもありましたが、一緒にスポーツを楽しみ、勝利の瞬間を一緒に喜ぶ中で、徐々にお互いの感情を分かち合い、言葉が通じなくてもフレンドリーにコミュニケーションを取ることができるようになりました。老人会の皆さんと留学生はとても親しくなり、スポーツ活動が終わった後も、会話やコミュニケーションを続けていました。別れの際には別れを惜しみ、彼らはまるでお互いを長い間知っているかのような関係に見えました。

このスポーツプロジェクトは、私がこれまで計画し、想像していた以上にエネルギー溢れるものとなり、世代や国を越えた交流によって更なるコミュニケーションが生まれ、お互いにエネルギーを与え合うことに感動しました。また、高齢者のもっている力の大きさも実感し、プロジェクト終了後には、老人会の皆さんから、「スポーツ活動やみんなと話すのがとても楽しかったこと」や「またやりたい」と言ってもらいました。この活動が、皆さんが日常に戻ったときに、何か新しいことに挑戦したり、普段話さない人と話してみたり等の前向きな気持ちを生み出すきっかけになれば嬉しいと思っています。そして、この活動が参加した皆さんにとって、今後の人生の活力となる素晴らしい思い出となることを願います。この福島でのスポーツ交流プロジェクトは忘れられない経験となりました。この経験から、シニアや大人向けのスポーツ機会の必要性を痛感し、異なる世代、地域、国を超えた人々が交流できる場（空間・時間）を作りたいという思いがこれまで以上に強くなりました。このような経験をさせていただき、ありがとうございました。ここから感謝申し上げます。

#### **OBSERVER: JSC (Japan Sport Council)**

##### **NAOKI YAMADA (Japan)**

本スタディーツアーでは、TIAS2.0 及び IDS の学生を対象に、持続可能な開発と平和に対するスポーツによる貢献事業の一環として、復興五輪の側面として開催されたオリンピック・パラリンピック（東京 2020 大会）の背景や効果、現状を学ぶ事を目的に実施された。本スタディーツアーでは、単に競技大会だけではなく、スポーツを通じた社会貢献、スポーツを通じた課題解決として開催された東京 2020 大会の実例を成果や課題合わせて実地で学べた事は、今後、各国のスポーツ分野で活躍する TIAS2.0 や IDS の学生にとって貴重な機会となったと感じる。また、本スタディーツアーは、SFT が掲げる東京 2020 大会のレガシーの継承、発展及びスポーツを通じた国際交流・協力を実施していくにあたり、非常に有意義かつ効果の高いプログラムであったと感じる。今回参加した学生が、様々な国や分野において、スポーツを通じた社会貢献を実践していく事を期待しています。



The purpose of this study tour for TIAS 2.0 and IDS students was to learn about the background, effects, and current status of the Olympic and Paralympic Games (Tokyo 2020), which were held as an aspect of the Olympic Games for reconstruction, as part of the project to contribute to sustainable development and peace through sport. This study tour was a valuable opportunity for TIAS2.0 and IDS students who are active in the field of sports in their respective countries to learn about the Tokyo 2020 Games, which were held not only as a competition but also as a “social contribution through sports and problem solving through sports”. I also feel that this study tour was a very meaningful and effective program for SFT's efforts to carry on and develop the legacy of the Tokyo 2020 Games, and to implement international exchange and cooperation through sports. We hope that the students who participated in this program will go on to make social contributions through sports in various countries and fields.

#### **PhD STUDENT'S (College of Humanities) DATA: Measuring the Radiation (during the trip; Tsukuba to Iitate-back)**

##### **EMOINU PUKHRAMBAM CHANU (India)**

**Date-** From 16/12/2023 to 17/12/2023/ **Destination-** Fukushima prefecture, Iitate village (One of the most beautiful villages of Japan). The study is conducted during the trip and the radiation level is measured through a radiation detection device under the name “Hitachi Lucrest

TCS-1172.” The sound from the device will increase repeatedly when high amount of radiation is detected. The radionuclide detected is Cesium (Cs-137), a radioactive waste from Uranium fission. The following measurement are made in a tabular format.

**1<sup>st</sup> Destination-** Farmer’s market, litate village

| Sl. No. | Name of location                               | Unit (μSV/h)                   |
|---------|--|--------------------------------|
| 1.      | Inside the GSI building                        | 0.09                           |
| 2.      | Forest near Ito’s san location                 | 0.24                           |
| 3.      | Water source inside the forest (open space)    | 0.52                           |
| 4.      | Water source inside the forest (near ground)   | 0.61                           |
| 5.      | Near the Hydro-electric power machine          | 0.44 (producing upto 137 watt) |
| 6.      | Children’s Park behind Farmer’s market         | 0.07                           |
| 7.      | Farmer’s market parking lot                    | 0.03                           |
| 8.      | Main road highway next to Farmer’s market      | 0.05 (recorded inside the car) |
| 9.      | Yamatsumi Kawamata Road (South of the village) | 0.14 (recorded inside the car) |

**2<sup>nd</sup> Destination-** Yamatsumi Shrine, dedicated to Japanese wolves, Guardian of the Shrine.

| Sl. No. | Name of location                                    | Unit (μSV/h) |
|---------|---|--------------|
| 1.      | Parking lot   | 0.20         |
| 2.      | Forest area behind the Shrine                       | 0.36         |
| 3.      | Iron fence inside (No entry is allowed beyond this) | 0.40         |
| 4.      | Trees   | 0.40         |
| 5.      | Entrance of the prayer hall                         | 0.09         |

**3<sup>rd</sup> Destination-** Community area, Nagadora area, newly constructed, opened to the public in September, 2023.

| Sl. No. | Name of location  | Unit (μSV/h)- Recorded inside car |
|---------|---|-----------------------------------|
| 1.      | Route-12; Route-399 intersection                        | 0.06                              |
| 2.      | Route 399 (internal)                                    | 0.14                              |
| 3.      | Goat’s farm   | 0.08                              |
| 4.      | Pond’s area   | 0.06                              |
| 5.      | Route 399 (Going south to Namie)                        | 0.34                              |
| 6.      | Near the solar panel - Monitoring post - Inside the car | - 0.61 - 0.22                     |
| 7.      | Parking lot   | 0.11                              |
| 8.      | Nagadora area   | 0.12                              |
| 9.      | Route 399 (towards Namie town)                          | 0.24                              |
| 10.     | Namie – liaite border – (side road litter – forest)     | 12.0                              |

**4<sup>th</sup> Destination-** School and Town hall

| Sl. No. | Name of location              | Unit (μSV/h) |
|---------|-------------------------------|--------------|
| 1.      | School compound               | 0.06         |
| 2.      | Small hill next to the school | 0.89         |
| 3.      | Town hall-parking lot         | 0.14         |

**5<sup>th</sup> Destination-** Kikori, litate village

| Name of location   | Unit (μSV/h)  |
|--|---------------|
| Outside the building - Monitoring post -Near to ground with our device | - 0.16 - 0.22 |

**6<sup>th</sup> Destination-** Fisherman’s market

| Sl. No. | Name of location          | Unit (μSV/h) |
|---------|---------------------------|--------------|
| 1.      | Parking lot               | 0.05         |
| 2.      | Beach area                | 0.03         |
| 3.      | Near to the beach’s water | 0.02         |

**7<sup>th</sup> Destination-** Futaba town

| Sl. No. | Name of location                                      | Unit (μSV/h)  |
|---------|---|---------------|
| 1.      | Namie-Joban highway                                   | 0.43          |
| 2.      | Futaba town - Inside the car - On the monitoring post | - 1.03 - 1.12 |

**Thank you IITATE MURA, FUKUSHIMA. Thank you all STUDENTS, FACULTY, STAFFS for the contribution.** What was the key learning, I believe it created an opportunity for the students for themselves: ‘seeing is believing’, ‘to go places is to know’, ‘reflections on the disaster from the perspective of the people that have suffered’, ‘what is sport for the people who are there’, and, the re-looking at the ‘role & true value of sport’.



**TO BE CONTINUED ..... in 2024 & beyond**

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& AKUA BADMINTON アクア バドミントン - <https://www.facebook.com/groups/2213775982286770>

**EDITED BOOKS:**

- (i) Plant Proteomics: Technologies, Strategies, and Applications (Editors: G. K. Agrawal & R. Rakwal), Wiley, Year-2008;
- (ii) Seed Development: OMICS Technologies toward Improvement of Seed Quality and Crop Yield (Editors: G. K. Agrawal & R. Rakwal), Springer, Year-2012

**INITIATOR & FOUNDER of INPPO: (International Plant Proteomics Organization; [www.inppo.com](http://www.inppo.com))**

**INPPO Viewpoint Paper:** <http://onlinelibrary.wiley.com/doi/10.1002/pmic.201000608/abstract>

**1st INPPO Highlights Paper:** <http://onlinelibrary.wiley.com/doi/10.1002/pmic.201290018/abstract>

**2nd INPPO Highlights Paper:** [http://onlinelibrary.wiley.com/journal/10.1002/\(ISSN\)1615-9861](http://onlinelibrary.wiley.com/journal/10.1002/(ISSN)1615-9861)