Explanation of Terms (Questionnaire A)

1. Characteristics of Individuals

(1) 10 Years Old and Over

1 Age

Age is calculated in completed years on October 20, 2021

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, 2021.

- 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
 - * Vocational schools reproduced in these categories.

Schools covered in this survey include elementary schools, junior high schools, high schools, vocational school, 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.

Advanced courses of vocational schools and miscellaneous educational institutions are classified based on entrance requirements and course terms as follows:

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	

4 Usual state of health

The following statements that most accurately describe the usual state of health which affects an individual's daily life are classified as follows:

- Excellent
- Good
- Fair
- Not good
- Poor

(2) 15 Years Old and Over

5 Chronic Illnesses and Longstanding Health Problems

Chronic illness and longstanding health problems are classified as a health issue which persists for more than six months and was classified to include illnesses, injuries, and more that affect an individual.

6 Limitation in Usual Activities

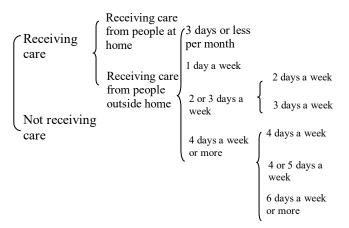
The following statements reflect answers which accurately describe limitations that individuals face in their daily lives and are classified as follows:

Severely limited Limitation in in usual activities usual activities (for at least the (for at least the past 6 months). past 6 months). Limited but not severely in usual Not limited in activities (for at usual activities least the past 6 (for at least the months) past 6 months).

This question was newly added to the 2021 survey, based on questions posed by Eurostat, to improve international comparability and more. The goal of this survey is to grasp the presence of limitations in usual activities, and if they do exist, whether they have continued for six months or more. Eurostat defines an individual as limited if their limitation continues for more than six months. The data collected in this survey does the same, defining individuals as "limited" if they face limitation in usual activities which continue for at least the past six months.

7 Receiving Care

The following statements are classified based on whether an individual receives care on a routine basis, and if so, how frequently and are classified as follows: (multiple answers allowed if responded as "receiving care").

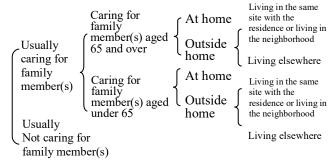


"Receiving care" here refers to the providing of assistance with bathing, restroom use, travel, meals, and more, as well as assistance with household chores like laundry and cleaning. This data also includes individuals who receive care but have not been recognized as needing it under the Long-Term Care Insurance Act or the Comprehensive Support of Persons with Disabilities Act.

This data does not include individuals who are temporarily ill or temporarily bedridden.

8 Activity of Caring

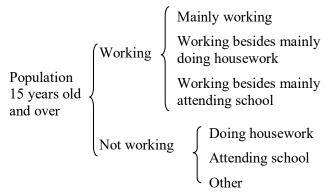
The following statements are for if someone provides care for a family member, and if so, who and where, and is classified as follows: (multiple answers allowed if responded as "receiving care")



In cases where it was difficult to decide whether the activity was "usual" or not, caring or nursing for 30 days and over in a year was assumed to be usual activity.

9 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.

10 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.

11 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 unpaid family
 members, including shop owners, factory
 owners, farm owners, physicians in private
 practice, lawyers, writers, and itinerant
 merchants.
- 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.
- Self-employed ... Refers to persons who are "Self-employed with employees" or "Self-employed without employees".

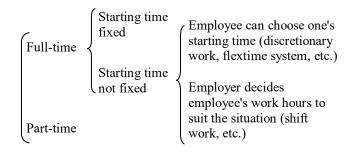
12 Form of employment

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

13 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).

14 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, 2020 – October 19, 2021).

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".

15 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 2021 Survey on Time Use and Leisure Activities and the 2020 Population Census (Medium Groups)".

16 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".

17 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.

18 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.

19 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, 2020 – October 19, 2021).

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.

(3) Others

20 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

21 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.

22 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

23 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

24 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

25 Annual income of the household

Annual income of the household is the total amount of income during the past year (from October 20, 2020 to October 19, 2021) 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.

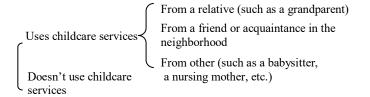
Receipts resulting from decrease of assets such as withdrawals from savings and nonrecurrent incomes as retirement benefits are not included.

26 Attending School & Preprimary School

Households with a child under age 10 were surveyed about attendance at a nursery school, kindergarten, or centers for early childhood education or care. Those with children in elementary school were asked about the use of after-school care for children. Households were not asked if the nursery school, kindergarten, or centers for early childhood education or care were licensed or not.

27 Accepting Childcare Service

The following statements are classified based on whether responder checked that the routine provider of childcare services was a household member or not.



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 excluding "Nothing applies" responses).

- Travel and excursion
- Event, wedding or funeral (lasting over half a day)
- Business trip or training, etc.
- Telework (work at home)
- Telework (others)
- · 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

selected."

Nothing applies

Tabulation is indicated by the following categories.

Ordinary day... Day for working person checks
"Nothing applies" or "Telework (from home/others)" only. Day for not working person checks "Nothing applies" only. If work status was unclear, "ordinary day" was defined as days where "Nothing applies was

Holiday or vacation... Day where "holiday or vacation, etc."
was checked. Includes days from
working person who checked, "Leave
for child rearing or taking care of a sick
child" or "Leave to take care of a family
member."

Tabulation is further indicated in combination with "Day of the week" by the following categories

Working day

(Excluding business trip or training, etc.)

Of which telework (work at home)

Of which day excluding telework

No working day

"Working day (excluding business trip or training, etc.)" refers to working person who check "Nothing applies" or "Telework (work at home/others)" yet still checked "work" as a part of their day.

"Telework (work at home/others)" refers to individuals who work in a location separate from their employer in principle via Information and Communications Technology (ICT), or individuals who run their own businesses that select their domicile or voluntarily select a location which corresponds to their domicile as their location for working.

"No working day" when checked by working person includes "holiday or vacation, etc." "leave for child rearing or taking care of a sick child" and "leave to take care of a family member." Also includes days where "work" is selected as a part of their day.

Saturday (no school day) ... Saturdays with "Holiday or vacation, etc." checked for a person who attends school.

Saturday (school day) ... Saturdays other than "Holiday or vacation, etc.", checked for a person who attends school.

30 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)

31 Average time spent in activities

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" =
 (Monday average + + Sunday average)

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

 $(5 \times \text{Weekday average} + \text{Saturday average} + \text{Sunday average})$

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
 (Monday average + + Sunday average)*
 The number of the day with participants in the activity from Monday to Sunday
 *Only the day(s) with participants in the activity

32 Participants in the activity

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

33 Participation rate in the activity

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

34 Use Time of Smartphones/PCs

"The usage time of smartphones and computers on the date of the survey is classified as follows.

- · Did not use
- · Less than 1 hour
- 1 to less than 3 hours
- 3 to less than 6 hours
- 6 to less than 12 hours
- 12 or more hours

"Smartphones/PCs" here includes all mobile phones and tablet devices. This does not include game consoles or mobile music players.

"Use" here refers to instances such as listening to music via a smartphone while traveling or using a computer while at work. Does not include any use, viewing, or listening which occurs while the respondent is sleeping or otherwise unconscious..

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
 - 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.
- "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

• Time of going to work ... The starting time of

• 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

adopted.

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

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

*"Smartphone/PC use" is shown instead of "usage rate of Smartphones/PC"

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.

 Σ (Elapsed time from 0 o'clock in the morning of the first day × Number of doer)

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, 2020 to October 19, 2021) 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:

Foreign languages

Commerce and business (total)

English language
Other foreign languages

Computing, etc.
Commerce and business

Caring

Home economics and housework Humanities, social and natural sciences Ars 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,

Classes, courses or workshop, etc.

Sponsored by municipalities, etc.
Sponsored by private institutions
Sponsored by universities, etc.

Correspondence course

Self-studying/Self-learning

Study groups, etc.

Miscellaneous schools or vocational schools.

Other

40 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 disabled
- 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 that have juridical personality on the basis of the Act on Promotion of Specified Non-profit Activities (Act No. 7 of 1998).
- 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.

41 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 23 kinds of sports.

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

42 Hobbies and amusements

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

Data are obtained for each of the following 35 kinds of hobbies and amusements.

- Watching sports games (excluding TV, smartphone, PC etc.)
- Watching works of art (excluding TV, smartphone, PC etc.)
- Watching vaudevilles, plays and dances (excluding TV, smartphone, PC etc.)
- Watching movies in a movie theater
- Watching movies other than at a movie theater (TV,DVD, PC etc.)
- Listening to classic music at concerts, etc.
- Listening to popular music at concerts, etc.
- Listening to music by CD or smartphone, etc.
- Playing musical instruments
- Traditional Japanese music (including folk song, and traditional Japanese music)
- Chorus or vocal music
- "Karaoke"
- 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 (Excluding comics)
- Reading comics
- The game of "Go"
- The game of "Shogi"
- Playing "Pachinko"
- Playing games on a smartphone, home video game consoles, etc.
- Visiting recreation ground, zoo, aquarium, etc.
- Camping
- Other hobbies or amusements

43 Travel and excursion

"Travel and excursion" include all kinds of travel and excursion activities.

(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	{ Sightseeing

(2) Person(s) doing together

- With family
- With colleague(s) or classmate(s)
- With neighbor(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 (October 20, 2020 – October 19, 2021).

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

The number of days were 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)
- Do not know how many days

45 Participants in the activity

Those who actually engaged in the activity at least once during the past year (October 20, 2020 – October 19, 2021).

46 Participation rate in the activity

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

47 Average days for participation in the activity

Average days for participation in the activity in the past year (October 20, 2020 – October 19, 2021) 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". "Do not know how many days" is excluded from the calculation.

 Σ ("the median of the frequency class" × "number of participants of the frequency class") ÷ Σ ("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, 2020 – October 19, 2021) is calculated.

6. Area Classification

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

(1)Prefectures (47 prefectures)

(2)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, Shimane
Sanyo	Okayama, Hiroshima, Yamaguchi
Shikoku	Tokushima, Kagawa, Ehime, Kochi
Northern-Kyushu	Fukuoka, Saga, Nagasaki, Oita
Southern-Kyushu	Kumamoto, Miyazaki, Kagoshima
Okinawa	Okinawa

(3)Major Metropolitan Areas (11 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 neighboring municipalities.

A neighboring 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 2015 Population Census.

• 11 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 Sagamihara-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)
- Kumamoto Major Metropolitan Area (Kumamoto-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.

(4)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 2020 Population Census.

- Large cities; those with a population of 1,000,000 or more
- Medium cities; those with a population of 150,000 or more but less than 1.000.000
- Small cities A; those with a population of 50,000 or more but less than 150,000
- Small cities B; those with a population of less than 50,000
- Towns and villages

(5) Densely Inhabited District (Note 3)

Based on the result of the 2020 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 2015 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, 2021.
- (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 comprised of a group of contiguous Basic Unit Blocks (in the Population Census), or Enumeration Districts in cases where there are multiple EDs in one Basic Unit Block, each of which (Basic Unit Block or ED) has a population density of about 4,000 inhabitants or more per square kilometer and whose total population is 5,000 or more as of October 1, 2020 (the 2020 Population Census).

Attached Table 1: Correspondence Table of Occupational Classification between the 2021 Survey on Time Use and Leisure Activities, and the 2020 Population Census (Medium Groups)

Occupational Classification in the 2021 Survey on Time	Use and Leisure Activities Occupa	ational Classification in the 2020 Population Census (Medium Groups)
Administrative and managerial workers		nistrative and managerial workers
		Management government officials
		Officers of companies and organizations
		Other administrative and managerial workers
Professional and technical workers	Profes	ssional and technical workers
Technical workers		Technical workers
Health care workers		Health care workers
Teachers		Teachers
Other professional and technical worke	ers	Researchers
o mer professionar and teenmear worke		Social welfare specialist professionals
		Legal workers
		Management, finance, and insurance professionals
		Workers in religion
		Authors, journalists, editors
		Artists, designers, photographers, film operators
		Musicians, stage designers
	C1 ·	Other specialist professionals
Clerical workers	Cleric	al workers
General clerical workers		General clerical workers
Accountancy clerks		Accountancy clerks
Other clerical workers		Production-related clerical workers
		Sales clerks
		Outdoor service workers
		Transport and post clerical workers
		Office appliance operators
Sales workers	Sales	workers
Merchandise sales workers		Merchandise sales workers
Quasi-sales workers		Quasi-sales workers
Sales workers		Sales workers
Service workers	Servic	e workers
Care service workers	Scric	Care service workers
Domestic hygiene service workers		Domestic hygiene service workers
		Food and drink preparation workers
Food and drink preparatory workers		* *
Customer service workers		Customer service workers
Other service workers		Domestic support service workers
		Healthcare service workers
		Residential facilities, office buildings and other management personnel
		Other service workers
Security workers		ty workers
Agriculture, forestry and fishery workers	Agrica	ulture, forestry and fishery workers
		Agriculture workers
		Forestry workers
		Fishery workers
Manufacturing process workers	Manu	facturing process workers
Product manufacturing and processing wo	orkers (metal products)	Product manufacturing and processing workers (metal products)
Product manufacturing and processing workers	* * * * * * * * * * * * * * * * * * * *	Product manufacturing and processing workers (except metal products)
Machine assembly workers	/	Machine assembly workers
Machine maintenance and repair works	ers	Machine maintenance and repair workers
Product inspection workers	J. J	Product inspection workers
Machine inspection workers		Machine inspection workers
•	facturing works	Manufacturing-related and quasi-manufacturing workers
Manufacturing-related and quasi-manu		
Transport and machine operation workers	[1 rans]	port and machine operation workers
		Railway drivers
		Motor vehicle drivers
		Ship and aircraft operators
		Other transport workers
		Stationary and construction machinery operators
Construction and mining workers	Const	ruction and mining workers
		Construction and civil engineering workers
		Electric construction workers
		Mine workers
Carrying, cleaning, packaging, and related wor	kers Carrvi	ing, cleaning, packaging, and related workers
Carrying workers		Carrying workers
Cleaning workers		Cleaning workers
(Jeaning Workers	i i	Cioninia Womens
<u> </u>	nd related workers	Packaging workers
Other carrying, cleaning, packaging, an	nd related workers	Packaging workers Other corruing elegating packaging and related workers
		Packaging workers Other carrying, cleaning, packaging, and related workers pation unable to classify

Attached Table 2: List of Examples of Kind of Activities

and depropried to okeyo A whelling does whething the forming share priest or of a share above, and who may be found a plant priest or of a share above, and who may be found as a share above, and who may be found as a share above, and who may be found as a share above, and the share above and the share above and the share above, and the share above and the share above, and the share above and the share above and the share above and the share above above, and the share above and the share above above above above above, and the share above above above above above above above above above above, and the share above	Kind of activities	Example	Description
Experiment current Weiging fore, harding, politicity, dividing, dividing, dividing, dividing, dividing, dividing, dividing, shared, weight extraments, helding sainty levines and experiments, helding sainty levines and extraments the control of t	1. Sleep		- Time from going to bed till getting up
she declared to recording a hard person or out at a hard salter, edicite to terroration, beliefung similar and belang service. 3. Meals being and distaling at home and resolutions, e.e. 4. Commuting to and format children and the control of th		until dropping off to sleep	- A quick nap should be included in "13. Rest and relaxation".
service tearment, kenting using hone-wish before services. Activities using marking on a declaration of the company of the co	2. Personal care		- Something to be done for oneself
Activities using menting or we revise are included an flat entropy. 4. Communing to and from school turns, cutting and darkange at verlaphore with the control turns, cutting and training to such processing to the control turns. Activities institutions and vocational schools have been described by the control turns. Activities institutions and vocational schools have been described by the control of the control turns. Activities institutions and vocational schools have been described by the control of the control turns of turns of the control turns of			- Cooking, cleaning house and laundry should be included in "7. Housework".
section lanch, uning and orthogonal contraining an exceptions. Going to work and settering bound. Settering bound investments and volunteed and coloring for work, evertime work, would be methoded in "I.B. Read and obtaining". Normal work, preparations and volunteed and obtaining for work, evertime work, would have been been preparation for the contraining for mental and the products of preparation for the contraining for work. Normal work preparation for a business of the products of preparation for the contraining and form the destruction of a business of whole preparation for the contraining and state of the products of preparation for the contraining of the contraining and state of the products of the contraining and state of the contraining and state of the products of the contraining and state of the		estilette treatments, samming using nome visit samming service	- Activities using nursing care services are included in this category.
4. Communiting to and from school or work 5. Work Normal words, preparation and vacational absorbs) and necessary work, overfame work, additional metallication and vacational absorbs) and necessary works. Which is the interest of the product of the production of	3. Meals	Eating and drinking at home and restaurants, etc.,	- If the main purpose is socializing, the activities should be included in "18. Social life".
S. Work Stand work, preparation and elemany for work, evertime work, well take or hors, performed not elemany for work, evertime work, well take or hors, performed not elemany for work, evertime work, well take or hors, performed not elemany for work, evertime work, well, which grant work and the performance of the standard or provided the performance of the performance		school lunch, eating and drinking at workplace	
S. Work Normal work preparatus and electronal institutions and vocational schools just returning home Normal work preparatus and electronal forwards, were such, sorth, taken home, purt-time jub, saidme work, helping family hearness, investigating work. Study in class (clearactury, justed high and high schools, technical and justed colleges, colleges or universities, genduets echools, preparatury schools, etc.), preparatury in class and previous of technical and justed colleges, colleges or universities, genduets echools, preparatury schools, etc.), preparatury in class and previous of technical parature of the preparature of the colleges, colleges or universities, genduets echools, preparatury in class (clearactury, justed high and high schools, technical and justed colleges, colleges or universities, genduets echools, preparatury in class (clearactury, justed high and high schools, preparatury). 7. Housework S. Cooking, tiping up after mark, becausing those, taking up and/or a taux, preparatury in echocy, styring the helding, arranging and individual scaemas, checking up and the taux, styring and the technical and individual scaemas, preparatury in echocy, styring the helding, arranging and individual scaemas, checking up and the technical market and the technical and tec	4. Commuting to and	Going to work and returning home, Going to school (including miscellaneous	
Lacer former, part-time, puls, side-line, work, holping family business investigating work Activities of characture, person high early high schools, technical and turner collages, colleges or amiventities, graduals schools, becomed and turner collages, colleges or amiventities, graduals schools, preparatise for colleges, colleges or amiventities, graduals and turner colleges, colleges or amiventities, graduals and turner colleges, colleges or amiventities, graduals and turners. Sending and amisotements are considered accounted to the school fectors. Preparatises for colleges and preparatises for colleges (schools, participated accounts of the schools). The preparatises for colleges graduals are colleges and preparatises and preparatises and preparatises and preparatises. Sending many turners are colleges and preparatises and preparatises and preparatises. Sending many turners are colleges and preparatises and preparatises and preparatises and preparatises and preparatises. Sending and preparatises are disable to include an	from school or work	educational institutions and vocational schools) and returning home	unis category unless extremely different from the usual route.
Schoolwork Subje in class (Celematery junior high and high schools, technical and in the footback of all Moving) Subje in class (Celematery junior high and high schools, technical and some colleges, soldage, our arrivery junior high and high schools, technical and some colleges, soldages, our arrivery produces, speaked to the college in a produce of the college of all Moving ("Celeman and south Intervention additions, studing under a batter, preparative ("Celeman and south Intervention additions, studing out the gorthage, lauruly, in mirry menting believe, buying the backing, our menting schools, etc.), preparation for school feeders ("Celeman and the gorthage, lauruly, in mirry menting believe, buying the backing, our menting schools, express of the college of the gorthage, lauruly, in mirry menting believe, buying the backing out the gorthage, lauruly, in mirry menting believe, lauruly, in mirry menting believe, lauruly, in mirry menting schools, express ("Celeman and the schools) of the collection of the school of the collection and the consequence of the collection of t	5. Work		- Work that produces income for the worker or the whole family
6. Schoolwork Study in class (cleancemery, journo high and high schools, technical and source studyes, vollages in moneymics, graduate classify, preparation for clean and review of legacy, vollages in moneymics, graduate classify, preparation for clean and schools, preparation for clean and review of legacy, but preparation for clean and review of legacy, homework, cleans past schools, former more arctivities, suchying under a train. 7. Housework Chaing takiping and art meals, cleaning basiss, basinework, cleaning a school, former means and folding/alternative general control certains. 8. Carriag or nursing The basis of control certains and folding/alternative legical in the year. Desired part of the propagation of the basis of the control certains and folding/alternative legical in the year. Desired part of the propagation of the basis of the control certains and folding/alternative legical in the year. Desired part of the propagation of the propagation of the propagation of the control of the control of week all and the propagation of		1	
Schoolwork Study in class (cleanary, minor high and high schools, technical and primary colleges, colleges on unrestribe, graduate schools, reportancy schools, etc.), preparation for class and evview of lessons, honorous contentings, nother than the colonity of the proparation for class and evview of lessons, honorous contributes, studying and of more control, cleanary as related to the schools, etc.), preparation for class and evview of lessons, honorous controllers, studying of an extraction of the proparation for school in floridates. Cooking, Thyling up after mosts, cleaning boste, triking out the gradual primary around of knowled in class, carries for family members, beening the household accounts, checking soft prices / exchanging souls, sometial of schools and primary for the control of words in the bank, got to the toiler, move, have a meal, etc., or austral plinisher. R. Carring or nursing 19. Child care Cac for infants, attending on a child, helping a child to study. Playing with a child, pricking up minus, attending a parents reening with a child, pricking up minus, attending a parents reening. P. Child care Cac for infants, attending on a child beloging a child to study. Playing with a child, pricking up minus, attending a parents reening. P. Child care Cac for infants, attending on a child beloging a child to study. Playing with a child, pricking up minus, attending a parents reening. P. Child care Cac for infants, attending on a child beloging a child to study. Playing with a child, pricking up minus, attending a parents reening. P. Child care Cac for infants, attending to post the control of the control of the date of the control of the control of the date of the control of the control of the		inoving during work	
imair colleges, colleges or universities, graduate schools, preparated yr 16s. Spotts' according to their nature, schools, etc., preparated for the said network of cleansp at school, homeroom netwrites, suchgaing the conservation, schools and characteristics, stronger and solid processing and the stronger and solid public gradual processing and solid processing an	6 Schoolwork	Study in class (elementary, junior high and high schools, technical and	~
cleamp at sebod, homecome activities, studying under a tutor, preparation for school fertivity or preparation for school fertivity and pate metals, cleaning house, tuking up a family members to it a wester or states is included in this category, the charging and folding storing clothes, criting the bodding, arranging and folding storing clothes, criting for thinly members, keeping the bodding, arranging and folding storing clothes, criting for thinly members, leaving stocks, remined of weads in the yand, hosities at the hard, city office, etc., care care, equal of families in the category, those a bodd, go to the follot, move, have a meal, etc., or musting himber. 8. Carring or nursing 8. Carring or nursing 10. Shopping 9. Child care Care for infinits, attending on a child, helping a child to study, playing with a child, poking op infinits, attending a premist traveling. 10. Shopping 10. Shopping 10. Shopping 11. Moving (excluding or a tain or hue, waiting time, time for connection, time finding on a train or hue, waiting time, time for connection, time finding or a train or hue, waiting time, time for connection, time finding an activities. 11. Watching TV, listening to the radio, rending a newspaper or magazines 12. Watching TV, listening to the radio, rending a newspaper or magazines 13. Rest and relaxation 14. Learning, self-culculation and training in closes, courses and seminance, or through social currently as with a child present growing and subsequence of the playing a video prince, earling has been considered in the category. Providing a recorded on the conjust of from school or vork." 15. Hobbies and answerently free conjust a special control of the school of the conjust and training in the category of the conjust of the providing and t	o. Schoolwork	junior colleges, colleges or universities, graduate schools, preparatory	"15. Hobbies and amusements" or "16. Sports" according to their nature.
7. Housework Cocking, they'ng as plater metals, clearing house, taking out the probage, leandry, trouting, mending clother, drying the bedding, arranging and foliology-strong clothers, drying the bedding, arranging of foliology-strong clothers, carried of the state of the control of the con			- Studying at a cram school is included in this category.
Cushing, livbring up after meals, cleaning bosses, taking out the gaphage, landly, anoing, meading dothes, dying the bedding, arranging and fodding/stroing clothese, caring to framily members, tecping the bedding, arranging and fodding/stroing clothese, caring to framily members, tecping the bedding, arranging and fodding/stroing clothese, caring to framily members, techniques and the pards, business at the bands, city office, dec., or accure, repair of framiness, checking store, for foreign stocks, tenoval of weak the bands, city office, and the bands of the control of the carding of the bands of the control of the bands of the pards, business at the bands, city office, and the bands of the bands			
garbage, Laurday, ironing, recarding clothes, driving the boading, arranging and foldingsioning clothes, carried freinity members, keeping the bousehold accounts, checking stock prices? occhanging stocks, removal of weeds in the yard, business at the bunk, city office, etc., car care, repair of furniture 8. Carring or nursing likelying a finally member or a relative living in another household to bace a bath, go to the tollet, move, have a meal, etc., or musing hirrhor 9. Child care Care for infants, attending on a child, helping a child to study, playing with a child, picking up infants, attending a powers meeting process, and the medical in this category. 10. Shopping Puchasing food, failty commodities, electronic equipment, leisure commuting) 11. Moving (excluding a cur, walking time, time for connection, time riding an atwaysaper or magazine. Watching TV, instemage to magazine, watching a recorded TV show, reading news on the flarest time of the part of the radio, reading a newspaper or magazine, watching a recorded TV show, reading news on the flarest time of child activities. 13. Rest and relaxation 14. Learning, self-cultural and training encounters and servinies, playing a musical instrument as part of child activities, learning to drive post, should be included in "14. Carning, self-cultural in a cur, walking time, time for connection, time riding an encounter of the radio, reading a newspaper or magazine. 15. Sports Participation in various affective, playing self-connection, the properties of the radio, reading a newspaper or magazine should be included in "14. Carning, self-cultural integers of the radio, reading an every and the radio of the radio, reading an every and the reading and recorded on the radio of the radio o	7. Housework		- Picking up a family member who is a worker or student is included in this category.
keeping the household accounts, checking slock prices? occhanging stocks, removal of weeds in the yard, hastness at the hank, city office, or common difference in the yard, hastness at the hank, city office, etc., currency for furniture. 8. Carring or nursing leads a hard, go to the trailed, novel, have a meal, etc., or nursing himber 9. Child care Care for infants, attending on a child, helping a child to study, playing with a child, picking up infants, attending a paceus meeting. 9. Child care Care for infants, attending on a child, helping a child to study, playing with a child, picking up infants, attending a paceus meeting. 9. Child care Care for infants, attending on a child, helping a child to study, playing with a child, picking up infants, attending a paceus meeting. 10. Shopping Perhasing flood, fally commodities, electronic equipment, frinter commontating. 11. Moving (excluding condition) Crime fiding on a train or bus, waiting time, time for connection, time citing in a car, walking time communiting. 12. Watching TV, Isstening to the radio, reading a newspaper or magazine, watching a recorded TV show, reading news on the internet in generating an environment of the control of th			
stocks, removal of weeds in the yard, business at the bank, city office checking stock prieses. Feechanging stocks through the Internet is also included in this category. 8. Carring or nursing himber 1. Care for infants, attending on a child, helping a child to study, playing with a child, picking up infants, attending a pretent meeting with a child, picking up infants, attending a parents meeting with a child, picking up infants, attending a parents meeting. 9. Child care 2. Care for infants, attending on a child, helping a child to study, playing with a child, picking up infants, attending a parents meeting. 10. Shopping Purchasing food, duly commodities, electronic equipment, leisure goods, etc., resting a DVD Purchasing food, duly commodities, electronic equipment, leisure goods. etc., resting a DVD 11. Moving (excluding to make the child of the commercion, time childing in a car, walking time. 12. Watching TV, Islaeding on a train or bas, swaling time, time for connection, time childing a recorded TV show, reading a newspaper or magazine, watching a recorded TV show, reading news on the laternation smaller. 13. Rest and relaxation smaller, care the commercion of the commercian of the			
Refaing or nursing Helping a family member or a relative living in another household to take a bath, go to the toilet, move, have a meal, etc., or nursing himber Caring and nursing a family member who is temporarily confined to take a bath, go to the toilet, move, have a meal, etc., or nursing himber Caring and nursing a family member who is temporarily confined to take a bath, go to the toilet, move, have a meal, etc., or nursing himber Caring and nursing a family member without compensation should be included in "17. Volunteer and social activities" Purbasing food, daily commodities, electronic equipment, leisure goods, etc., retining and DVD Time riding on a train or bus, wanting time, time for connection, time riding on a art may be used to the radio, reading a newspaper or magazine watching a recorded TV show, reading news on the Internet Purbasing food, ally (incompanie) Purbasing food, daily commodities, electronic equipment, leisure goods, etc., retining and DVD Time riding on a train or bus, wanting time, time for connection, time riding on a car, walking incommunity Purbasing food, daily commodities, electronic equipment, leisure goods, etc., retining and to this category. Presonal care for a school-loge child should be included in "14. Learning and the shipping and online shipping are also included in "14. Learning shipping and exception on the shipping and online shippi			
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17. Volunteer and social activities) Cleaning up roads and parks, visits to welfare homes, Braille translation, sign language, procurement of relief supplies for disaster areas, blood donations, providing daily life assistance to the elderly, serving as a welfare commissioner, caring for a children's group, serving as a guide at an art museum, recycling campaigns, road safety campaigns (Social activities) Labor movements, political activities, doing missionary work, voting in an election 18. Social life Eating and drinking with friends, ceremonial occiasions, attendance/preparation for a reunion party, courtesy visits, get-well visits to a friend, talks with a friend face-to-face or on the phone, interacting with friends via text or on social media, writing a letter 19. Medical examination or treatment Cleaning up roads and parks, visits to welfare homes, Braille translation, sign language, procurement of relief supplies for disaster areas, blood donations, providing daily life assistance to the elderly, serving as a welfare commissioner, caring for a neighborhood association, PTA, and guild, to which the person belongs, is included in this category. Only participation in a bazaar, festival, athletic meeting, etc., held by the community or group to which the person belongs, is included in "10. Shopping", "15. Hobbies and amusements" or "16. Sports". Hobbies/amusement and sports for companionship purposes should be included in "15. Hobbies and amusements" and "16. Sports", respectively.			
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Labor movements, political activities, doing missionary work, voting in an election 18. Social life Eating and drinking with friends, ceremonial occiasions, attendance/preparation for a reunion party, courtesy visits, get-well visits to a friend, talks with a friend face-to-face or on the phone, interacting with friends via text or on social media, writing a letter 19. Medical examination or treatment Consulting with a doctor/receiving medical treatment at a hospital, recuperation at home		an art museum, recycling campaigns, road safety campaigns	in 10. Shopping, 13. Hoodies and amusements of "10. Sports".
18. Social life Eating and drinking with friends, ceremonial occiasions, attendance/preparation for a reunion party, courtesy visits, get-well visits to a friend, talks with a friend face-to-face or on the phone, interacting with friends via text or on social media, writing a letter 19. Medical examination or treatment Consulting with friends, ceremonial occiasions, attendance/preparation for a reunion party, courtesy visits, get-well visits to a friend, talks with a friend face-to-face or on the phone, interacting with friends via text or on social media, writing a letter Consulting with a doctor/receiving medical treatment at a hospital, recuperation at home		(Social activities)	
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friend, talks with a friend face-to-face or on the phone, interacting with friends via text or on social media, writing a letter 19. Medical examination or treatment Consulting with a doctor/receiving medical treatment at a hospital, recuperation at home	18. Social life	attendance/preparation for a reunion party courtesy visits get_well visits to a	1 1 1 1 1 11 11 1 1 1 1 1 1 1 1 1 1 1
19. Medical examination or treatment Consulting with a doctor/receiving medical treatment at a hospital, recuperation at home		friend, talks with a friend face-to-face or on the phone, interacting with friends	included in "15. Hobbies and amusements" and "16. Sports", respectively.
		via text or on social media, writing a letter	
20. Other activities Job-seeking activities, visiting a grave, praying at the family altar, filling out a survey slip	19. Medical examination or treatment	Consulting with a doctor/receiving medical treatment at a hospital, recuperation at home	
	20. Other activities	Job-seeking activities, visiting a grave, praying at the family altar, filling out a survey slip	

Attached Table 3: List of Examples of Learning, Self-education and Training

Kind of learning, self-	Examples	
education and training		Examples of National Exams and Certifications
English language	English language, English conversation, English proficiency test	
Other foreign languages	French, German, Chinese, Spanish, Russian, Korean	
Computing, etc.	How to use a computer software, programming, how to create documents using a computer	Information Technology Passport Examination, Findamental Information Technology Engineer Examination
Commerce and business	Commercial practice, banking practice, foreign exchange practice, marketing practice, financial practice, bookkeeping, accounting, tax practice, financial practice, typewriting in Japanese/English, secretary, international tourist guide, flight attendant, simultaneous interpreter,management practice, corporate management, consulting service, tourism management, stenography, hotel tourism,computation by abacus, editing and public relations, business English	CTPA, SMEC, Management Consultant,National Government Licensed Guide Interpreter,Licensed Strata Management Consultant
Caring	Home nursing care, home-visit nursing care	Certified Care Worker, Care Manager
Home economics and	Home management theory, food science, housing theory, pedology, dressmaking and sewing, cooking, knitting, fancywork,	
housework	embroidery, flower arrangement, kimono dressing, manners, art of living	
Humanities, social and	Literature, Japanese literature, linguistics, foreign languages, comparative literature, children's literature,	Curator (Assistant), Judicial
natural science	Japanese history, oriental history, western history, historical science, geography, human geography, archaeology,	Scrivener, Aministrative Scrivener, Real Estate
	philosophy, psychology, ethics, religious studies, Buddhist studies, theology, eastern thought,	Appraiser, Real Estate
	humane studies, cultural studies, civilization studies, library and information science, behavioral science	Notary, CPA, Registered
	Constitution, Civil Code, Commercial Code, Penal Code, international law, Code of Civil Procedure, economic law, politics,	Customs Specialist,
	business administration, accounting, history of economic thought, international economics, marketing,	Meteorologist, Agricutlural Extension Worker, Radio
	sociology, social welfare studies, cultural anthropology, journalism, social psychology,	Operator for General
	political economics, public administration, international relations, city planning, regional planning, management engineering	Services, Auto Mechanic,
	Mathematics, applied mathematics, theory of stochastic processes, industrial and applied mathematics, information science,	Chief Electrical Engineer,1st-
	physics, geophysics, cosmophysics, theory of physical properties, astronomy, applied physics,	class and 2nd-class Licensed Architect, Certified Orthoptist
	chemistry, inorganic chemistry, organic chemistry, polymer science, life science,	Arcinicei, Certifica Ortifoptisi
	biology, biochemistry, zoology, botany, physiology, genetic engineering,	
	geological science, geoscience, mineralogy, hydrospheric-atmospheric sciences, meteorology,	
	basic science, marine science, atom physics, environmental biology	
	Agronomy, agrobiology, landscape gardening, agricultural chemistry, food engineering, food chemistry,	
	agricultural engineering, agricultural mechanics, agricultural economics, agricultural management science,	
	forestry, forest engineering, veterinary science, dairy science, marine resources, environmental conservation science	
	Mechanical engineering, electronic and communication engineering, civil/architectural engineering, applied chemistry/science	
	civil engineering and construction, electrical and electronic technology, wireless communication, automobile servicing, machinery, information processing	
	Medical science, nursing science, dental technology, clinical examination, acupuncture/moxacautery/massage	
Art and culture	Painting, oil painting, sculpture, art prints, figurative arts, animation, manual arts and crafts,	
	graphic design, interior design, video design,	
	general theory of music, vocal music, composition, direction, sound art, musical instruments, sound track,	
	actor training, dance, Noh dramas, broadcast art, video art, puppet plays, popular entertainment,	
	photographs, camera techniques, image development, photographic printing, photographic art,	
	calligraphy, penmanship, lettering	
Other	Nutrition, cooking, hairdressing, cosmetic treatment,	
	how to be an ideal parent, roles of parents, educational functions in the household, growth and development of children,	
	education, teacher training, social welfare,	
	global environmental issues, welfare issues, commodity prices, employment problems, juvenile problems, international politics,	
	genetic problems, bullying issue,	
	general culture, car driving skills	

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 volun	teer activities	Examples	
Health or medactivities	dical related	 Calling for blood donations or participation in blood donation campaigns Patrolling medical treatment Health counseling 	- 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	 Provision of data on medicines Provision of opportunities for interaction between the elderly and the youth (children) Instructing elderly people on recreational activities and enjoying time with them 	- Visiting elderly people to check on their safety, going for a walk together, providing them with companionship - Delivering meals to elderly people who are
		 Coaching how to obtain skills for finding motivation in life Inviting elderly people living alone to someone's 	confined to bed and/or live alone - Nursing care service
Activities for	the disabled	own home - Guiding blind or orthopedically-impaired children to school, etc. - Educational guidance for disabled people - Instructing disabled people on recreational activities and coaching them how to obtain skills - Visiting home-bound disabled people to check on their safety, home-visit assistance	 Cooperation for social participation of disabled 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	 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 	 Educational guidance for children Care for children Assistance for school events
Activities	Sports	- Giving instruction at sports lessons	- Guarding a sports event site
related to sports,	Social examination	- Holding various seminars	- Serving as an instructor for courses designed for working people at university
culture, art and science	Culture and art	 Support for fostering musicians and artists Organizing a community theater group Planning a meeting to see a theatrical performance 	Inheritance and dissemination of traditional cultureStudy of local history
	Science	- Research studies and provision/collection of information	- Support for academic circles, study groups and study sessions
Local improvactivities	ement	Planting flowers along roadsidesArrangement of bicycle sheds at stationCleaning up roads and parks	 Interaction between urban and rural areas Activities as a leader of a community group Activities for village/local development
Safety promo activities		 Patrol for inspection of dangerous spots in the region Activities to ensure safety within a school zone 	- Traffic safety campaigns - Fire prevention patrol
Conservation environmenta	al activities	 Instruction on how to make soap from waste oil Beach cleaning campaigns (garbage collection) Environmental education activities 	Bird watching and protectionDesert greening activities (or tree-planting activities)
Disaster relat		 Procurement and transport of relief supplies Collecting funds for disaster recovery, and engaging in labor service at disaster site 	 Relief activities at disaster site, such as emergency rice feeding Relief activities for disaster victims after disaster
Activities rela			
		- Overseas technical cooperation	- Support for foreign students in Japan
Other		 Human rights counseling Provision of information system technology Communication, advice and aid for management amentioned above 	Support for welfare recipientsConsumer consultationand activities of organizations engaging in activities