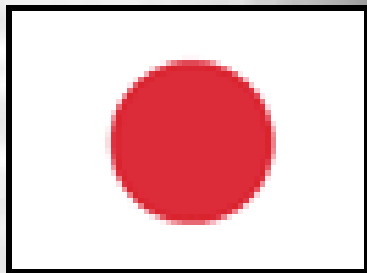


**ARU PAKISTAN-JIN
NO
NIHON TANBOU**



By:

ZAFAR WAQAR TAJ

Contents

1. Pakistan:

- 1.1 Introduction to Pakistan
- 1.2 Hazards
- 1.3 Plan

2. Experience of Japan:

- 2.1 ADRC
- 2.2 Learning Activities
- 2.3 Field Visits
- 2.4 Exposures
- 2.5 Departments & Institutions

3. Excursions:

- 3.1 Places Visited
- 3.2 Charms
- 3.3 General

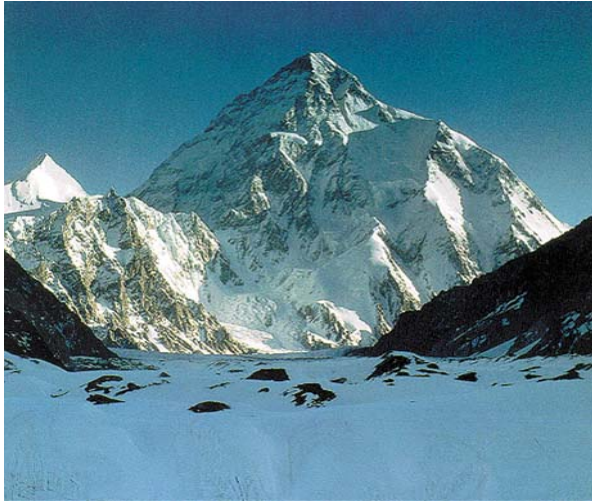
4. Feats:

- 4.1 Lessons Learnt
- 4.2 Impression of Japan
- 4.3 Future Plans

Fuji-san
Japan
3776 m



K2
Pakistan
8611 m



K2 8611 meters

The Peaks



Nanga Parbat 8126 meters



Fuji-san Japan



Rakaposhi 7399 meters

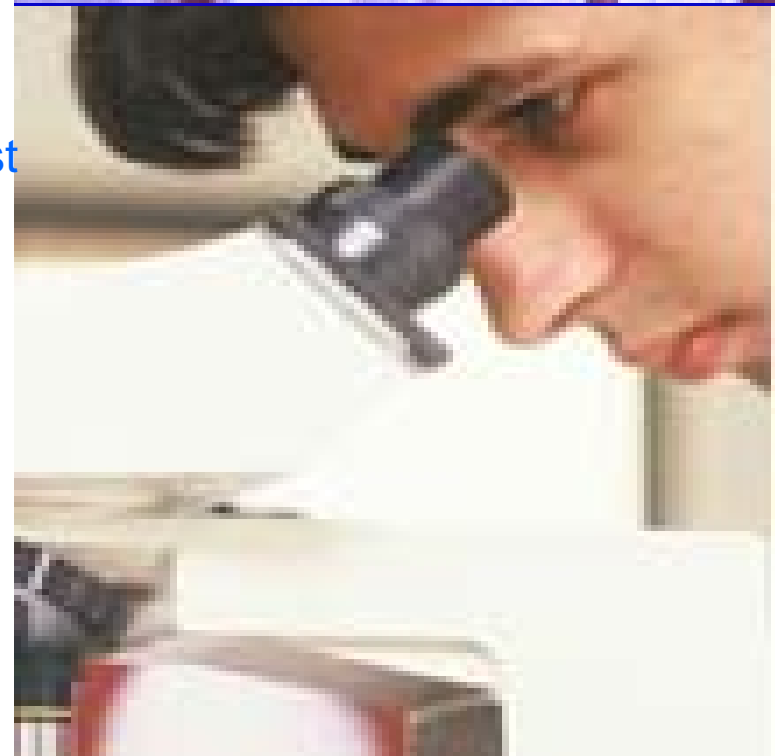


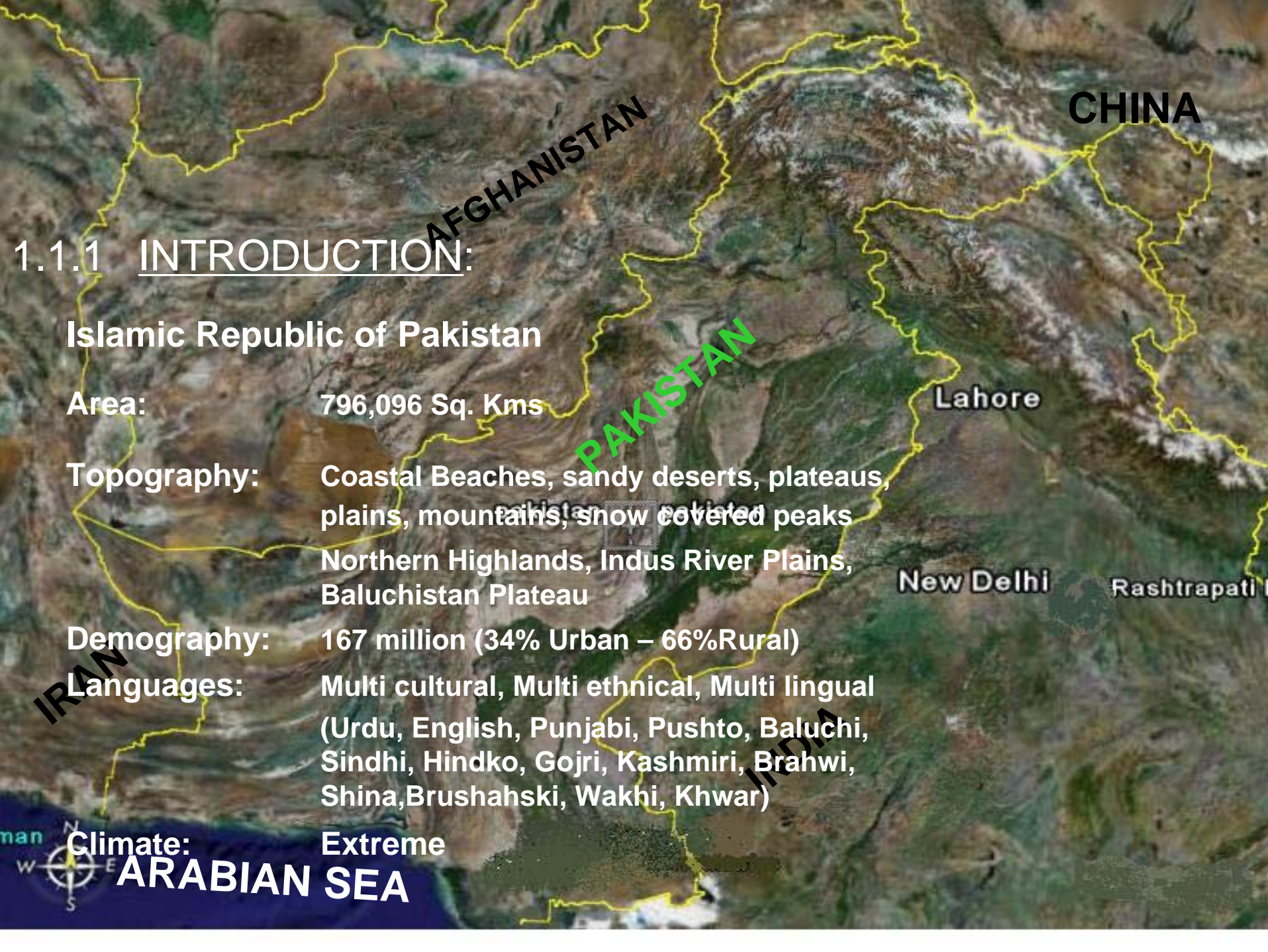
Masharbrum I 7821 meters



1.1 Introduction to Pakistan

- 1.1.1 Introduction
- 1.1.2 Our Roots
- 1.1.3 Today's Pakistan
- 1.1.4 --do--
- 1.1.5 Northern Areas
- 1.1.6 Men at Their Best
- 1.1.7 Folk Pakistan
- 1.1.8 Pastimes
- 1.1.9 Flora & Fauna
- 1.1.10 --do—
- 1.1.11 --do—





1.1.1 INTRODUCTION:

Islamic Republic of Pakistan

Area: 796,096 Sq. Kms

Topography: Coastal Beaches, sandy deserts, plateaus, plains, mountains, snow covered peaks
Northern Highlands, Indus River Plains, Baluchistan Plateau

Demography: 167 million (34% Urban – 66% Rural)

Languages: Multi cultural, Multi ethnical, Multi lingual
(Urdu, English, Punjabi, Pushto, Baluchi, Sindhi, Hindko, Gojri, Kashmiri, Brahwi, Shina, Brushahski, Wakhi, Khwar)

Climate: Extreme

ARABIAN SEA

Mohinjodaro 2600-1900 BC



1.1.2 OUR ROOTS



Harapa 1700 BC



1.1.3 TODAY'S PAKISTAN



Ziarat House

Baluchistan



Minar-e-Pakistan

Punjab



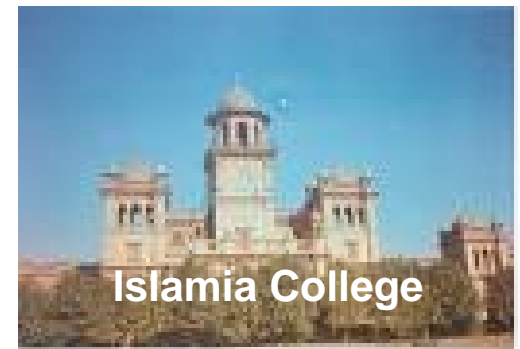
Faisal Mosque

Islamabad



Shrine

Sindh



Islamia College

NWFP

1.1.4 TODAY'S PAKISTAN



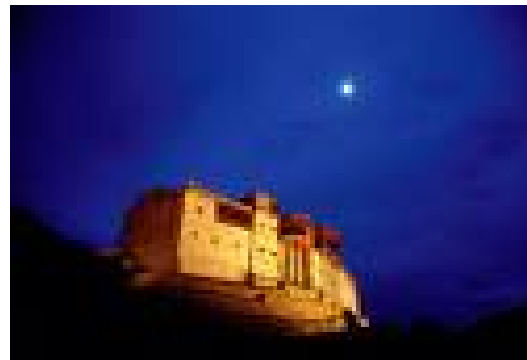
**Karakurums
Ghizer**



**Heaven
Skardu**



**Where Time stopped!
A Kalash Women**



**Baltit Fort
Hunza**



A Balti Girl

1.1.5 NAs --- Heaven on the Earth



Area	---	72496 Sq Kms
Population	---	1.5 Million
Districts	---	06
Density	---	20.7/Sq Km
Junction	---	Karakurums, Hindukush & Himalayas
Rivers	---	Six (Ghizer, Gilgit, Nagar, Hunza, Shiyok, Skardu)
Topography	---	Mountainous (Lakes, Snow peaks, Pastures, Glaciers, Rivers)

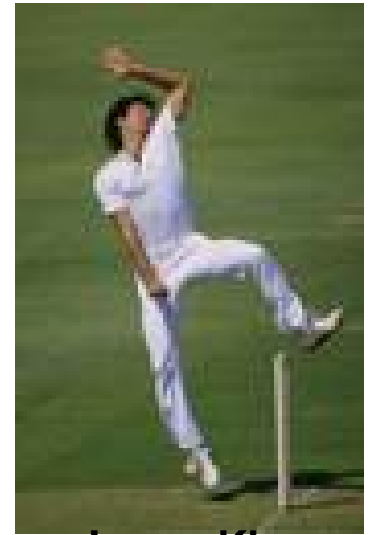
1.1.6 Men at Their Best



**M. Yousaf
Snooker**



M. A. Jinnah
Mr. Jinnah as a young lawyer
Father of the Nation



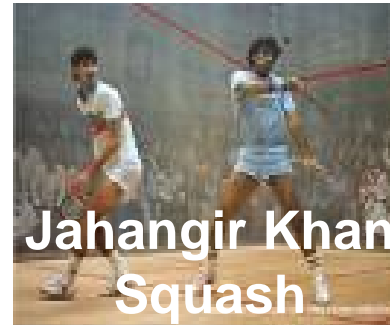
**Imran Khan
Cricket**



**Ashraf Aman
Climber**



**Shehbaz
Junior**



**Jahangir Khan
Squash**



**Nazir Sabir
Climber**

1.1.7 FOLK PAKISTAN



Punjab



Baluchistan



Sindh



NAs



Pipes



Painting



Dadang



Sword Dance



NWFP



Dholak



1.1.8 PASTIMES



1.1.9 Flora & Fauna



Ibex



Markhor
The National Animal



**Double Humped
Camels**

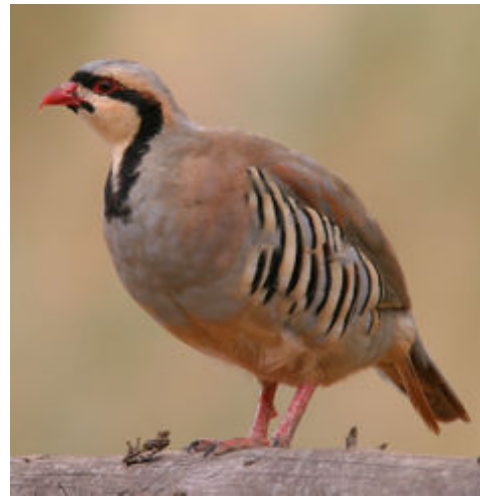


**Beauty with Grace
Snow Leopard**

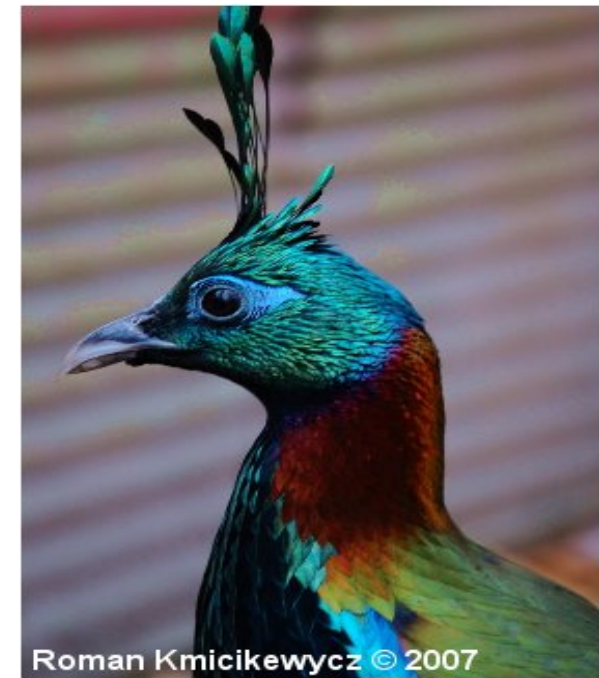


**Himalayan
Brown Bear**

1.1.10 Flora & Fauna



National Bird



Roman Kmicikewycz © 2007

1.1.11 Flora & Fauna



Nigella sativa



Sunflower



Cotton



Sugar Cane



Wheat

1.2 Hazards:

- 1.2.1 Hazards
- 1.2.2 Mega Earth Quake
- 1.2.3-5 Life has to go on

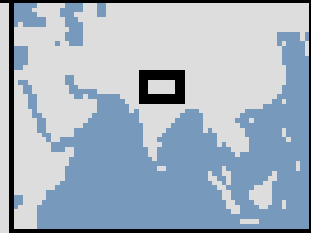




1.2.1 HAZARDS:

- Floods
- Droughts
- Earthquakes
- Cyclone
- Flash Floods
- Land Slides
- Avalanches
- Infectious Diseases/Epidemics
- Human Induced Hazards





CHINA

1.2.2 Mega Earthquake of 2005

AFGHANISTAN

PAKISTAN-CONTROLLED KASHMIR

Date: Kabul

8th October 2005

Magnitude:

7.6 Moment Magnitude Scale

Epicenter:

Muzzafarabad

Depth:

10 Kms

Areas Affected:

30,000 sq Km

(NWFP, Azad Kashmir, Islamabad)

Deaths:

73,338 (Including about 18000 Children)

Injured:

128,304

PAKISTAN

INDIA

Delhi

NEPAL

Jalalabad

Muzzafarabad

Uri

Islamabad

INDIAN-CONTROLLED KASHMIR

NORTH-WEST FRONTIER



Old Fellows

1.2.3 Life Has to Go On



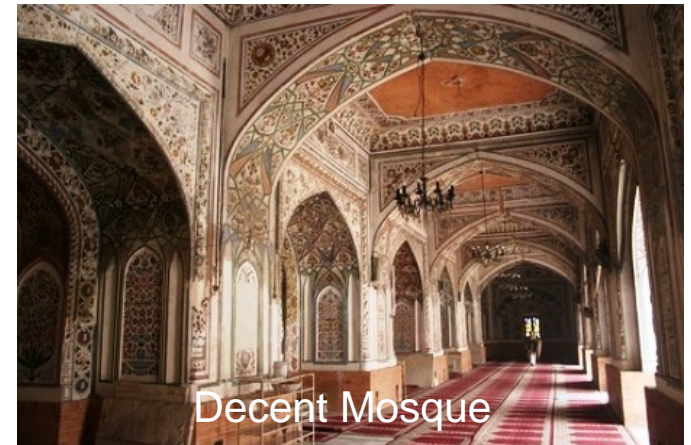
Golden Autumn



Colours



Glowing Spring



Decent Mosque

1.2.4 Life Has to Go On



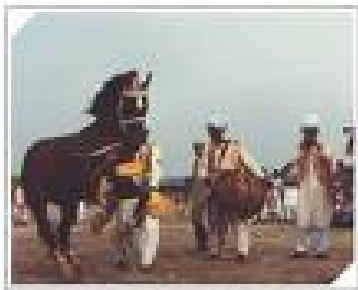
Who Else Can Dare?



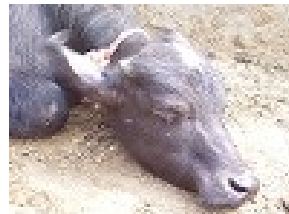
Wheat Crops



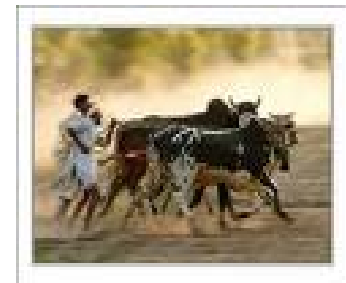
Dancing Cobras



Dancing Horse



Taking a nape
Buffalo



Oxen

1.2.5 Life Has to Go On



Handicrafts



Focused
on a brighter future



Embroidery



Traditional Dresses



Kalash Colours

1.3 Plans:

1.3.1 Japan

1.3.2 General

- a. Traditions & Culture
- b. Historical Places
- c. Tourist Spots
- d. Nihongo



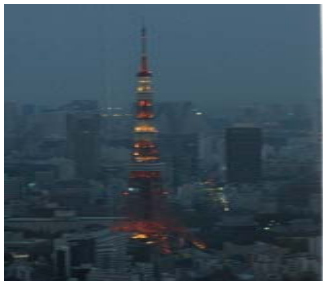
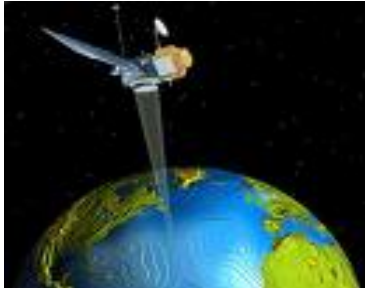


1.3.1 JAPAN:

- ◆ An Ancient Civilization
- ◆ Unique Culture
- ◆ Stories of WW-II
- ◆ Strong Economy
- ◆ Technical & Scientific Advancement
- ◆ Prone to a Number of Disasters
- ◆ Well Developed DDR Mechanism
- ◆ World wide Philanthropic Assistance



First Day in Japan – Kansai Airport
 Arrival 23rd February 2008 - - Departure 24th June 2008
(Four Months)



1.3.2 General

- a. Traditions & Culture
- b. Historical Places
- c. Tourist Spots
- d. Nihongo

Traditions & Culture



Historical Places



Tourist Spots

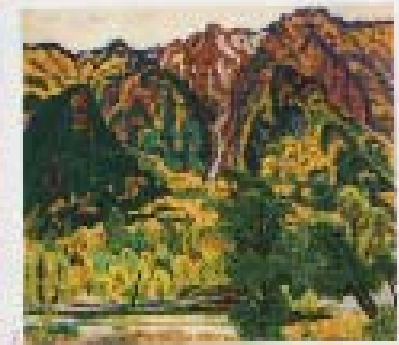
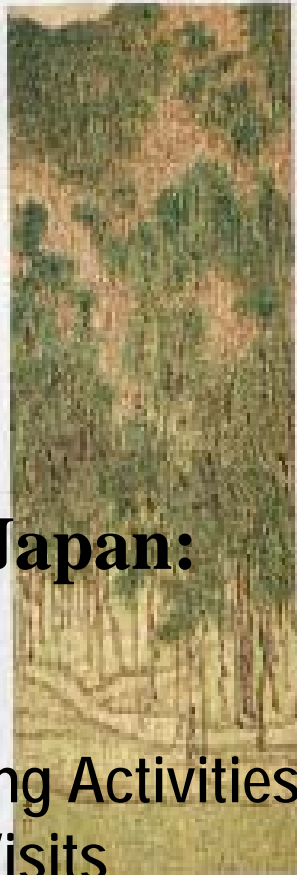


Nihongo

A grid of Japanese text, likely a list of words or phrases. The text is arranged in a regular pattern, with each cell containing a small amount of text, possibly a word and its pronunciation. The grid is organized into several columns and rows, with some cells containing red text, possibly indicating specific words or phrases.

2. Experience of Japan:

- 2.1 ADRC
- 2.2 Learning Activities
- 2.3 Field Visits
- 2.4 Exposures in Field Visits
- 2.5 Office Environment



2.1

ASIAN DISASTER REDUCTION CENTER:



FORMATION:

- ◆ 25 Member Countries
- ◆ 05 Advisor Countries
- ◆ 01 Observer

ACTIVITIES:

- ◆ Information Sharing
- ◆ Human Resources Development
- ◆ Building Community Capabilities

OFFICE ENVIRON:

- ◆ Decent
- ◆ Elegant
- ◆ Cooperative
- ◆ Not over burdened

COLLEAGUES:

- ◆ Polite
- ◆ Gentle
- ◆ Cooperative
- ◆ helpful



Zafar with Suzuki-san
The Executive Director



Construction Site
Sannomiya



Fire Fighting Drill
Osaka Abeno



Hazard Mapping
Exercise



Lecture
At JICA Center

2.2 Learning Activities:

- ◆ Lectures
- ◆ Seminars
- ◆ Participatory drills
- ◆ DRR Related Literature
- ◆ Hazard Mapping Exercises
- ◆ Visits to Educational Institutions
- ◆ Visits to DRR Related Departments
- ◆ Visits to DRR Museums and Memorials



E-Defense
Miki



Hanshin Awaji



Arakawa Karyu River Office
Tokyo



Retrofitted Building
Katsushika Ward Office

2.3 Field Visits:

Kyoto
Osaka
Tokyo
Chiba
Shizuoka
Yamaguchi
Hiroshima



Image NASA
© 2008 Europa Technologies
Image © 2008 TerraMetrics
© 2008 ZENRIN

©2008 Google

Eye alt 1150.99 km

33°27'02.26" N 135°34'35.41" E

2.4 Exposures :

◆ Kyoto



Kyoto University
Kiyomizu temple



Kyoto University



The Temple

◆ Tokyo 1st Visit:



Chiba University
Roppongi Hills
Imperial Palace
Odaiba



A Sunset
From Roppongi



The Calm
Imperial Palace

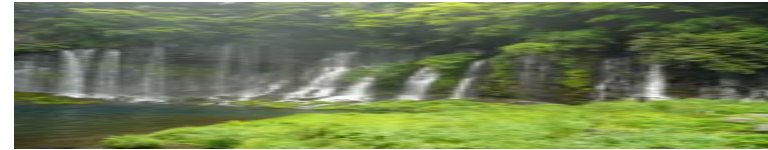


Liberty?

◆ Fujitokoha University



Fujitokoha University
Shiraito no Taki



Shiraito no Taki

◆ Yamaguchi University



Yamaguchi University
Akiyoshi Cave & Plateau



Yamaguchi University



Akiyoshi Cave



Aiyoshi Plateau

◆ Hiroshima



Atomic Bomb Dome
Atomic Bomb Museum



Atomic Bomb Dom



Atomic Bomb Museum

◆ Tokyo 2nd Visit:



Arakawa River Karyu Office
Katsushida Wrad Office



Arakawa Karyu Kasen Aqua Museum



Arakawa Karyu Kasen Office

2.5 Departments & Institutions:



- ◆ DRI Museum Kobe
- ◆ Osaka Abeno
- ◆ Miki E-Defense Lab
- ◆ Disaster Prevention Research Institute (DPRI), Kyoto
- ◆ Disaster Prevention Facilities, Kiyomiezu Temple
- ◆ Nojima Fault Preservation Museum, Awaji City
- ◆ Urban Environment System, Chiba University
- ◆ Fujitokoha University
- ◆ Kobe City Fire Department
- ◆ Civil Engineering Department, Yamaguchi University
- ◆ Yamaguchi Prefecture Disaster management Department
- ◆ Katsushika ward Office
- ◆ Arakawa Karyu River Office
- ◆ Takenaka Construction Site Sannomiya
- ◆ Hyogo Prefecture Art Museum

3. Excursions:

- 3.1 Places Visited
- 3.2 Charms
- 3.3 General Exposures



3.1

Places Visited:

- Miki City
- Himeji
- Kakogawa River
- Kyoto River
- Nara
- Kawagoe
- Gunma

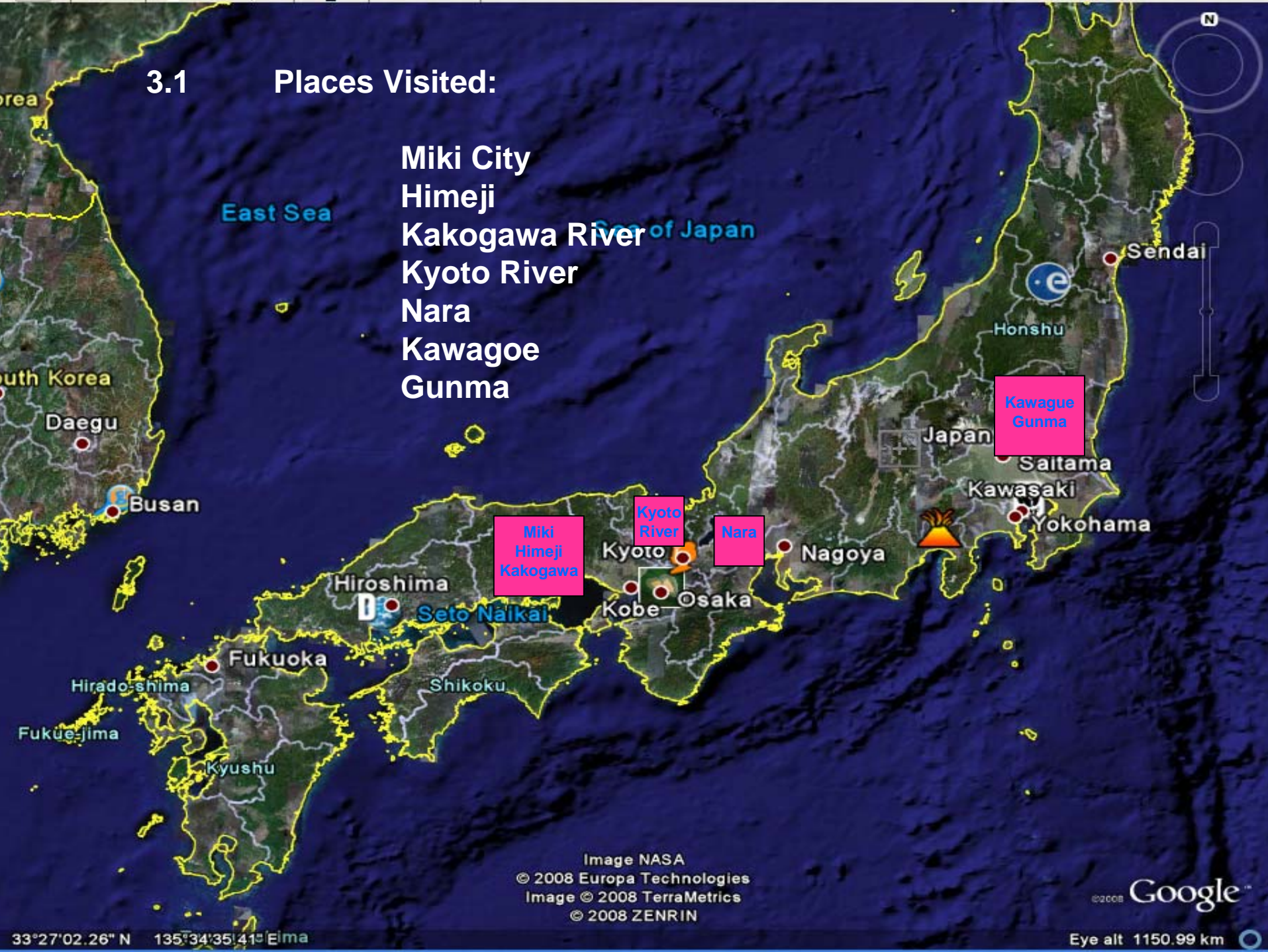
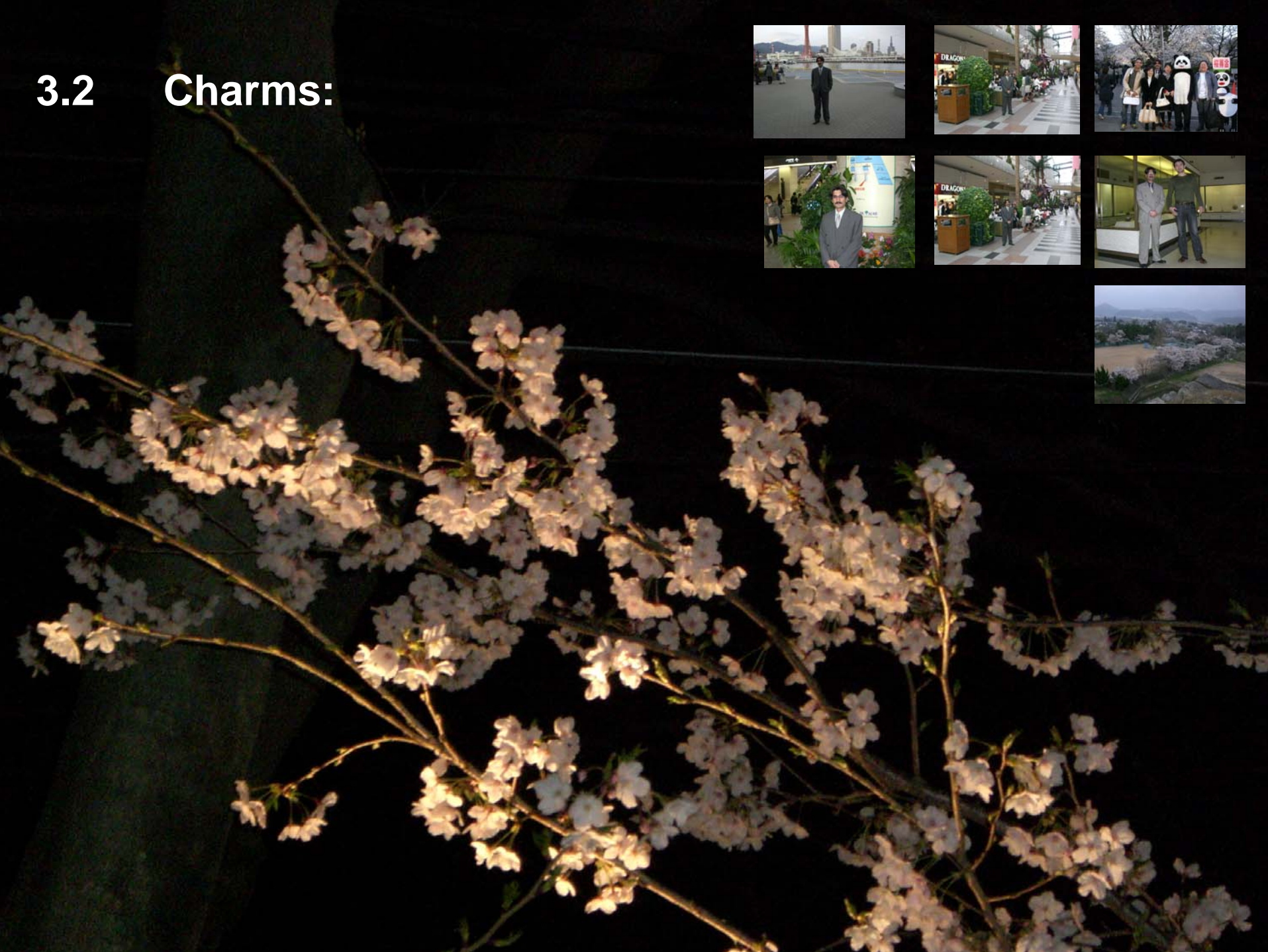


Image NASA
© 2008 Europa Technologies
Image © 2008 TerraMetrics
© 2008 ZENRIN

©2008 Google

3.2 Charms:



3.3 General Exposures:

- ◆ Meeting New People
- ◆ Making New Friends
- ◆ Watching New Places
- ◆ Experiencing New Culture
- ◆ Learning New Things



Watabe-san



Kayashima-san



Feats:

4.1 Lessons Learnt

4.2 Impression of Japan

4.3 Future Plans



HFA:

- * Make disaster risk reduction a PRIORITY
- * Know the risk and take action
- * Build understanding and awareness
- * Reduce risk
- * Preparedness for active action

4.1 Lessons Learnt:

◆ HFA in Practice

- Investing Huge Revenue on Disaster Prevention.
- Researches, Trainings, Seminars, Workshops
- Community Awareness Campaigns, Drills, Hazard Mapping
- Formulation and Implementation of Disaster (Risk) Management Laws
- Utilization of Sophisticated Scientific Tools & Modern Technology

◆ Disaster Preparedness

- ✓ Financial Measures Being Taken by the Japan Government
- ✓ Well Evolved Legal System
- ✓ Maximum Implementation of Legal provisions
- ✓ Communities are aware & equipped
- ✓ Departments are skilled & alert
- ✓ Role of Educational Institutions Researches and Faculties
- ✓ Concerned agencies are backed up with modern technology
- ✓ Coordination & cooperation among concerned agencies



◆ Disaster Awareness:

- 1st September - Disaster Reduction Day
- 30th August to 5th September - Disaster Reduction Week
- 17th January - Disaster Reduction & Volunteer Day
- 15th to 21st January - Disaster Reduction Volunteer Week

◆ Community Participation:

- Knowledge
- Drills
- Hazard Mapping
- Volunteer Organizations
- Alertness



4.2 Impression of Japan:

Calm & Quiet

Hardworking & Busy

Polite & Gentle

Diligent & Careful

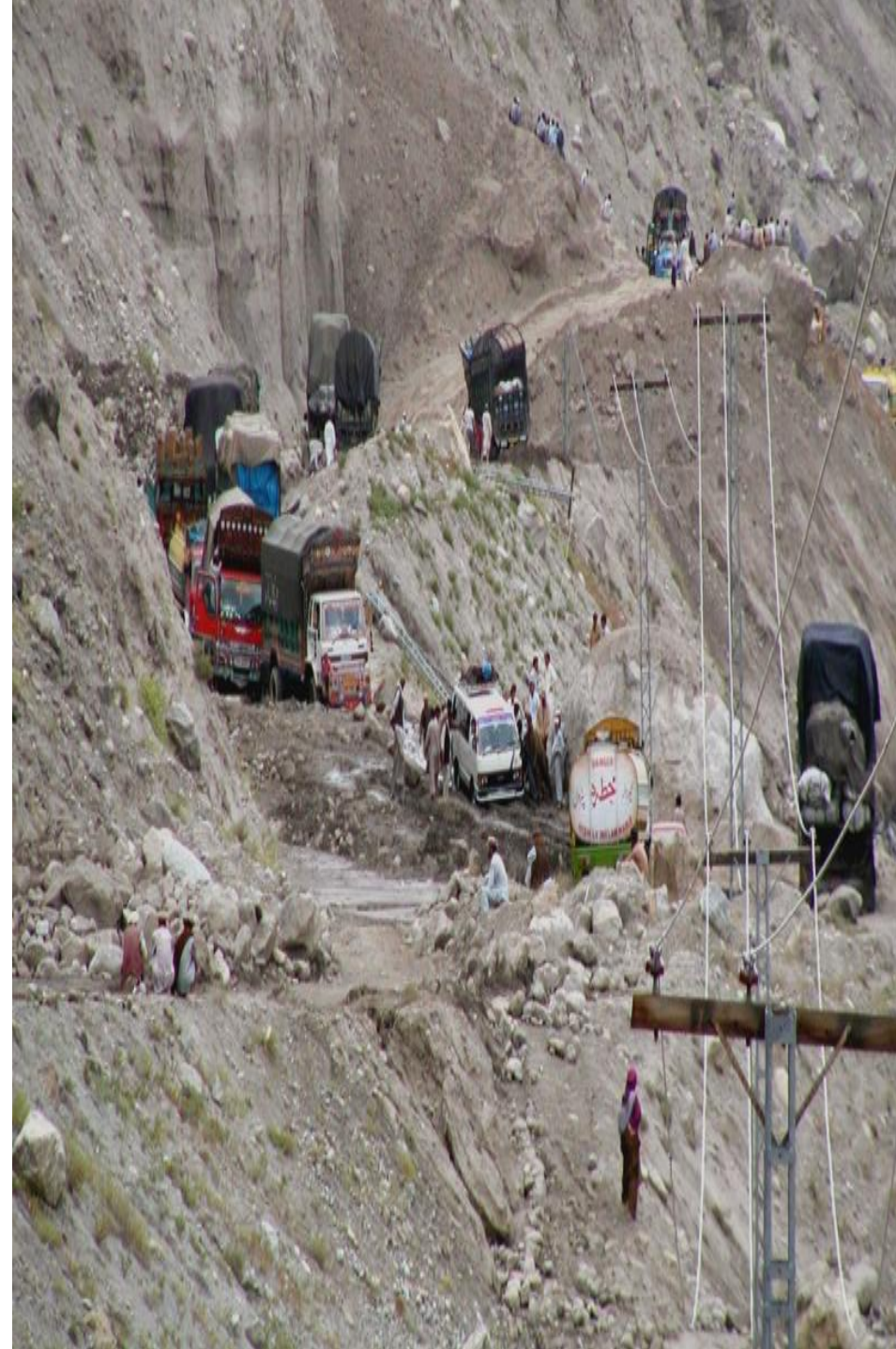
CITIES & TOWNS

Well Planned & Clean



4.3 Future Plans:

- ◆ Practical utilization of the knowledge gained.
- ◆ Propose capacity building of field staff
- ◆ Collection of maximum information for DRM
- ◆ Work for maximum involvement of local communities in DRM
- ◆ Involvement of School, College & University Students
- ◆ Share my experience with colleagues





Special Thanks:

Koji Suzuki-san, Watanabe-san

*Ohori-san, Tsujigami-san,
Watabe-san, Kayashima-san
& all others*

SUGGESTIONS (For VRs):

1. Select appropriate faculty for your study.
2. Manage time to visit places worth seeing.
3. Share your experience.
4. Create a friendly environment.
5. Feel free to inquire.
6. Live in Today.
7. Don't try what you cannot digest.
8. Don't think of what is left back.
9. Don't burden yourself with worries.
10. Do as Romans do while in the Rome.
11. *Enjoy your stay in Japan.*



Shiratorisan
Former Incharge VR



Ohorisan
Current Incharge VR

A D R C's VR Programme

- ◆ An Outstanding Opportunity
- ◆ DRR Mechanism
- ◆ Exposure

Few Proposals:

- ◆ Who is who & What is what?
- ◆ Japanese Language Orientation
- ◆ Introduction to Japanese Culture
- ◆ A short assignment each week
- ◆ A comprehensive assignment in addition to the final presentation
- ◆ Attachment with other colleagues for assistance

Hi Zafar!

I have a good news for you. The DPC is going to be held in this September and you are going to be promoted as Deputy Commissioner to BS-18. Workhard and come up with good results.

We all wish you goodluck.

Sincerely,

A. K. Taj





T
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