

JENESYS2016 In-bound Program Report
(10 ASEAN countries and Timor-Leste,
Theme: Japan-ASEAN Youth Sports Exchange (Rugby))

1. Program Overview

A total of 260 young students and supervisors who are interested in and expected their future activities in Rugby, and officials of rugby unions, from ASEAN Member states and Timor-Leste, stayed in Japan from March 15 to March 22. They deepened their understanding and friendship among Japan and participant countries, by organizing composite tag-rugby teams, practicing and playing friendly tag rugby match with people of the same generation from participating countries including Japan. Besides the programs related to sports, through observations of historical landmarks and cutting edge technologies, the participants enjoyed a wide range of opportunities to improve their understanding of Japan and shared their individual interests and experiences through SNS. In the reporting session before leaving Japan, the participants worked on action plans to be implemented after returning to their countries, drawing on their experiences in Japan. Each group gave a presentation on their action plan.

【Participating Countries and Number of Participants】

260 participants in total (Brunei 23, Cambodia 24, Indonesia 24, Lao PDR 23, Malaysia 23, Myanmar 23, Singapore 24, the Philippines 24, Thailand 24, Timor-Leste 24, Vietnam 24)

【Prefectures Visited】 Tokyo, Shizuoka

2. Program Schedule

Mar 15 (Wed)	Arrive at Narita International Airport Move to Shizuoka prefecture, 【Orientation】
Mar. 16 (Thu)	【Lecture on Understanding ASEAN area】 , 【Lecture on Understanding Japan/ Key Note Lecture】 About 'Contribution of Japan to the World Rugby', 【Sports Exchange】 Explanation of Tag Rugby Rule / Joint Training, etc.
Mar. 17 (Fri)	【Lecture on Rugby Field】About 'Sports Policy and 2019 Rugby World Cup', 【Lecture on the Region】 “Introduction on Outline of Shizuoka Prefecture and its Efforts towards 2019 Rugby World Cup”, 【Observation】 ECOPA Stadium Tour, 【Sports Exchange】 Joint Tag Rugby Training
Mar. 18 (Sat)	【Sports Exchange】 Joint Tag Rugby Training, Friendly Tag Rugby Match

- Mar. 19 (Sun) **【Sports Exchange】** Joint Tag Rugby Training including Japan team, Friendly Tag Rugby Match, **【Exchange Party】** , **【Workshop】**
- Mar. 20 (Mon) **【Observation of Historical Landmarks (World Heritage) 】**
 Fujisan Hongu Sengentaisha shrine, Move to Tokyo
【Observation of Cutting-Edge Technology】 National Museum of
 Emerging Science and Innovation (Miraikan)
- Mar. 21 (Tue) **【Reporting Session】** , **【Observation of Historical Landmark】**
 Sensouji Temple, Nakamise(in Asakusa), **【Courtesy Call】** Ministry of
 Foreign Affairs, Governmental officials.
- Mar. 22 (Wed) Depart from Narita/ Haneda International Airport

3. Program Photos

Common Programs (Tokyo, Shizuoka prefecture)

	
<p>3/15 【Orientation】</p>	<p>3/16 【Lecture on Japanese Culture / Key Note Lecture】</p>
	
<p>3/16 【Sports Exchange】 Joint Tag Rugby Training</p>	<p>3/17 【Lecture on Outline of the Region】 Introduction of Shizuoka Prefecture</p>

	
<p>3/17 【Observation】 ECOPA Stadium Tour</p>	<p>3/17 【Sports Exchange】 Joint Tag Rugby Training</p>
	
<p>3/17 【Sports Exchange】 Joint Tag Rugby Training</p>	<p>3/18 【Sports Exchange】 Joint Tag Rugby Training</p>
	
<p>3/18 【Sports Exchange】 Friendly Tag Rugby Match</p>	<p>3/19 【Sports Exchange】 Friendly Tag Rugby Match</p>

	
<p>3/19 【Exchange Party】</p>	<p>3/19 【Exchange Party】</p>
	
<p>3/18 【Workshop】</p>	<p>3/20 【Observation of Historical Landmark】 Fujisan Hongu Sengentaisha Shrine</p>
	
<p>3/20 【Observation of Cutting-Edge Technology】 National Museum of Emerging Science and Innovation (Miraikan)</p>	<p>3/21 【Reporting Session】</p>

	
<p>3/21 【Observation of Historical Landmark】 Sensoji Temple</p>	<p>3/21 【Courtesy Call】</p>
	
<p>3/21 【Courtesy Call】 Mr. Kiyoshi ODAWARA, Parliamentary Vice-Minister for Foreign Affairs http://www.mofa.go.jp/mofaj/a_o/rp/page3_002046.html</p>	

4. Voice from Participants (Selection)

◆ Indonesia Student

I am glad that I came to Japan, where I really had a nice time. Japan is a great country in terms of the good discipline people keep and the wide range of knowledge they have. By playing on a rugby team, I learned the importance of communication, cooperation, solidarity, and having courage. I hope this program will be offered again next year.

◆ Cambodia Student

What I was interested in and impressed by the most in this program is the experience of playing rugby, especially on a team joined by participants from various countries. I am very

glad that Japanese coaches were thoughtful of us, and tried everything in instructing us so that we could enjoy our stay. I felt that Japanese people lead really well-regulated lives.

◆ **Singapore Student**

Japanese really emphasize and place punctuality very highly. They would usually arrive 5 minutes before the actual meeting time to ensure that they are early.

They are also very clean. Any rubbish that they have would be kept personally until a dustbin is found, which is very rare. This also shows their responsibility and thought for others.

◆ **Thailand Student**

I had a good opportunity to make friends with Japanese participants, participants from other ASEAN-member countries and those from East Timor. Together with the other participants, I played sports and did various other things that were new to me. I was deeply moved by the experience of bonding together and helping each other by playing sports.

◆ **Timor-Leste Student**

I was able to learn the rules of tag rugby after receiving an explanation and actually playing it. Other than tag rugby, I was able to learn the importance of keeping our environment clean, the outline of Shizuoka Prefecture, and various other things.

◆ **The Philippines Student**

Two of the most memorable programs for me are the rugby exchange training / match and the exchange party. In rugby exchange training and match, I thought it was hard but after playing with the other teams and countries, I've realized that it wasn't that hard and playing rugby is not just about the physical aspect, rather, it is more of the values you can learn while playing and Japanese staffs were great help for us to develop ourselves and to communicate fairly with the other delegate. Another program which I will never forget is cultural dances and songs. Aside from the chance of showing a part of our culture to the others, I also found the exchange party as an opportunity for us to appreciate different cultures and realize that language and tradition barriers are not hindrances for us to have strong friendship ties between different races and try to help each other for the prosperity we are all thirsty of. Together, we can slowly move the Asia towards the peak of success.

◆ **Brunei Student**

This is my first visit to Japan and throughout the whole experience I felt simply surreal as I have never visited any similar countries. I had expectations for this trip that were mostly met but other sights have also taken me by surprise. The inclusion of students from other ASEAN countries to share the experience with was also satisfying since I was able to make friends much closer to home. This trip was the first time I had to juggle between three

languages; English, Malay and Japanese. Learning to speak Japanese to the locals has fun, encouraging me to further study the language. The trip simply left an unforgettable lasting impression on me, further longing for more of Japan. It is not only the charm of the country that leaves me wanting more but also the friends I have made here. I look forward to visiting again in the near future and 2019.

◆ **Vietnam Student**

I was strongly impressed by the friendship exchange with people in my age group and experience seeing Japan's advanced technologies. Japanese friends and friends from other ASEAN-member countries were very kind to me. They all welcomed me. Japanese friends were honest and had hospitality. Needless to say, Japanese technology was very advanced and I was amazed to see vending machines, automatic chairs, and an exothermic agent used for keeping boxed lunches warm as good examples of such technology. When I return home, I would like to tell people in my country more about Japan.

◆ **Malaysia Student**

For my opinion, the most significant thing for everyone that participated and the society in Japan is the highly-rated integrity in each and every one of us by carrying our responsibility to make sure our job is a success. Even if we cannot talk and understand with each other very well the least we can do is to try communicate even if they understand a little bit. Other than that I learned that discipline is key to achieve success because our actions reflect out personality and out discipline.

◆ **Myanmar Student**

What impressed me when I participated in this program was that Japanese people were leading an orderly life. I was surprised to see no litter throughout the town. I also found out that Japanese people are punctual. I remember the beautiful green scenery in Japan and Japanese people's politeness of not forgetting to offer a word of thanks. I found that a proverb from Myanmar, "be proud of every job," was really put into practice in Japan.

This program gave me a wealth of spiritual nutrition. At a workshop, I learned that we should not argue who is right and wrong but make efforts to cooperate through dialogue, although every person has his/her own opinion. Also, playing tag rugby gave me invaluable lessons. I was impressed by the spirit of "One for All, All for One," which respects teamwork rather than one-man play.

◆ **Laos Student**

What impressed me about Japan was Japanese people's safety awareness, patience, and orderliness: they were highly aware of hygiene, and they thoroughly understood what to do and not do in an emergency. I was also impressed by the national trait of Japanese people never stopping smiling. Furthermore, I was surprised by their advanced technology. I was very glad to be able to make friends with many Japanese participants and participants from

various countries through the program. I had a good experience of living under one roof of a clean accommodation facility together with the participants from various countries. All of this was due to the precise coordination of all exchange activities in the program.

5. Voice from Japanese Participants

◆ Student

Even though we spoke different languages, we experienced that we were able to actually connect with each other through sports. I hope actively putting such activities into practice will lead to world peace. Thank you for offering us such a wonderful opportunity.

◆ Student

I was able to exchange friendship with people with various nationalities. I successfully coached the participants using keywords, even if I could not make myself understood very well using the language. I had many difficulties due to my poor language abilities. However, I was able to communicate with the participants using simple words, which was a precious experience.

◆ Student

It was my first time to participate in such a program. I found myself able to communicate my thoughts clearly to people from foreign countries when I actively used whichever means, words or gestures. However, I actually recognized it would be better if I spoke English more fluently.





◆ Coach

I was astonished to see growth of the program participants during the four days of their stay in Japan. When I instructed them earnestly, they also responded seriously. In this regard, I found great satisfaction. I would like to join the program again if I have another opportunity.

◆ Coach

The experience I had was very valuable. Especially seeing participants, who did not know either Japanese or rugby, smiling while playing rugby was a precious experience to me. I felt setting common words (key points), etc., was important, as it led to the successful completion of the program.

6. Dissemination by the Participants

 <p>yangtrece Fuji, Shizuoka</p> <p>♥ rayhanc_ nixoncarlotta_ and 54 others yangtrece so close but so far away View all 8 comments vantrana Gidhukhata</p>	 <p>Madanoch Phal with Nou Solida and Nou Sovanny. Thursday at 7:14 PM · 🌏</p> <p>Training abt rugby sport in 10 degree celcius #JENESYS2016 #JICE #CAMBODIA #16317</p> <p>👍👍👍 21 2 Shares</p>
<p>【Indonesia】 Mt.Fuji - still far from here (Instagram)</p>	<p>【Cambodia】 Training about Rugby in 10 degree celcius (Facebook)</p>
 <p>Instagram</p> <p>いいね！ 17件 mister_adam Day 5: Tag rugby friendly match. #jenesys2016 #jice #singapore 7時間前 翻訳を見る</p> <p>mister_adam Gotemba Kogen Resort & Brewery ></p> <p>スワイプしてさらに表示 ></p>	 <p>hmieeee 時の橋 - ときのすみか - ></p> <p>Liked by eyenoob, byuntarnn and 132 others hmieeee ROV #roov5 #jenesys2016 View all 5 comments norbnbn 1.5.16</p>
<p>【Singapore】 Day 5: Tag Rugby friendly match (Instagram)</p>	<p>【Thailand】 at Toki no Sumika (Facebook)</p>




【Timor-Leste】
With Friends from Myanmar,
Philippines♡ (Facebook)

0K/s 4G 53 4:22 PM

← Photo

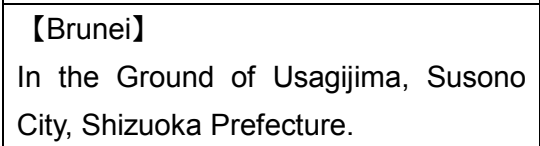
ainggelagah_



♥ jebat_james, alaimiming and 73 others
ainggelagah_ Such a beautiful place for training, with
Mt Fuji as the background. 🍀 🍀 #JENESYS2016
#JICE #BRUNEI #rugby #bruneirugby

View all 3 comments

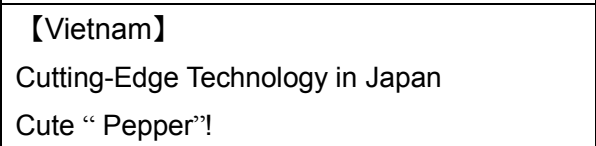
ainggelagah_ hahahah jgn ckp me inda offer. p
@ryza_97



【Philippines】

JENESYS2016 made me experience a lot of firsts. It was my first time playing rugby and I immediately loved the sport, first time in Japan and now I am really sad because we need to go back to our country, first time meeting new friends from other countries which became my family across the globe and a lot more. I can't express my happiness for being part of this wonderful experience. Domou arigatou gozaimasu! (Facebook)

A screenshot of a Facebook post. The top status bar shows 'No Service', the time '11:41 AM', and a battery level of '51%'. The post header is 'Linh's Post'. Below the header are three interaction buttons: 'Like' (with a thumbs-up icon), 'Comment' (with a speech bubble icon), and 'Share' (with a share icon). The main image shows a woman with long dark hair, wearing a brown jacket and black pants, standing in a museum-like setting. She is holding the hand of a small, white, humanoid robot. The robot has a round head with a blue sensor, a yellow rectangular screen on its chest, and a smiling face at the base. In the background, there is a large indoor plant, a curved staircase with a wooden railing, and other people in the distance. The floor is made of patterned tiles. At the bottom of the post, there is a blue heart icon, a red heart icon, and the text 'Hiền Nguyễn and 5 others'.



<p>Such a beautiful place for training tag rugby, with Mt. Fuji as the background. (Instagram)</p>	<p>We can feel Japanese Technology even in our hotel. (Facebook)</p>
	
<p>【Malaysia】 Ecopa Stadium, Fukuroi City, Shizuoka Prefecture “One for all and all for one” (Instagram)</p>	<p>【Myanmar】 • My friends and my teachers and my team D.I have to try to go to Japan again. • For those who want to know what Tag Rugby is... What is tag Rugby? (Instagram)</p>
	
<p>【Laos】 Happy to stay in Japan. I had many experience and made many friends (Facebook)</p>	

7. Action Plan Presented at the Reporting Session by Participants

Kedisiplinan Masyarakat Jepang

Disiplin

- Tepat Waktu
- Kebudayaan dan Tata Krama Yang Tinggi
- Menjaga Kebersihan
- Menjaga Lingkungan Hidup
- Menjaga Keamanan Lingkungan

Tempat Sampah Berdasarkan Jenisnya



គំរោងផ្សព្វផ្សាយក្រោយពេលត្រឡប់មកនៅកម្ពុជាវិញ

- ▶ គំរោង: ការចែករំលែកចំណេះដឹងរបស់ខ្លួន
- ▶ មូលហេតុ: ចង់បង្ហាញពីចំណេះដឹងដែលខ្លួនបានពីការទស្សនៈ គិច្ច
- ▶ ពេលវេលា: ១ខែរៀងក្រោយពីត្រឡប់មកវិញ
- ▶ អ្នករៀនចំ: អ្នកដែលចូលរួមធ្វើការណាមួយមុន
- ▶ គោលដៅ: លោកគ្រូ អ្នកគ្រូ គ្រូសា ចម្រុះ ទីតាំងគ្រឹះ
- ▶ ទីតាំងសម្ភាសនា: មន្ទីរពេទ្យចំណេះដឹងដែលបានចូលរៀនរបស់ខ្លួន
- ▶ បណ្ណាល័យ: ផ្សព្វផ្សាយតាមរូបភាព បណ្ណាល័យ Facebook, Instagram ជាដើម

【Indonesia】

To publish the article about Japanese discipline.


【Cambodia】

Share about Japan and our experience using photos and videos on Instagram, Facebook etc.

Action Plan

1. Share photos and videos on social media e.g. Instagram, Facebook & Snapchat
2. Participants will do a presentation to teachers and principals to share their learning from this trip
3. Participants will conduct a school assembly talk to share about their experience and information about Japan

By 31st Mar 2017



ក្រុមប្រឹក្សា (Target group)

เยาวชนในภูมิภาคของประเทศไทยที่มีอายุตั้งแต่ 13-15 ปี
Youths in regional area who are at the age of 13-15 years old.

【Singapore】

Share photos and videos on Instagram, Facebook & snapchat.

【Thailand】

”Get Into Rugby Thailand”

Youth in regional area who are at the age of 13-15 years old.

STUDENTS’ PERSPECTIVE

OBJECTIVE	ACTIVITIES	TARGET TIME	TARGET PARTICIPANTS	PERSONS INVOLVED IN THE IMPLEMENTATION	REMARKS
✓ To teach students who are interested on how to play the rugby sports	✓ Teach and Play	✓ April to May 2017	✓ Classmates and schoolmates	✓ JENESYS 2016 Rugby Sports student delegates and MAPEH Coordinators	

WHOM? : (To Whom)

FOR ALL

- CHILDREN
- HIGH SCHOOL
- GENERAL POPULATION

WHAT? : (What are you planning on doing)

HOW? : (How will you implement your plan)

- School setting in P.E lesson and co-curriculum activities
- Higher Institution – establish club
- Nationwide – “Bandar Ku Ceria”
- Tournaments – collaboration with
 - Co-curriculum Department, Ministry of Education
 - Brunei Rugby Football Union
 - Ministry of Culture Youth and Sport



【Philippines】

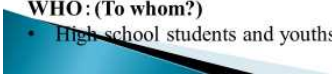

1. Share experiences and findings from the program by holding seminars and meetings

【Brunei】

Promote Tag Rugby

1. In school setting, in physical

<p>with teachers' help and family gatherings.</p> <p>2 .Teach and play rugby with students who are interested in it.</p> <p>3 .Create Rugby club in school</p>	<p>education classes and co-curriculum activities</p> <p>2. In higher institutions through club activities,</p> <p>3. Nationwide, through “Bandar Ku Ceria”, which is a health promotion to encourage people to wake up early in every Sunday morning, stop cars and do healthy activities.</p> <p>4. Implement tournaments.</p>
<p>SAVE THE ENVIROMENT (by classify rubbish)</p> 	<p>ACTION (3 STAGES)</p> 
<p>【Vietnam】</p> <p>Save the environment by classify rubbish.</p>	<p>【Malaysia】</p> <p>Explain and expand on how to play tag rugby</p> <p>3 steps</p> <p>1.School Level</p> <p>By Presentation of Culture, Value of Rugby and Tag rugby</p> <p>By Demonstration of PE and Extra Curriculum Activities</p> <p>2.Expand to Other School</p> <p>By Introducing of Tag Rugby Module and Teaching and Promoting</p> <p>Supported by Ministry of Education, Ministry of Youth and Sport and MRU</p> <p>3.Propose Tournament Supported by Ministry of Education</p> <p>By holding National Schools Tournament starting with Primary Schools</p>

<p><u>Our Action Plan</u></p> <p>WHY:</p> <ul style="list-style-type: none"> • To learn and imitate the Japanese life-styles and their cultures. • To notice their disciplined minds and doing the works in right time not to be missed to a split minute. • To know about the tag rugby. <p>WHEN:</p> <ul style="list-style-type: none"> • During the six months after returning from Japan. <p>WHO: (To whom?)</p> <ul style="list-style-type: none"> • High school students and youths. 	<p>Action Plan for Tag Rugby in Lao PDR</p> <p>1. For Students</p> <ul style="list-style-type: none"> • To tell their friends and family to encourage them to play Tag Rugby • Show the Tag Rugby makes them enjoy and healthy on Social Network Services (SNS) <p>2. For Lao Rugby Federation</p> <ul style="list-style-type: none"> • Short Term: organize School Tag Rugby training around Vientiane Capital • Long Term: organize School Tag Rugby training to all province <p>3. For Government:</p> <ul style="list-style-type: none"> • Short Term: encourage Lao Rugby Federation to organize 1 or 2 competition per year (Youth level and General) • Long Term: try to implement Tag Rugby in Lao National Games 
<p>【Myanmar】</p> <ul style="list-style-type: none"> • To learn and imitate the Japanese life-styles and their cultures. • To notice their disciplined minds and doing the works in right time not to be missed to a split minute. • To know about the tag rugby. 	<p>【Laos】</p> <p>To tell their friends and family to encourage them to play Tag Rugby</p> <ul style="list-style-type: none"> • Short Term: encourage Lao Rugby Federation to organize 1 or 2 competition per year (Youth level and General) • Long Term: try to implement Tag Rugby in Lao National Games