

JENESYS2021 Japan-Laos Online Exchange (Japanese Martial Arts) Report

1. Program Overview

【Objective】 This program was conducted with the main objective of having Lao youths build friendly relations through exchanges with Japanese martial artists, promoting further understanding of the spirit of Japanese martial arts and Japanese culture, and encouraging the development of Lao martial artists and the dissemination of Japanese culture.

【Participants】 Total: 43 high school students, undergraduate students, graduate students, and working youth from Lao PDR

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

【Program Schedule】





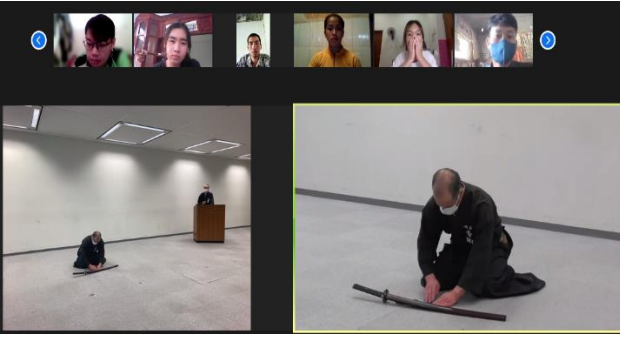

Date Location	Program Contents	Participants' questions and reactions
Number of participants for the following 2 days: 38		
November 16, 2021 Tokyo	【Webinar, Q&A Session】 “The history and appeal of Japanese Budo” Lecturer: Mr. YOSHIKAWA Hideo, Trustee, Secretary-General, Nippon Budokan 1. Lecture 2 . Q&A session	The participants were quite fluent in Japanese, and directly asked questions, such as why Japanese youth choose Budo (martial arts) out of many sports, the meaning and differences of the colors of judo belts, and how Budo is connected to Japanese history.
December 18, 2021 Tamano City, Okayama Pref.	【School Exchange】 Okayama Prefectural Tamanokonan High School Judo club 26 participants 1. Opening, JENESYS Overview 2. Greetings from students from both countries 3. Presentation by Japan 4. Group exchanges 5. Comments from each group 6. Group photo 7. Social media and questionnaire request, Closing	The Judo club showed their usual training routine. The Lao participants looked very interested in seeing the techniques and training content through their screens. During the group exchanges, the participants deepened their understanding of each other in a friendly environment, quizzing each other using slides and asking questions about judo. Some of the participants actually demonstrated their signature moves. Participants commented that they would

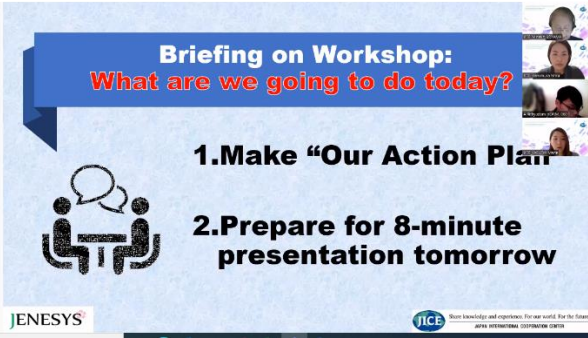

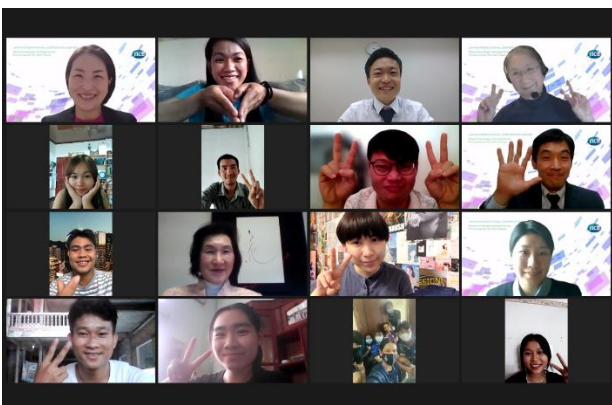
		like to practice together when COVID-19 comes to an end.
Number of participants during the following 6 days: 5 (Jointly with other programs)		
March 2~, 2020	【Video Viewing】 1. Welcome address 2. The Host Town Initiative 3. Virtual home visit	To foster better understanding of Japan, participants watched 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	It being the first day, and being the first time they all met, the participants seemed nervous during the orientation. 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.	【Budo 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,	【Online visit and exchange with local government, Q&A Session】 1. Opening remarks 2. Lecture	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

Aichi Pref.	<p>"Introduction to Nagoya City"</p> <p>Lecturer: Mr. OTSUKA Katsuki</p> <p>Senior Coordinator for Tourism Promotion, Tourism & Exchange 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>many questions. The main questions asked were "Can I enter the Hommaru Palace?", "What is the most popular Nagoya meshi (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?"</p>
March 14, 2022 Tokyo	<p>【Workshop】</p> <p>1. Action plan formulation</p> <p>2. Presentation preparations for the reporting session</p>	<p>The participants had been preparing for the reporting session in advance, and they reviewed and did their final checks on the final draft slides. All participants worked together on the group action plan, sharing their opinions and carefully finalizing it.</p>
March 15, 2022 Tokyo	<p>【Reporting Session】</p> <p>1. Opening remarks</p> <p>2. Presentation review</p> <p>Mr. NISHIMURA Yuki, Third Secretary, Embassy of Japan in Lao PDR</p> <p>3. Announcement from JICE, Closing</p>	<p>Watched by the other members, the presenter calmly gave the presentation. The secretary of the Embassy of Japan in Lao PDR also attended the event, and gave a review of the presentation, which raised the participants' awareness toward future activities.</p>

2. Program Photos

<p>November 16, 2021 【Webinar, Q&A Session】 Lecture</p>	<p>November 16, 2021 【Webinar, Q&A Session】 Lecture</p>
<p>November 16, 2021 【Webinar, Q&A Session】Q&A session</p>	<p>November 16, 2021 【Webinar, Q&A Session】Group photo</p>
<p>December 18, 2021 【School Exchange】 Japan demonstrating their Judo training routine.</p>	<p>December 18, 2021 【 School Exchange 】 Participants quizzing each other during the group exchanges</p>

	
<p>December 18, 2021 【 School Exchange 】 Comments from each group</p>	<p>December 18, 2021 【School Exchange】 Group photo</p>
	
<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>Briefing on Workshop: What are we going to do today?</p> <p>1. Make "Our Action Plan"</p> <p>2. Prepare for 8-minute presentation tomorrow</p> <p>JENESYS JICE</p>	 <p>Our knowledge Sharing Activities : Facebook Post</p> <p>https://www.facebook.com/Jenesyjlme</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

It was an interesting program and I learned much. It gave me an opportunity to deepen my understanding of things that are not easy for the younger generation to learn. It gave us youth a chance to voluntarily learn about a new culture. I now have a better understanding of the Japanese lifestyle than I did before participating in the program. The overall implementation and arrangement of the program was great, the content was detailed, and the quality of the program was amazing.

◆ High School Student

It was short, but I was thrilled to be able to participate in this program. It was great to see Japanese culture and the judo of the high school students. Overall, the program was very good, but I would have liked to spend more time talking with the Japanese participants.

◆ Undergraduate Student

I was very excited to participate in this exchange program. If I have the chance, I would love to participate in an exchange program in Japan and learn about Japanese culture.

◆ **Undergraduate Student**

Everyone was very friendly and cooperative. I love opportunities like this. It makes me want to go to Japan, my dream country, even more. I am now saving up to go to Japan.

◆ **Undergraduate Student**

I was very satisfied, and I believe I was able to gain more knowledge about Japan.

4. Voice from Japanese Locals (excerpt)

◆ **Lecturer**

Everyone at JICE did amazing, tending to us from the preliminary preparations to the actual event. The participants were very enthusiastic and showed a high level of interest in Japan and Japanese culture.

◆ **School Exchange Participating Student**

I was moved by the fact that the participants from Laos did not only use the word “sugoi”, but also clapped to express themselves.

◆ **School Exchange Participating Student**

It was moving to see photos of people in a country far from our own practicing Judo.


◆ **School Exchange Participating Students**

I really enjoyed learning about various things such as the judo practice schedules and the staple foods in Laos.

◆ **Faculty Member from the Exchange School**

I was very pleased that the students seemed to enjoy participating and showed interest in our presentation.

5. Dissemination by the participants

 <p>ມີນິມ່ວນມາກໆ ແບບໄດ້ຮຽນຮູ້ປະຫວັດຄວາມເປັນມາຫຼາຍຢ່າງຂອງ ສິລະປະປ້ອງກັນຕົວຢີ່ປຸ່ນເລີຍ ຮັບບໍ່ເຄີຍຮູ້ກະໄດ້ຮູ້ ລະອຽດມາກກ ໄດ້ຖາມຜູ້ ປັນຍາຍເປັນພາສາຢີ່ປຸ່ນນຳ ໄດ້ຄວາມຮູ້ຫຼາກຫຼາຍຢ່າງເລີຍ 🙏 ຢາກໄປ ຢີ່ປຸ່ນນນ 🍀🍀🍀 #JENESYSASEAN</p> <p>JENESYS Online Webinar "Budō"</p> <p>JENESYS Online Webinar "Budō"</p>	<p>ກິລາ "ບູໂດ" ຂອງຢີ່ປຸ່ນ ເປັນກິລາທີ່ມີປະຫວັດສາດຄວາມເປັນມາທີ່ຍາວນານ, ມີຄວາມໝາຍ ແລະ ຄວາມສຳຄັນຕໍ່ວັດທະນະທຳ ສັງຄົມຂອງຢີ່ປຸ່ນໂດຍແທ້ຈິງ. ຮູ້ສຶກປະທັບໃຈໃນພິທີການ ຂອງກິລານີ້ທີ່ວ່າ ທຳຄວາມເຄົາລົບກ່ອນແຂ່ງຂັນ ແລະ ທຳຄວາມເຄົາລົບຫຼັງການແຂ່ງຂັນ ມັນ ສະແດງໃຫ້ເຫັນເຖິງມູນເຊື້ອຂອງຊາວຢີ່ປຸ່ນຢ່າງແທ້ຈິງ ທັງເປັນວິທີການທີ່ສົ່ງຄວາມຮູ້ສຶກເຖິງ ການໃຫ້ກຽດຕິວອງ ແລະ ຄູ່ແຂ່ງອີກດ້ວຍ. #JENESYS</p> <p>JICE's International Exchange Programs 1d · 🌐</p> <p>【JENESYS Online Webinar "Budō" for Laos】 JENESYS online webinar was held on September 16th, 2021. Mr. YOSHIKAWA Hideo, Trustee, Secretary-General of Nip... See More</p> <p>JENESYS Online Webinar "Budō"</p> <p>JENESYS Online Webinar "Budō"</p> <p>JENESYS Online Webinar "Budō"</p>
<p>September 16, 2021 (Facebook)</p> <p>I had a great time today. It was an opportunity to learn so much about the history of Japanese budo, and I was able to learn more about things I didn't know about. I was able to learn many things and ask questions directly to the Japanese instructor. I want to go to Japan.</p>	<p>September 17, 2021 (Facebook)</p> <p>It is said that Japanese "Budo" has a long history. I think it is a sport that has an important role and meaning in Japanese society. What impressed me the most was the manners of Budo. For example, the custom of "rei," or bowing in respect for the opponent before and after a match, is very important. This is not only a way of respecting your opponent, but also a way of taking care of yourself. It is a manner that gives you a sense of Japanese tradition.</p>

ດື່ຈຫລາຍທີ່ໄດ້ເຂົ້າຮ່ວມ JENESYS ຢູ່ປະເທດໄທ ແລະ ລາວ ເພື່ອສຶກສາ ແລະ ປະກອບສ່ວນຕໍ່ສັນຕິພາບ ຂອງໂລກ ທາງທຶນການອາຈານ ຈາກສະໄໝສອນປຸງໃດວຽກຈົນ ທີ່ໄດ້ມີໂອກາດຮ່ວມງານໃນຄັ້ງນີ້ ນັ້ນ ມີ ຜູ້ສຶກດີໃຈທີ່ໄດ້ເຫັນການສະແດງຕໍ່ສູ້ຂອງນັກຮຽນຢູ່ທາງຍີ່ປຸ່ນ ດື່ຈທີ່ໄດ້ຮູ້ຈັກກັບ ນັກຮຽນ yuta, Ryota, marin ເຖິງເປັນຊ່ວງເວລາສັ້ນໆ ມາດສຶກສາໄດ້ເຖິງຄວາມຫນ້າສົນໃຈຂອງນັກຮຽນ ແລະ ຍິງໄດ້ຮູ້ວ່າພວກນັກຮຽນໄດ້ໃຊ້ທັກ Ujimata ແລະ Taiotoshi ຫນ້າວ່າຈະມີໂອກາດໄດ້ປະຕິບັດຊັດກັບພວກນັກຮຽນທາງນັ້ນ ແລະ ຖ້າສະຖານະການໄດ້ດີຂຶ້ນກໍ່ມີນິຕິບັນຍັດສູ່ປະເທດລາວເດີ [#jenesys_asean](#) [#jenesys](#)



ສ່ວນຫລາຍມີບໍລິໂພກຂໍ້ຂໍ້ສອນໂຄງການ JENESYS ເລກປ່ຽນ ຄວາມຊື່ສັດທາງ ຍີ່ປຸ່ນ ຂອບໃຈຜູ້ອອກ [#jenesys_asean](#) [#jenesys](#)



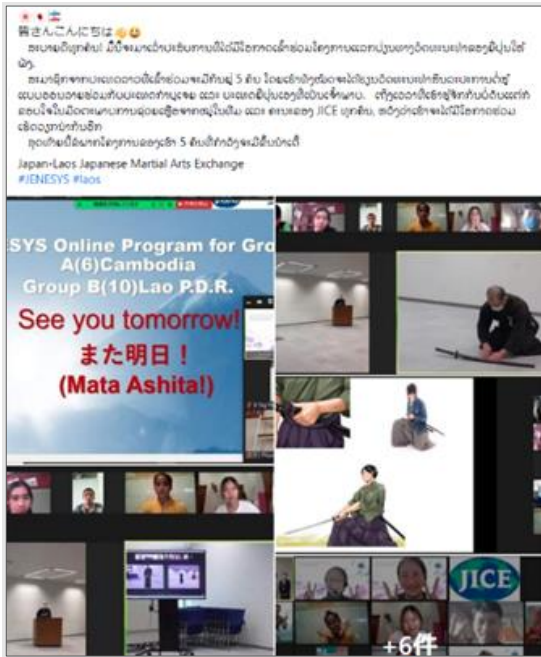
December 18, 2021 (Facebook)

It was great to be able to participate in the JENESYS program and to see the presentation on Japanese Judo. I would like to thank the Viang chan Judo Club instructors for giving me the opportunity to participate in this event.

The group exchange was short, but I talked with Yuta, Ryota and Marin and felt as close to them as if we were brothers and sisters. They also showed me some of their signature moves, such as the uchi-mata and the taiotoshi. I hope to have a chance to practice with them someday. When the COVID-19 situation improves, I hope they will come to Laos.

December 18, 2021 (Facebook)

I enjoyed participating in the JENESYS program. I engaged in many exchanges with everyone from Japan.



March 11, 2022 (Facebook)

Hello everyone! Today I would like to share with you my experience participating in a Japanese cultural exchange program. Five members from Lao PDR participated in an online class on martial arts and culture organized by Japan, together with participants from Cambodia. There was not enough time for our members to get to know each other well, but thanks to the friendly support of our members and the JICE team, I hope to have the opportunity to work together again with everyone.

Last but not least, the project for the five of us is about to begin.



March 11, 2022 (Facebook)

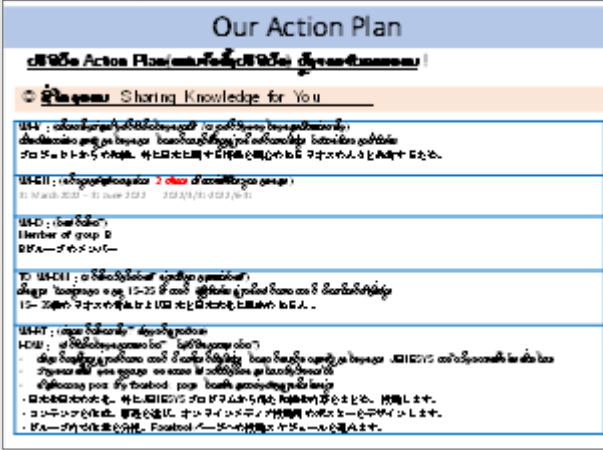
The top 5 of Nagoya City

Let's travel to Nagoya City, Aichi Pref., the birthplace of Lao PDR's most popular car, the Toyota. Here are 5 places I want to visit in Nagoya.

1. Nagoya Castle. Nagoya Castle was rebuilt in 1954 after the war. It is popular among foreigners and famous for its golden Shachihoko.
2. Hommaru Palace. This gorgeous palace offers a sense of the history and art of the Tokugawa period.
3. The Tokugawa Art Museum. Visitors can see and experience artifacts and historical exhibits from the Tokugawa period. Do not forget to visit this museum when you are in Nagoya.
4. Tokugawaen. After visiting the museum, enjoy the Japanese garden, Tokugawaen.
5. Osu Kannon. If you are interested in Buddhism, please visit Osu Kannon. At Osu Bunko, you can also see some of the oldest and most valuable books in Japan.

There are many more interesting things in Nagoya, including its gourmet cuisine.

6. Action plan presentations at the final reporting session

	<p>WHY: To share knowledge from the project, especially about Japan, with people in Laos who are interested.</p> <p>WHEN: 31 March to 30 June, 2022</p> <p>WHO: Group members</p> <p>TO WHOM: Youth in Laos aged 15 to 35, and those interested in Japan and Japanese culture</p> <p>WHAT: We will summarize and post information about Japan, Japanese culture, and especially about the knowledge and content we gained from the JENESYS program.</p> <p>HOW:</p> <ul style="list-style-type: none"> -We will create content, select images, and design posters for online media outlets. -We will divide the workload among group members, and come up with a posting schedule for Facebook.
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Implementation agency : Japan International Cooperation Center (JICE)