

JENESYS2020 Japan-ASEAN, Timor-Leste Online Exchange (Sports: Rugby) Report

1. Program Overview

【Objective】 The program was conducted to provide lectures on Japan's contribution to the world of rugby in Asia (Asian Scrum Project), and provide exchanges through sports for youth involved in sports and sports education in ASEAN countries and Timor-Leste, with the aim of promoting of friendship between participating countries, and to preserve the legacy of the first Rugby World Cup in Asia.

【Participants】 Total: 335 undergraduate students interested in rugby as well as undergraduate students and young physical education teachers studying sports education from 9 ASEAN countries.
*9 ASEAN countries: Brunei, Cambodia, Indonesia, Lao PDR, Malaysia, the Philippines, Singapore, Thailand, Viet Nam

【Location】 Tokyo, Ibaraki Pref., Chiba Pref., Fukuoka Pref.

【Program Schedule】

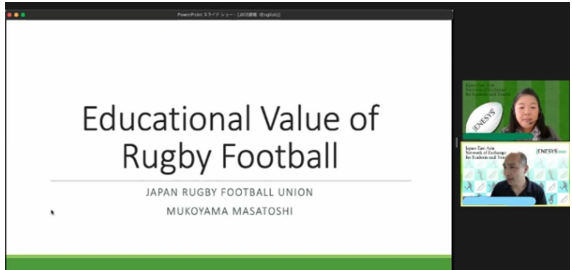


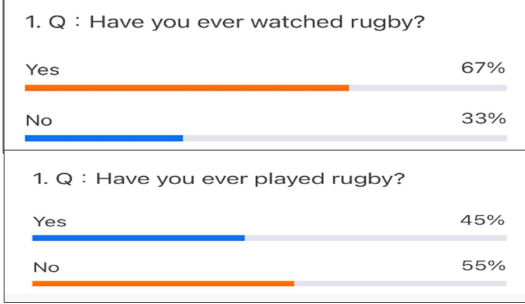
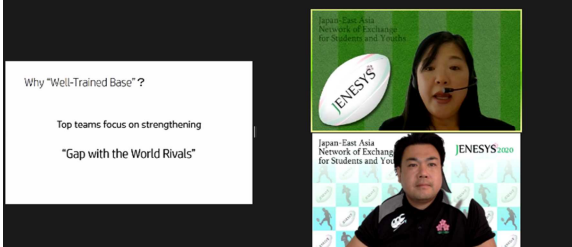
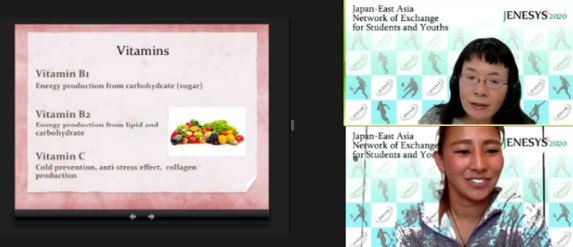
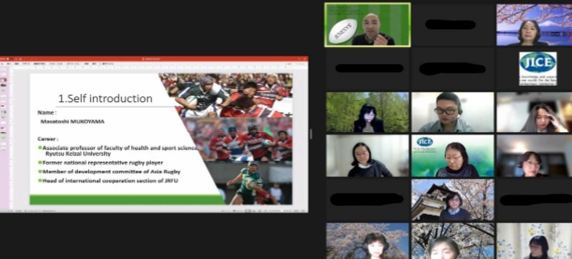
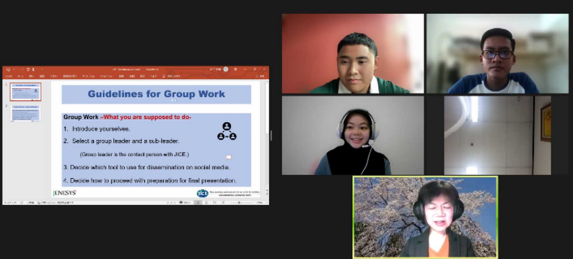
Date Location	Program contents	Participants' questions and reactions
269 participants for the following 2 days		
May 25, 2021 Tokyo	【Webinar, Q&A session】 1. “Educational Value of Rugby Football” Lecturer: Mr. MUKOYAMA Masatoshi, Rugby Development department, Head of International Cooperation Section, Japan Rugby Football Union 2. “Coaching Women Rugby Players - Individuality and Consistency -” Lecturer: Mr. MIYAZAKI Yoshiyuki, Women's National Team Performance Director	There were many questions, such as how formal/casual coaches and players should be, and how to effectively convey the educational value of sports, especially rugby, to children.
May 28, 2021 Tokyo	【Webinar, Q&A session】 1. “Making Well-Trained Base, Foundational Strength” Lecturer: Mr. IKEZAKI Daisuke,	There were many questions, such as if there are ways for Japanese players to compensate for their smaller physiques in comparison to Western players, what rugby

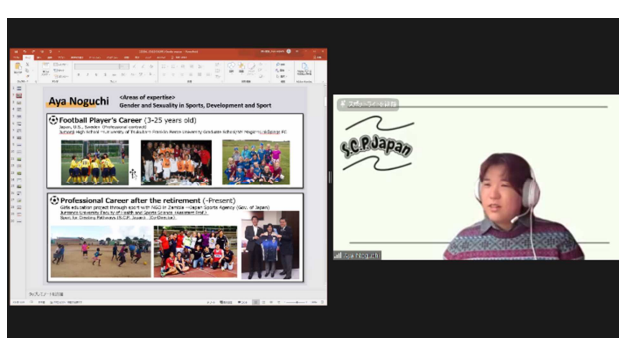
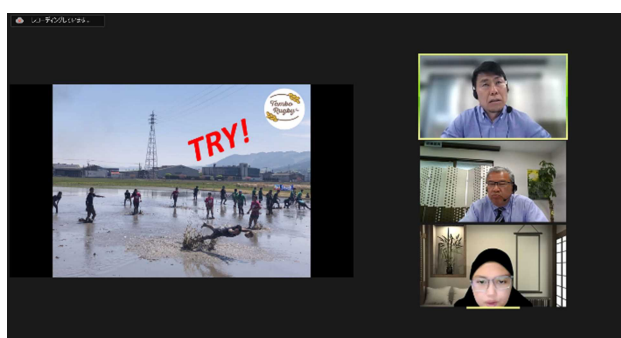
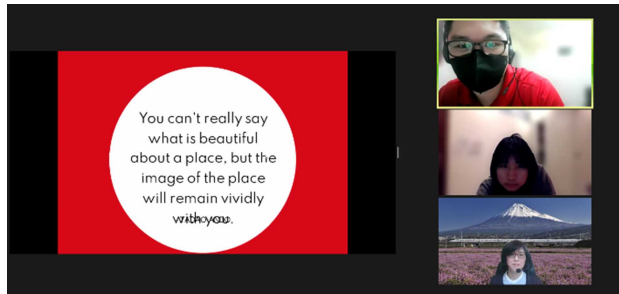
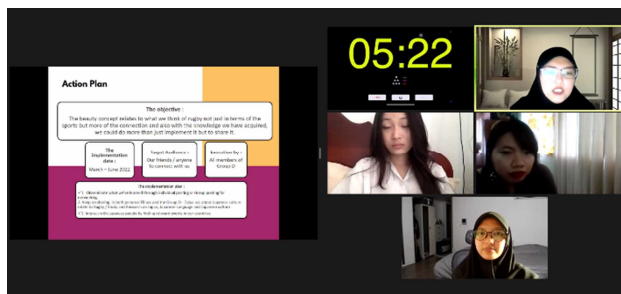
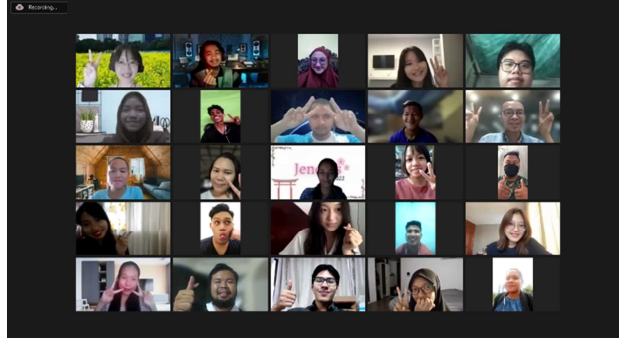
	Physical Therapist / Women's National Team Asst. S&C coach / Women's National Team TID Head S&C coach (TID =Talent Identification) 2. "Nutrition for Athletes" Lecturer: Ms. SUZUKI Misaki, Rugby Player (Tokyo Sankyu Phoenix & Japan national team; 2012 - current)	players cannot eat, and what they should not eat.
66 participants for the following 5 days		
March 1~, 2022	【Video Viewing】 1. Welcome Address 2. The Host Town Initiative 3. Virtual Home Visit	At the beginning of the exchange program from March 1 to March 8, participants watched a video and learned about Japan.
March 2, 2022 Ibaraki Pref.	【Orientation】 【Webinar, Q&A session】 1. Orientation 2. Lecture "Educational Values of Rugby Football" Lecturer: Mr. MUKOYAMA Masatoshi, Associate Professor, Faculty of Health and Sport Science, Ryutsu Keizai University Group discussions	The participants listened attentively to the lecture, which included rugby match footage, and focused on the educational value of sports and the expectations toward the educational values of rugby. The participants listened attentively to the lecture and asked so many questions that time ran short, such as "Are there players of other nationalities on the Japanese national rugby team?", "Generally, it is difficult for women to play sports on an equal footing with men, but how is it in Japan?", and "How can we promote rugby in our own countries?"
March 6, 2022 Chiba Pref.	【Webinar, Q&A session, Exchange of Opinions】 1. Lecture "Gender in Sports" Lecturer: - Ms. NOGUCHI Aya, International Cooperation Division, Rugby Development Committee (JRFU). Assistant Professor, Junetendo University, Faculty of Health and Sport Science Co-Director, Sport fo	After the lecture on the history of women's participation in modern sports, the movement to realize gender equality, "fairness and equality" and the "two aspects of ideology and power relations" that exist in gender issues in sports, the participants were divided into groups by country to discuss gender issues in sports that exist in their countries. During the Q&A session, many participants asked questions, indicating their high level of interest.

	<p>Creating Pathways Japan (S.C.P Japan)</p> <p>- Ms. INOUE Yuiko, Co-Director, Sport for Creating Pathways Japan (S.C.P. Japan)</p> <p>2. Activity (Discussion and Share)</p> <p>3. Q&A session</p> <p>4. Lecture</p> <p>“Safeguarding in Sports”</p> <p>Lecturer: same as above</p> <p>5. Activity (Quiz)</p> <p>6. Q&A session</p>	<p>In the second lecture, after hearing about the necessity and introduction of safeguarding measures, the lecturer quizzed the participants, who all actively participated. The lecture was very interactive, with participants writing comments about issues and case studies from their own countries.</p>
<p>March 7, 2022</p> <p>Fukuoka Pref., Tokyo</p>	<p>【Webinar, Q&A session】</p> <p>1. Lecture</p> <p>“Enjoy Tambo (rice paddy) Rugby”</p> <p>Lecturer:</p> <p>- Mr. MANABE Hiroshi, Chikusui Construction Inc.</p> <p>- Mr. NAKAYAKA Atsushi, Chikusui Canycom Inc.</p> <p>2. Q&A session</p> <p>3. Lecture</p> <p>“Reducing sports disorders in growing athletes!”</p> <p>Lecturer: Dr. OZEKI Nobutake, Assistant Professor, Orthopedic Surgeon, Tokyo Medical and Dental University</p> <p>4. Q&A session</p>	<p>During the first lecture, the participants commented that it was very interesting to hear about the unique "tambo rugby". They were also interested in the fact that sports were used to revitalize the community. They asked questions such as, "Could unintentional contact during a play be considered harassment?", and "How is rugby played so that players with hearing impairments can participate?"</p> <p>In the second lecture, there seemed to be a lot of interest in how to prevent sports injuries, and many gave comments using the Chat function. The also asked questions such as "I often dislocate my shoulder playing rugby. What is the best way to treat a dislocation?" and "Which stretching routine is best before sports practice, dynamic or static?"</p>
<p>March 8, 2022</p> <p>Tokyo</p>	<p>【Workshop】 【Reporting session】</p> <p>1. Reflection on the program</p> <p>2. Workshop</p> <p>3. Submission of action plans</p> <p>4. Presentation</p> <p>5. Review</p> <p>Mr. NAGATA Tamekuro, Senior</p>	<p>The participants were separated into groups to create and present action plans based on their learnings from the entire program to be implemented within the next three months.</p>

	Manager, Rugby Development Division, JRFU	
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2. Program Photos

	
May 25, 2021 【Webinar, Q&A Session】 Lecture	May 25, 2021 【Webinar, Q&A Session】 Lecture
	
May 25, 2021 【Webinar, Q&A Session】 Lecture	May 25, 2021 【Webinar, Q&A Session】 Results of a questionnaire administered to participants during a lecture
	
May 28, 2021 【Webinar, Q&A Session】 Lecture	May 28, 2021 【Webinar, Q&A Session】 Lecture
	
March 2, 2022 【Webinar, Q&A Session】 Lecture	March 2, 2022 【Webinar, Q&A Session】 Group discussions

	
<p>March 6, 2022 【Exchange of Opinions】</p>	<p>March 7, 2022 【Webinar, Q&A Session】</p>
	
<p>March 8, 2022 【Workshop】</p>	<p>March 8, 2022 【Reporting Session】 Action plan presentations</p>
	
<p>March 8, 2022 【Reporting session】 Group photo</p>	

3. Voices from Participants (excerpt)

◆ Undergraduate student (Timor-Leste)

Before the meeting I thought today's webinar going to discuss more about technical things and I'm kind of surprise to learn a lot of values and morals that's we could learn as a team and individual to help with personal growth and in the end to make the team batter "One for All and All for One".

◆ Working youth (Brunei)

It was understandable and also gaining knowledge of rugby. Thank you.

◆ Undergraduate student (Timor-Leste)

After listening to the lecture from Mr. Masatoshi, my whole point of view for sport changes. He emphasized the quality of having fun as part of sport. In fact, he said "if it is not fun, it is not sport." I was surprised to finally see sport from a different view, as something someone loves doing while moving their body. I consider this experience as a "paradigm shift". And now I understand that sports have lots more to offer than just moving your body. Thank you very much for this experience.

◆ **Undergraduate student (Singapore)**

For the first lecturer, it was fun seeing the Rugby 2019 again. I was part of it and seeing those makes me reminisce the unforgettable experiences that I surely treasure.

◆ **Undergraduate student (Cambodia)**

So far from this journey with JENESYS exchange program, I've learnt and gained more knowledge on each lecture. Everyone was so friendly and I'm so impressed for this new experience with JENESYS family. I really enjoy working and making new friends from other countries. We talked, we share our ideas and help each other throughout the program since the beginning until the end. Moreover, me and team members really wish to see each other by program at Japan but sadly because of the pandemic we had to go with online platform. Lastly, I'd like pay my highest respect and thanks to all the JENESYS family and I hope I might get chance to participate in any activities in Japan by JENESYS program. THANK YOU!

◆ **Undergraduate student (Brunei)**

I like how we got to know more about Japan. Also, interacting with different countries and meeting new friends was an amazing experience. About improvement, I hope there will be physical interaction one day.

4. Voice from Japanese Locals (excerpt)

◆ **Lecturer**

It was unfortunate I couldn't see the expressions of the participants today, but I'm glad I received many questions. I was also able to learn a lot myself too.

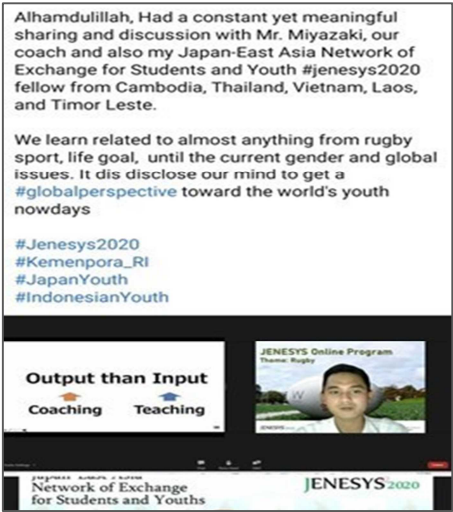

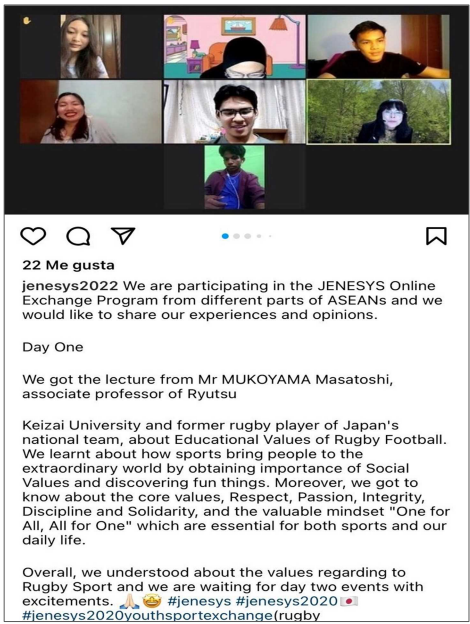
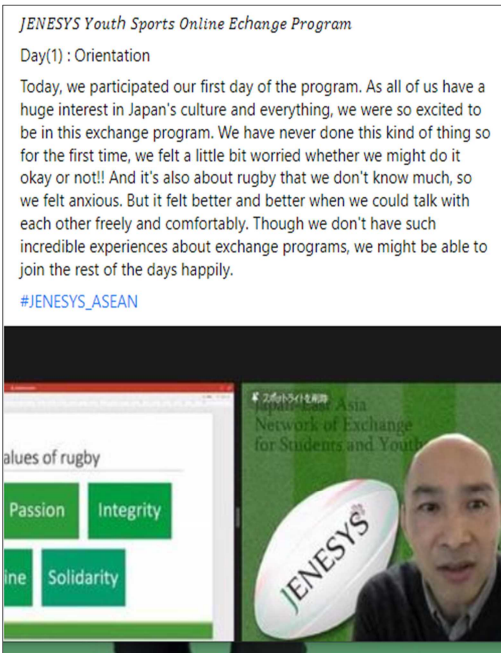
◆ **Lecturer**

Thanks to the support of the organizers, I wasn't worried about the lecture at all. Even in creating the content, I received appropriate advice based on the characteristics of the participants, which I was able to apply to make the content even better.

◆ **Lecturer**

Thanks to all the support I received, the lecture went smoothly!

5. Dissemination by the participants.

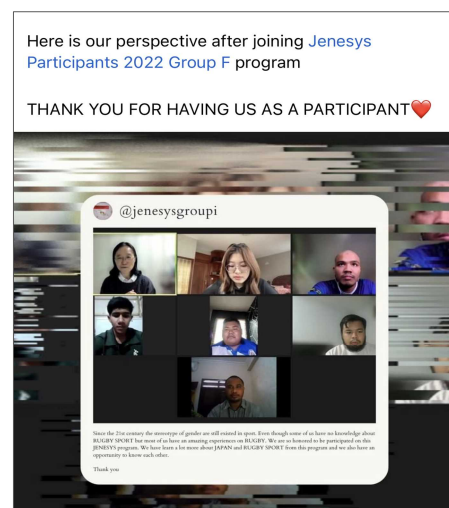
	
<p>May 25, 2021 (Facebook)</p> <p>Alhamdulillah, Had a constant yet meaningful sharing and discussion with Mr.Miyazaki, our coach and also my Japan-East Asia Network of Exchange for Students and Youth #jenesys2020 fellow from Cambodia, Thailand, Viet Nam, Laos, and Timor Leste.</p> <p><u>We learn related to almost anything from rugby sport, life goal, until the current gender and global issues. It dis disclose our mind to get a #globalperspective toward the world ' s youth nowadays.</u></p>	<p>May 25, 2021 (Instagram)</p> <p>Today I am very glad because I can join the JENESYS webinar program with the theme of “ Rugby ” and from here I can increase my general knowledge about rugby, how Japanese people play it, how they develop it and so on.</p>
	

March 2, 2022 (Facebook)

We got the lecture from Mr. MUKOYAMA Masatoshi, associate professor of Ryutsu Keizai University and former rugby player of Japan's national team, about Educational Values of Rugby Football. We learnt about how sports bring people to the extraordinary world by obtaining importance of Social Values and discovering fun things. Moreover, we got to know about the core values, Respect, Passion, Integrity, Discipline, and Solidarity, and the valuable mindset "One for All, All for One" which are essential for both sports and our daily life. Overall, we understood about the values regarding to Rugby Sport and we are waiting for day two events with excitements.

March 2, 2022 (Facebook)

Today, we participated our first day of the program. As all of us have a huge interest in Japan's culture and everything, we were so excited to be in this exchange program. We have never done this kind of things so the first time, we felt a little bit worried whether we might do it okay or not! And it's also about rugby that we don't know much so we felt anxious. But felt better and better when we could talk with each other freely and comfortably. Though we don't have such incredible experiences about exchange program, we might be able to join the rest of the days happily.




March 8, 2022 (Facebook)

Although I knew nothing about rugby, attending Mr. Mukoyama Masatoshi's lecture yesterday broadened my horizons. The lesson I am most excited to share is the value gained from rugby: respect, passion, integrity, discipline, and solidarity. Apart from the lecture, I appreciate how my group members are all very nice and lovely.

March 8, 2022 (Facebook)

Thank you for having us as a participant Since the 21st century the stereotype of gender are still existed in sport. Even though some of us have no knowledge about RUGBY SPORT but most of us have an amazing experience on RUGBY. We are so honored to be participated on this JENESYS program. We have learn a lot more about JAPAN and RUGBY SPORT from this program and we also have an opportunity to know each other.

6. Action plan presentations at the final reporting session



Group 1	
 	<p>WHY: We want to share our experience and participation of youth in international activities to other ASEAN friends about exciting experience on virtual JENESYS program 2022</p> <p>WHEN: We can finish it by 2 months starting from 14th March 2022 our meeting for the project.</p> <p>WHO: All Group 1 members</p> <p>TO WHOM: Youth in ASEAN and Japan</p> <p>WHAT: We will make videos that tell the viewers about our experience in JENESYS sports exchange program. (Topic: Most exciting experiences in exchange program, the places and culture in Japan that we want to try and explore, what we have learned from Day 1, Day 2, and Day 3, most interesting places in our home country)</p> <p>HOW:</p> <p>The members from Group 1 will make a short video, each will have their own content, and in the end all videos will be uploaded in social media.</p>
Group 2	
	<p>“Sharing about JENESYS program and Rugby Sports”</p> <p>WHY :</p> <ul style="list-style-type: none"> - To promote and share people some knowledge about the JENESYS programme / Japanese Culture / Rugby - Strengthen relationship between the ASEAN countries and Timor Leste with Japan - Gain more understanding about Japan ' s initiatives in Rugby and its contribution to the country's society <p>WHEN : 15th March – 15th May</p> <p>WHO : Group 2 members</p>


	<p>TO WHOM :</p> <ul style="list-style-type: none"> - The community on social media especially those who 's interested in Rugby Sports / Japanese Culture <p>WHAT : (What are you planning to do?)</p> <ul style="list-style-type: none"> - Create a designated social media account and reuse our same Facebook Page for the implementation of the action plan - Make useful and informative posts about Rugby, Japanese Culture and JENESYS, then post to designated social media (especially those who 's interested in Rugby Sports and want to discover Japan as a country) <p>HOW : (How will you implement your plan?)</p> <ul style="list-style-type: none"> - Collecting information on Rugby and Japanese culture based on the lectures given on the 4 days of the JENESYS Program - Researching more resources about the Theme (Rugby Sport and Japanese Culture) - Make interesting posts based on the collected and researched information - Posting to the designated social media
Group 3	
	<p>WHY :</p> <p>To promote mutual understanding between Japan and ASEAN counties.</p> <p>To strengthen friendships among young people of both parties.</p> <p>To create a friendly environment for people-to-people.</p> <p>WHEN : 8 April to 8 June 2022</p> <p>WHO : Group 3 members</p> <p>TO WHOM : ASEAN citizens</p> <p>HOW :</p> <ul style="list-style-type: none"> - Organize online events at our own countries to share what we learned from JENESYS Rugby exchange online programmes well as promoting what we understand of Japan/Japan's sports.



- Rugby, gender equality, Tambo rugby, sports injuries
- Conduct research about Japan 's sports & share on Instagram.
- Join online or offline events under Japanese Embassy to further maintain our interests like JENESYS.


Group 4



The Beauty Concept of Rugby

Presented by: Nadiah



Action Plan

The objective :
The beauty concept relates to what we think of rugby not just in terms of the sports but more of the connection and also with the knowledge we have acquired, we could do more than just implement it but to share it.

The implementation date : March – June 2022	Target Audience : Our friends / anyone to connect with us	Execution by : All members of Group D
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The implementation plan:

- ✓ 1. -Disseminate what we've learned through individual posting or Group posting for networking
- ✓ 2. Keep on sharing in both personal FB acc and the Group D - Daiya acc about Japanese culture relate to Rugby / Study and Research on Japan, Japanese Language and Japanese culture
- ✓ 3. Interact with Japanese people by finding relevant events in our countries

“Beauty Concept of Rugby”

WHY : The beauty concept relates to what we think of rugby not just in terms of the sports but more of the connection and also with the knowledge we have acquired, we could do more than just implement it but to share it.


WHEN : March- June 2022

WHO : All group 4 members

TO WHOM : Our friends/anyone to connect with us

HOW :

- Disseminate what we've learned by individually posting or Group posting for networking
- Keep on sharing in both personal FB acc and the Group 4 - Daiya acc about Japanese culture related to Rugby / Study and Research on Japan, Japanese Language and Japanese culture
- Interact with Japanese people by finding relevant events in our countries

Group 5	
 	<p>“Project TRY: Transforming into Resilient Youth”</p> <p>WHY :</p> <ol style="list-style-type: none"> 1. To promote Japan's rich culture, history, and sports 2. To continuously promote the good values of Japan and information about Japan 3. To promote Rugby in our local communities <p>WHEN : March 9 – June 10, 2022</p> <p>WHO : Group members, friends interested in rugby, and JENESYS participants from our countries</p> <p>TO WHOM :</p> <p>General public and youth (elementary and secondary students in public/private schools)</p> <p>WHAT :</p> <ul style="list-style-type: none"> - Continuously share experiences and insights about Japan (gained through this program) - Continue to connect with group members, JICE staff, and JENESYS alumni - Learn the Japanese language to better understand Japan <p>HOW :</p> <ul style="list-style-type: none"> - Fully utilize social media to disseminate interesting information about Japan - Contact local rugby clubs to promote rugby - Conduct educational seminars and webinars on Japan's contribution and rugby
Group 6	
<p>1. </p>	<p>“Ways to promote equality, cross-cultural exchange in ASEAN”</p> <p>WHY :</p> <ul style="list-style-type: none"> - Promoting the Japanese and other ASEAN countries’ cultures - Raising awareness about gender issues in sport, especially in rural areas - Emphasizing on how sports (e.g. rugby) could

<div data-bbox="172 215 276 235">Group F</div> <div data-bbox="177 262 670 284"> <p>● Title" Ways to promote equality, cross-cultural exchange in ASEAN"</p> </div> <div data-bbox="177 315 387 331"> <p>WHAT : (What are you planning to do?)</p> </div> <div data-bbox="177 327 761 403"> <ul style="list-style-type: none"> - Utilize our existing Facebook page to promote our agenda - Generate more creative contents, audience-oriented (youths) posts, issues directly related to our concerns such as gender equality, education, environment, etc. - Use catchy visuals to attract readers - Have contests and games to increase page engagement - Organize fund-raising activities to arrange sport events at our community/ rural areas - Collaborate with the Japanese Embassy to host more cross-cultural events </div> <div data-bbox="177 416 414 432"> <p>HOW : (How will you implement your plan?)</p> </div> <div data-bbox="177 427 692 463"> <ul style="list-style-type: none"> - Each member in Group F takes turn to consolidate the results and update on our Facebook page - Invite friends and family members to like and share our page - Look out for donators for fund-raising via emails and Facebook posts </div>	<p>help solve gender inequality and form stronger bonds between individuals living in both rural and city areas</p> <p>WHEN : Weekly Facebook post for 3 months</p> <p>WHO :</p> <ul style="list-style-type: none"> - All members in Group 6 would take turn to post on Facebook, and organize other related events at their own time and target - The group leader would track the progress <p>TO WHOM :</p> <ul style="list-style-type: none"> - ASEAN youths, aged 14-35, focusing on our friends and people in our community which we could easily reach out to <p>WHAT :</p> <ul style="list-style-type: none"> - Utilize our existing Facebook page to promote our agenda - Generate more creative contents, audience-oriented (youths) posts, issues directly related to our concerns such as gender equality, education, environment, etc. - Use catchy visuals to attract readers - Have contests and games to increase page engagement - Organize fund-raising activities to arrange sport events at our community/ rural areas - Collaborate with the Japanese Embassy to host more cross-cultural events <p>HOW :</p> <ul style="list-style-type: none"> - Each member in Group 6 takes turn to consolidate the results and update on our Facebook page - Invite friends and family members to like and share our page - Look out for donators for fund-raising via emails and Facebook posts
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Group 7



“Making YouTube channel”

WHY :

To contribute knowledge about Japanese culture, traditions and about Japanese sport: Rugby to other international friends

WHEN : In May 2022

WHO : Our whole 5 group members

TO WHOM : To ASEAN friends

HOW :

We will reach out to ASEAN audiences by sharing knowledge such as the culture, religion, tradition, sports technology, lifestyle, about Japan and gender equality in sports that we have learnt in JENESYS Online Exchange Program by making short videos on YouTube.

Group 8



“Promoting Japanese Sports”

WHY:

- Popularity
- Sharing our knowledge

WHEN: within 3 months after the program

WHO: Group 8 members

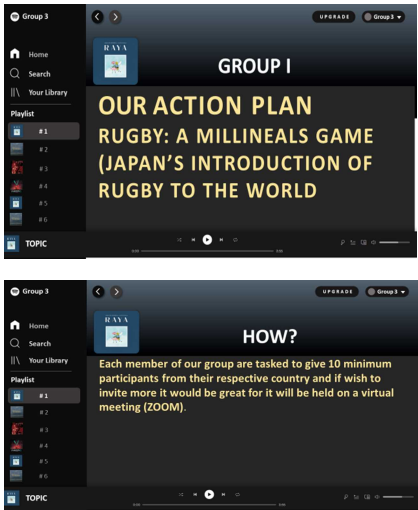
TO WHOM:

- Friends from different parts of ASEAN countries
- Those who accidentally find the posts by hashtags

WHAT: Post on social media on Instagram @jenesys2022

HOW:

- Planning to make video if possible
- Sharing our knowledge weekly

Group 9	
	<p style="text-align: center;">“RUGBY: A MILLENIAL’S GAME” (Japan’s introduction of rugby to the world)</p> <p>WHY :</p> <p>To cultivate and introduce new games to the existing generations and for the future one’s so that they will have a greater opportunity to select what kind of game they wanted to play, also this will also create a door for change in ASEAN countries. Change Is something we can’t prevent but we can always adapt to change and that is something that we wanted to create together. And working hand in hand can make our world a better place to live in and for new sports to grow and foster.</p> <p>WHEN :</p> <p>The duration of our webinar would be during the semestral breaks which is on JUNE-JULY so that the participants can really enjoy the said seminar.</p> <p>WHO :</p> <p>Our group had agreed that we will be the facilitator of the said program and we are going to ask help from JICE and JENESYS PROGRAM to provide us some speakers, lecturers and some demonstrators who can help us in educating our participants about rugby.</p> <p>TO WHOM :</p> <p>This open to all ages who are able to play and are physically active.</p> <p>WHAT :</p> <p>We plan to have a webinar workshop for us to be able to reach many participants from different countries who don ’ t have background about it and countries who want to gain more knowledge about rugby. And also it is a 1 day webinar workshop which divided into 2 parts a morning session(lecture) and afternoon session (demonstration)</p> <p>HOW:</p> <p>each member of our group are tasked to give 10 minimum participants from their respective country and if wish to invite more it would be great for it will be held on a virtual meeting (ZOOM)</p>

Implementation agency : Japan International Cooperation Center (JICE)