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**Duskin Leadership Training in Japan**  
**A Program for Persons with Disabilities in Asia and the Pacific**

c/o Japanese Society for Rehabilitation of Persons with Disabilities (JSRPD)  
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9 May, 2018

To whom it may concern,

We are pleased to announce the call for applications for the 21<sup>st</sup> Duskin Leadership Training in Japan (2019-20). The Duskin program, which was first implemented in 1999, is designed to provide highly motivated young individuals with disabilities living in Asia and the Pacific region with about a 10-month long training opportunity to learn about the current situation of welfare measures and services for persons with disabilities in Japan. It also offers a series of workshops where participants can enhance their practical skills and develop good leadership. Over the past 19 years the program has hosted 133 people, many of whom are today taking action for human rights of persons with disabilities the world over.

Unique features of the program include that the instruction language is Japanese: the first 3 months are devoted to intensive Japanese (Sign) language lessons, and by the end of the program participants can develop fluency in the language. Moreover, a number of months are spent on tailor-made individual training, reflecting each participant's own needs, interests and future goals. At present 5 prospective trainees, who have been selected to attend the 20<sup>th</sup> program, are developing their training plan and getting ready for the journey they are embarking on in September.

Please find enclosed hard copies of **Application Guidance** and **Application Form**, which are also available for download at our website: <http://www.normanet.ne.jp/~duskin/english/>. It would be very much appreciated if you could help us disseminate the information about the call. We hope to receive many applications from young people in your country.

The deadline for applications is **August 8<sup>th</sup>, 2018**. Applications sent by post should be postmarked no later than this date.

If you have any inquiries please phone us or send an email or fax (contact details shown above).  
Thank you very much in advance for your cooperation.

Yours sincerely,

那須 里美  
Satomi NASU (Ms.)

On behalf of **Secretariat for the Duskin Leadership Training in Japan**  
Deputy Manager of the International Training Section  
Japanese Society for Rehabilitation of Persons with Disabilities (JSRPD)



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**The 21st Duskin Leadership Training in Japan;**  
**A Program for Persons with Disabilities in Asia and the Pacific (2019)**

May 2018

Sponsor:  
The Duskin AINOWA Foundation

Operating Organization:  
Japanese Society for Rehabilitation of Persons with Disabilities (JSRPD)

April 2018

## Greetings

The 21st Duskin Leadership Training in Japan:  
A Program for Persons with Disabilities in Asia and the Pacific

Make Your Dreams Come True

Dear Applicants,

It has been over thirty-seven years since the Duskin Ainowa Foundation was established in 1981. The “Duskin Study Abroad Leaders Program for the Disabled” was initiated during the United Nation's International Year of Disabled Persons, with the goal of helping persons with disabilities to achieve full participation, without discrimination, in society.

The Foundation also launched its second program, “The Duskin Leadership Training in Japan” in 1999. During the past nineteen years, a total of 125 trainees from 27 different countries and regions in Asia and the Pacific area successfully completed the program. We are pleased that the program has been well received, as is evident in the enthusiastic responses from communities in these nations, year after year. At the same time, we are increasingly aware of the importance of our commitment and our responsibility to ensure that this program continues to have its long-term social impact on these nations.

We believe that our mission for this program is to provide our selected trainees with the training they need so that on their return to their home countries, they can become leaders among persons with disabilities in their own communities, by dedicating themselves to these individuals and communities. We are proud that many trainees who completed the program are now playing pioneering roles in their home countries.

We hope that many young persons with disabilities and who also possess courage and a belief in their ability to face and overcome tough difficulties and challenges, will apply to participate in our 21st program. There were approximately 230 applicants for the 20th program last year, and we expect that the number of applicants this year will exceed even that total. While the selection process is rigorous, and the training program even more so, we encourage all young people who are determined to accept new challenges to apply for this extraordinary program.

We look forward to receiving your application and wish you success in your endeavors.

With our prayers,

The Executive Committee for the Duskin Leadership Training in Japan  
Duskin AINOWA Foundation



Cross Disability Learning

## I. About the Program

### 1 Introduction

This program is designed for young persons with disabilities living in Asia and the Pacific who have the willingness and the potential to become leaders in their communities and to work for persons with disabilities. The program offers such young individuals with disabilities an opportunity to learn about welfare policies and services for persons with disabilities in Japan and thereby to obtain knowledge and skills that will support their future activities. It was first initiated in 1999 by the Duskin AINOWA Foundation as a project commemorating the Asian and Pacific Decade of Disabled Persons (1993-2002). Over the past nineteen years, the program has invited 133 people from all over Asia and the Pacific to Japan.

### 2 Sponsor

The Duskin AINOWA Foundation

### 3 Co-sponsors

Duskin Co., Ltd.  
The Duskin Group of Companies

## Application Guidance

### 4 Operating organization

Japanese Society for Rehabilitation of Persons with Disabilities (JSRPD)

### 5 Supporting organization

Ministry of Health, Labour and Welfare, Japan

### 6 The number of trainees selected

A maximum of 10 places are available. In principle, only one trainee can be selected from each country/region.

### 7 Duration of the program

Approximately 10 months (starting in September 2019 and ending in June 2020)



Ski Training

## 8 Target countries/regions

Countries/regions in Asia and the Pacific excluding New Zealand and Australia

## 9 Training venues

Training takes place at a variety of locations across Japan, including rehabilitation centers for persons with disabilities, educational institutions and organizations of/for persons with disabilities.



Japanese Sign Language Lesson

## 10 Main features of the program

- (1) Approximately the 10-month long training program will consist of three parts – Japanese language learning, group training and individual training.
- (2) The trainee will design his/her own individual training program based on his/her interests and future goals. A final training plan can be drawn up in consultation with training coordinators at JSRPD and with experts from related organizations.
- (3) In principle, all the training will be provided in the Japanese (sign) language.

- (4) The first three months will be devoted to intensive Japanese (sign) language lessons. Sufficient language skills will enable the trainee to exchange opinions and ideas with people in Japan. It is also a requirement for the trainees to make their presentation in Japanese (sign) language and/or to take Japanese Language Proficiency Test in December 2018.
- (5) The trainee will learn about the current situation of rehabilitation and welfare services, and movements of/for persons with disabilities, through observation and hands-on experience.
- (6) There will be opportunities to attend conferences and seminars on disability and/or rehabilitation of persons with disabilities.
- (7) The trainee will spend the New Year holidays with a Japanese family.
- (8) The trainee will meet with disabled leaders and activists from different countries to get the latest information on international cooperation in relevant fields.
- (9) The training covers a wide range of practical topics including how to write project proposals and reports and how to give presentations.
- (10) The trainee will be required to submit both weekly reports and a final report.



Mobility Training

## II. Applying

### 11 Applicant criteria

No education history or prior work experience is required to apply for this program.

However, you must:

- (1) be a person with a disability living in Asia and the Pacific,
- (2) be between 18 and 29 years old as of August 8, 2018,
- (3) be able to communicate in either Japanese (or Japanese Sign Language) or English (or International Sign Language/ASL) 《see 14. below》,
- (4) be determined to become a future leader in your community and to work for persons with disabilities,
- (5) be willing to adapt yourself to the Japanese lifestyle and complete about the 10-month training in Japan,
- (6) understand that no temporary return to your home country will be allowed throughout the entire training period until the completion of the training,
- (7) be able to carry out your everyday activities without assistance,
- (8) have a surety, who is a parent, a sibling of age, or someone who is next of kin, and
- (9) agree to participate in the program at your own risk.



Homestay

### 12 Notes for applicants

- (1) Fill in the application form in either Japanese or English. Type or handwrite clearly. The application form consists of 8 pages and has 28 sections. Do not exceed the space provided for each section.
- (2) In Section 10, tick an appropriate box. If you tick 'I work' or 'Other,' clarify the type of your organization/work and the form of your employment by ticking all appropriate boxes or giving details.
- (3) In Section 11, refer to any organization of/for persons with disabilities that you are currently involved with as a member, user and volunteer etc. Do not include any information that you have already mentioned in Section 10.
- (4) In Section 12, write down the name of school/university/any other educational institution from which you graduated and state your major. Do not include any information you have already stated in Sections 10.
- (5) In Section 13, write down the names of your past employers and the duration of each employment, if any. Then briefly describe each organization and your role. Do not include information you have already stated in Section 10.
- (6) In Section 17, describe your current situation regarding your disability in detail, including medical data. Also clarify if you need any assistance in daily life (and if so, of what kind). It is very important for us to correctly understand your disability and current situation.
- (7) In Section 24, give the name and contact details of a person who can act as your referee, such as your teacher, current/past employer, etc. Your referee must be able to discuss your skills and personal qualities. He/she must not be related to you by birth or marriage, be in a personal relationship with you, or live at the same address as you.

- (8) In Section 25, give the name and contact details of a person who can act as your surety. Your surety will be liable to the Sponsor and the Operating Organization for your fulfillment of your obligations as a trainee, including an immediate payment of any financial debt.
- (9) In principle, you are expected to fill in the application form by yourself. However, if you have difficulty in doing so, another person may do it on your behalf. In this case, you must clarify this in Section 26.
- (10) If you are applying by post, attach a photo showing your face and whole body to the first page of the application form. Write your name on the back of the photo. If you are applying by email, send your photo as a separately attached file preferably in the JPEG format. The size of the photo must not exceed 2MB.
- (11) If you are applying by email, please send the application form as an either Microsoft Word or PDF file to the following address: **duskin\_training@dinf.ne.jp**
- (12) Alternatively, you can send your application form by mail or international courier to the following address:  
**Secretariat for the Duskin Leadership Training in Japan c/o JSRPD**  
**1-22-1 Toyama, Shinjuku-ku, Tokyo**  
**162-0052 JAPAN**
- (13) You must send your application only once by one of the methods shown above. We regret that we cannot accept applications sent by FAX.
- (14) Your application and attached documents will not be returned.
- (15) The Secretariat will not acknowledge receipt of applications respectively.

## 13 Submission deadline

**August 8, 2018**

Applications sent by email after this date will not be considered. If you are posting your application form, it needs to be postmarked on or before August 8, 2018.

## 14 Selection procedures and notification of a result

- (1) The Executive Committee, consisting of 9 members and 1 advisor, will screen all valid applications and shortlist applicants.
- (2) The Secretariat will contact each shortlisted applicant in order to arrange an interview in his/her own country/region. Then a member(s) of the Executive Committee will travel and meet him/her in order to assess his/her suitability as a trainee.
- (3) The Executive Committee will make final decisions at a committee meeting.
- (4) The Secretariat will inform all applicants of a result by post by the end of May 2019.
- (5) **No application-related questions can be answered during the selection process.**

## 15 Expenses

- (1) The sponsor will cover the following expenses:
  - (i) Cost of traveling between the trainee's home town and Japan, including international flights and domestic transportation.
  - (ii) Fees for necessary travel documents, such as passport and visa.
  - (iii) Cost of training during the program.
  - (iv) Living expenses such as accommodation and food, supplemented by daily allowances.
- (2) The trainee will bear any other expenses which are not listed above.

## NOT FOR SALE

Please carefully read the Application Guidance before completing this form.  
 Type or handwrite clearly, and do not exceed the space provided for each section.

**Deadline is August 8, 2018 !!**

Note: Please type or handwrite clearly and tick appropriate boxes that should appear as .

(FOR OFFICE USE ONLY: Registration Number )

### The 21<sup>st</sup> Duskin Leadership Training in Japan A Program for Persons with Disabilities in Asia and the Pacific (2019)

<b>1. Name</b>			
	<i>First (given) name(s)</i>	<i>Middle name</i>	<i>Second (family) name</i>
In your native language: _____ / _____ / _____			
In English alphabet: _____ / _____ / _____			
<b>2. Sex</b>		<b>3. Date of Birth</b>	
<input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Unspecified		Year      Month      Day _____ / _____ / _____      Age: _____ (as of August 8, 2018)	
<b>4. Contact details</b>			
<input type="checkbox"/> Home <input type="checkbox"/> Office <input type="checkbox"/> Other (please specify: _____ )			
Postal address: _____			
Country: _____			
Telephone: _____		Fax: _____	
Mobile phone: _____		Email: _____	
<b>5. Type of disability</b>			
<input type="checkbox"/> Physical <input type="checkbox"/> Visual <input type="checkbox"/> Hearing <input type="checkbox"/> Intellectual <input type="checkbox"/> Mental <input type="checkbox"/> Other (please specify: _____ )			
<b>6. Nationality</b>		<b>Attach your photo here</b>  A photo must show your face and entire body. It must have been taken in the past 3 months.  If you are applying by post, please write your full name on the back of the photo.  If you are applying by email, please send your photo as a separate attachment.	
<b>7. Native language (mother tongue)</b>			
<b>8. Religion</b>			
<b>9. Marital status</b>			
<input type="checkbox"/> Single <input type="checkbox"/> Married			

Note: Please type or handwrite clearly and tick appropriate boxes that should appear as .

**10. What do you do?**

I am a student       I work       Other (please specify: \_\_\_\_\_ )

**If you are a student, please provide details of your institution:**

Name of your School/College/Institution:	
Address:	
Your school Year/Grade:	
Your major:	
When do you expect to graduate?	

**If you have employment or any other kinds of work, please provide details below.**

Your organization type:	<input type="checkbox"/> NGO <input type="checkbox"/> Public administration/government <input type="checkbox"/> Private firm/institution <input type="checkbox"/> Other type of institution <input type="checkbox"/> Self-employed <input type="checkbox"/> Family-run business <input type="checkbox"/> Freelance <input type="checkbox"/> Other (details: _____ )
Your status:	<input type="checkbox"/> Paid staff <input type="checkbox"/> Unpaid staff/Volunteer <input type="checkbox"/> Intern/Trainee <input type="checkbox"/> Other (details: _____ )
Name of Your Employer (Organization/Company):	
Address:	
Telephone:	
Fax:	
Website:	
Email:	
Describe specialty of your organization and its main business:	
Describe your job details including your present title:	

Note: Please type or handwrite clearly and tick appropriate boxes that should appear as .

**11. Do you belong to any organization of/for persons with disabilities?**

No, I don't belong to any organization.       Yes, I belong to the following organization.

Name of the organization:	
Address:	
Telephone:	
Website:	
Email:	
Its purpose and activities:	
How are you affiliated with this organization? (tick an appropriate box)	<input type="checkbox"/> Staff <input type="checkbox"/> Member <input type="checkbox"/> Volunteer <input type="checkbox"/> Service user <input type="checkbox"/> Other
Describe your involvement:	

**12. Education**

**A. University/ School**  
Give the name of the institution from which you graduated, your degree/major and completion date. Please exclude information that you have already mentioned in Section 10.

Name	City/Country	Attended From (Month/Year)	Attended To (Month/Year)	Degree, Certificate or Diploma

**B. Training/Seminar**  
List training courses and seminars etc. that you have attended and qualifications that you hold.

Name	City/Country	From (Month/Year)	To (Month/Year)	Certificates obtained

**13. Work Experience**

Please exclude information that you have already mentioned in Section 10.

Name of employer/ organization	Description of organization	From (Month/Year)	To (Month/Year)	Title, duties and responsibilities

Note: Please type or handwrite clearly and tick appropriate boxes that should appear as .

<b>14. Reason for applying: Why do you want to participate in this training program?</b>
<b>15. Your training plan: What do you want to learn in Japan?</b>
<b>16. Your future plan: What will you do after training?</b>

Note: Please type or handwrite clearly and tick appropriate boxes that should appear as .

<b>17. Your disability</b>
What is the name of your disability? _____
Please describe details about your disability including medical records.
Do you require any assistance in your daily life? <input type="checkbox"/> YES <input type="checkbox"/> NO
If YES, please tick all appropriate boxes below:
- Aids: <input type="checkbox"/> Electric Wheelchair <input type="checkbox"/> Manual Wheelchair <input type="checkbox"/> Crutches <input type="checkbox"/> Guide dog <input type="checkbox"/> White cane <input type="checkbox"/> Other (please specify: _____ )
- Personal Assistant: <input type="checkbox"/> Full-time <input type="checkbox"/> Part-time
→ <input type="checkbox"/> Mobility <input type="checkbox"/> Transferring <input type="checkbox"/> Eating <input type="checkbox"/> Cooking <input type="checkbox"/> Cleaning <input type="checkbox"/> Clothing <input type="checkbox"/> Toileting <input type="checkbox"/> Bathing <input type="checkbox"/> Other (please specify: _____ )
Give any additional information which would help us to understand your disability and condition:
<b>18. Do you have a dietary, medical or any other restriction in your daily life due to your religion or health condition?</b>

Note: Please type or handwrite clearly and tick appropriate boxes that should appear as .

**19. Describe your personal history.**

**20. What are your hobbies and interests?**

**21. Have you traveled abroad before?** Give details of any travel experience abroad (e.g., study, training and holidays), including its destination, duration and purpose.

**22. How did you learn about this program and where did you get this application form?**

Note: Please type or handwrite clearly and tick appropriate boxes that should appear as .

**23. Your language skills – Circle a number that indicates your level on each scale bar.**

**ENGLISH**

Speaking: None Basic communication Everyday conversation Business level Native level  
|-----|-----|-----|-----|  
1 2 3 4 5

Listening: None Basic communication Everyday conversation Business level Native level  
|-----|-----|-----|-----|  
1 2 3 4 5

Reading: None Some words Simple sentences Short stories Newspapers  
|-----|-----|-----|-----|  
1 2 3 4 5

Writing: None Some words Simple sentences Short essays Business reports  
|-----|-----|-----|-----|  
1 2 3 4 5

**JAPANESE**

Speaking: None Greetings Basic communication Everyday conversation Business level  
|-----|-----|-----|-----|  
1 2 3 4 5

Listening: None Greetings Basic communication Everyday conversation Business level  
|-----|-----|-----|-----|  
1 2 3 4 5

Reading: None Some letters Simple sentences Short stories Newspapers  
|-----|-----|-----|-----|  
1 2 3 4 5

Writing: None Some letters Simple sentences Short essays Business reports  
|-----|-----|-----|-----|  
1 2 3 4 5

Do you use or understand any of the followings? Please tick all appropriate boxes below.

Braille:  Native language ( )  English (Grade )  Japanese  
 Other (please specify: )

Sign language:  Native language ( )  ASL  International  
 Japanese  Other (please specify: )

Lip-reading:  Native language ( )  English  Japanese  
 Other (please specify: )

If you have any other communication skills, please describe below:



**24. Referee information** – Give the name and contact details of your referee.

Name: \_\_\_\_\_ Relationship to you: \_\_\_\_\_

Address: \_\_\_\_\_

Occupation: \_\_\_\_\_ Email: \_\_\_\_\_

Telephone: \_\_\_\_\_ Mobile phone: \_\_\_\_\_

**25. Surety information** – Give the name and contact details of your surety.

Name: \_\_\_\_\_ Relationship to you: \_\_\_\_\_

Address: \_\_\_\_\_

Occupation: \_\_\_\_\_ Email: \_\_\_\_\_

Telephone: \_\_\_\_\_ Mobile phone: \_\_\_\_\_

**26. Who completed this application form?**

- I completed this form by myself.
- I got help – please give details on the person who completed this form on behalf of you.

Name: \_\_\_\_\_ Relationship to you: \_\_\_\_\_

Reason for assistance: \_\_\_\_\_

**27. Have you applied for this program before?**

- Yes, I applied in 20 \_\_\_\_\_
- No, this is my first time applying.

**28. Declaration statement by the applicant**

*“I hereby certify that all the information stated above is true, correct and complete.”*

Your signature (or type your name): \_\_\_\_\_ Date: \_\_\_\_\_



Group Training

## 16 How to contact us

If you have any inquiries, please contact the Secretariat by post, telephone or email (Inquiries by telephone will be accepted from Monday to Friday from 10:00-12:00 and 13:00-17:00 Japan time).

**Secretariat for the Duskin Leadership Training in Japan**  
**c/o Japanese Society for Rehabilitation of Persons with Disabilities (JSRPD)**  
**1-22-1 Toyama, Shinjuku-ku, Tokyo 162-0052, Japan**  
**Telephone: +81-3-5273-0633**  
**Email: [duskin\\_training@dinf.ne.jp](mailto:duskin_training@dinf.ne.jp)**

### Message from a former trainee



I believe that you are very excited to start your marvelous journey of your Duskin Leadership Training in Japan now. Your wonderful opportunity of the Program reminds me of my experiences as a Duskin Trainee. The golden key for you to possess the valuable knowledge and experience treasure that Japanese people offer you is to learn Japanese language well for the first three months. After this first challenge, you will be free to explore the accessible living, learning, and working environment of Japanese people with disabilities. Your wealth of knowledge will entirely depend on your observation, experience, and learning keenness. Therefore, please try to avail all opportunities, raise questions, observe, and experience as much as you can, especially what past and present difficulties and barriers that Japanese people with disabilities have faced and how they have overcome them. This information would be very helpful for your advocacy for disability rights in your country when you return after the course. For now, I just want to give you my heartfelt congratulations on your joining our big Duskin family and wish you a fruitful and enjoyable training in Japan.

**Thu Huong Dao (the 13th Duskin Trainee)**  
 Group leader, Lift You Up  
 Hanoi, Vietnam