

JENESYS2019 ASEAN Inbound Program 2nd Batch Program Report Sports Exchange (Rugby) Country: 10 ASEAN countries and Timor-Leste

1. Program Overview

164 participants including youth interested in rugby and rugby association officers from 10 ASEAN countries (Brunei, Cambodia, Indonesia, Laos, Malaysia, Myanmar, Philippines, Singapore, Thailand, Vietnam) and East Timor visited Japan from September 13 to 21, 2019 as part of the “JENESYS 2019” exchange program (Exchange program for promoting understanding of Japan).

The group visited Shizuoka Prefecture and, with the cooperation of the Japan Rugby Football Association, conducted joint rugby practice with Japanese players, played exchange games and also held exchange meetings. It was a great opportunity for international communication.

Also, through school exchanges with high school students and university students in Shizuoka Prefecture, the group created and nurtured friendships and deepened their understanding of Japan.

On September 19, they paid a courtesy visit to the Ministry of Foreign Affairs, and on September 20, they saw the opening game of the Rugby World Cup 2019. Participants shared their discoveries and experiences in Japan through SNS during their stay in Japan and after returning to their countries.

At a reporting session before leaving Japan, the group presented action plans (activity plans after returning home) for sharing their experiences gained in Japan with their families, schools and communities.

【Participating Countries and Numbers of Participants】

164 people in total (Brunei14, Cambodia15, Indonesia15, Laos15, Malaysia15, Myanmar15, Philippines15, Singapore15, Thailand15, Timor-Leste15, Viet Nam15 ※ ABC order)

【Prefectures Visited】

Tokyo / Shizuoka-prefecture

2. Program Schedule

September 12th (Thu) or 13th (Fri)

【Arrival】 Arriving Japan at Narita/Haneda airport

September 13th (Fri)

【Orientation】

September 14th (Sat)

【Lecture on the theme】 Lecture on international exchange through Rugby

【Sport Exchange】 Explaining rules of Tag Rugby, Joint training (Mixed Team)

September 15th (Sun)

【Sports Exchange】 Joint Training (Mixed Team)

September 16th (Mon)

【Cultural Exchange】 Taiko(Japanese drums) exchange, with Hiryu Highschool

【Sports Exchange】 Friendly Match (Mixed Team)

【Exchange meeting】 Shizuoka Prefectural Government Office/ Shizuoka Rugby Football Association/Japan Rugby Football association/Tokai University Shizuoka Shoyo High school /Numazu Technical High school

September 17th (Tue)

【Courtesy Call】 Shizuoka prefectural Local government office

【Lecture on the theme】 Lecture by Shizuoka prefectural Local government office

【Visit related to the theme : Understanding International Goals (SDGs)】 Mt. Fuji Eco Park

September 18th (Wed)

【School Exchange】 University of Shizuoka

【School Exchange】 Fujieda Junshin High School (Thailand、 Viet Nam、 Laos) / Shizuoka prefectural Numazu Technical High school (Malaysia、 Singapore) / Shizuoka Salesio Senior High School (Philippines、 Indonesia、 Timor-Leste) / Shizuoka Seiko Gakuin High School (Brunei、 Cambodia、 Myanmar)

September 19th (Thu)

【Workshop】

【Courtesy Call to Ministry of Foreign Affairs】

【Lecture on the theme】 Lecture on the relationship between Japan and ASEAN by Ministry of Foreign Affairs

September 20th (Fri)

【Reporting Session】

【Watching the Rugby World Cup 2019 opening game】

September 21st (Sat)

【Departure】 Departing from Narita/Haneda airport

3. Program Photos

	
<p>September 13th 【Orientation】</p>	<p>September 14th 【Lecture on the theme】 Lecture on international exchange through Rugby</p>
	
<p>September 14th~16th 【Sports Exchange】</p>	<p>Joint Training ・ Friendly Match</p>
	
<p>September 16th 【Cultural Exchange】 Taiko(Japanese drums) exchange, with Hiryu Highschool</p>	<p>September 16th 【Exchange meeting】</p>



September 17th 【Courtesy Call】
Shizuoka prefectural Local government office、【Lecture on the theme】 Lecture by Shizuoka prefectural Local government office



September 17th 【Visit related to the theme : Understanding International Goals (SDG s)】 Mt. Fuji Eco Park



September 18th 【School Exchange】
University of Shizuoka



September 18th 【School Exchange】
Fujieda Junshin High School



September 18th 【School Exchange】
Shizuoka prefectural Numazu Technical High school



September 18th 【School Exchange】
Shizuoka Salesio Senior High School



September 18th 【School Exchange】
Shizuoka Seiko Gakuin High School



September 19th 【Workshop】



September 19th 【Lecture on the theme】
Lecture on the relationship between
Japan and ASEAN by Ministry of Foreign
Affairs



September 19th 【Courtesy Call】 Ministry
of Foreign Affairs
Mr. NAKATANI Shinichi, Parliamentary
Vice-Ministers for Ministry of Foreign
Affairs



September 20th 【Reporting Session】



September 20th 【Watching the Rugby
World Cup 2019 opening game】

4. Voice from Participants

◆ Indonesia

Visiting Japan through the 2019 JENESYS program gave me the opportunity to explore a wide range of differences in culture and thinking in Japanese society. By participating in this program, I was able to naturally learn the importance of maintaining discipline and responsibility. At the same time, I realized that it was very important to cooperate with each other. I would like to strive to maintain a sense of solidarity between ASEAN countries.

◆ Malaysia

This program taught me the importance of keeping time and keeping the environment clean. It also taught me to have respect for others and made me want to build a united society. In addition, I think that ecological initiatives in Japan should be practiced in Malaysia. This kind of exchange between technology and culture should be strengthened in the future. Also, the Japanese community in Shizuoka is very nice, and I hope this program will be recognized and continued by people all over the world.

◆ Viet Nam

Japanese people are efficient, advanced and polite. I have been impressed by the Japanese who have always been friendly and maintained and developed their traditional cultural values. Not only that, growth in various fields is remarkable and without a doubt sustainable. I think it is certain that the Japanese will continue to develop if there is spirit for innovation and sufficient consideration for the environment.

In addition, Japan has not only wonderful culture, but it is also a country with a special sightseeing spot called Mt. Fuji. The scenery of the places I visited was so beautiful and I was amazed by the hygienic and clean environment. I didn't see any trash on the road or at school.

◆ Cambodia

I was able to see the beautiful Mount Fuji. Furthermore, my understanding of Japanese culture and history has deepened.

The highlight of this visit is the development of friendships with people from other countries through tag rugby. It was a great benefit to interact with other countries through Tag Rugby and to understand the traditions of those countries. I am looking forward to providing the opportunity for Cambodians to share the lessons learned from this program, especially from Tag Rugby, after returning home.

◆ Thailand

I am very happy that I was able to experience many things through this program. Communicating with foreign friends in a common language, interacting across language

barriers, etc. gave me a good experience that made me feel happy.

It was an unforgettable experience to share different cultures with ASEAN friends, to know about Tag Rugby, and to have a great opportunity to see the opening ceremony of the Rugby World Cup.

◆ Timor-Leste

After returning from Japan, I would like to share more information about Tag Rugby with young people in East Timor. And as a new ASEAN country, I will tell people around me about Japanese culture and economic growth so that the information can be helpful to our country.

◆ Myanmar

I realized the importance of building a better relationship between countries. Myanmar and Japan are Buddhist countries, and in common, I felt that the personality of both people was gentle, natural, polite and honest. The difference is that in Japan, everyone has the right to enjoy sports, but Myanmar does not promote sports culture so much and sports are not so recommended. After returning from Japan, I would like to tell our people to provide wonderful facilities and opportunities for sports.

◆ Laos

Thank you for the JENESYS 2019, Youth Sports Exchange (Rugby) project. Although this was my first visit to Japan, I am very grateful for Japan's friendship with ASEAN countries. After returning home, I would like to share the wonderful experience with my friends. I can certainly say that it was the best time in my life and that I will never forget it. In particular, the kindness of students, good behavior and beautiful school buildings were impressive during the school exchange. I've benefited greatly from this project.

◆ Singapore

I think this program is very helpful in understanding foreign cultures. It was very useful for learning how to take actions in large groups and the importance of teamwork among participants. It was a once-in-a-lifetime opportunity, and through participation in a project with people from different countries, I was able to realize true cross-cultural exchange. I am really grateful for the opportunity to participate in this program.

◆ Philippines

Through what I saw in the schools in Japan, I learned that providing good learning opportunities for young people through sports can have a positive impact on education in the Philippines as well. People can learn to enjoy rugby, build friendships and respect each other. In addition, I was surprised at the difference in the technological progress in Japan compared to the Philippines. Also, through the performance of traditional

Japanese culture, I was able to feel the spirit of Japanese hospitality.

◆ Brunei

I experienced tag rugby and wanted to learn more about rugby. In addition, I would like to explore Japanese traditional music more deeply because I watched Japanese drum performances by Japanese young people. I would like to learn more about Mt. Fuji Eco Park and utilize my experience to eco activities in my country.

5. Impressions of the Host





◆ University of Shizuoka



At the meeting to report the results, the students talked about the sense of their accomplishment, saying “I really enjoyed exchanging opinions with high school students from overseas.” “The reaction to the play was very good and I was able to act comfortably.” “I was happy that the participants were well prepared for the word-of-mouth tradition” “I didn't have much time during group work, but I could talk a lot at lunch time and the distance was shortened.” It was a very valuable opportunity for students. I hope that this program will deepen ties with Japan.

◆ Japan Rugby Football UNION

I was deeply impressed by Japan's ability to interact with ASEAN and East Timor beyond language barriers through sports. Information transmission via SNS from more than 160 participants was effective. It is important to maintain mutual exchange and interest of other countries to Japan, as well as exchanges with friends we met through this program.

6. Dissemination by the participants

 <p>9月25日 I'm so glad that we're friend , I know our friendship will never end ❤️❤️ I'm really happy this Program 🌟 9days is a special 🍀 I hope we meet again 🌟 #Miss #JENESYS2019 🍀 翻訳を見る</p>	 <p>9月16日 Today we participated in the tokinosumika sports place to see students from Hiryu High School Japanese show their drums for us. Thank you Hiryu High School for learning us how to play drums and we really enjoyed it. #JAK0913 翻訳を見る</p>
<p>【Singaporean youth】 I'm so glad that we're friend , I know our friendship will never end. I'm really happy this Program. 9days is a special. I hope we meet again.</p>	<p>【Timor-Leste youth】 Today we participated in the tokinosumika sports place to see students from Hiryu High School Japanese show their drums for us. Thank you Hiryu High School for learning us how to play drums and we really enjoyed it.</p>
 <p>9月17日 Fuji Eco Park ដែលជាគម្រោងដែលយើងបានស្រាវជ្រាវយល់ពីរបៀបប្រើប្រាស់បច្ចេកវិទ្យា និងគំនិតច្នៃប្រឌិតរបស់ប្រជាជនជប៉ុននៅតំបន់ស្ទឹងស្រីសោយដើម្បីកាត់បន្ថយការបំពុលបរិស្ថាន និងការគ្រប់គ្រងសំណល់កាកសំណល់។ Day 5 (17th September 2019) - In the afternoon, we had a visit to the Mt. Fuji Eco Park, where we learned about how Shizouka and other regions in Japan divide, control, and recycle their trash. Their facilities are filled with advanced technologies and powerful human resources to reduce their trash and help in keeping their environment extra clean. #CAMBODIA #JAPAN #ASEAN #JENESYS #TAGRUGBY #JAB0913 翻訳を見る</p>	 <p>11月20日 21:58 ថ្ងៃទី៨ (២០ កញ្ញា ២០១៩) - ខ្ញុំបានចូលរួមទៅមើលការប្រកួតប្រជែងដំបូងរវាងកម្ពុជា និងជប៉ុននៅក្នុងការប្រកួតប្រជែងដំបូងរបស់កម្ពុជា។ ខ្ញុំបានឃើញការប្រកួតប្រជែងដំបូងរបស់កម្ពុជា និងជប៉ុននៅក្នុងការប្រកួតប្រជែងដំបូងរបស់កម្ពុជា។ ខ្ញុំបានឃើញការប្រកួតប្រជែងដំបូងរបស់កម្ពុជា និងជប៉ុននៅក្នុងការប្រកួតប្រជែងដំបូងរបស់កម្ពុជា។ Day 8 (20th September 2019... もっと見る 翻訳を見る</p>
<p>【Cambodian youth】 Day 5 (17th September 2019) - In the afternoon, we had a visit to the Mt. Fuji Eco Park, where we learned about how Shizouka and other regions in Japan divide, control, and recycle their trash. Their facilities are filled</p>	<p>【Cambodian youth】 Day 8 (20th September 2019) - To end trip memorably, we had the chance to watch the opening segment of the Rugby World Cup 2019 which was held at Ajinomoto Stadium, Tokyo. Every part of the opening game</p>

<p>with advanced technologies and powerful human resources to reduce their trash and help in keeping their environment extra clean.</p>	<p>took our breaths away and the rugby game always kept us at the edge of our seats to cheer for both teams. This was definitely one of the best experiences throughout the whole trip in Japan that we can never forget.</p>
	
<p>【Indonesian youth】 Today's activities ended with a visit to the Ministry of Foreign Affairs and dinner on the higher floors. It was a lot of fun.</p>	<p>【Malaysian youth】 The Japanese education system is the best. Congratulations on the 80th anniversary of Shizuoka Numazu Technical High School.</p>

7. Action Plan Presented by Participants at the Reporting Session

◆ Indonesia

- ① Compile the JENESYS 2019 activity report.
- ② Create an Indonesian language version of a tutorial video on tag rugby.
- ③ After implementation, upload information on JENESYS to SNS to provide information to related organizations and make future recommendations.



◆ **Malaysia**

Implementation period: Until November 2019

Method: Send via SNS. Create a report, and present the following at school classes and club activities.

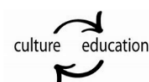
- ① Japanese time management method
- ② Japan's cleanliness and eco-friendliness
- ③ Japanese spirituality

◆ **Viet Nam**

- ① Share information about tag rugby on SNS and official websites for school staff, teachers, and students. In addition, tag class rugby will be introduced in various sports events using class hours.
- ② Frequently post test information, photos, and videos on blogs and social media for families, schools, and close friends about the classification, disposal, and recycling of waste in Japanese garbage facilities. Hold workshops and start environmental campaigns during eco club activities.
- ③ Post about art activities, photos and videos at Japanese high schools on personal pages for families and schools, as well post them on the official school website. Establish an art club and promote Japanese culture in cooperation with local Japanese language centers.

GIÁO DỤC – VĂN HÓA

Giáo dục:
 - Đăng tải hình ảnh, video đầu được, sau chuyển đi lần nữa; sẽ học cả nhân hoặc qua trang web chính thức của trường (01/10/2019 - ...)
 - Thành lập và triển khai các câu lạc bộ về nghệ thuật.
 Văn hóa:
 - Mời cả nhân tự ý thực về việc giữ gìn vẻ sinh, tác phong làm việc.
 - Phối hợp thực hiện cùng với các trung tâm Nhật ngữ tại địa phương để truyền truyền về văn hóa Nhật Bản.



◆ **Cambodia**

- ① Asking for cooperation from schools and organizations
 - Introduce tag rugby to raise student interest and teach the importance of sports.
 - Search for assistance from domestic and foreign organizations with the cooperation of Cambodian Education, Sports, Youth Ministry.
- ② Sharing information on various activities • PR activities
 - In addition to using SNS to publicize, use social event venues to promote the activities.
 - Share information about the JENESYS program with juniors, and to be active in giving advice.
 - In addition to using SNS to publicize, use social event venues to pass the information to the public.
- ③ Introducing the environment and lifestyle
 - Initiate trash separation, reduction, and reuse.
 - Tell your family, school and community.



◆ Thailand

- ① Sending out information on Japanese culture
 - Give presentations about Japan in one's own class at school.
 - Send out information via social media such as Facebook, Instagram and Twitter.
- ② Sending out information on how to play tag rugby
 - Create instructional video materials on how to play tag rugby safely and correctly.
- ③ Sending out information on appropriate garbage separation methods.
 - Install new trash cans at schools that do not have trash cans, and stick a trash separation display on the trash can in the school, including schools that already have trash cans installed.



◆ Timor-Leste

- ① Hold activities to teach tag rugby and its value to schools and the people around them, and to gather talented athletes and conduct training for them.
- ② Disseminate the concept of garbage learned from Mt. Fuji Eco Park. Inform people that PET bottles are recycled and become clothes, and encourage them not to throw away trash. Reduce the use of plastic bottles.



◆ Myanmar

- ① On returning to Myanmar, have a discussion about this experience.
- ② Introduce tag rugby and play it together.
- ③ Launch Facebook page to introduce our activities.
- ④ Explain the differences between our country and Japan by conveying experiences in Japan.

Target: Students from the same school or university, friends, family, and neighbors

◆ Laos

Spread the learnings from Tag Rugby in Laos.

Implementation date: From November 1, 2019

Method: Use Facebook or YouTube of Laos Rugby Association.

Target: Local schools and children, and eventually to the whole country.



◆ **Singapore**

To hold a tag rugby class to create interaction between people. To deepen friendship through sports. Lectures about spirit and the concept of sports competitions, not just running and organizing the event.

Target : Approximately 7,000 students. The goal is to gather 16 teams to participate.

Ingenuity: Using a short quiz one month before the tournament, we will promote the tournament and Japan within the campus. There are about 7,000 students who can communicate what they have learned through quizzes and raise awareness about Japan.

◆ **Philippines Group A**

① Organize a project for students at the Supreme Student Council and the Philippine Boy Scout and take up Japan in the project. Hold seminars and workshops to share what you have learned and experienced at JENESYS with your classmates, friends and family. Tell everyone how to use the experience in Japan to become a better Filipino citizen.

② Conduct a project to turn trash into money. Make a plan to solve the problem of solid waste in the Philippines. Conduct seminars and conventions through the Ministry of Education.

③ Talk about the experiences with everyone in the Philippines and hold a study session. Stimulate curiosity for Japan. Get the people interested in modernization and important values and form a partnership between Japan and the Philippines in technology and culture.

◆ **Philippines Group B**

① Make a SMART (S-pecific, M-easurable, A-ttainable, R-elevant, T-ime bound) plan. Create a group centered on rugby, train and introduce it to relevant places, and discover potential talent.

② Strengthen the relationship with the Rugby Association. Get support to continue the rugby program.

③ Promote of rugby to children in the Philippines. Teach rugby basics on advice from teachers and student coaches. Discuss and outline a training menu. Standardize the menu. Create a model school for rugby. Promote activities in all schools and regions.

◆ **Brunei**

① Show a video of Japanese cultural experience (traditional Japanese drum) and tell about it to family and friends.

② First, report to the principal, and conduct it with the consent of the principal. We would like to communicate this experience using FB and Instagram and consider holding a sports workshop.

Target : Share with family and locals.