We Are *Tomodachi*Autumn/Winter 2015



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Prime Minister Abe (right) attended the G4 Summit held in New York with (from left) President Dilma Vana Rousseff of Brazil, Chancellor Angela Merkel of Germany, and Prime Minister Narendra Modi of India (September 2015).

Sumu



澄 sumu

The character *sumu* (澄) consists of two elements. The left side of the character represents water, and the right side expresses clearness. Together the two elements refer to the transparency and clearness of water, and the character has also come to represent the clear beauty of air, of sounds, and of people's hearts.

In Japan, the air is generally clearest from autumn to winter. During this period, people in Tokyo, for example, can enjoy beautiful views of snow-capped Mount Fuji, about 100 kilometers (60 miles) from the center of the capital.

The winter night sky, full of twinkling stars, and the clear, crisp air covering broad landscapes —many blanketed in frost or snow—bring quiet peace to the heart.

How about visiting Japan to enjoy this sumu season?

Contents

We Are *Tomodachi*Autumn/Winter 2015

Sumu —



Japanese People Contributing Worldwide **−22**

A Season for Light and Beauty — 6



A Japanese Garden Binds Istanbul and Shimonoseki



- 26

Moments of Prime Minister Abe



Tokyo ER: Saving Lives with Emergency Care for — 28 Anybody, Anytime



Speech of the Prime Minister



An Ideal for Freezing Food $\,-\,$ 30



Japan: Helping to Improve Asia's Infrastructure

Realizing a 150-Year-Old — 16
Dream in Turkey



Friends of Japan —



Supporting Metro
Construction in Cities — 18
Around India



The JET Programme: A Great Way to Experience Japan



Sharing Japan's Postal
Know-How with Myanmar — 20



Websites — 36

Publications — 37

Note: All U.S. Dollar equivalents for Japanese yen amounts in *We Are Tomodachi* are calculated at 120 yen to the dollar, roughly the rate at the time of publication (autumn 2015).

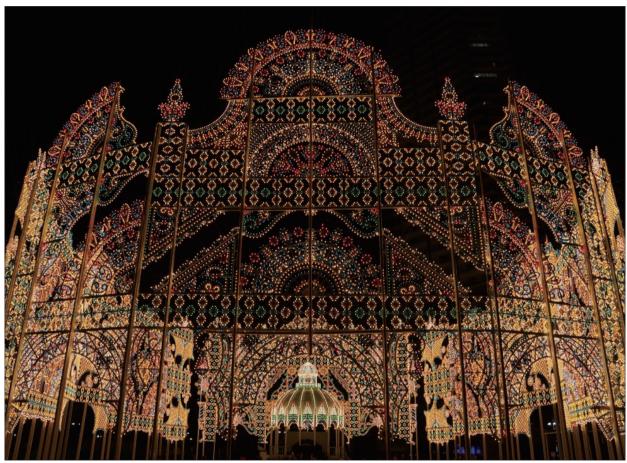
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A Season for Light and Beauty



Kenroku-en, Ishikawa Prefecture

Kenroku-en, one of the "three great gardens of Japan," attracts more than 2 million visitors a year from Japan and abroad. It is located in the city of Kanazawa, which faces the Sea of Japan in Ishikawa Prefecture. The garden, constructed starting in the latter part of the seventeenth century, includes large ponds, artificial hills, and teahouses. It has delighted visitors for many years with its changing scenes through the four seasons. Ishikawa Prefecture is one of Japan's snowiest areas, and every winter at Kenroku-en, in a practice called *yukitsuri*, ropes are hung from the tops of long bamboo poles and attached to tree branches to keep them from breaking under the weight of the snow. Trees topped with these great conical arrays of ropes are a famous winter sight at the garden. The completion of the Hokuriku Shinkansen, a snow-resilient high-speed railway line, has made this destination more accessible even in wintertime, and the area's snowy scenery is highly popular among visitors from other countries.



© Kobe Luminarie O.C.

Kobe Luminarie, Hyogo Prefecture

Kobe Luminarie is a festival of light that brightens the winter scene in Kobe, capital of Hyogo Prefecture. The festival was first staged in December 1995, about 11 months after the Great Hanshin-Awaji Earthquake, which claimed more than 6,400 lives, with artistic illumination whose roots lie in Italy. Its purpose was to offer prayers for repose of the souls of the victims and to promote hope for the recovery of the heavily damaged city, a port that has long been a bridge between Japan and other countries. The popular event has been repeated every December since then, with numerous illuminated structures brightening the winter night. Among the attractions are Galleria, where visitors walk along a passage under a series of colorfully lit arches, and Spalliera, where they are treated to a great array of wall-mounted lights in distinctive geometrical patterns. The entire site is a magnificent and inspiring display of light, and the festival has become a major event in this cosmopolitan city's winter calendar.



Moments of Prime Minister Abe



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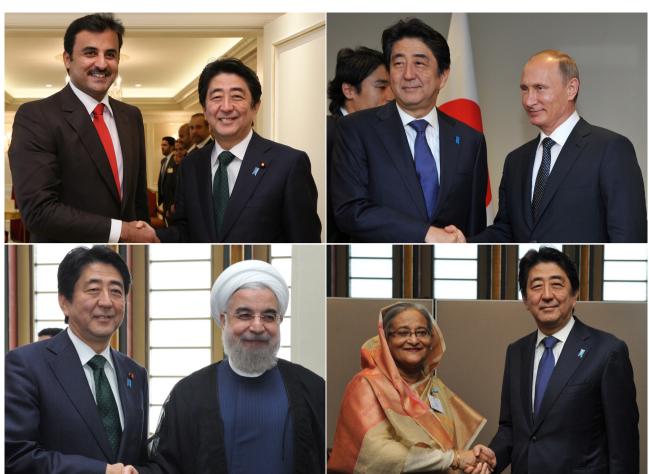
1 & 2. Prime Minister Abe addressed the World Assembly for Women in Tokyo (WAW! 2015) and shared ideas with the great number of participants attending from Japan and overseas (August 2015).

Prime Minister Abe attended the 70th Session of the United Nations General Assembly and participated in various events during his stay in New York (September 2015).

3. Delivering an address at the General Debate. 4. Attending the meeting of leaders of the G4 countries. (© Kyodo News) 5. Attending the Japan–Pacific Islands Leaders Meeting.







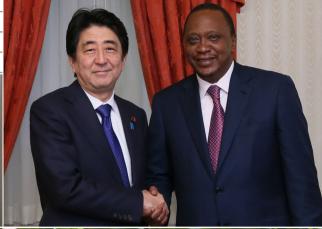


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Prime Minister Abe, while in New York for the U.N. General Assembly, met separately with a number of participating leaders (September 2015). 6. With His Highness Emir Sheikh Tamim bin Hamad Al-Thani of Qatar. 7. With President Vladimir Vladimirovich Putin of Russia. 8. With President Hassan Rouhani of Iran. 9. With Prime Minister Sheikh Hasina of Bangladesh. 10. With His Majesty King Abdullah II Ibn Al Hussein of Jordan. 11. Attending the Third Japan-African Regional Economic Communities Summit Roundtable.











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1. With President Petro Poroshenko of Ukraine. 2. With President Uhuru Kenyatta of Kenya. 3. With Vice President Joseph R. Biden Jr. of the United States. 4. With Mogens Lykketoft, President of the 70th Session of the U.N. General Assembly.

5. As the first Japanese prime minister to visit Jamaica, touring the Bob Marley Museum with Jamaican Prime Minister Portia Simpson Miller (September 2015).





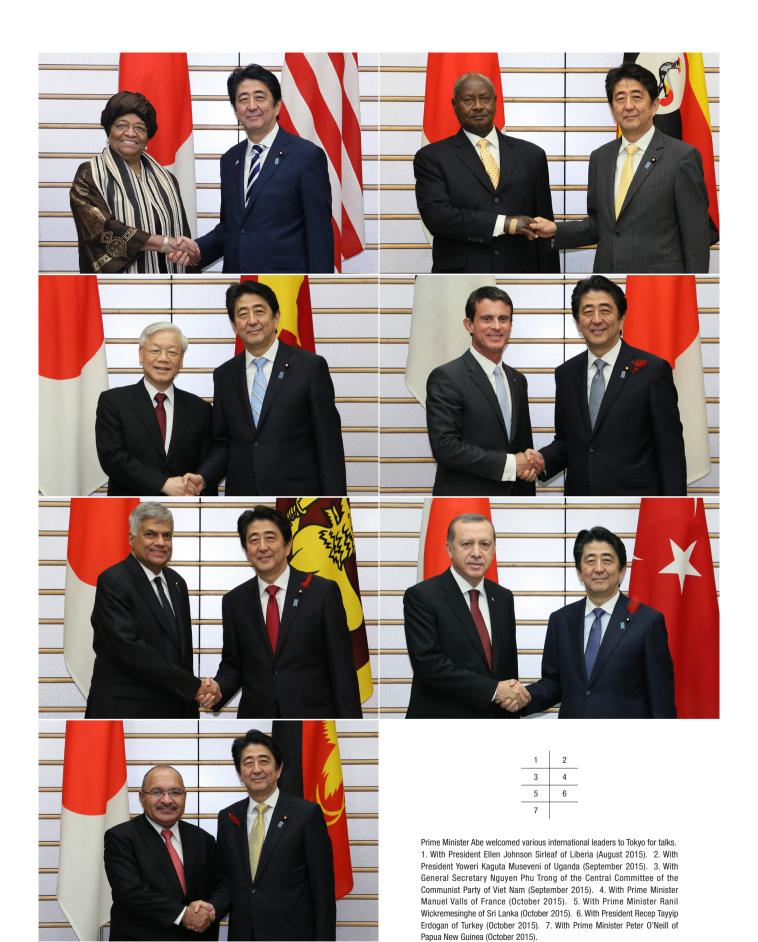




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Prime Minister Abe visited Mongolia and five Central Asian nations, holding meetings with their leaders and taking part in a variety of events (October 2015).

6. With President Tsakhia Elbegdorj of Mongolia. 7. With President Gurbanguly Berdimuhamedov of Turkmenistan. 8. With President Emomali Rahmon of Tajikistan. 9. With President Islam Karimov of Uzbekistan. 10. With President Almazbek Atambaev of the Kyrgyz Republic. 11. With President Nursultan Nazarbayev of Kazakhstan. 12. Giving a policy speech at Nazarbayev University in Astana, Kazakhstan.











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8. Viewing a robot demonstration at a remote technology development center in Fukushima Prefecture (October 2015).
9. Talking with Japanese astronaut Kimiya Yui, who is on a mission aboard the Japanese Experiment Module, Kibo, of the International Space Station (ISS) (August 2015).
10. Visiting areas in the northern Kanto region damaged by typhoon-induced flooding and offering encouragement to evacuated residents (September 2015).
11. Participating in a firefighting drill as part of annual comprehensive disaster prevention drills held on September 1, National Disaster Prevention Day (September 2015).

The Seventieth Session of the United Nations General Assembly

Excerpts from the Address by Prime Minister Shinzo Abe Delivered in New York, September 29, 2015

Full text: http://japan.kantei.go.jp/97_abe/statement/201509/1213007_9928.html

The United Nations that this year commemorates the 70th anniversary of its founding is an assemblage of people who do not easily despair even in the face of desperate circumstances. Let us together take on whatever challenges may arise, under the United Nations. And let each Member State bring to this struggle its own particular capabilities.

Japan has a history of supporting nation-building in a variety of places. We have experience working to foster human resources, offering our utmost in humanitarian assistance and upholding



women's rights. Now more than ever, Japan wishes to offer that wealth of experience, unstintingly. Japan will further enhance its assistance for refugees and internally displaced persons (IDPs) from Syria and Iraq. Converted to a monetary figure, this year's assistance comes to approximately 810 million US dollars in total, triple the amount we provided last year.

Each of these assistance measures is an emergency countermeasure that Japan is able to undertake. But at the same time, our unchanging principle is at all times to endeavor to return to the root of the problem and improve the situation. In rebuilding devastated countries and transforming them into places that allow people to pursue happiness once again, it may appear to be a roundabout route, but fostering the abilities of each human being and cultivating from a grassroots level each person's capacity to fight against fear and want is in fact the shortest path there. That conviction became Japan's policy of valuing the provision of education and health and aiming to build up the strength of women of all ages in particular. This is a policy that aims to fully ensure "human security."

I came across a photograph showing the contents of a bag carried by a female refugee. I found my eyes riveted on something that looked like a notebook. Staring carefully at that notebook, which had been wrapped carefully in plastic to protect it from getting wet, I saw that it was a Maternal and Child Health Handbook that Japan has been distributing in refugee camps in Syria. In Japan, women who discover they are pregnant receive this handbook. It is a notebook in which they can keep records about the health of themselves and their newborn child.

This handbook is a record of the prayers of the mother, wishing for her child to grow up healthy. We have distributed Maternal and Child Health Handbooks in refugee camps in Palestine, Syria, and Jordan, wishing that a mother's love could transform the soil that sometimes creates despair and fear. And we know for certain that some women continue to treasure these handbooks, thoroughly infused with such wishes, even during their exodus. I am struck by the fact that the concept of human security has produced eloquent results, albeit bitter.

The rule of law and the principles of equality before the law are values Japan respects more highly than anything else. The extension of these principles also begins with fostering human capacity. In order to break with the very root of violence and fear, it is critical to cultivate good police personnel and a good police organization. With that belief, we have been directing our

energy at cultivating police personnel in Afghanistan and many other locations.

That is exactly what Japan has been doing continuously in the Democratic Republic of the Congo since 2004. The Japan International Cooperation Agency, or JICA, has assisted in the training of the national police force there right up until today. JICA has been responsible for developing the training plan and executing it, and it has consistently been women who have been in charge in the Democratic Republic of the Congo on the Japanese side. One of these women, for example, was seen as a "little giant." The national police personnel place their trust in her.

Since two years ago here at the General Assembly I have emphasized to you that Japan's new flag is the "Proactive Contributor to Peace based on the principle of international cooperation." The woman I just introduced to you is among those Japanese individuals devoting themselves to this on the front lines. In countries in the process of recovering from civil wars, Japanese women are making splendid contributions towards the task of cultivating those who will uphold the rule of law. I doubly take pride in this.

Taking advantage of various opportunities until now, I have urged the international community to make the twenty-first century an era in which women's human rights are not infringed upon.

The United Nations is in fact a venue for "optimistic realists" to come together, is it not? This body does not impotently despond of the future. It also does not avert its eyes from the actual situation. There are several points in which I too cannot help but squarely examine the actual situation.

The first of these is regarding North Korea. Japan will work in coordination with relevant countries towards the comprehensive resolution of outstanding issues, including abduction, nuclear, and missile issues.

This year's Review Conference of the Parties to the Treaty on the Non-Proliferation of Nuclear Weapons (NPT) failed to indicate guidelines for future nuclear disarmament and non-proliferation. Nuclear weapon reductions should proceed continually between the U.S. and Russia. But Japan will continue to assert vehemently that other states possessing nuclear weapons should also move forward in reducing their arsenals.

In a year in which we congratulate the U.N. on its 70th anniversary of its founding, a major drive regarding the reform of the Security Council has begun. I will continue to pursue the path by which we realize the reform of the Security Council through the cooperation of you, Mr. President, and the Member States, and Japan becomes a permanent member of the Security Council and makes a contribution commensurate with that stature.

First of all, Japan has strictly maintained itself as a peace-loving nation for the 70 years since the end of World War II, and we have accumulated a record of successful efforts fostering peace and prosperity in the world.

Second, it is Japan that values "ownership" and "partnership." Japan has asserted for many years that in order to battle despair and cultivate well-being, the dual aspects of the intentions of the parties concerned and international cooperation are both important.

The third is that Japan always makes efforts to be a country that listens actively to the voices of the parties concerned. Three days ago, I held a meeting with leaders of the countries chairing the African Regional Economic Communities (RECs), for a third consecutive year. Last night I also had another meeting with the leaders of the Pacific Island Countries.

The three points I noted above represent the strengths of Japan that all here can concur with, given the footprints we have imprinted upon our path thus far.

Holding aloft the flag of "Proactive Contributor to Peace based on the principle of international cooperation," Japan is determined to undertake Security Council reform in order to transform the United Nations into a body appropriate for the twenty-first century, and then, as a permanent member of the Security Council, carry out its responsibilities in making still greater contributions towards world peace and prosperity.

Realizing a 150-Year-Old Dream in Turkey

Bosphorus Strait Tunnel Constructed with Support from Japan

Istanbul is separated into an Asian side and a European side by the Bosphorus Strait, a waterway that extends a distance of about 30 kilometers (about 19 miles) from north to south, with a width ranging from 800 to 3,700 meters (about 0.5 to 2.3 miles). The two sides were connected by ferries and by two bridges, including a suspension bridge constructed with support from Japan, but chronic traffic congestion and automobile exhaust emissions had become serious problems requiring major action.

To ameliorate the situation, the Turkish government decided on a project to construct a railway tunnel under the strait. The idea of such a link was an old one, and blueprints were drawn up back in 1860, during the days of the Ottoman Empire. Work finally started on the realization of this dream, and from 1999 the Japanese government provided loans of up to JPY 196.2 billion (about USD 1.64 billion) to support the project. Japan's Taisei Corporation joined a Turkish company in a joint venture to undertake the construction.

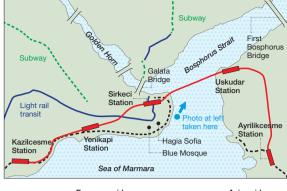
Work on the tunnel, extending a total distance of 13.56 km (about 8.4 miles), began in August 2004. The underwater portion of 1,387 m (about 0.86 miles) was constructed using the immersed tunnel method; 11 large precast concrete tunnel elements were sunk to the seabed and connected. For the portion under land, the tunnel was excavated using the Tunnel Boring Machine (TBM) and New Austrian Tunnelling (NATM) construction methods. Taisei had used the immersed tunnel method in previous projects, such as tunnel construction work for the Port of Tokyo and Metropolitan Expressway, and it had built up a high level of technical capability. But the Bosphorus presented a highly challenging environment for underwater construction, with depths extending to 60 m (about 200 feet) and some of the world's fastest tidal flows, with water moving in opposite directions at the surface and the seabed; in addition it is heavily trafficked by large ships and ferries. These conditions posed many challenges.

Taisei's Marmaray (Bosphorus Strait subway) Project Director Tetsuro Matsukubo reports that it took two years to complete the measurements and analysis required to determine how the complex currents would affect the undersea work. Also, in the course of excavation under land, work was delayed by the discovery of many historical remains in the old sections of Istanbul, some dating back to Roman times. Another consideration was that Turkey is an earthquake-prone country. This made it necessary to take special care in designing the tunnel so that it could withstand quakes of magnitudes up to 7.5.

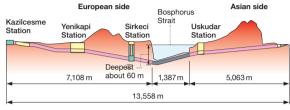
In order to overcome all these challenges, the project brought together the prime technology and knowledge for tunnel construction. The final stage required the undersea and land portions to be connected under the Bosphorus, a global first. The docking was successful, and rail services under the Bosphorus commenced in October 2013, the 90th anniversary of Turkey's foundation. The trip across the strait, a 30-minute ferry ride, was reduced to a four-minute subway ride, and the cross-strait line has become a well-established part of the transportation system for Istanbul residents.

Matsukubo has been living in Istanbul for 11 years, from the start of construction through to the completion of the work. As he thinks back over the extraordinarily difficult project, he suggests that the key to its success was the solidarity between the Turkish and Japanese people who pooled their strength in pursuit of a common objective. Thanks to their joint efforts, the Turkish people were able to realize a 150-year-old dream and the Japanese to accomplish a great feat in tunnel technology.









Tunnel construction barges floating in the Bosphorus, with the First Bosphorus Bridge in the background.
 Large concrete tunnel sections for the undersea portion were towed to the site by tugs.
 Bosphorus Strait tunnel route map and cross-section view.







4. The cross-strait subway line now carries some 150,000 passengers a day. Renovation work is underway on an existing railway line to be connected to the tunnel; when this is completed the line is expected to serve some 1 million passengers a day. 5. Prime Minister Shinzo Abe (third from right) participates in the tape-cutting ceremony marking the inauguration of the cross-strait subway line in October 2013, along with Turkey's Prime Minister (now President) Recep Tayyip Erdogan (fifth from left). (© JICA) 6. Taisei's Tetsuro Matsukubo (center) discusses the project with his Turkish and other colleagues.





Connecting Asia and Europe with Advanced Technology in Istanbul, Republic of Turkey

Video clip will be available at https://www.youtube.com/user/pmojapan

Japan: Helping to Improve Asia's Infrastructure

Supporting Metro Construction in Cities Around India

Japanese Engineers Promote Safety and Quality

The growth that followed India's economic liberalization starting in the 1990s was accompanied by the concentration of population and a rapid increase in the number of automobiles in the country's cities. Traffic congestion worsened, as did noise from cars, along with air pollution from exhausts. As the Indian government worked on urban transportation and environmental policies to address these social problems, a key project was the construction of a metro system in Delhi, where traffic jams had become chronic.

The Japanese government provided loans totaling JPY 374.8 billion (about USD 3.12 billion) to help cover the construction costs of some JPY 666.7 billion (about USD 5.56 billion) for the already-completed Delhi Mass Transport System (Delhi Metro) network. Additional lines are currently under construction, and Japan has continued to support Delhi Metro with the provision of advanced technologies in a broad range of areas, including construction, rolling stock, and operating systems.

The participation of Japanese engineers in the construction project produced dramatic improvements in awareness of safety-related practices among the local construction workers. For example, the wearing of helmets and safety shoes was made compulsory, and on-site materials were rigorously managed. Also, the strict enforcement of punctuality taught the workers the meaning of deadlines.

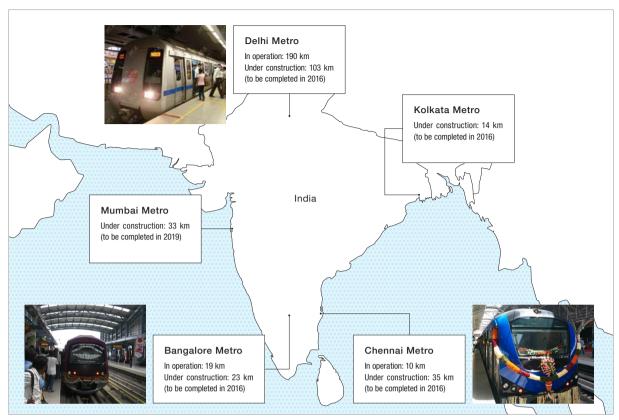
"Senior managers at India's metro corporations were impressed with the globally topclass capabilities of Japanese firms in the areas of process control, quality control, and safety management," says Reiko Abe, president of the Indian subsidiary of Oriental Consultants Global, who participated in the Delhi Metro project as a tunnel engineer. Abe also declares that Japanese engineers excel in coming up with timely proposals of options and approaches to deal with issues as they arise.

The first section of the Delhi Metro came into operation in 2002, and the entire planned network of 190 kilometers (about 120 miles) was completed in 2011. Ridership that year was about 1.8 million passengers per day, and as of 2014 the figure had risen to 2.5 million. Since the start of service, the metro system is said to have lessened the number of cars on the capital's roads by 120,000. The stations and cars are kept clean, and the platforms have lines drawn to indicate where passengers waiting to board are to queue up. With the help of directions from station employees, passengers have learned to wait in line at the indicated spots. Technology and knowhow from Japan have been put to work from the construction stage through operation of the system. The trains run safely and on schedule, and people have come to think that taking the metro is the best option when they need to arrive on time.

To follow up on this success, the authorities have decided to build new lines extending 103 km (about 64 miles). Meanwhile, metro construction projects supported with both funding and technical cooperation from Japan are underway in other major cities—Mumbai, Kolkata, Chennai, and Bangalore—that have similar problems with traffic congestion.

Abe, who also participated in the Bangalore metro construction project, notes, "When I work at construction sites in India, I sense the high level of trust in Japanese technology." This trust has led to calls for further active involvement by Japanese companies in India's metro construction projects. And cooperation in these endeavors is helping to deepen the ties of friendship between India and Japan.

Japanese-assisted metro construction in India



Photos © JICA



1. Reiko Abe (second from left) at a construction site for the Bangalore Metro. Abe, who was responsible for quality control, was the only woman among the 40,000-strong team of engineers and other workers involved in the project. (© Shuhei Fujita) 2. Inside a car of the Delhi Metro. Passengers appreciate the safety of the system, which women can confidently ride alone. (© JICA)



Sharing Technology for Metros in India

http://youtu.be/p-95rBHZNBc

Sharing Japan's Postal Know-How with Myanmar

Making Sure People's Messages Get Through

The reputation of the postal services in Myanmar was not fully satisfactory among the people of Myanmar: "I sent a letter, but it was not delivered." I don't use the mail because when I used it before it took too long." In the face of complaints like these, the country's government undertook to improve the quality of postal services. As it considered how to do so, it took note of Japan's postal services, which provide fast and reliable deliveries and are an integral element of everyday life and business.

Myanmar decided to seek assistance from Japan, and in April 2014 the two countries confirmed their cooperation in the postal field. Japan Post Co., Ltd., was enlisted to participate in the project to improve the quality of Myanmar's postal services through the provision of technical guidance.

Japan Post dispatched specialists to six major post offices in three principal cities: Nay Pyi Taw, the capital, Yangon, Myanmar's most populous city, and Mandalay, the main city of the country's central and northern region. And training sessions for Myanmar Post employees were held in Japan.

The specialists from Japan conducted a comprehensive review of Myanmar's postal operations, from collection through sorting, forwarding, and delivery. Based on their findings, they introduced a system called "Kessoku," a technical term meaning strict management of the arrival and departure times and clarification of operation times at post offices, aimed at optimizing schedules for accurate and efficient delivery. By reviewing all the collection and delivery routes and adjusting them in line with factors such as train timetables, they were able to achieve striking improvements: Delivery times for express registered mail between the three principal cities, which had averaged 2–3 days, were shortened to 1.1 days, and ordinary mail between the cities, which had taken 4–5 days, came to take an average of just 1.6 days. And the 10-day delivery ratio (the percentage of mail delivered within 10 days of being sent) rose from 87.8% to 99.3% in just eight months from the start of the project.

These improvements encouraged Myanmar's postal employees and greatly enhanced their motivation. Shwe Tun Maung, the then postmaster at the Yangon General Post Office, declared that implementation of the "Kessoku" system had been effective.

The cooperative project also led to a change at the customer service counters in post offices. Previously the windows for selling stamps and for receiving items to be mailed were separate. With a view to customers' convenience, these were brought together in a one-stop service counter. And the layout behind the counter was also completely redesigned for improved efficiency, with the introduction of the same type of sorting shelves as used in Japan. This reduced errors in handling mail upon receipt from customers and damage during the operations in post offices.

The contents of the guidance from Japan have been written up as a Myanmar-language operations manual and distributed to all the post offices (about 1,400) around the country, where efforts to improve service are progressing at a rapid pitch.

When Prime Minister Shinzo Abe visited Myanmar to attend the Japan-ASEAN summit meeting in November 2014, about half a year after the project was launched, he went to see the Yangon General Post Office. There he mailed a postcard to Minister for Internal Affairs and Communications Sanae Takaichi in Tokyo. The postcard arrived just four days later, confirming the dramatic improvement in Myanmar's postal service.





to journalists at a press conference.

from Japan introducing sorting baskets

to local employees.

Japanese People Contributing Worldwide

Promoting Social Participation of People with Disabilities

"The traditional view has been that in order for people with disabilities to take part in society, they need to improve their functional impairments as individuals. This means that if someone is unable to walk, for example, recovering that ability comes first. But diversity of people is the reality and essence of our society. Instead of trying to change individuals, we should aim at transforming our social structures." Dr. Kenji Kuno, a leading figure in the field of disability and development, has adopted this "social model of disability" for the projects on disability he has undertaken in developing countries.

Dr. Kuno has been involved in the field of disability in Malaysia for over 20 years. In 1991 he was assigned to the country's Social Welfare Department as a Japan Overseas Cooperation Volunteer (JOCV) from the Japan International Cooperation Agency (JICA). And he has been directing a project to promote the independence and social participation of people with disabilities in Malaysia first as a JICA expert from 2005 and then as a senior advisor since 2008.

Dr. Kuno's project has included various programs to support people with disabilities in becoming agents of social change in Malaysia. Disability Equality Training (DET), which familiarizes participants with the social model of disability, has had a particularly great impact on their thinking and behavior. Dr. Kuno declares, "People with disabilities who had previously had no place to go came to express their thanks and spoke of their new insights. In this way, I believe it was highly meaningful for them to learn the ideas of the social model." For example, after the training, people who had previously thought that their inability to walk was the reason they could not go to work came to say, "Stairs are what's stopping us. If that barrier were removed, we could work."

On one occasion, a participant sent word that he wouldn't be able to make it because he had bedsores and could not sit up. Hearing this, a Japanese short-term expert with disabilities said, "Why doesn't he take part lying down?" Dr. Kuno himself was surprised and inspired by this suggestion: "I thought it was a sign of great progress to come up with this idea on the spot—the idea that we should put a bed in the room so that he could take part while lying down, rather than thinking that he couldn't take part because he couldn't sit up. I felt that the lesson that functional impairments did not prevent participation had taken."

Apart from DET and other programs on disability, Dr. Kuno's initiatives have included establishment of a support system for job seekers with disabilities and a related job coaching system. Malaysia's Minister of Women, Family, and Community Development Rohani Abdul Karim has expressed appreciation for the support in creating systems for social participation of people with disabilities; it is a major accomplishment, she says, that the project reached a stage where Malaysia can independently train the human resources needed to operate the systems. Those on the support-providing side at JICA and elsewhere have also altered their thinking as a result of this project, and it has become perfectly natural for volunteers and experts with disabilities to be posted overseas with proper supports.

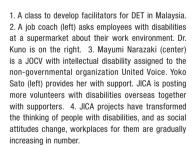
"The attitudes of people with disabilities themselves are changing, and by contributing to society, they are encouraging many others. The impact is immeasurable," says Dr. Kuno. People change, and society changes —that is what Dr. Kuno is working for.





Kenji Kuno

Senior advisor (social welfare) at JICA. Has been involved in numerous projects, specializing in "disability and development." Representative director, Disability Equality Training Forum. Visiting professor, Nihon Fukushi University.





Creating an Inclusive Society in Malaysia

Video clip will be available at https://www.youtube.com/user/pmojapan

Building Roads to a Brighter Future by Clearing Landmines

"Thank goodness we weren't too late." Yohei Imai says he feels this sense of relief each time his crew disposes of a landmine from the Cambodian soil. Underlying this is a memory from shortly after he was posted to Cambodia, when a tractor trailer struck a mine near the area where he was working, killing an entire family of 14. "It grieved me terribly that a single mine was able to wipe away the smiling faces of an entire family and rob them of their future." he explains. "My sense of relief each time comes from knowing that we managed to remove one more of these potential sources of tragedy."

Upon retiring at the mandatory age of 55 from the Japan Ground Self-Defense Force (JGSDF), Imai joined the Japan Mine Action Service (JMAS), a nonprofit organization, at the invitation of a former superior officer. "I had the vague idea that I'd like to work overseas doing something that would benefit others," he explains, "and when I heard about JMAS, where I could utilize the civil engineering and landmine removal skills I acquired while in the JGSDF, I eagerly applied." A mere four days after his retirement, Imai arrived in Cambodia, where some four to six million landmines remained in the ground after the country's long and bitter civil war and have claimed around 60,000 victims. Imai was posted to Battambang Province, one of the most mine-affected regions.

It is Imai's job to improve the capabilities of local demining crew members. This involves training them how to perform all the stages of manual removal, from detection to detonation, as well as teaching them how to operate mine-clearing equipment. He and a colleague provide classroom and field training to 60 Cambodian crew members. It is a tough job, conducted in scorching heat with danger as a constant companion.

Imai says there are times in the field when his heart skips a beat. "We don't have the same level of removal equipment and protective gear as in Japan," he says. "So I'm all the more rigorous in teaching the staff to observe safety measures, including careful preparation and proper removal techniques."

Initially, Imai and his colleague had some trouble with the relaxed attitudes of Cambodian crew members. They tended not to be punctual and would fail to put equipment away after use. Aware that even minor breaches like these could lead to sloppiness in safety measures, they started by teaching the crew to be tidy in the field.

Providing positive feedback to crew members was an important aspect of training. Imai explains: "For example, if the mine markers or minefield boundaries lined up straight, I'd tell them, 'You did a great job.' I'd also offer words of praise like 'You're earlier than yesterday.' It doesn't matter whether you're Cambodian or Japanese; all humans respond to positive reinforcement. After a few weeks they were all keeping their working areas tidy on their own initiative."

So far Imai has overseen the removal of 300 mines without a single accident. This is a rewarding accomplishment in terms of increasing the number of paths people can walk safely, and it is also indicative of his success in transmitting the necessary skills to the crew.

One job Imai fondly recalls involved demining a rice paddy where two palm trees remained standing. "The area was thick with mines and took several months to clear," he explains. "When that was done, we put in a new road and installed irrigation canals. The area became lush with rice plants. And when a farmer came and said, 'Thank you. This is the first rice we harvested here,' and handed it to me, I was quite touched."

It was Imai's idea to build the road so that it passed directly between the two palm trees. It is a long road, free of the terror of landmines. Adults take it on their way to work and children on their way to school. Imai calls it the "road of hope."





1. Deminers use metal detectors to carefully search for landmines. 2. A mine clearing vehicle donated by a Japanese construction equipment manufacturer detonates antipersonnel mines.

Before

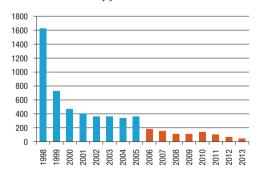


After



The "road of hope" constructed under Imai's direction through an area cleared by his crew.

Victims of landmines by year



Annual victims of landmines in Cambodia. The numbers have declined since JMAS became involved in removal work in 2006.



Yohei Imai

(Front row, in white, fourth from the right.)

Born in 1955 in Gunma Prefecture. Entered the JGSDF in 1971. Retired in 2010 after serving as chief of the northern area of the JSDF Asahikawa Provincial Cooperation Office. Joined JMAS the same year. Currently active in Cambodia as an expert in landmine removal.

A Japanese Garden Binds Istanbul and Shimonoseki

The Baltalimani Japanese Garden in Istanbul, completed in 2003, was built with all-out cooperation from the city of Shimonoseki in Japan.

Official exchanges between Istanbul and Shimonoseki were started in 1968 at the suggestion of the mayor of Istanbul. Both cities are located facing major straits: Istanbul faces the Bosphorus, and Shimonoseki faces the Kanmon Straits (Straits of Shimonoseki), and based on this similarity, they became sister cities. Over the years the two cities have had numerous mutual visits by their mayors and other officeholders, and the Turkish ambassador to Japan has visited Shimonoseki.

The Baltalimani Japanese Garden was built to mark the 30th anniversary of the sistercity relationship. Shimonoseki provided extensive support for the project, including the dispatch of technical experts. It is an authentic example of what is called the *chisen-kaiyu* style of Japanese garden, featuring a path around a pond, along with a rock garden, teahouse, *nagayamon* (gate in an extended wall), and arched bridge.

The two cities joined hands in the garden construction project. A Shimonoseki firm provided the design, and the experts from Japan procured all the necessary materials, such as wood and stone, and plants, such as pine and maple trees, from local sources. The construction and processing work was conducted in collaboration with the staff on the Turkish side. Kazuyoshi Mori, president of the Shimonoseki Landscaping Club, provided on-site technical guidance. He declares, "I found that many Turkish people like Japan. They're also diligent, and we worked together as a team from morning to evening."

In 2007, as an expression of thanks for Shimonoseki's assistance in creating the Baltalimani Japanese Garden, Istanbul sent the city 50,000 tulip bulbs (the tulip is native to Turkey). These were planted in what is now the Hinoyama Park Turkish Tulip Garden, and many people come to see them in bloom.

This year Turkey holds the Group of 20 presidency and is hosting the G20 summit and other events. In this connection, Istanbul, intending to invite visiting dignitaries to the Baltalimani garden, asked Shimonoseki for help in renovating it. In response to this request, experts from Shimonoseki once again went to Istanbul, where they assisted in a large-scale renovation project undertaken with all-out cooperation from the Turkish side. Behind-the-scenes support for the project came from former Turkish students at Shimonoseki City University. With support from a local bank, the university has been hosting students from Turkey for one-year stays since 1994. Former participants in this program answered the call for interpreters to provide essential assistance for the joint endeavor. Mori recalls, "They served as bridges between Japan and Turkey, grasping our ideas and conveying them appropriately to the local staff." Mori expresses confidence in the results of their work: "The renovation work is due to be completed in November, and I hope many people will come to see the reborn garden."



2 3

1. The arched bridge and azumaya pavilion were made with locally procured lumber and put together by Turkish workmen. 2. Experts wearing uniforms with the Japanese and Turkish flags work on this year's renovation project. 3. A monument to the friendship between Istanbul and Shimonoseki has been erected within the garden.









4. Tulips donated to Shimonoseki by Istanbul are now growing in Hinoyama Park. In response to a request from the Turkish side, they were planted on a hillside area with a view of the Kanmon Straits. 5. Many international students attend Shimonoseki City University; every year the university hosts students from Turkey.

Tokyo ER: Saving Lives with Emergency Care for Anybody, Anytime

The newborn infant was alarmingly tiny, weighing under 600 grams (about 21 ounces), and small enough to fit into an adult's hand. With underdeveloped lungs, the infant had difficulty controlling its breathing, so it was hooked up to an array of special respiratory equipment and devices.

"Even so, this baby will live." Dr. Masataka Honda, director of the Tokyo Metropolitan Children's Medical Center, calmly offered his positive assessment. He explained, "We have a track record of taking in about 38,000 emergency pediatric patients a year. Few places in the world can match the staff, equipment, and know-how we have for pediatric critical care."

With an aging population, the metropolis had been experiencing an ongoing increase in the number of ambulance patients, but the number and capacity of hospitals handling emergency admissions at night or on holidays was limited, and it was not uncommon for an ambulance to be sent from hospital to hospital in search of a facility willing to accept the patient it was carrying.

To address this issue, from 2001 the metropolitan government established Tokyo ER (emergency room) facilities at four metropolitan hospitals: Hiroo Hospital, Bokutoh Hospital, Tama Medical Center, and Children's Medical Center. At these facilities, all arriving emergency patients are admitted regardless of the severity of their cases. Expert nurses conduct "triage," classifying each incoming patient according to the urgency of the treatment he or she requires. And they decide whether the patient needs to receive emergency surgery or resuscitation treatment from specialists at the emergency and intensive care center or can be sent to an appropriate department in the hospital for treatment by one of the doctors on duty there. This arrangement enables prompt, efficient assignment and treatment of the incoming patients.

Dr. Taiji Kondo, director of the Tama Medical Center, one of the Tokyo ER locations, declares, "This setup greatly reduces the work of finding a hospital and the risk that an ambulance patient will be turned away from one hospital after another."

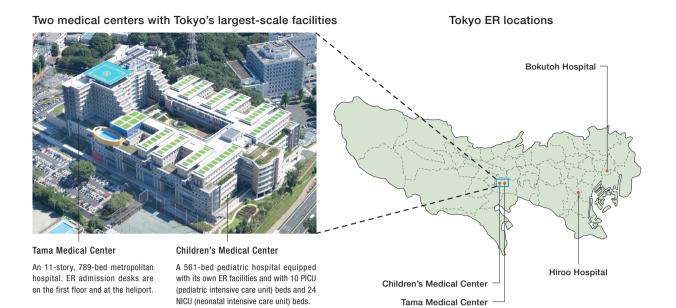
By establishing close links between the ER facilities and other area hospitals, the Tokyo ER setup has provided for the smooth transfer of patients following the completion of emergency treatment. In this way, the ER facilities can concentrate their resources on the emergency stage. The Children's Medical Center, which adjoins the Tama Medical Center, has also benefited from this setup. It has its own ER facilities and is equipped to provide advanced perinatal treatment.

"We can confidently admit and treat emergency patients ranging from the newborn to the aged," declares Dr. Kondo, adding, "We hope to boost our foreign-language capabilities and make our ER even more open."

Twenty-four hours a day, 365 days a year, the Tokyo ER facilities are accepting all who need their care and are saving numerous lives—linking people to their tomorrows.

Tokyo ER official website

http://www.byouin.metro.tokyo.jp/english/tokyo_er.html





1. The Tama Medical Center and Children's Medical Center are physically connected at the third floor; mothers and children can both be treated promptly. 2. In addition to its ER facilities, the center has 8 divisions and 37 departments, handling such fields as cancer treatment and psychiatric care for children. It is considered a rare facility globally, and many come from Japan and abroad to visit or receive training here.



3. Large "doctor cars" are always standing by. Customized for neonatal and pediatric use, they carry doctors and nurses to provide treatment en route. Last fiscal year they were dispatched 566 times.

4. A heliport accommodates patients arriving by "doctor heli" (air ambulance).

An Ideal for Freezing Food

CAS Technology Revolutionizes Preservation

The invention of freezing technology dates back to the mid-nineteenth century. Over the years since then, efforts to better preserve the freshness of frozen food led to advances in areas like quick-freezing technology, but it was not possible to avoid flavor loss when the food was thawed. However, a technology developed in Japan has been attracting attention for its ability to greatly reduce this undesired effect.

When food is frozen by traditional methods, the process takes time, starting at the outside and progressing inward; in the course of this process, the molecules of water inside cell tissue form large ice crystals, which damage the cell walls and membranes. So when the food is thawed, some of the flavor-producing substances escape through the resulting openings. This is the cause of flavor loss.

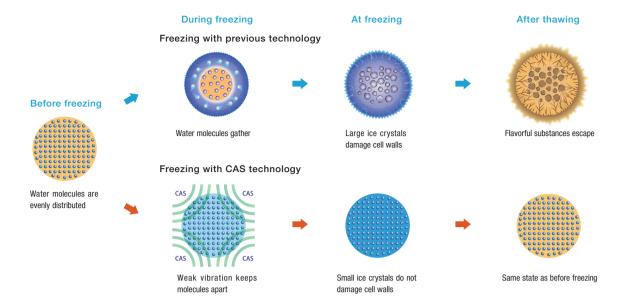
The new technology, called Cells Alive System® (CAS), applies minute amounts of energy to the food using a magnetic field, which makes the water molecules vibrate and keeps them from coming together to form crystals. In this way it creates a super-cooled state where the water does not freeze even at temperatures below 0°C. Then, the food is frozen in an instant with the application of a weak impact. The ice crystals that form are small, and damage to cell walls and membranes is minimized.

This CAS technology was developed by Abi, a small company headquartered in Nagareyama, Chiba Prefecture, northeast of Tokyo. Norio Owada, the company's president, developed a quick freezer for whipped cream in the 1970s, and he started researching freezing technology to preserve the quality of cooking ingredients in 1992. Taking note of a phenomenon seen with freezing rain, where super-cooled raindrops freeze instantaneously when they strike an object, he came up with this new freezing technology in 1998.

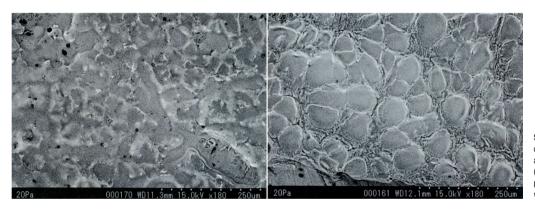
CAS makes it possible to offer diners fish and shellfish with their original freshness and to steadily supply seasonal foods year round. It has helped a remote island to overcome the disadvantage of its location and establish a place for its seafood as a new regional specialty in distant markets. As President Owada relates, "CAS-frozen oysters from Ama, an island community in Shimane Prefecture, have become popular with both chefs and consumers on the mainland; even when thawed, people say that they retain their original ocean aroma, taste, and texture. At oyster bars in Tokyo, more than 600 kilometers [about 370 miles] away, they are going for JPY 800 [about USD 6.67] a piece, more than the prices for raw oysters from other locations."

The potential applications of Abi's CAS technology are not limited to food freezing. Since it allows cell tissues to be frozen and thawed in an almost unchanged state, there are hopes that this technology can be applied to medical fields like organ transplants and regenerative medicine. Abi is now conducting joint research with universities and medical institutions for this purpose. This technology has major potential as one that may transform medicine around the world.

How cells are affected by freezing



Frozen sardine cells viewed through an electron microscope



Sardine tissue frozen with ordinary technology (left) and with CAS technology (right): CAS freezing preserves the cell walls with virtually no damage.



 CAS-frozen and thawed oyster, squid, and wasabi. The seafood retains its moistness and delicious taste.
 Abi President Norio Owada declares that what he wants to develop is not plain technology for machines but "technology for users' delight."

Friends of Japan



Åsa Ekström

After visiting Japan seven times, she moved here in 2011 to study graphic design at college. She published an original three-volume storytelling manga in her native Sweden and has also done illustrations for 13 other works. In 2014 she began a four-panel comic blog describing interesting aspects of her life in Japan. She published two volumes of *Hokuo joshi Osa ga mitsuketa Nihon no fushigi* (Nordic Girl Åsa Discovers the Mysteries of Japan) in 2015. Her favorite manga include *Ranma 1/2* and *One Piece*.



In this scene, Ekström struggles to find individuality among university students decked out in identical job-hunting suits.

http://www.comic-essay.com/hokuoujoshi/ (Japanese only)

Åsa in Wonderland:

The Comical Adventures of a Swedish Manga Artist in Japan

While living in Japan, Swedish manga artist Åsa Ekström encountered a multitude of unexpected cultural differences. She related these experiences in a four-panel comic series, which became a huge hit when published as *Hokuo joshi Osa ga mitsuketa Nihon no fushigi* (Nordic Girl Åsa Discovers the Mysteries of Japan) this year.

In the manga, Ekström pokes fun at herself, humorously depicting her struggles to use chopsticks, familiarize herself with Japanese toilets, learn the intricacies of formal Japanese speech, and grapple with the etiquette for exchanging business cards.

The young artist first became captivated with Japanese anime and manga after watching the series *Pretty Guardian Sailor Moon* when she was 13 years old. Although she went on to become a manga artist and illustrator in her native Sweden, she maintained an active interest in Japan and harbored a strong desire to live and draw manga here. After making numerous trips to Japan, in 2011 she entered a program at a design school in Tokyo. Ekström graduated with flying colors in March of this year, and almost before the ink on her diploma had dried, she accomplished her manga debut in Japan with the release of her book. The sequel to this manga was released in September.

Ekström's voice takes on a tone of excitement as she talks about her newfound success. "I never imagined I would become a manga artist right away," she says. "I thought I would use my schooling to get a job at a Japanese design company and then draw comics in my free time. I'm absolutely thrilled at publishing two volumes this year." But she regards the relative ease of her debut with humility. "I consider myself very lucky," she explains. "I took my comic diary to the independent comic exhibition COMITIA in May last year, but was only able to sell 15 copies. So I decided to pitch it at a publisher's booth at the event. That's how it got picked up and published."

The series is already slated to be published in Taiwan, and the author has hopes for an English version down the road. To escape the hustle and bustle of Tokyo, Ekström has made trips to different areas in Japan, including Hiroshima and the Tohoku region. "I'm attracted to the slower pace of life, the inexpensive and delicious vegetables, and the wonderful mountain views, which are so different from those in my home country," she says. "If I can, I'd like to set the third installment of the series in the Japanese countryside."

While she is currently enjoying producing four-panel comics following the success of her manga, she is also looking to create manga in a similar vein to *Sayonara September*, a work she drew in Sweden following the classic storyline of the girls' comic genre. "I would like to try and tell an original fantasy tale set in northern Europe," she declares. For Ekström, the greatest appeal of Japanese manga is the depth of the characters, which is generally not to be seen in European and American comics. "Readers are able to relate on a human level to characters, laughing and crying together as they develop and grow through a series. This is what makes me want to continue creating manga in Japan."

Finally, Ekström strongly encourages members of the younger generation in other countries who have an interest in manga to experience Japan first hand. "I wasn't very good at Japanese when I first came, but I was still moved by little things like visiting Tokyo Tower. Japan is heaven for manga lovers. I hope as many young people as possible have the chance to visit the country."

The JET Programme: A Great Way to Experience Japan

Helping Students Firmly Express Their Ideas

Growing up I enjoyed a familiarity with Japan through my family. My father shared stories of his time as a student there, and Japanese-Filipino cousins taught me about the nation's rich culture and history. Coming from this background, I considered it a special honor to be selected as one of the first Filipino participants of the Japan Exchange and Teaching (JET) Programme.

After earning my teaching certificate, I had a strong desire to live and work in a foreign country. Participating in the JET Programme has provided me an invaluable opportunity to experience the distinct culture of Japan while gaining valuable education experience by helping Japanese students develop their English abilities.

I currently work at Koshigaya Minami High School in Saitama Prefecture, a school which boasts a strong foreign-language program filled with intelligent, eager students. Many of these students, however, are reluctant to speak up and share their opinions in English. To encourage them to voice their ideas, I assign a wide variety of topics to contemplate and provide abundant opportunities for students to communicate their views, both in writing and orally.

I also encourage students to venture out of their comfort zones and experience English in new ways, such as reading English literature in the original. Many students enjoy books by foreign authors, but often only read works translated into Japanese. I stress to students the importance of experiencing works in their original language, which provides important firsthand exposure to the logic and expressions common in English.

This approach has been an important aspect of Interact, the school's English club. Together with my fellow Assistant Language Teacher, we have been coaching club members as they diligently prepare for the prefectural English debate tournament, which focuses on the complex issues surrounding Japan's participation in United Nations Peacekeeping Operations. Assigning a broad variety of English articles to read and deliberate has been essential in forcing students to consider different viewpoints as well as hone their oratory and debate skills.

In my free time I enjoy learning about Japanese culture and history. I relished the chance to wander with my camera during trips to Kyoto, Yokohama, and Yamanashi, taking in the natural scenery and beauty of temples, shrines, and gardens. I also love visiting different temples in Tokyo. During my time in Japan I have been impressed how the culture harmoniously accommodates the latest technology and centuries-old traditions.

I have found one of the greatest aspects of the JET Programme to be the JET Alumni Association (JETAA), whose members serve as cultural bridges between their home countries and Japan. JETAA also has a vital role in preparing new JET participants for the adventure of living and working in Japan.

As I am one of the first Filipino JET participants, however, there has not yet been anyone to establish a JETAA in my home country. As the number of JET participants from the Philippines increases, we will work together with other members of the JET community to establish a JETAA in our country.

My JET experience has inspired me to help others. Looking ahead, when I return home I plan to study for a master's degree in international relations and apply it toward fostering greater cultural understanding.



Debra Mae Cariño

Born in the Philippines. Arrived in Japan in 2014 as one of the first Filipino JET participants. Currently teaching at Koshigaya Minami High School.

During a second-year writing class Cariño directs students in a brainstorming activity comparing the merits of living in the city or the countryside.







Cariño talks with Japanese students and exchange students during lunch.
 A group photo with students from one of Cariño's English classes.
 Cariño poses with a friend during a trip to Asakusa in Tokyo.



The JET Programme official website http://jetprogramme.org/en/

Websites

Official Websites of the Government and Related Organizations

The following websites offer information from various ministries, information for tourists, and other information relating to the contents of this magazine.

Prime Minister of Japan and His Cabinet



Cabinet Public Relations Office, Cabinet Secretariat

Information in English about Japanese government policies, speeches and statements by the prime minister, and press conferences by the chief cabinet secretary.

http://japan.kantei.go.jp



https://www.facebook.com/Japan.PMO



https://twitter.com/JPN_PM0

Japanese Government Internet TV



Public Relations Office, Cabinet Office

Videos from the Japanese government relating to the prime minister, press conferences by the chief cabinet secretary, videos of the imperial family, and more,



WEB http://nettv.gov-online.go.jp/eng/

Ministry of Foreign Affairs of Japan



Ministry of Foreign Affairs

Information from Japan's Ministry of Foreign Affairs, with links to embassies and consulates overseas

http://www.mofa.go.jp

https://www.facebook.com/Mofa.Japan.en

https://twitter.com/MofaJapan_en

JNTO (Japan National Tourism Organization)





Japan National Tourism Organization (JNTO)

Information about tourism in Japan, including videos and photos. In English and many other languages, including Chinese, Korean, French, and German.

http://www.jnto.go.jp/

http://www.jnto.go.jp/eng/fb/index.html

https://twitter.com/Visit_Japan

JETRO (Japan External Trade Organization)



Japan External Trade Organization (JETRO)

Information about how JETRO supports Japanese companies overseas, attracts foreign companies to the Japanese market, contributes to Japan's trade policy and conducts activities in developing countries.

http://www.jetro.go.jp/en/

JET (Japan Exchange and Teaching) Programme





Council of Local Authorities for International Relations (CLAIR)

Information about the Japan Exchange and Teaching

WEB http://jetprogramme.org/en/

https://www.facebook.com/pages/JET-Programme/219440938121634

https://twitter.com/JETProgram

Publications

Official Publications from the Government and Related Organizations

The government of Japan and various organizations publish the following periodicals.

Cabinet Office



"Highlighting JAPAN"

Aimed at people in other countries, this regular publication introduces the latest major government policies.

http://www.gov-online.go.jp/eng/publicity/book/hlj/index.html







Monthly

Ministry of Foreign Affairs



"niponica"

Using beautiful photographs, this journal illustrates the appeal of present-day Japan.

http://web-japan.org/niponica/index_en.html







Three times a year

Ministry of Economy, Trade and Industry



"METI Journal"

Explains policies being instituted by the Ministry of Economy, Trade, and Industry (METI) in an easy-to-understand manner.

http://www.meti.go.jp/english/publications/index.html



Bimonthly

Japan National Tourism Organization



"Monthly Web Magazine"

Each issue provides seasonal and updated information on three select features.

http://japan-magazine.jnto.go.jp/en/



Monthly

Nuclear Regulation Authority



"F1 Issues Fukushima Daiichi NPS's Issues"

This releases information about the Fukushima Daiichi Nuclear Power Station, such as details about the monitoring of seawater since the accident caused by the Great East Japan Earthquake and subsequent tsunami.

http://www.nsr.go.jp/english/



About once a week

Ministry of Defense



"Japan Defense Focus"

A monthly magazine that introduces various activities of the Ministry of Defense and Self-Defense Forces.

http://www.mod.go.jp/e/jdf/index.html#sub01







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https://www.kantei.go.jp/foreign/forms/comment_ssl.html

Links to the websites of ministries

Cabinet Office http://www.cao.go.jp/index-e.html

Ministry of Agriculture, Forestry and Fisheries http://www.maff.go.jp/e/

Ministry of Defense http://www.mod.go.jp/e/

Ministry of Economy, Trade and Industry http://www.meti.go.jp/english/

Ministry of Education, Culture, Sports, Science and Technology http://www.mext.go.jp/english/

Ministry of the Environment http://www.env.go.jp/en/

Ministry of Finance https://www.mof.go.jp/english/index.htm

Ministry of Foreign Affairs http://www.mofa.go.jp

Ministry of Health, Labour and Welfare http://www.mhlw.go.jp/english/

Ministry of Internal Affairs and Communications http://www.soumu.go.jp/english/index.html

Ministry of Justice http://www.moj.go.jp/ENGLISH/index.html

Ministry of Land, Infrastructure, Transport and Tourism https://www.mlit.go.jp/en/

Reconstruction Agency http://www.reconstruction.go.jp/english/

Nuclear Regulation Authority http://www.nsr.go.jp/english/

The Government of Japan





JapanGov website

JapanGov app



8 JapanGov

You can download the JapanGov app from the following stores.

https://itunes.apple.com/app/japangov-official-gateway/id893574708?mt=8

Android https://play.google.com/store/apps/details?id=jp.go.japan.japanapp

kindle http://www.amazon.com/The-Government-of-Japan-JapanGov/dp/B00LEAM0I0



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