SUSTAINABLE SOCIETY WITH HIGH MOBILITY

Decide and Design for Desirable Society

A2Z Republic

CHAROON PONGHAN (Aie) Thailand
HSU HTET HLAING (Hsu Htet) Myanmar
HUILIN TOK (Lin) Singapore
JULIUS LIMOS MENESES (Jules) Philippines
MINA SIVILAY (Mina) Laos
ZULAIHA ABDUL JALIL (Zee) Malaysia

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1 EXECUTIVE SUMMARY

As our society move towards high mobility, the rapid changes and movement seems to threaten the sustainability of our community and we are in danger of losing our balance especially with the environment. There have been many discussions on what the two concepts mean to our society, what they entail and how we can find synergy between the two. This topic is also the centre of the theme study of the 51st IATSS Forum. This paper aims to present A2Z Republic's proposed community design based on "Sustainable Society with High Mobility". The paper first highlights our interpretation of "Sustainable Community" and "Society with High Mobility" and how we formulate our community design to integrate the two concepts.

2 INTRODUCTION AND BACKGROUND

Sustainable Community Development is a term used widely in many countries that are now placing stronger emphasis in planning, housing and urban policy making. In present times, sustainability is no longer confined solely as an environmental concern, but it also incorporates economic and social dimensions. In United Kingdom and North America, there are several organizations and groups that have been studying on how to design a sustainable community. Of course, the concepts of sustainable community design differ based on the condition of each city's social, cultural, environmental, and political aspects.

However, with the continuing societal development, another intriguing factor to be given emphasis on is the occurrence of high mobility. These two broad concepts served as the main theme study for the 51st IATSS Forum Program. The processes of understanding the two concepts (sustainable communities and society with high mobility) are not that easy considering that each participant comes from different countries with diverse personalities.

A comprehensive theme study is designed in order to ensure that the understanding of each participant is build on a balance between academic and practical and that the process of constituting the concepts of sustainable community in a society with high mobility could be ascertained.

Since the theme study is broad in nature, four questions were utilized to guide us in building our own ideas to the above mentioned theme. The following questions are:
1. *What are sustainable communities?*
2. *What are the essential factors that make communities sustainable?*
3. *Is sustainability achievable in a highly mobile society, and*
4. *How can a highly mobile society achieve social and environmental sustainability?*

The program comprises a wide array of interesting contents that stimulated the generation of ideas and perspectives leading to deeper understanding in answering the questions about sustainable community with high mobility. The initial step in opening our mind towards the theme study is the introduction of "Sustainable Community Design" through the lectures about the overview of Japan's economic and social development along with the background on their social and environmental changes. The initial concepts learned were more sharpened as we had the first-hand experience on specific examples of sustainable community design through our field studies in Toba City and Nishi-yodogawa in Osaka City. These field studies help us to gain a deep insight and understanding of sustainable design focusing on economic

activities, cultural preservation as well as the reconstruction process of sustainable community.

The last step in coming up with a clearer idea of sustainable communities and society with high mobility is the Group Study. This serves as the heart of the entire process of the program. This has been very challenging to us as all of us have different perspectives and understanding and more and more ideas emerged. But we put into practice the interpersonal, professional as well as leadership skills that we learnt from GASSHUKU to consolidate our viewpoints and move towards a particular direction. With wider perspectives, effective teamwork and collaboration learnt from the extensive training that we had, the succeeding report explicates our output about "Sustainable Society with High Mobility.

3 SUSTAINABLE COMMUNITIES

3.1 What are Sustainable Communities?

Through the seminars, workshop and the hands-on experience at our two field trips, we gain a deeper understanding and form our interpretations of what sustainable communities mean. Here are some of the lessons that we learnt that led us to our conceptualization of sustainable communities.

Lessons learnt from Toba Field Study
Eco-tourism is the main industry in the Toba city and it is a successful example of a sustainable community balancing between economy, social and environment. The people in Toba work together in various ways to protect and preserve their unique Ama culture and sharing this culture with people from all around the world. The local government is actively promoting tourism and working towards achieving international recognition of UNESCO world heritage. The private sector sets up museum, hotels and Ama huts where people can have face-to-face interactions with the Amas to enrich the tourists' experience. The Amas themselves are also doing their part by adhering to the restrictions and not catch abalone smaller than a certain size to ensure sustainability in the ecosystems.

We also got to meet Ms Kiku Ezaki who is a role model in the community with her individual efforts in the eco-tourism business. Besides educating tourists and children about the culture and uniqueness of Toba and the neighbouring Suga Island, she also started the Shimakko guide programme where elementary school students on the island take the initiative to learn about their island and discover uniqueness of their island which they want to share with visitors of the island. The programme not only aims to inspire the children to think of their surroundings but also expose them to communicating with people from outside of the island, hence improving their communication and people skills.

Lessons learnt from Nishiyodogawa
In Nishiyodogawa, we experienced an entirely different type of community. This community is more developed but faces a constant fight between economy and environment. The factories in the area had caused severe pollution more than 20 years ago, affecting the health of many people. That was when the community decided to do something for themselves and their future generations by taking on the lawsuit against the pollutant companies and the government to stop the pollution. This lawsuit saw the involvement of many parties, including the patients, lawyers, researchers and non-government organisations. Even though

the lawsuit took a very long time to be settled, the results was worth the fight as the patients received compensation, necessary medical care and the government and factories are willing to work together with the people to combat the pollution.

We got the chance to hear from some of the people involved in the lawsuit and understand their struggles and difficulties. We also saw the measures and plans taken now, with the involvement and initiation of the non-profit Aozora Foundation which was set up using the compensation from the lawsuit to ensure that history does not repeat again.

The current measures and plans taken are collective efforts from the different stakeholders such as the government, the companies and factories, the community and the non-profit organization. The government's efforts are evident in the setting of regulations, technology investment at major roads and highways to detect the pollution levels and devices to control the level. The companies and factories abide by the regulations and the community do their part in caring for the elderly, especially the asthma patients and also serve as eyes for the government to identify people who flout the rules.

Education is also a key contributing factor in Nishiyodogawa where the schools try to include the lessons from the pollution and the lawsuit in the curriculum and also encourages students to take individual steps to reduce the pollution. An example is in Nishiyodogawa High School where the students participate in the Eco-communication Club and conduct environmentally-friendly activities such as picking up litter and spreading the green messages to fellow school mates and other youths around the country.

With the foregoing experiences, we were able to come up with a definition for a sustainable community which *is a place where people live together achieving quality of life in harmony with the environment for current and future generations* characterized by the following:
- Safety and Security
- Happiness
- Strong Cultural Value and Status
- Viable and Resilient economy
- Equity
- Healthy Ecosystem

3.2 What are the essential factors that make communities sustainable?

With the group discussions, reflections and the lessons learnt from the overall theme study, we identified the following three essential factors that had been enumerated for communities to move towards sustainability. The factors are community ownership, collaboration of stake holders and balanced development.

3.2.1 Community Ownership
Community Ownership refers to people working together and helping each other to achieve their common goals in using available resources wisely and enjoy the fruits of their labour. In any community, people are the essence and only when the community is united as one can they have strength to achieve their common goals. The people can see the problems and issues in their community and when they feel that they own the problems, they can then be part of the solution and be effective. Besides there are many people with different strengths and expertise in the community and when these people feel the strong sense of ownership, they are willing to use their expertise to initiate changes.

With a strong sense of ownership, the people are **proud and committed** to their community, have **high self-esteem and motivation** to **ensure continuity.** Here are three methods by which the community can build their community ownership:

1. *Education and Awareness*

Education and awareness are key factors influencing community ownership especially for the young generation. We saw positive examples of initiatives such as the Eco Communication Club Nishiyodogawa where the students received knowledge about the issues of their environment and they want to do their part to combat against pollution hence they are happy to do the eco-friendly activities and try to encourage their friends to do the same. In Sugashima Primary School in Toba, understanding their environment is part of their curriculum and the students participate in the Shimako guide program to share their findings and knowledge of their island with tourists from all around the world. This is an interactive way to educate the younger generation about the history and beauty of their island and inspire them to appreciate the beauty and feel the need to sustain the area.

Raising awareness of environmental issues is another method of building community ownership. Aozora Foundation is a non-profit organisation in Nishiyodogawa that is active in this area, providing and sharing such information with the community. They compiled related reading materials in their community library, developed teaching materials and also participated in environmental exchange programs with other countries. They also organise community activities to raise awareness. In Toba, the Ama culture is also widely advertised through mass and social media to boast the economy. The Ama festival is another attraction where the Ama that catches the biggest abalone first will become the AMA of the year and leader of AMA.

2. *Providing the opportunities*

Another method to build community ownership is to provide opportunities for all. The Kaitou Yumin club in Toba works closely with the locals in devising their tours and activities. The locals are involved right from the planning stage hence they feel the sense of ownership and is fully committed in the implementation stag, resulting in achievement of this projects. In Nishiyodogawa, yearly meetings are conducted with various stakeholders of this area including the government, Victims Association and residents to discuss issues of the transportation systems and pollution and what needs to be done about it.

3. **Finding the Key Persons**.

Finding the key persons to work with and getting their support is also a way of bringing out community ownership. In Toba, the key is to engage parents and teachers to get their support to implement the Shimako guides program. In Nishiyodogawa, during the massive pollution in the mid 1960s, lawyers and researchers were involved heavily in the winning of the pollution lawsuit to create a pollution free society.

3.2.3 Collaboration with stakeholders

Through collaboration with stakeholders, we can successfully gather the experiences gained in the partnerships. The stakeholders involved are: the government, private sectors not limited to business sectors, Non-Profit Organizations (NPO) and the local residents which aim to contribute to the implementation of sustainable development in a community.

Stakeholders can initiate and enable effective collaborations which we discussed briefly, In the collaboration process, interaction of a diverse group of people is conducive to encourage human creativity. This results in improved strategies in maintaining a well-balanced community development. The foregoing lists of stakeholders play vital roles in the planning a sustainable community development:

1. Government

In most developed countries, like the United States and Canada, the government is the largest employer, the largest landowner, and the largest fleet owner. The government is also the largest consumer of energy and has the largest impact on the environment. For this reason, the governments should incorporate sustainability principles in their internal operations as well as for the people. In emerging countries like the Asian countries, the role of the government assumes even greater implications. Within the realm of sustainability, the governments ought to encourage companies to address the needs of the world's entire population. Here are some factors that could share in maintaining a sustainable community:

a. Budget

Governments can improve the system whereby public funds are used in construction of infrastructure and sanitation services. Green procurement can also provide impetus to innovative and environmentally friendly products. Like in the Nishi-yodogawa, it has been very evident that the government has showed a great concern in controlling the air pollution and several technologies have been installed at major roads to cuin order to collect information of the air particulates that cause the air pollution. While in Toba City, the government provides subsidies for families who want to settle down in their city or provide incentives for the second child onwards to help sustain the number of people and maintain their quality of life in the area.

b. Laws and Regulation

The traditional role of a government is one of an authority figure that protects public interests and regulates industries. This role is changing as government is encouraged to collaborate with other stakeholders. Each participant needs to tap on their expertise and areas of Study.
The best model for this factor is the case in Nishiyodogawa. Right after the lawsuits made by the pollution victims, the local government immediately passed on the regulations that would regulate the operations of the industries or establishments and effect changes to the contributing factor in polluting their air. They have also implemented some laws that would separate the industrial zone from the residential areas.

c. Initiatives and Engagement

The government needs to play a strategic role in advancing innovation in all sectors of society. There is a need for technological policy and innovation. In the case of Japan, they have clear cut policies that could be easily adopted by the local government in order to promote change and could fit base on the needs of the local people. Just like Nishiyodogawa; and other places like Osaka and Kyoto, their local government has been very active in any developments in each of their places that made the people more responsible and do their part in sustaining a good community. It is very evident that in their laws, they have already included various concepts that are very important for a sustainable development such as natural capitalism, eco-economy, and green economy (Toba City) call for grand-scale transformations in systems dealing with energy, waste, water, and governance (Moku Moku Farm, Toba, Osaka, Kyoto and Tokyo).

d. Information Sharing for Transparency

The government should have a mechanism to make accurate data available for the people especially those that might affect the majority and the environment. The program is based on Act on Promotion of Global Warming Measures which has been revised in 2005 and was enforced last April, 2006. In this program, specified emitters are obliged to calculate and report their GHG emissions. The government collects these data and publishes them. Some of the transparency practices could also be observed in the Nishiyodogawa boards by which the amount of the air particulates recorded by the PM 2.5 equipment are displayed to guide the public to do necessary measures if it gets worst.

2. Local Residents (Community Members)

Local residents are indispensable in a sustainable community. Active participation of the local people in every program of the government and other organizations will lead to successful implementation. Pollution adversely affects their agricultural livelihood with security, unpleasant odors and noise taking serious effects on their daily lives compromising their health. In this sense, many residents cooperated with the local authorities to ask the owners of nearby polluting factories to move to different places or discontinue the emission of pollutants.

3. Business Sector

Many corporations are taking responsibility for their actions and are starting to report on the impact of their activities which is now being undertaken in Japan. Best example is the IATSS Forum created by the Honda Motors Corporation where young leaders gather together to understand each other's' countries through seminars, field studies, group study, and cultural exchanges, We also make the efforts to solve current issues in the ASEAN region and Japan, under the motto "Thinking and Learning Together."

In the Moku Moku farm which is owned and managed by private entity, they helped farmers to sustain their livelihood by buying raw materials from them. The equipment uses alternative energy for their cottages so as not to produce carbon that may harm the environment. Since the only source of their water is the deep wells, they had installed equipment to collect rain water and recycle it for toilet use and for irrigation purposes. They have also shown a concern in maintaining the fertility of the soil so as not to use chemical fertilizers to produce a good yield in their crops but instead, they use organic fertilizers that come from wastes of their poultry and farm.

4. Non-Government Organizations

Non-Government Organizations are highly diverse and their one common goal is to stay focused on short-term targets. They also reach out to the poor and remote communities and mobilizing these populations. In addition, such NGOs can carry out projects more efficiently and at lower costs than government agencies and, most importantly, promote sustainable development. The Aozora Foundation is a good example of NGO for its best collaboration practices. They are now working for the redevelopment of the pollution-damaged areas through their creative activities for the community and the pollution victims. The Kaitou Yumin Club, on the other hand, is a business entity that promotes tourism in Ise area and is instrumental in changing the perception of the local residents in the Suga Island by establishing the Shimako guide program in collaboration with the teachers of an elementary school.

5. *Schools*

Schools play a part to support the achievement of community awareness and education. School provide necessary knowledge to students who are going to be builders/ leaders of next generation. The school also serve as the place to inform public on different projects, and for other organizations to implement their environment project as well as to conduct awareness level test with students and some innovative ideas emerge. In Nishi-yodogawa High School, they establish Eco-Communication Club which conducts the Environmental Friendly activities in their school such as Clean up school area, collecting used cooking oil from household to make candle lights and attend the Eco-Friendly event with the overseas high school student in order to share experiences about Environment Friendly activities.

6. *Media*

Media also plays an important role in delivering messages or information to reach to target public to inform the general public on the current situation of society as well as reliable information and it is also the mechanism to attract people in the community to participant in sustainable activities. In Nishi-yodogawa, there are journalists who research about the impact which effected from the pollution including the environmental, local economy as well as polluted victim. On the Collective efforts to control pollution Magazine there is a column for journalists to report the current situation as well as pollution-related damage in order to inform the general public in the society.

7. *Expert/Researchers*

In every sector, there is a need for an expert/consultant in order to give advice and opinions for us to test out the plans to be carried out. Because experts/ researchers and scientists have specialized fields and have in depth knowledge in particular phenomenon, they play significant function by giving expertise advices including giving demonstrate facts to other stakeholders though their researches/studies made.

3.2.4   Balanced Development

Balanced development is a key factor to achieve sustainable community. Many case studies around the world have proven that development policies will not always bring about positive impacts. For example, economic development programs can result in environmental conditions which later caused pollution and health problem to local people. Growth and prosperity are being achieved at the expense of the planet's life support systems, and, very often, at the expense of greater inequality. Balanced development means an integrative method covering economic, environmental and social considerations in developing the community. These three-dimension interlink ages underpin sustainability of the present and the future. It should be noted that what means by balance is not equal but rather proportionate weight of consideration or actions on those three dimensions according to society's context of potential and problem.

The characteristics of community with balanced development where economic, social and environmental dimensions are given due considerations for long terms in the following are as follows:
1) Economy: viable and resilient local economy where people have ample opportunity of employment, benefit from healthy community economy as well as the ability to withstand or recover quickly from difficult situation.
2) Environment: healthy eco-systems, sparingly use of resources, natural disasters preparation;
3) Social: refers to where local culture, tradition, wisdom, history are appreciated and prolong and promoting social equity

4) There are two main implications that can be pursued in order to realize a balanced development.

a. *Resources management*

In achieving sustainable community, all stakeholders should utilize their resources in promoting balanced development as follows.

- Budget allocation towards balanced development

For example, government can incentivize for investing in green business by providing tax reduction whereas private sectors can allocate in investing the introduction of the environmental-friendly technology or implementing CSR programs.

- More sparingly use of natural resources and environmentally-friendly alternative

For example, the usage of renewable energy generated from natural resources such as sunlight wind, rain, tides and geothermal heat in production sector, companies or households.

- Green power technology & eco-friendly infrastructure

For example, investing in effective mass transport system and walkable city in order to reduce personal car use in every day's life

- Research & Development in order to develop solution for bettering balanced development as well as advance eco-friendly innovation

b. *Long-term Plan*

As balanced development needs continuous actions, forward-looking framework in long-term prospect is therefore necessary fr promoting sustainable development.
- Vision setting
- Context-based strategy
- Monitoring & Evaluation

In the long term plan, community should reflect people's shared vision to achieve and come up with the strategy according to their specific context of potential and problem. Then, the result of implementation should be monitored and evaluated.

From the field studies, there are case studies with different background that reflect as an effort of promoting balanced development. For example, the effort of solving air pollution problem in Nishiyodogawa city by introducing air pollution control technology in transportation system and setting regulations for vehicles in traffic congested zone so that environmental damages resulted from its economic activities are minimized. The environmental-friendly agri-business community of Moku Moku Farm is another best practice of agricultural business model that places importance on safety and tasty products via comprehensive eco-friendly production procedures. Their practices do not only contributes to environmental preservation but also promote economic benefits among farmers in that area as well as sustain value of farmer occupation among young generations.

4   SOCIETY WITH HIGH MOBILITY

4.1   What is a society with high mobility?

Considering the meaning of a sustainable community, characteristics and its factors that govern it, we were able to come up with the major factor of a society with high mobility. These includes but not limited to:

- High Technology
- International Collaboration,
- Good Education,
- Good Economy
- Good Governance.

On the other hand, we also identified its different characteristics which are stated as follows:

- Continuous Change
    - Social: culture, status and interactions;
    - Economy: rapid growth and development, high Technology usage;
    - Environment: Climate change
- Diversity
    - Social: Ethnicities, religions
    - Economy: More options in consumption
    - Environment (Design)
- High competition:
    - Social: Instability, social stress
    - Economy: Jobs, high cost of living
- Borderless movement of People, community, Information and Resources

4.2   Is "Sustainability" achievable in a highly mobile society?

In that sense, our concept of society with high mobility is a place where the environment is continuously changing, diverse and borderless. And that sustainability is achievable in a highly mobile society provided that the measures on the three key elements: (1) Economy, (2) Social and (3) Environment are strongly realized.

5   HOW CAN A HIGHLY MOBILE SOCIETY ACHIEVE SOCIAL AND ENVIRONMENTAL SUSTAINABILITY?

5.1   Group Discussion Process
5.1.1   Overview

Before the IATSS Forum, we had minimal or no knowledge of the two concepts - sustainable community and society with high mobility. They were just big words that do not seem relevant to us. However, through the various programmes under the IATSS forum i.e. the seminars and workshop conducted by the lecturers, the various field trips to different types of communities and our own observations of the Japanese society, culture and people every day in this country, we gain a deeper understanding of the two concepts. We also did our own reflections and research using online platforms to concretised our understanding and formulates some viewpoints and ideas.

Following that, we had the opportunities during the group study to brainstorm and discuss amongst ourselves the some key questions: What is sustainable community? What is society with high mobility? What are the pros and cons of society with high mobility? How can we integrate the two together and create the society that we want to live in and for our future generations to live in? Brainstorming and discussions are time consuming but very important as we got to share ideas and viewpoints and discover new elements. Sometimes we got confused or stuck and do not know which approach to take or how to move on but we kept asking questions and talking about different viewpoints to keep our minds open. To help us move forward in our design, we also seek references from research journals, existing indicators such as GDP, GPI and other urban plans.

We finally arrived at this proposed framework of our very own sustainable community design which is **a sustainable society with high mobility**. This design is based on the three key pillars of our society i.e. economic, social and environmental, incorporating sustainability with high mobility.

5.1.2   References

To enhance our concept of a sustainable society with high mobility, we sought reference from various research journals and found a few theories and indicators which we used a guidance for our discussion.

1. Maslow's Hierarchy of Needs Theory

One of the theories we discussed was the Maslow's hierarchy of needs theory. Under this theory, the different needs of people are ranked in order from lowest to highest: (Physiological, Safety, Social, love and belonging, esteem and self actualization). When considering a society that has high mobility and is sustainable, the above needs must be fulfilled. To fulfill the above needs, the society requires a viable and resilient economy while sustaining their culture, values and social status and also a healthy eco-system.

2. Genuine Progress Indicator

The second reference we used is the Genuine Progress Indicator (GPI) as a guide in our sustainable community design as a consideration of the stability and success of our sustainable society with high mobility.

Genuine Progress Indicator or GPI for is a more holistic measurement of success which is not solely defined by the money we spend and the goods we consumed but by the quality of life we create not only for ourselves but for everyone with whom we share the planet. If we add up the positives of economic growth and subtract from them the clear negatives, we will have a better picture of whether we are headed in the right direction. This will include the costs of crime, pollution, commuting and inequality to the value of education, volunteer work, leisure time and infrastructure. As compared to the more widely used indicator, Gross Domestic Product (or GDP), GPI helps to us understand the true impacts of our policies and will lead us on the path toward a genuinely sustainable society.
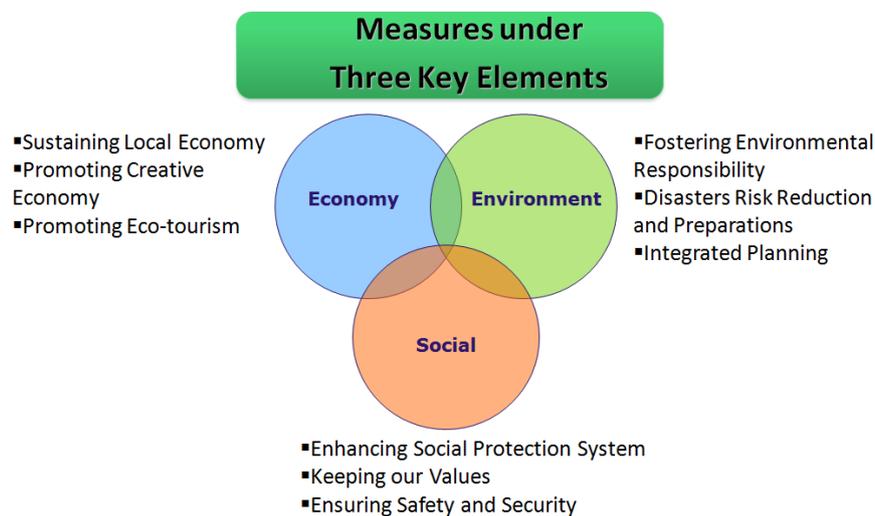
The GPI is made up of 26 different indicators under the three key elements - Economic, Environmental and Social. Under the Economic element, GPI looks at consumption and investment in new ways while bringing income inequality into consideration. The environment is usually neglected in our pursuit towards sustainable community but this element must also be one key pillar of consideration in our design. Hence, the Environmental element is included in GPI and it measures the cost of air and water pollution and the value of lost

forests, wetlands and farmland. These indicators help us to fully evaluate the true impacts of our economic growth and development. By taking these costs into account; we can better understand the impacts and actual costs of our policies helping us make better decisions on which polices to implement, reverse or change.

Lastly, the Social element is another key pillar of our considerations. Quality of life matters and every family would want a safe neighborhood, efficient transportation and gainful employment. The GPI registers these important components of our well being, while more accurately assessing things we all value, like housework, leisure time and good roads.

5.2   Proposed framework of our Sustainable Community Design

Our proposed framework of our sustainable community design is a sustainable society with high mobility. This framework is based on the three key elements of a sustainable society – Economy, Social and Environment and how we can synchronize them using elements of high mobility. Our group identified three key measures for each of the three elements which will be discussed further in this report. The measures are as follows:

5.3   Economy

For a society to be sustainable, it is important for the people's basic needs to be fulfilled before considering the other elements. For our community design, we aim to achieve a viable and resilient economy to ensure that the people of the society have their basic needs fulfilled but at the same time considering impacts to the social and environment elements.

5.3.1   Sustaining Local Economy

The first proposed measure is the sustaining and supporting local economy. By this we are referring to the buying and consuming of local products. Globalisation has caused a change in consumerism resulting in many places importing products and goods from external sources despite having sufficient local products. This is especially evident in a society with high mobility where cost of transportation has become so low and imported goods are sometimes cheaper than local produce. However, this massive movement of goods is severely depleting our energy sources and the continual depletion is detrimental to our sustainability. Besides, local employment is also threatened as local small businesses are unable to compete with the large conglomerates importing consumer goods in large quantities. Hence, for our sustainable design, the measure of sustaining local economy by encouraging the consumption of local

products is required. This is not confined to food but other commodities made and produced by the locals.

A good example of how the local economy is being supported is the Moku Moku Farm. Their business motto is to "Provide safe and tasty food for the people in their community". They started providing the local community with produce from their own farm and processed food using only their own produce as the raw materials. Subsequently, they expanded their business by buying raw materials such as vegetables, pork and wheat from local farmers within the community to be processed into other products such as bread, fruit juice, beer and many others for sale to the community. They stuck to strict criteria for the farmers to follow to ensure that the produce is fresh, safe and tasty. Their business not only supports local farmers and ensuring sustainability in their livelihood, they also provided the local community with tastier and safer food. Lesser damage is done to the environment as the movement is reduced significantly.

However, the promotion of consuming local products was not an easy process as the local produce is more expensive than mass products found the supermarkets. So they work on community events and activities such as the Ton Ton Festival to attract the local community to come to their farm to learn about the local produce and have a taste. Other activities such as pig show, bread making and farm stay enriched the engagement. Through these events, the locals gain a deeper understanding of the benefits of local produce and started to buy local products.

5.3.2   Promoting Creative Economy
The second proposed measure is the promotion of creative economy that utilizes creativity to value-add to our local products or create new products using local culture and nature. A unique product that we took as our case study is the Laos Coffee.

Laos Coffee has very nice and unique taste that is different from the other types of coffee in the market. This uniqueness makes it sellable to overseas markets especially to places that do not produce coffee locally. To make the product more attractive and unique, advanced technology can be used in the processing and packaging of the coffee, ensuring that the product meets international standards for overseas markets. The packaging use is also unique to Laos as it is made using local handicrafts with traditional symbols thus enhancing the branding of the coffee. Furthermore, in a society with high mobility, riding on the various advertising and publicity mediums such as mass media, social media and other online platforms will help market this product to wider audience and promoting the sales. Venturing into overseas market using creative economy will further support the local economy by creating jobs for the local people for their livelihood.

5.3.3   Promoting Ecotourism
Ecotourism is increasingly attracting more attention in many countries today. At present, people have realized that tourism activities have generally caused many negative impacts on the environment. With the purpose of earning more revenue by promoting mass tourism, increased human interference can cause irreversible changes to the existing ecology. These problems are reflected in the degradation of natural resources, increased deforestation, water pollution and loss of cultural uniqueness, to name some examples.

Ecotourism is perceived as an alternative and enhances community development by providing an alternative source of livelihood which is more sustainable to local community.

Many view ecotourism as a viable way to protect the natural environment and create social and economic benefits for local communities. Ecotourism encompasses a spectrum of nature-based activities that foster visitor appreciation and understanding of natural and cultural heritage and are manages to be ecologically, economically and socially sustainable. Therefore, ecotourism is accepted as an alternative type of sustainable development.

According to the International Ecotourism Society, ecotourism is defined as responsible travel to natural areas that conserves the environment and improves the well-being of local people. There are the principles of ecotourism as follows.
1. It minimizes environmental problem as compared to mass tourism.
2. It builds environmental and cultural awareness and respect
3. It provides positive experiences for both visitors and hosts
4. It provides direct financial benefits for conservation
5. It provides financial benefits and empowerment for local people

In the society with high mobility, ecotourism can be a mechanism to promote viable economy by providing an increase in employment opportunities and a reduction of risks of poverty. Simultaneously, it can provide incentive for promotion of greater understanding and appreciation for nature, local society, and culture so that sustainable development can be achieved. The case of Toba city has represented the effort of promoting ecotourism to achieve sustainable community. Toba, at the north-eastern end of the Shima Peninsula in Mie Prefecture, is home to the living legends of Ama, i.e. Japanese woman divers, whose job is to catch abalone and turban snails by breath-hold diving techniques that spans over thousands of years. Their diving practice is mentioned in ancient classical literature and there is a reference to Ama dating back to AD927 in Japan's Heian period[1].

As Amas form an important part of the life of Shima Peninsula, her living culture has been a key attribute for promoting ecotourism in their changing community. Through ecotourism, local people can gain economic benefits through various activities such as fishery, restaurants and home stay services for tourists who come to appreciate their unique culture and way of life. As a result, the Ama population is maintained and there is continuity from the successors and sustainability of their unique practice of Ama culture and festival. At the same time, for long term benefits, the awareness of protecting natural resources of the sea, such as turban snails, abalone and seaweed is raised amongst local people and local government leading to the formulation of the Mie Prefecture Fishery Regulations, indicating the minimum size of the catch and limiting the period for fishing.

5.4   Social

5.4.1   Enhancing Social Protection System
In this risky and changing world, poverty, unemployment in youth, disasters, and ageing population are some prevailing social issues. In order to achieve social sustainability as well as a resilient economy, putting in place a social protection system is necessary.

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[1] http://www.smh.com.au/travel/activity/surfing-and-diving/legends-of-the-deep-20100716-10djb.html

Social protection is concerned with preventing, managing, and overcoming situations that adversely affect people's well-being. The system consists of policies and programs designed to reduce poverty and vulnerability by promoting opportunities for individuals in labor markets; enhancing people's capacity to manage economic and social risks, such as unemployment, exclusion, sickness, disability and old age; while providing a foundation for more resilient households and societies.

Studies have shown that in a society with high mobility, there is still a likelihood of an economic and social gap between the advantages and the disadvantages, just like any other types of societies. This problem can have negative impacts such as unemployment, crime and loss of human capital. Therefore, in order to minimize the possible drawbacks while moving towards a sustainable society with high mobility, there is a need to include a comprehensive social protection system in our community design to help people and families find jobs, improve their productivity, cope with shocks, and invest in the health, education, and well-being of their children.

Conceptually, the social protection system will consist of policies and programs designed to achieve the three attributes as follows:

1. Resilience for the vulnerable
Social protection system helps promote resilience through minimizing the negative impact of economic shocks on individuals and families which could affect to people's well-being. Some examples of the programs include unemployment and disability insurance, old-age pensions and public works programs. Complementary programs in other sectors such as crop and weather insurance and health insurances are also extremely important to build resilience. Private and informal arrangements such as savings, assets, and family or community based support are also vital.

2. Equity for the poor
Social protection system helps ensure social equity through protecting measures against destitution and promoting equality of opportunity. Social assistance programs also known as safety net programs include cash transfers and in-kind transfers, such as school feeding and targeted food assistance.

3. Opportunity for all
Social protection system provides equal access to better health, nutrition, education, and skills development, along with equal access to productive work for both men and women. Besides the public sector, other stakeholders that promote opportunities for all are often integrated together with those who support the other two attributes of resilience and equity.

For example, labor market programs provide unemployment benefits, build skills, and enhance workers' productivity and employability. Cash transfers can play a role of attracting investments in human capital by promoting demand for education and health and help address gender inequalities. As well as public works programs provide cash payments to the poor, while increasing physical capital investments.

There are three common domains under social protection system that can be considerably employed according to the respective context.

1. **Labor market interventions** refer to policies or programs designed to promote employment, the efficient operation of labor markets and the protection of workers such as employment services, job training and direct employment generation.

2. **Social insurance** covers measures mitigating risks associated with unemployment, ill health, disability, work-related injury and old age such as old-age pension, survivorship, disability pensions, and unemployment insurance.

3. **Social assistance** refers to resources, either cash or in-kind, that are transferred to vulnerable individuals or households with no other means of adequate support, including single parents, the homeless, or the physically or mentally challenged. Examples are cash transfers, school feeding, targeted food assistance and subsidies

In the planning and implementation of a comprehensive social protection system in different society, it is important to understand there is no one-size-fit-all approach. Instead, the careful planning needs to be done according to the country's context or evidence-based as well as fiscal sustainability. For example, low income countries could apply this approach by firstly emphasizing on investment in a single program and developing basic administrative systems such as beneficiary registries and cash delivery mechanism. Once these systems are functional, other programs could be expanded incrementally[2]. Besides, at present, there has been a growing emphasis on enhancing social protection system to ensure resilience and this is not confined to only developing countries. Advanced countries have experienced increased exposure to disasters and climate change consequences and hence are enhancing their social protection system in order to respond to crises and disasters.

5.4.2 Connectivity using online platforms

1. Access to Information and Knowledge
An important advantage of a highly mobile society is the availability of alternative learning through online platforms, giving the people who might not have the chance to study or is unaccustomed to conventional study setting to learn and grow. Distance learning has been made available for more than 20 years for people who cannot leave their hometown or have to study part time to continue their livelihood. With the advancement of technology and emergence of online platforms, distance learning is now more interactive with social media interactions and video conferencing with lecturers and fellow students. Besides gaining qualifications, we can also learn skills and techniques such as cooking, handicrafts etc through live demonstrations or lectures using youtube and other video streaming platforms.

Technology has also brought about alternative teachers i.e. robots. In Birmingham, a robot named Nao is helping a primary school in Birmingham to explore how technology can help children with special educational needs. In Korea, where English teachers are scarce, robot teachers controlled by teachers from other countries are used to teach the students. Looking at rate of advancement of technology, the movement towards society with high mobility will definitely bring about positive impacts to education. However, there is always a need to ensure that the tools are used in the right manner to maximise its positive impacts.

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[2] Reference: The World Bank's Social Protection and Labor Strategy, p.xv

5.4.3   Keeping our Values

By values we mean value of the food we eat, the products we use, the heritage and culture we have and the environment we are part of. It is important for us to remember these important values and pass them to our younger generations to ensure continuity and sustainability. There is a possible threat for a society with high mobility to lose these values as our pace quickens and we focus more on economical growth but we can turn the tables around and use the high mobility to keep and sustain our values. There are several strategies for us to integrate high mobility to sustain our values especially in the future generations.

1. Education and Awareness

Education is a major factor in ensuring the continual passing on of the right values. Instead of teaching values to the younger generation in a conventional classroom setting, the teaching or spreading of the right values can be integrated into interactive tools and platforms such as virtual games, cartoons, smart phones applications and social media. Virtual games and smart phone applications are also another useful tool. As the youth today enjoys games using their mobile devices, inventing educational and meaningful yet fun and engaging games will help to pass on important messages and teachings more effectively. Encouraging youths who have passion in game development to develop such games can also be a positive push towards education and awareness of our values.

Community activities with social or environmental causes can also be spread quickly and actively using social media, encouraging more people to participate and be aware of the situation around us. The activities also aim to bring people closer together thus fostering cohesiveness within the community. International events such as Earth Hour, Earth day enjoys wide participation due to the active campaigning on social media. Social media can also be used to activate people for a same cause, be it social or environmental. The Filipinos used social media to activate more than 80,000 people to march against corruption in their countries.

Another way of keeping and sustaining our values is through cultural exchange with other countries through exchange programs, festivals and other activities. High mobility also facilitates easy and efficient movement of people, hence it has become easier for us to organise international cultural activities to bring people from all around the world together where they can showcase their own culture and identity while understanding other's culture and specialty, hence boosting the pride of our culture and at the same time fostering stronger mutual understanding.

2. Setting the trend

The sustenance of values can also be done by making it trendy so the youngsters will want to follow. Prominent figures and celebrities play an important role in encouraging preservation of traditions as they have influential powers and have wider outreach through online platforms. For example, the people in Myanmar started to wear their traditional clothes as they saw their prominent political figure, Ms Daw Aung Sung Su Chyi wearing them. By spreading such examples of tradition preservation through online platforms, the audience outreach is large and more people will be encouraged to follow suit.

Another example is the promoting the trend of eating and buying local products through businesses such as Moku Moku Farm in Mie Prefecture, Japan. Online platforms can again be a good tool to spread information and invite people to patron such businesses. Youths in Japan are also starting to make the concept of slow as trendy in this fast-paced society. They

encouraged people to acknowledge the richness of rural life and communities. New types of businesses were founded, which is known as "slow businesses". These businesses are trying to make society more sustainable and ecological by developing new ways of making money, providing jobs, and contributing to local life.

3. Achieving International Recognition

Another integration of sustenance of values with high mobility is through international recognition of traditions and cultures. As people movement becomes convenient and we are more exposed to other countries easily through virtual mediums, tourism is a huge business that many countries can grow and boast their economy. With greater exposure, tourists tend to choose the visit with rich heritage and cultural values. By achieving international recognition such as UNESCO World heritage or Michelin Green Guide and widely publicising on various mediums, more tourists will be attracted to come, boasting the economy while sustaining the heritage or culture value of the place. An example is the case study of Toba City where they are moving towards recognition of the AMA culture as a UNESCO world heritage. Upon achieving this international recognition, the city will attract more tourists to visit.

5.4.4 Ensuring Safety and Security in the community

A very important characteristic of a sustainable community is safety and security of the people. High mobility and advanced technology can contribute significantly to providing a safe and secure environment for the people to live in.

1. Traffic Safety

As the society moves towards higher mobility, automobiles become a common mode of transport but that also brought about issues with traffic safety. The roads become congested with vehicles and rate of accident raises rapidly. This seems an inevitable negative effect of higher mobility but the effects can be reduced by using advanced traffic management systems to ensure road safety. High technology devices such as vehicle detector and CCTV can be used to monitor the traffic conditions and provide information and advice to road users. Such system serves as a preventive measure to avoid accidents. Such information can be made readily available through mobile devices which road users can access easily and decide on their routes to avoid potential risks. Besides, the system can also activate quicker response from the relevant parties should an accident occur, minimizing the seriousness of casualty.

Advanced preventive measures can also be in place in the auto vehicles themselves to minimize the risk. The measures include integrating in vehicles better automated braking systems, voice alerts and damage control measures. Human behavior is also an important factor in traffic safety and mobility of information facilitates publicity campaigns to raise awareness of safe usage of roads to minimize loss.

2. Protection against crime

Crime is a problem that any types of community will face, but more so in a society with high mobility as the society is exposed to varied people movement and other social problems due to high competition, high stress and greater unhappiness. This greatly endangers the sustainability of the society. To counter this, besides having in place a comprehensive social protection system covered in item 2.1, there is also a need to build a strong protection system against crime.

Similarly, advanced technology is one resource we can tap on for this protection system. The police department can have access to technologies such as security devices (e.g. CCTV, alarm systems, smart phone applications for crime alerts and quicker SOS activation), investigative tools and information retrieval methodologies to reduce the crime rates. Setting up smart homes and business compounds with strong alert systems also deters potential criminals from committing crime.

The community must also do their part by participating in neighbourhood watch against crime and alert each other through social media in case of such incidents and activate community efforts to apprehend the offenders quickly.

5.5   Environment

Environment is one element that is greatly affected in our pursuit towards sustainable community development and more so in a high mobile society. In a report made by the Environment Nations Environment Programme (UNEP) 2013), environment is a pre-requisite for socio-economic development. In agriculture for example, its capability lies in the condition of its ecological foundation. Even the presence of healthy corals in the seas is similarly underpinned by an ecological basis in order to have a viable yield of fish and a good harvest. Natural resources also offers basic inputs to the economy such as water, construction materials, types of energy and fuels, textiles, productive soils, navigation routes for our trade, and offers livelihoods in forestry, fisheries, and agriculture. In our sustainable community design, we must not forget to take into consideration the vast collection of natural resources and vital "ecosystem services" that sustain the existence of humanity.

5.5.1   Fostering Environmental Responsibility

Fostering environmental responsibility is one measure to ensure the protection and preservation of it. To do so, a fundamental and transformative change in our thinking will be needed especially in our lifestyle. And through this, the well-being of the people is increased not only for now but also for the future generations as we maintain the integrity of ecosystems and the earth system. In order to apply the principle of fostering environmental responsibility in a sustainable society with high mobility, the following points should be considered:

1. Promotion of environmentally efficient systems for water and wastewater management and reuse

Many areas in the world are now facing water supply issues. The amount of water available is already limited, and demand will continue to rise as population grows. Rainfall has also reduced significantly due to adverse effects of climate change hence efficient water systems and wastewater management and reuse must be established. Different initiatives are now being undertaken by corporations such as the Honda Motors Company in Suzuka City, Japan. Prior to the discharge of waste water into the streams and rivers, the waste water undergoes proper treatment in order not to pollute the river systems, ensuring the survival of the living creatures in that water. In Moku Moku farm where the main source of water is through deep wells, counter measures are adopted to sustain the water supply. Reservoirs are installed to collect rainwater to be use for cleaning of toilets and in the irrigation systems for their crops.

2. Educating communities on their individual and collective impacts by making resource savings and consumption data

Several methods had been devised in order to raise the awareness of general public on the present condition of our environment. New technologies are made available to collect

necessary information and disseminated accurately to people for them to decide their daily activities. One such innovative method is used in Route 43 of Nishi-Yodogawa. The government has invested in high end technology to monitor the air quality using the PM 2.5. The collected data is carefully analyzed and shared through the internet and applications in mobile devices. This raised the awareness of the locals, prompting them to be vigilant and take necessary measures to reduce the emission of particulates into the atmosphere.

Since internet is the gateway to high mobility, environmental organizations utilize it for interesting and innovative ways of educating the public. For instance, the Green Street.Net is an interactive website designed and sponsored by people who believe individual actions is needed to achieve sustainability. Each member can create private profile page to calculate the Green Street Score of the home and workplace which is the amount of carbon emissions from the daily activities. Members can also share and learn ideas in reducing greenhouse gas emissions from individual activities.

3. Providing sustainable transportation systems and encouraging their use

Transportation has major effects on the environment due to its extensive usage of natural resources and destructive effects of the emissions and the effects in a society with high mobility is more severe. Hence it is essential for our community design to include an integrated public transport system to contribute towards sustainability of the environment. This system requires collaborative efforts from various stakeholders including the local, municipal and regional government, designers, engineers, construction companies, transportation providers and local institutions. With a good public transport system, the usage of cars will greatly reduce, hence reducing carbon emissions.

An example of an existing integrated transport system is found in Nagoya. Various modes of transportation are built to provide a wide array of mobility for passengers to reach their different destinations. Stations are located at strategic locations to be in close proximity to existing urban facilities like learning centers, hospitals and universities. Major stations serve as interchanges for passengers to access the different transportation system. Much thought was put into the impressive design of the bus terminal as one single public space with a myriad of activities. Other features include key route buses on dedicated lanes for efficiency and best practices of switching off the bus engine at each station to reduce the amount of fuel used.

Even with good public transportation systems, a society with high mobility will inevitable see an increase in car ownership. To reduce the carbon emissions of auto vehicles, usage of electric or hybrid cars should be actively promoted and made easily available.

Incorporating an efficient and effective road traffic management system will also have a significant impact on the environment as congestion is reduced resulting in lesser energy use and carbon emission. A very good example of an effective and integrated traffic management system can be seen in Tokyo where the Traffic Control Center puts in place an effective system using technology and conventional and online mediums to collect and disseminate vital traffic information.

4. Use of renewable and alternative sources of energy and waste management and recycling

Increasing awareness of the environmental impact of CO_2 and NO_2 emissions and CFCs triggered a renewed interest of the people in environment. In Japan particularly in Suzuka

City, most of the establishments are now using solar panels in order to minimize the carbon production which is a major contributor in the changing climate. Another is the installation of windmills which are visible in their recycling center in order to have other options in generating energy for their company operations. Several measures had also been adapted and observed to minimize the use of fossil fuels. One way of reducing building energy consumption is the design buildings, which are more economical in their use of energy for heating, lighting, cooling, ventilation and hot water supply. Passive measures, particularly natural or hybrid ventilation rather than air-conditioning, can dramatically reduce primary energy consumption.

Another example of minimizing the use of fossil fuel as the major source of energy is being practiced in the Sudokwon Landfill and Recycling Center in Incheon South Korea. Combustible components of municipal waste such as plastics and biodegradable waste are being recycled into refuse derived fuel (RDF). This type of fuel which underwent waste-to-energy (WTE) process can now be used into useable heat, electricity, or fuel through a variety of processes. It has also been exported to some other countries for its viable substitute for the charcoal in major countries in the world. The promotion innovative renewable applications and reinforcing the renewable energy market will contribute to preservation of the ecosystem by reducing emissions at local and global levels

5.5.2 Disaster Risk Reduction Management and Preparation

Since the effects of climate change is inevitable in a sustainable community with high mobility, four parallel and complementary lines of actions can be considered to reduce exposure to disasters and achieve a more sustainable approach to development without compromising the lives of people and threatening the environment.

1. *Active Participation of the Community Members and Stakeholders*

Community involvement ensures transparency and disclosure and favors responsibility sharing, important mechanisms for disaster risk reduction and sustainable resource use. Community participation build capacity and trust at the local level that would create safer environment either in natural or man-made disasters. Community involvement helps not only in identifying vulnerability, but also the trade-offs involved in achieving sustainability. Furthermore, disaster risk reduction is a dynamic process that should adapt to new conditions. In this respect, community participation provides an inherent mechanism for adaptation and control. One case in Japan that has shown active participation in the promotion of safety and bringing the natural composition of the environment is very visible in the activities made by the Aozora Foundation in Nishiyodogawa.

2. *Implementation the Relevant Policies in the form of Concrete Measures*

Generally, policies consists of a set of decisions that guide the actions of government, business and civil society. While the disaster risk reduction policy deals with the course of action adopted by government and civil society to understand hazards, assess vulnerability, evaluate risk and adopt measures for risk reduction. It is then expected that the government here at any level has the responsibility of protecting life and property, maintaining security and providing services. It is its obligation to protect citizens from the risks caused by natural and technological hazards. It has the sole legal instruments and institutional arrangements to impose a set of societal rules that order and protect society. Specific example in terms of actions made by the government is the case of Nishi-yoshidogawa. Their local government has set several rules and standards after risking the health of its citizens against with the negative effects of their socio-economic activities brought about rapid development. Concrete

measures such as separation of residential from industrial zones are being practiced in order to protect the safety of the general public.

3. Safer Community Development

Integrated universal designs must be established that could withstand any disasters. Although retrofitting of the existing buildings may be a practical way to protect the environment from its massive destruction, it is must somehow follow the standards to sustain the structure to maintain safety and to avoid its downfall that may harm the people. With advances in information technology and the ability to store, manipulate and analyze large amounts of data, scenario loss analyses are becoming increasingly a powerful tool for risk communication. Such analyses can constitute an effective instrument to influence planning policy and for undertaking housing and infrastructure mitigation programs. In most buildings that could be seen from the field trips in major places like Kyoto, Osaka, Nagoya and Tokyo, they had provide modern buildings built with deep foundations, the most advanced supported by shock absorbers that allow the structure to move with the earth, rather than against it. Another initiatives that is being done by most of the establishments in these areas are the impressive building designs in which focus had been put to utilize natural sun light and heat by special windows with. This was done to catch more sun rays, so called passive solar power. There were some solar panels and green roofs installed as well, but their significance was mostly decorative.

4. Development of Culture of Prevention

The development of culture of prevention to reduce the susceptibility to natural and man-made disasters constitutes the foundation of the disaster risk reduction and preparation. The public reminders as well as information dissemination on what to do during disasters can be found significantly in the awareness of people as it embodied already in their daily life. Japan which is prone to earthquake and tsunamis has already devised alarm systems and even the detection of these disasters to minimize casualties and reduce its effects to their citizens. With the continuing effort of promoting awareness and development of culture of preventing more damage and loss, every schoolchild knows what to do on the onset of any disasters like earthquake: slip a padded cover on to their heads and duck beneath the nearest desk. While those people who are at home, instinctively open their front door in case it is necessary to make a quick exit to open ground when disaster strikes.

5. Invention of Appropriate Technology for Disaster

In sustainable society with high mobility, it is assumed that advanced technology is present. Therefore, appropriate technology must also be made in order to monitor the upcoming natural disaster that would lessen the amount of damage that it could produce and that most people could prepare. This could be made possible by building a strong research and development facilities. Just like the advance weather system of Japan and its monitoring device for the onset of earthquake.

5.5.3 Integrated Planning

High Mobility is the cause of many areas in the world moving towards urbanization. It is an unstoppable accelerating process that challenges the environment sustainability. These areas growing towards high mobility can have an impact on the surrounding sensitive eco-systems such as forest and mountains eco-system – and need increasing amount of resources, which could result in over-exploitation. The increasing amount of emissions and waste also puts an imbalance to the environment. However, the unprecedented rate of urban growth represents a unique opportunity to build a more sustainable, innovative and equitable towns and cities.

Here are a few suggestive approaches to move society towards more sustainable patterns in environmentally revenue.

1. Universal Design

A point factor that has mostly been neglected by the development planner is the integration of universal design. Universal design is the creation using several design practice to allow it-self being able to be use by all. The concept of design-for-all in Universal Design puts focus on protecting people, protecting their needs for consistent movement even if it is just within the house. Many areas in Japan applied Universal Design into practice, but the most obvious and also attractive one is the Oasis 21. The circular glass roofed building is one of the most interesting pieces of architecture in Nagoya, and it is accessible for all to go on the top and see the glass roof pond.

Having proper road structure, separating traffic, walking and cycling lanes, encourage people to be pedestrians and safely commute to their destination. No longer just concentrate behind the wheel on the roads but more towards their surroundings. The different surrounding by walking allows more interaction between human and the environment. Cycling and use of eco-public transportation can be healthy physically and socially. In addition, the access of those lanes and public transportation also need to have universal design in practice for the diverse community. It can be part of the choice a good community would prefer to have, like the Nature Walk Path in Nishiyodogawa, Japan. The Bus Rapid Transit system in Nagoya, Japan shows the possibility of having both flexibility and efficiency in transportation.

2. Proper road structure and convenient public transportation

Integrating the universal design, proper road structure and convenient public transportation allows highly compact locations to the next step towards sustainability. In urban areas, that has proper implementation of the above characteristic began zoning the areas into 'car-free' zone. Proven in the European countries, some urban places that have no cars tend to make the area livelier. People would walk leisurely and only using bicycle, trams or buses to commute. Portland's Climate Action Plan is in process creating vibrant neighborhoods by adjusting the location of all the basic-needs within 20 min walking distance from residential area. Some might consider this a setback in moving towards high mobility, but it actually allows the movement to a more innovative infrastructure that could also be a smooth sailing towards Sustainability. Fewer cars equals to less vehicle gas emission, traffic accidents, noise pollution and fuel consumption. However, moving towards creating that Car-free zone in urban areas, allow time for the local residence to absorb and adjust to this new concept in their area. Starting by setting some roads where cars are allowed access only at low peak hour. At high peak, where the time people go to work or school, the road's entrance can be blocked by the Soft Rising Bollards, design by the researches of Honda, as a suggestion. This ensures the pedestrian safety to commute and blocked the illegal car entry.

3. Smart Homes

The next focus is creating 'Smart Homes' in housing development. As the trend moves towards Green Sustainable Living, high technology can be incorporated into houses to be more eco friendly. Pecan Street, Austin is a community that tracks every Watt of energy each household uses from their Smart Home. Every house has solar panels to produce electricity, up to more than they could consume. Other than that, they uses smart circuits are connected to each household to track their electricity use on a minute-by-minute and appliance-by-appliance basis, providing a running record of how power flows through their homes. Similar to the cottages in Moku Moku Farm, Japan, providing transparency of electricity use within

the cottage to the residence creates a somewhat motivation to reduce energy consumption within their home.

However, when the population rises, so does the housing area. Each time a house is to be built, the land will be converted and the entire natural environment will be destroyed. It is the human selfishness of making everything adapt to his own need instead. Yet, the unprecedented rate of high mobility and technology represents a unique opportunity to be more innovative to go in the opposite direction, which is to adapt ourselves to the environment instead. Under the concept of Smart Home comes a type called, 'Floating Home'. Floating Home implies that it adapt itself to be in harmony with the environment. It does not require much land clearing and mostly really floats on water or hanging in the air. It is not attached to the ground like normal houses. Take the Blooming Bamboo House in Vietnam, the flood prone area has a house that seems as if it is part of the nature surrounding, also it floats when the flood comes. It is an affordable and stable concept instead of the norm idea of moving or making it into a higher ground to reduce the flooding, that would have effected some of the ecosystem in the area. The other brilliant example would be the Modern Tree House in Guatamala, a home that build around or part of the decade old forest.

4. *Reuse and Rebuilt*
In Highly Mobile Society, the natural resources can be difficult to sustain. Therefore the ideal method would be to reuse the existing resources in order not to increase waste as well. For example like the Communal Home-For-All in Rikuzentakata, Iwate Prefecture, being expected to serve as a little breathing place for victims of the devastating Great East Japan Earthquake. Led by Toyo Ito, a team of young Japanese designers has created a modest community center out of the wreckage using saltwater-soaked trees wiped out in the storm. For months volunteers came daily to help build the project, using the wood columns as structural supports. The town, which lost an estimated 1,800 residents and where 5,000 still live in temporary housing, has been vocal about perceived government inertia that continues on the second anniversary of the disaster. The Home-for-All project has become a beacon for the community, where the pangs of the storm remain sharp. Wrapped with wood balconies and raised on stilts, the structure looks out to the detritus and stalled construction beyond." (source: Architectural Record - Home-for-All - Februari 2013). Another type of 'Reuse' would be the reestablishing old structures to adjust to the High Mobility movement. The center of Osaka is where high-rise buildings stand closely and crowds of people walk the streets. But behind that crowded area are town houses, which escaped damage from World War II. One such place is the Karahori area. There used to be a waterless outer moat built by Hideyoshi Toyotomi to protect Osaka Castle. Recently local architects, the Karahori Club members modified the row houses and opened sundry goods stores and cafés, which prompted many young people to visit. It is a better solution instead of the primary idea of demolishing it into a parking lot and attracts more public vehicles.

7 Conclusion
Coming towards the end, what is our ideal Sustainable Community with High Mobility Living? What we imagined it to be is a place where there is a balanced economy, no social gap between the rich and the poor, healthy and positive social lifestyle, the residents are happy to live within their community, safe from harm and last but not least, harmony with the environment. There are many challenges to bring our ideal place to reality, but like the 51st IATSS Forum Motto, Believe We could Go Beyond. Nothing is impossible to create, it just take time. We Decide and Design for Desirable Society.

8   Essence and key ideas to bring back to our countries

According to the Situation in Laos

Nowadays, many people in Laos throw a lot of rubbish everywhere even in public areas. Rubbish becomes an important and serious issue that needs to be solved in order to save environment and make the community sustainable. To overcome this issue, education and awareness is very important and needed either formal or informal forms in order to teach everyone should be aware of this.

Therefore, we would like to start and promote an eco-friendly project at a high school in the capital city aiming at teaching both students and teachers on littering habit or throwing rubbish into rubbish bins/baskets then moving to separate rubbish and 3 R's – Reduce, Reuse and Recycle in order to make this school clean and be a model or a good example among schools.

With regards to this project, we would like to introduce the concept of Eco-Communication Club of Nishi-yodogawa High School in Japan to the principal and teachers of that school as we found that it is very important to support the community to be sustainable as schools have an important role in providing knowledge to the students who are going to be the builders/leaders of the country.

We really want this project to be happened and we will absolutely get involved in implementing and establishing this project at the school. However, appropriate budget for this project is needed.

According to the Situation in Malaysia

We see the important essence of education and awareness in the young generation. Many awareness, campaigns and action are being held to shape the current situation to become Sustainable. But the situation will repeat itself if the young ones are still not fully part of the movement towards sustainability, they may not even be fully aware the importance of the situation. Establishing some practices into schools can instill the lesson in their mind to the point that it could become a tradition.

By Sustainable lesson, would be more like simple activities they could make into habit, clean up the school in the morning, proper etiquette at the table, take charge in the cleaning and serving and having other responsibilities in school.

These activities have already been done but not strict enough to make the student follow. They only incorporate when 'in-the-mood' but other times the teacher do not enforce thus the students does not do. We will try to run our idea in our previous school and make it manageable so that it doesn't just go with the mood. We would also try some other activities like teaching them to be economical and more social interaction in high school students, run some awareness event where they do the budget and preparation, we guide them but allowing the students to do this would motivate them even more.

According to the Situation in Myanmar

Concerning of the studying and discussing about the theme study, many knowledge and experience are received for us. Regarding as the ASEAN summit, Myanmar might be faced with Free trade, AEC (ASEAN Economic Community), ASCC (ASEAN Socio-Cultural Community), APEC (Asia Pacific Economic Cooperation) and all the countries are leading to

Global. Actually, Myanmar needs to develop the country situation and also need to sustain natural resources and culture. These all are included in our Theme study.

In addition, throughout the group discussion, we can identify the important of harmonizing between sustain and develop for our country and integrated planning. Then, we can imagine and notice that every society has different priority among economy, social and environment. To be balanced between continuous sustain and development, I think I need to be more studied about the GPI (Genuine Progress Indicator) about our country (already used or not.) and which is the best approach of linking and supporting together with GPI and Integrated planning.

As for the Field study in Toba, we have a chance to learn about the world heritage culture from Ama village. In Myanmar, one of the very small ethnic groups is very similar condition with Ama village but it is still not to be the world known distinct feature. I would like to contribute in manipulation this culture to express all over the world. It can support to sustain our country culture value. Also, OVOP concept and process is the one which can apply in balancing of our country sustainable and economic development.

According to the Situation in Philippines

With the different exposures and extensive trainings that we had in the 51st IATSS Forum, the key ideas that I could bring back to my country from the theme study "Sustainable Community Design" is that as we live within the Earth's caring capacity, we must protect our environment which are our life support systems.

And in order to be sustainable, it is our responsibility to insure that we manage our economies and communities in such a way that our environment remain intact, able to function properly and support our needs not only for now but also for future generations. It may take a long process and challenges integrating these broad ideas in order to attain sustainability, but working collectively will surely lead us to maintain a sustainable community in a highly mobile society.

According to the Situation in Singapore

Singapore is moving at a fast pace towards being a society with high mobility. We are advanced in economy and standard of living but we lack severely in awareness of environmental issues and social aspects especially cultural understanding and continuity. Singaporeans tend to be individualist and focus strongly on individual achievements rather than the community and towards environmental and social causes.

On an individual level, from what I learnt about sustainability, I feel the strong urge to do my bit as an active citizen in my own actions. This will include practicing the 3Rs in my daily life – Reduce, reuse and recycle. I aim to reduce the waste generated and my carbon footprints as every effort counts.

Secondly, on a country level, I felt that Singapore could become a centre of trade for the ASEAN countries with key focus on unique cultural products and not daily necessities. All the ASEAN countries have one or more unique cultural products that can be packaged and marketed to the world. Even though we should not be globalizing and moving items across continents as that wastes energy, marketing such products to countries that do not have them is a type of creative economy that can boast the countries' economic wealth. This can also help them to preserve and sustain their rich culture and heritage. However, we also need a

win-win situation for the environment. Having Singapore as a centre of trade or cultural exchange, the ASEAN countries are transporting their products over a shorter distance (as compared to across continents) and people from outside ASEAN can purchase products from 10 countries at the same time, hence reducing the carbon footprints.

According to the Situation in Thailand

Under the theme study "sustainable community design", I have found out through the IATSS Forum activities, that "design" has contained a meaningful essence. It implies that power of change in bettering our society lies with our members. The effort of "sustainable community design" could be a process that takes time and has to undergone challenges according to specific context but it has been proved from many case studies we have learned that desirable outcomes are not out of reach.

What we need to realize is that sustainable community design should engage a wide range of stakeholders in that society to take part, empower local people in upgrading their quality of life, enhance their appreciation and wise utilization of social capital, as well as openly embrace new resolution, creative idea, technology and innovation for anticipating and overcoming possible challenges. In this sense, "sustainable community design" will be able to truly serve benefits of the people and lead to a desirable future of current and next generations.

9 Postscript

9.1 *Lessons that your group learned through the GS activity*

(1) Facilitation Skills

During our group discussion/group study we made use of the facilitation skills that we learnt to facilitate our group to reach our common goal while we contribute our ideas in the group discussion. This activity gave us the opportunity to hone our skills and enables us to understand each other clearly, manage the process of brainstorming and discussion in a smooth and timely manner, and maximize diversity of knowledge and experience from each member to achieve useful outcome. Moreover, it gave the group a sense of accomplishment.

(2) Time management skills

Due to time constraints, we learnt the importance of time allocation to accomplish each agenda. Practically, our group member help manage the time by reminding our own group members to conclude each task by the time scheduled and move to next task to get the final outcome. There was also the case that working schedule could be adjusted according to changing situation.

(3) Multitasking

Besides the group study, our group members still have their concurring individual assignments to be completed by a specific deadline. In this sense, we also learn how to deal with several tasks at the same time. Each member has their own solutions in order to complete both the individual reports and group reports on time.

(4) Critical and creative thinking

As the theme study "Sustainable Society with High Mobility" that group members have worked on together is a new concept and still on discussion, critical and creative thinking is therefore essential in completing group study. Critical thinking is needed in the process of building understanding of the key questions of theme study such as background of problem, causes and effects, measures taken, challenges or obstacles, and lesson learned by utilizing knowledge and experience from seminars and field studies. This can be done through the process of collecting data, observation, discussion, analysis, interpretation, evaluation. In additions, in order to develop our group recommendations, we also employed creative thinking approach to come up with policies, strategies, or measured that can maximize existing strengths or positive effects and minimize negative effects or future risks.

(5) Effective communication

In the group study, group members work together by sharing and exchanging knowledge, experience, and opinions about the theme study. In order to come with group output, effective communication is necessary for helping us to have better understanding of member's ideas and opinions. It also enables us to resolve differences, build trust and respect, and create environments where creative ideas, problem solving, affection, and caring can flourish. By having effective communication, final outcome of group study has been achieved.

(6) Conflict Resolution

Since group members are from different countries and have different background, so there were many different ideas and opinions towards specific issue during the brainstorming and discussion in the group study session. However, active listening was practiced. We also learned to handle different opinions in a respectful and positive way by means of, for example, incorporating, compromising, as well as negotiating among various ideas in order to find out our common ideas that are mutually acceptable and most suitable for the group outcome.

9.2   Challenges in proceeding with GS and how your group

(1) Confused over the theme study topic
The first challenge we face in our study group is the interpretation of the four key questions. We were confused how to answer these questions or even what direction we should take to answer them. Some of us see Sustainable Society with High Mobility might not be the same as Sustainable in High Mobile Society. We had to consult with the IATSS Staff members to clarify and listen to Professor's suggestion or opinions on this. We also share with other groups on what action we take and listen to what they did as well.

(2) Different Ideas
After the first challenge, we encountered our second challenge, we have to find consensus from various ideas. Each of us has different opinions on how we would consider as an ideal Sustainable Society with High Mobility. Sometimes our weakness shows and become hard to overcome. Some may find it difficult to communicate what is in our mind, what words we can use so that the message would come across. Some would not have much patience to tolerate and push other ideas aside. But at certain point, we realize this weakness and steadily

we push ourselves to have the courage to share our thoughts and have the patience to listen and tolerate with one another. Give support to the ones who have given up can lift her from depression and slowly get back up on her own feet. We try to incorporate everyone's ideas as much as possible and try to support each other to the same direction.

(3) Time Constraint
This is big challenge for us. We have very limited time and we need to prepare presentation and report based on an enormous topic "sustainable society with high mobility". Before we start on the preparations, our ideas and viewpoints as a group have to be deepened and broadened. We did discussion and preparation of presentation slides during the allocated (5) days of Group Study. To overcome this challenge, we set up the timelines and milestones to work towards the end goal. To put solid ideas for theme study in presentation, we did several brainstorming and did the entire presentation together. All the words from the group presentation must come from all members' heart and soul. We also had to spend much time deciding on the appropriate words to use to best represent each point. After we finished our PowerPoint slides, we divided the responsibilities for the presentation as well as group report. Then we decided the time allocated for each topic and which member presentation time. Next, we rearranged again all the pieces which come from all members systematically. Finally, we overcome this challenge by cooperation the effort in unison.

(4) How to find the best approach
The most difficult challenge for us is finding the best approach. Actually, the topic for the group discussion is much wider and it is not easy to imagine. Vice versa, we had our own imagination about the sustainable society with high mobility. When we found a way to reach our ideal result, we faced with so many conflicts among us. Because we come from the different sector, different countries and different background and our ideas and approaches differ significantly. To overcome this challenge, we found references and research journals online and we tried to listen to everyone's ideas and to understand not only the idea and approach but also the sources from where we one got this idea. Then, we tried to match as many of our ideas to concretize our approach. Through this experience, we learnt to be good listeners, mutually understand and respect each other. Finally, we found out the best approach for us even we exactly don't know this approach is the best approach for IATSS forum.