

From Environmental Issues to Learning about the SDGs

Switch ON! Eco Life ~ Let's Learn about the SDGs ~ Higashi Kominkan

This program began with the goal of encouraging participants to learn about environmental issues, reevaluate their own lifestyles, and incorporate actions they can take into their daily lives.

Since 2010, a planning committee has been established to design the annual curriculum. Initially focused on eco-knowledge useful for daily life, in recent years, it has expanded to include global environmental issues, economics, and human rights challenges.

We plan to explore perspectives on Japan and the world through cultural anthropology, current rice production issues, and health concerns following the Fukushima nuclear accident. To consciously integrate SDG



learning, we've also utilized SDG card games and held sessions with junior high students.

We aim to create a space where everyone from beginners in eco-friendly living to those contemplating global challenges through the lens of the SDGs can learn together.



Aiming for a hundred people's one step, not one person's hundred steps

Environmental Studies for Daily Life Koki Kominkan



We plan a series of workshops with participants to explore environmental issues visible in our own lives. In 2023, we tackled "Climate Change." The theme felt too vast, leaving us puzzled about how to approach it so participants could relate it to their own lives. Taking the hint, "What if we considered climate change starting from our own dinner tables?", we decided on learning themes using weather, ocean changes, and housing as entry points.

In the first session,

we experienced the climate change education program "Mystery," learning that causes are never singular and that multiple factors interact. A pattern emerged: warming raises temperatures → rising temperatures impact fisheries and agriculture → these impacts drive up vegetable and fish prices → these price increases damage livelihoods. To share these insights with those unable to attend the lectures, we held an "Eco Festa." We aim for "One hundred steps by one person is less effective than one step by a hundred people."



Connecting and Deepening Environmental Learning

Cleanup Konandai Konandai Kominkan

The environmental pollution problem at Lake Kojima prompted the junior high school student council to consider what they could do in the Konandai area. Their call to action led to the start of coastal cleanups within the school district in 1991. Today, the activity involves schools, parents, and local residents in the area, marking its 35th year.

Four years ago, the kominkan proposed planning pre-



activity learning sessions and post-activity reflection sessions. Using the internet to connect classrooms at each school with the kominkan, the pre-activity sessions feature lectures by instructors on the current state of the Kojima Bay area and its environmental issues. This pre-activity learning helps reaffirm the significance of the cleanup, motivates participation, and has led to a noticeable change where children engage more actively.

The post-activity sessions involve reflecting on the cleanup, identifying future challenges, and, with the instructor's guidance, planning for the next activity.



Let's Have Fun Playing and Thinking about the Environment

Higashiyama ESD Club Candle☆Night Higashiyama Kominkan



With the keywords “Eat, Smile, Discuss,” we hold events about 8 times a year. These include lectures on diverse themes like peace, human rights, environment, health, welfare, and coexistence, as well as day eco-camps. We do this together with adult ESD members and young volunteers, aiming to create learning opportunities where parents, children, and multiple generations gather. Held each year around the summer solstice, “Candle☆Night” is a mini summer festival enjoyed by all ages. It features talks on the environment, recycled candle-making workshops, a children's flea market run by elementary

school student shopkeepers, various play areas like chopstick guns and target shooting prepared by volunteers and local groups, a brass band concert, and a grand raffle. It provides an opportunity for families and friends to contemplate environmental issues while gazing at the candlelight arranged throughout the garden.



Human Rights · Gender Equality

Enhancing Human Rights Awareness

When Curiosity Strikes, That's When Learning Begins

Harassment Awareness Workshop Koki Kominkan

The term “harassment” has become increasingly common in daily life. Responding to a Kominkan committee member's suggestion that “to ensure proper understanding, we should organize a workshop at the Kominkan,” we held a lecture titled “Is This Harassment?” in 2023. At the end of the lecture, multiple attendees requested that it be held regularly.

In response, in 2024, we held four study sessions per year with themes like “The Legal Basis of Harassment” and “Harassment in Educational Settings.” Following mini-lectures by instructors, participants asked questions about cases they were personally concerned about and sought opinions from others, showing a proactive learning attitude. Learning begins the moment you think, “Could this be harassment?”



Toward a society where everyone can shine as themselves

Sankaku Week Events, Sankaku College Basic Course at Kominkan centers

Kominkan centers throughout the city host “Sankaku Week Events” and “Sankaku College Basic Courses” in collaboration with the Okayama City Gender Equality Promotion Center “Sankaku Okayama.” These programs aim to create learning opportunities for advancing gender equality and to cultivate local leaders. Themes cover a wide range, including dismantling



fixed gender role stereotypes

like “men work, women stay home,” preventing domestic violence and sexual violence, and incorporating women's perspectives into disaster prevention and mitigation. Participants gain awareness of unconscious biases and prejudices through learning, leading them to consider what actions they can take. We aim to achieve SDG Goal 5: “Gender Equality and Empowerment of All Women and Girls.”



Aging Society

Creating social connections and providing learning opportunities for older adults

We're Here to Help with Life's Little Troubles!

Life Support Team: Cat's Paw Ashimori Kominkan

The Ashimori district has an aging rate of 43.7%(as of June 2025), with many residents living alone.

“Life Support Team: Cat's Paw” assists people with little troubles in daily life even though they are not serious enough to call a professional, yet not something a caregiver can handle.

The service primarily targets households with seniors aged 80 and above. First, applicants contact the Ashimori Kominkan.

The Kominkan then coordinates with supporters, who visit the applicant's home in groups to handle the requested tasks.



Common requests include weeding gardens, replacing fluorescent lights, and cleaning rooms. Fees range from 100 to 500 yen, depending on the task and whether it can be completed within an hour.

Requesters have expressed appreciation not only for the assistance with their problems but also for the opportunity to chat with the supporters. This activity provides the requesters with a chance to interact with their friends and community members, and participants find joy in being able to help others.

Creating a Community Where Seniors Can Live with Peace of Mind

Senior College Yoshida Yoshida Kominkan

Aiming to help seniors maintain healthy and fulfilling lives regardless of age, Senior College Yoshida offers courses primarily for those aged 65 and over. We provide diverse learning opportunities covering topics such as history of Okayama, culture and literature, environmental issues like river litter, peace education, end-of-life planning, and tourism.

Furthermore, fostering connections and interactions among residents is vital for seniors to live securely in their familiar communities. Gathering at the Kominkan once a month serves not only as a learning opportunity but also as a place for seniors to find purpose and socialize. It provides a stepping stone for those who may have lived alone or had few chances to interact with others to take that first step outside.



Child-rearing

Child-rearing/Family Education and Healthy Youth Development

Try out the Kominkan club workshops!

Summer Vacation Club Workshop Experience Tsudaka Kominkan

During summer vacation, we offer the “Summer Vacation Club Workshop Experience” as part of our efforts to create safe spaces for children. Children participate in club workshops held at the Kominkan, such as pottery, picture letter writing, aikido, flower arranging, tea ceremony, poetry recitation, qigong, meditation, yoga, and shogi. On the day, club members use the skills they've honed through daily practice to teach the children in an approachable way.

Many children shared feedback like, “It was hard, but I want to try it again,” and “I'm happy I got to experience something I don't usually do.” Club members also commented, “Having children

there keeps us focused,” and “We could work in a bright atmosphere.”

Through the club workshop experience, we hope children's interests broaden and this

intergenerational exchange contributes to revitalizing the community.



Let's Grow Together, Kids and Dads!

Dad and Kid Club Kibi Kominkan

It has been 17 years since Dad and Kid Club centered on “parent-child bonding, community building, and local connections” was founded in 2008. Each year, dads take the lead in planning ten activities, actively enjoying outdoor adventures like sea fishing and camping. We also

incorporate exchanges with local university students and kite-flying in community rice fields.

Through these experiences, we hope parents and children will have fun while growing to love their community. Furthermore, the experiences and networks cultivated here contribute to nurturing future leaders in community development.



Health

Keep your mind and body healthy

Pick Up Trash and Stay Healthy

Fukunan Plogging Club Konan Kominkan

“Plogging” is a new fitness trend originated in Sweden, combining jogging with picking up litter. The Fukunan Plogging Club aims not only to promote “running for health” and “picking up trash for environmental beautification” but also to help individuals experiencing social difficulties such as those who are socially withdrawn or not attending school build self-esteem, gain confidence, and move forward positively in their lives through social contribution activities.

This initiative is picking up litter for about one hour and held once a month. The benefit to the global environment is very small, but we hope that raising awareness of this activity will expand the plogging community. We also expect behavioral changes of people. Some people who previously didn't think about the global environment may start picking up litter. Some people who have littered may stop doing that.



A Place to Meet and Exercise

Saidaiji Momotaro Exercise Club Saidaiji Kominkan

In the spacious lobby of the kominkan, we enjoy “Appare! Momotaro Exercise” every Friday. With the motto of “Anyone can join anytime!”, this activity started with a few members who completed a life support supporter training course. Now in its fourth year, it has grown into a large group averaging over 30 participants each session. We received a feedback that “We want to make the most of this opportunity, not just do gymnastics.” So we offer brain training and harmonica singing after the exercises, plus a monthly cafe event. By actively incorporating



ideas and suggestions from core members and participants, it has also become cherished as a “casual gathering place where friends can enjoy chatting together.”

Recently, the “Appare! Momotaro Exercise” at the Kominkan has sparked the creation of new gathering places and is steadily spreading smiles and connections throughout the region.



ICT

Utilization of ICT Technology

ICT for a More Enjoyable Life & a More Prosperous Community

Bonjour PASO Computer Classes Kibi Kominkan

Bonjour PASO began its activities aiming to “create purpose in life and build community through computers,” and this year marks its 22nd year. To help local residents learn ICT skills and make their lives more convenient and enjoyable, we hold monthly computer classes covering various themes. These range from basic PC operations and document creation to disaster prevention lectures utilizing the internet and topics like Chat-GPT. One of the attractions of these classes is the opportunity for members and participants to get to know each other.

Furthermore, our core members plan training sessions for the Okayama City Kominkan ICT Volunteer Liaison Group, contributing to skill enhancement.



Everyone Can be a Video Creator!

Filming & Editing Video Editing Workshop with Smartphone & Tablet Joto Kominkan

Amidst the COVID-19 pandemic, when activity presentations and cultural festivals became difficult, we explored new expressive possibilities by actively pursuing video production and presentation. At the same time, the Kominkan was undergoing a new construction and relocation, heightening the community's desire to “record the change of our town with our own hands.”

We held workshops on photography and editing in 2020 and 2024. Participants applied their new skills to share information and preserve traditional culture, presenting club workshop activities at cultural festivals and documenting local festivals for history lectures.



We continue our efforts to create works that preserve records of people and the town, conveying their charm and activities to a wide range of generations.



Kominkan(Community Learning Center) Area in Okayama City

Please visit our website for details.



Kita Ward

1	Asahi Kominkan
2	Ashimori Kominkan
3	Ichinomiya Kominkan
4	Omoto Kominkan
5	Kita Kominkan
6	Kibi Kominkan
7	Kyoyama Kominkan
9	Koki Kominkan
10	Kozai Kominkan
22	Takamatsu Kominkan
23	Takebe-cho Kominkan
25	Tsudaka Kominkan
34	Mitsu Kominkan
36	Minan-Nishi Kominkan

Naka Ward

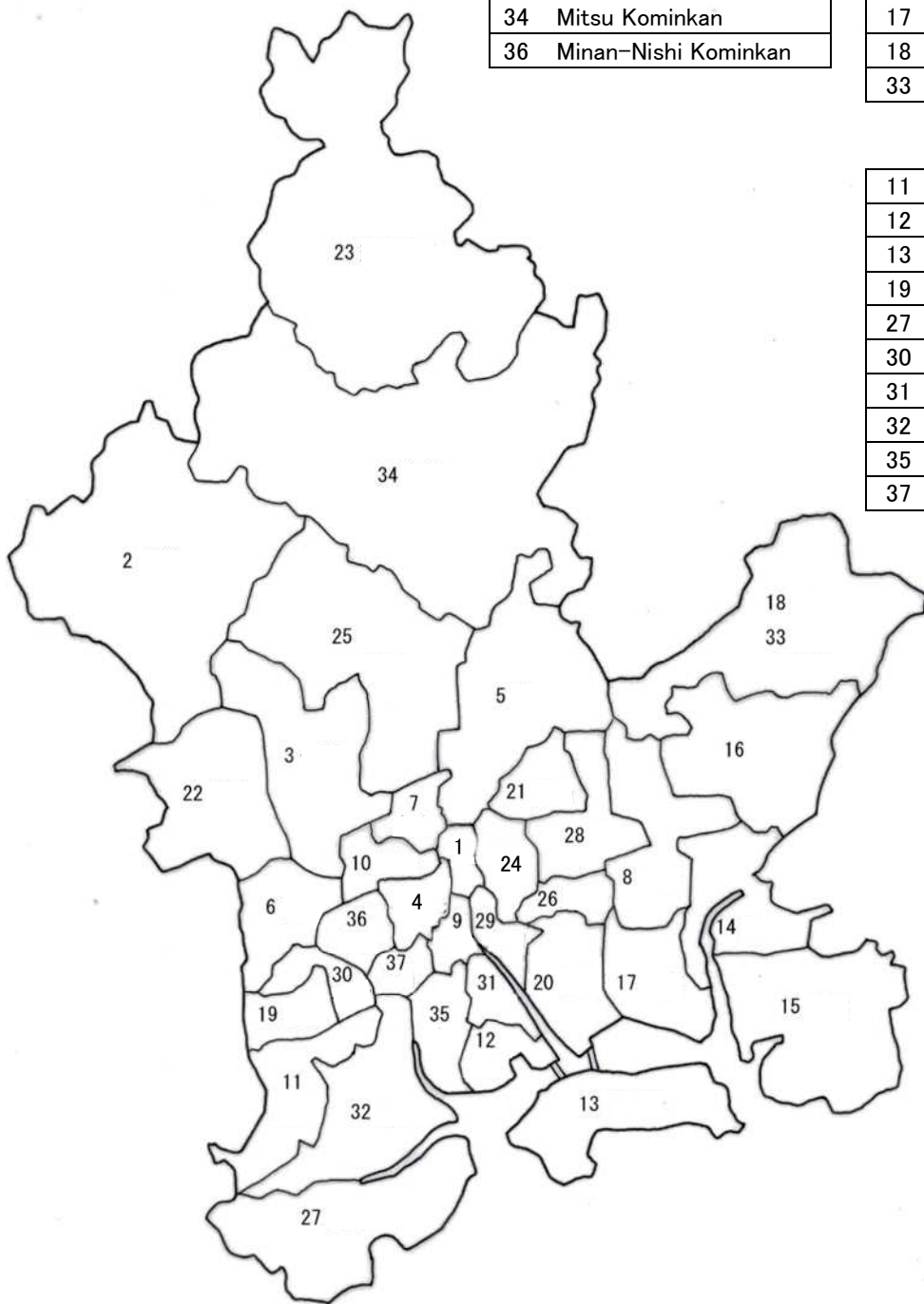
20	Sonan Kominkan
21	Takashima Kominkan
26	Tomiya Kominkan
28	Higashi Kominkan
29	Higashiyama Kominkan
24	Misaoyama Kominkan

Higashi Ward

8	Kyokuto Kominkan
14	Saidaji Kominkan
15	Sannan Kominkan
16	Joto Kominkan
17	Jonan Kominkan
18	Seto Kominkan
33	Mantomi Kominkan

Minami Ward

11	Kojo Kominkan
12	Konan Kominkan
13	Konandai Kominkan
19	Senoo Kominkan
27	Nadasaki Kominkan
30	Fukuda Kominkan
31	Fukuhama Kominkan
32	Fujita Kominkan
35	Minami Kominkan
37	Yoshida Kominkan



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