

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

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



Analysis and Analy

Sept.25th [Orientation]

Sept.26th [Observation of Themerelated Facility] Tokyo Tatsumi International Swimming Center





Sept.26th [Sports Exchange] Swimming with Tokai University Swimming Club



Sept.27th 【Courtesy Call】

Tokushima Prefectural Government Office



Sept.27th 【Sports Exchange】 Swimming with Tokushima Prefectural Swimming Team





Sept.28th 【Lecture on Theme related Field】 General incorporated association Tokushima Swimming Federation, Okada Planning (OKSS)

Mr. Yoshihiro Takebayashi



Sept.28th [School Exchange]
Tokushima prefectural Tokushima
Commercial High School



Sept.29th [Farewell Party with local residents and representatives]





Sept.30th [Workshop]

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

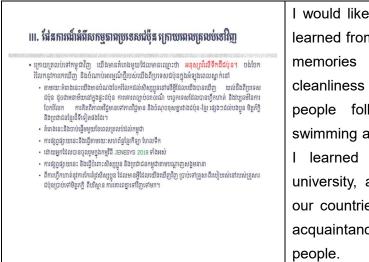


We visited Tokyo Tatsumi International Swimming Center. The preparation of the venue for the swimming competition at the 2020 Summer Olympics site is progressing steadily.



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.

7. Action Plan Presented by Participants at the Reporting Session



I would like to make the most of what I learned from my stay here and share my memories of Japan, such as the cleanliness of the homes, how Japanese people follow the traffic rules, the swimming and exercising techniques that I learned from the joint training at university, and the differences between our countries, with my juniors, relatives, acquaintances, and other Cambodian people.

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