

JENESYS2018 ASEAN Inbound Program 23rd Batch Program Report

Japan – ASEAN Students Conference

Country: 10 ASEAN countries and Timor-Leste

1. Program Overview

132 university students from 10 ASEAN countries (Indonesia, Cambodia, Singapore, Thailand, Philippines, Brunei, Vietnam, Malaysia, Myanmar, Lao PDR) and Timor-Leste visited Japan from February 19 to February 26, 2019 under the scheme of “Japan's Friendship Ties Program JENESYS2018” and participated in “Japan - ASEAN Students Conference*”, along with 11 Japanese university students.

Under the common theme of “What the Youths in Asian countries can do for realizing Sustainable World”, they were divided into 6 sub-theme groups as a common issue between Japan and ASEAN countries. Sub-theme of “Innovation (Agriculture)” is Group A, “Energy” is Group B, “Resilient Community (disaster prevention and city planning)” is Group C, “Health” is Group D, “Gender” is group E, “Aging Society (Employment, Insurance, City)” is Group F. Group A,B and C visited Tokyo and Miyagi prefecture, Group D,E and F visited Tokyo for having the theme-related observation, opinion exchange, lecture and workshop. Through this program, The promising youths in participating countries fostered a sense of social contribution, deepened mutual understanding between Japan and the participating countries, deepened the friendship among participants, and deepened understanding of Japan. At the end of the program, they paid a courtesy visit to the Ministry of Foreign Affairs and submitted a "Declaration of Conduct" as an outcome of the conference. Each group of participants made a presentation on an action plan to be implemented after returning to their home countries in the reporting session.

【Participating Country and Numbers of Participants】

10 ASEAN countries and Timor-Leste, 132 participants (12 for each country)

【Prefectures Visited】 Tokyo (132) ,Miyagi (66)

*” Japan-ASEAN Students Conference” was implemented with cooperation of MIS (Multilateral Interaction with Students) , an NPO led by students from The University of Tokyo.

2. Program Schedule

Feb.19 (Wed) Arrival in Japan, 【Orientation】

【Lecture on Japan-ASEAN overview】 ASEC (ASEAN Secretariat)

Feb.20 (Thu)

【Keynote Lecture】

- Group A : Mr. Tetsuya ARAKI, Assistant Professor, the University of Tokyo
- Group C : Ms. Miki KODAMA, Sr. Researcher, Asian Disaster Reduction Center
- Group D : Mr. Masamine JINBA, Professor, The University of Tokyo

- Group E : Ms. Mariko Saito, Director, Gender Action Platform
- Group F : Mr. Iwao KATO, Professor, Wako University

【Workshop】

Feb.21 (Thu)

【Keynote Lecture】

- Group B : Mr. Kensuke YAMAGUCHI, Project Assistant Professor, The University of Tokyo

【Lecture on Theme-related site】

- Group A : Mr. Mizuki, YASUDA, Farmship Inc.(Plant factory)
- Group D : Mr. Naoki KONDO, Associate Professor, The University of Tokyo
Ministry of Health, Labour and Welfare
- Group E : Gender Equality Bureau, Cabinet Office
- Group F : Ministry of Health, Labour and Welfare

【Observation of Theme-related site】

- Group C : Tokyo Rinkai Disaster Prevention Park
- Group D : University of Tokyo (Hongo Campus)
- Group F : Toyoshikidai Housing Estate, Kashiwa City, Chiba

【Workshop】 (Group A, B, C, E), Move to Miyagi from Tokyo (Group A, B, C)

Feb.22 (Fri)

【School Exchange】 Miyagi Prefecture Agriculture High School (Group A)

【Observation of Theme-related site】

- Group A : Mitazono, Farmhouse in Natori city
- Group B : Energy business in Higashi - Matsushima city, Energy business in Ishinomaki city (Including Lecture)
- Group C : Ishinomaki Community & Info Center, Onagawa Town (Guide by storyteller)
- Group D : Yakulut Honsha Co. Ltd.

【Lecture on Theme-related Field】

- Group C : Onagawa Town
- Group D : Ms. Chie YOSHIZU, Human Development Department, JICA
- Group E : Ms. Machiko OSAWA, Professor, Research Institute for Women and Careers, Japan Women's University
- Group F : Mr. Katsuhiko SATO, Executive consultant, Life Shift Co., Ltd

【Workshop】 (All groups)

Feb.23 (Sat)

【Observation of Theme-related site】

- Group A : Agricultural Production Corporation GRA Inc. "Migaki-Ichigo "
(Strawberry picking)
- Group B : Onagawa town (guide by storyteller)

【Lecture on Theme-related Field】

- Group C : Ms. Haruka MIURA, Machizukuri Manbo Corp.,

Mr. Kuniyoshi KATSU, ISHINOMAKI 2.0

- Group E : Ms. Eriko TABUCHI, Chief Director, Gender-Equa
- Group F : Ms. Chie IWAMOTO, Challenge community college, General planning office, Social collaboration division, Meiji Gakuin University

【Workshop】 (Group D), Return to Tokyo (Group A, B, C)

【Cultural Observation】 Meiji Jingu (Shinto shrine), Harajuku (Group D, E, F)

Feb.24 (Sun) 【Observation of Japanese Culture】 Sensoji temple

【Workshop】 , 【Exchange with relevant Officials】

Feb.25 (Mon) 【Workshop】 , 【Reporting Session】

【Courtesy Call】 Mr. Norikazu SUZUKI, Parliamentary Vice-Minister for Foreign Affairs, Ministry of Foreign Affairs of Japan

Feb.26 (Tue) Departure

3. Program Photos

【Group A : Innovation (Agriculture)】 (Miyagi)

	
<p>Feb.21 【Lecture on Theme-related Field】 Farmship, Inc.(Plant factory)</p>	<p>Feb.22 【School Exchange】 Miyagi Prefecture Agriculture High School</p>
	
<p>Feb.22 【Observation of Theme-related site】 Mitazono, Farmhouse in Natori city</p>	<p>Feb.23 【Observation of Theme-related site】 GRA "Migaki-Ichigo " (Strawberry cultivation)</p>
	
<p>Feb.24 【Workshop】</p>	<p>Feb.25 【Reporting Session】</p>

【Group B : Energy】 (Tokyo)

	
<p>Feb.22 【Lecture on Theme-related Field】 Energy business in Higashi-Matsushima city</p>	<p>Feb.22 【Lecture on Theme-related Field・Observation of the site】 Energy business in Ishinomaki city</p>
	
<p>Feb.24 【Exchange with relevant Officials】</p>	<p>Feb.24 【Workshop】</p>
	
<p>Feb.24 【Cultural Observation】 Sensoji temple</p>	<p>Feb.25 【Reporting Session】</p>

【Group C : Resilient Community (disaster prevention and city planning)】 (Tokyo)





	
<p>Feb.20 【Keynote Lecture】 Asian Disaster Reduction Center</p>	<p>Feb.22 【Lecture on Theme-related Field】 Onagawa Town</p>

	
Feb.23 【Lecture on Theme-related Field】 Common-ship Bridge Street	Feb.23 【Lecture on Theme-related Field】 ISHINOMAKI 2.0
	
Feb.24 【Workshop】	Feb.25 【Reporting Session】
【Group D : Health】 (Tokyo)	
	
Feb.20 【Keynote Lecture】 The University of Tokyo	
	
Feb.21 【Lecture on Theme-related Field】 Ministry of Health, Labour and Welfare	Feb.22 【Lecture on Theme-related Field】 JICA
	
Feb.22 【Observation of Theme-related site】 Yakult Honsha Co. Ltd	Feb.25 【Reporting Session】

【Group E : Gender】 (Tokyo)

	
Feb.20 【Keynote Lecture】 Gender Action Platform	
	
Feb.21 【Lecture on Theme-related Field】 Cabinet Office	Feb.22 【Lecture on Theme-related Field】 Research Institute for Women and Careers, Japan Women's University
	
Feb.23 【Cultural Observation】 Meiji Jingu (Shinto shrine)	Feb.25 【Reporting Session】

【Group F : Aging Society (Employment, Insurance, City)】 (Tokyo)

	
Feb.20 【Keynote Lecture】 Wako University	Feb.21 【Lecture on Theme-related Field】 Ministry of Health, Labour and Welfare
	
Feb.23 【Lecture on Theme-related Field】 Meiji Gakuin University	Feb.21 【Lecture on Theme-related Field】 Ministry of Health, Labour and Welfare

	
Feb.24 【Workshop】	Feb.25 【Reporting Session】

All Groups (Tokyo)

	
Feb.19 【Lecture on Japan-ASEAN overview】 ASEAN Secretariat	
	
Feb.25 【Courtesy Call】 Mr. Norikazu SUZUKI, Parliamentary Vice-Minister for Foreign Affairs, Ministry of Foreign Affairs of Japan https://www.mofa.go.jp/mofaj/a_o/rc/page25_001844.html	

4. Voice from Participants

【Group A : Innovation (Agriculture)】

◆ University Student (Singapore)

The lecture gave a good history of the background/origin of the food and how it came to what we know today. It was information that could be relevant & gave us good insight. Being able to enter and walk around the university and having Japanese students be on this program with us, we were able to understand the education system in Japan better & experience a little bit of the school life in Japan. Through the company visits, we were able to meet some of the pioneers of the company, Hearing their experience over the years in real life gave us great insight about the industry and what it takes to build a great company. Being able to hear how the community benefitted from it and their passion gave even more life to what we were learning and looking at and it is a bonus in this trip.

◆ University Student (Timor-Leste)

When I first arrived at the airport, the very first things I learnt was that Japanese are very punctual, they don't even willing to waste one minute of their precious time. During the training, I had a lot of impression on how the farmers use ICT (Information and Communication Technology) and also use excellent strategy to produce their products and

distribute to various channel. Most of all, I realize that high school students in Japan are very proactive, they balance the theory and practice during their study. These can be seen when I visited Miyagi Agriculture High School which focus on agriculture. They are able to market their products internally and also exported to Australia. And yes, this program has definitely help me to learn agriculture.

◆ **University Student (Malaysia)**

I have a great satisfaction on studying in Japan. After lecture time, I know much about agriculture of Japan and also history of it. From workshop sessions, I'm more familiar and become friendly with other participants. In addition, I come to know about agriculture advanced management and how to plant, how to harvest and how to sustain our environment also. To be conclude, I have got priceless experience and valuable memories from this program.

【Group B : Energy】

◆ **University Student (Cambodia)**

During this program I learned a lot not only from the lectures but from interacting with other participants. I learned that Japanese people are very polite, calm, respectful and hardworking. I want to be like them too. So I will work hard and be nice and kind to everyone. The second thing is the high tall building in Tokyo. I am amazed by how all the constructions built with technology that prevent the buildings from earthquake damage. The last thing is the culture and manner of the people. They are very helpful and caring.

◆ **University Student (Lao PDR)**

For attending the lectures and company that the program provided us was very full of information which give me lots of knowledge about energy parts, disaster recovery and livelihood of survived Japanese people. I also plan to apply the knowledge for my studies and my future workplace. Besides the academic part, I am impressed about Japanese people with the best collaboration hand in hand. I hope that many other countries also learn from Japan and I am a participant I will do my best to share my knowledge to other people.

◆ **University Student (Singapore)**

The lecture on electrification cases in Myanmar was eye-opening. I always thought that the increase in electrification would improve the livelihood of the people. But it depends on the use of electricity to value-add to their lives. Visit to Ishinomaki: the insight that the citizen control to shape the reconstruction of the city was impressive, as many would just rely on the government to make a town. Visit to Onagawa town: The rate at which the city recovered was really impressive and it warms my heart to see how the community center hold programs to keep the elderly active and no lonely.

【Group C : Resilient Community (disaster prevention and city planning)】

◆ **University Student (Singapore)**

The most significant impression is the Japanese people's characteristics. It is definitely interesting and useful to learn about the history of the disasters and measures implemented currently. But as a foreign individual, these things are only good knowledge. The biggest takeaway other than the technical exposure and new network with those I met through the

program is the newfound admiration for the qualities of the Japanese people. Through the lectures, it can be seen that the young and old are equally invested in the well-being of their communities. Not only the esteemed lecturers, even the Japanese student participants displayed excellent qualities consistently throughout the program. It is my deepest wish that this wonderful and rewarding program continues, and the future leaders continue to be able to participate in this program.

◆ **University Student (Timor-Leste)**

In my opinion, this program is highly beneficial and memorable. I gained so much experiences. I learned the manners and the lifestyle of Japanese people. I made new friends from other countries and I created so many meaning memories here in Tokyo and Onagawa and Miyagi. This program not only boosted my determination and passion toward disaster risk, but I'm impressed toward traditional culture. It also made me learn so much about other countries' languages. I really like this program and I really hope that it will continue again and again and that other students will get the same opportunity as I did. Also, I had a chance to learn Japanese way of life. It was really exciting and peaceful. For me, Tokyo is very amazing; clean city and many products are eco-products. During my stay in Japan for a week, everything is very convenient. I want to visit Japan again. My trip to Japan is the best trip I ever had.

◆ **University Student (Singapore)**

I truly enjoyed the very first lecture on Asian Disaster Reduction Center. This is especially because it opens my knowledge on disaster reduction initiatives. Prior to this conference, I was not aware of any efforts to reduce disaster risks. I truly appreciate the lecture even more as I realized I could still actually participate even though my country is not stricken by any disaster for a long period. I truly enjoyed my discussions with my team members pertaining to our project as we challenged each other with questions at the workshops at University of Tokyo. I benefitted the most during the Onagawa Town hall meeting with the mayor as we go to interact with the mayor on pertinent issues and get his response on critical matters.

【Group D : Health】

◆ **University Student (Lao PDR)**

All lectures give me a new knowledge which I have never learn before. They let me know all situation that Japan and other counties around the world are facing, and they also give me some ideas which can apply to my social service activities in my country. Tokyo University is one of the most university which I really want to be one of the students, who can have a chance to study. This university s amazing. There are so many facilities that can strengthen students' knowledge very well. I am very happy to meet all my friends here they are very nice people. Even we come from different background, but we try to adapt ourselves to each other.

◆ **University Student (Vietnam)**

All lectures and workshop conducted by teachers and facilitators at University of Tokyo was amazing. These sessions were prepared carefully and effectively. They gave students ideas

to develop problem solving skills naturally. The facilities, students' life and research projects that I've seen play an important role in nurturing my ambition to find a chance to study in University of Tokyo. Yakult company is an amazing working place. I believe this is a must-visit place in this exchange program! About the philosophy of the company's founder and ways that Yakult company still working on! We've learned so much about their vision to the future and the morality of business.

◆ **University Student (Indonesia)**

I think most significant impression is about Universal health coverage and from JICA. It can improve the health system to the other country especially Indonesia.

We learn about multicultural understanding by sharing from each other from the other countries. Learn about Yakult business strategy to develop other company to the world. Learn about Japan health 21 and UHC (Universal Health coverage) at Ministry of health. Learn about Japanese culture and interaction with Japanese during the programs.

【Group E : Gender】

◆ **University Student (Timor-Leste)**

The lectures are all impressive especially it comes to discussion groups it allows me to think beyond my limit in order to solve the problem. School exchange is a life-time changing because from that I am able to getting to know better how the system of education in Japan goes and works. Creating international friendship is phenomenal and that is only happens in such program as JENESYS.

◆ **University Student (Thailand)**

The most impressive is the content in the first lecture that contains SDG5 to make gender equality made by UN. I think it is quite good plan but it bases on gender binary so it should be improved by adding content about gender diversity. For workshop usually after lecture, the most impressive is that my group and I tried to find the solutions to solve our common problem. It realized me that I should concern about the different conditions in each country. This is the reason why I have to expand democratic values in South East Asian region. Because equality is one of democratic values; it couldn't come out of non-democratic regime. At city observation program, the most impressive is that skin cares and other cosmetics are cheaper than in Thailand.

◆ **University Student (Myanmar)**

I have a great satisfaction on getting a few days to study in Japan. After lecture time, I know much about gender equality and about the issue of gender equality in Japan. From Workshop sessions, I'm familiar with other participants so easily and got different point of views from different background. From the lectures, I know about Japanese gender equality issue and also knew about the problems of gender equality from ASEAN countries. When I'm in the street, road, station, the university campus, all are clean and neat. I found that all of the Japan people are on time and hard working. I'm not surprised why Japan became a developing country when I reached in Japan. They all are hardworking and on time. I learned a lot from Japanese people and ASEAN countries' participants for my society.

【Group F : Aging Society (Employment, Insurance, City)】

◆ University Student (Japan)

Every lecture gave me new insights about how to tackle with the aging society and that helped me a lot to think the solution towards the aging society comprehensively. In particular, the activity conducted by Challenge Community College was outstanding. They provide not only opportunities to keep learning but also network after graduation. Activities taken by the elderly after graduation include lectures for young generation and that's impressive for me because in this way, young people can talk with some issues collaborating with the young and the elderly. Besides such fulfilling program contents, JENESYS gave me a lot of opportunities to share ideas deepen understanding towards ASEAN countries with participants who have various background. I learned what kind of potential and challenges each ASEAN country has, their backgrounds, their political system and culture etc. I am so grateful to have such precious opportunities. Thank you.

◆ University Student (Singapore)

The most impressive part of the lectures was the mechanism by which Japan was able to provide a comfortable and active lifestyle for the elderly. This includes the pension system and community colleges. When I visited Kashiwa city, I was impressed that I could see how they planned urban development to maximize the quality of life of the elderly. The design of the building was ingenious, and the careful attention to the placement of the amenities was amazing. Lastly, the workshop discussed the issues facing Asian countries in terms of the lives of the elderly. It was an eye-opening experiment that it was known that countries faced different situations and many problems geographically, culturally and economically.

◆ University Student (Thailand)

I think this program very useful and so important because they connect ASEAN youth to have brain storm together. It makes us more consciously about learning and sharing to the society. It can be social movement. We can improve our leader skill and communicate skill on the conference and discussion part of the program. Every staffs are so professional that I want to be like them in the future. Friends are so friendly and actively. I'll never forget fabulous memorable time in Japan.

5. Voice from Japanese Locals

◆ Teacher (Miyagi Prefecture Agriculture High School)

We had the participant students observe the facilities one by one, and take interest in our establishment. It was good that the exchange was actively conducted while eating, and Japanese food culture was understood through food. In order to understand food culture, the introduction of the food culture of the ASEAN region would deepen exchanges if another opportunity arises.

◆ High School Student (Miyagi Prefecture Agriculture High School)







It was my first opportunity to get involved with people overseas. Although at first I was worried about how I could engage them when we did not speak the same language, as we interacted, the worry eventually turned into a happy feeling. Even though we did not





understand each other, we had the same facial expressions and feelings. I would like to remember this experience, and cherish relationships with others.

◆ **High School Student** (Miyagi Prefecture Agriculture High School)


We enjoyed “Mochi - tsuki” (Pounding steamed rice) in a friendly atmosphere, where we shared the beauty of Japanese culture and our school with our overseas friends, and we also enjoyed interacting with them. I would like to make use of this experience in the future. This exchange was a valuable experience for us.

6. Dissemination by the Participants

 <p>(Group A Student) The downside of international conferences is that you need to say good bye to the people whom you have had memories. Japan became very interesting and fun because of you. 'Till we meet again.</p>	 <p>(Group B Student) Higashimatsushima City Revitalization and Reconstruction. This is a smart resilient eco-friendly town. Brilliant Japan.</p>
 <p>(Group B Student) Solar panel in Shin - Hebita Solar Power Generation Plant. This measure is one of the good alternatives for non renewable energy.</p>	 <p>(Group C Student) The Rinkai Disaster Prevention Park acts as a central base of operations for disaster prevention in the Tokyo Metropolitan Area that houses emergency response facilities including local disaster management headquarters, as well as institutions that compile disaster-related information and coordinate emergency disaster measures.</p>
 <p>(Group D Student) The views of point in some cases has a little bit different from what we have learnt at my university. We have learnt several precious lessons about the factors related to health.</p>	 <p>(Group E Student) Gender Equality is a Human fight not a Women fight. Day 3 discussing Gender Equality at the University of Tokyo.</p>

<p>  Jenesys 2018 Japan-ASEAN Students Conference - Programme is now open! Tickets and Hotel Booking 22 February at 16:40 </p> <p> This morning, Katsuhiko Sato, a visiting Professor of Tama Graduate School of Business in Tokyo, an Executive Consultant of Life Shift and a former President and CEO of Ford Japan discussed about the Elderly Employment situation in Japan. </p> <p> AUGUST2019 #Jenesys #Philippines #Jenesys2019 </p>  <p> (Group F Student) This morning, Katsuhiko Sato, a visiting Professor of Tama Graduate School of Business in Tokyo, an Executive Consultant of Life Shift and a former President and CEO of Ford Japan discussed about the Elderly Employment situation in Japan. </p>	<p>  Aging Society Committee Jenesys 2019 - Baku23 Published by Tourism Baku 11: 23 Feb 19 </p> <p> February 21, 2019 Visiting Housing Complex - Kashiwa </p> <p> In response to the increasing demographic crisis, the city of Kashiwa, Chiba Prefecture was turned into an aged-friendly community geared toward the senior citizens. The city comprises of home care facilities available 24 hours a day, housing complexes that incorporate workplaces, and other facilities designed with the aged in mind. In addition, there is a community restaurant where residents can socialize and work. </p> <p> AUGUST2019 #Jenesys #Philippines #Jenesys2019 </p>  <p> (Group F Student) Visiting Housing Complex - Kashiwa In response to the increasing demographic crisis, the city of Kashiwa, Chiba Prefecture was turned into an aged-friendly community geared toward the senior citizens. The city comprises of home care facilities available 24 hours a day, housing complexes that incorporate workplaces, and other facilities designed with the aged in mind. In addition, there is a community restaurant where residents can socialize and work. </p>
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7. Action Plan Presented by Participants at the Reporting Session

	<p> 【Group A : Innovation (Agriculture)】 We will make an effort to make farming and other related industries profitable and attractive careers to enhance the presence of such industries. As the first step to appeal to the young generation, we propose employing cutting-edge technology to make each process in agriculture simpler and more attractive. </p> <p> 【Group B : Energy】 In order to solve non-electrified rural area issues, we propose to hold an international competition. We are also planning to implement a long-term project including raising awareness of the public through a workshop and a lecture. </p> <p> 【Group C : Resilient Community (disaster prevention and city planning)】 We will make a full effort for the Community-based Disaster Risk Reduction (CBDRR) by promoting the creation of an opportunity to make young people and local communities aware of disaster prevention, and to deepen the bond among local people in daily life. </p>
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【Group D : Well-being Health】 We propose two solutions to lead the enhancement of education and the enlightenment of entrepreneurship. One solution is a weekend workshop for parents together with children to learn how to cook healthy meals, which is to be promoted. The other one is an event called “Mental Health Festival” for the purpose of promoting awareness of emotional distress, reducing suffering, and providing peace. We promise to solve health issues caused by economic disparities.

【Group E : Gender】 We aim to eliminate the gender gap by empowering women by diverse means. Specifically, we make proposal by citing the current situations in Thailand, including breaking gender stereotypes through the mass media by way of employing female influencers, collaborating with NGOs to promote literacy for gender equality, and implementing a consulting session to provide women with skills necessary to enter into the political field.

【Group F : Aging Society (Employment, Insurance, City)】We propose to establish community-based senior citizen organizations to improve their lives autonomously. Such organizations are to promote breaking senior citizen’s dependence on other generations, motivating the young, and exchanging knowledge on senior citizens in order to achieve economic stability. We promise to realize a society where the elderly are admired and cherished.