

JENESYS2018 ASEAN Inbound Program 18th Batch Program Report Sports Exchange (Judo • Karate), Country: Myanmar

1. Program Overview

14 youths, who are learning Judo or Karate, from Myanmar visited Japan from January 15 to January 22, 2019 under the scheme of “Japan Friendship Ties Programs: JENESYS2018” and participated in the program with the theme of “Sports Exchange (Judo • Karate).”

The delegation visited Tokyo and Fukuoka prefecture, attended a lecture to better understand Japan, visited Judo and Karate related facilities, and practiced Judo and Karate at a high school. They also gained deeper understandings of Japan and its people, and nurtured friendship through homestay and sports exchange. At the reporting session before leaving Japan, they announced their plans to spread information through social media about their experiences in Japan and what they found interesting during their stay. They also presented their action plans making use of their experiences in Japan, which are to be implemented on their return to their home countries.

【Participating Country and Numbers of Participants】 Myanmar 16

【Prefectures Visited】 Tokyo, Fukuoka

2. Program Schedule

Jan.15 (Tue)	Arrival in Japan, 【Orientation】 【Keynote Lecture】 Mr. Kimura Hideo SIMA Institute of International Business and Management
Jan.16 (Wed)	【Cultural Experience】 Sensoji temple 【Observation of Theme-related site】 Kodokan(Judo) ,Japan Karate Association(Karate)
.Jan.17 (Thu)	Move to Fukuoka from Tokyo 【Lecture on the Region】 Fukuoka City 【Cultural Observation】 Tochoji temple
Jan.18 (Fri)	【School Exchange】 Higashi Fukuoka High School(Karate club, Judo club) 【Cultural Experience】 Japanese Tea Ceremony 【Cultural Observation】 Dazaifu Tenmangu, 【Homestay】 Asakura city
Jan.19 (Sat)	【Homestay】
Jan.20 (Sun)	【Farewell Party with Local Residents and relevant Officials】 【Workshop】
Jan.21 (Mon)	Move to Tokyo from Fukuoka, 【Reporting Session】
Jan.22 (Tue)	Departure

3. Program Photos

	
<p>Jan.15 【Orientation】</p>	<p>Jan.15 【Keynote Lecture】</p>
	
<p>Jan.16 【Cultural Experience】 Sensoji temple, Asakusa</p>	<p>Jan.16 【Observation of Theme-related site】 Kodokan (Judo)</p>
	
<p>Jan.16 【Observation of Theme-related site】 Japan Karate Association(Karate)</p>	<p>Jan.17 【Lecture on the Region】 Fukuoka City</p>
	
<p>Jan.17 【Cultural Observation】 Tochoji temple</p>	<p>Jan.18 【School Exchange】 Higashi Fukuoka High School (Karate club, Judo club)</p>

	
Jan.18 【Cultural Experience】 Japanese Tea Ceremony	Jan. 18 to 19 【Homestay】
	
Jan.20 【Farewell Party with Local Residents and relevant Officials】	Jan.21 【Reporting Session】

4. Voice from Participants

◆ Student from Myanmar

There were a lot of things I noticed regarding the Japanese. Japanese people are punctual and cherish their time. Students are excellent and obey rules. Moreover, my homestay experience was very fun. My host family was very generous. They treated me as their child and also as a member of their family. When I requested a particular meal, they prepared it. They took me to a beautiful place in a local town. In addition, I felt that Japanese people are very neat, disciplined citizens since they do not leave rubbish in festivals, stores, and other people's houses. There was also no racial discrimination or prejudice. During the explanation held by the Fukuoka city hall, the administration was well-prepared, so I was able to know a lot about the overview of the region, and it was impressive that they answered questions politely in a comprehensible manner.

◆ Student from Myanmar

There are many things that I have noticed during my visit to Japan. Japanese people respect each other. Moreover, with respect to work, they are punctual, highly responsible, and diligent. The culture of the Japanese tea ceremony is very sophisticated and wonderful, and the tea was flavorful. Japanese people value consideration for the environment, which I felt was also wonderful. Furthermore, I felt that citizens are also very religious, despite Japan being a developed country in technologies. I felt that Japanese people, who live a life while having such culture, are citizens to be role models for me.

◆ Student from Myanmar

Learning Japanese history through a lecture by the professor Kimura, I felt Japan as a

really wonderful country since it recovered itself after World War II. I was glad that during our visit to Japan, we were able to meet not only Japanese people but also delegations from other countries participating in the JENESYS and to observe the Sensoji temple together. As a judo athlete, I am proud that I was able to observe the Kodokan Judo Institute. During the visit to the Japan Karate Association, I was able to learn a lot about the current situation of Japanese athletes. In Fukuoka City, I visited Dazaifu and stayed with a host family. A Japanese family welcomed me warmly, and I had a fun time cooking meals and enjoying meals with them. During the homestay, I also had an experience of carving by using a log. Visiting a local area in Japan has become a truly enjoyable memory. I have become very fond of Fukuoka City.

5. Voice from Japanese Locals

◆ Student (Higashi Fukuoka High School, Karate club)

Although I felt a little bit nervous during the joint practice, the youths from Myanmar are all cheerful, and we were able to have an enjoyable conversation despite each other's unfamiliar English and to proceed with practice smoothly. At the end of the practice, the youths from Myanmar performed one form of karate demonstration called "Empi." During the dinner party, I was able to ask, by using a translation function of a mobile phone, detailed information such as when they started doing karate, and we got along and took pictures together. Through karate, I was able to have a fulfilling, very good international interaction experience. Thank you so much.

◆ Student (Higashi Fukuoka High School, Judo club)

I was really looking forward to seeing what kind of language the youths from Myanmar speak and what form of judo they do. When I actually met them, we felt nervous at first and could not communicate well with each other. Nonetheless, through the joint practice and judo matches, we were gradually able to have communication, and I found that they are cheerful and friendly people. With regard to judo, they are excellent in both the technical aspect, such as how to use techniques and how to use their hands, and a physical aspect, such as the power to make one's opponent lose balance and core strength to withstand techniques, so I was able to have rewarding, fun matches. I learned through my own experience that there are people all over the world who like judo, which originated in Japan. As the 2020 Olympics will be held in Tokyo, I believe there will be more opportunities to interact with foreigners. In such a situation, I would like to make good use of the experience of international interactions this time for my own growth so that I can contribute to a global society in which Japan can establish good relations with other countries and put their hands together to support each other.

◆ Host Family

I was enthusiastic about using a translating application to communicate with them, but it did not often translate well, since my language has a dialect. Nevertheless, youths from Myanmar are very cheerful and treated my grandparents and our pet dog with affection,

so we had a fun time together, and two days have passed very quickly. Although my husband is quiet and I am hasty, I would feel glad if they could understand what a Japanese family is like. The form of karate they demonstrated in the farewell party was wonderful. I felt that it would be great if we could visit Myanmar.


◆ **Host Family**

On Saturday, we experienced cooking with another host family, and everyone felt excited and made eight kinds of dishes. Since we let them bathe in a hot spring where they can enjoy a view from a mountain, we believe they have fully enjoyed the homestay experience. We think we are the generation of their grandparents, but we hope Myanmar will develop more and more.

6. Dissemination by the Participants

	
<p>This program became a valuable experience for me. Through the sports exchange, we were able to introduce our culture in Myanmar to Japanese people.</p>	<p>In Asakura city, we stayed in Japanese family's house for 2 nights and 3 days. We learned Japanese mother's roles and house works at home.</p>

7. Action Plan Presented by Participants at the Reporting Session

	<ul style="list-style-type: none"> • We will share our experiences and discoveries in Japan with our friends and peers while disseminating them through SNS and so on. • We will contribute more detailed articles regarding our experiences in Japan to university magazines and so on. • Since we expect that our friends and peers who read our disseminated information regarding Japan will talk about it even with their families and friends, it is expected that many more people will share an understanding of Japan, and friendship between Japan and Myanmar through sports.
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