

JENESYS2021 Japan-Cambodia Online Exchange (Sports/Judo) Report

1. Program Overview

【Objective】 This program was conducted with the main objectives of having high school and undergraduate students from Cambodia who are interested in sports, especially judo, deepen their comprehensive understanding of judo through lectures on the philosophy of judo and practical training, and promote international understanding of Japan.

【Participants】 Total: 30 high school students, undergraduate students, and working youths from Cambodia

【Location】 Tokyo, Gifu Pref., Aichi Pref.

【Program Schedule】


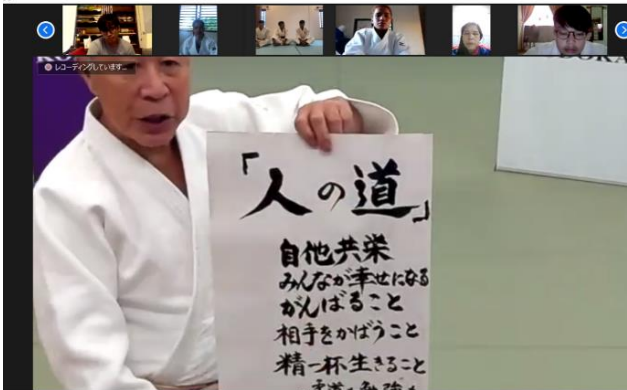


Date Location	Program contents	Participants' questions and reactions
Number of participants for the following 2 days: 16		
October 25, 2021 Tokyo	【Webinar, Q&A Session】 1. Opening remarks, Introduction of JENESYS 2. Lecture, Q&A session Kodokan Judo Institute “Philosophy of Judo” *including practical instruction Lecturer: Mr. SAMESHIMA Motonari Director of the Education & Instruction Department, Kodokan Judo Institute 3. Commemorative photo 4. Social media request, Closing	During the lecture, many participants listened attentively in the seiza position until the instructor told them to sit down comfortably. While they watched the instructor’s demonstration, you could see them mimicking the movements. The participants truly wanted to learn, and asked numerous questions during the Q&A session: "How can judo improve your self-confidence and mental health?"; “At what age did you begin learning judo? And how were you able to continue the rigorous training and become an instructor?”; “What is the key to being able to continue practicing judo?” The exchange was truly fruitful, with some of the participants expressing their wishes to come and train at Kodokan.



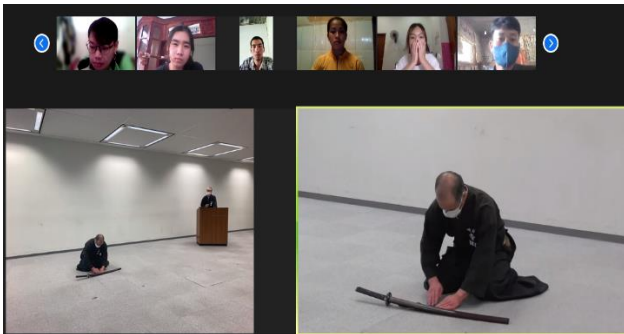


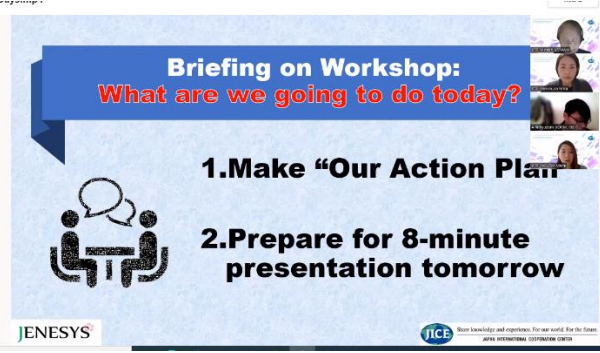
Number of participants during the following 6 days: 14 (Jointly with other programs)		
March 2~, 2020	【Video Viewing】 1. Welcome address 2. The Host Town Initiative 3. Virtual home visit	To foster better understanding of Japan, participants watched a video about Japan and the program before they participated in the main program.
March 9, 2022 Tokyo	【Orientation】 【Webinar, Q&A Session】 1. Orientation 2. Japanese language lesson (beginner) JICE Japanese language teachers	The orientation began in a friendly atmosphere, as many of the participants were from the same judo club, and they listened attentively to the explanation of their roles and missions in the program. Japanese language lessons were conducted in small groups, and the participants were fully engaged and seemed to truly enjoy the lessons.
March 10, 2022 Ogaki City, Gifu Pref.	【Japanese Martial Arts Experience, Webinar, Q&A Session】 1. Lecture “Lecture on laido:” Lecturer: Gifu World Youth - Mr. KATO Haruhiko, - Mr. TERAMACHI Yoshio, 2. laido demonstration 3. Q&A session 4. Group photo	Judo and kendo are well known in Cambodia, but many participants had no knowledge of laido. Many of the participants said that they were able to gain new knowledge about Japanese budo (martial arts). They were especially interested in the budo spirit, which is to defend oneself rather than attack, to train the mind and body, and to learn etiquette. During the Q&A session, the participants asked questions such as "The Japanese swords you showed us were all curved, but are there any Japanese swords that are straight and not curved?", "How many years does it take to reach 5-dan or 6-dan?", and "Have you ever wanted to quit laido after practicing it for so many years? If you did, how did you overcome it?"
March 11, 2022 City of Nagoya, Aichi Pref.	【Municipality Lecture, Q&A Session】 1. Opening remarks 2. Lecture “Introduction to Nagoya City” Lecturer: Mr. OTSUKA Katsuki Senior Coordinator for Tourism Promotion, Tourism & Exchange	Many of the participants for this program had previous judo experience and were interested in learning Japanese, so they were very interested in Japan and asked many questions. The main questions asked were "Can I enter the Hommaru Palace?", "What is the most popular Nagoya meshi

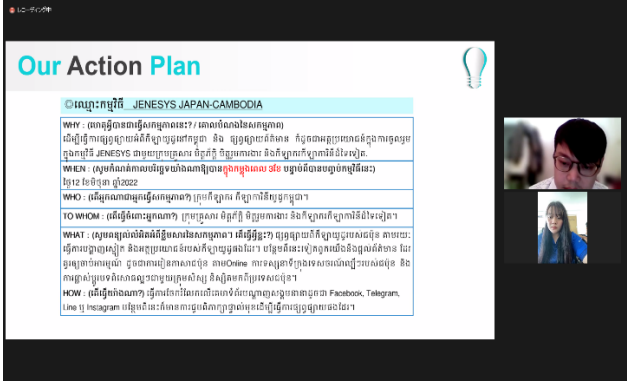
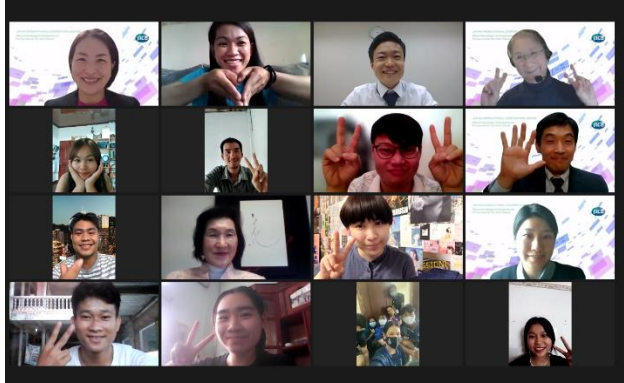
	<p>Department Bureau of Tourism - Culture & Exchange, The City of Nagoya</p> <p>3. Q&A session</p> <p>4. Group photo</p> <p>5. Closing</p>	<p>(local cuisine)?", "If I were to go sightseeing in Nagoya, how much would I have to pay for a hotel and one meal?", and "I understand that the most popular Nagoya meshi is hitsumabushi (an eel dish), but what are the standards for eel cultivation in Japan to maintain a stable production of eels?" The participants also commented that while Cambodia's tourist attractions are mainly limited to the historical tourist resources of the Angkor Ruins, Nagoya offers a variety of interesting tourist attractions in the form of food, history, environment, science and technology, and so on.</p>
<p>March 12, 2022</p> <p>Konan City, Ehime Pref.</p>	<p>【School Exchange】</p> <p>Exchange school: Taki Senior High School, Taki Academy (Aichi Pref.) Judo Club</p> <p>1. Greetings</p> <ul style="list-style-type: none"> ▪ Taki Academy student representative ▪ Cambodian participant representative <p>2. Presentations and Q&A sessions</p> <ul style="list-style-type: none"> ▪ Taki Academy (school introduction, judo) Q&A session ▪ Cambodian participants (the appeal of Judo) Q&A session <p>3. Summary</p> <p>4. Group photo</p>	<p>Since the Cambodian participants had judo experience, they listened to Taki Senior High School's presentation on budo with great interest. They also actively asked questions to the junior and senior high school students of the Judo Club. The main questions were "How did you first get into judo?", and "Are the practices separated by gender and weight, or are the practices conducted together?" The junior and senior high school students from Taki Academy asked the Cambodian participants, "What have you learned from judo?" and they passionately answered, "What we have learned from judo goes beyond the limitation of sports, from the way of thinking that does not focus only on winning or losing, to the lifestyle that values cleanliness."</p>
<p>March 14, 2022</p> <p>Tokyo</p>	<p>【Workshop】</p> <p>1. Action plan formulation</p> <p>2. Presentation preparations for the reporting session</p>	<p>The participants discussed the content of the group presentations from the day before the workshop, allowing them to spend more time discussing the details on the day of the</p>

		workshop. Since the participants were all members of the same judo club, they worked together to create their action plans, demonstrating great teamwork.
March 15, 2022 Tokyo	【Reporting session】 1. Opening remarks 2. Presentations 3. Review Ms. USUI Chisato, Director, Gifu World Youth 4. Announcement from JICE, Closing	Two members from each group made a presentation on behalf of their group, and the other group members watched and supported the presenters together in their groups. Both teams gave enthusiastic presentations, using every single minute they were given.

2. Program Photos

	
October 25, 2021 【Webinar, Q&A Session】 Participants greeting each other at the beginning of the lecture.	October 25, 2021 【Webinar, Q&A Session】 Participants listening intently to the lecturer.
	
October 25, 2021 【Webinar, Q&A Session】 Participants watching a practical demonstration	October 25, 2021 【Webinar, Q&A Session】 All the participants gathering for a group photo.

	
<p>March 9, 2022 【Orientation】</p>	<p>March 9, 2022 【 Webinar, Q&A session 】 Japanese language lesson</p>
	
<p>March 10, 2022 【Budo Experience】</p>	<p>March 11, 2022 【 Municipality Lecture, Q&A Session】</p>
	
<p>March 12, 2022 【School Exchange】</p>	<p>March 14, 2022 【Workshop】</p>

	
<p>March 15, 2022 【Reporting session】 Presentation</p>	<p>March 15, 2022 【Reporting session】 Group photo</p>

3. Voices from Participants (excerpt)

◆ High School Student

We really want to take the time to note all the judo techniques to improve our skills and abilities in further training on judo.

◆ High School Student

The spread of Covid-19 disease has prevented us from practicing judo in our dojo for almost a year, but this program encourages us to learn more and encourages us to practice judo through online. This is a positive thought and action in judo, although we cannot meet in person, we still have good communication through sports like today.

◆ Undergraduate Student

It was great to learn about the Japanese culture and language.

◆ Graduate Student

I felt the program could be even better if it was longer.

◆ Working Youth

I believe that through sports, the relationship and knowledge between Cambodia and Japan has become stronger. Mr. Otsuka's lecture helped me understand the attractions of Nagoya, including its tourist destinations and industries.

4. Voice from Japanese Locals (excerpt)

◆ Faculty Member from the Exchange School

There were more judo practitioners in Cambodia than I had imagined. I was happy to see that everyone didn't regard judo as just a combat sport, but appreciated its etiquette and other aspects.

◆ Faculty Member from the Exchange School

I learned that even in the small world of judo, I can interact with a number of people living abroad. I hope to use this experience to engage in further exchanges with people from other countries as well.

6. Dissemination by the participants

<p>It is an honor to be a part of JICE's International Exchange Program. This program has improved my judo technique and improved my judo training skills. Thanks to Motonari Sameshima teaches us the influence of judo in our lives #jenesys_asean</p> <p>— 2h · 🌐</p> <p>【JENESYS Online Webinar “Judo 柔道”】 The JENESYS online program for high school students and undergraduate students in Cambodia was held on October 25, 2021. Mr. Motonari Sameshima gave an instructive lecture on the origin of Judo, the importance of doing Judo beyond victory or defeat, proper etiquette, and so on. The lecturers also demonstrated practical skills, various throwing techniques. We hope that the participants will come to Japan in the near future and do Judo with Japanese Judo player.</p> <p>JENESYS Online Webinar “Judo 柔道”</p> 	<p>This the was great webinar related to Judo, which has hosted by JICE and lectured by Sensei Motonari Sameshima, Director of the Education & Instruction Department, Kodokan Judo Institute, such a honour. Even though, the program was abit short, but it was so many existing experiences and knowledge to learn, and correct our current training routine, especially we have understood the meaning of Judo, and what is it used to apply for our daily.</p> <p>Finally, we really grateful for such a good program and look forward to join more for improve our training and technique.</p> <p>Again, as a Cambodia Judoka, Thank for JICE's coordinators team and Sensei Sameshima, wish you good luck and healthy.</p> <p>#JENESYS_ASEAN</p> <p>JENESYS Online Webinar “Judo 柔道”</p> 
<p>October 25, 2021 (Facebook)</p> <p>It is an honor to be a part of JICE's International Exchange Program. This program has improved my judo technique and improved my judo training skills. Thanks to Motonari Sameshima teaches us the influence of judo in our lives #jenesys_asean</p>	<p>October 25, 2021 (Facebook)</p> <p>This the was great webinar related to Judo, which has hosted by JICE and lectured by Sensei Motonari Sameshima, Director of the Education & instruction Department, Kodokan Judo Institute, such an honour. Even experiences and knowledge to learn, and correct our current training routine, especially we have understood the meaning of judo, and what is it used to apply for our daily.</p> <p>Finally, we really grateful for such a good program and look forward to join more for improve our training and technique.</p>

Again, as a Cambodia Judoka. Thank for JICE's coordinators team and Sensei Sameshima, wish you good luck and healthy.

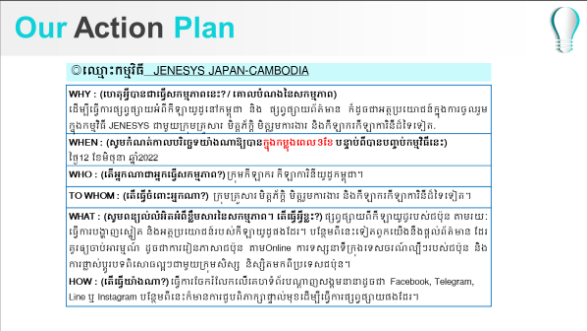



March 10, 2022 (Facebook)
 Day 1 & Day 2
 It was amazing to have such a good opportunity to join JENESYS 2022 Japan-Cambodia the exchange program organized by JICE, with first day of Japanese lectures and second day's lectures by 5-dan & 6-dan Iaido sensei, it was a splendid experience and exciting to learn about Japanese sword techniques. We look forward to learn more for tomorrow's lecture.



March 13, 2022 (Facebook)
 Day4: Exchange experience with Japanese students in high school and junior high school through judo.
 Do you know what judo is? Who is the creator of judo? And why? What does judo teach you?
 Please share your answer below

6. Action plan presentations at the final reporting session

Group 1	
	<p>WHY: To promote judo in Cambodia and share the benefits of participating in the JENESYS program with family, friends and other judo practitioners.</p> <p>WHEN: 12 June, 2022</p> <p>WHO: Members of our judo club</p> <p>TO WHOM: Family, friends, colleagues, and sports enthusiasts</p> <p>WHAT: Implementation plan: Share the good qualities of Japanese Judo and Judo in general by demonstrating Judo techniques. We will also provide appealing information online about Japan, such as the Japanese language and famous tourist destinations in Japan, and interact with Japanese students online.</p> <p>HOW: We will share the above mentioned information using social media such as Facebook, Telegram, LINE, Instagram, etc. We will also conduct face-to-face discussions.</p>
Group 2	
	<p>Our Action Plan to Implement and Share our Learnings</p> <p>WHY: To promote, teach and exchange experiences about Japanese history, art and budo.</p> <p>WHEN: 5 May, 2022</p> <p>WHO: Our group and judo team members</p> <p>TO WHOM: Friends, family, school students (junior and senior high school students in Cambodia)</p> <p>WHAT: We will introduce Japanese culture and budo (including judo) at the Bon Odori Festival organized by the Angkor Yawara Judo Club.</p> <p>HOW: We will wear the traditional Japanese attire, Kimono, and perform Japanese budo (martial arts) and traditional dances.</p>

Implementation agency : Japan International Cooperation Center (JICE)