

Final Activity Report

Kotaro Shinchi

Technical field: Physical education

Assignment place: ArbaMinch University

Activity term: Nov, 2017 to Jun, 2018

はじめに

～自己紹介～

新地弘太郎

2016年度1次隊 派遣国エチオピア

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出身地：宮崎県都城市

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15歳の時インドにホームステイし、途上国の現状を知る。いつか途上国で役立つことがしたいという思いを抱く。大学卒業後、医療機器メーカー営業職として働いた後、2016年4月より青年海外協力隊に参加。



～活動概略～

着任した2016年7月頃からエチオピア国内の治安が悪化。アムハラ州ウォルディア・スポーツオフィスからエチオピア南部諸民族州アルバミンチ大学スポーツアカデミーに活動地域を変更し、12月より活動を再開する。屋外50mプールの水質管理、ライフセーバの監視技術・救助技術の向上、競泳指導に取り組んだ。約2年間の活動期間中に薬品散布の見直しを行うなど現地スタッフだけで水質管理ができよう指導。現地のニーズを把握しながら、監視員のスキル向上に努め9名の講習生に国際基準に沿ったライフセービングの技術移転を行った。プール環境整備していった事により、大学の水泳授業のサポートや南部州の水泳代表チームが合宿を組むなどの機会が巡り、活動後半は水泳指導に注力していった。マラリヤやチフスなどの発症地域であり基本的な生活環境に多くの課題があるため、先進国同様の練習を実施することは難しかったものの、9カ月に及んだ水泳指導が実を結び2018年6月末に行われた国内選手権では南部代表チーム男女合わせ23個の金メダルを獲得した。その他、配属先であるアルバミンチ大学の付属小学校でサッカー教室の開催、美術の授業を受け持つなどエチオピアの子供たち向けの活動を行った。

※活動詳細は配属先に向けて作成した英文レポートが中心になっております。ご了承ください。

活動年表

活動期間/月		2016					2017						2018										
		7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4
活動目標	活動内容	現地語研修					活動任地変更により南部州で活動を再開																
安心・安全な プール環境を整える	1 水質管理						治安悪化による 首都退避期間																
	2 監視員のスキル向上																						
水泳指導者の育成	3 水泳授業のサポート																						
スポーツを通じた 人間形成	4 競泳選手育成																						
	5 スポーツイベント開催																						

~Activity Goal~

**Improving the swimming pool environment
safely and clean**

~Back ground~

A few years ago, three people dead in AMU (ArbaMinch University) swimming pool. Then, the swimming pool was not usually used because of the lack of facilities and management system.

~Contents~

1. Management of the water quality /水質管理
2. Teaching the lifesaving method /監視技術向上
3. Swimming lesson for the students /学生向け水泳指導
4. Training for the competition swimmer /競泳指導
5. Holding the sport event /スポーツイベント開催
6. Materials /物資の支援・ハンドメイド用品の紹介

1. Management of the water quality /水質管理

The staff added chemical in the swimming pool without guide line at the beginning. And the swimming pool water was often polluted seriously with alga bloom as below in the photos. It was difficult to control the water quality without filter system but we finally could solve these problems after several attempts and through the other departments help.



Observing record /水質観察記録

According to the observing record, we could understand the reason why the water quality was low and when is the day of the remove the water.

The rain and over capacity of the customer are factor of the water pollution. If it is rain, algae spore increase in the water and then the water color become green. And also if around 100 customers get into the pool at once, the water color become milky.

The deadline of the water quality is around two month in AMU swimming pool because we cannot remove the accumulation without filter system such as chemical, fallen leaves and dust on the bottom of the pool. Now observing record is recorded with local staff only.



Finding the new supply way of chemical /薬品散布方法の改善

We could understand that to sprinkle chlorine with plastic bottle is an effective method to keep the water quality.

First, drill some holes in the 1L bottle and tied it to the 2L bottle with a rope then, pour the chlorine into the 1L bottle. The pool water always should include a few chlorines in order to keep the quality.

The chlorine was dissolved little by little through these holes in the water. Then the bottle floated around the whole pool by the wind. The water quality is kept for a few days.

Now we use this supply way until the pool is filled with water after changing the pool water.



Preventing the chemical accident /薬品事故防止に向けた取り組み

The lifesavers got to put on rubber gloves and wear a mask when they treat the chemical to prevent the chemical accident. And also we made a cabinet and we would be able to straighten up the materials in the staff room because if people inhale the dust of chemical a lot, people get to risk of labored breathing. Then, the worst situation is people will be dying.



Mask

Gloves

Chemical Instruction /薬品の見直し・取扱方法の改善

The AMU swimming pool water quality is controlled properly through Dr. Kinfe helps. He is the professor of water technology department.

Now the staff add the chlorine 3 kg in the pool every day to keep clear water and they add the copper sulfate 10 kg at the maximum when the water is polluted severely only. In addition, we were able to analysis the pool water twice a month at the AMU laboratory.

(1) Using the copper securely /銅の殺藻効果

Adding the amount of copper in the pool should be corrected because the copper is used for killing the alga but also copper has a bad effect on human health. Dr. Kinfe calculated and told us the correct amount of copper in the case of the AMU swimming pool capacity. The amount of calculation is as below.



(2) Using chlorine efficiently /塩素の効果的な使用法

AMU swimming pool water is managed 0.3mg/l chlorine in the water every day. The reason is most of microbes in the water will be sterilized by around 0.3mg/l chlorine level. The chemical amount is 2kg to 3kg (65%chlorine)

Disinfectant level of chlorin

Chlorin level	Microbe
0.10 ppm (mg/l)	typhoid bacillus, dysentery, cholera, staphylococcus
0.15 ppm (mg/l)	corynebacterium diphtheriae
0.20 ppm (mg/l)	pneumonia germ,
0.25 ppm (mg/l)	colon bacillus
0.41 ppm (mg/l)	adenovirus

Calculation of the proper amount Cooper Sulfate Pentahydrate

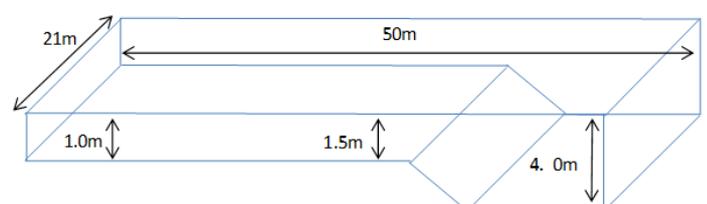
CaSO₄·5H₂O (Cooper Sulfate Pentahydrate)

Cu: 63.5g/mol

CaSO₄·5H₂O : 249.7g/mol

$$\frac{\text{Cu}}{\text{CaSO}_4 \cdot 5\text{H}_2\text{O}} = \frac{63.5}{249.7} \approx 0.25$$

Cu is included 25% in the CaSO₄·5H₂O



AMU swimming pool capacity = 2730m³

Recomending Cu % in drinking water = 1.0mg/l (Reference:WHO)

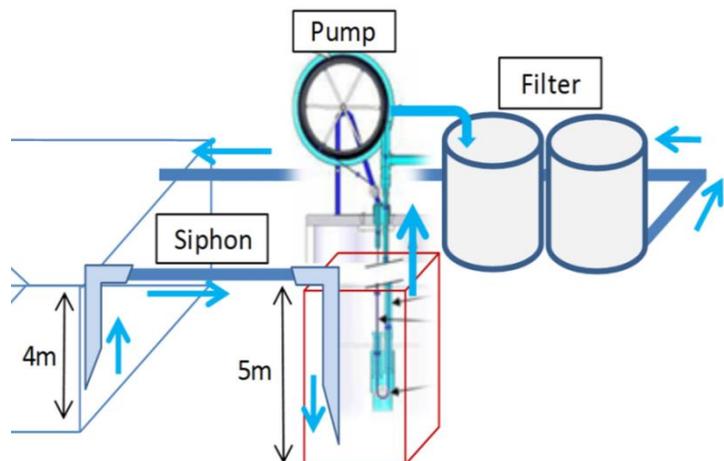
We can add Cu 2.73kg at the maximum in case of AMU swimming pool capacity(2730m³),

Cu 2.73kg ÷ 0.25 = 10.92kg

Therefore, we can add the 10.92kg CaSO₄·5H₂O (Cooper Sulfate Pentahydrate) in AMU swimming pool.

Suggesting the filter system /手作り濾過機の提案

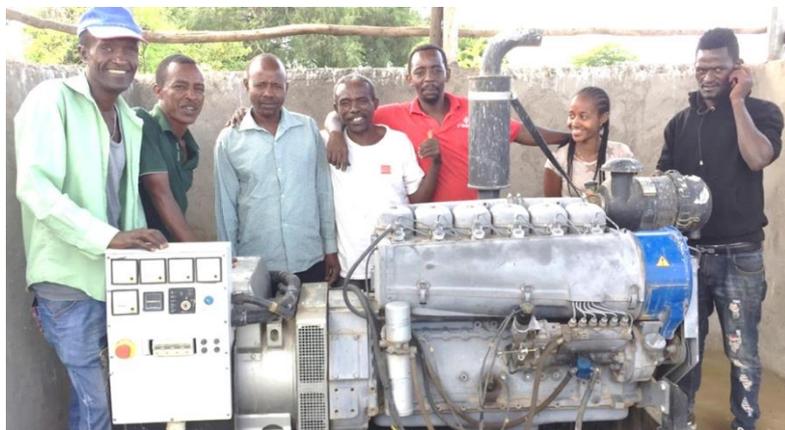
I suggested making a filter system to the AMU sport academy because it is difficult to manage the water quality with chemical only. Regrettably, I could not do it during my assignment term. If filter system is installed, we can decline amount of the chemical consumption and always open the swimming pool with clean water.



Solving the facility problems through other departments help

(1) Repairing the generator /ジェネレータ修理

From end of Feb to Jul, 2017 there was no water in the swimming pool because the generator was broken. We solved this problem through the mechanical engineering department helps. They find the additional generator and change some parts and then, replace it. Finally, the water comes to the swimming pool after an interval of 5 months.



(2) Establishing the shower tank and the electric water pumping system

/電気制御による水供給システム・シャワータンク導入



The AMU swimming pool is opened constantly since the facility problems were solved such as the shower tank built and water pumping system. So far, we had to refuse the customer entrance to the swimming pool when the shower stopped. And also it is important to overflow every day to remove dusts for AMU swimming pool because there is no filter system.

Result

According to these activities and many supporter help, the water quality is managed. I appreciate for these wonderful works with all. They supported me in tens of ideas, materials and skills. I am grateful for their cooperation. Now the AMU swimming pool is frequented with many customers and their smile.

Unfinished tasks / Guidelines for the future /残された課題と今後の方針

(1) Supplying the chemical /安定した薬品供給に向けて

We must concern and review about supplying the chemical because AMU swimming pool needs a large amount of chemical to control the water quality. The necessary amount of chlorine is at least 90 kg/month. The chemical was supplied constantly by Awasa sport office because of the SNNPR swimming team training for eight month. But their training will be expired on end of the June, 2018.

(2) The dust problem /埃や落ち葉等の除去方法の提案

The containing the dust is factor of pollution water. Especially, AMU swimming pool is placed outside and surrounded by many trees. Now a lot of leaves and dust are floated on surface of the water and the staff skims it every day as below in the photos.



~Solution of my opinion~

- A- To cover the swimming pool by seat
- B- To install the swimming pool vacuum cleaner
- C- To cut down the trees around the swimming pool

A



B



C



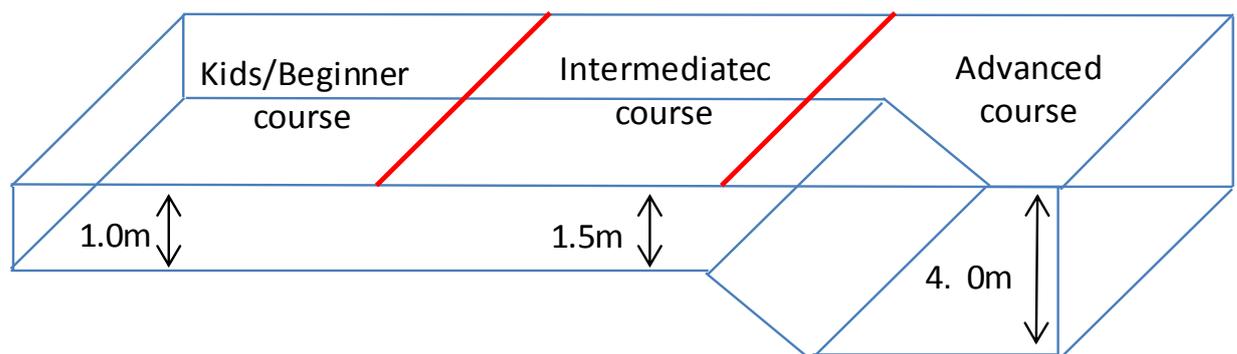
2. Teaching the lifesaving method /監視技術向上

Preventing the accident /未然に事故を防ぐ取組み

We tried to arrange the swimming pool for making secure situation such as setting up the course ropes, posting some notices and repairing fences because the lifesaver's most important work is preventing the accident.

(1) Setting up the course rope and dividing pool into four areas. /コースロープ設置

The swimming pool is divided into three parts with course ropes depend on the depth. At the result, it is not for lifesaver to manage the swimming pool securely but also the customer easily to understand the depth and choose the swimming course by themselves.



(2) Posting notices /ポスターでの注意喚起

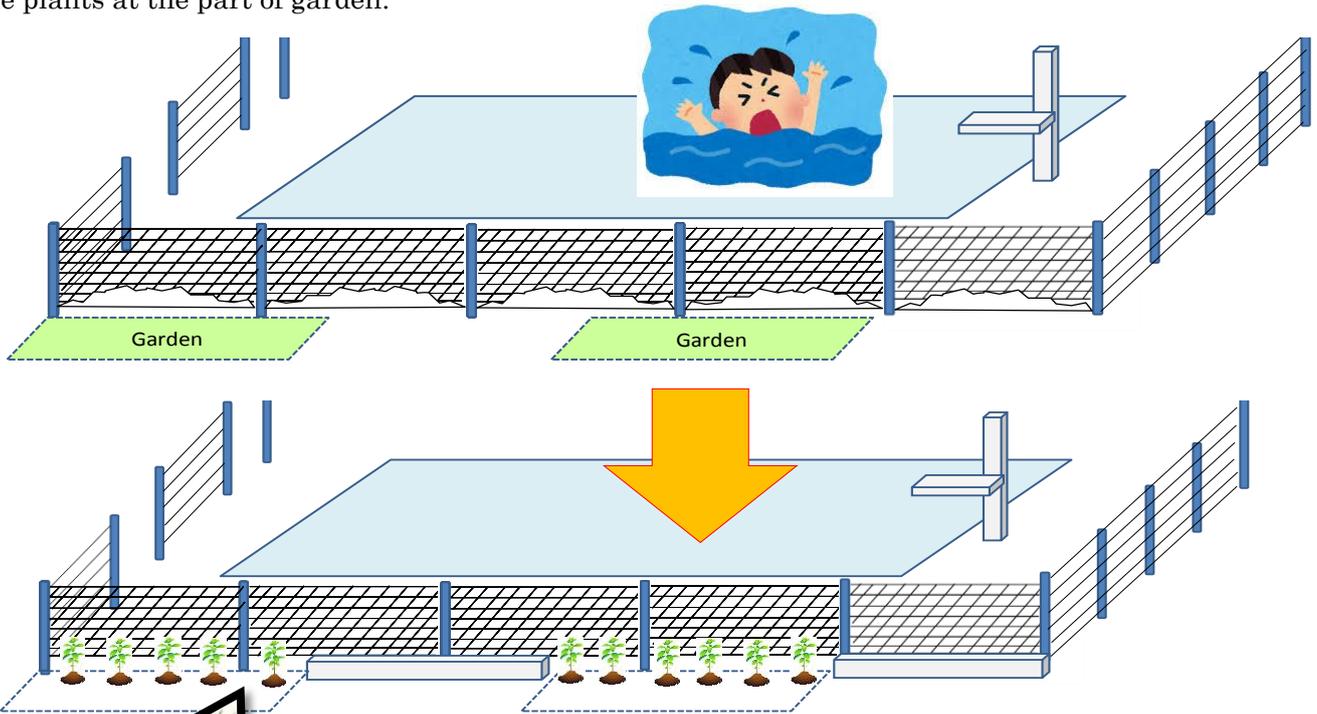
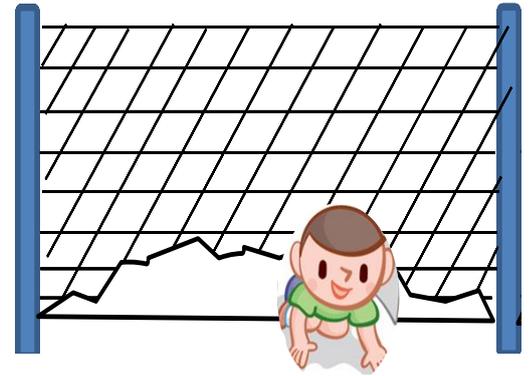
There are some posters are set up poolside and the customer can get careful information by these posters. I want the customer to understand why dive is dangerous and why people should take shower well before entering the pool. The lifesavers announcements about no diving and taking shower for each customers. But the users ignore these announce and dive at the shallow water. We trained to rescue in the case of accident but if people get spinal injury, people never walk again. Then, we treat the water every day but it is difficult to treat the pollution water.



I hope the user can understand the risk of the diving and the pool water will be kept clean for long time by these posters. And customer information from the lifesaver will be decreased. Then, the lifesavers will be able to concern about the guarding work.

(3) Repairing the fence /フェンスの修復作業

We repaired the fences around swimming pool because on Jan, 2017 three children entered into the swimming pool from the broken fence after most of worker went back home. Fortunately, I was there and I admonished the children to get out from the swimming pool. If I were not there, the children would be drowned in the pool. At the repairing fences, we did not spend any cost but we could repair these fences by plastic bottle brick and plants. We placed the plastic bottle bricks on the asphalt parts and forested the plants at the part of garden.



ZERO WASTE

stick
unrecyclable plastic films, styro-foam, bags, chip wrappers

plastic bottle

PLASTIC BOTTLE BRICK

packed tightly

- ecological building materials
- high insulation
- reduces environmental pollution
- free and easy!

GOOD STUFFING!



Before ⇒

After

Before ⇒

After



(1) Discussion of guarding system /監視体制の改善

The lifesavers and I discussed about what the best guard working system is right now. Then, we recognize about what accident we should care of in the pool. We expect two accidents which are spinal injuries at the shallow water by diving and drowning at the 4m depth. Then, we discussed about the position of the lifesavers for preventing these accidents. In this meeting, I suggested guarding time and rotation of lifesaver's position because people can usually concentrate on doing something 30min to 1hour at the maximum. Especially they watch the swimmers under the beating sunshine. So I recommended for each 30min guarding rotation.



Customer service /カスタマーサービスの向上

(1) Establishing the maintain day

We decided Monday is the maintain day for the cleaning of swimming pool.

Before this, there was no off day and over one hundred customers constantly used our pool at once. Therefore, lifesavers did not have much time to maintain the pool. I hope our swimming pool will be cleaned and it will be comfortable for the customer by this maintain day,



(2) Information board

Mr. Abera placed the information board at the entrance of swimming pool. It shows why the swimming pool is closed because when the gate is closed, the customer asks lifesavers a lot. Then, the lifesaver always stops to their work for answering the question. We expect it will decrease the inquiry, and the lifesavers do their work more efficiency

(3) Setting up the rescue materials

Now, rescue materials are placed in the poolside for the rescue quickly such as rescue rope, lifejacket, rescue tube, rescue pole and back board. These rescue materials are handmade by ourselves.

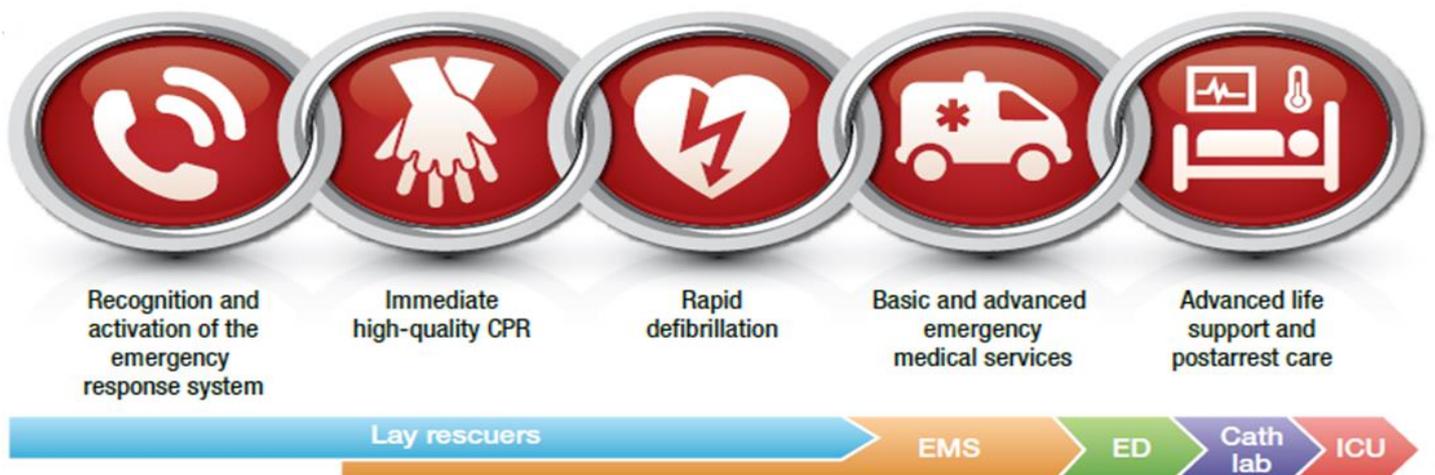


Flowchart for the emergency



※Preventing the accident first

Own responsibilities		
LIFESAVER	AMU SPORT ACADEMY	AMU MEDICAL STAFF
<p>①Rescue the patient</p> <p>D Check for Danger to yourself, the patient and Bystanders.</p> <p style="text-align: center;">↓</p> <p>R Check for Response by talk and touch</p> <p>If unresponsive</p> <p style="text-align: center;">↓</p> <p>S ②Send for help to the medical staff in AMU</p> <p>③Call for the Ambulance and AMU sport academy officer →</p> <p style="text-align: center;">↓</p> <p>④Carry the patient to the AMU clinic</p> <p style="text-align: center;">↓</p> <p>⑤Giving the Basic Life Support</p> <div style="text-align: center;"> <p>C = CIRCULATION</p> </div> <p>A Open Airway B Check Breathing C Start CPR (Cardiopulmonary resuscitation)</p> <p style="text-align: center;">↓</p> <p>⑥Reporting to the AMU sport academy →</p>	<p style="text-align: center;">↔</p> <p>①Providing the Ambulance or car</p> <p>Officer: Mr. Buzabu Tel:0911094265 Driver: Mr. Tamasgen Tel:0910895363</p> <p style="text-align: center;">→</p> <p>②Inform for the relevent authorities</p> <p>(1)Department head: Dr. Chombe Tel:0911762524 (2)AMU director office (3)Patient's Family</p>	<p>①Providing the advance medical assistance</p> <p>Ambulance Mr.Bedilu Tel:0923142273 AMU Clinic Manager Mr. Andwalem Samuel Tel:0964024693 AMU Clinic Tel:0468810456</p> <p style="text-align: center;">↓</p> <p>②Giving the advanced life support</p> <p style="text-align: center;">↓</p> <p>③Transport the patient to the Hospiatl</p>



Emergency flowchart/ 緊急時フローチャート

We discussed about Emergency Action Plan (EAP) and made an emergency flowchart with AMU medical staffs. The lifesavers and AMUSA officer and I discussed about what the main hazard in AMU swimming pool is. Then, we tried to communicate with AMU medical staffs. According to this discussion, we could recognize that what we should do in the emergency.

To be effective, lifeguard and safety teams should practice the EAP regularly, using a variety of simulated emergency situations. Remember that in some emergencies, only a few minutes can make the difference between life and death.



Improving the swimming skills /泳力向上に向けた取組み

(1) Physical test /体カテスト

I tested lifesaver's physical strength to recognize their physical ability and make more effective training menu for them. The contents of test are like pushing up, sitting up, chinning up, abdominal exercises and so on. According to the physical test, I understand their peculiarity of physical strength. They can stabilize the body from head to foot. But they are not good at moving their body as they keep the posture like pushing up, sitting up and chinning up. In the water, the swimmers move their arm and legs freely as they keep the posture. Based on this result, I made the training menu and teach how to stretch.



(2) Swimming lesson /水泳指導

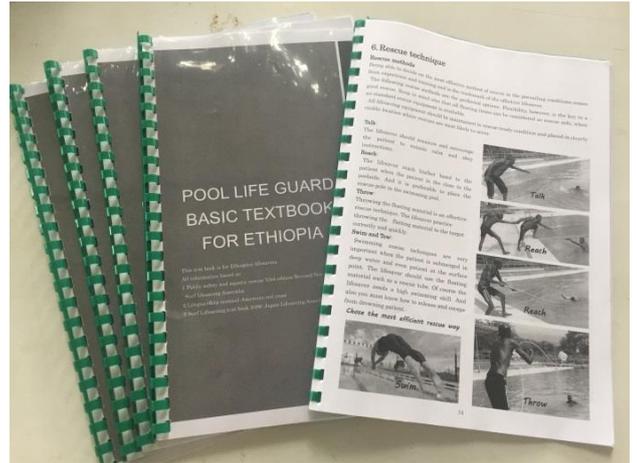
On October 2017, the 1st level swimming coaching seminar was held in AMU. And the lifesavers got the license. Through this seminar they were encouraged and they keep training themselves hardly and constantly then they increase the coaching experience day by day. Now, there are no swimmers around Arbaminch community area. I hope they will produce many swimmers in the future.



International lifesaving seminar / ライフセービングセミナーの実施

International Lifesaver Licence Requirments

Requirments	Royal Life Saving Bronze Medallion certificate	JLA Basic Pool Life Gard Licence
50m	-	50sec
400m	13min	10min
Under water	-	15m
Treading water	-	2min
CPR	○	○
First Aid Skill	○	○
Spinal Injuries	○	-
100m freestyle	○	-
100m breaststroke	○	-
100m survivalbackstroke	○	-
100m sidestroke	○	-
Timed tow	3min 15sec	-
Tow a patient 50m	-	-



References: Japan Lifesaving Association(JLA)
Royal Life Saving Bronze Medallion certificate

I made the Pool lifeguard basic text book for holding the international lifesaving seminar. It is based on three country text book and requirements such as Japan, Australia and America. Ethiopia has not joined the ILS (International Life Saving Federation) yet. I hope this textbook will help the Ethiopian lifesavers for their bright future.

There were thirteen participants in this seminar and they learned the international lifesaving method through the practical lessons.

At the result, the AMU lifesavers and six of other participants achieved the international lifesaver license requirements and passed the examination. Then, I presented certificate to them.

During these lessons, the lifesavers supported me a lot of times as not only participant but also instructor for other participants. So far, I taught them about the lifesaving method for 1 year and 6 month. Then, I know that how they work hard and I was impressed their earnestness work. I recognized they are already advance lifesaver through this lifesaving lesson. I hope they manage the AMU swimming pool safely and promote the Ethiopian future lifesavers without my help.



Unfinished tasks / Guidelines for the future / 残された課題と今後の方針

We should increase the number of lifesavers because the our swimming pool open six day a week and an over hundred customers use at once but we have only three lifesavers. In addition, they have to check the ticket and uniform at the gate and announce the shower for each customer. The swimming pool must be managed a measure of safety by the lifesaver but, AMU lifesaver can't focus on guard working because of this problem. We need to increase more five lifesavers. Their ideal number of the lifesaver in a day is eight, four in the morning and another four in the afternoon.

3. Swimming lesson for the students

The swimming lesson for the sport science students is developed because of the improving the teacher's swimming skill. I supported the lesson two seasons. The First season, I mainly observed the lesson to understand the situation of the lesson and their swimming level. Then, from the end of the first season, I tried to teach four type of swimming style for the teacher. At the result, the lessons were developed as students were satisfied in second season.

(1) Observing the lesson /授業の現状把握

All students had no swimming experience before joining this lesson. At the beginning, they were afraid of the putting face in the water and some of them got into a panic. But the students were able to float and breath out in the water. In addition, they tried to swim the free style and breaststroke.



(2) Improving the teaching skill /指導者向け水泳指導

Mr. Aicho is a main coach in swimming lesson. He had already the breathing and floating technique and he had taught the students it perfectly from the first season. Moreover, he practiced hard to master four types of swimming styles with me. Now he can do it. He has more confidence with his swimming skill in second season.



Unfinished tasks / Guidelines for the future / 残された課題と今後の方針

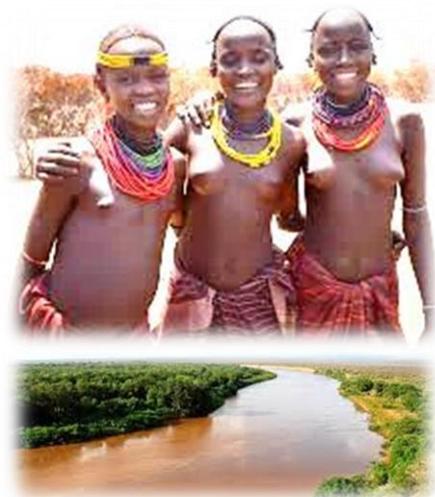
(1) Giving the extra lesson for the candidate of PE teachers

I would like to suggest for giving the extra lesson for the candidate of PE teachers because the lesson had twice a week on November to December 2017. It is not enough for beginner to learn the type of swimming style. And some students requested me extra lesson. Now, Mr. Aicho and lifesavers were able to teach the four type of swimming style. I hope the candidate will be got the extra lesson and relieved their mind.

4. Training for the competition swimmer

Southern Nation Nationalities and People Region (SNNPR) swimming team has been trained in AMU since August 2017. The number of swimmers decreased half compared with the beginning time. The main reasons are lack of coaching skill and coach's behavior. And also the date and place of national competition are extended many times because of the security situation. I tried to do some actions for solving these problems. Fortunately, their swimming skill and ability are greatly improved. They must be gets a lot of medal in national completion in July, 2018.

The swimmers came from the rural areas such as Gojab, Nyangaton, Dasnech. Their villages are near the river and they began to swim at their childhood ages. They have each local tribe language. Therefore, when I teach them, four local languages are flying.



(1) Making the training schedule / トレーニング計画の立案

I made a training schedule and shared it with the coaches. The coaches understood and agreed with the broad outline of the training schedule. As the result, the swimmers got basic strength as a competitor by the long distance training. The male team achieved to swim over 7000m, female team also achieved to swim around 5000m at once. Moreover, they mastered the four types of swimming style until December, 2017.

Traning term : Aug 2017 to Mar 2018

Trainig period	Sep	Oct	Nov	Dec	Jan	Feb		Mar	
	1st period Forming		2nd period Distance			3rd period Speed & Time	Recovery	Trans fer	Competit ion
Days	45days		90days			30days	7days	5days	1st/March in Makele
AM Train	Swim		Gim (physical exercise)			Stretching Swim(technique)	Swim(1h)	Move to Makere	
Distance/time	3000~5000m		7000m	10000m	10000m	2000~5000m	Swim(2h))		
Distance/day	3000~5000m		7000m	10000m	10000m	2000~5000m	4000m		
Focus of training	Forming		Kick(A)	Kick(B)	Swim	Swim	Technique & Forming		
Purpose of training	To get four typ of swimming style		Quantity			Similarity competition	Recovery		
Reference of swimming menu	W-up 1500m(30min) Main Menu Swim 1000m(2typchoice 500/800/400 600/300/400 200/200/100 Speed 400/200/100/50 Down200 <u>Total 5200m(1h30min)</u> the same menu/week		W-up 2000m(30min) kick 1000 × 4typss kick pull 1000(Batt) sidekick 1000 swim2000 down1000 <u>Total 11000m(3h)</u> the same menu/week		W-up 2000m(30min) swim 8000 down1500 <u>Total 11500m(3h)</u> the same menu/15days	W-up 1000m(15min) 1500 400 × 2 100 × 3 down 500 Total 4100m(2h30min) the same menu/30days	W-up 1000m swim 2000m Total3000m (1h30m) the same menu/week		

(2) Physical exercise /陸上・体幹トレーニングの実施

I teach them physical exercise to improve their swimming technique. When I observe their training, I realize their weak points. Especially, they swim in a zigzag and they can not finish 200m at once because they become tired. Then, the coaches do not know what the correct of posture in the water is and how to solve their problem.

First, I teach the stretch way that the swimmer needs flexibility. Then, in the stretching time, I focus on the posture and breathing technique because the swimmer should keep the high body position and breaths out from their nose slowly in the water.

Second, I teach the body exercise. They are not good at putting strength into the abdominals. In the young ages, it is important to get the experience of many kinds of exercise through playing the game as fun. So, I try to improve their body control by these exercises.

According to these physical exercises, they became to swim over 200m at once without any tiredness because they got breathing technique and their body position improved in the water. I hope they will get efficient swimming technique more and more and get the gold medals in the competition.



(3)Interval training /インターバルトレーニングの導入

Currently, it is important to adopt the interval training for the swimming because when people swim, our breath times are limited. The respiratory function directly influences our swimming time.

First, I would like the swimmers to be interested in their time by each swim. Then, I accustom them to interval training naturally because the male team tried this before but most of swimmers could not do it.

I bought the clock in Addis Ababa showing the photo and the lifesavers made the clock stand with chair. Now, it is set up at the poolside during the training time.



(4)Marking the surface point/ 水中姿勢の向上に向けた取組み

I set up the flags at the 7m line from the starting place to remind the surface point. The reason is the swimmers always lose the time both at the start and at the turn parts. Now, they take care of the surface point by flags easily. Then, the coaches also were able to give advice properly and correctly. I hope the swimmer's streamline (efficiently posture in the water) also will be improved by it.

(5) Posting their weekly record / 目標タイム・個人記録の掲示



The swimmers were able to focus on their own record after posting their record and target times. I researched the previous national competition champion record and posted it because the swimmers and coaches also did not know the time of the achievement. Now most of swimmers already exceeded the champion record.

(6) Training menu for individual / 種目別トレーニングメニューの提供



I made the training menu for individual such as freestyle, butterfly, breaststroke and backstroke. And I and swimmers discussed about what week points they have to do before the training time. The swimmers recognized their week points. And then, now the swimmers were able to do the train without coach's help.

Result / 結果

According to these actions, the swimmer's swimming skill and ability are greatly improved. Moreover, their best records are exceeded the champion record of the previous national competition as below table. I wonder they will make a good record on the game.

Target time & Best Record

Final record: 16th June, 2018 (Sene9)

Name	Free					Brest			Fry			Back			IM	
	50m	100m	200m	400m	800m	50m	100m	200m	50m	100m	200m	50m	100m	200m	200m	400m
2008 Champion record	28.12	01:06.9	02:26.6	05:15.6	10:03.5	34.64	01:21.6	02:53.6	29.47	01:12.2	02:48.1	33.73	01:18.3	02:56.9	02:45.9	06:10.4
Baracatse	00:29.1	01:04.6	02:23.5	05:07.1	09:40.0				00:30.8	01:16.0	03:20.8					
Locoble	00:29.4	01:08.8										00:34.2	01:15.7	02:53.8		
Miki	00:29.8	01:06.2	02:24.1							01:18.6	03:15.4			02:54.9	02:53.3	
Henoc	00:28.0	01:09.8				00:34.2	01:17.0	02:52.2								
Achera	00:28.0	01:16.1							00:29.3	01:11.3	03:32.3					
Baroa	00:29.8	01:07.6	02:36.2													
Jmaica									00:36.4				00:33.8	01:16.1	02:51.6	03:13.1
Kabiyo	00:31.9	01:09.4				00:38.1	01:25.8	03:12.1								
Fastest time	00:28.0	01:04.6	02:23.5	05:07.1	09:40.0	00:34.2	01:17.0	02:52.2	00:29.3	01:11.3	03:15.4	00:33.8	01:15.3	02:51.6	02:53.3	00:00.0
Average time	00:29.4	01:08.9	02:27.9	05:07.1	09:40.0	00:36.1	01:21.4	03:02.1	00:32.2	01:15.3	03:22.8	00:33.9	01:15.7	02:53.8	03:03.2	#DIV/0!

Name	Free					Brest			Fry			Back			IM	
	50m	100m	200m	400m	800m	50m	100m	200m	50m	100m	200m	50m	100m	200m	200m	400m
2008 Champion record	36.12	01:21.8	02:48.6	06:01.8	13:00.5	43.48	01:37.0	03:31.6	39.46	01:34.8	03:38.6	40.34	01:38.3	03:24.3	03:17.4	07:07.2
Macdas	00:37.0	01:24.0	03:31.9	07:27.9		00:44.4	01:43.1	03:44.9	00:55.8			00:50.2	01:59.0		03:52.6	
Aziza	00:42.1	01:37.2	03:47.1	07:42.3		00:51.8	01:57.0	04:09.9	01:02.5				00:55.9			
Banchiyo	00:40.7	01:31.9	03:44.6			01:02.4			00:51.9	01:56.1	04:50.1	01:30.1				
Adisalam	00:52.2	01:55.7	04:08.3			01:03.3	02:13.3		01:11.8			01:12.3				
Mulute	00:42.5	01:38.7	03:44.1			01:02.8	02:14.1	05:11.3	01:00.5			01:09.1			04:55.2	
Radite	00:42.7	01:37.8	03:41.3			00:58.5	02:14.5		00:53.7			00:57.2			04:25.4	
Fastest time	00:37.0	01:24.0	03:31.9	07:27.9	00:00.0	00:44.4	01:43.1	03:44.9	00:51.9	01:56.1	04:50.1	00:50.2	01:59.0	00:00.0	03:52.6	00:00.0
Average time	00:42.9	01:37.6	03:46.2	07:35.1	#DIV/0!	00:57.2	02:04.4	04:22.0	00:59.4	01:56.1	04:50.1	01:05.8	01:59.0	#DIV/0!	04:24.4	#DIV/0!

Unfinished tasks / Guidelines for the future / 残された課題と今後の方針

I supported the SNNPR swimming team as main coach and the swimmers ability is really improved. They must be gets a lot of medals. Regrettably, I could not teach for coaches well because of their neglect duties. I hope the swimmers will get swimming coach license and they promote many swimmer in the future.

5. Holding the sport event/スポーツイベント開催

At the February and October, 2017, I held the football lesson for a week in AMU community school. I invited five Japanese football coaches. This event was targeted for around two hundred students between G3 and G6. And also the PE teachers participated in the coaching seminar for grass-roots ages.

(1) Coaching seminar/コーチングセミナーの実施

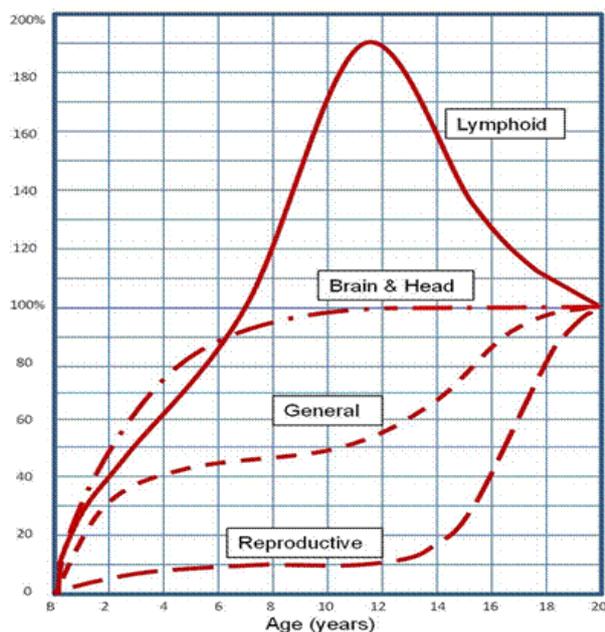
Mr. Shuhei Kagami was an instructor of this coaching seminar. He worked at Ethiopia football federation and he support the U17 Ethiopia national team. He told the PE teachers what the grassroots is. The grassroots ages project has not started yet in Ethiopia.

It is the most important project for strength the national team because it is easy to learn the skill and master the techniques immediately for in grassroots ages as beside tables.

Then, the PE teachers learned how to manage the lesson securely such as dividing the court with some parts and the students for a few gropes to make opportunity for touching the ball a lots.

The end of this seminar, Mr. Shuhei said “No national team’s strengthening without grassroots”. The participants were encouraged.

What’s the Grassroots?



(2) Maintenance of the ground condition / グランド整備

Overgrown weeds

A lot of stones and Locks

Clean and secure



For holding the lesson securely, we maintained the court first. I cut the overgrown weeds for a week then we picked up stones and locks with the students before giving the lesson. The students must have learned how to make secure situation through this things.

(3) Touching the ball many times / 子供たちが楽しめる授業の提案



There are 40 to 50 students each class. We asked their age and interest. We mainly arranged the lesson as a game. We divided the court with four parts and also divided the students for five groups. Among the four-group games, one group had the dribble and pass lesson with coach. They were very pleased to touch the ball many times, because when they have PE class in a school, they usually use one ball with forty students. Of course, everybody can not touch the ball many times in the class. And the ball is prepared by the teachers themselves.

Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon
Orientation	G6	G5	G4	G3	/	/	G6

(4) Supporting the lesson from the principal/ 校長先生の協力

Mr. Kebete is the principal of the primary school. He agreed with our project and cooperated with us very much such as information for the students, and coordinated the class timetable. Especially, we needed to hold the lesson before 8AM because of the strong sunshine. One day, the other subject teacher had already started class, he run to us and informed again. He said “ Children is our treasure and future.”

According to this football lesson, we gave the sport opportunity around two hundred children. And we were glad to see many smiles. I would like to support this school lesson for making the materials and how to supply sport equipment with teachers.



Supporting the Art class /美術クラスの支援

On Apr to May, 2018 I support the Art lesson at AMU community school. This lesson was targeted for around four hundred students between G1 and G8. The students learned the painting and decorating the picture. Then, the end of lesson they made the thanks letter and present it for their family. I was impressed the students positive attitude and cooperative with teachers. After the lesson, I donated some football to the school in acknowledgment of their great cooperation.



6. Materials/ 物資の支援・ハンドメイドマテリアルの紹介

During my activity, I suggested handmade materials and made it with lifesavers. And also, I requested some necessary equipment for JICA party. Now, a lot of materials are installed in AMU swimming pool.

For the swimming lesson /水泳用品の支援

(1) Plastic bottle kickboard /ペットボトルビート板



(2) Wooden kickboard /木製ビート板



(3) Hand paddle /ハンドパドルでストローク技術の向上



(4) Watch / watch stand for the interval training / タイマー設置



(5) Course flag / コースフラッグで水中姿勢と浮き上がり位置の意識付け



For the Lifesaving work / 救助機材の支援

(1) Back board/ Stretcher / 頌椎損傷に備えたバックボードの導入



(2) Lifejacket



(3) First Aid kit



(3) Rescue rope



(4) Rescue tube



(5) Rescue pole



(6) Removing net



(7) Mannequins for CPR/First aid training



~Activity Goal~

Improving the swimming pool environment
safely and clean

Result

- The swimming pool environment is improved safely and clean.
- The lifesaver learned international lifesaving method and their ability and skills are quite improved.
- The swimming lesson for the students is developed because of the improving the teacher's swimming skills.
- The SNNPR swimmer's records are achieved top stream in Ethiopia.
- Around two hundred children in AMU community school were gotten the sport opportunity.
- The lifesavers understand that if people want something we can make it by ourselves.

Conclusion

I appreciate for wonderful cooperation works with all. AMU staffs supported me in tens of ideas, materials and skills. I am grateful for their cooperation.

During my Ethiopian life, I heard from Ethiopians that "We can't do anything" but I have never thought so because I could do a lot of work with AMU staffs. We always encourage each other and challenged everything together. Then, we cooperated with not only AMUSA department but also other departments. Finally, we could solve a lot of problems

"Encouragement, Challenging and Cooperation"

make us the grateful work and bright future.

おわりに

ボランティア参加の経緯

15歳の時にハッピーバリーという団体が主催しているホームステイプログラムに参加しインドへ行く機会がありました。そこで物乞いするために手足や目や耳を失った人々が私の乗っていたタクシーを取り囲んだ光景は今でも鮮明に覚えています。この現状を変えたいと思い国際協力を志すようになりました。大学卒業後、就職してからもこの思いが忘れられず、専門性も語学力も未熟な私が若さと体力で途上国の人々に何ができるのか知るためにボランティアに参加しました。

価値観を変えられた言葉

「人は神になれない。人は失敗をおこすもの」私がエチオピア生活で価値観を変えられた言葉です。水泳指導を行ってきた現地人コーチの行動がどうしても許すことができなかつた私に「人は神になれない。人はミスをするもので反省してもまた間違ふ。それが人間だ。」と言われた私はこれまでの価値観を見直すことができました。日本では一つ間違えば終わり。完璧な社会、完璧な人間を求めていたことに気づきました。宗教的な価値観を全て理解できませんが、人の失敗や間違いを許すことができるようになったことで私も異文化や多様な価値観を受け入れることができるようになったと思います。

学んだこと

エチオピアは停電、断水、ネット遮断は当たり前。平均所得が1ドル/日 未満の最貧国です。しかしそんな環境でも家族や友人と過ごす時間を大切に幸せに生きているエチオピア人。一方でモノが溢れる日本。本当の幸せとは何か。2年間のエチオピア生活は私に生き方を教えてくれました。

ボランティア活動の軸と今後

私はボランティア活動中の軸は「自立」できる支援を行う事でした。それは先進国から多くの援助を受け、支援慣れした現地の人々を多く目にし、現地の人々に自ら問題を解決する志向を持たせていく事に大変苦勞しました。このような経緯から今後はボランティアでなくビジネスでエチオピアやアフリカと付き合いしていくことが国の発展には大切だと感じるようになりました。これからアフリカの発展には日本のモノづくりの心や技術・サービスが間違いなく必要となっていきます。多くの課題はありますが私なりのやり方でこれからも関わっていきたいと思います。

ご支援頂いた全ての皆様へ

ボランティアに参加するにあたり多くの方々にご支援いただき、2年間の活動を満了し健康な体で無事に帰国できた事に感謝いたします。任期中は治安悪化による国内退避や慣れない環境で体調を崩すこともありましたが日本の皆様から頂いた励ましの言葉を思い出し最後まで活動を行う事ができました。このJICAボランティア制度は税金で賄われていることを日々感じており、その見返りになるとは思いませんが日本の皆様に何かしらの形で活動報告をしたいと考え、この活動レポートを作成しました。今後も私のような若者がこの制度を使って途上国で多くの経験を積めるような社会であるため私自身この経験を日本社会に還元していけるように取り組んで参ります。