

One Generation Incorporated Association Activity Report for the 3rd Term

July 2023 - June 2024

5F, 6-6-1 Ginza, Chuo-ku, Tokyo, Japan

<https://onegeneration.jp/>

Report on the 3rd Ordinary General Meeting

Date: September 30 (Sunday) 19:30-20:00

Place: Online

General Meeting Agenda:

Business Report: Business Report for FY2023

Financial Statements: Settlement of Accounts for FY2023

Resolution: Approval of Documents

Based on the above reports, the financial statements for FY2023 were approved.

Representative Director Greetings

Thanks to your support, it has been two and a half years since One Generation was founded with the publication of the book "Regeneration".

During this period, we have witnessed an increase in heartbreaking phenomena such as climate intensification and biodiversity loss. At the same time, we are aware that the movement toward "Regeneration" is gradually gaining momentum in Japan.

In the third term, we invited experts and practitioners from various fields as lecturers for a special lecture program on the regeneration of life, entitled "Dive into Regeneration," which was attended by nearly 100 people. Workshops and classes were held at companies, universities, middle and high schools, and fieldworks have been conducted because of the importance of realizing the dynamic workings of nature. We have also been working on preparing a course that touches on the concept and importance of regeneration and a facilitator training course to reach as many people as possible.

In the 4th term, we will build on our past activities and also move toward initiatives with companies and organizations involved in regenerative activities, as well as with the younger generation.

When we realize how our daily choices and actions are related and connected to the climate crisis, ecological decline, and social issues, and when we realize that nature responds and changes reality when we engage in restoring lost connections, we will know a joy that money cannot buy. Once you experience that joy, you will begin to see the world differently, and you will never go back. We would be happy to work with you to challenge the shift to a regenerative society, not with a sense of being forced to do something, but with a sense of joy.

However, we are still in our infancy. We look forward to your continued support.

December 2024

Representative Director Junko Ayukawa

ONE generation
一般社団法人ワンジェネレーション

生命の再生プログラム特別講座
Dive into Regeneration
～自然の摂理を学び、生命としての視座を得る～

2023年
5月開講
コース

リジェネラティブな未来を願う仲間と歩む
各領域の専門家から学ぶ
全8回 / 3ヶ月間のプログラム

リジェネラティブ
リーダーシップ
気候危機
生物多様性
森と海のつながり
空気と水の循環
農と人のつながり

Ecological Memes
小林泰紘

東京大学/国立環境研究所
江守正多

コモンフォレストジャパン
坂田昌子

(一社)Silva
川下都志子

環境土木研究所
高田宏臣

tenrai株式会社
桐村里紗

**Topic 1 Special Lecture Program on Regeneration of Life
"Dive into Regeneration" started: May to August, 2024**

A total of 8 special lectures by a distinguished lineup of lecturers

"Dive into Regeneration" (hereinafter referred to as "Special Course"), a special course for the Regeneration of Life Program, started in May 2023. The course was a three-month program of eight sessions, with the goal of learning about the providence of nature and gaining a perspective as a life, walking with fellow peers who wish for a regenerative future.

It was a varied combination of online-based and real-life content.

The 86 participants from all over Japan learned the latest domestic and international findings from experts in their fields, gained a holistic perspective of the ecosystem, and created opportunities for each of them to find opportunities for action.

This term began on July 1, 2023, Day 5, with Ms. Toshiko Kawashita, Silva Representative Director. Under the theme of "Understanding the Connection between Forests and Oceans and Thinking about What We Can Do," Ms. Kawashita lectured on the basis of activities to regenerate near-pristine forests through using the mixed and dense planting method advocated by ecologist Akira Miyawaki.

July 15, Day 6: A hybrid of a real venue and online event was held at Chiba, home ground of Hiroomi Takada, NPO "Chikyu-Mori (Earth Protector)" and Civil Engineering Research Institute for the Environment.

Participants learned about the wonders of the subterranean environment under the theme



Day 6: with Hiroomi Takada at the Tokeyama Dacha. Chiba

"Learn about the Air and Water Cycle and Think about What We Can Do".

Day7 welcomed Ms. Risa Kirimura, President of tenrai Corporation (now Tenrai Corporation) and a physician, who on July 24th introduced the concept of "Planetary Health" under the theme of "Learning about the Connection between Agriculture and People, and Think about What We Can Do".

The final Day8 meeting was held on August 2, facilitated by the navigators, Representative Director Junko Ayukawa and Yuri Yamaguchi, to share their findings and next steps.

Spin-out projects continue



Even after the special lecture, various ideas continued to emerge, and the online workshop was taken offline to realize a local workshop.

September 16-18, 2023, by [tenrai](#) Risa Kirimura, author of "Growing Soil for Gut and Forest" who spoke at Day7, and Toru Ohara of Bisui Daisen, we toured the foothills of Mt. Daisen in Tottori Prefecture, an advanced area for "planetary health"

revitalization.

On October 29, participants experienced the "Uratakao Biodiversity Guided Tour" by Ms. Masako Sakata of Day4 "Biodiversity. We learned about the essence of diversity, including the relationship of being eaten and consumed, in the water-soaked Uratakao.

On November 23, Day 5, "Guided Tour of Meiji Jingu Forest & Kiyosumi Garden with Ms. Toshiko Kawashita, lecturer of Day5 "Connections between Forests and Oceans" was held.



Participants walked through the forest of Meiji Shrine, which continues to be renewed, and Kiyosumi Garden, which is said to have saved 20,000 lives from the fire of the Great Kanto Earthquake, and learned about the significance of forests in cities.

[Special Course Outline] Held in 2023

Day1 Saturday, May 20, 9:00-11:30

Orientation: "Touching the Concept of Regeneration"

Navigator: Junko Ayukawa, Representative Director, One Generation Incorporated Association

Day2 Thursday, June 1, 19:00-21:30

"Touching the Concept of Regenerative Leadership"

Lecturer: Yasuhiro Kobayashi / Co-Chairman and Founder of [Ecological Memes](#), Incorporated Association

Day3 Monday, June 12, 19:00-21:30

"Knowing the Climate Crisis and Thinking About What We Can Do".

Lecturer: Seita Emori / Professor of [Future Vision Research Center](#) at the University of Tokyo

Day4 Tuesday, June 20, 19:00-21:30

"Learning about Biodiversity Crisis and Think about What We Can Do".

Lecturer: Masako Sakata / President of [Common Forest Japan](#), Incorporated Association

Day5 Saturday, July 1, 9:30-12:00

"Understanding the Connection between Forests and Oceans and Thinking about What We Can Do".

Lecturer: Toshiko Kawashita, President of [Silva](#), Nonprofit Public Benefit Corporation

Day6 Saturday, July 15, 10:00-12:30

"Learning about the Air and Water Cycle and Think about What We Can Do".

Lecturer: Hiroomi Takada / NPO [Chikyu Mori](#) (Earth Protector) / [Kankyo Doboku Kenkyujo](#) (Civil Engineering Research Institute for the Environment)

*Hybrid event. Real venue is at Tokeyama Dacha, Chiba.

Day7 Monday, July 24, 19:00-21:30

"Learning about the Connection between Agriculture and People and Think about What We Can Do".

Lecturer: Risa Kirimura / Doctor and Representative Director of [tenrai Co.](#)

Day8 Wednesday, August 2, 19:00-21:30

"Wrap-up: Sharing our realizations and next steps"

Navigators: Junko Ayukawa and Yuri Yamaguchi/General Incorporated Association One Generation

Topic 2 Regeneration Basic Course and Facilitator Training Course have started

The "Regeneration Basic Course" (hereinafter referred to as the "Basic Course"), which aims to promote a deeper understanding of "Regeneration" and encourage participants to change their own way of life and behavior, and the "Regeneration Facilitator Training Course" (hereafter referred to as the "Facilitator Training Course"), which aims to train facilitators who will spread the regenerative way of being in the world, have begun.

On April 14, 2024, the 0th period as a pilot version of the Basic Course was held for real in Ryogoku, Japan. Participants commented that the concept of regeneration, which covers a wide range of genres, was cleaner and easier to understand. Based on these comments, Based on these comments, we have made improvements to the course to make it more accessible and understandable.

In addition, over two days, June 22-23, the "Regeneration Facilitator Training Course Term 0" was also held. This course trains facilitators to communicate to communities, regions, and companies through basic courses, and this time, seven facilitators were born.

Both courses were fully prepared during the third term for a full-fledged start in the fourth term (from July 2024).

[Actual results]

■ Outline of the Basic Course Term 0

Date: April 14, 2024 (Sunday)

Place: KFC Room, Sumida-ku, Tokyo

Participants: 4

Date: Saturday, May 15, 2024



■ Outline of Facilitator Training Course Term 0

Date: June 22 (Sat.) - 23 (Sun.), 2024

Place: Rinya Kaikan (Forestry Hall), Bunkyo-ku, Tokyo

Participants: 7

*Schedule and details of each course are available on the [website](#).

Activity Report

■ **Fieldwork**

“Deep Dive into Regeneration”

May 25-27, 2024 The 2nd Tottori Daisen Fieldwork to Experience Planetary Health

Once again, Risa Kirimura and Toru Ohara of Bisui Daisen gave a program on "Planetary Health" to the participants to experience it with their bodies and minds.

■ **Conducted a special lecture archive online viewing dialogue session**

The special lecture introduced in Topic 1 was very well received. Many people who



were not able to watch it in real time requested an archived version.

Therefore, a total of seven programs were held as events with archive viewing rights, providing participants with opportunities to engage in an online dialogue with each other while watching videos.

[Actual results]

Day1 - Tuesday, October 24, 2023 / Day2 - Saturday, November 11, 2023 / Day3 - Tuesday, November 21 / Day4 - Monday, December 4 / Day5 - Saturday, January 20, 2024 / Day6 - Wednesday, February 21 / Day7 - Sunday, March 10

■ Conducting on-site classes / School Education Team

Using the funds raised through crowdfunding in 2022, we worked towards the goal of providing lectures at 10 schools in the Kanto area. The goal was to deliver lectures to 10 schools in the Kanto region using the funds raised. In the third term (July 2023 to June 2024), we conducted lectures at three schools and the number of schools that have participated in the program has increased to a cumulative total of 6 schools.

- July 13, 2023, at Koganei Junior High School attached to Tokyo Gakugei University.

Target: 1st year junior high school students. Total 4 classes.

- October 12 and December 14, 2023, at Nitobe Bunka Gakuen High School.

Target: 1st high school students. Approximately 30 students.

- March 11, 2024, at Matsunoki Junior High School, Suginami Ward, Tokyo. Target: 3rd graders, 76 students.



Aya Kubota, School Education Team (front left) and Toshiaki Fujiwara (right) teaching at Matsunoki Junior High School in Suginami Ward, Tokyo

■ Regeneration Basic Course University Edition

• Musashino University

On Tuesday, May 4, 2024, at Musashino University's Musashino Campus, Representative Director Ayukawa gave a special "Introduction to Nature and Environment" course to about 90 students from the Faculty of Well-Being, the first of its kind established anywhere in the world.

Some of the comments from the students attended: "A world, in which regeneration is realized, is a world in which wellbeing is realized. I would like to contribute to such a world." "I felt the need to look at the world's problems in the context of the correlation that "everything is connected".



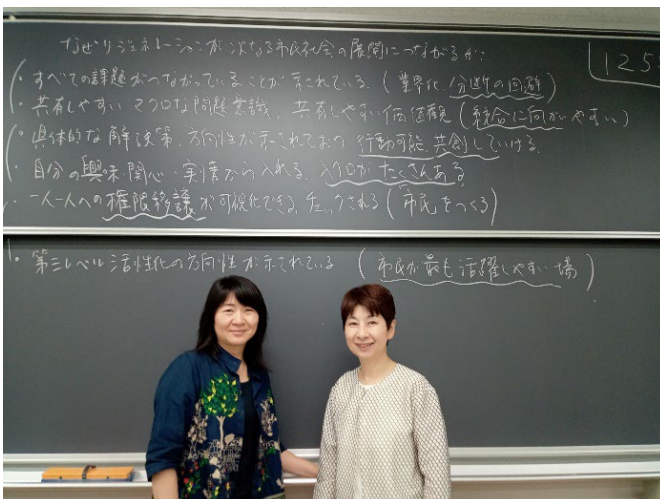
Representative Director Ayukawa and Hiroshi Yamada, Faculty of Well-Being, Musashino University

・ Komazawa University

On Friday, June 28, 2024, Representative Director Ayukawa was invited to the lecture on the theme "Civil Society as Value Expression and New Practice (3)" "Toward Regeneration." in the eleventh installment of Professor Yeon-Yeon Lee's "Theory of Civil Society Program" in the Faculty of Letters, Arts and Sciences at Komazawa University.

Many discussions were held among the students, and they discussed issues that can be incorporated into their own actions and that can be addressed by civil society.

The students discussed food loss problems from their experience of part-time jobs at restaurants. Students offered impressions and opinions that approached their own personal



← Professor Yen-Hyun Lee (left) and Representative Director Ayukawa

experiences, such as their experience of working part-time at restaurants, which made them want to do something about food loss.

■ Others

・ Representative Director Ayukawa participated in a panel discussion at a symposium commemorating the 10th anniversary of Silva's activities.

On February 4, 2024, Silva (Silva), represented by Ms. Toshiko Kawashita, who participated in the special lecture Day5, held a symposium to celebrate the 10th anniversary of its activities.

Representative Director Ayukawa participated in a panel discussion held at Shonan International Village Meguri-no-Mori, one of the activity bases, and introduced One Generation's activities.



Ms. Kawashita also reported that through the special lecture and the subsequent "Meiji Jingu Forest & Kiyosumi Garden Guided Tour with Ms. Toshiko Kawashita," participants showed a deep understanding of Silva's various activities and the number of people involved increased.

・ Aya Kubota spoke at the kick-off event of Greens' "Regenerative Design Collage"

A kick-off event for the opening of the "Regenerative Design Collage" led by NPO Greens was held at the Ariake Campus of Musashino University on March 17 (Sun.), 2024.

Aya Kubota from One Generation took the stage and spoke on the topic of "Climate Change x Regeneration".

A trilogy discussion with Nao Suzuki, Associate Professor of Sustainability at Greens and Musashino University, and Moderator, Eriko Masumura, Editor-in-Chief of Greens, was also programmed, with the theme of "Environmental Regeneration" and the incorporation of the theme into specific activities being discussed passionately.

・ Others / Corporate Training

The number of participants exceeded 100.

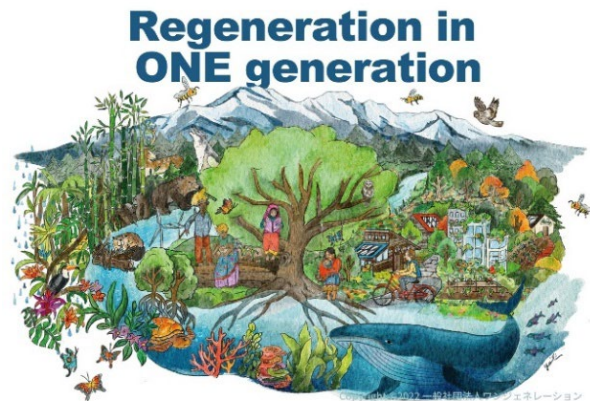
Cancellation of the "Japanese Nexus Project"

We have been working on a project to create a Japanese original Nexus inspired by the Nexus project of Project Regeneration in the U.S. However, due to the resignation of our members, we have been forced to abandon the project and its continuation at One Generation. Future activities have not yet been decided.

One Generation's Vision and Mission

Vision : Regeneration of Life

Mission : We will realize a world where people, society, and the Earth are in harmony with all life.



Our question

One Generation is guided by the following principles.

- 1 Does the action create more life or reduce it?
- 2 Does it heal the future or steal the future?
- 3 Does it enhance human well-being or diminish it?
- 4 Does it prevent disease or profit from it?
- 5 Does it create livelihoods or eliminate them?
- 6 Does it restore land or degrade it?
- 7 Does it increase global warming or decrease it?
- 8 Does it serve human needs or manufacture human wants?
- 9 Does it reduce poverty or expand it?
- 10 Does it promote fundamental human rights or deny them?
- 11 Does it provide workers with dignity or demean them?
- 12 in short, is the activity extractive or regenerative?

Instagram



X



Facebook

