

JENESYS2015 Inbound program Japan- ASEAN Girls' Football Exchange Program Report

1. Program Overview

A total of 184 young female soccer players, officers and coaches from the seven countries of the ASEAN Football Federation and, also federation officers and coaches from Brunei, Timor-Leste and Vietnam came to Japan. These female soccer players are expected to flourish in the future in the run-up to the Olympic Games to be held in Tokyo in 2020.

They visited Gotemba City, Shizuoka Prefecture to attend orientation and soccer joint practice sessions. From March 12th to 16th, 2016, the seven national teams participated in "JAPAN-ASEAN Girls' Football Exchange Program" held at Tokinosumika Sports Center Susono Ground, Gotemba Kogen, under the cooperation of Japan Football Association (JFA). They had exchange matches with each other and also Japanese teams. The participating teams deepened the friendship between each other through exchange matches and an exchange meeting joined by all the teams.

Then they paid a courtesy visit to the Ministry of Foreign Affairs in Tokyo and also visited football-related facilities such as Nissan Stadium and Japan Football Museum to deepen their understanding of sports in Japan.

In addition to soccer-related things, they visited historical buildings such as Mishima Grand Shrine and the Imperial Palace to see some of the other charms of Japan.

2. Participating Countries and Number of Participants

10 Countries, 184 Participants (Brunei 5, Cambodia 24, Laos 24, Malaysia 24, Myanmar 23, Philippines 24, Singapore 24, Thailand 24, Timor-Leste 6, Vietnam 6) *The participants from Brunei, Timor-Leste and Vietnam were coach or supervisors)

3. Prefectures Visited

Tokyo and Shizuoka

4. Program Schedule

March 11 (Fri)

Arrival at Narita International Airport or Haneda International Airport

Move to Gotemba City, Shizuoka Prefecture

Orientation / Officials and Managers Meeting / Facility Tour for Officials upon request

March 12 (Sat) 【Lecture and Observation】 Yokohama FC Seagulls Training Match ,
Promotion of the Girls' Football (Brunei, Timor-Leste and Vietnam)
【Historical Landmark】 Mishima Grand Shrine

【Commercial Facility】
 Training and Exchange Match
 March 13 (Sun) Joint Practice and Exchange Match
 March 14 (Mon) **【Lecture and Observation】** Officials Meeting for exchange opinions, Facility observation (Officials)
 Joint Practice and Exchange Match
 Reception
 March 15 (Tue) **【Keynote Lecture and Video Viewing】** History of Japan women's football
 Joint Practice and Exchange Match
 March 16 (Wed) Joint Practice and Exchange Match
【Commercial Facility】 Gotemba Premium Outlet
 Move to Tokyo
 March 17 (Thu)
【Observation】 Nissan Stadium, Japan Football Museum
【Courtesy Call】 Ministry of Foreign Affairs
【Historical Landmark】 Imperial Palace (Some countries)
 March 18 (Fri)
 Departure from Narita International Airport or Haneda International Airport

5. Program Photos

	
<p>3/12-16 Football Exchange Match (Gotemba City, Cambodia)</p>	<p>3/12-16 Football Exchange Match (Gotemba City, Laos)</p>



3/12-16 Football Exchange Match
(Gotemba City, Malaysia)



3/12-16 Football Exchange Match
(Gotemba City, Myanmar)



3/12-16 Football Exchange Match
(Gotemba City, Philippines)



3/12-16 Football Exchange Match
(Gotemba City, Singapore)



3/12-16 Football Exchange Match
(Gotemba City, Thailand)



3/12 Lecture, Observation
(Gotemba City, Brunei, Timor-Leste, Vietnam)
Photo by : (C)JFA/PR



3/12-16 Football Exchange Match
(Gotemba City)



3/12-16 Football Exchange Match
(Gotemba City)



3/12 Observation of Historical Landmark,
Mishima Grand Shrine (Mishima City)



3/12 Observation of Historical Landmark,
Mishima Grand Shrine (Mishima City)



3/14 Lecture, Observation,
Team Manager's Discussion
(Gotemba City)



3/15 Key Note Lecture
(Gotemba City)



3/14 Reception (Gotemba City)



3/14 Reception (Gotemba City)



3/17 Observation, Nissan Stadium
(Yokohama City)



3/17 Observation, Nissan Stadium
(Yokohama City)



3/17 Observation, Japan Football Museum
(Tokyo)



3/17 Courtesy Call,
Ministry of Foreign Affairs (Tokyo)



3/17 Courtesy Call, Ministry of Foreign Affairs (Tokyo)



3/17 Observation of Historical Landmark, the Imperial Palace



3/17 Presentation of Certificate (Tokyo)

6. Voice from Participants

◆ Brunei, supervisor

My family and my friends had told me that Japan is a wonderful country, but it was more than I had imagined. From the moment I arrived at Narita Airport my indefinable experience started, and I was so surprised at the technical strength and the brilliance of the Japanese. I'd love to visit Japan again. I'd like to tell people in my country that Japan is a highly advanced country while they still maintain their tradition and customs. I'd love to see the people I met again.

◆Cambodia, youth soccer player

I'm very glad that I had a chance to visit Japan, with its beautiful nature. I noticed that there was no litter on the street, and no trash was illegally dumped. The room where I stayed was clean and immaculate, and I could see beautiful Mount Fuji from the window. Delicious meals were prepared in the dining room, where the staff welcomed us warmly. At night, lights were shining beautifully. I tried my best to absorb knowledge and experience at the friendly game with the Japan team. I felt that the players of the Japan team were all cheerful and friendly. When I left my cell phone in the bus, the bus driver kindly brought it back to me. Next year, I'd like to visit Japan again if given the opportunity.

◆Laos, youth soccer player

I was moved by the warm hospitality of the Japanese, and their national character and polite manners through participating in this program. The accommodation where we stayed was clean and nice. The people taking charge of us welcomed us enthusiastically. I'm really glad that I had a chance to come to Japan. I have learned a lot about Japan. What moved me most was that I actually saw cherry blossoms and Mount Fuji for the first time in my life. Mount Fuji was magnificent and a very high mountain. I'd love to come to Japan again.

◆Malaysia, youth soccer player

I was very happy to come to Japan. I have experienced a lot in this program. I'd like to convey my experience in Japan to everyone after going back to my country. First of all I'd like to share about Japanese culture. Japanese culture is totally different from our culture. For example, the Japanese always respect others, and are quite friendly. Secondly, I'd like to tell about my new friends from Japan and from other countries. Lastly, I'd like to tell about different places I visited during the program, such as the beauty of Mount Fuji. I hope this program will continue for many years.

◆Myanmar, youth soccer player

I was very glad to come to Japan. I have gained a lot of experience. I have found how systematic the Japanese are. I was a little nervous to have a game against the Japan team. Still, I used my strength to try hard not to give away a goal, feeling that "We represent Myanmar." I will also do my best in coming games with all my strength, by reminding myself that I am a member of Myanmar's national team.

◆Philippines, youth soccer player

When we played against the Japan team, the Japanese players were modest and kind. At the reception, they treated us like old friends. I have found that the Japanese are honest and nice. The Japanese value and maintain Japanese culture as much as possible.

I think that Japan is beautiful as a whole. The air is unpolluted, the environment is clean, and technologies are advanced. I saw historic buildings, all of which were admirable. They

represent Japanese culture and lifestyles quite well. I'd like to visit Japan again with my family and my friends. I was very happy that I experienced a lot in Japan and that I met a lot of foreign friends. I wish all the people in Asia will integrate together and become one someday.

◆**Singapore, youth soccer player**

The Japanese were well organized, and separated time to concentrate from time to play. They are always punctual. The Japanese players were always friendly and had good manners. They talked to and smiled at us even though they didn't know us. Thanks to Japanese people, I enjoyed staying in Japan during this visit. I'd like to share the culture when I go back to Singapore. In Japan, I have learned culture as well as soccer. I have also learned people's lifestyles. I wish there were such customs and culture like Japan in Singapore.

◆**Thailand, youth soccer player**

It was impressive that there were a lot of beautiful places in Japan. I was very happy that I had a chance to see cherry blossoms and Mount Fuji, which everyone wants to see at least once, up close every day. Moreover, the streets were quite clean without any litter. The Japanese were punctual, and the time for meals, the time for training and the start time to use the soccer field were precisely on schedule at all times. The Japanese people I met were always sociable, and their smile was lovely. I liked Japanese-style greetings very much. The accommodation was clean and comfortable, and its environment was quite good.

◆**Timor-Leste, supervisor**

We have learned a lot and gained an insight through the lecture of the academy, exchanging opinions with Mr. Okudera, an ex-player of Werder Bremen in Germany, the lecture on the victory of the Japan women's national soccer team in the 2011 World Cup, and watching the friendly games of youth players. The various things learned through this program might help soccer (for both men and women) in East Timor to develop like that in Japan. After going back home, I'd like to convey this knowledge and insight to people in charge of soccer to put these ideas into practice in order to make our country better.

◆**Vietnam, supervisor**

Japanese soccer has achieved the status as the first place in Asia owing to great support from the government and the Japan Football Association. I had a feeling that Japanese female players also have a number of opportunities to play soccer.

◆**Japan, youth soccer player**

I have experienced a lot during this JENESYS program, among which there are two things that remain strong in my mind

The first thing is that we had an international match. I sensed a different kind of strength from Japanese. They were physically strong and spoke a different language, which made me have a different sense of tension than usual.

The second thing is speaking English. Although I study English every day at school, I had little opportunity to speak English. This interchange allowed me to speak English a lot, asking names and inviting people to take a picture together. The people I interacted with understood my broken English, and made the conversation more exciting. I had nice exchanges with people from different countries through communicating with them by using English and gestures.

I'm grateful that I had a chance to take part in this program and to get a great deal of experience, which I'd like to use for my training, private life and future.

◆**Japan, youth soccer player**

During the match, I sensed the physical strength of foreign players. Being strong in scrambling for the ball and speaking loud are things that Japan lacks. I'd like to build a body with a strong trunk like a foreign player, so as not to get brushed aside.

At the exchange party, we interacted with each other by enjoying performances from each country, having conversations and taking pictures. I was glad because I felt that our characteristics as ideal Japanese women, which are to greet with a smile all the time, and to convey gratitude, made the foreign players find Japan a good place. Even though I had difficulties with language, I had a very good time to interact through soccer and greetings. I'd like to interact with people from a lot of countries in the future.

7. Promotional activities after returning to home country by the participants

<p>Thank you girls! Your gallant fight has made us proud!</p> <p>#LabanFilipinas #PilipinasU14</p> 	
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