

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