

## Attached Table 4: List of Examples of Volunteer Activities

"Volunteer activities" refer to the activities mainly performed for the sake of other people and society, and do not include the following activities: religious activities, political activities, consumer movement, civic movement, activities to claim a right or make political recommendations.

Kind of volunteer activities	Examples		
<b>Health or medical related activities</b>	<ul style="list-style-type: none"> <li>- Calling for blood donations or participation in blood donation campaigns</li> <li>- Patrolling medical treatment</li> <li>- Health counseling</li> <li>- Provision of data on medicines</li> </ul>	<ul style="list-style-type: none"> <li>- Activities at hospital (cooperation in user service improvement, activities for environmental improvement, and activities to help patients find motivation in life)</li> </ul>	
<b>Activities for the elderly</b>	<ul style="list-style-type: none"> <li>- Provision of opportunities for interaction between the elderly and the youth (children)</li> <li>- Instructing elderly people on recreational activities and enjoying time with them</li> <li>- Coaching how to obtain skills for finding motivation in life</li> <li>- Inviting elderly people living alone to someone's own home</li> </ul>	<ul style="list-style-type: none"> <li>- Visiting elderly people to check on their safety, going for a walk together, providing them with companionship</li> <li>- Delivering meals to elderly people who are confined to bed and/or live alone</li> <li>- Nursing care service</li> </ul>	
<b>Activities for the handicapped</b>	<ul style="list-style-type: none"> <li>- Guiding blind or orthopedically-impaired children to school, etc.</li> <li>- Educational guidance for handicapped people</li> <li>- Instructing handicapped people on recreational activities and coaching them how to obtain skills</li> <li>- Visiting home-bound handicapped people to check on their safety, home-visit assistance</li> </ul>	<ul style="list-style-type: none"> <li>- Cooperation for social participation of handicapped people (e.g., provision of wheelchairs)</li> <li>- Offering voluntary services, such as Braille translation, reading, recording, and sign language</li> <li>- Support for intractable disease patients</li> </ul>	
<b>Activities for children</b>	<ul style="list-style-type: none"> <li>- Counseling on babies, child-rearing salon</li> <li>- Instructing children on recreational activities at children's park, etc.</li> <li>- Providing assistance and instruction to a children's group or child-rearing organization</li> </ul>	<ul style="list-style-type: none"> <li>- Educational guidance for children</li> <li>- Care for children</li> <li>- Assistance for school events</li> </ul>	
<b>Activities related to sports, culture, art and science</b>	<b>Sports</b>	<ul style="list-style-type: none"> <li>- Giving instruction at sports lessons</li> </ul>	<ul style="list-style-type: none"> <li>- Guarding a sports event site</li> </ul>
	<b>Social examination</b>	<ul style="list-style-type: none"> <li>- Holding various seminars</li> </ul>	<ul style="list-style-type: none"> <li>- Serving as an instructor for courses designed for working people at university</li> </ul>
	<b>Culture and art</b>	<ul style="list-style-type: none"> <li>- Support for fostering musicians and artists</li> <li>- Organizing a community theater group</li> <li>- Planning a meeting to see a theatrical performance</li> </ul>	<ul style="list-style-type: none"> <li>- Inheritance and dissemination of traditional culture</li> <li>- Study of local history</li> </ul>
	<b>Science</b>	<ul style="list-style-type: none"> <li>- Research studies and provision/collection of information</li> </ul>	<ul style="list-style-type: none"> <li>- Support for academic circles, study groups and study sessions</li> </ul>
<b>Local improvement activities</b>	<ul style="list-style-type: none"> <li>- Planting flowers along roadsides</li> <li>- Arrangement of bicycle sheds at station</li> <li>- Cleaning up roads and parks</li> </ul>	<ul style="list-style-type: none"> <li>- Interaction between urban and rural areas</li> <li>- Activities as a leader of a community group</li> <li>- Activities for village/local development</li> </ul>	
<b>Safety promotion activities</b>	<ul style="list-style-type: none"> <li>- Patrol for inspection of dangerous spots in the region</li> <li>- Activities to ensure safety within a school zone</li> </ul>	<ul style="list-style-type: none"> <li>- Traffic safety campaigns</li> <li>- Fire prevention patrol</li> </ul>	
<b>Conservation or environmental activities</b>	<ul style="list-style-type: none"> <li>- Instruction on how to make soap from waste oil</li> <li>- Beach cleaning campaigns (garbage collection)</li> <li>- Environmental education activities</li> </ul>	<ul style="list-style-type: none"> <li>- Bird watching and protection</li> <li>- Desert greening activities (or tree-planting activities)</li> </ul>	
<b>Disaster related activities</b>	<ul style="list-style-type: none"> <li>- Procurement and transport of relief supplies</li> <li>- Collecting funds for disaster recovery, and engaging in labor service at disaster site</li> </ul>	<ul style="list-style-type: none"> <li>- Relief activities at disaster site, such as emergency rice feeding</li> <li>- Relief activities for disaster victims after disaster</li> </ul>	
<b>Activities related to international cooperation</b>	<ul style="list-style-type: none"> <li>- International exchange and international goodwill</li> <li>- Overseas technical cooperation</li> </ul>	<ul style="list-style-type: none"> <li>- Food aid for foreign countries</li> <li>- Support for foreign students in Japan</li> </ul>	
<b>Other</b>	<ul style="list-style-type: none"> <li>- Human rights counseling</li> <li>- Provision of information system technology</li> <li>- Communication, advice and aid for management and activities of organizations engaging in activities mentioned above</li> </ul>	<ul style="list-style-type: none"> <li>- Support for welfare recipients</li> <li>- Consumer consultation</li> </ul>	