



# Ashinaga

Tokyo, Japan

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# Ashinaga

- Ashinaga is a Japanese NGO that provides scholarships to students who have lost one or both parents
- In addition, Ashinaga offers various emotional support programs for the students

# Work I Did

- As part of the media team, I mainly wrote Facebook posts promoting Ashinaga's activities
- Helped other teams with their projects
- Taught lessons to Japanese students on 3 occasions
- Helped plan and lead the summer camp for high school students

# Work I Did



**ASHINAGA** added 4 new photos.

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One of the main ways we support our younger scholars is through our Rainbow House facilities, which provide psychosocial care to children under the age of fifteen. The inspiration for the Rainbow Houses came after a boy affected by the Great Hanshin Earthquake in Kobe drew a picture of a rainbow and then colored it black. This alarmed staff, and it became apparent to Ashinaga that more emotional care needed to be given to the children. As a result, Rainbow Houses were created as safe spaces for emotional healing. At the Rainbow Houses, trained Ashinaga facilitators play with the children and provide any necessary emotional support. There are currently five Rainbow Houses: They are located in Kobe, Tokyo, Sendai, Ishinomaki, Rikuzentakata and Nansana Uganda.



# Most Rewarding Work Experience

- The psychology lecture I gave to Japanese high school students was the most rewarding experience I had. It felt great to engage in thoughtful discussion with the students and get them interested in a new topic.
- I also gave an art lesson to students at the summer camp, and I enjoyed challenging the students in their drawing skills

# Most Rewarding Work Experience



# Impact

- I hope that the students I met and taught will remember me and be inspired to challenge and push themselves in all aspects of their lives



# Impact





# Personal Impact

- I am now considering a career that involves teaching
- In addition, I am giving more thought to pursuing a PhD in psych, whereas before I was mainly interested in a PsyD

# Cultural Awareness and Growth

- Japanese society emphasizes acting for the good of the larger group and community, and this has made me reflect on how I can better serve my community
- I'm a shy person, but I met so many amazing people this past summer that I want to be more open when meeting new people because I don't want to miss out on a potentially great friendship

