1. Program Overview
Under the “KAKEHASHI Project” of Japan’s Friendship Ties Program, 8 participants from Canada visited Japan from November 26 to December 3, 2018 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 lectures by ministries, visiting historical sites and meeting with various institutions, the participants enjoyed a wide range of opportunities to improve their understanding of Japan and shared their individual interests and experiences on social media.

[Participating Countries and Numbers of Participants]
Canada: 8 participants

[Prefectures Visited]
Tokyo, Hokkaido

2. Program Schedule
November 26 (Mon)  Arrival
November 27 (Tue)  【Orientation】
【Lecture】 Ministry of Foreign Affairs
【Observation】 Ginza
【Cultural Experience】 Ozu Washi (History Museum, Handmade Washi Experience)
November 28 (Wed)  Move to Hokkaido from Tokyo
【Cultural Experience】 Hoko-ji Temple, Zen / Calligraphy Experience
November 29 (Thu)  【Cultural Experience】 Hokkaido Museum
【Observation】 Hokkaido Care Robots Meeting
November 30 (Fri)  【Observation】 Nikka Whiskey Yoichi, Hokkaido Distillery
December 01 (Sat)  Move to Tokyo from Hokkaido
【Observation】 Odaiba / Meiji Jingu Shrine / Harajuku
December 02 (Mon)  【Observation】 Tsukiji Market(Jogai) / Edo-Tokyo Museum/ Sensoji Temple / Akihabara
December 03 (Tue)  Departure
3. Program Photos

| 11/27 【Cultural Experience】 Ozu Washi (History Museum, Handmade Washi Experience) |
| 11/28 【Cultural Experience】 Hoko-ji Temple (Zen / Calligraphy Experience) |
| 11/29 【Cultural Experience】 Hokkaido Museum |
| 11/29 【Observation】 Hokkaido Care Robots Meeting |
| 11/30 【Observation】 Nikka Whiskey Yoichi, Hokkaido Distillery |
| 12/2 【Observation】 Tsukiji Market(Jogai) |

4. Voice from Participants (abstract)

◆ I enjoyed meeting the government officials, especially the municipal leaders and learning about how their traditional economy works. I have learned that Japan is a place full of
opportunity and friendship. During the remainder of my working career I will remember this and encourage increased cooperation and economic ties.

◆ I found the cultural and religious programming to be the most impactful to me because those aspects are impossible to experience remotely. You must be right in these places and with these people. I think having more time at these locations would have been great.

5. Dissemination by the participants

Seeking enlightenment with zen meditation. I can basically write fluently in Japanese now.