

JENESYS2017 In-bound Program 5th Batch Program Report
Theme: Japan-ASEAN Youth Sports Exchange (Rugby)
Country: 10 ASEAN countries and Timor-Leste

1. Program Overview

163 young students who are interested in Rugby, supervisors, and officials of Rugby Union from 10 ASEAN Members states and Timor-Leste visited Japan from October 10 to October 17, 2017 under the scheme of “Japan’s Friendship Ties Program” and participated in the program with the theme of “Japan-ASEAN Youth Exchange (Rugby)”.

With the cooperation of Japan Rugby Football Union, they practiced and played friendly tag rugby match by organizing composite tag rugby team with people of the same generation from participating countries including Japan. They deepened their understanding and friendship among Japan and participating countries through joint training and games with buddies crossing the boundaries of nations/religions/custom. Also, they learned, through the example of tag rugby in lectures, the significance of enjoyment, mutual cooperation, and building of ties among all the countries, besides competition. Through watching a Rugby Top League game and interacting with professional Rugby Top League players, the participants saw the players’ high levels of techniques and strong teamwork with their own eyes, which led them to self-improvement.

Besides the programs related to sports, through observations of historical landmarks and cutting edge technologies, the participants gained a broad understanding of Japan, and shared their interests and experiences by social media. Based on those findings in Japan, participants made group presentations in the final session and reported their action plans, which are to be implemented after returning home.

【Participating Countries and Numbers of Participants】

163 participants in total (Brunei 15, Cambodia 15, Indonesia 14, Lao PDR 15, Malaysia 15, Myanmar 15, Singapore 15, the Philippines 15, Thailand 15, Timor-Leste 15, Vietnam 14)

【Prefectures Visited】

Tokyo, Shizuoka

2. Program Schedule

October 10 (Tue)	Arrival at Haneda / Narita International Airport Move to Shizuoka (by bus) 【Orientation】
October 11 (Wed)	【Lecture on Japanese Culture/Key Note Lecture】'Towards Realization of Better ASEAN - with Tag Rugby-' Japan Rugby Football Union 【Lecture on the Region】 Shizuoka prefecture 【Lecture on Outline of ASEAN】 【Sports Exchange】 Explanation of Tag Rugby Rule Joint Training (by country) 【Sports Exchange】Efforts towards popularizing Rugby (1) (Lecture for supervisors, Workshop)
October 12 (Thu)	【Sports Exchange】 Joint Tag Rugby Training (mixed team) 【Sports Exchange】 Friendly Tag Rugby Match (mixed team) 【Sports Exchange】Efforts towards popularizing Rugby (2) (Lecture for supervisors, Workshop)
October 13 (Fri)	【Sports Exchange】 Friendly Tag Rugby Match (mixed team, Exchange with Japan team) 【Exchange party】 【Sports Exchange】 Zazen meditation
October 14 (Sat)	【Observation of Historical Landmark】 Mishimataisha shrine 【Sports Exchange】 Watching Rugby Top League game (Place: Ecopa Stadium) 【Sports Exchange】 Exchange with professional Rugby Top League player
October 15 (Sun)	【Workshop】 Move to Tokyo (by Shinkansen bullet train)
October 16 (Mon)	【Reporting Session】 【Observation of Cutting-Edge Technology】 National Museum of Emerging Science and Innovation (Miraikan) 【Courtesy Call】Mr. Iwao Horii, Parliamentary Vice-Minister for Foreign Affairs (http://www.mofa.go.jp/mofaj/a_o/rp/page3_002276.html)
October 17 (Tue)	Departure from Haneda / Narita International Airport

3. Program Photos



10/1 【Orientation】



10/11 【Sports Exchange】 Joint training (by country)



10/12 【Sports Exchange】 Joint Tag Rugby Training (mixed team)



10/13 【Sports Exchange】 Friendly Tag Rugby Match (mixed team, Exchange with Japan team)



10/13 【Exchange party】



10/13 【Observation of Historical Landmark】 Mishimataisha shrine



10/14 【Sports Exchange】 Watching Rugby Top League game



10/16 【Reporting Session】



10/16 【Courtesy Call】 Mr. Iwao Horii, Parliamentary Vice-Minister for Foreign Affairs
http://www.mofa.go.jp/mofaj/a_o/rp/page3_002276.html

4. Voice from Participants

◆Indonesia, Student

Since the participants of the JENESYS program came from various countries including Japan, I could come in touch with Japanese culture, technologies, and beautiful nature; have various kinds of experience; as well as learn the cultures of other countries. I could get to know people from various countries through rugby and interact with them. After returning home, I want to contribute to development of my country through working by utilizing this wonderful experience, knowledge, and network I gained in Japan.

◆Cambodia, Student

Training in the team combined with wonderful coaches and friends of ASEAN countries cultivated our friendship, and brought me very good experiences. The most impressive events for me were rugby that I've never had experienced in my life and to see the gentle and friendly smiles that Japanese people gave to me. Furthermore, as for environment, I found that life in Japan is very clean and that living is comfortable. I have learned from the traffic situation in Japan that each Japanese person behaves in a responsible way as a good citizen instead of following the laws because of worrying about how they look in the eyes of others.

It was my first time to do Zen meditation at the top of a mountain, which made me feel refreshed and good. It was really wonderful to have various experiences in Japan.

◆Singapore, Student

I learnt 5 values that cultivated from Tag Rugby (Respect, Passion, Integrity, Discipline and Solidarity). Their "motto" is "one for all, all for one". They told us to have a balance between fun/play and victory/seriousness, with that, we can enjoy Tag Rugby without having grudges or competitive mind. I think by putting us in different groups united with other countries is a good way to make us bond with them. With that, we can be united regardless of race, language or religion.

◆Thailand, Student

I learned about Japanese culture in which Japanese players showed respect for their opponent before starting a rugby game. I think it is very good to show mutual respect. Also, cutting-edge technologies have been spread into details. For example, a warm toilet seat really surprised me. It made me think that it was consideration for the next person. Besides, I came to like the orderliness of Japanese people very much. I think they are conscious of orders that exist in each of them. I felt that they valued the entire group more than individuals.

◆Timor-Leste, Student

What impressed me in this rugby program was that winning was not everything in playing rugby or tag rugby, but it was important to enjoy playing it. I learned five values of rugby: Respect, Passion, Integrity, Discipline, and Solidarity. Thanks to these five values, I enjoyed playing rugby. Experiences of playing rugby with friends from other countries made me understand that in order to achieve the team's goal I should cooperate with my teammates even if they are from other countries. I felt it was important to solidify as a team no matter how different the players' countries, languages, and culture.

◆the Philippines, Student

The lecture was great. It gave me lots of knowledge about Japan and rugby. The activities we did before the rugby match was really helpful. It helped me boost my speed and realized that I have increased my stamina. The mixed match was really great in making new friends from different countries as well. I was amazed by the hidden talents they all possess.

The every day's meal was really delicious. I am always thankful to the people who cooked the food and they really did a great job. The people in Japan are all very kind. They greet us in morning, afternoon, and evening every day. Their smile is also heartwarming. It makes me feel so welcomed.

Visiting the Mishima Taisha shrine for the first time was really amazing. I have always dreamed of visiting a shrine and made it with happiness. The place was so clean traditional. I hope the ambience of the shrine will stay the same since it is comforting and I felt at ease during that time. About Ecopa stadium, I actually have nothing to say but praise. The stadium is clean, well maintained and a nice piece of work. Meeting the professional players up close was incredible. Rugby world cup 2019 coming, I suggest to increase the maintenance and security so as to let audience no troubled.

I want to say everything I saw from the beginning to the end was simply magnificent. The clean air, the beautiful scenery, the nature, I hope nothing will change and Japan will still be as beautiful as now.

◆Brunei, Student

I really admire JENESYS for always mixing the teams so we can make new friends and create friendships. I really liked how we had many opportunities. The lectures we have

listened have given us knowledge about what the ASEAN goals are and what the Rugby values are. It has showed during the lectures that the exchange program has much more meaning than just playing rugby. The values in Rugby can also apply to more than just one sport.

◆Vietnam, Student

What I like in Japan are nature and people. In Japan, modernity and tradition, artificiality and nature are perfectly blended. Japanese people are very polite and kind. Along with delicate consideration, they have strong consciousness of devotion to society. One day, while I was walking back to a hotel with a chaperon, it grew dark and we almost got lost. An owner of a car that was parked on the roadside helped us by turning on the car lights to light the road. I would never forget the kindness of the car owner.

I appreciate those who let me participate in this program.

◆Malaysia, Student

We were very proud and happy to be selected to join this JENESYS program for a week in Japan. We learnt a lot about Japanese culture and their people's manners especially about punctuality and cleanliness. In addition, we also learnt to play tag rugby and what's important in playing this sport, for example, discipline and respect. We need to respect each other and work as one in a team despite our different race, language, country and religion. All the lectures that had been throughout this program were really fun and interesting. We've gained a lot of new knowledge throughout this JENESYS program, We also made new friends from other countries. We were very thankful for the chance that had been given us for joining this program.

◆Myanmar, Student

I cannot forget interacting with people from ASEAN countries as well as Japan, lectures on Japanese culture, new friends made through these events, and interacting with people through playing rugby. This program also introduced me to Japanese language, culture, and technologies. I've learned the reason why Mt Fuji is the most famous world heritage site in Japan as well. I realized that Japanese people follow rules, value punctuality, and love their nation very much. I promise to disseminate information on Japan and rugby after returning home.

◆Lao PDR, Student

This visit to Japan brought various inspiring events on me. I learned Japanese history. I felt that two religions that Japanese people believe in, namely Buddhism and Shinto, have many similarities. In addition to the history of Buddhism and Shinto, I've learned that we should be conscious, have more responsibility, know right from wrong, and regain composure by giving up earthy desires and calming ourselves when stresses have been piled up due to increased

workload. Japan has excellent industrial products. I was impressed by city environment and characteristics of Japanese people. As for rugby, I learned various techniques from the rudiments to playing games step-by-step.

5. Voice from Japanese Students/Schools/Host Families/Organizations

◆ Persons involved with the host organization

Through rugby, it was a good opportunity to get to know the characteristics of people in each nation and the situation of the nation. I felt that I had a responsibility to tell what I felt to many people as well as to increase participants of this exchange.

◆ Japanese student

I enjoyed this program very much. Although I had a lot of language difficulties, that enabled me to communicate using the whole body, and I am satisfied with it.

◆ Persons involved with the host organization

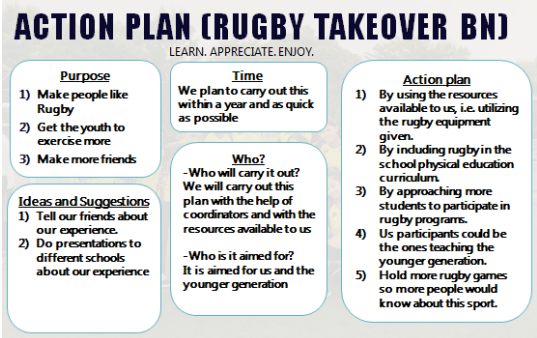
The vitality of the students helped us, a host organization, a lot. When we were coaching them, the students were polite and we had good response from them, which made us assume that they had learned about Japan before coming to Japan. We would like to participate in the next program like this if the opportunity arises.

6. Dissemination by the participants

	
<p>About Mishima Taisha Shrine (Facebook) Mishima Taisha in Shizuoka</p>	<p>About JENESYS Program (Facebook) My first time JENESYS2017</p>

<p>Rugby 2017</p> 	
<p>About Rugby(Facebook)</p> <p>Rugby 2017</p>	<p>About JENESYS Program (Instagram)</p> <p>We are a group of students from Temasek Polytechnic & we'll be going to Japan for Rugby Youth Exchange! Follow us to join us on our journey!</p>

7. Action Plan Presented by Participants at the Reporting Session

<p>Our Action Plan</p> <ul style="list-style-type: none"> ▶ Booth for CCN Day <ul style="list-style-type: none"> ▶ Set up a game booth in our school during Campus Care Network (CCN) Day ▶ Showcase photos and share experiences ▶ PFP Rugby Tournament 2017 <ul style="list-style-type: none"> ▶ Hold a tournament to help spread the word about rugby ▶ Tournament will attract more attention and raise more awareness about Rugby World Cup 2019 ▶ Rugby Clinics <ul style="list-style-type: none"> ▶ Conducting weekly rugby sessions to teach youths (both TP and non-TP) about rugby 	
<p>Action Plan 1 (Singapore)</p> <ol style="list-style-type: none"> 1. Set up a game booth in our school during Campus Care Network (CCN) Day. Showcase photos and share experiences 2. Hold a tournament to help spread the word about rugby. Tournament will attract more attention and raise more awareness about Rugby World Cup 2019. 3. Conducting weekly rugby sessions to teach youths. (both on campus and outside campus) 	<p>Action Plan 2 (Brunei)</p> <p>We will make people like Rugby</p> <ol style="list-style-type: none"> 1. by using the resources available to us, i.e. utilizing the rugby equipment given 2. by introducing rugby in PE curriculum 3. by approaching more students to participate in rugby programs 4. Participants could be the ones teaching the younger generation 5. Hold more rugby games so more people would know about rugby

<p>4. *LET'S RUGBY NOW*</p> 	<p>WHATS OUR ACTION PLAN?</p> <ul style="list-style-type: none"> • SPREAD THE MESSAGE-ABOUT JAPAN • INTRODUCE/EDUCATE THE SPORTS-TAG RUGBY <ul style="list-style-type: none"> - TRU OUR GIR PROGRAM & SOCIAL MEDIA PLATFORMS - CREATE MINI COMPETITION AT SCHOOLS • TELL THEM THE STORY OF RUGBY WORLD CUP IS COMING TO ASIA.
<p>Action Plan 3 (Vietnam)</p> <ol style="list-style-type: none"> 1. Create a fan page about tag rugby to attract more people to play rugby. 2. Organize a club at a Vietnamese school. 3. Organize competitions to encourage people to take part in. 	<p>Action Plan 4 (Malaysia)</p> <ol style="list-style-type: none"> 1. Spread the message about Japan 2. Introduce/educate the sports tag rugby <ul style="list-style-type: none"> - Through our Get Into Rugby program and social media platforms - Create mini competition at schools 3. Tell them the story of Rugby World Cup is coming to Asia