

Explanation of Terms (Questionnaire A)

1. Characteristics of Individuals

(1) Age

Age is calculated in completed years on October 20, 2011.

(2) Marital status

Marital status is classified into the following categories according to the actual situation regardless of whether marriage has been registered or not.

- Never married...a person who has not yet married.
- Married...a person who has a spouse (husband or wife).
- Widow(er)ed or divorced...a person who has been separated from the spouse by death or by divorce and is not married.

(3) Education

A person 10 years old and over is classified as follows according to the status as of October 20, 2011.

- Graduated persons
 - Elementary school or junior high school
 - High school
 - Junior college or technological college
 - College or university
 - Graduate school
- Persons attending school
 - Elementary school
 - of which 5th grade
 - of which 6th
 - Junior high school
 - 1st grade
 - 2nd
 - 3rd
 - High school
 - 1st grade
 - 2nd
 - 3rd
 - Junior college or technological college
 - College or university
 - Graduate school
- Persons never attended school

Schools covered in this survey include elementary schools, junior high schools, high schools, junior colleges, colleges or universities, and graduate schools, as well as those which provide education based on the same entrance requirements and course terms and enable students to obtain an equivalent qualification to a graduate from any of the above schools.

Schools, such as preparatory schools, dressmaking schools, culinary schools, language schools, and employee training centers, are excluded.

Vocational schools and miscellaneous educational institutions are classified based on entrance requirements and course terms as follows:

Specialized courses of vocational schools (vocational college)	
Those which require students to be a new-education-system high school graduate for admission and to complete a course of study over 4 years or more, and which enable them to obtain an advanced diploma*	College or university
Those which require students to be a new-education-system high school graduate for admission and to complete a course of study over 2 years or more, and which enable them to obtain a diploma	Junior college or technical college
Advanced courses of vocational schools (upper secondary vocational schools)	
Those which require students to be a junior high school graduate for admission and to complete a course of study over 3 years or more	High school
Miscellaneous educational institutions	
Those which require students to be a new-education-system high school graduate for admission and to complete a course of study over 2 years or more	Junior college or technical college
Those which require students to be a junior high school graduate for admission and to complete a course of study over 3 years or more	High school

Note:

*Those who have completed the course in March 2006 or before are classified as a graduate from "junior college or technical college".

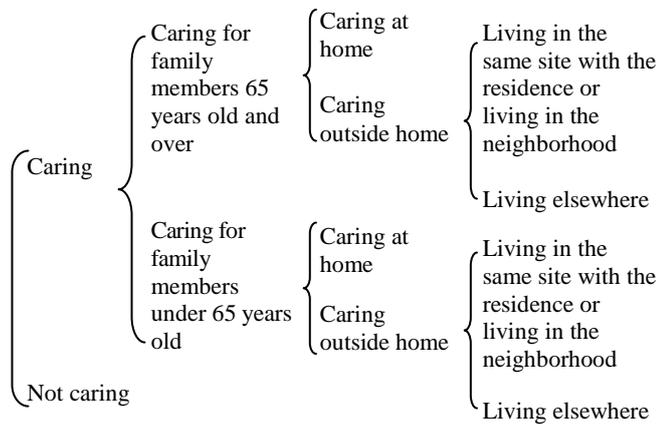
(4) Place where own child lives

A person 60 years old and over is classified according to the place where his/her own child (including the spouse of the child) lives nearest to him/her as follows.

- Living together in the same household
- Living in the same site with the residence
- Living in the neighborhood (within 5 minutes walking distance)
- Living in the same municipality (city, ward, town or village)
- Living elsewhere

(5) Activity of caring

This is classified as follows according to whether the respondent usually cares for his/her family members. A person who usually cares is further classified according to for whom and where he/she is caring.



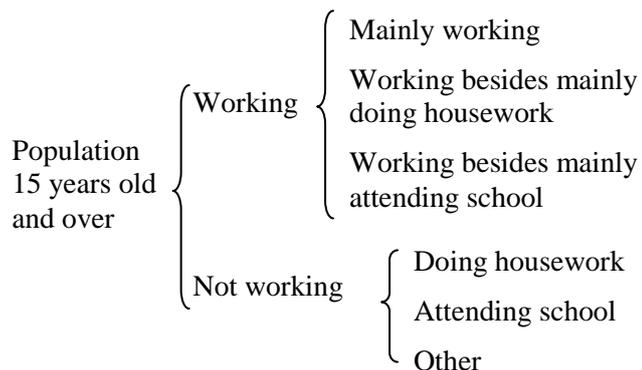
“Caring” refers to helping a person to have a meal, take a bath, dress, move or do other daily movements.

“Caring” also includes that for those who have not been recognized as the persons who need care under the Long Term Care Insurance System.

Nursing for persons who are temporarily sick is excluded.

(6) Usual economic activity

A person who is 15 years old and over is classified according to whether he/she usually works.



- Working ... Persons who are usually engaged in work for pay or profit.

Family workers are classified as “working” as long as they usually continue working regardless of whether they work without pay.

Persons who are absent from work temporarily by taking child-care leave, a family-care leave, etc., are classified as “working” regardless of whether they earn income and regardless of the number of absent days.

When “usual economic activity” cannot be determined for those who sometimes have or do not have a job, or those who help family businesses at busy times only, persons who generally work for 30 days or more per year are classified as “working”.

- Not working ... Persons who are not classified as working.

(7) Wish for work

Persons who are not working are classified into the following categories according to whether they wish to work.

- Wishing to work and seeking a job
- Wishing to work, but not seeking a job
- Not wishing to work

“Wishing to work” means a person wish to work at present, not in the future.

(8) Employment status

Working persons are classified according to the employment status as follows.

- Employees ... Persons who work as employees of enterprises, companies, corporations, associations or the government
- Director of company or organization, etc. ... Presidents, managing directors or auditors of companies, directors or supervisors of associations, public interest corporation or independent administrative agencies, etc.
- Self-employed with employees ... Self-employed workers who employ one or more employees in their enterprises
- Self-employed without employees ... Self-employed workers who run their own businesses alone or only with the family members
- Family workers ... Persons who help family businesses without pay as a shop attendant in a privately-owned shop, a farm helper on a farm, and so on
- Pieceworkers at home ... Persons who stay at home and do piece work for which materials are supplied without the need for fixed large equipment.

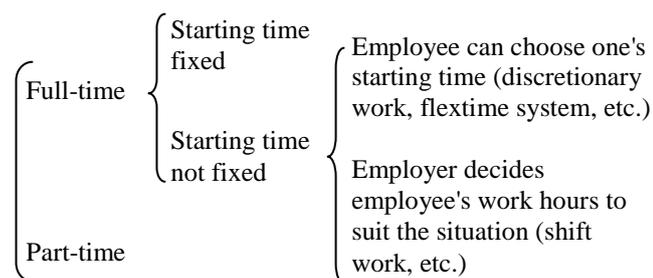
(9) Form of employment

Employees are classified into the following categories according to how they are called at their places of work.

- Regular staff
- Part-time workers
- “Arubaito”
- Contract employee
- Temporary employee
- Dispatched workers from temporary labour agency
- Other

(10) Working-time arrangement

Employees are classified according to working-time arrangements as follows.



- Full-time: Predetermined working hours per week are about 40 hours (e.g. 8 hours a day, 5 days a week).
- Part-time: Predetermined working hours per week are short (e.g. 6 hours a day, or 8 hours a day, 3 days a week).

(11) Paid holidays spent each year

Employees are classified according to whether they have annual paid leave, and if any, according to the number of days of annual paid leave they have actually taken during the past year (October 20, 2010 – October 19, 2011).

However, those who have engaged in work for less than one year or who have taken a long leave during the past year due to child care, caring, or treatment for disease are classified as “other”.

(12) Occupation

Occupation is classified on the basis of the Occupational Classification for the Population Census.

Please refer to “Attached Table 1: Correspondence Table of Occupational Classification between the 2011 Survey on Time Use and Leisure Activities, and the 2010 Population Census (Medium Groups)”.

(13) Employment size of enterprise

A size of the enterprise in which the respondent is engaged is classified according to the total number of working persons aggregating the main office and all branch offices.

However, persons engaged in governments and public offices are, classified in “Government and incorporated administrative agencies, etc”.

(14) Usual working hours per week

Working persons are classified according to the usual working time per week based on actual time worked, rather than on time contracted. The working time for secondary jobs and overtime work is included if he/she is usually engaged.

(15) Desirable working hours per week

Desirable working hours are classified according to how many hours per week respondents desire to work if they can be chosen. Usual economic activities are taken into account as follows.

- Working: Persons who do not wish to work are classified as “other”.
- Not working: Desirable working hours of persons who now wish to work are classified.

(16) Usual one-way commuting time

This is the usual commuting time from home to the place of work and includes time for walking and waiting for trains and buses.

(17) Usual state of health

The statement that most accurately describes the usual state of health should be chosen from the following items.

- Good
- Fair
- Not good
- Poor

(18) Annual income or profit from work of each household member

The annual income or profit from work of each household member refers to an income earned from work (tax included) during the past year (October 20, 2010 – October 19, 2011).

For self-employed workers, it refers to operating profits calculated by deducting necessary expenses from sales.

For persons who got a new job during the past year, it should be the estimated income on the assumption that they will continue to work for a year based on the income earned from when they started to work up to the present date.

(19) Life stage

Life stages (Life cycle) are classified into the following categories according to age, student status, whether there is a spouse and/or child, etc.

- Being educated
Persons (aged under 30) who attend school and have no spouse or child. They are subdivided according to the school they attend.
 - Elementary school
 - Junior high school
 - High school
 - Other
- The single person
Persons who have no spouse or child. They are subdivided according to age.
 - Under 35 years old

- 35 to 44 years old
- 45 to 64 years old
- 65 years old and over
- Married with no child

Persons who have a spouse but no child. They are subdivided according to age.

 - Under 35 years old
 - 35 to 44 years old
 - 45 to 64 years old
 - 65 years old and over
- Parents at the child care period

Persons who have a spouse and a child aged under 30 who has no job. They are subdivided according to the school their youngest child attends.

 - Preschool (own youngest child)
 - Elementary school (own youngest child)
 - Junior high school (own youngest child)
 - High school (own youngest child)
 - Other
- Single parent of the child care period

Persons who have no spouse, living with a child aged under 30 years old who has no job. They are subdivided according to the school their youngest child attends.

 - Preschool (own youngest child)
 - Other
- Parents living with child(ren) who has job or is 30 years old and over

Persons who have a spouse, living with a child who has a job or is aged 30 or over.
- Single parent living with child(ren) who has job or is 30 years old and over

Persons who have no spouse, living with a child who has a job or is aged 30 or over.

To have a “spouse or child” means to live with a spouse or child in the same household. “Child” includes an own child, as well as the spouse of an own child and the child of an own spouse.

2. Characteristics of Households

(20) Definition of household

Household refers to a group of two or more persons sharing living quarters and living expenses or a person living alone or living in a dormitory or a boarding house.

(21) Family type of household

Households are classified according to the relationship of household members.

In this classification, “couple” refers to the youngest couple in the household and “child(ren)” refers to the couple's children who are not yet married.

The family types of households are as follows:

- Household of a couple only
- Household of a couple with their child(ren)
- Household of a couple with their parents
 - Household of a couple with husband's parents
 - Household of a couple with wife's parents
- Household of a couple with their parent
 - Household of a couple with husband's parent
 - Household of a couple with husband's male parent
 - Household of a couple with husband's female parent
 - Household of a couple with wife's parent
 - Household of a couple with wife's male parent
 - Household of a couple with wife's female parent
- Household of a couple with their child(ren) and parents
 - Household of a couple with their child(ren) and husband's parents
 - Household of a couple with their child(ren) and wife's parents
- Household of a couple with their child(ren) and parent
 - Household of a couple with their child(ren) and husband's parent
 - Household of a couple with their child(ren) and husband's male parent
 - Household of a couple with their child(ren) and husband's female parent
 - Household of a couple with their child(ren) and wife's parent
 - Household of a couple with their child(ren) and wife's male parent
 - Household of a couple with their child(ren) and wife's female parent
- Aged couple household ... A household of a couple only, of which the husband is 65 years old or over and the wife is 60 years old or over.
- Mother-child(ren) household ... A household of a mother and child(ren), of which the mother do not have a spouse and the child(ren) are under 20 years old.
- Father-child(ren) household ... A household of a father and child(ren), of which the father do not have a spouse and the child(ren) are under 20 years old.
- One-person household

(22) Type of one-person household

One-person household is classified as follows.

- Persons temporary (more than 3 months) living away from his/her household on business
- Other

(23) Usual economic activities of a married couple

Households with married couples are classified as follows according to usual economic activities of the husbands and wives.

- Both husband and wife are working
- Husband is working and wife is not working
- Wife is working and husband is not working
- Neither husband nor wife is working

(24) Type of residence

Residence units are classified according to tenure and type of residence.

- Owner-occupied house
- Privately-owned rented house
- Publicly-owned rented house
- Company-owned or public servant issued house
- Rented room(s) or dormitory, etc.
- Owner-occupied house ... Residences owned by the households occupying them. Also included are residences not yet registered and residences purchased in installments and the payment has not yet been finished.
- Company-owned or public servant issued house ... Residences owned or administrated by private companies or public bodies and rented to their employees or officials.
- Rented room(s) ... This is the case that the respondent is renting and living in part of a residence that another household lives. However, the case that the rented part is separated structurally and has an entrance, a sink and a toilet for exclusive use, is classified to "privately owned rented house".

(25) Possession of car(s)

Cars used only for business are excluded.

(26) Annual income of the household

Annual income of the household is the total amount of income during the past year (from October 20, 2010 to October 19, 2011) received by all household members other than live-in employees. Included are wages, salaries, net profits from own business, interests and dividends received, pensions, and so forth.

For self-employed workers, it refers to operating profits calculated by deducting necessary expenses from sales.

Receipts resulting from decrease of assets such as withdrawals from savings and nonrecurrent incomes as retirement benefits are not included.

(27) Use of caring assistance

Caring assistance refers to some help given by relatives living elsewhere, care services (visiting care and day care), etc.

"Caring" also includes that for those who have not been recognized as the persons who need care under the Long Term Care Insurance System.

3. Time Use

Daily activities were classified into 20 categories and surveyed by 15-minutes time slot. The respondents classified and recorded their activities done on the survey date. When the respondent was engaged in more than one activity at the same time, the activity that he/she considered as the main one was reported.

(28) Kind of activities

The 20 categories of activities are grouped into three broad areas, called primary, secondary and tertiary activities.

For specific examples of each kind of category, please refer to "Attached Table 2: List of Examples of Kind of Activities".

- Primary activities refer to those which are physiologically necessary and consist of "sleep", "personal care" and "meals".
- Secondary activities comprise those which each person is committed to perform as a member of the family or of the society. Included are "commuting to and from school or work", "work (for pay or profit)", "schoolwork", "housework", "caring or nursing", "child care" and "shopping".
- Tertiary activities include all other activities such as "Learning, self-education and training (except for schoolwork)", "hobbies and amusements", "sports" and "volunteer and social activities".

Time spent in tertiary activities corresponds to what is usually called "free time".

(29) Kind of day

The feature of the survey date is classified as follows (Multiple answers allowed).

- Travel and excursion
- Event, wedding or funeral (lasting over half a day)
- Business trip or training, etc.
- Work at home
- Under medical treatment
- Holiday or vacation, etc.
- Leave for child rearing or taking care of a sick child
- Leave to take care of a family member
- Other

Tabulation is indicated by the following categories.

- Ordinary day ... Days with “Other” checked only
- Holiday or vacation ... Days with “Holiday or vacation, etc.” checked

Tabulation is further indicated in combination with “Day of the week” by the following categories.

- Working day ... Days with “Other” checked only for a working person
- No working day ... Days with “Holiday or vacation, etc.”, checked for a working person
- Saturday (no school day) ... Saturdays with “Holiday or vacation, etc.” checked for a person who attends school
- Saturday (school day) ... Saturdays with other than “Holiday or vacation, etc.”, checked for a person who attends school

(30) Weather on this day

The weather of the survey date is classified as follows.

- Rained all day long
- Rained occasionally
- Not rained

(31) Person(s) being together

Persons being together were recorded in the following classifications by 15-minutes time slot.

“Being together” means that the person was so near as to talk with the respondent. The case when there was nobody near whom the respondent knew, or the respondent was asleep, was recorded as “alone”.

- Alone
- With family member(s)
- With classmate(s) or colleague(s)
- With other person(s)

(32) Type of average

In regard to time use per day, two types of averages are computed in terms of persons covered; namely “average for all persons” and “average for participants in the activity”.

- “Average for all persons” is computed by taking all persons as the denominator population regardless of whether or not they reported doing the activity.
- To compute the “average for participants in the activity”, only the persons who reported doing the activity are included in the denominator population.
- In terms of the day of the week, three kinds of averages are computed, namely each day of the week, “weekday” and “weekly average”.
- “Weekly average” =
$$\frac{(\text{Monday average} + \dots + \text{Sunday average})}{7}$$

When there is no sample on a certain day of the week, calculation is made as follows.

- Weekly average time spent on activities for all persons
$$\frac{(5 \times \text{Weekday average} + \text{Saturday average} + \text{Sunday average})}{7}$$

Note : When there is no sample during weekdays, and on Saturday and Sunday, “...” is shown instead of making calculation.

- Weekly average time spent on activities for participants in the activity
$$\frac{(\text{Monday average} + \dots + \text{Sunday average})^*}{\text{The number of the day with participants in the activity from Monday to Sunday}}$$

*Only the day(s) with participants in the activity

(33) Participants in the activity

Number of persons who actually engaged in the activity on the survey date

(34) Participation rate in the activity

$$\frac{\text{Participants in the activity}}{\text{Population}} \times 100 (\%)$$

4. Average time

(35) Starting time, ending time

Starting time and ending time of main activities are defined as follows, taking into consideration of the activities surveyed by time of day for consecutive two days.

The result is indicated under the first day of these two days.

- Time of getting up ... The ending time of the first “Sleep” which starts before 12:00, continuing for more than 60 minutes
When the activity other than “Sleep” between two “Sleep” lasts 30 minutes or less, it is regarded that “Sleep” continues.
- Time of beginning to have breakfast ... The starting time of the first “Meals” which starts between 04:00 and 11:00
- Time of beginning to have supper ... The starting time of the first “Meals” which starts between 16:00 and 24:00
- Time of going to bed ... The starting time of “Sleep” which starts between 17:00 and 12:00 on the following day, lasting more than 60 minutes
When two or more applicable “Sleep” activities are shown, the starting time of “Sleep” which lasts longer is adopted (“Sleep” which starts earlier is adopted when duration time is the same for each). When an activity other than “Sleep” between two “Sleep” states

lasts 30 minutes or less, it is regarded that “Sleep” continues.

- Time of going to work ... The starting time of “Commuting to and from school or work” preceding the first “Work” which starts between 00:15 and 24:00

When “Commuting to and from school or work” is not shown before the first “Work”, but shown before other “Work”, the first “Work” is regarded as that continuing from the previous day or that taken home, and the starting time of “Commuting to and from school or work” preceding the next “Work” is adopted. When “Commuting to and from school or work” is not shown before other “Work”, the starting time of the first “Work” is adopted.

- Time of coming home from work ... The ending time of “Commuting to and from school or work” after the last “Work” which starts between 00:15 and 24:00

When “Commuting to and from school or work” is not shown after the last “work”, but shown after “work” recorded earlier, the last “work” is regarded as that taken home, and the ending time of “Commuting to and from school or work” after “work” recorded earlier is adopted. When “Commuting to and from school or work” is still not shown after other “work”, the ending time of the last “work” is adopted.

When “Commuting to and from school or work” is not shown after the last “Work”, but is shown before “Work”, and when “Commuting to and from school or work” is also shown after earlier “Work”, it is regarded that the person is engaged in shift work or two or more jobs, with the time of coming home from work judged as “Not reported”.

(36) Composition of doer

Composition of doer means the composition ratio by activity (starting/ending) time (at 15-minute intervals) among the total number of doers.

(37) Participation rate in the activity

$$\frac{\text{Participants in the activity}}{\text{Population}} \times 100 (\%)$$

(38) Average time

Average time is calculated using the following expression, based on the composition of doer by starting/ending time (elapsed time from 0 o'clock in the morning of the first day) of each activity.

$$\frac{\Sigma (\text{Elapsed time from 0 o'clock in the morning of the first day} \times \text{Number of doer})}{\text{Number of doer}}$$

“Not reported” of “Time of coming home from work” is excluded from calculation.

5. Leisure Activities during the Past Year

Experiences of leisure activities during the past year (from October 20, 2010 to October 19, 2011) are obtained.

Activities covered are as follows; “learning, self-education and training” “sports”, “hobbies and amusements”, “volunteer activities” and “travel and excursion”.

The frequency and purpose of activities, and the persons doing them together, are also surveyed along with those who engaged in the activities.

(39) Learning, self-education and training

“Learning, self-education and training” covered in this survey include only those performed during personal free time, and do not include those performed as an occupation. For example, work done by working people and schoolwork by students are excluded.

1) Kinds of learning, self-education and training

Activities included in “learning, self-education and training” are classified as follows:

- English language
- Other foreign languages
- Computing, etc.
- Commerce and business
- Caring
- Home economics and housework
- Humanities, social or natural science
- Arts and culture
- Other

For specific examples of each kind of category, please refer to “Attached Table 3: List of Examples of Learning, Self-education and Training”.

2) Purpose of learning, self-education and training

The purpose of learning, self-education and training are classified as follows:

- Self-improvement
- To gain employment
- To use for current work
- Other

3) Means of learning, self-education and training

- Classes, courses or workshop, etc.
 - Sponsored by municipalities, etc.
 - Sponsored by private institutions
 - Sponsored by universities, etc.

- Lecture meetings, etc.
- Correspondence course
- Television or radio
- Outside of working hours at workplace
- Miscellaneous schools or vocational schools
- Vocational training through “Hello Work” (public employment office), etc.
- Other

(40) Sports

“Sports” covered in this survey include only those performed during personal free time but excludes sports done by students as part of their educational exercises and by professional athletes as their work.

1) Kind of sports

Data are obtained for each of the following 22 kinds of sports.

- Baseball (including playing catch)
- Softball
- Volleyball
- Basketball
- Soccer (including futsal)
- Table tennis
- Tennis
- Badminton
- Golf (including golf practice range)
- Judo
- Kendo
- “Gate ball”
- Bowling
- Fishing
- Swimming
- Skiing, snowboarding
- Mountain climbing, hiking
- Cycling
- Jogging, marathon
- Walking or light physical exercise
- Training with gym equipment
- Other sports

(41) Hobbies and amusements

Excluding those hobbies related to course in regular school or study for business.

Data are obtained for each of the following 34 kinds of hobbies and amusements.

- Watching sports games (excluding TV PGM and DVD)
- Watching works of art (excluding TV PGM and DVD)
- Watching vaudevilles, plays and dances (excluding TV PGM and DVD)
- Watching movies (excluding TV PGM, video and DVD)

- Going to classical music concerts
- Going to popular music concerts
- Listening to music by CD, tape, records, etc.
- Watching movies by DVD, video, etc. (excluding recordings from TV)
- Playing musical instruments
- Traditional Japanese music (including folk song, and traditional Japanese music)
- Chorus or vocal music
- Japanese dancing
- Western-style dancing, social dancing
- Calligraphy
- Japanese flower arrangement
- Japanese tea ceremony
- Dress making, sewing
- Knitting or embroidering
- Cooking or making cakes, cookies as hobbies
- Gardening
- Do-it-yourself carpentry
- Painting or carving
- Ceramics art or industrial arts
- Photographing and printing
- Writing poems, Japanese poems, “haiku”, or novels
- Reading books as hobbies
- The game of “go”
- The game of “shogi”
- Playing “Pachinko”
- “Karaoke”
- Playing home use video games, PC games (including use of portable game machines)
- Visiting recreation ground, zoo, aquarium, etc.
- Camping
- Other hobbies or amusements

(42) Volunteer activities

Volunteer activity is the act of providing one's own efforts, time, knowledge or skill for society or community without receiving remuneration for the work.

Even when some payments for actual expenses incurred for activities, including transportation fees, are received, they are not regarded as compensation, and such activities are included in volunteer activities.

Even if events are organized by volunteer groups, only to attend them is excluded.

1) Kind of volunteer activities

Volunteer activities refer to the activities mainly performed for the sake of society, and are classified as follows.

- Health or medical related activities
- Activities for the elderly
- Activities for the handicapped
- Activities for children

- Activities related to sports, culture, art and science
- Local improvement activities
- Safety promotion activities
- Conservation or environmental activities
- Disaster related activities
- Activities related to international cooperation
- Other

For specific examples of each kind of category, please refer to “Attached Table 4: List of Examples of Volunteer Activities”.

2) Type of volunteer activities

This is classified according to whether volunteer activities are performed as a member of organizations or not.

- As a member of an organization
- A group, citizen organization, etc. of volunteers: Japan Red Cross Voluntary Groups (excluding those with functions integrated with community circles and neighborhood associations), Lions Clubs, university volunteer circles, etc.
- An NPO (non-profit organization): Organizations approved by the national or prefectural government in accordance with the Act on Promotion of Specified Non-profit Activities
- A neighborhood association or similar, which is rooted in the local community: Organizations closely connected to local communities and not intended mainly for volunteer activities, including neighborhood associations, senior citizens clubs, youth groups, community circles, and women’s clubs
- Other Organizations: Other Organizations whose main purpose is not to volunteer such as PTA (Parent-Teacher Association) etc.
- Independently: Volunteer activities performed independently without joining in any organization or being commissioned by the national government to serve as a welfare commissioner, child welfare officer, volunteer probation officer, administrative counselor, etc., are included in this category.

(43) Travel and excursion

“Travel and excursion” include all kinds of travel and excursion activities, including those performed as part of work or schoolwork.

1) Travel activities

Travel is classified according to the purpose and the destination in the following way.

Travel within Japan	{	Sightseeing
		Return to the home town, visiting someone
Travel outside Japan	{	Business or training trip, etc.
		Sightseeing
		Business or training trip, etc.

2) Person(s) doing together

- With family
- With colleague(s) or classmate(s)
- With neighbour(s)
- With friend(s) or acquaintance(s) etc.
- Alone

(44) Frequency

Frequency refers to the number of times or the number of days that the activities were actually performed by the respondent in the past year.

“Travel and excursions” is surveyed by the number of times, and the others are surveyed by the number of days.

The number of days are classified as follows:

- 1-4 days a year
- 5-9 days a year
- 10-19 days a year (1 day a month)
- 20-39 days a year (2-3 days a month)
- 40-99 days a year (1 day a week)
- 100-199 days a year (2-3 days a week)
- 200 days or more a year (4 days or more a week)

(45) Participants in the activity

Those who actually engaged in the activity at least once during the past year

(46) Participation rate in the activity

$$\frac{\text{Participants in the activity}}{\text{Population}} \times 100 (\%)$$

(47) Average days for participation in the activity

Average days for participation in the activity in the past year are calculated by the following formula. For “200 days or more a year”, 282.5 days are used as “the median of the frequency class”.

$$\Sigma (\text{“the median of the frequency class”} \times \text{“number of participants of the frequency class”}) \div \Sigma (\text{“number of participants of the frequency class”})$$

The median of each frequency

Frequency class	Median
1-4 days a year	2.5 days
5-9 days a year	7.0
10-19 days a year (1 day a month)	14.5
20-39 days a year (2-3 days a month)	29.5
40-99 days a year (1 day a week)	69.5
100-199 days a year (2-3 days a week)	149.5
200 days or more a year (4 days or more a week)	282.5

(48) Average time per day in the activity

The average time per day in the activity that participants have spent on activities (only volunteer activities) during the past year (October 20, 2010 – October 19, 2011) is calculated.

6. Area Classification

In this survey, the results are tabulated according to the following area categories.

a. Prefectures (47 prefectures)

b. Districts (14 districts)

The whole country is divided into the following 14 districts.

Districts	Prefectures
Hokkaido	Hokkaido
Tohoku	Aomori, Iwate, Miyagi, Akita, Yamagata, Fukushima
Kanto I	Saitama, Chiba, Tokyo, Kanagawa
Kanto II	Ibaraki, Tochigi, Gumma, Yamanashi, Nagano
Hokuriku	Niigata, Toyama, Ishikawa, Fukui
Tokai	Gifu, Shizuoka, Aichi, Mie
Kinki I	Kyoto, Osaka, Hyogo
Kinki II	Shiga, Nara, Wakayama
Sanin	Tottori, Simane
Sanyo	Okayama, Hiroshima, Yamaguchi
Shikoku	Tokushima, Kagawa, Ehime, Kochi
Northern-Kyushu	Fukuoka, Saga, Nagasaki, Oita
Southern-Kyushu	Kumamoto, Miyazaki, Kagoshima
Okinawa	Okinawa

c. Major Metropolitan Areas (10 areas and 3 areas) (Note 1)

A major metropolitan area consists of a central city (one of the ordinance-designated cities and Ku-area of Tokyo) and its neighbouring municipalities.

A neighbouring municipality refers to a city, a town or a village from where 1.5 percent or more of its total residents commute to the central city for work or school.

In case two or more central cities are located close together, a united metropolitan area is set up for them.

In this survey, the following areas are used based on the 2005 Population Census.

• 10 Major Metropolitan Areas

(Names in parentheses refer to the central cities.)

- Sapporo Major Metropolitan Area (Sapporo-shi)
- Sendai Major Metropolitan Area (Sendai-shi)
- Kanto Major Metropolitan Area (Saitama-shi, Chiba-shi, Ku-area of Tokyo, Yokohama-shi, Kawasaki-shi, and Sagami-hara-shi)
- Niigata Major Metropolitan Area (Niigata-shi)
- Shizuoka - Hamamatsu Major Metropolitan Area (Shizuoka-shi and Hamamatsu-shi)
- Chukyo Major Metropolitan Area (Nagoya-shi)
- Kinki Major Metropolitan Area (Kyoto-shi, Osaka-shi, Sakai-shi, and Kobe-shi)
- Okayama Major Metropolitan Area (Okayama-shi)
- Hiroshima Major Metropolitan Area (Hiroshima-shi)
- Kitakyushu-Fukuoka Major Metropolitan Area (Kitakyushu-shi, and Fukuoka-shi)

• 3 Major Metropolitan Areas

Among the above major metropolitan areas, the Kanto Major Metropolitan Area, Chukyo Major Metropolitan Area and Kinki Major Metropolitan Area are called the Three Major Metropolitan Areas.

d. City Group (5 groups) (Note 2)

Cities, towns and villages are classified as follows according to the population size based on the result of the 2010 Population Census.

- i) Large cities; those with a population of 1,000,000 or more
- ii) Medium cities; those with a population of 150,000 or more but less than 1,000,000
- iii) Small cities A; those with a population of 50,000 or more but less than 150,000
- iv) Small cities B; those with a population of less than 50,000
- v) Towns and villages

e. Densely Inhabited District (Note 3)

Based on the result of the 2010 Population Census, enumeration districts are classified into Densely Inhabited District or not.

When both base units of Densely Inhabited District and other districts exist in an enumeration district, the district is regarded as Densely Inhabited District.

(Note 1) Metropolitan area is the area consisting of a core city of that area meeting with the following conditions and its adjacent cities, towns and villages. The commuting population in the 2005 Population Census is used in defining metropolitan areas, however, the boundaries of cities, towns and villages as well as core cities comprising the area are based on the boundaries as of October 20, 2011.

(Note 2) The classification of city groups is different between surveys before 1986, in 1991, and after 1996. For chronological order comparison, it should be used with care.

(Note 3) Densely Inhabited District is defined as an area within a *shi*, *ku*, *machi* or *mura* that is composed of a group of contiguous Basic Unit Blocks (Population Census) each of which has a population density of about 4,000 inhabitants or more per square kilometer and whose total population exceeds 5,000 as of 1 October 2010.