



ATLANTIC PACIFIC

LIFEBOATS WHERE THERE ARE NONE

SPRING CAMP

MARCH 2025

Nabama Bay, Kamaishi
JAPAN



As part of the programme students will experience our wonderful ocean, learn about the problems it is facing, understand action that they can take to help both now and in emergencies and also challenge them to come up with solutions for the future.



Why come to Spring Camp (SC)?

Atlantic Pacifics' Spring Camp (SC) brings students aged 13 - 18 from across the world to a very special place to talk about pressing issues of our time.

Set in Nebama Bay, an idyllic location on the North East coast of Japan, students will be introduced to a community that has been recovering from the 2011 Great Eastern Earthquake and Tsunami for the last 12 years.

Meeting local people and learning about their experiences of the disaster, students are faced with the reality of what their town or city might be faced with if, they don't act now to solve problems with our climate and human behaviour.

SC will provide opportunities for students to learn about the effort and consideration that has been put into the recovery in Nebama as well as the proactive solutions they have implemented to prepare for an uncertain future.

More Information and application form please contact:

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What to expect?

Atlantic Pacifics' Spring Camp (SC) brings students from across the world to Nebama Bay to provide an intense and enjoyable learning experience.

We expect our students to be ready to participate in all of our planned activities for the summit and willing to engage in discussions around proactive action, to solve pressing problems.

You will experience a range of activities including:

- Disaster response, recovery and preparation
- Ocean Revival / Precious Plastic
- Fishing / Swimming / Sailing
- Search & Rescue / First Aid

At the end of the programme we will look to you for ideas and planned actions on how to change human behaviour to revive our planet and safeguard the future.

Sessions are delivered in both English and Japanese.

“I had a lot of experiences that I couldn't have at school, and I made a lot of friends, so I'm really glad I participated in this camp. All the local staff were kind. The food was also very delicious.”

Spring Camp 2023 Participant



About Atlantic Pacific:

Atlantic Pacific International Rescue (AP) is a UK registered Charity on a mission to combat global drowning. Atlantic Pacific Japan is a partner organization that was established by AP following the delivery of a 'Lifeboat in a Box' to Nebama Bay in 2016, which is Japan's first and only volunteer run lifeboat station.

Following the delivery of summer school programmes in Kamaishi in 2016, 2017, 2018, 2019, 2022, 2023 (online delivery during 2020/2021), Atlantic Pacific Japan will create a centre of excellence in Nebama Bay, where everyone, from around the world, can come and learn about search and rescue, emergency first aid, environmental issues (specifically around our oceans) and be challenged to consider ways in which they can help combat climate change.

“My daughter returned from AP Spring Camp and told me ‘My perspective has changed as I learned and discussed how to save lives, and how to consider the environment to connect to a sustainable society. Now, I would like to find out what I can do little by little and contribute so that I and next generation can live happily in the future... starting by recycling plastics’.”

Parent of Spring Camp 2023 Participant





About Nebama Bay, Kamaishi

Nebama Bay is located in Iwate Prefecture, on the North Eastern coast of Japan. It is about a 20 minute drive from Kamaishi City. It is an absolutely stunning part of Japan, with tree covered mountains and the deep blue pacific ocean. The fresh air, wildlife and scenery make it an idyllic place to visit.

On the 11th March 2011, it was one of the first places to be hit by the Tsunami. The waves completely destroyed the city and killed many people.

After spending 11 years reconstructing their homes and businesses, Nebama Bay wants to encourage people to come back and visit. The area is safer with a new reinforced sea wall and a community that is experienced and prepared for disaster.

There is such enjoyment to be had from spending time at the beach and swimming in the ocean. Nebama Bay welcomes all AP students to come back to nature and to the sea.

“Influenced by the high school and college students he met at the camp, he began to think about his future and where he would go to school. Also, after returning home, he actually showed me how to do lifesaving activities and how to tie ropes.”

Parent of Spring Camp 2023 Participant



Spring Camp hosts. 'Survival Techniques' that is delivered by the local community building on their experience from the 2011 Tsunami.

Activities: Disaster response, recovery and preparation

Atlantic Pacific's Spring Camp is based in Nebama Bay owing to a project that we started back in 2015. The project provided Japan's first lifeboat to a community that was rebuilding from the 2011 Tsunami. The community wanted to provide a safe place for people to come back to the ocean and enjoy the sea, as they did before the disaster.

Our partner, Nebama MIND, will present their journey over the last 11 years, the impact that the Tsunami had, the care and consideration of the rebuild, the regeneration of their businesses and their hopes for the future.

"I really appreciate the local staff for being so welcoming and friendly to us over the camp. It was incredible and inspiring to hear their stories."

Spring Camp 2023 Participant



Activities: Ocean Revival & Precious Plastic

Atlantic Pacific aims to educate people on the dire impact plastic is having on our environment, especially our planets.

Ocean Revival:

We will present difficult facts about the impact of plastic on our oceans and how we need to STOP using plastic, rather than reuse or recycle it.

AP challenges students to consider what they can do to spread the word around plastic use and to change their own behaviours to reduce plastic consumption.

Precious Plastic:

Atlantic Pacific has 3 Precious Plastic Machines based in Nebama. Our technician will introduce you to the project, the machines and how we can collect waste plastic and reform them into useful and valuable items.





Activities: Search & Rescue and First Aid

Atlantic Pacific is one of the UK's best providers of Search and Rescue Training. At GLS our team will teach you essential skills in order to be safe in and around water and how you can help in an emergency.

Search & Rescue:

Teaching core skills like ropes & knots, navigation, tides & weather and sea safety, you will also be able to train on our lifeboat located in the bay, learning to drive and control a small 'RhIB' boat.

First Aid:

Working with the Kamaishi Beach Lifeguards you will learn key elements of first aid and what to do in a medical emergency

Psychological First Aid:

Thinking about not only the physical condition, AP will introduce you to some core elements of how to maintain and protect your own mental health as well as those around you.

*water activities are subject to weather conditions





The Outcome: A new way of living

Atlantic Pacific aims to provide a holistic approach to learning. We provide experiences on the water, education on the severe problems our planet is facing (and the impact it is having on communities like Nebama) and lifesaving skills around how you can be prepared and help in an emergency. With this approach AP hopes to create a new mindset for our participants to start a new way of living.

For our partnering schools:

Atlantic Pacific will welcome your nominated students to Kamaishi and task them with collecting information and ideas from the activities they participate in. After leaving Spring Camp we offer three online mentoring sessions for those nominated students to support them in coordinating a school effort in addressing the use of plastic in your school and implementing a new way of living without it.

AP will also support a nominated staff member with two lesson plans on Sea safety and Ocean Awareness.



“Before I came to AP Spring Camp, I felt that solving environmental problems was up to someone else, so I was reluctant to do anything. When I was at camp, I actively considered that it was up to me and started to take action. Being surrounded by the warmth of the locals who have experienced the impact of environmental disaster was a truly valuable experience.”

Spring Camp 2023 Participant





Accommodation:

Following the Tsunami of 2011 the local community have worked hard to rebuild their homes and businesses with care and consideration.

Atlantic Pacific work with our partners Nebama MIND who provide us with three very special and unique places for our students. Staying in traditional Japanese tatami rooms, sharing with 3 others, students are divided between Maekawa's Guest House, Sasaki's Airbnb and Houraikan Hotel where they are looked after with the best Japanese 'Omotenashi'.

Since 2011 accommodation has been re-built higher up on a platform in the mountain side. On arrival students' are fully briefed on evacuation procedures by each owner of their accommodation and what they should do in the event of an earthquake and Tsunami.

"Everyone was so kind, warm and soothing. The food was also very luxurious and delicious."

Spring Camp 2023 Participant



COSTS:

Travel to and from Kamaishi is the responsibility of the participant or school (unless you opt for the 'Support Services package below'. Please arrive at Kamaishi train station by 2pm on arrival day and depart on the 14:18 train from Kamaishi on departure day.

Global Summit Costs for Independent applicants

Accommodation (4 nights), food (5 days), activity (5 days), collection from / drop off to Kamaishi station and insurance.

¥105,000

Xu Fu Environmental Scholars applicants

Accommodation (4 nights), food (5 days), activity (5 days), collection from / drop off to Kamaishi station and insurance.

Travel up to the value of 30,000JPY

Application:

Support services for students arriving into Tokyo

*Please arrive into Haneda or Narita airport on day before the arrival day. Please depart from Haneda or Narita on the day after departure day.

Collection at Haneda or Narita Airports

¥15,000

Food & Accommodation for two nights

¥40,000

Travel to and from Kamaishi via tube / train

¥30,000

¥85,000



Spring Camp Scholarships supported by The Yantu Project



Inspecting possible ship designs at boatbuilder's home in Yuegang, China. Christian's rowing partner Sun Haibin is on the right

ABOUT:

Christian Havrehed founded the Yantu Project (沿途方案) or 'The On-going Project' in 2000, to promote Sino-Western cross-cultural understanding because he observed there was, and still is, a need for this.

His concept is to use unusual China related cross-cultural maritime adventures to engage people around the world. By following his adventures, people get to know China and the Chinese better in an exciting and entertaining way.

With his adventures Christian showcases that Mainland Chinese and Westerners can achieve anything together, as long as they are willing to trust and believe in each other. His adventures thereby challenge the Status Quo thinking of most Chinese and Westerners.

On Saturday 25 May 2024 Christian Havrehed (黄思远) (Denmark's first ocean rower) and Asia's first ocean rower, Chinese national 孙海滨 (Sun Haibin) will embark on a 2,234km row from China to retrace the route of China's first maritime explorer, [Xu Fu](#) (徐福), who in 210BC was sent by the First Emperor, [Qin Shi Huang](#), to search for the Elixir of Immortality in the Eastern Seas.

The first leg of the row is an off-shore non-stop 800km crossing of the East China Sea to Nagasaki. Here the pair will clear into Japan early June before continuing on a 1,400km coastal row round the Southern tip of Kyushu island, into the Pacific Ocean, and up to Shingu in Wakayama Prefecture, where they expect to complete their row Saturday 27 July 2024.

Along the way they will visit locations and temples in Japan dedicated to Xu Fu (known in Japan as "Jofuku") and make cultural exchange activities with the local Xu Fu Associations to celebrate and promote the story of Xu Fu. Shingu has been chosen as the terminal point because it holds some of the most important Xu Fu sites in Japan, including [Xu Fu's grave](#).

Xu Fu is said to have brought many useful things to Japan in ancient times. We have therefore asked ourselves what we can bring to Japan with the New Xu Fu Voyage East to honor Xu Fu's legacy. There is no doubt that Climate Change is the key challenge we all face now. That is why we have chosen to contribute to the United Nations' Sustainable Development Goals (SDGs) 13 Climate Action and 14 Life Below Water with our row.

As a thank you to the ports that welcome us in Japan, Christian Havrehed and Sun Haibin have therefore pledged six Xu Fu Environmental Scholarships to 13 – 18 years old students from these ports.

Christian on the development of the Xu Fu Environmental Scholarships.

The Xu Fu Environmental Scholarship comprises a 5 days / 4 nights sea rescue and environmental awareness Spring Camp held by UK NGO [AtlanticPacific](#) at Nebama Bay, Kamaishi in March 2025. The course is valued at JPY105,000 and in addition up to JPY30,000 towards travel expenses can be provided, so that any student from those ports, regardless of wealth, may be able to participate.

See course details [here](#).

To apply for a Xu Fu Environmental Scholarship, [register here](#).

