



Getting Involved in the Community

with Roslyn Humphreys
and Preston Sangster

Here's a summary of the resources we use:

- ↪ Social Education Division 社会教育課 (Shakai kyōiku ka)
- ↪ General Health Welfare Center 総合保健福祉センター (Sōgōhokenfukushi Center)
- ↪ Other employees at your town hall
- ↪ Your local newspaper/magazine
- ↪ Local businesses and restaurants
- ↪ Neighbors
- ↪ Ask your older students
- ↪ Your predecessor (or grand- predecessor)
- ↪ Walk around your town with a friendly look and greet anyone you pass
- ↪ Town website and social media pages

Some final thoughts:

- ❖ Say yes to a lot of offers early on, even if it's not activities you're normally into.
- ❖ After a while, you can start declining things without discouraging anyone from inviting you in the future.
- ❖ People will know that you're interested in trying new things, and you'll probably keep getting more invites.
- ❖ Don't forget to reciprocate by sharing your own culture and interests, whatever that is!
- ❖ Be true to yourself. If you need plenty of recharge time, be sure to make time for that, too. You don't want to wear yourself out.