

JENESYS2018 ASEAN Inbound Program 3rd Batch Program Report Sports Exchange (Swimming), Country: Cambodia

1. Program Overview

20 youths from Cambodia visited Japan from September 25th to October 2nd 2018 under the scheme of “Japan's Friendship Ties Program JENESYS2018” and participated in the program with the theme of “Sports Exchange (Swimming)”.

The group visited Tokyo and Tokushima prefecture, attended a lecture to better understand Japan, visited swimming related facilities, and practiced swimming at educational institutions with Japanese youth. They also gained deeper understandings of Japan and its people, and nurtured friendship through homestay and exchange meetings with local people. 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 Countries and Numbers of Participants】 Cambodia 20

【Prefectures Visited】 Tokyo, Tokushima

2. Program Schedule

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| Sept.25th (Tue) | Arrival in Japan, 【Orientation】 |
| Sept.26th (Wed) | 【Observation of Theme-related Facility】 Tokyo Tatsumi International Swimming Center 【Sports Exchange】 Swimming with Tokai University Swimming Club |
| Sept.27th (Thu) | Move to Tokushima from Tokyo 【Courtesy Call】 Tokushima Prefectural Government Office 【Sports exchange】 Swimming with Tokushima Prefectural Swimming Team |
| Sept.28th (Fri) | 【Lecture on Theme related Field】 Mr. Yoshihiro Takebayashi, General incorporated association Tokushima Swimming Federation, Okada Planning (OKSS) 【School Exchange】 Tokushima prefectural Tokushima Commercial High School 【Homestay】 Tokushima city |
| Sept.29th (Sat) | 【Homestay】 , 【Farewell Party with local residents and representatives】 |
| Sept.30th (Sun)* | 【Workshop】 |







Oct.1st (Mon) * 【Observation】 Hyotan-jima cruise, Tokushima City

Return to Tokyo

Oct.2nd (Tue) Departure

* Due to the typhoon, schedule was changed.

3. Program Photos

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| <p>Sept.25th 【Orientation】</p> | <p>Sept.26th 【Observation of Theme-related Facility】 Tokyo Tatsumi International Swimming Center</p> |
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| <p>Sept.26th 【Sports Exchange】 Swimming with Tokai University Swimming Club</p> | |
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| <p>Sept.27th 【Courtesy Call】 Tokushima Prefectural Government Office</p> | <p>Sept.27th 【Sports Exchange】 Swimming with Tokushima Prefectural Swimming Team</p> |

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| <p>Sept.28th 【Lecture on Theme related Field】 General incorporated association Tokushima Swimming Federation, Okada Planning (OKSS) Mr. Yoshihiro Takebayashi</p> | |
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| <p>Sept.28th 【School Exchange】 Tokushima prefectural Tokushima Commercial High School</p> | <p>Sept.29th 【Farewell Party with local residents and representatives】</p> |
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| <p>Sept.30th 【Workshop】</p> | |

4. Voice from Participants

◆ Cambodian student

This visit has engraved many things deep in my memory, including the courtesies of the Japanese, their use of language, lifestyle, culture, customs, and great food. During our stay in Japan, each swimmer stayed at the home of the respective host family and spent quality time with them. Of course my host family was different from my parents at home, but they welcomed me warmly with constant smiles and treated me like their own child. Although it was only a short stay for one night, it has become an unforgettable memory for me. Although I have to say goodbye to my host family as I'm leaving Japan, I will always remember the great time we had together, and would like to come back here to see them again.

◆ **Cambodian student**

I was thrilled to have an opportunity to spend time in Japan. I also gained deeper understanding of Japan through the interaction with Japanese students and the homestay program. At my host family's home, I learned to take off my shoes before going inside, and to sit down and eat in an appropriate manner. Although only a short stay, it was full of fun, and has become an unforgettable memory for me. I would like to try to come back to Japan as an exchange students.

5. Voice from Japanese Locals

◆ **Host Family**

We really enjoyed hosting the friendly and polite young men. While it was only a short stay for one night this time due to the typhoon, we had a meaningful time together, playing card games at night and talking about wide ranging subjects with the help of a tablet translator. I sincerely hope that they will come back to participate in the Tokyo Olympics.





◆ **Japanese student**

When I met the visitors on their arrival, I was nervous, as I had never met anyone from abroad before. After that, we had lunch together with the players, but at first I was too nervous to speak to them. As I can't speak English very well, I really didn't know what to do. But they tried to talk to me in English with gestures or made an effort to look up Japanese words in "Japanese Conversation Book" so that they could talk to me. I was touched by their kindness. There was a player who loved Naruto Kintoki (sweet potatoes); when I gave him some of them, he gave me some bread in return, which made me feel very happy.

◆ **Japanese student**

It was the first time I cooked "cha toro ap" and "mee cha," which are traditional Cambodian cuisines. When I served them to the people from Cambodian Swimming Federation, they said "Oishi!" in Japanese, which made the Cambodian players smile, and made me feel really happy too. I will be remembering this as something to encourage myself while I continue working further on Cambodia-related activities. I would like to make maximum effort to do what I can do and pass this on to the next generation as well.

6. Dissemination by the participants

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| <p>  Neang Sorithya is with Daven Yen and 11 others at Tokyo Tatsumi International Swimming Center. Sep 25 at 9:29pm · Koto-ku, Tokyo, Japan · 🌐 </p> <p> សហព័ន្ធ ខ្មែរកីឡាហែលទឹក ថ្ងៃទី២៥ ខែកញ្ញា ឆ្នាំ២០១៨ </p> <p> ទស្សនកិច្ចមជ្ឈមណ្ឌលហែលទឹក Tokyo Tatsumi International Swimming Center សម្រាប់ត្រៀមទទួលកីឡា Tokyo 2020 Summer Olympics។ </p> <p> #JENESYS2018 #JICE #JAPAN #CAMBODIA </p>  <p> Like Comment Share </p> | <p>  Phum Davit Phum Davit is with Daven Yen and 13 others. Sep 29 at 11:09pm · 🇰🇲 </p> <p> ខ្ញុំពិតជាមានអារម្មណ៍សប្បាយរីករាយខ្លាំងណាស់ដែលបានមក Japan ហើយនៅទីនេះពិតជាស្អាតណាស់ ហើយប្រជាជនគេពិតជាមានចិត្តល្អណាស់ ជាពិសេសគឺនៅ TOKUSHIMA ពួកគេពិតជាចិត្តល្អណាស់ ហើយទទួលបានការយល់ដឹងដោយក្លឹកកាតាកាខ្ញុំពិតជាអរគុណខ្លាំងណាស់ 🇰🇲🇯🇵🇰🇲🇯🇵🇰🇲🇯🇵🇰🇲🇯🇵 </p> <p> #Jenesys2018 🇰🇲🇯🇵 #Jice 🇰🇲🇯🇵 #Japan 🇰🇲🇯🇵 #Cambodia I Love you So much 🇰🇲🇯🇵 </p>  <p> +10 </p> |
| <p> We visited Tokyo Tatsumi International Swimming Center. The preparation of the venue for the swimming competition at the 2020 Summer Olympics site is progressing steadily. </p> | <p> We visited Tokushima Commercial High School. I feel very lucky to come to Japan. In Tokushima, I was so grateful for how they welcomed us warmly; their hospitality was touching. </p> |

7. Action Plan Presented by Participants at the Reporting Session

III. ផែនការអភិវឌ្ឍន៍កម្មវិធីប្រចាំឆ្នាំ ២០២៤ ក្រោយពេលត្រលប់មកវិញ

- ក្រោយត្រលប់មកវិញ យើងមានគំនិតមួយដែលមានឈ្មោះថា **អនុស្សាវរីយ៍ទឹកដីជប៉ុន**។ ចង់រំលឹក ដែលកន្លែងការងារនេះ និងចំណាប់អារម្មណ៍ថ្មីរបស់យើងពីប្រទេសជប៉ុនក្នុងអំឡុងពេលស្នាក់នៅ។
 - តាមរយៈគំនិតនេះយើងមានបំណងចែករំលែកដល់សិស្សប្រុសនាពេលទី១ដែលយើងបានឃើញ យល់ដឹងពីប្រទេស ជប៉ុន ដូចជាអត្ថបទនៃវប្បធម៌ជប៉ុន ការគោរពច្បាប់ចរាចរណ៍ បច្ចេកទេសដែលបានប្រើកម្លាំង និងវប្បធម៌នៃការ លើកលែង ការគិតពីកាតព្វកិច្ចនៃការជួយ និងចំណុចចូលរួមជាងជប៉ុន-ខ្មែរ ផ្សេងៗដល់បងប្អូន មិត្តភក្តិ និងប្រជាជនខ្មែរជំរុំទៀតផងដែរ។
 - គំនិតនេះនិងចាប់ផ្តើមមួយទៅពេលត្រលប់ដល់កម្ពុជា
 - ការផ្សព្វផ្សាយនេះនិងផ្តើមតាមរយៈសហគមន៍ខ្មែរក្នុង ហ្វេសប៊ី
 - ដោយមកដែលបានចូលរួមក្នុងកម្មវិធី JENESYS 2018 ទាំងអស់
 - ការផ្សព្វផ្សាយនេះ និងធ្វើចំពោះសិស្សប្រុស និងប្រជាជនកម្ពុជាតាមបណ្តាញសង្គមផងដែរ
 - ជីវិតប្រកបដោយការរស់នៅស្វែងរក ដែលមានទីដែលយើងឃើញព្រៃ ប្រាប់ទៅគ្រួសារពីរបៀបរស់នៅរបស់គ្រួសារ ជប៉ុនប្រាប់ទៅមិត្តភក្តិ ពីប្រទេស ការគោរពទូទៅវិញទៅមក។

* Above is a summary of reports from the workshop instead of ones from the reporting session, as it was canceled due to the typhoon.