1. Program Overview
Under the “KAKEHASHI Project” of Japan’s Friendship Ties Program, 22 participants from the U.S. visited Japan from March 10 to March 17, 2019 to participate in the program aimed at promoting their understanding of Japan with regard to Japanese politics, economy, society, culture, history, and foreign policy. Through the lectures, observations and interactions with Japanese people etc., the participants enjoyed a wide range of opportunities to improve their understanding of Japan and shared their individual interests and experiences on social media. Based on their findings and learning in Japan, each group of participants made a presentation in the final session and reported on the action plans to be taken after returning to the U.S.

【Participating Countries and Numbers of Participants】
United States of America: 22 participants

【Prefectures Visited】
Tokyo, Hokkaido

2. Program Schedule
Mar.10(Sun)  Arrival
Mar.11(Mon)  【Lecture】 Mr. Jason P. Hyland, Representative Officer and President of MGM Resorts Japan, Former Charged Affaires of U.S. Embassy in Japan  
【Orientation】  
【Observation】 The National Diet Building  
Move to Hokkaido from Tokyo
Mar.12(Tue)  【Observation】 Hokkaido Museum  
【Culture Experience】 Hokoji Temple, Meditation & Calligraphy  
【Meeting with Host Family】
Mar.13(Wed)  【Home Stay】  
【Farewell Party with Host Family】
Mar.14(Thu)  【School Exchange】 Hokkaido University Public Policy School  
【Workshop】
Mar.15(Fri)  Move to Tokyo from Hokkaido
【Reporting Session】
Mar.16(Sat)  【Observation】 Edo-Tokyo Museum
           【Observation】 Tokyo Metropolitan Government
           【Observation】 Odaiba
Mar.17(Sun)  【Observation】 Asakusa
           Departure

3. Program Photos

<table>
<thead>
<tr>
<th>3/12 【Observation】 Hokkaido Museum</th>
<th>3/12 【Cultural Experience】 Hokoji Temple (Experience in Meditation &amp; Calligraphy)</th>
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<tbody>
<tr>
<td>3/12 【Homestay Meeting Ceremony】</td>
<td>3/13 【Homestay Farewell Party】</td>
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<tr>
<td>3/14 【School Exchange】 Hokkaido University</td>
<td>3/14 【School Exchange】 Hokkaido University</td>
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4. Voice from Participants (abstract)

◆ U.S.A. Adult
I enjoyed hearing the former Foreign Service officer. He informed us on how to better be immersed in Japanese culture and how we can pursue a career in foreign service, specifically in Japan. The National Diet building was one of my favorite experiences on this trip. I loved being able to compare it to our experiences as fellows on the Hill and how they both are similar and also different. The school exchange was awesome. I loved hearing from the students in school at Hokkaido University and finding common ground on policy ideas as well as learning from each other on best policy practices for specific issues. The home homestay was my favorite. When I travel, I love to be immersed in culture, so this experience was a dream come true. I loved my host family and their kindness. I learned from them and they were willing to learn from us.

◆ U.S.A. Student
This program was very interesting. I greatly enjoyed all of the components. The lecture was a great opportunity to hear from a former ambassador. I wanted to have a more in-depth discussion about diplomacy. The larger group did not seem to be policy-focused. However, I appreciated the opportunity. The school exchange was the most engaging policy discussion of the trip. Meeting the politicians and students gave me more insight into the culture and policy interest area. It was a very memorable experience. Lastly, the homestay was the most memorable part. I will forever cherish this experience. My host family presented a great look into their culture. I could not learn this from a book or on-line. It was perfect. I hope that this program will grow and increase to cater to our demographic. I hope that other Black, post-graduate people are afforded the opportunity.

◆ U.S.A. Adult
I was deeply impacted by learning about the Ainu people and their struggle to be respected in Northern Japan. I was previously unaware of the indigenous people and the contributions to Japanese culture. I was so moved by learning of their history and about their current struggles. Going to the hot spring with my host family was another eye-opening experience. I enjoyed meeting different people and slowing down to relax. Participating in meditation and calligraphy was one of my favorite experiences because it was enlightening to learn about the importance of meditation and how beneficial it could be for your health.

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

◆ Host family
We went to go see an elementary school. They held a “welcome party,” and we played some traditional Japanese games.
Host family (abstract)
All three of them only ate a little, but they happily ate what we made. After breakfast, it seemed like they could really relax both physically and mentally in the hot spring. Because that was their request, they made sure to show great manners in the hot spring, and gave the impression that they were used to it.

6. Dissemination by the participants

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<th>About National diet (Instagram)</th>
<th>About Hokkaido museum (Instagram)</th>
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<tr>
<td>Tokyo is a confident, clean &amp; quiet city. Modern infrastructure and centuries old traditions intermingle authentically. Thank you to the Japanese diet for making this an unforgettable trip.</td>
<td>Yesterday, we arrived to the Northern island of Hokkaido, Japan. Our first stop was the Hokkaido museum where we learned about the Ainu indigenous people. We drew many parallels in the experiences of the Ainu in Japan and those of the African Americans.</td>
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Action Plan

Program participants are using social media platforms including LinkedIn, Facebook, and Instagram to share stories.

All members of the delegation and communications staff at the Congressional Black Caucus Foundation will share the experiences by using social media, blogs, photos/images, Storytelling (digital and in-person), CBCF website. By strategic social media postings, published blog post, word of mouth, promoting hashtags, tagging key influencers, press release, print media, to millennials and Gen Xers, public service workers, congress members and employers, corporate and business leaders, college/university students, alumni, young professionals. It aims also to share cultural awareness, normalize Black/African Americans participating in international travel, and strengthen solidarity with people of different nationalities.