



JENESYS2020 Japan-Mekong Online Exchange (SDGs) Report (Target Countries: Cambodia, Lao PDR, Myanmar, Thailand, Viet Nam)

1. Program Overview

【Objective】 This program was conducted with the main objective of having youth from Cambodia, Lao PDR, Myanmar, Thailand and Viet Nam visit relevant companies and organizations on the Sustainable Development Goals (SDGs) to promote their understanding of Japan's contribution to achieving the SDGs.

【Participants】 Total 53 undergraduate students and graduate students from Cambodia, Lao PDR, Myanmar, Thailand, and Viet Nam

【Location】 Tokyo, Kanagawa Pref., Kyoto,

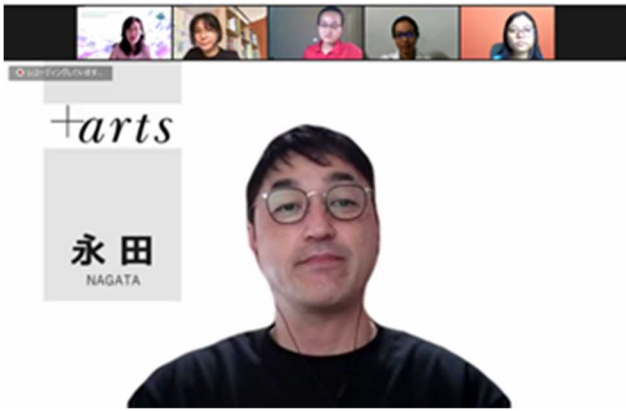

【Program Schedule】

Date Location	Program contents	Participants' questions and reactions
Number of participants for the following : 19		
July 30, 2021 Tokyo	【Webinar, Q&A session】 “Global Outreach of Entertaining Disaster Prevention Education from Japan” Lecturer: Mr. NAGATA Hirokazu ,NPO Plus Arts, Chairperson 1. Lecture, Video 2. Q&A	In relation to the issues and efforts towards achieving the SDGs, the session focused on the field of disaster prevention and introduced initiatives and examples of activities to spread disaster prevention education in Japan and overseas. Participants asked questions such as how to involve the community in spreading disaster prevention education, and what is necessary to prepare for natural disasters.
Number of participants during the following 6 days: 34 (Jointly with other programs)		
January 22~, 2022	【Video Viewing】 1. Welcome Address 2. Message from Minamisanriku 3. Learning Japanese	To foster better understanding of Japan, participants watched a video about Japan and the program before they participated in the main program.
January 25, 2022 Kanagaw	【Orientation】 【Webinar】 1. Self-introductions (in groups) 2. Lecture on Japan, Q&A	Many participants listened attentively to the lecture on Japan, and asked many questions to learn more about Japan, such

a Pref.	<p>“Japanese Society and Culture” Lecturer: Ms. ANDRADE Hisami</p> <p>3. Exchanges in groups</p>	<p>as "Are there any conflicts due to religious or racial differences (in Japan)? ", and "Why is there no tipping system in Japan?"</p> <p>Although it was the first day of the program, you could see how eager the participants were to learn more about Japan. In the group exchanges, each participant expressed their opinions, and tried to get to know each other. Leaders and sub-leaders were selected for each group, and those who were selected proactively voiced their opinions.</p>
January 26, 2022 Taito city, Tokyo	<p>【Webinar, Observation】</p> <p>“Virtual Tour in Asakusa -Let's enjoy Japanese Food!-“ in cooperation with Co-op THE ASAKUSA SHOTEN FEDERATION</p> <ol style="list-style-type: none"> 1. Video: “Shin-Nihon-Fudoki” (NHK) With an appearance by the Asakusa Shoten Federation 2. Presentation: Introduction to Asakusa Presenter: Mr. NISHIYAMA Shigeo, a director of the Asakusa Shoten Federation 3. Introduction of Japanese restaurants Ichimatsu, Ms. MIYASHIRO, Kiyoko Sakura Nabe Nakae, Mr. NAKAE, Shiroshi Komakata Dozeu, Mr, WATANABE, Takashi 4. Exchange with restaurant owners 5. Live-stream: Asakusa Nakamise, Sensoji Temple, Asakusa Shrine 	<p>The program began with a video of an NHK program on the different issues and initiatives in Asakusa, followed by an introduction by the Asakusa Shoten Federation on Asakusa's attractions and historical background, including tourism, performing arts, artisans, Nakamise, and Sensoji temple. Next, the owners of established Japanese restaurants with long histories introduced their restaurants, and the participants were divided into groups to engage in exchanges with each other. After seeing the video and photos, the participants asked many questions such as "What are some things to keep in mind in running a business while maintaining an old building?", and "Are dishes made with horse meat more expensive than dishes with other ingredients?" In the final live-feed, the participants were introduced to the Asakusa Nakamise, Sensoji Temple grounds, and Asakusa Shrine, and although the program was short and held online, the participants wrote around 150 comments, making it a very lively and enjoyable program.</p>

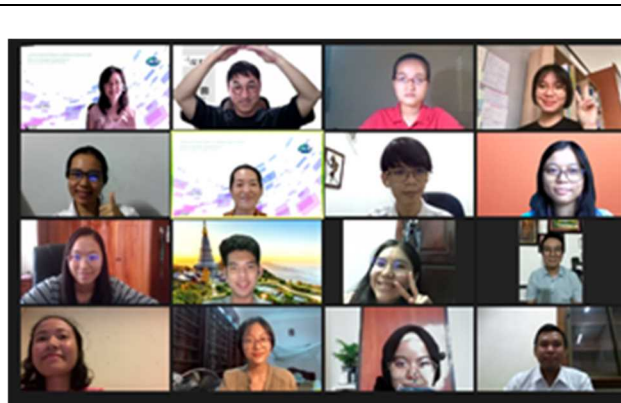
<p>January 27, 2022 Kyoto City, Kyoto</p>	<p>【Webinar, Q&A session】 “Lessons from Human Evolution toward SDGs” Lecturer: Mr. Takuro Furusawa Graduate School of Asian and African Area Studies, Kyoto University</p> <ol style="list-style-type: none"> 1. Lecture 2. Q&A 	<p>The participants' eagerness to learn was apparent as they asked many questions during the lecture on topics ranging from human evolution to inequality in nature, and how to approach the SDGs. Questions such as "Which of the SDG issues should be prioritized?" and "What are the best solutions for sustaining the SDGs?" were asked, and many participants commented that the content of the lecture, which included in-depth discussions, was a valuable learning opportunity for them.</p>
<p>January 29, 2022 Yokohama City, Kanagawa Pref.</p>	<p>【Visit to a Local Government, Exchange】 About e-sports GOMI activities</p> <ol style="list-style-type: none"> 1. Live-feed 2. Lecture 3. Workshop 4. Presentations 	<p>The smooth, fast-paced lecture had participants actively engaged and listening intently. The waste issue seemed to be the issue of greatest interest to the participants. They were also active in exchanging opinions within their groups.</p>
<p>January 30, 2022 Tokyo</p>	<p>【Workshop】【Reporting Session】</p> <ol style="list-style-type: none"> 1. Questionnaires 2. Group presentations 3. Review: Ms. ANDRADE Hisami 4. Announcements from JICE 	<p>The participants thoroughly discussed within their groups, decided on each of their roles, and smoothly delivered their presentations. Action plans were also created in detail, showing their positive attitude to carry them out.</p>

2. Program Photos

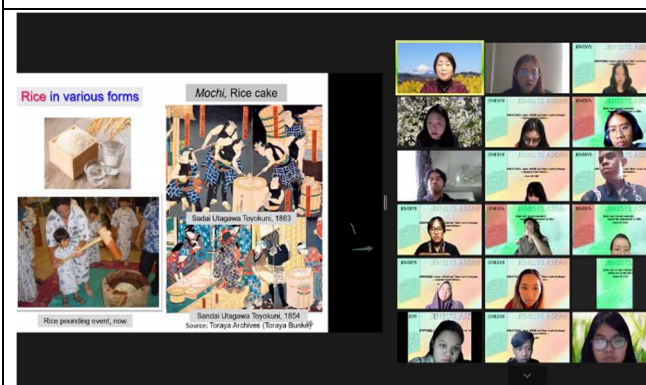
	
<p>July 30, 2021 【Webinar, Q&A session】</p>	<p>July 30, 2021 【Webinar, Q&A session】</p>



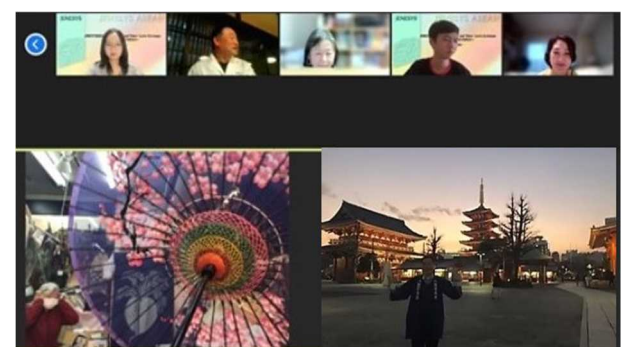
July 30, 2021 【Webinar, Q&A session】 Lecture



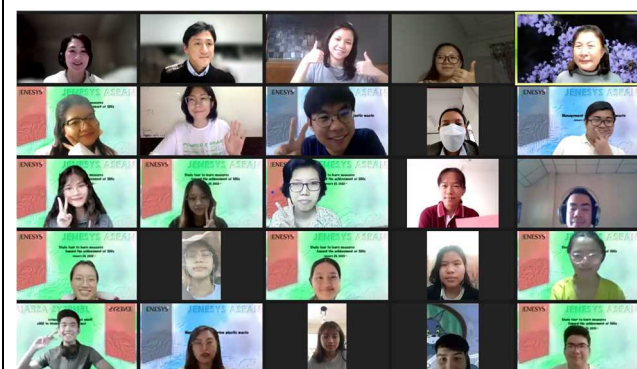
July 30, 2021 【Webinar, Q&A session】 Group Photo



January 25, 2022 【Orientation】 【Webinar】 Lecture



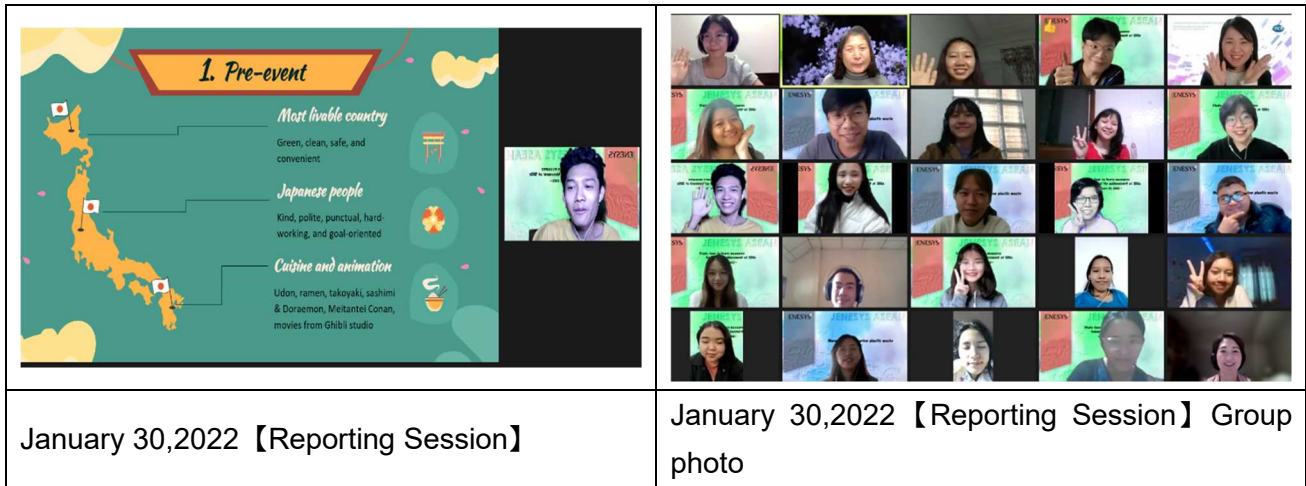
January 26, 2022 【Webinar, Observation】 Live-feed



January 27, 2022 【Webinar, Q&A session】 Group photo



January 29, 2022 【Visit to a Local Government, Exchange】 Lecture



3. Voices from Participants (excerpt)

◆ Undergraduate student (Viet Nam)

The program is fascinating and this is the first time I participated in a program which conveys how to save ourselves and others when a disaster comes. It is a meaningful program, I appreciate the lecturers who gave me today's lesson.

◆ Other (Thailand)

It was very convenient in the situation like these days. I felt comfortable to ask questions with all the hosts. The time of the program is perfect, neither too long nor too short. The content was prepared well and easy to understand.

◆ Undergraduate student (Cambodia)

It was a great opportunity to participate in today's program. I learned about new things, especially Iza Kaeru Caravan and its activities to promote disaster prevention education. And I really want to have a chance to participate in the disaster prevention game.

◆ Other (Thailand)

It is really good program. I think this program should be physical not virtual. If we see and contact with Japanese people, culture and food by physical, we will know a lot of Japan culture.

◆ Other (Myanmar)

It was very good, it made me meet new friends, I learned many things with this event especially about doing business in Japan, culture and living.

◆ Undergraduate student (Lao PDR)

Online program is still effective but I would love to visit and join instead of participating from online.

4. Voice from Japanese Locals (excerpt)

◆ **Representative from the Visited Location**

I resonated with this program, promoting exchanges and human resource development beyond borders, despite the current difficulties to travel to and from foreign countries with COVID-19. This was a first for us, but we would like to improve on the time allocation and content to make the program even better in the future. We were pleased that everyone was eager to listen to our lecture.

◆ **Lecturer**

All of the participants were proactive, and I thought it was great.

5. Dissemination by the participants, articles, etc.

<p>June 30, 2021 (Facebook)</p> <p>Today, I participated in the JENESYS online exchange program with the Theme of SDGs & Disaster Prevention. I have learned a new lesson about the Iza! Kaeru Caravan, which is a fun game that teaches knowledge and skills related to disaster prevention.</p>	<p>June 30, 2021(Facebook)</p> <p>It was good actually. Changing from Emergency instructions into fun action that kids can participate.</p>



January 28, 2022 (Tokyo Shimbun)

As part of an exchange program for youth from the Association of Southeast Asian Nations (ASEAN) region and other countries to learn about Japanese industry and other topics, a lecture by Mr. Shigeo Nishiyama (62), director of the Asakusa Shoten Federation, was broadcast from Asakusa, Taito Ward (Japan) to the world. The program was organized by the Japan International Cooperation Center (Shinjuku Ward, Tokyo), to give youth overseas, that currently cannot go beyond their national borders due to COVID-19, the opportunity to learn about Japan.

On this second day of the seven-day program, a total of approximately 200 participants from ASEAN countries and Timor-Leste, ranging from high school students to working youth in their 30s, joined in on the online program and listened to Mr. Nishiyama speaking from Asakusa.

Mr. Nishiyama used slides and clips to introduce the charms of Asakusa, including the 'luck' of Asakusa Shrine and Sensoji Temple, and the bustle of the Sanja Festival and Nakamise. There was also a "virtual tour", in which the participants actually walked from the Kaminarimon gate, through the Nakamise, all the way to the grounds of Sensoji Temple. Online exchanges were also held between the participants and the owners of three long-established restaurants in Asakusa.

After the program, Mr. Nishiyama said, "Even through the screen I could feel the participants' passion toward Japan."

As for Day 3, we have lecture from Prof.Furusawa Takuro, Graduate School of Asian and African Area Studies, Kyoto University. The lecture is more like an academic since he explained about the "Human Evolution Towards SDGs" with examples paper and articles.

At first, I have no idea why human evolution is related with SDGs. He started the lecture with a question; Does human evolved, through Gundam Anime as an example. Then he explained about the different homo sapiens and human adoption to different skin colors, health and culture. Later, he mentioned the biological views on inequality to cover SDGs 1, 2, 10 and 11 by describing the no poverty into economic development and decent work. Moreover, he pointed out the health problems rooted in human evolution with four different SDGs; No poverty, zero hunger, good health and well-being and reduced inequalities through obesity, hypertension and life style related diseases. Lastly, he summarized the lecture by talking about the spectrum of humans with three SDGs; quality education, gender equality and partnership for the goals. He even discussed about the gender equality and shared the Emma Watson famous speech for encouraging women.

To sum up, day 3 lecture is really informative. We learned a lot from this lecture about how humans have adapted in different environment to survive and sustain the society. Besides, 17 goals are interrelated with each other and got new insights about development are not needed all the time and some people wants to live with the nature and the most important is how people thinks about these SDGs.
#JICE #JENESYS #Jenesys_asean

Who I am...

Takuro Furusawa
 • Professor, Graduate School of Asian and African Area Studies (GAAS), Kyoto University
 • Research interests: Human Ecology, Human Ecology, International Health, and Area Studies
 • Fellowships: Fulbright Scholar, Indonesia, Pusan-Pyeong Nam Korea
 • He produced book: *Evolution, Biodiversity of "Living Organisms" in U.S. in Health Systems, Research and the Industrial Research System for Sustainability* (Springer, 2019). *Global Bio-ecological Evolution, and Research for Education and Research on Asia, University of Tokyo, Tokyo, 2019* (in Japanese)
 • Selected Publications:
 • *Evolution, Biodiversity of "Living Organisms" in U.S. in Health Systems, Research and the Industrial Research System for Sustainability* (Springer, 2019).
 • *Global Bio-ecological Evolution, and Research for Education and Research on Asia, University of Tokyo, Tokyo, 2019* (in Japanese).
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January 28, 2022 (LinkedIn)

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In sum up, day 3 lecture is really informative. We learned a lot from this lecture about how human have adapted in different environment to survive and sustain the society. I got new insights. the most important is how people think about these SDGs.

JENESYS ASEAN Study tour to learn measures toward the achievement of SDGs ; DAY 4

Hello , in today session, we get a new interesting sport that will support our environment protection. That is the famous educational sport in Japan, it is called " eSPOGOMI". (eSPO- esport, GOMI-garbage, trash) . eSPOGOMI is a picking garbage competi... See More

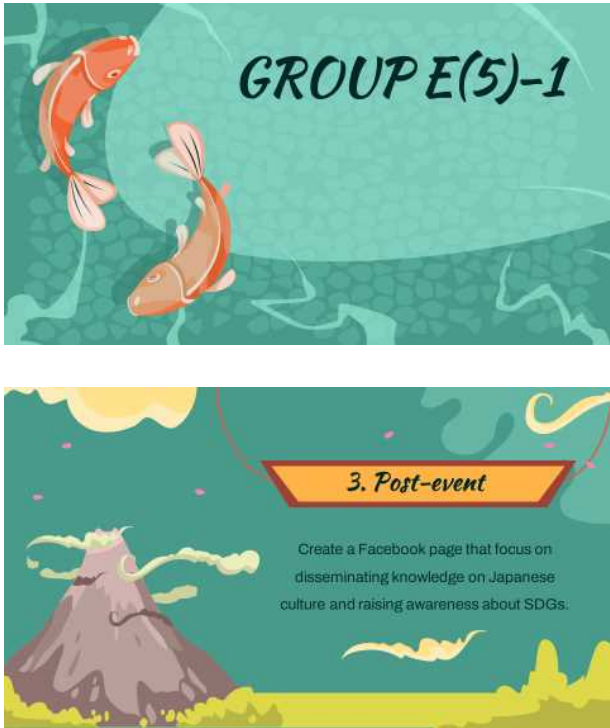
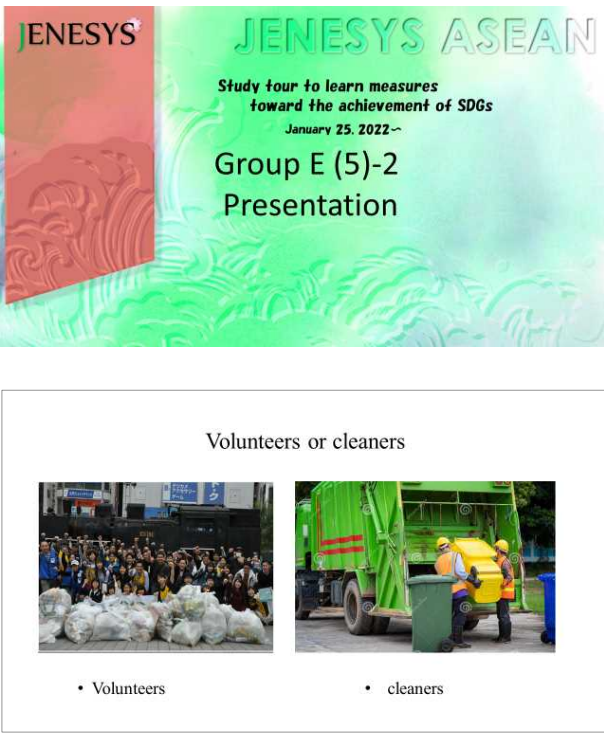
JENESYS Program Day 4 eSPOGOMI

Ken
Japan eSPOGOMI Federation

January 29, 2022 (Facebook)

Hello, in today session, we get a new interesting sport that will support our environment protection. That is the famous educational sport in Japan, it is called "eSPOGOMI (eSPO-esport, GOMI-garbage, trash). eSPOGOMI is a picking garbage competition.

6. Action plan presentations at the final reporting session

Group 1	
	<p style="text-align: center;">“Facebook page to share findings from JENESYS program and information about Japan”</p> <p>We decide to create a Facebook page because we want to share the incredible things we have learned about Japan through JENESYS and our own research so that other people from different countries in the world might have a positive and complete picture of Japan and learn from its remarkable advancements.</p>
Group 2	
	<p style="text-align: center;">“Instagram Project of E(5)-2”</p> <p>Due to Covid-19 new variants and other personal or safety difficulties of each member, it would be challenging to do in-person activities. Therefore, after thorough discussion, we agreed to create an Instagram account and disseminate what we have learned through social media. Will begin on 2nd week of February, will last at least 2 months</p> <p>To all those using Instagram who holds an interest in Japan, mostly for young people</p>

Group 3

OUR ACTION PLAN

- When will we do it?
- Who are the main target attendances?
- What will we do?
- How do we do it?

Our experience :
'Study tour to learn measures toward the achievement of SDGs'

Let's ...

- Acquire a good knowledge about Japan and its affluence and motivation to develop eco-friendly policies , technologies and practices.
- And new sights about SDGs from the viewpoints of human evolution which is affected by the genetic reasons, adaption, sustainability, culture, economic conditions, health care problems,lifestyle
- Recognize the important role of environmental protection through eSPOGOMI as sports x social contribution in a fun way.
- Have the opportunity to join and work with international friends.

Japan's growth is credited to its excellent system of education. The key to effectively implementing any SDGs in developing nations such as ASEAN is to ensure QUALITY EDUCATION.

Garbage separation practices in Japan should be adopted in ASEAN countries for a greener future. Under this COVID situation it is difficult to hold eSPOGOMI workshop, instead we spread our message through the internet and to help progress of each countries' SDG goals.

Group 4

Our action plan

Actions for SDGs

Dietitian project in low-income countries

"Experience Sharing Session"

We want to give the opportunities to learn and acquire the right knowledge and experiences to our fellow youths. Since there are many youth who are interested in Japan and want to visit to Japan, we want them to know about JENESYS. We will contact with Japanese club in high schools and universities in our country to organize experience sharing event. Using our FB fanpage, we hold online seminar to spread knowledge of Japanese culture. And based on the theme, we organize competition in which people can send their solutions for SDGs and award winner get a ticket to Japan.

Implementation agency : Japan International Cooperation Center (JICE)