

HandsOn
ハンズオン東京 ・ TOKYO



BE THE CHANGE. VOLUNTEER.



Hands On Tokyo

Gardenia Roppongi #101

5-16-46 Roppongi, Minato-ku, Tokyo 106-0032

TEL 03-3583-2135 | FAX 03-3583-2127

www.handsontokyo.org



OUR MISSION

Hands On Tokyo provides meaningful bilingual volunteer opportunities to **foster volunteerism and develop leaders** to serve the needs of our community.

WHAT MAKES US UNIQUE

- Meaningful volunteer opportunities based on real community needs
- Volunteer programs offered in English & Japanese
- Strong relationships established with a diverse range of community partners
- Affiliate of the Points of Light Foundation, one of the 208 non-profit affiliates in 37 countries
- Founded in 2006 and registered non-profit organization founded in 2009
- Certified by the Tokyo Metropolitan Government as an "Approved Specified Nonprofit Corporation" in 2017.

INTRODUCTION

Hands On Tokyo supports a diverse range of community partners, such as children's homes and nursing homes, through volunteer programs that provide human resources, skills, maintenance and opportunities to help them achieve their goals. These partners benefit from our volunteer programs, which they are unable to organize or operate themselves.

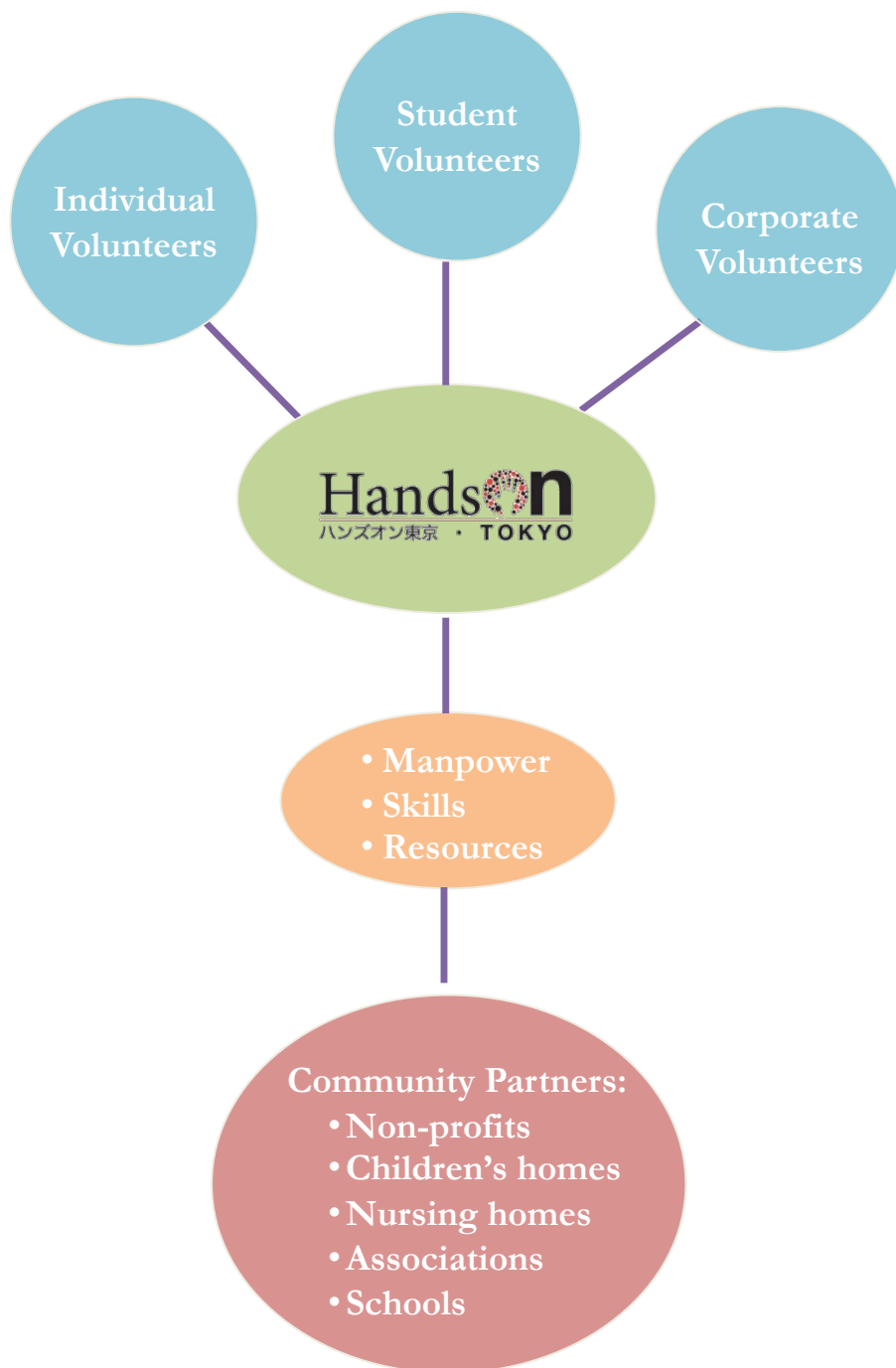
Based on the needs of our community partners, we create, scope and plan volunteer projects, offering a broad range of opportunities to volunteer in English as well as in Japanese. We inspire, equip and mobilize people to help our community.

OUR HISTORY

In the late 1980's, New York Cares was founded based on a new model of volunteering: instead of donating money, volunteers served the community by dedicating their extra time to meaningful, hands-on projects without long-term commitment. This movement spread rapidly, and similar organizations were established across the U.S., eventually forming the HandsOn Network. This network later merged with the Points Of Light Foundation, becoming the largest volunteer network in the US, with more than 208 non-profit affiliates in 37 countries.

Hands On Tokyo was founded in December 2006 by a group seeking opportunities to serve the community. A recognized non-profit since 2009, Hands On Tokyo is the only Points of Light affiliate in Japan, whose goal is not for any religious nor political activity and has become a portal for Japanese and foreign nationals seeking meaningful volunteer opportunities.

OUR OPERATING MODEL

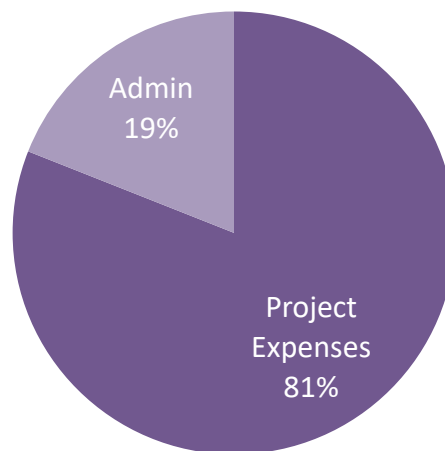


WHAT WE DO

- **FOR INDIVIDUALS:** Offer volunteer programs as opportunities to learn & contribute to their local communities
- **FOR YOUTH:** Inspire and mobilize youth to take action through community service and encourage them to become future leaders
- **FOR COMMUNITY PARTNERS*:** Assist in achieving their goals by connecting them with volunteers & resources
- **FOR COMPANIES:** Offer volunteer opportunities to engage their employees in community service

* = non-profit organizations, children's home, nursing homes, associations, schools etc.

DONATIONS TO HANDS ON TOKYO



81% of donations funded our volunteer programs, directly benefitting our recipients.

OUR ACHIEVEMENTS IN 2018



13,275

Recipients



4,245

**Active
Volunteers**



15,811

Hours



612

Projects

OUR VOLUNTEER PROGRAMS

Children's Homes

CHILDREN'S HOMES

(3-18 years):

- Job shadowing
- Sports programs
- Social events
- Cooking classes
- Maintenance

INFANTS HOMES

(0-3 years):

- Hug-a-baby
- Cleaning
- Gardening
- Decorations

Tohoku

- Agricultural support
- Community revitalization
- Mobile library
- Baking & crafts
- English conversation classes
- Support for local initiatives
- Community center support

Special Needs & Other Programs

MENTALLY-CHALLENGED PERSONS:

- English conversation
- Special Olympics Motor Development
- Special Olympics Basketball
- Special Olympics Bowling

VISUALLY-CHALLENGED PERSONS:

- English conversation
- Tennis
- Jogging

WOMEN'S SHELTERS:

- Rice ball making

ENVIRONMENT:

- Beach cleaning

CHILDREN WITH DOWN SYNDROME:

- Soccer
- Excursions

NURSING HOMES:

- Social events
- Petting zoos

CHILDREN'S HOMES PROGRAMS

Approximately 34,000 children in Japan are unable to live with their families for reasons such as domestic violence, mental disabilities and financial difficulties. Hands On Tokyo's volunteer programs support these homes by providing opportunities and options to inspire and shape their future.

1. LIFE SKILLS

Equip teens with critical life skills to build confidence & increase options

Job Shadowing



Skills Training

- Interview skills
- Computer skills
- Customer service
- English conversation
- Presentation skills

Office Visits



2. TEAMS FOR TEENS

Annual sports programs to enhance physical & mental health

Professional Coach



Equipment & Uniforms



Professional Games



3. SOCIAL ACTIVITIES

Opportunities to create fun memories & interact with friendly adults

Cooking classes



Seasonal Parties



Petting Zoos



Gardening



TOHOKU PROGRAMS

Since April 2011, Hands On Tokyo has been providing support in the Tohoku region, which was devastated by an unprecedented earthquake, tsunami and nuclear disaster. Our monthly volunteer programs focus on rebuilding and recovery efforts, helping revitalize local communities.

1. AGRICULTURAL ASSISTANCE

Supporting local farmers to rebuild their businesses



2. COMMUNITY REVITALIZATION

Supporting local festivals & hosting English conversation classes to help revive community spirit



3. COMMUNITY CENTER SUPPORT

Hands On Tokyo built O-Link House, the first permanent structure in Ogatsu, Miyagi-ken, which lost 80% of its buildings to the tsunami. This new community center now serves as a beacon of hope for residents.



SPECIAL NEEDS & OTHER PROGRAMS

There are approximately 7.4 million physically & mentally challenged individuals in Japan. Our volunteer programs support individuals with Special Needs through educational & physical activities that enrich their quality of life.

1. FOR SPECIAL OLYMPICS ATHLETES



2. FOR THE VISUALLY CHALLENGED



3. FOR CHILDREN WITH DOWN SYNDROME



4. FOR NURSING HOMES



YOUTH LEADERSHIP NETWORK

To ensure a future of giving and social change, we must help our youth realize their potential and ability to assist others in their community. Hands On Tokyo is dedicated to providing meaningful volunteer opportunities for these youth, transforming them into empowered leaders by experiencing their full potential through community service.

Hands On Tokyo's Youth Leadership Network is a group of student leaders from high schools and universities in the Greater Tokyo area. By helping them take the initiative to create and execute volunteer projects, we provide these future leaders the opportunity to experience for themselves the issues in their communities. We guide them to find the tools and resources they need to respond and become part of the solution. Through this experience, students obtain the skills, experience and social awareness they need to become effective leaders in their communities.

EMPLOYEE ENGAGEMENT PROGRAMS

Corporate communities represent one of the most powerful sources of change in our society. Hands On Tokyo supports companies to meet their CSR goals by offering opportunities to engage their employees in community service. By leveraging the knowledge and skills within their workforce, corporations can strengthen and enrich their local communities.

VOICES

FROM OUR RECIPIENTS

“Today, I learned how to define my dream and go after it.”

- High school participant in our Job Shadowing Program

“Today was a good day because a volunteer taught me many things very kindly.”

- Elementary school boy living at Chofu Gakuen Children’s Home

“Hands On Tokyo volunteers enrich the lives of these children and help them be better equipped for their future.”

- Christmas Village Children’s Home staff

“Having Hands On Tokyo volunteers come to our home is the one thing I look forward to most every month.”

- Hakujuiso Nursing Home resident

“Hands On Tokyo volunteers provide the opportunity for these children to go outside and play freely, which is something they rarely get to do.”

- Futaba Down Syndrome Association

FROM OUR VOLUNTEERS

“I’ve always wanted to do something to help people but never knew what to do or where to go. Today’s experience made me realize that I have a lot to give.”

- Yusuke Hinagata

“Through volunteering, I’ve learned how important and priceless human connections are to build a community. Volunteerism is not about doing what you think the person needs, but about actually listening to their voices.”

- Jennifer Higa

“I realized that what I do in my job could make an impact on someone’s life.”

- Miki Ando

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|-------------------------|--|
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Christmas Village Children's Home, Yukokai SWC
Dance Laboratory
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Futabaen Children's Home, Doho Engokai SWC
Gyosei Gakuen Children's Home SWC
Hakujuso Nursing Home, Airinkai SWC
Hiroo Friends Children's Home, Fukudenkai SWC
Japan Blind Football Association
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Keifukuikujikai Azabu Infant's home, Keifuku Ikuikai SWC
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Kinka Gakuin SWC
Kutsukake Gakuso Children's Home, Kobokan SWC
Meguro Wakabaryo Children's Home, Airinkai SWC
Minamisoma City Voluntary Action Center
Motoyoshi Library
Mutsumi Women's Shelter, Tasukeai Yui SWC
Nishidai Kodomo Kan Children's Home, Shouhaku Jidoen SWC
Ogatsu Machizukuri Association
Saint Joseph Home Children's Home, Christ Roi SWC
Sayurinoryo Children's Home, Caritas-no-sono SWC
Seibi Home Children's Home, Salesian Sisters SWC
Tokyo Metropolitan Seicho Special Support School
Shinagawa Keitoku Gakuen Children's Home, Rokutoen SWC
Special Needs Education School for the Deaf, University of Tsukuba
Special Olympics Nippon Tokyo
Tango Therapy Association Japan, NPO
Tokyo Katei Gakko Children's Home SWC
Tokyo Metropolitan Welfare Association of the Blind
Tokyo Miracle Stars
Tokyo Saiseikai Central Hospital Infants' Home
Tokyo-to Katsuyama Gakuen, Tokyo-to Shakai Fukushi Jigyodan SWC
Tomonote Association, Ogatsu City Relief Project Committee
Tsukuba Aijien Children's Home, Tsukubakai SWC
Yukonosono Nursing Home, Yukokai SWC

*SWC = Social Welfare Corporation

OUR DONORS

Thanks to the generosity of our corporate and in-kind donors, Hands On Tokyo is able to touch the lives of 12,000 people in our community. We are sincerely grateful to our donors on all levels, as our work would not be possible without their support.

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