

# KONNICHIIWA

Let's make Goods & Fun!

★ Total cost less than \$1 ★



## ~ Story ~

Year is 2011. World has become be convenient, but it is good for only Human.

Human beings use car, washing-machine, television etc.

Human beings eat tuna-can, noodle, snack etc.

Human beings buy groceries; shampoo, toothpaste, wine, plastic bottle water or juice etc.

After human beings used and ate many things, they have thrown unwanted or useless materials away.

Human beings call the unwanted or useless materials 'Waste'.

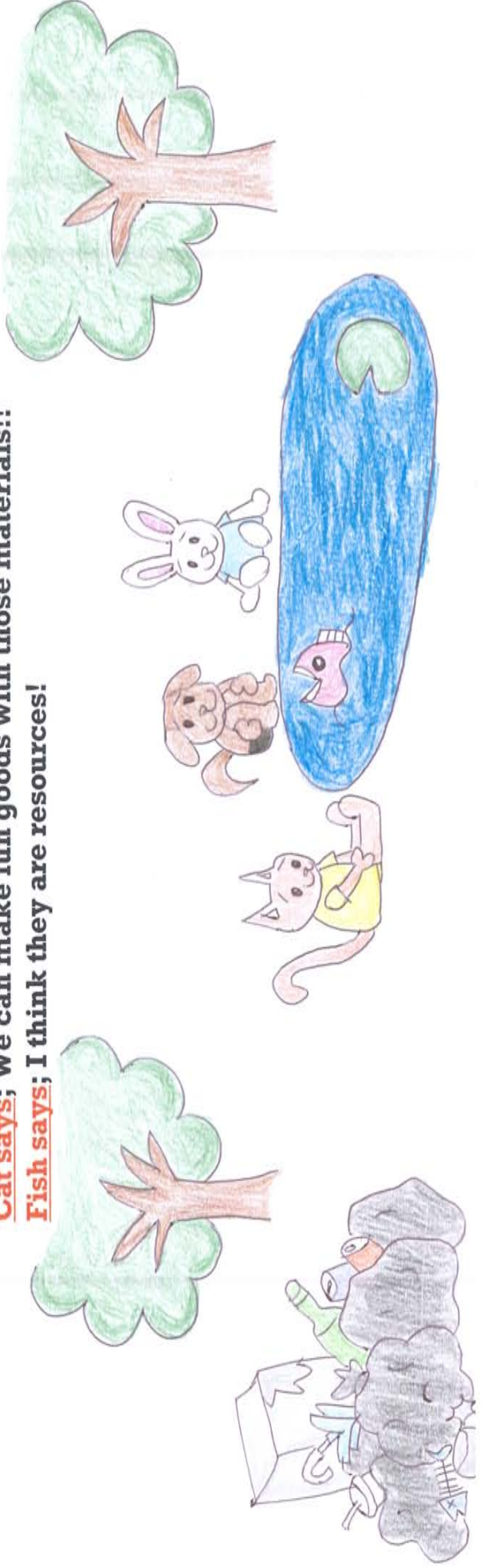
Human beings broke the forest and put plenty waste (Empty plastic bottles, Pieces of rags, cardboard, Plastic bag etc).

### Animals in that forest are talking.

**Dog says;** We do not want to live here. Berry bad smell here!  
**We have to reduce these things. Those things are really rubbish?**

**Cat says;** We can make fun goods with those materials!!

**Fish says;** I think they are resources!

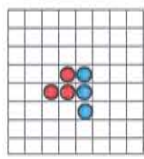




Plastic Bottle



Cap



Coconuts



Plastic Bags



Can



Used chopsticks



Pieces of Rags

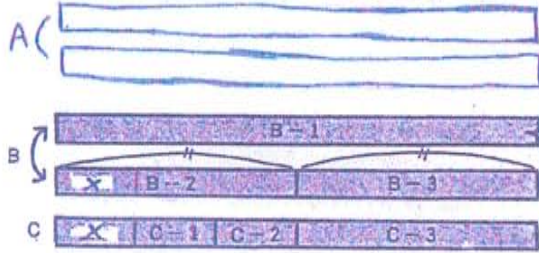


Cores of Toilet paper

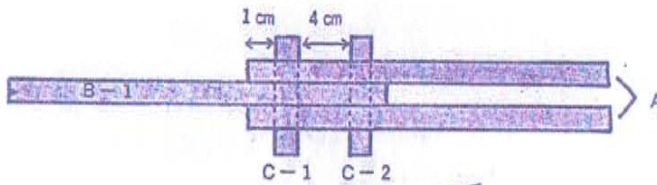
# \* Let's make your Gun! \*

## Preparation

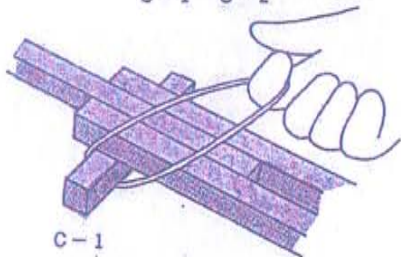
\* 5 Used-Chopsticks    \* 7 Rubber bands



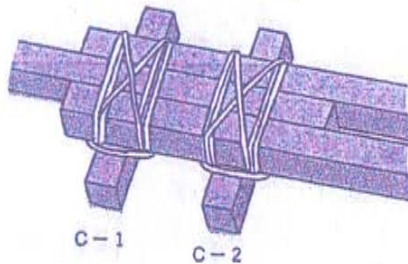
1. Cut B & C chopsticks like this.  
Watch your hand!



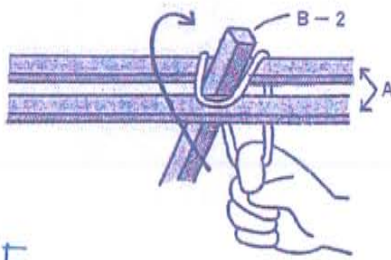
2. Arrange these like this.



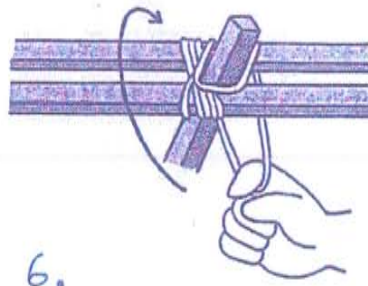
3. Tie these like this with rubber  
Twist\*Twist



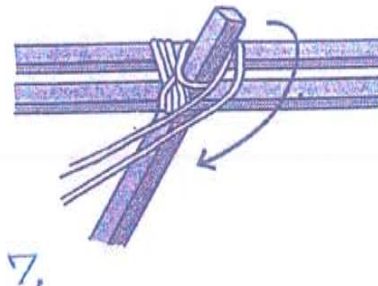
4. Make it tight.



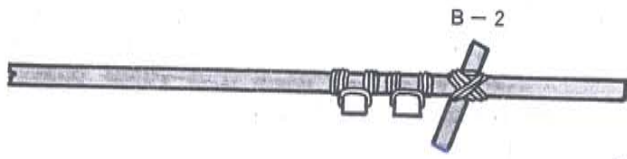
5,



6,



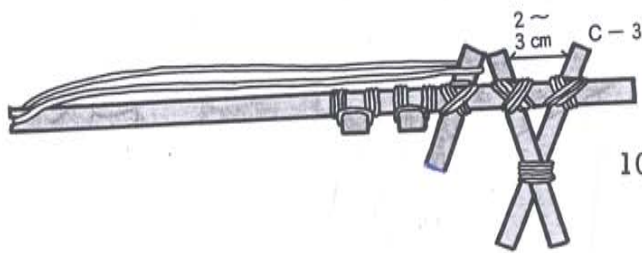
7,



8. B-2 is trigger.



9. Twist a rubber round sticks for fixing.



10. Set a rubber as bullet. Done!



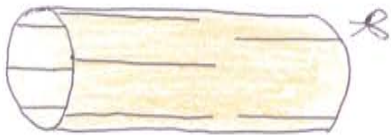
# \* Flower \*

## Preparation

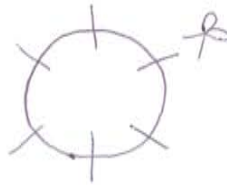
- \* Crayon or paint   \* Glue
- \* Core of Toilet paper
- \* Chopstick or any stick
- \* Any Paper for core of flower



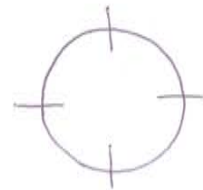
1. Paint a core of toilet paper with crayon (paint)
2. Cut a core of toilet paper like this.



petal --- unit  $\frac{2}{3}$   
stem --- unit  $\frac{1}{3}$



petal- divide it into 6

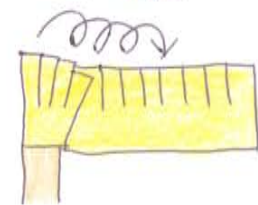
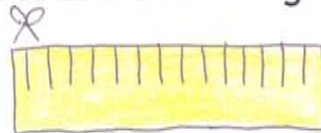


stem-- divide it into 4

3. Make the round shape and bend on each tip and make the shape like a flower.



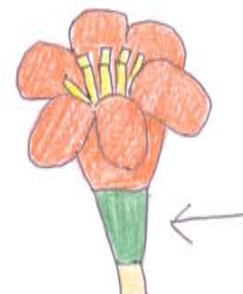
4. Make the core of flower like this with glue.



5. Joint No.3 with No.4 like this.



6. Decorate the stem with any paper with glue.



# Penholder

## Preparation

- \* **Cardboard or Timber for this base**
- \* **Any Paper you like color and design**
- \* **2 Cores of Toilet paper**      \* **Glue**



1. **Wrap 2 Cores of Toilet paper & Cardboard (Timber)**
2. **Fix 2 Cores on the base with glue**
3. **Make it dry Done!**





## Othello Game

Let's Re-use of Plastic bottle Caps !



We use the 2 color caps, each color belonging to one player.

This is a board game and played by two players  
on a board with 8 rows and 8 columns.

The player's goal is to have a majority of their colored caps  
showing at the end of the game,  
turning over as many of their opponent's pieces as possible.

**Players: 2**

**Age range: Recommended for 5 years or older**

**Playing time: 5-60 minutes**

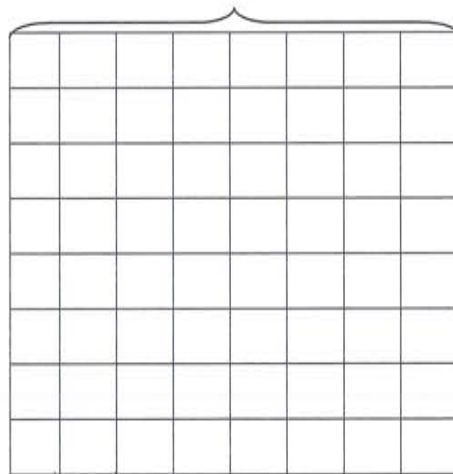
**\*\*\* Let's make this game! \*\*\***

1. Collect 2 color caps like this  
(64 caps for each color).



2. Make a board like this. You can use cardboards, any papers.

28-32cm:as you like.



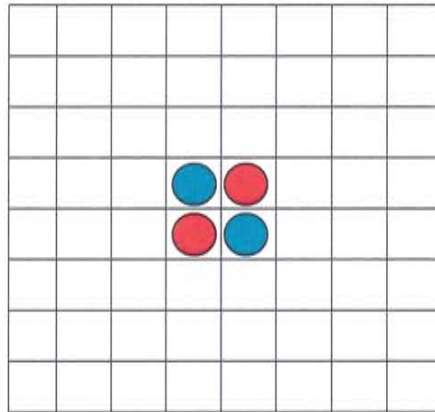
3.5-4.0cm:as you like.



## How to Play ?

- 1 -

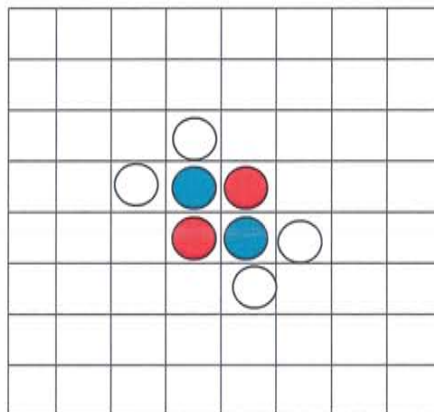
This game begins with four markers placed in a square in the middle of the grid like this picture. You decide the person of the first move.



Starting position

-2 -

Red must place a cap with the red on the board, in such a position that there exists at least one straight (horizontal, vertical, or diagonal) occupied line between the new cap and another red cap, with one or more contiguous blue caps between them. In the below situation, red has the following options indicated by transparent circles.

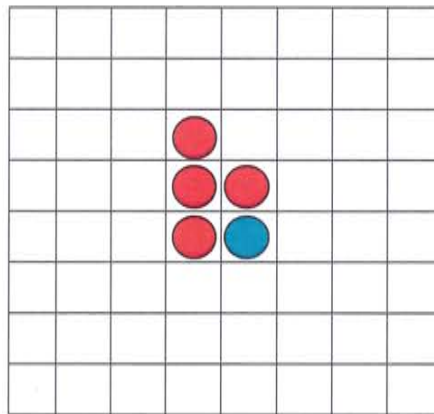


Where red may play

- 3 -

After placing the cap, red replace (flips, captures) all blue caps lying on a straight line between the new cap and any anchoring red caps.

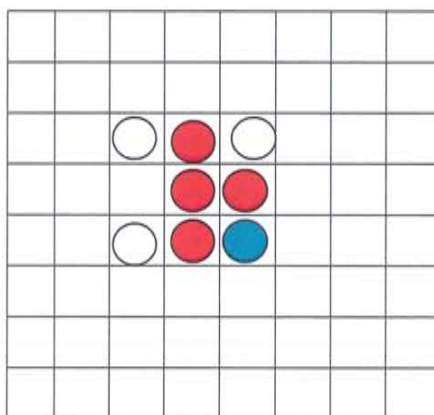
If red decided to put a cap in the topmost location, one cap gets turned over, so that the board appears thus:



After red play

- 4 -

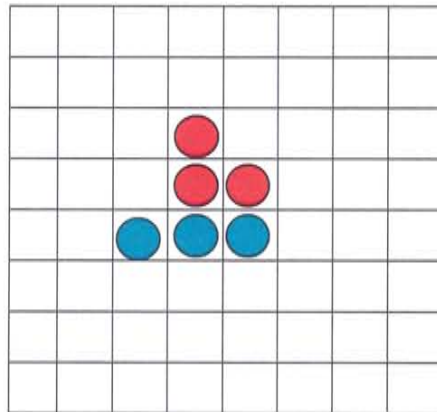
Now blue plays. This player operates under the same rules. Possibilities at this time appear thus (indicated by transparent circles):



Where blue may play

- 5 -

Blue takes the bottom left option  
and reverses one cap:



After blue play

### ★ Rule ★

Players take alternate turns.

If one player cannot make a valid move,  
play passes back to the other player.

When neither player can move, the game ends.  
This occurs when the grid has filled up, or when  
one player has no more pieces on the board,  
or when neither player can legally place a piece  
in any of the remaining squares.

The player with the most pieces on the board  
at the end of the game wins.

# My Little Garden

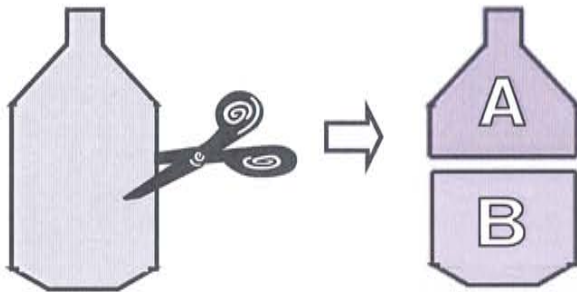
flower pot made from a plastic bottle

**Target** enjoy designing the space  
know the way to reuse rubbish

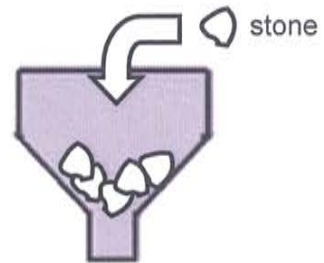
**Preparation** plastic bottle, scissors or cutter knife

## Steps

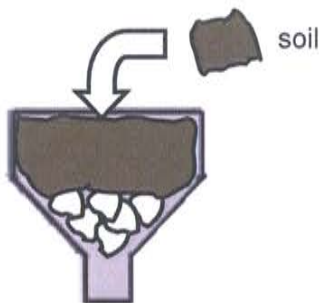
1. Cut the plastic bottle in half.



2. Put some stones into A.

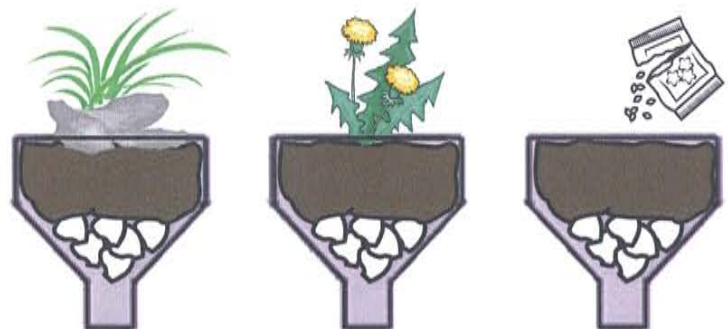


3. Put some soil into A.



4. Plant grass, flowers, seeds.

Design your own little garden as you like!



5. Put A into B. Display it. Don't forget to water it.



**finish!**



# Compost

## What is Compost ?

**Compost** is plant matter that has been decomposed and recycled as a fertilizer and soil amendment. Compost is a key ingredient in organic farming. At its most essential, the process of composting requires simply piling up waste outdoors and waiting a few months( about 3 months). The decomposition process is aided by ensuring proper aeration by regularly turning the mixture.

Worms and fungi further break up the material.

**Benefit:** Waste Reduction, Environmental Responsibility, Making your Garden grow etc.

## How to make the Compost ??

### Step1: Decide the place



Backyard near your garden is better. Compost can be rich in nutrients.



### Step2: Pile your yard & kitchen waste.

**Kitchen waste:** Just only fruit and vegetable peelings, bread, pasta, egg shell. Dried leaves, Grass chippings, Yard trimmings.

**Please do not put oily dish, meat and fish, do not mix plastic and paper.**

### Step3: Turn pile regularly & Keep adding materials.

### Step4: Use compost for gardens, landscaping, horticulture, and agriculture.



If you would like to know more or have some Q, ask us ( Suva Special School students and teacher, Salen).



**Please do not  
throw away !!!  
Empty PET Bottles**



**Please bring  
your Empty Plastic Bottles to SCC !  
Any number (only 1,2..) is welcomed.  
If you bring 20 bottles to SCC,  
you can get 1 black garbage bag.**

**Your cooperation will help  
reduce unwanted plastics  
In our Landfill & help reduce  
our Waste & Tax !!!**

 **SCC Environmental Education** 



# The flow from Collection to Recycle of Empty Plastic Bottles

## Collection Place as following

Please do not throw Empty Plastic Bottles away !  
You can contribute your efforts for Fiji  
environment & your bright life.



**Coca-cola**  
Open: Mon – Thurs, 9am-1pm  
1kg– You can get 0.5FJD  
Tel: 339 4333

**Waste Recyclers Ltd.**  
Tel: 336 1055  
“Save and Recycle”



**Suva City Council**  
**Health Services Department**  
Tel: 331 3433 ext 406



Empty Plastic Bottles are brought to abroad.  
These are crushed, washed, separated and dried.  
Recycling companies will shred the material into small fragments.  
PET flakes (small fragments) are used as the raw material  
for a range of products.  
Examples include polyester fibres  
(a base material for the production of clothing, pillows, carpets, etc.)  
or back into PET bottles etc.

You can see the part  
of this process at  
Coca-cola on Mon,  
Wed & Thurs.  
Please call Coca  
before going.



Bales of crushed  
PET bottles

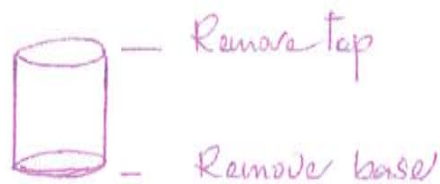
# Can Coasters

## Step 1

Collect Materials: Empty Cans, Scissors and Pliers

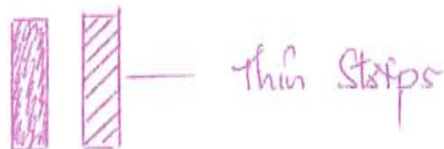
## Step 2

Cut the top and the base to remove the cylindrical body of the can



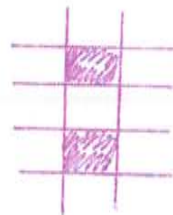
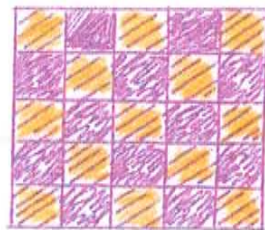
## Step 3

Use Scissors to cut thin strips out of the body of the can. Use different coloured cans to give you rainbow colours.



## Step 4

Weave the thin strips like a mat. Lay the strips side by side in a row. Then use other strips to form the columns. When a strip in the row goes down then the strip in the column will go up.



Prepared and Written  
by Deepak Singh  
Republic of Fiji Islands



# Coconut Charm

- Be happy -

## Preparation

- \* Coconut shell
- \* Any Shell and Beach glass
- \* String \* Varnish



1. Polish a coconut for making the skin smooth.
2. Make one hole on the coconut and shells with drill.  
**Please watch your hand!**
3. Tie the coconut with string ( make the handle), then tie the shells with string.
4. Tie small coral or glass at the end of string.



Make design as you like!  
If you use only coral,  
it is like a wind bell.

# Scrunchie

This hair accessory is easy to make.

## Preparation

- \* Fabrics Remnants
- \* Sewing Needles
- \* Threads \* Safety Pins
- \* About 1cm-wide elastic (About 12 – 25cm long.)



1. Make a piece of fabric

About 10cm wide and 40 – 50cm long.

2. Fold the fabric in half lengthwise, with the printed side in.



3. Sew the side seam, leaving the short ends open.

4. Turn the tube inside out so that the fabric is right side out.

5. Insert elastic through the tube, holding one end as you thread the other. A safety pin stuck through the end of the elastic can make it easier.



6. Stitch the elastic at each end of the tube.

7. Slide one end of the tube over the other end and make a small hem.



8. Hand-stitch the ends together.  
Done! You got your original nice one !



## Japanese Eco-Shoemaking Guide

### Materials to Prepare:

1. 1 metre of nylon rope OR enough rope to reach from your toes to your chest



2. Strips of material (sewing fabric) x 1 small bag or heap



3. A mat



4. Scissors (if under the age of 12 use under strict supervision)



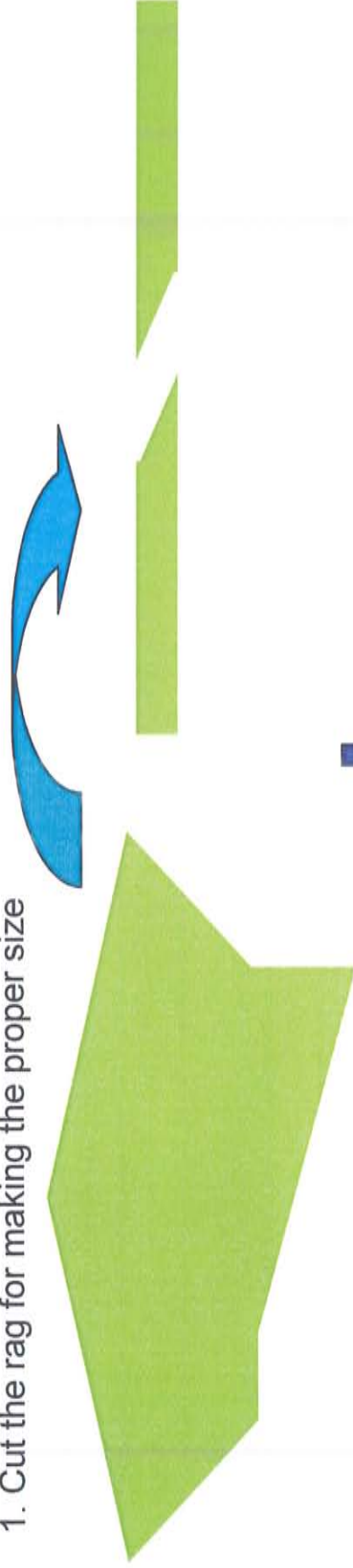
5. Open space (if sitting on a mat otherwise enough space to stretch out your legs)

### Directions:

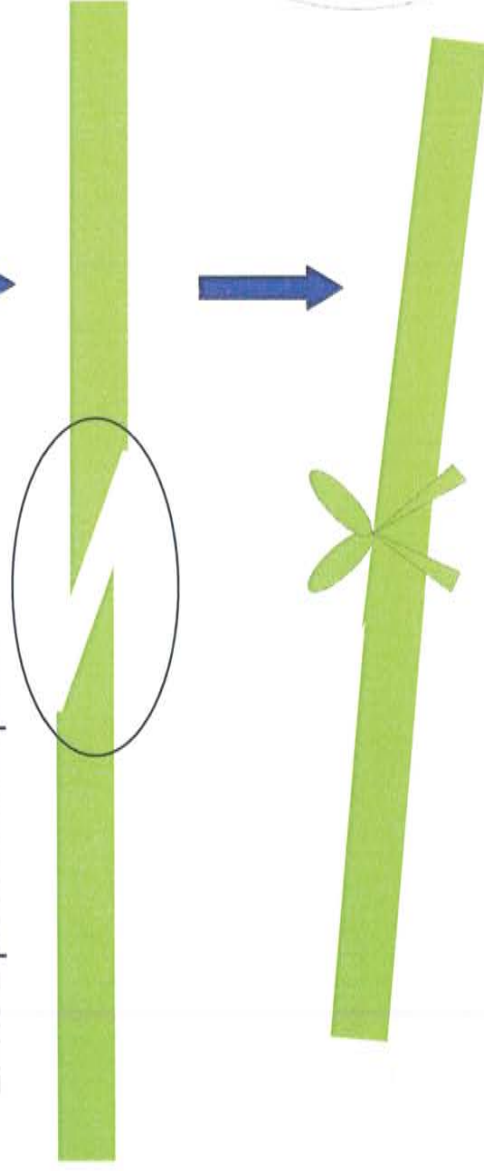
- Lay out the mat and make sure that you have all of the other items listed above within arm's reach of where you are sitting.
- Cut the rope to size using the scissors.
- If the material you have is not already stripped into long pieces then strip it using the scissors. Cut the material lengthwise so that the pieces are as long as possible.
- Keep these instructions somewhere you can easily refer to as you work on making your first shoe.

**Note:** At any time while carrying out the steps set out below you may stop, undo what you are doing, and repeat the previous step if you are unhappy with how your shoe is shaping out.

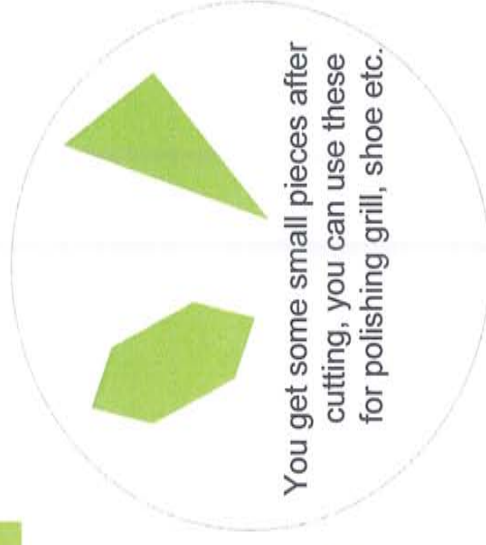
1. Cut the rag for making the proper size



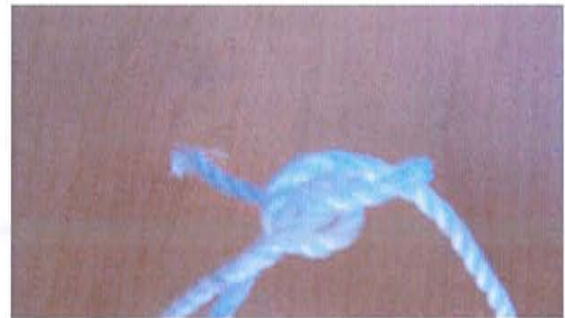
2. Tie 2 pieces at this point.



3. Use this for making shoe



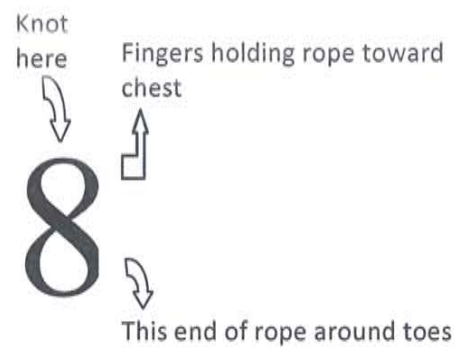
**STEP 1:** Bring the two cut ends of the rope together. Using the two ends tie a knot, or two if necessary, but just enough to hold the rope together. This knot will be removed at a later stage.



**Step 2:** Holding the side with the knot toward your chest take the other end and evenly put it around your two big toes. Both your legs should be stretched out in front of you.



**Step 3:** Twist the rope so that you get a figure eight but maintain holding the knot toward your chest and the other end around your toes. Use all five fingers on your left/right hand to hold the rope open and maintain the figure eight shape. NOTE: if you are right handed use your left hand to spread the rope apart. The other hand will do the weaving. Ensuring you spread the rope is important because it will determine the width of your shoe.



**Step 4:** With your free hand take one strip of material and place one end over the side of the rope with the knot. Leave a small part overlapping the rope away from your chest and pointed toward your feet.



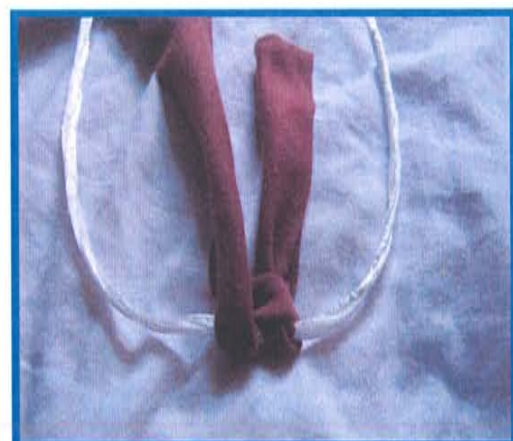
**Step 5:** Take the piece of the material facing your chest and put it under the rope in the direction of your toes. Then take the same piece of material and put it over the rope on your right side.



**Step 6:** Then still using this same strip of material put it under the right side of the rope. Over the small piece of material facing your toes. Then under the rope on your left side.



**Step 7:** Then put the strip of material over the rope on your left side. It should look like the picture on the right →



**Step 8:** Take the same strip of material and put it under the smaller strip that is pointing toward your feet. Then put it over the rope on your right side.



**Step 9:** Again take this strip of material and put it under the rope so that it comes out straight beside the smaller piece of material. Take the strip you have been using and put it over the rope on your right side.



**Step 10:** Once you have completed steps 4 to 9 begin weaving the strips of material keeping the figure eight shape of the rope throughout. Begin by taking the same strip you have been using and put it under the right side of the rope. After doing this put it over the left side of the rope. Put the strip of material under the left side of the rope and over the right hand side again. Continue to repeat this weaving technique. **NOTE:** you may stop once you feel you have done enough to fit your foot or you have reached your shoe size. **REMEMBER** to weave the material tightly and keep adding new strips of material by simply weaving it as instructed.

**Step 11:** You are nearing the end of making your very first eco-shoe! Now remove the rope from your toes and return to the knot that you tied in the very beginning. Do not untie the knot yet. Pull it while pushing the rest of the material you have woven around the rope to the end of the rope that was around your toes.

**Step 12:** Now you may untie the knot you tied in the very beginning. Tie two knots at the top end of the sole of the shoe, here



**Step 13:** Take both the sides of the rope and put them together through the sole of the shoe until it comes out the other end. This is to create the part of the shoe that will sit between your big toe and your second toe. Now turn the shoe over. You should have the two sides of the rope coming out of the centre of the sole of the shoe.

**Step 14:** Now you will make the straps for your shoe as seen in the picture given in Step 12. Take the left side of the rope and put it through the left side of the sole of the shoe. **HINT:** it would be helpful if you first placed your foot on the sole of the shoe to determine the best place to put the end of the strap through the sole of the shoe. Turn the shoe over and tie a knot, or two if necessary, to hold the strap in place. Then turn the shoe over again and do the same with the right side of the rope. **NOTE:** Make sure when you turn the shoe over to tie the knot for the strap that you don't pull it too tight because there has to be enough room for your foot to fit under the straps. Like this:



It should look like this once you have put the straps in:





**Step 15:** You may now take two separate strips of material and wind each one around a strap to cover the rope. See picture at **Step 12** above. To hold these pieces of material in place you may tie one knot before you start winding it around the strap and another knot when you have finished doing so.

**Step 16:** Once you have completed steps 1-15 and you are happy with the end result you may begin trimming the leftover rope off as well as any material that may be sticking out of the shoe. **HINT:** if possible and to save wasting the strip material you may also tuck the pieces that are sticking out back into the sole of the shoe.

**CONGRATULATIONS!!** You have just made your first pair of eco-shoes.

**What to expect at the end of this activity?**





**NOTE: You can decorate or accessorise the shoes as you please. For example, in the picture above the person added bows to her shoes.**

**Suggestion:**

This is only a guide to one method of making these shoes. Using your own creativity and ingenuity you can always come up with better ways to make these shoes. For example, substitute steps 4-8 with just tying a strip of material to one side of the rope and then begin weaving the material immediately. This is especially helpful if you don't have enough time to carry out all those steps.

WE HOPE YOU HAVE ENJOYED THIS ACTIVITY AND CONTINUE TO PRACTICE THE 3R's (Reduce, Reuse and Recycle)!! 😊

## About Japanese Eco-Shoemaking

### Purpose of this Workshop

The purpose of this Workshop is to promote recycling in Fiji and especially the 3R's (Reduce, Reuse, and Recycle). There are many tailors in Fiji which has led to the discarding of many pieces of material which can be reused. The aim of this Workshop is to teach the participants how to make use of such materials to reduce waste, reuse the pieces of material and recycle an otherwise wasted resource.

### About the Eco-Shoes

This shoemaking technique traces its origins to the Japanese Tradition known as 'Zouri'. It is comfortable, washable and easy to make.

### About Workshop

If this is your first time making 'Zouri' then please concentrate on making one shoe (not a pair) to allow you to pick up this skill easily. Once you have finished making a shoe and you feel you have enough time to complete a pair then by all means do so. Also note that in making the second shoe you should find it much easier than with the first as you will be more familiar with the shoemaking technique. Otherwise, you may take your remaining materials with you and complete the pair of shoes at home if you wish to do so. We hope you enjoy this workshop.

### **PLEASE NOTE**

#### Requirement to become an Eco-Shoemaking Tutor

Anyone can become an Eco-Shoemaking Tutor if they:

Can make a pair of shoes by themselves.

Are well versed enough with the shoemaking technique to be able to teach others.

Have attended the shoemaking workshop at least 3 times.

Know the workshop process from start to end.

Can respond to requests from members of the public/organisations wishing to learn the technique.

#### Registration as an Eco-Shoemaking Tutor

Please provide the following information:

Name,

E-mail address,

Phone number,

A sample of the eco-shoes you have made

A recent passport photo

Once you meet the above requirements SCC will be in contact with you, via the SCC staff (Taito) or JICA volunteer at the SCC Health Service Department (331 3433 ext 406 ), about carrying out activities as a Tutor and SCC Environmental Supporter.

**Thank you for your time.**

## Putting waste to good use

Thursday, December 24, 2009



*One of the volunteers Sayaka Kosugi with shoes made of cloth at the Japan International Cooperation Agency (JICA) shoes workshop in Suva*

**In a bid to promote recycling in Fiji, a Japanese volunteer uses waste materials from tailors to make shoes.**

**Kasumi Okatani, one of eight volunteers, has been in the country for six months and is based at the Suva City Council health department.**

**She has already conducted two workshops for those interested in making shoes for themselves.**

**She uses waste materials collected from tailors in the city. "There are many tailors in Fiji and they throw away a lot of waste material which can be used for making shoes," she said. She said the shoes were traditional in Japanese and called "zouri". "It is comfortable and washable and very light," she said.**

**She conducted a second workshop yesterday attended by eight people.**

**Ms Okatani said she wanted to teach youths in Fiji to make shoes to earn money. "Youths can make shoes and sell for fundraising," she said.**

**A workshop participant, [Kristel Whippy](#), 21 said she had fun while learning to make the shoes. "It is easy to make and very comfortable," she said.**

**DO NOT throw away  
scrap sewing material**

**This can be used to make  
scrunchie, eco-shoes,  
small bags, etc.**



**WHY? To reduce the overwhelming  
amount of waste at the Naboro landfill  
& our waste overall!!**

**Observe the 3R's  
Reduce, Reuse, Recycle**

**Interested in learning to make eco-shoes? If Yes, Contact:**

**Kristel Whippy (Tutor): [kristelwhippy@yahoo.com](mailto:kristelwhippy@yahoo.com),**

**Kasumi Okatani (SCC JICA Volunteer):**

**[kasumi1203@gmail.com](mailto:kasumi1203@gmail.com) or**

**SCC Health Service Department ((679) 331 3433 ext 406 ).**



**You can get these materials  
at the following place**



**Please see  
the page of Tailors  
in 'Fiji Telephone  
Directory'.**

### **Pieces of Rags**

#### **For Examples**

- + Sunila's Ladies Tailoring
- + Cinitials Tailors
- + East Tailors
- + Harris Tailoring
- + Jai Tailors
- + Jeff Tailors
- + Kakala Tailors
- + Nilam Custom Tailors
- + Permal Garments
- + Priyas Tailoring Centre
- + Raj Fashion Centre
- + Januta Tailor
- + WesternTailors



**Empty Plastic Bottles, used-chopsticks  
and misprinted-papers  
at Suva City Council Health Services Department.  
Tel: (679) 331 3433 ext 406.**

# **You can use!!! used-chopsticks**

**You can use  
used-chopsticks for  
+ as materials of making Hand-crafts  
+ as woods for making Fire**



**as you like !**



**You can get used-chopsticks free  
in SCC Health Services Department.**

**Tel: (679) 331 3433 ext 406**

**Your action help  
our Landfill & Future,  
to reduce our Waste & our Tax.**



**SCC is heart of Environmental Education**



**Please do not  
throw away !!!  
Empty Egg packs**



You can change  
**12 Empty Egg packs → \$1.0**  
**6 Empty Egg packs → 50 cents**  
**in the Municipal Suva Market**  
**\* From any Egg seller\***



**Your action help  
our Landfill & Future,  
to reduce our Waste & our Tax !**

**★ SCC is heart of Environmental Education ★**



**If you would like to know more  
Environmental Education,  
Can you ask the following persons  
of Suva Special School.**

**Suva Special School** is located at 78 Salato Road, Namadi heights (Tel:368-1081). Our school has four departments that are junior, intermediate, pre-vocational and vocational department.

**My memory about Environmental Education**

On behalf of the school I'd like to thank the people who had brought the idea of compost and helped the school in setting up the compost areas. The school has implemented the compost program which started in April 2010. We have got 2 compost areas with the size of 4 x 4. This compost is used in our school garden. Firstly I wish to acknowledge the JICA volunteer named Kasumi and major support and contribution by Health Service Department. She had taken out time to be in our school and helping children with environment instruction. SCC gave certificate out to the children which will boost the children's work and performance in that area. I'd like to also thank teacher Sayaka a Japanese volunteer in our school for her great performance towards this project to become more successful and helping children out in their ordinary routines. The children are well informed in the decomposed process and are given routines in collecting of waste for compost. The vocational children are looking after whole process of separating papers, plastic and other waste materials. Finally I'd like to thank everyone who has contributed towards Suva Special School's development and hope that SCC will continue to support and make us be part of any program suitable for our school. Best of Luck!



**Shalendra Nand**  
Vocational teacher  
Especially  
compost specialist



**Arti Raj**  
Especially  
making Eco-shoe



**Suva Special School**  
students  
Especially compost  
specialist



**Deepak Singh**  
Especially  
making Can-caster

# \* **You can get Fund-raising !** \*

**You can make & sell all goods in this book  
for fund-raising of school, church, NPO(NGO) activity etc.**

We (some JICA Volunteers) tried to open the shop for Recycle Promotion at ROC market. We made some goods with waste materials, pieces of materials from some Tailors in Suva, used chop sticks, empty bottles.

We got about 60FJD in this time. Some goods (eco-shoe, toy Gun etc) attracted customers. Because they are rare in Fiji.

This money was used for school-fund of Suva Special School.

This red circles show the goods we made with some kind of waste materials.

**Hair accessories (Scrunchie)**



used chopsticks for making fire

**Eco-shoe**



Flower Pot

**Chopstick Gun**



**Dear persons who want join RoC Market,**

**So come and join us, Loftus Street, Suva - between Total Service Station and Dolphins Plaza.**

**To make a booking for this weekend Talei Wilson on 9181900 or email Jodi Hayward**

**[jodi@matengacreative.com](mailto:jodi@matengacreative.com).**

**Otherwise just RoC on down to Loftus Street this Sunday.**

**Remember we always RoC on the 3rd Sunday of every month. This shop open fee is 30FJD.**

**Jodi Hayward**

**MATENGA CREATIVE RoC Market Event Managers**

## Let's join and enjoy! S.C.C. Environmental Supporter

### S.C.C. Environmental Supporter

You can implement necessary Environmental activities with S.C.C.

**HOW?** You have to register your bio-data information with S.C.C.

#### ★ Merits of Being an S.C.C. Environmental Supporter ★

- + You can contribute your efforts to helping clean Fiji and improve our lives & future.
- + You can add more value to your CV (during job interviews, interviewers are always interested in the practical experience you have).
- + You will receive S.C.C. support and advice. Also builds on your professional network. (Please ask S.C.C. Health services department staff directly, for further details)

#### For examples of activities

##### + **Eco-Shoemaking**

Let's enjoy together !

The aim is to teach the participants how to make use of such materials to reduce waste, reuse the pieces of material and recycle an otherwise wasted resource.



**Kristel Myra Whippy**  
SCC Environmental Supporter  
Japanese Eco-Shoemaking  
Tutor

##### + **Save pineapple heads**

To reduce waste & beautify schools, churches, etc. as gardening. Pineapple heads may make a special-feature place like the Dole Plantation in Hawaii.

##### + **Awareness of Black Smoke Reduction**

Black Smoke is not good for our health. S.C.C's aim is to reduce this using the Black Smoke picture-show which is available at the Suva library.

**The content of your activity depends on your idea!**

**Thank you for your time.**

**S.C.C. Health Service Department ((679) 331 3433 ext 406 ).**

**\* S.C.C. Health Services Department Staff  
and  
\* S.C.C. Environmental Supporter**



**Taito Rauluni Waqaiyavana**  
**HEALTH EDUCATOR**

**If you have Questions about the  
Fiji Environment ,3R's or the  
S.C.C. Environmental Supporter  
Programme etc,  
Please contact me at the  
S.C.C. Health Services  
Department.**

**COME JOIN US!!  
S.C.C. Environmental Supporter =  
Rewarding Experience!!  
We can help promote the 3R's and  
help improve Fiji's environment for  
all our sake.  
Eco-shoemaking is so easy to learn  
and FUN!**



**Kristel Myra Whippy**  
**SCC Environmental Supporter**  
**Japanese Eco-Shoemaking Tutor**

**S.C.C. Health Service Department ((679) 331 3433 ext 406 ).**

**KONNICHIIWA Everybody!**  
**Waste is not Waste.**  
**'Waste is Resources'**  
**Let's think our Environment.**  
**Let's enjoy making handicraft.**  
**We hope you enjoy this book, this book will be**  
**contributed to Fiji environment & our Life.**  
**We wish to acknowledge**  
**Kristel Myra Whippy of Eco-making master,**  
**Students & Teachers of Suva Special School,**  
**Maya Nakanishi Suzuki (20-4) &**  
**Keisuke Suzuki (21-1) of JICA Volunteer**  
**and Staffs of Suva City Council**  
**to making this book.**  
**We would like to say again,**  
**KONNICHIIWA & ARIGATOU.**



**Kasumi Okatani (21-1)**

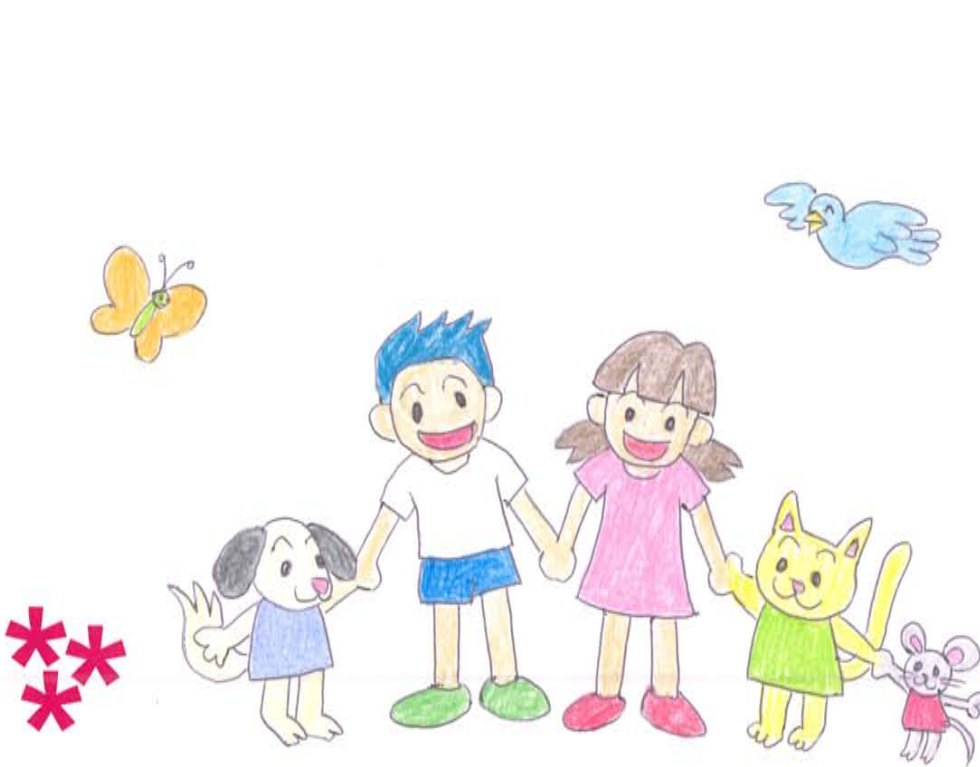
**Sayaka Kosugi (20-4)**



**After these process**  
**~ 3R: Reduce, Reuse, Recycle ~**

**Human beings say to animals;**  
So sorry about making dirty place in your living place,  
we promise you we keep clean Fiji, our earth.  
Thank you for teaching how to use & manage the  
unwanted or useless materials, we called them 'Waste',  
but now we think them resources!  
Thank you again we got some fund-raising for small  
children education in Suva with these handicraft.

**Animals say;**  
We live in same planet 'Earth'.  
Let's make efforts to keep good relationship each other.







By JICA Volunteers, 2011