

How to Fill in the Questionnaire

- ◆ **As of October 20, 2026, please use a separate book for each person in your household aged 10 and over:**
 - who has already been living with you for three months or more;
 - or
 - who will be living with you for three months or more.
 - Please include single cohabitants or live-in employees who share your household expenses, even if they are not family members, in your household count.
- ◆ **As of October 20, individuals currently hospitalized, in a convalescent facility, or residing in social welfare facilities do not need to fill in the questionnaire.**
 - For those temporarily absent from home for less than three months due to travel, business trips, or work away from home, the survey will be conducted at home.
 - For those without a place of residence or planned residence for three months or longer, the survey will be conducted at their current location.
 - Students, pupils, and children who commute to school from student dormitories, boarding schools, or private lodgings will be surveyed at those locations, regardless of the length of their stay.
 - Individuals serving on ships will be surveyed at their homes.

Please be sure to fill in the questionnaire with either a **black lead pencil** or **mechanical pencil**!



Please fill in your phone number.

Phone
number

○○○ — ××× — △△△

We may use it to contact you if we need to check anything regarding the questionnaire.

2 Relationship to household head

One household member must be designated as the "household head," and the other household members should indicate their relationship to the designated "household head."

If the household head is absent for three months or more due to reasons such as a temporary assignment away from home, one household member (e.g., spouse) should be chosen to act as the "household head."

1 Name and Sex

(Name)

Taro Toukei

Male Female

☒ ☐

2 Relationship to household head

- If the head of household is absent for three months or longer due to work-related relocation or other reasons, please select a household member (such as a spouse) to act as the "head of household" in their place.
- Grandparents and brothers or sister of the spouse of the household head (husband or wife) are included under "Grandfather or grandmother" or "Brother or sister".
- Grandchildren's spouses are included under "Grandson or granddaughter", spouses of brothers and sisters are included under "Brother or sister".

Head of household	Spouse of the head of household	Child	Spouse of a child	Grandchild	Parents of the head of household	Spouse of the head of household	Parents of the head of household	Grandparents	Brothers and sisters	Others
☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

3 Month and year of birth

3 Month and year of birth

- Please indicate applicable Japanese Era Name or Christian Era (A.D.), and then fill in the year and month in numbers.
- Please use the full four boxes in answering by the year of A.D.

Meiji	Taisho	Showa	Heisei	Christian Era (A.D.)
☐	☐	☒	☐	☐

Year Month

Please fill in the year and month in numbers toward the right hand side.

You do not need to fill in the empty spaces with "0."

4 Marital Status

4 Marital Status

- Please indicate your actual status regardless of legal status.

Never married	Married	Widowed or divorced
☐	☒	☐

5 Education

(1) Enrollment Status

- Please indicate whether you are currently enrolled in school.

Attending school	Graduated	Never attended school
☐	☒	☐

(To column question 6)

(2) Type of School

- If you are currently enrolled in a school, please state what kind of school you are enrolled in. If not, please mark the last kind of school you graduated from. (If you left your last school without graduating, mark the last school you graduated from.)

Elementary school	Junior high school	High school	Vocational school (term of study)	College or university	Graduate school
☐	☐	☐	☐ 1 to less than 2 years ☐ 2 to less than 4 years ☒ 4 or more years	☐	☐

6 Usual state of health

6 Usual state of health

- Please indicate the best choice that applies to your health, based on whether it affects your daily life.

Excellent	Good	Fair	Not good	Poor
☐	☐	☒	☐	☐

▼ The term "whether it affects your daily life" as used here refers to effects on the following daily activities:

- Getting dressed and undressed, having meals, and bathing
- Going out
- Work, housework, and schoolwork
- Habitual or regular exercise (including sports)

etc.

10 - 14 years old

15 years old and over

To page 4 on question 21.

To right column on question 7.

Notes on completing the questionnaire

- Please be sure to fill in the questionnaire with either a **black lead pencil** or **mechanical pencil**.
- If you make a mistake, neatly correct any mistakes with an eraser before writing over it. Please remove all eraser crumbs.
- Please keep these questionnaire sheets clean and do not get them wet with water or other liquids, since they are to be read by a reader device.

5 Education

Please fill in "(2) Type of School" referring to the following:

- For vocational schools, fill in the appropriate category based on the term of study.
- For currently enrolled students, fill in the category based on the term of study, not your current grade level.
- For high schools, vocational schools, junior colleges, colleges or universities, and graduate schools, this includes part-time courses and correspondence courses that lead to graduation eligibility from these institutions.
- If the type of school is not listed on the questionnaire, fill in the corresponding school category (elementary school, junior high school, high school, junior college or technological college, college or university, graduate school) based on admission requirements or the term of study.

▼ For Upper Secondary Specialized Training Schools and Miscellaneous Schools

Fill in the corresponding school category based on admission requirements or the term of study.

If the school does not fall under any of the categories in the table below, mark the most recent school from which you graduated.

Upper Secondary Specialized Training Schools, Miscellaneous Schools		Type of School
Upper Secondary Specialized Training Schools (Upper Secondary Course)	With a minimum of three years of study requiring a junior high school diploma as an admission requirement	High school
Miscellaneous Schools	With a minimum of two years of study requiring a new high school diploma as an admission requirement	Junior college or technological college
	With a minimum of three years of study requiring a junior high school diploma as an admission requirement	High school

- If you your last school without graduating, mark the most recent school from which you graduated. If you left elementary school without graduating, fill in **"Never attended school"** for **"(1) Enrollment Status."**
- Private-tutoring schools, sewing classes, cooking classes, English conversation schools, and training centers for employees or staff are not included in the definition of "school" here.

For both "7 Chronic illnesses and longstanding health problems" and "8 Degree of limitations in activities people usually do," please indicate based on your own circumstances, regardless of which option you selected for "6 Usual state of health."

7 Chronic illnesses and longstanding health problems

Please indicate whether you have any health problems such as illness or injury.

▼ The term "Chronic illnesses and longstanding health problems" as used here refers to

physical or mental health problems—including seasonal or intermittent symptoms—that have lasted, or are expected to last, for 6 months or more.

- ✗ This includes not only illnesses and injuries but also congenital conditions.
- ✗ The severity of the condition does not matter.

If any of the following cases apply, fill in "Yes":

- If you have been receiving regular medical treatment or medication for six months or more
- If you have a chronic illness or an injury from an accident, etc., but pain or symptoms are being managed with medication or medical devices
- If, even without a formal diagnosis from a doctor, you would likely be diagnosed with an illness or condition if examined

If any of the following cases apply, fill in "No":

- Cases where, due to old age, there is some decline in physical function, but there are no regular hospital visits, medication, or symptoms
- Cases where an injury was sustained due to an accident or similar event, but treatment has been completed, there is no pain, and there is no need for regular hospital checkups

9 Do you usually receive care?

If you are simply having someone help with housekeeping, please fill in "I do not receive care."

10 Do you usually care for a member of your family?

If you cannot clearly determine the "usual" state, fill in "Caring for family member(s)" if you have provided care for 30 days or more over the course of a year.

7 Chronic illnesses and longstanding health problems

to last, for 6 months or more.

Do you have any chronic illness or longstanding health problem?

Yes

No

(Regardless of "Yes" or "No" please fill out column 8)

8 Degree of limitations in activities people usually do

- Please only fill in limitations caused by physical or mental conditions
- Please fill in the one that applies the most.

I have been severely limited in activities people usually do	I have been limited but not severely in activities people usually do	I am not limited at all in activities people usually do
for at least 6 months	for less than 6 months	
☐	☐	☐
	for the past 6 months or more	for less than the past 6 months
	☐	☒

9 Do you usually receive care?

- "Care" means help with daily activities such as bathing, dressing, going to the toilet, moving, or having meals, or with housekeeping such as laundry or cleaning.
- "Care" also includes those who have not been assessed for eligibility of benefit under the Long-Term Care Insurance Act and those who are not recognized under the disability support classification of the Services and Support for Persons with Disabilities Act.
- "Care" does not include nursing due to a temporary disease.

(Please fill in the circle for all applicable items)

I receive care from people at home	I receive care from people outside home (relatives, home nursing, day service, etc.)	I do not receive care
☐	☐	☒
3 days or less per month	1 day a week	
☐	2 days a week	
☐	3 days a week	
☐	4-5 days a week	
☐	6 days a week or more	

10 Do you usually care for a member of your family?

- In case the family member you are taking care of resides outside your house, please indicate the place of his/her residence.

(Please fill in the circle for all applicable items)

Caring for family member(s) aged 65 and over	Caring for family member(s) aged under 65	Not caring for family members
☐	☐	☒
Caring at home	Caring at home	
☐	☐	
Caring outside home	Caring outside home	
☐	☐	
In the same site with the residence Or In the neighborhood (within five minutes walking distance)	In the same site with the residence Or In the neighborhood (within five minutes walking distance)	
☐	☐	
Other	Other	
☐	☐	

8 Degree of limitations in activities people usually do

Regardless of whether you have any health problems such as illness or injury, please indicate the degree to which your physical or mental condition affects your daily life.

▼ The term **"Degree of limitations in activities people usually do"** as used here refers to

the degree to which your physical or mental condition affects your ability to carry out daily activities.

It does not include factors unrelated to your physical or mental condition, such as financial reasons.

- Please answer this question based on the **"Degree of limitations in activities people usually do"** you experience, regardless of your responses to **"7 Chronic illnesses and longstanding health problems."**
- The degree of limitations should be assessed based on what is generally considered a typical daily life.

▼ The term **"I have been severely limited in activities people usually do"** refers to

a state in which performing daily activities is impossible or extremely difficult.

This typically applies to cases where you cannot perform activities on your own and require assistance from others.

▼ The term **"I have been limited but not severely in activities people usually do"** refers to

a state in which performing and accomplishing daily activities is somewhat difficult.

This typically applies to cases where assistance from others is not required, or where it is required only occasionally rather than daily.

- For example, if you have difficulty performing activities such as having meals, moving, or dressing due to age-related physical decline or a disability, fill in **"I have been severely limited in activities people usually do"** or **"I have been limited but not severely in activities people usually do"** rather than **"I am not limited at all in activities people usually do."**
- If you are able to carry out daily life without limitations through the use of medication or medical devices, fill in **"I am not limited at all in activities people usually do."**

▼ The term **"I have been limited in activities people usually do for at least 6 months (for less than 6 months)"** refers to

whether the period of limitations has (has not) continued for 6 months or more in the past.

It does not include the projected future period.

- If you are currently experiencing limitations in daily life due to a short-term or temporary injury or illness lasting less than 6 months, fill in **"I have been severely limited in activities people usually do"** and **"for less than 6 months"**, or **"I have been limited but not severely in activities people usually do"** and **"for less than the past 6 months."**

11 Do you usually work?

▼ The term "Work" as used here refers to

any work that generates income, including side job, temporary jobs, "arubaito", and part-time work. Additionally, if a family member is helping in a family business, this is considered "work" even if it is unpaid.

▼ The term "Engaged in work" refers to

individuals who are currently employed and intend to continue working in the future.

- If you are currently on leave from work, you are included in the category of "**Engaged in work**" regardless of whether you are receiving income.
- For individuals whose employment status fluctuates, or family members who help in a family business only during busy periods—in cases where the usual status cannot be clearly determined—fill in "**Engaged in work**" if you work 30 days or more in a typical year.

▼ The term "Doing housework" as used here includes

child care, caring, and nursing.

▼ The term "Attending school" as used here includes

elementary school, junior high school, high school, junior college, college or university, graduate school, as well as preparatory school, dressmaking school, and other Miscellaneous School or Specialized Training College.

11 Do you usually work?

- "Work" means any activity for pay or profit including helping in a family business such as a shop or farm, side job and part-time work.
- "School" includes preparatory schools, vocational schools or other miscellaneous school, etc.
- If you are temporarily taking leave to take care of your child or another member of your family, please consider yourself as "working."



To page 3 on question 13.

12 Do you wish to work?

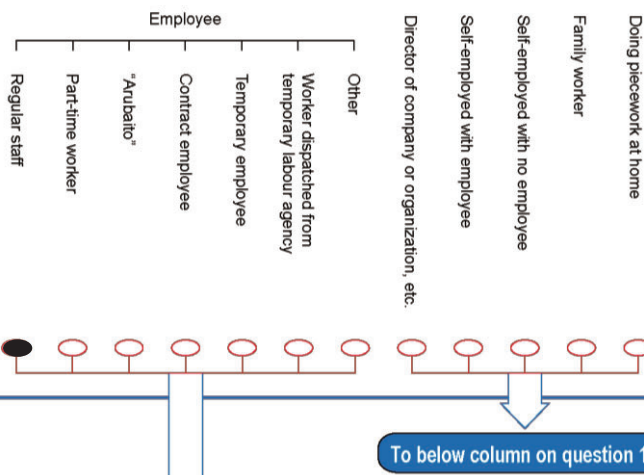


To page 3 on question 20.

To page 4 on question 21.

13 Employment status

- "Self-employed" means those operating their own businesses (including agriculture) or other professionals.
- Employees should indicate their position in their place of work.
- "Work dispatched from a temporary labor agency" means a worker prescribed under the Worker Dispatching Law only.



To below column on question 16.

12 Do you wish to work?

Please indicate based on whether you currently wish to work, not on future plans.

▼ The term "I wish to work" refers to

situations where you can start working immediately if a job becomes available.

In the following cases, since you **"cannot start working immediately,"** fill in **"I do not wish to work"**:

- If you have young children and plan to work after raising them
- If you are a student currently enrolled in school and plan to seek employment after graduation. However, if you are seeking "arubaito" or similar and are ready to start working immediately, fill in **"I am seeking a job."**
- If you will not start working until after graduating from school next spring

▼ The term "I am seeking a job" as used here includes

applying to public employment security offices (Hello Work) or private employment agencies, asking people directly to help find work, or applying for jobs found in newspaper classifieds, as well as waiting for the results of such efforts or registering with a temporary labor agency and waiting for job offers.

It also includes cases where you are making preparations such as securing funds, materials, or equipment to start a business.

13 Employment status

▼ If you have two or more jobs, please indicate your primary job (the one with the higher income; if incomes are equal, the one with the longer working hours).

- Employee
...This refers to people employed by companies, organizations, government agencies, or small businesses, including live-in domestic helpers, day laborers, and those working part-time or in "arubaito."
- Director of company or organization, etc.
...This refers to corporate officers such as company presidents, directors, and auditors, as well as directors and supervisors of independent administrative agencies.
- Self-employed with employee
...This refers to business owners such as proprietors of individually owned shops, factory owners, and farmers, as well as private practitioners, who employ staff to run their businesses.
- Self-employed with no employee
...This refers to business owners such as proprietors of individually operated stores, factory owners, and farmers, as well as self-employed physicians, authors, and peddlers, who operate their businesses solely with themselves or family members assisting in the family business without pay.
- Family worker
...Refers to family members of a self-employed business owner who assist in the business without pay. If they receive a salary or wages, they are considered "Employee" even if they are family members.

Dispatched workers from a temporary labour agency are considered **"Worker dispatched from temporary labour agency"** even if they are referred to as "part-time worker" or "arubaito."

14 Working-time arrangement

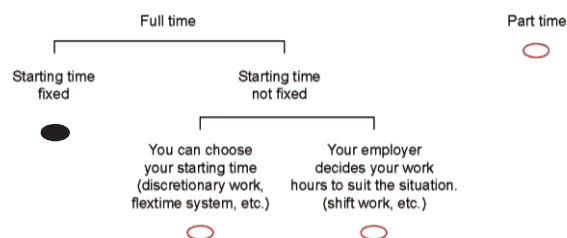
If you are temporarily on leave from work, such as for childcare leave or caregiver leave, please indicate your employment status prior to the leave.

▼ The term "Full time" includes

positions where your predetermined weekly working hours are approximately 40 hours, even if your job title at your employer is "part-time worker" or "arubaito."

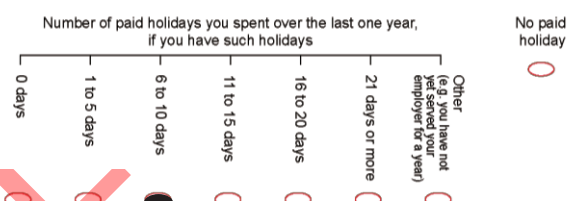
14 Working-time arrangement

- Please indicate your usual working time arrangement.
- "Full time" means you are expected to work about 40 hours each week (for instance, 5 days a week, 8 hours a day).
- "Part time" means you are expected to work shorter than full-timers do each week (for instance, 6 hours a day, or 3 days a week, 8 hours a day).



15 Paid holidays spent each year

- If you have paid holidays each year, please indicate the number of such holidays you spent over the last one year.
- The above excludes sick leave or mourning leave, etc.
- If you have no paid holiday, please indicate "No paid holiday."



16 Detailed of work

- Please describe the kind of work you do in detail.
- When filling in the questionnaire, please refer to the "How to Fill in the Questionnaire" guide.

Processing of shipping slips

To right column on question 17.

15 Paid holidays spent each year

If you are eligible for annual paid holidays but have been in your current position for less than one year, or if you have taken an extended leave of absence during the past year for childcare, caregiving, or medical treatment, fill in "Other."

▼ If you have taken paid holidays in hourly increments or half-days,

add up the total number of hours of paid holidays taken during the past year, convert that total into the number of days based on the predetermined daily working hours, and fill in the result. Round up any fractions.

(Example) If you took 10 days and 4 hours of paid holidays, fill in "11 days."

16 Detailed of work

Please describe in detail the specific duties you actually perform, rather than the nature of your employer's business.

("Detailed of work" is provided to accurately classify occupations and will not be included in the final tally.)

- Do not use vague descriptions such as "office worker," "sales department employee," or "retail worker." Instead, please describe your actual duties in a way that clearly indicates what kind of work you do, as shown in the "Good Example ○" in the table below.

Good Example ○	Bad Example ×
Bookkeeping and record-keeping; bank teller duties	Office worker
Sales clerk; supermarket cashier	Retail clerk, service industry
Molding and machining of digital camera bodies; metal machining using lathes	Factory worker, manufacturing
Automobile inspector (private inspection facility); vision tester (dealer)	Inspector
Swimming pool lifeguard; museum attendant; automotive paint system operator and supervisor	Security guard
Civil registry duties; building inspector	Civil servant
Construction site supervisor; sales floor supervisor	Supervisor

- For example, if there is a job title that fully describes the nature of the work—such as "elementary school teacher," "nursery teacher," "nurse," "hairstylist," or "firefighter"—describe that title exactly as it is.

If you are a "Worker dispatched from temporary labour agency," please describe the actual work you perform at the client company.

- ▼ **If you work at two or more places and the nature of the work differs,** please describe only your primary job (the one with the higher income; if incomes are equal, the one with the longer working hours).

- ▼ **If you work at one place and have more than one job,** please describe only the one with the longest working hours. If working hours are the same or if you cannot determine which to indicate based on working hours, please refer to the examples below.

- If you perform both skilled and sales-related work, please describe the skilled work.
(Example) If you repair and sell shoes ... "Shoe Repair"
If you dispense and sell medication ... "Pharmacist"
- If you are a business owner who is directly engaged in work other than management, please describe the job you are directly engaged in.
(Example) A cafeteria owner who also cooks ... "Cafeteria Cook"
A hospital director who also practices internal medicine ... "Internal Medicine Physician"

When filling in "Detailed of work," please refer to the example of entry on page 29.

17 Number of persons engaged in the enterprise as a whole

▼The term "Number of persons engaged" includes:

- Part-time and temporary workers.
For sole proprietorships, such as small shops or farms, include family members who assist with the family business in addition to the business owner.
- For individuals employed by government agencies, national university corporations, independent administrative agencies, or state- or publicly-run institutions (e.g., public elementary, junior high, and high schools; public hospitals), fill in **"Government and public offices, etc."**
- For government-related organizations such as public corporations, public funds, and public enterprises, do not fill in **"Government and public offices, etc."**; instead, fill in the number of persons engaged according to the respective category.
- For "Worker dispatched from temporary labour agency," fill in the number persons engaged according to the category of the client company.

18 Annual income or profit (including tax) from your work

▼The term "Income from your work over the last one year" includes

not only monthly salaries, wages, and overtime pay, but also year-end bonuses and other bonuses.

▼ If you changed jobs during the last one year

If you changed jobs or started a new job during the last one year, please estimate and fill in your total income for the last one year based on your earnings from the time you started your current job until now.

Do not include income from your previous job or severance pay.

▼For "Worker dispatched from temporary labour agency"

Regardless of whether you have changed the client company, fill in the wages and salaries paid by the temporary labour agency over the last one year.

▼ If you are currently on leave

If you are currently on leave, such as for childcare leave or caregiver leave, fill in any income earned from work during the last one year.

However, exclude benefits such as childcare leave allowances or caregiver leave allowances.

17 Number of persons engaged in the enterprise as a whole

- Please indicate the total number of persons employed at the enterprise including the head office, branch office and factories, etc.
- Employee of the government or public corporations should fill in the circle, "Government and public office, etc."

1 to 4 person
5 to 9
10 to 29
30 to 99
100 to 299
300 to 999
1,000 to 4,999
5,000 and over
Government and public offices, etc.

18 Annual income or profit (including tax) from your work

- Please indicate income from your work over the last one year.
- If you are self-employed, please indicate your operating profit, which is your annual sales minus expenses.
- If you usually have a side business, please indicate the income from it as well in your annual income.
- If you have been engaged in your current work for less than a year, please indicate your estimated annual income.

No income
Under half million yen
Half to less than one million yen
One to less than one and half million yen
One and half to less than two million yen
Two to less than two and half million yen
Three to less than four million yen
Four to less than five million yen
Five to less than six million yen
Six to less than seven million yen
Seven to less than eight million yen
Eight to less than nine million yen
Nine to less than ten million yen
Ten to less than fifteen million yen
Fifteen million yen or more

19 Usual working hours per week

- Please indicate "working hours" include overtime and side job

Under 15 hours
15 to 29
30 to 34
35 to 39
40 to 48
49 to 59
60 hours and over
Not fixed

20 How many hours a week would you like to work?

- Suppose you were allowed to work just as many hours as you wanted. Please indicate how many hours a week you would like to work.

Under 15 hours
15 to 29
30 to 34
35 to 39
40 to 48
49 to 59
60 hours and over
Other (e.g. you do not wish to work)

To page 4 on question 21.

19 Usual working hours per week

▼The term "Working Hours" includes:

- If you are engaged in your main job, side jobs, home-based work, helping with the family business, temporary work, "arubaito," etc., include all of that time. However, do not include commuting time, meal breaks, rest periods, etc.
- Do not include time spent on housework, or volunteer activities for which you receive no pay or only reimbursement for expenses.
- Time spent working overtime or starting work early is included if it is ongoing and part of your regular routine.
- Fractional hours are rounded up if 30 minutes or more, and rounded down if less than 30 minutes.

20 How many hours a week would you like to work?

▼The term "Hours you would like to work" includes

time spent on your main job, side jobs, home-based work, helping with the family business, temporary work, "arubaito," and all other similar activities. However, do not include commuting time, meal breaks, rest periods, etc.

21 Learning, self-education, and training	(1) How many days over the year did you pursue your learning, self-education, and training? (Please choose one of the nine categories shown in the box below)	(2) For what purpose did you pursue your learning, self-education, and training? (Please fill in the circles all applicable answers)	(3) Through which means did you pursue your learning, self-education, and training? (Please fill in the circle all applicable answers)
- Please indicate activities you engaged in during your personal free time to enhance your knowledge or cultural level. - Excludes activities related to work (including on-the-job training) or school lessons, including preparation and review. - Includes club activities within or outside school.	0: None at all 1: 1 to 4 days 2: 5 to 9 days 3: 10 to 19 days (1 day a month) 4: 20 to 39 days (2 or 3 days a month) 5: 40 to 99 days (1 day a week) 6: 100 to 199 days (2 to 3 days a week) 7: 200 days or more (4 days or more a week) 8: Do not know how many days	Self improvement To gain employment To use for current work Other	Classes, Courses or workshop, etc. Sponsored by municipalities, etc. Sponsored by private institutions Sponsored by universities, etc. Lecture meetings, etc. Correspondence course Self-studying/ Self-learning Study groups, etc. Miscellaneous schools or vocational schools Other
English language → 6 → Please fill out (2) and subsequent questions if you answered 1 or more days.		☒	☐
Other foreign language → 0		☐	☐
Computing etc. → 0		☐	☐
Commerce or business → 5		☐	☒
Caring → 0		☐	☐
Home economics or housework (cooking, sewing, or home management, etc.) → 0		☐	☐
Humanities, social or natural science (history economics, mathematics, or biology, etc.) → 0		☐	☐
Art and culture → 0		☐	☐
Other Please indicate either Yes or No	Yes ☐ No ☒		

21 Learning, self-education, and training

▼ The term “Learning, self-education, and training” as used here refers to

activities undertaken during your personal free time to enhance your knowledge or cultural level, preparing for a career change or job search, or improving performance in your current job. This excludes activities related to work (including on-the-job training) or school lessons, including preparation and review.

Activities such as tea ceremony, flower arrangement, painting, photography, haiku, playing musical instruments, cooking, and reading, when undertaken purely as hobbies and amusements, are not included in “Learning, self-education, and training.”

▼ The term “school” excluded here refers to

the “schools” as defined in Survey Item “5 Education.”

▼ The term “on-the-job training” excluded here includes

not only in-workplace training but also off-site training, such as the dispatch of employees to universities and other facilities or institutions.

For details on “Learning, self-education, and training,” please refer to the “Examples” on page 16.

(1) How many days over the year did you pursue your learning, self-education, and training?

- For all details except "Other," please select and fill in the appropriate option from "0" to "8."
- For details you did not do at all during this past year, fill in "0" instead of leaving it blank.
- If you filled in 1-8 in (1), please fill in all applicable options in (2) and (3).
- For "Other," please indicate either "Yes" or "No."

(2) For what purpose did you pursue your learning, self-education, and training?

- ◇ **"To gain employment" refers to**
...cases where the activity was undertaken for the purpose of changing jobs or finding employment.
- ◇ **"To use for current work" refers to**
...cases where the activity was undertaken to improve job performance or to acquire skills and qualifications necessary for your current job (excluding activities performed as part of your job or on-the-job training).

(3) Through which means did you pursue your learning, self-education, and training?

- ◇ **The term "Correspondence course" as used here refers to**
...education conducted via correspondence, in which instructional materials and supplementary resources are sent to students under a specific educational plan, and based on these materials, activities such as answering questions, providing feedback, and addressing inquiries are carried out. This includes not only Social Correspondence Education certified by the Ministry of Education, Culture, Sports, Science and Technology but also non-certified distance learning programs offered by schools, public interest corporations, for-profit corporations, individuals, and others.
Note that **"Correspondence course"** as used here excludes programs that follow the curricula of high schools, universities, and similar institutions.
- ◇ **The term "Self-studying/Self-learning" refers to**
...studying alone using television, radio, the Internet, specialized books, etc.
Online English conversation lessons and learning via video streaming sites are included here.
- ◇ **The term "Study groups, etc." refers to**
...study groups conducted outside of working hours or class time at work or school, or study groups conducted outside of work or school. Club activities within or outside school are included here.
- ◇ **The term "Miscellaneous schools or vocational schools" refers to**
...miscellaneous schools, such as English conversation schools, and vocational schools. However, this excludes institutions where qualifications equivalent to graduation from high school, junior college, or university can be obtained.
- ◇ **The term "Other" refers to**
...cases that do not fall under any of the above categories, such as taking lessons from a private tutor or participating in vocational training through the Hello Work.

Questionnaire, page 4 ▶ "22 Volunteer activities"

22 Volunteer activities		(1) How many times over the year did you spend on volunteer activities? (Please choose one from the nine categories shown in the box below)	(2) How many minutes a day did you work as a volunteer? Please indicate the average time length per day.	(3) Did you do volunteer activities as a member of organization? (Please fill in the circle all appropriate categories)				
- Excludes activities undertaken as work or those performed for family members. - If the objective of your volunteer activity corresponds to multiple choices, please respond for all of the applicable activities below that you have carried out over the past year.		0: None at all 1: 1 to 4 days 2: 5 to 9 days 3: 10 to 19 days (1 day a month) 4: 20 to 39 days (2 or 3 days a month) 5: 40 to 99 days (1 day a week) 6: 100 to 199 days (2 to 3 days a week) 7: 200 days or more (4 days or more a week) 8: Do not know how many days						
Health or medical related activities (blood donation, visiting people in hospital, or promoting safe foodstuffs, etc.)	0		min					
Activities for the elderly (assisting in daily life, or recreation, etc.)	3		45 min					
Activities for handicapped (sign language, Braille, reading, or helping the handicapped to take go out, etc.)	0		min					
Activities for children (taking care of children's group, child-raising support, or helping with school events, etc.)	0		min					
Activities related to sports, culture, art and science (teaching sport, disseminating traditional Japanese culture, guiding at art museum, or running lecture meeting or symposium, etc.)	5		240 min					
Local improvement activities (cleaning up parks and roads, planting flowers, or promoting the local community, etc.)	0		min					
Safety promotion activities (disaster and crime prevention, or road safety, etc.)	0		min					
Conservation or environmental activities (bird watching, protection of woods and forests, promoting recycling or waste reduction, etc.)	0		min					
Disaster related activities (providing clothes and food, or hot meals for disaster victims, etc.)	4		180 min					
Activities related to international cooperation (cooperation in foreign aid, assistance for displaced persons, or activities supporting foreigners living in Japan, etc.)	0		min					
Other (promoting human rights, or pacifism, etc.) Please indicate either Yes or No	Yes ☐ No ☒							

22 Volunteer activities

▼ The term "Volunteer activities" as used here refers to activities that meet the following criteria:

- i) Voluntariness ... Actions taken of one's own free will
- ii) Contributory nature ... Actions aimed at improving the welfare of others or society
- iii) Unpaid nature ... Actions not undertaken for the purpose of receiving compensation (such as remuneration or wages)

- Even if you receive reimbursement for actual expenses, such as transportation costs, for your activities, this is not considered remuneration and is included in "Volunteer activities."
- Mere participation in events organized by volunteer groups falls under "hobbies and amusements" or "sports" for personal enjoyment and is not included in "Volunteer activities."

Furthermore, the following activities are not included in the "Volunteer activities" referred to here:

Religious activities, political activities, consumer advocacy, civic movements, and movements focused on asserting rights or proposing policies

For details on "Volunteer activities," please refer to the "Examples" on page 17.

(1) How many time over the year did you spend on volunteer activities?

- For all activities except **"Other,"** please select and fill in the appropriate option **from "0" to "8."**
- For details you did not do at all during this past year, fill in "0" instead of leaving it blank.
- **If you filled in 1-8 in (1), please indicate the average time length per day in (2) and fill in all applicable items in (3).**
- For **"Other,"** please indicate either **"Yes"** or **"No."**

(2) How many minutes a day did you work as a volunteer?

- Please indicate the average time length toward the right hand side.
- If you do not know the average time length, fill in the time length from your most recent activity.

(3) Did you do volunteer activities as a member of organization?

- ◇ **The term "A group, citizen organization, etc. of volunteers" refers to**
...the Japanese Red Cross Service Corps (excluding cases where it functions as part of a neighborhood association or residents' association), Lions Clubs, and university volunteer circles.
- ◇ **The term "A neighborhood association or similar, which is rooted in the local community" refers to**
...organizations with strong ties to the local community—such as neighborhood associations, senior citizens' clubs, youth groups, residents' associations, and women's associations—that do not have volunteering as their primary purpose.
- ◇ **The term "Other organization" refers to**
...organizations whose primary purpose is not volunteering, such as Parent-Teacher Associations (PTAs).
- ◇ **"I work as a volunteer without belonging to any organization."**
...In addition to cases where activities are conducted individually without joining an organization, if you have been appointed by the government or other entities as a community welfare commissioner, child welfare commissioner, volunteer probation officer, or administrative consultation commissioner, fill in "I work as a volunteer without belonging to any organization."

Examples of Learning, Self-Education, and Training

	Types of Learning, self-education, and training	Examples	Examples of national exams and certifications
1	English language	English, English conversation, English proficiency test	
2	Other foreign language	Chinese, Korean, Spanish, French, Russian, German	
3	Computing etc.	How to use computer software, Programming How to create documents using a computer	IT Passport, Basic Information Technology Engineer
4	Commerce or business	Commercial practice, Accounting practice, Marketing practice, Bookkeeping, Secretarial skills Management practice, Shorthand, Hotel and tourism, Abacus, Editorial and public relations, Business English	Tax Accountant, SME Consultant, Management Consultant Licensed Interpreter-Guide, Condominium Management Specialist
5	Caring	Home care, Visiting care	Certified Care Worker, Long-Term Care Support Specialist (Care Manager)
6	Home economics or housework	Home economics, Food science, Housing studies, Child development, Japanese and western sewing, Cooking Art flowers, Kimono dressing, Etiquette, Living arts	
7	Humanities, social or natural sciences	Literature, Linguistics, History, Human geography, Archaeology, Philosophy Psychology, Religious studies, Library and information science, Law, Political science, Public administration Business administration, Accounting, Economics, Sociology, Social welfare, Cultural anthropology Social psychology, Urban planning, Mathematics, Computer science, Physics, Astronomy Chemistry, Biology, Geology, Meteorology, Agriculture, Forestry, Forest engineering Veterinary medicine, Dairy science, Marine resources, Engineering, Medical sciences	Curator (Assistant), Judicial Scrivener, Administrative Scrivener Real Estate Appraiser, Real Estate Transaction Agent Certified Public Accountant, Customs Broker, Weather Forecaster Extension Instructor, General Radio Operator Automotive Mechanic, Chief Electrical Engineer Class 1 (2) Architect, Orthoptist
8	Art and culture	Painting, Sculpture, Crafts, Animation, Graphic design Music, Dance, Visual arts, Photography, Calligraphy	
9	Other	Cooking, Barbering, Beauty, Parenting, Education, Social welfare General knowledge, Driving skills, Current affairs (Global environmental issues, Welfare issues, Employment issues, Youth issues, International politics, Genetic issues, “Bullying” issues)	

Examples of Volunteer Activities

Types of Volunteer activities		Examples	
1 Health or medical related activities		• Blood donation and outreach for blood donation • Activities at hospitals (cooperation to improve patient services, activities to improve the hospital environment, and activities to help inpatients find a sense of purpose) • Health consultations	• Mobile medical services and consultations • Provision of data on medications
2 Activities for the elderly		• Creating opportunities for interaction between the elderly and young people (children) • Providing recreational guidance and support for the elderly • Skills instruction to help them find meaning in life • Inviting elderly people living alone to their homes	• Monitoring the elderly, accompanying them on walks, and providing companionship • Meal service for bedridden or elderly people living alone • Care services
3 Activities for handicapped		• Guiding blind and physically disabled children to schools and other facilities • Educational support for people with disabilities • Recreational activities or skills training for people with disabilities • Friendly home visits and home care services for people with disabilities	• Assisting with the social participation of people with disabilities (e.g., providing wheelchairs) • Volunteer services such as braille transcription, reading, recording, and sign language • Support for people with intractable diseases
4 Activities for children		• Baby counseling, parenting support center • Recreational activities at playgrounds and similar facilities • Support and guidance for children's group and parenting organizations	• Tutoring for children • After-school care • Helping with school events
5 Activities related to sports, culture, art and science	Sports	• Instruction at sports classes	• Security at sports venues
	Social education	• Organizing various workshops	• Lecturer at the university for working adults
	Culture and arts	• Support for the development of musicians and artists • Organizing community theater groups and planning theater viewings	• Inheritance and promotion of traditional culture • Researching local history
	Science	• Research, information gathering, and dissemination	• Support for academic conferences, research meetings, and study groups
6 Local improvement activities		• Planting flowers along roads; cleaning roads, parks, and other public areas • Activities as a leader of local organizations; village revitalization and community development initiatives • Organizing bicycle parking areas at train stations	• Urban-rural exchange
7 Safety promotion activities		• Patrols to inspect hazardous areas in the community • Activities to ensure safety along school routes	• Road safety campaigns • "Fire Safety" patrols
8 Conservation or environmental activities		• Instructing on soap-making using used cooking oil • Beach cleanup activities (collecting trash) • Environmental education activities	• Wild bird observation and conservation • Desert greening activities (or tree-planting activities)
9 Disaster related activities		• Securing and transporting relief supplies • Fundraising for disaster recovery • Voluntary labor on-site	• Disaster relief activities such as providing hot meals • Relief for disaster victims after the disaster
10 Activities related to international cooperation		• International exchange and goodwill • Overseas technical cooperation	• Food aid to overseas countries • Support for international students
11 Other		• Human rights counseling • Provision of information system technology • Activities involving communication, advice, or assistance regarding the management or operations of organizations engaged in the activities listed above	• Support for recipients of public assistance • Consumer counseling

23 Sports, hobbies and amusements		0: None at all 1: 1 to 4 days 2: 5 to 9 days 3: 10 to 19 days (1 day a month) 4: 20 to 39 days (2 or 3 days a month) 5: 40 to 99 days (1 day a week) 6: 100 to 199 days (2 to 3 days a week) 7: 200 days or more (4 days or more a week) 8: Do not know how many days							
<Sports> • Excludes activities involving only watching, or practiced as lessons or class work. • Includes club activities within or outside school. • Please answer all items, even if you did not spend a single day on these activities		Baseball (including playing catch)	→ 0	Tennis	→ 0	Bowling	→ 1	Jogging, marathon	→ 0
	Softball	→ 0	Badminton	→ 0	Fishing	→ 0	Walking or light physical exercise	→ 0	
	Volleyball	→ 0	Golf (including golf practice range)	→ 4	Swimming	→ 0	Yoga	→ 0	
	Basketball	→ 0	Ground golf	→ 0	Skiing, snowboarding	→ 1	Training with gym equipment	→ 6	
	Soccer (including futsal)	→ 0	Judo	→ 0	Mountain climbing or hiking	→ 0	Other sports (if Yes) (Please describe sports you mainly play.)		
	Table tennis	→ 0	Japanese fencing (Kendo)	→ 0	Cycling	→ 0	Karate		
<Hobbies and amusements> • Excludes activities done as a lesson, work or household work. • Includes club activities within or outside school. • Please answer all items, even if you did not spend a single day on these activities		Watching sports in person	→ 1	Traditional Japanese music (including folk song, and traditional Japanese music)	→ 0	cooking or making cakes, cookies as hobbies	→ 0	The game of Japanese chess, "shogi"	→ 0
	Watching sports and matches outside the venue (e.g., public viewing events, television broadcasts)	→ 4	Chorus or vocal music	→ 0	Gardening	→ 3	Playing "pachinko"	→ 0	
	Watching works of art (Excluding TV/smartphone/PC, etc.)	→ 0	"Karaoke"	→ 0	Do-it-yourself carpentry	→ 0	Playing games on a smartphone, home video game consoles, etc.	→ 6	
	Watching vaudevilles, plays and dances (Excluding TV/smartphone/PC, etc.)	→ 0	Japanese dancing	→ 0	Painting carving	→ 0	Visiting recreation ground, zoo, arboretum, or aquarium, etc.	→ 1	
	Watching movies at a movie theater	→ 1	Western dancing or social dancing	→ 0	Ceramic art or industrial arts	→ 0	Camping	→ 0	
	Watching movies other than at a movie theater (TV, DVD, PC, etc.)	→ 1	Calligraphy	→ 0	Photographing and printing	→ 0	Other hobbies or amusements (if Yes) (Please describe hobbies and amusement you mainly play.)		
	Listening to classic music at concerts, etc.	→ 0	Japanese flower arrangement	→ 0	Writing poems, Japanese poems, "haiku", or novels, etc.	→ 0	Jigsaw puzzle		
	Listening to popular music at concerts, etc.	→ 0	Japanese tea ceremony	→ 0	Reading books as hobbies (Excluding comics)	→ 0			
	Listening to music on CD or smartphone, etc.	→ 6	Dress making sewing	→ 0	Reading comics	→ 7			
	Playing musical instruments	→ 0	knitting or embroidering	→ 0	The game of "go"	→ 0			

23 Sports, hobbies and amusements

▼ The term "Sports" as used here refers to

activities performed during your personal free time.

- For those whose occupation is sports (such as instructors or professional athletes), this category includes only sports they participate in that are unrelated to their profession.
For example, if a yoga instructor plays golf, golf is included in the "did play" category.

▼ The term "Hobbies and amusements" as used here refers to

activities done during your personal free time.

- For "Watching works of art," "Watching vaudevilles, plays and dances," "Watching movies at a movie theater," "Listening to classic music at concerts, etc.," and "Listening to popular music at concerts, etc.," please indicate "did" only if you went to a venue such as a theater to enjoy them.
- Except for "Watching sports and matches" and items labeled "Watching [specific activity]," indicate "did" only when you personally did the activity, rather than simply watching or listening to it.

● For all categories except "Other," please select and fill in the appropriate option from "0" to "8."

● For details you did not do at all during this past year, fill in "0" instead of leaving it blank.

● For "Other sports" and "Other hobbies or amusements," please describe the activity if you did it.

Sports

- ◇ **Baseball**
...includes playing catch and batting at batting cages.
- ◇ **Volleyball**
...includes activities not played on a court.
- ◇ **Basketball**
...includes games played with a small number of players (such as 3-on-3).
- ◇ **Soccer**
...includes games played with a small number of players (such as futsal).
- ◇ **Tennis**
...includes activities not played on a court (such as hitting against a wall).
- ◇ **Golf**
...includes activities played at a golf driving range.
- ◇ **Swimming**
...excludes situations where you did not swim at all, even at a beach.
- ◇ **Walking or light physical exercise**
...refers to activities you consciously engage in as exercise.
This includes activities like walking your dog or doing radio calisthenics, if you consciously engage in them as exercise.
- ◇ **Training with gym equipment**
...refers to activities using equipment such as jump ropes and dumbbells.
- ◇ **Other sports**
...If you have played any sports other than those listed on this questionnaire during the past year, please describe one main sport.

Hobbies and amusements

- ◇ **Watching sports and matches outside the venue**
...includes gathering at community centers or similar venues to watch and cheer, as well as watching on smartphones or television broadcasts at home.
- ◇ **Listening to popular music at concerts, etc.**
...includes attending live performances by singers or other artists, as well as concerts.
- ◇ **Listening to music on CD or smartphone, etc.**
...includes listening to music via live video streams on the Internet.
- ◇ **Playing musical instruments**
...refers to playing any musical instrument, regardless of whether the music is Japanese or Western.
However, if you play traditional Japanese instruments, please fill in “**Traditional Japanese music.**”
- ◇ **Western dancing or social dancing**
...includes hula, folk dance, jazz dance, and ballet.
- ◇ **Writing poems, Japanese poems, “haiku”, or novels, etc.**
...includes diaries (including those written using the Internet).
- ◇ **The game of “go”** ◇ **The game of Japanese chess, “shogi”**
...includes playing using PCs or the Internet.
- ◇ **Playing games on a smartphone, home video game consoles, etc.**
...includes games played on PCs and other devices.
- ◇ **Other hobbies or amusements**
...If you have engaged in any activities other than those listed on this questionnaire during the past year, please describe one main activity.

24 Travel and excursion		(1) What kinds of travel and excursions did you do this year, and how many times?		(2) Who did you travel with?				
Activities completed in questions 21 to 23 should be indicated again if they occurred during travel or excursion.		• Write the number or times for each question. • If you did not travel or go on an excursion, indicate "0" • If the number is ten times and over please write "10"		(Please fill in the circle for all appropriate categories)				
		(Example) Zero times Three times 10 times and over 0 3 10		With family	With classmate(s) or colleague(s)	With neighbour(s)	With friend(s) or acquaintance(s), etc.	Alone
Day excursion (a day trip lasting more than half a day and including departure at night without over night stay)		4	time(s)	☐	☐	☐	☒	☒
Travel involving at least one overnight stay	Within Japan — Sightseeing (including travel for recreation or sport, etc.)	2	time(s)	☒	☐	☐	☐	☐
	Return to the home town, visiting someone	2	time(s)	☒	☐	☐	☒	☐
	Outside Japan — Sightseeing (including travel for recreation or sport, etc.)	0	time(s)	☐	☐	☐	☐	☐

If you answered once or more, please fill out (2) as well

24 Travel and excursion

- ▼ The term “Travel and excursion” as used here does not include business trips, training sessions, multi-day educational school trips, or travel for the purpose of participating in volunteer activities.

It also does not include cases where sightseeing is combined with these activities.

- ▼ “Day excursion” refers to

day trips lasting half a day or longer undertaken for the purpose of sightseeing, visiting attractions, rest, relaxation, socializing, or sports, while leaving one’s usual living area; this includes overnight day trips (without staying at a hotel).

- ▼ “Travel” refers to

all trips lasting two days or more, including at least one overnight stay. Therefore, day trips are not included.

- ◇ “Sightseeing” refers to

...trips for the purpose of sightseeing, visiting historical sites, workplace or club trips, grape picking, fishing, mountain climbing, hiking, skiing, sea bathing, or hot spring therapy, among others, with the aim of sightseeing, visiting, rest, relaxation, socializing, or sports.

- ◇ “Return to the home town, visiting someone” includes

...cases where sightseeing trips are combined with returning to the home town or visiting someone.

- For all activities, please indicate the number of times you have engaged in during this past year on a scale of “0” to “10.”
- If the number of times you have engaged in during this past year is 10 or more, please indicate “10” regardless of the actual number.
(Example) If you engaged in 15 times, indicate “10.”
- Please write the number toward the right hand side.

25 Diary

• Please indicate what you did on each of the two specified days, and how much time you spent on each activity.

Please indicate what kind of days the two specified days were. Fill in the circle all applicable categories.

	Travel and excursion	Event, wedding or funeral (lasting over half a day)	Business trip or training, etc.	Telework		Under medical treatment	Holiday or vacation, etc. (Holidays and days off for people who normally work or attend school)	Leave for child rearing or taking care of a sick child	Leave to take care of a family member	Nothing applies
				Home	Outside Home (e.g., satellite office)					
[First day] October ☒ ☒ (Day)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒
[Second day] October ☐ ☐ (Day)	☐	☐	☐	☒	☐	☐	☐	☒	☒	☐

To page 6.

25 Diary

- For each of the two specified days, please indicate what kind of day it was primarily. If it is difficult to determine what kind of day it was, please fill in all applicable categories. However, if you mark "Nothing applies," do not fill in any other options.

- If you worked remotely from home for one hour and then took time off, consider it primarily a day off and fill in **"Holiday or vacation, etc."** (Do not fill in "Telework.")
- If you engaged in multiple activities—such as short-term leave for sick/injured childcare, telework (at home), or caregiver leave—and find it difficult to determine what the day was primarily about, please fill in all three circles.

◇ Telework

...refers to working in any of the following forms using ICT (Information and Communications Technology):

- A form in which an employee works at a location other than their usual place of work
- A form in which an employee or a self-employed person works primarily at home or at a location of their own choosing that is equivalent to their home

◇ Holiday or vacation, etc. (holidays or vacation for people who normally work or study)

...People who do not normally work or study are not included here, even on days off.

Even if you went to work or studied on a holiday, if that day was originally a holiday with no work or school classes scheduled, it is included here.

◇ Leave for child rearing or taking care of a sick child

...also includes prenatal and postnatal leave.

◇ Nothing applies

...includes days when people who normally work, study, or do housework carry out their usual work (going to work), studies, or housework.

It also includes days when retired individuals or others are living their usual daily lives.