

Accessibility and Inclusion for All

「アクセシビリティ」、それは皆のため

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When I was in the first grade of junior high school, I was a soccer club member. One day, I seriously injured my leg during my soccer practice.

I got surgery and it turned out I needed one year to make a full recovery. For the entire year, I had to face the reality that I could not move freely.

Through my experience, I learned the importance of accessibility.

中学１年の時に、サッカー部の練習で足を怪我したんだ。全治１年！その間、自由に動けなかった…その時学んだこと。それが「アクセシビリティ（乗物・施設等の利用しやすさ）」の大切さ。



"Accessibility" does not seem a popular word, but you can see it in Mac computers, iPhones and other popular gadgets. Accessibility is a useful technology for the disabled. Today, I would like to talk about what is needed in school life, in public transportation, and at home.

「アクセシビリティ」って聞きなれないかもしれないけれど、マックＰＣやスマートフォンは、誰もが使いやすいようになっているんだ。今日は、学校、公共交通機関や家での「アクセシビリティ」について聞いてほしい。

First, all schools should prepare for elevators. The hardest thing in my school was the stairways. After the surgery, I needed to wear a cast. I had to climb up every day to use crutches because my classroom was on the …



第一に、学校はエレベーターを設置するべきだ。松葉づえを使っていた時につらかったのが、階段の昇り降り。だって、僕のクラスは…

…top floor!

最上階にあったんだから！



Whenever I went to another classroom, I needed someone to help me. My mother helped me every day, so she almost had to quit the job. If there had been an elevator, my life would have been very easy.

いつも、お母さんや友だちの手助けが必要だった。お母さんは大変だったと思う。だから、学校にはエレベーターが必要なんだ。



Second, public transport should do more for people who have problems with their bodies. I used crutches when I walked and moved. It was hard for me because the crutches were above my knee. When I sat on the bus, I had to stretch out. I felt many people see my leg, which made me tired.

第二に、公共交通機関にも、もっと改良が必要だ。僕がバスで足を投げ出して座っていると、皆にじろじろ見られるんだ。それがつらかった。



Public transportation such as trains or buses are making progress in being “barrier-free” for people in wheelchairs. “Barrier-free” is to remove physical obstacles. However, removing obstacles is not enough. People tend to avoid asking for help from conductors and drivers. If I could ride on a train by myself without help from others, I think I could use buses and trains more easily. Filling the gap between people who are helping and who need help is important.

確かに、公共交通機関は「バリアフリー」になっていて、車いすにもやさしくなっていると思うよ。（「バリアフリー」は障害を取り除くこと。）でも、誰かに手助けをたのみにくい人もいると思うんだ。バスや電車に一人で乗れたらもっといいんじゃないかなあ。

Third, every house needs a handrail. When I went out, I usually used crutches, but I could not use crutches at home. I didn't have handrails in my house, so I had to use my hands to move around on the floor. If I put my feet on the floor, I couldn't move. I had to move around with my back forward, so it was very inconvenient to live a life. I realized handrails are necessary to move freely.



第三に、自宅にも手すりがあった方がいいと思った。つかまる所がないのは大変。それに、ギブスをはめていて、それが他の家族にぶつかるといけないから、いつも後ろ向きに歩いていたんだ。

My injury makes me wonder what daily life is like. Is it enough to be able to walk? After my injuries healed, I thought that everybody needs to be able to move on their own. From now on, we should make efforts to make a world where people remove physical barriers and move on their own. Thank you.

この怪我のおかげで、いろいろなことが分かった。僕たちは、これから障害のない世界をつくっていかないといけないんだ。誰もが自由に動き回れる世界を。

