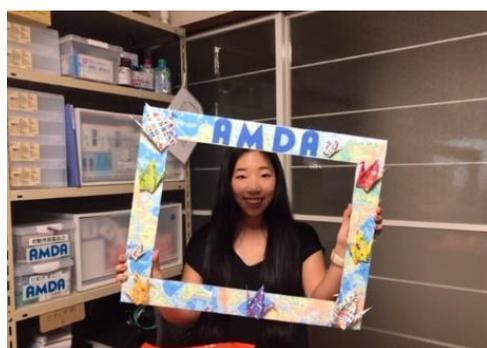


While preparing the timeline I remembered from the first day when I arrived to Okayama and I cannot believe how fast the time has gone. It seems that it was recently when I met Ihara-san and Mayumi-san for the first time at the airport, but almost four months have passed!

During this time in Japan, I have been able to learn a lot, more than what I had expected. I mean, not just about Social Welfare.



I made this frame and I hope they can still use it for future activities

From the first month I always felt myself really lucky to have carried out my training in AMDA, in there I have been able to learn a lot about natural disasters and its prevention, first aid, relief activities and its preparation, and care for elderly and for people with motor disabilities.

At the beginning of my training I studied about AMDA's history, paying special attention at the concept of "Sogo Fujo" that has been inspiring AMDA's activities from the beginning and it literally means "mutual assistance"; knowing that people in need today could be supporters of tomorrow. Surprisingly, I noticed this concept not just in AMDA, also in the Japanese society in general, I mean, before I came to Japan, I always asked myself "How is it possible that Japan with all the (natural and human made) damages suffered historically, can be the country that it is today?" and in the concept of Sogo Fujo, I found part of this answer! And it also has been very interesting my visit to Kobe's earthquake Museum, and Hiroshima's memorial park and Atomic Bomb Museum to understand this.

At the beginning of my training I joined AMDA's students club, I have many good memories with them as the preparation meetings, or the trip to Kuroshio-cho, but the most important part for me has been the way that we effort ourselves to communicate each other and that despite the differences within languages and cultures, we have a great time together and we will keep in touch!

Thanks the activity in Kuroshio-cho I have been able to learn a lot about prevention and first aid, but the most striking learning for me has been about my own country, as I have been request to prepare a presentation about natural disasters in Argentina, as in Argentina the common thought is that we do not have natural disasters, I looked for information about it for the first time in my life,



Me giving the presentation about the earthquake occurred in Argentina

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and then unexpectedly I discovered that the worst disaster ever has been an earthquake! Then I thought, if earthquakes can occur in my country, why anybody knows about prevention? Or why institutions are not worried about teach us what to do in case of emergency? As I am not sure about the panorama related to natural disasters in Argentina, once I go back, I would like to put in touch with any institution able to respond my doubts.

When I just arrived in Japan I paid close attention on the society's behave in the streets, and what really caught my attention was that there are so many people with disabilities by their own, and that is amazing I though! and over time I discovered that there are many facilities for people with disabilities everywhere, like low buttons on elevators or yellow strips for blind people on many streets, so I think that japan in general is making a good job for improve the people with disabilities lives, but during my training in AMDA I had the opportunity to visit asahigawasou, and it completely exceed my expectations. Asahigawasou is a Social Welfare Corporation that works as a Hospital-Home for people with severe developmental disabilities, exactly, I visited the children's health center, a home of babies without parents , a tee ball Baseball practice, a handcraft factory where patients can work and get paid for it, some elderly nursing homes, and elderly day care centers. The facilities are designed to make patients lives easier, more comfortable and above all, the most common as possible, so the staff will ensure that patients do the further as they can by themselves.

One more time I felt the Sogo Fujo concept from Asahigawasou's staff for supporting me and effort themselves to let me learn the most as possible, so once I return to Argentina I think the best way to thanks them is by help others, transcending what they taught me.



This has been my first time to be away from home, family and friends for so long, and of course, before coming I felt fear, and I have had many doubts, but today, after this four month in Japan, I look back and I feel that I have been able to grow personally, and I realized that I have lived an incredible experience. Apart of my training, I had the opportunity to meet many places throughout Japan, like Hiroshima, Tokushima, Kagawa, Kobe, or Tokyo, and I think that each place has a particular peculiarity that makes it incredible, and the most incredible aspect of Okayama, and what it makes it unique (apart of

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They work in a market near AMDA and they always received me with a smile in their faces, I will miss them!

the delicious grapes and peaches), for me is the people, comparing with other places in Japan, I think that people in here are very kind and I always felt myself welcome in here, not just because of the friends that I made in here, also the store workers, or taxi/train drivers, or just people in streets, they always had a good disposition to help me, and that is amazing and really valuable to me.

Thanks this program I have been able to meet incredible persons, starting with my own family, my grandmother's siblings and their children and their grandchildren, they received me with a big meal and although I had never heard of them before I felt that they were really close to me, that is indescribable amazing! Now thanks this program I will still keeping in touch with my family in Okayama, for me has been a really important part of my trip!



This is my family in Okayama, My grandmother would be very happy that I met them.



With my partners, we made many activities out of AMDA, and we had lot of fun together.

Then I made many friends by training in AMDA, they always have been very nice and kind with me, they have had a lot of patience and I learned a lot from them. Also for me, it is hard to understand how in such a short time they became this important to me but I will always be grateful with them because of the way they support me, the way they took care of me, even out of AMDA, the way they worried that I could do everything I wanted to, and because in AMDA I felt myself very loved and happy.

Now I will be back to Argentina, knowing that Okayama is a great place, with incredible people, and that I must be proud to have my roots in here. I will be always grateful for this experience!