

JENESYS2022 Japan-ASEAN Online Exchange for High School Students

Report

(Group 1: SDGs, Group 2: History of Japan-ASEAN Development Cooperation)

1. Program Overview

【Objective】 A nine-day online exchange program was held for youths who are the future leaders of the ASEAN region, with the objectives of promoting understanding of Japan's SDGs initiatives and Japan's efforts in ASEAN development cooperation, and of strengthening friendly and cooperative relations between Japan and ASEAN. Participants were divided into groups under the themes of "SDGs" and "History of Japan-ASEAN Development Cooperation," where they listened to lectures, conducted observations, exchanged opinions with stakeholders, and shared their learnings from the program with many people through social media, etc. Through participation in the Hiroshima Peace Tour, homestay and Okinawan culture experience, they experienced the charm of Japan and deepened their friendship with Japanese people.

【Participants】 Total: 85 participants

(Breakdown)

Group 1 (SDGs): 39 high school students, etc. from 10 ASEAN countries (Note1) and Timor-Leste

Group 2 (History of Japan-ASEAN Development Cooperation): 46 high school students, etc. from 10 ASEAN countries (Note1) and Timor-Leste

(Note1) ASEAN Countries: Brunei, Cambodia, Indonesia, Lao PDR, Malaysia, Myanmar, the Philippines, Singapore, Thailand, Vietnam (10 countries)

【Locations】 Tokyo, Osaka, Hiroshima Pref., Okinawa Pref., Kanagawa Pref., Indonesia (Jakarta)

【Program Schedule】

This program was partially conducted in joint with other programs.

Date Location	Program contents	Participants' questions and reactions
Day 1 July 19, Tokyo	【Orientation】 1. Opening remarks Mr. OHTSUKA Tsuyoshi, Director, Regional Cooperation Division Asian and Oceanian Affairs Bureau Ministry of Foreign Affairs of Japan 2. Exchange among participants	Participants who had been nervous at the orientation seemed to open up to each other using the chat function and talking online face-to-face. Many questions were asked, such as "What is Japan doing to achieve the SDGs?", "Of all of Japan's support to Asia, what support is most

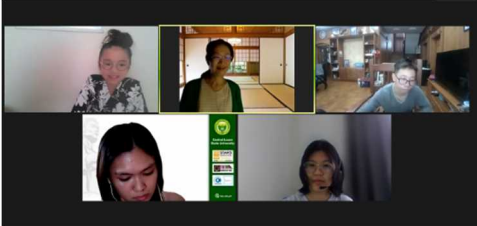
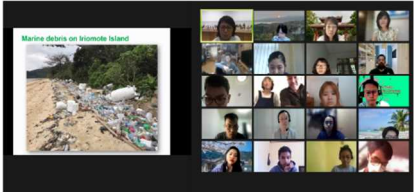
	<p>【Theme Related Lecture, Q&A Session】</p> <ul style="list-style-type: none"> - “SDGs “Fever” in Japan: Why SDGs are important for us?” Lecturer: Mr. SATO Hiroshi, Chief Senior Researcher Research Operations Department Institute of Development Economies Japan External Trade Organization (IDE-JETRO) - “Japan-ASEAN Development Cooperation” (Note2) Lecturer: Mr. MINAMIGUCHI Naoki, Director, Japan-ASEAN Integration Fund (JAIF) 	<p>focused on the SDGs?”, “Are there any indicators that Japan is using to achieve the SDGs?”, and so on. One participant commented, “I would like to contribute to the development of friendly relations with Japan by participating in JAIF programs and other activities.”</p>
<p>Day 2 July 20, Tokyo</p>	<p>【Lecture, Observation, Q&A Session】 ASEAN-Japan Centre</p> <ol style="list-style-type: none"> 1. Overview “Welcome to ASEAN-Japan Centre” Lecturer: Ms. MIYAUCHI Tomoko, Public information Officer, Office of the Secretary General, ASEAN-Japan Centre 2. Virtual office tour 3. Lecture “50 Year History of ASEAN-Japan ~ A Message to You ~” Lecturer: Mr. HIRABAYASHI Kunihiro, Secretary General, ASEAN-Japan Centre. 4. Commemorative photo 	<p>The virtual tour of the office was very engaging, and the participants enjoyed every moment listening to the explanation given. The participants also enjoyed taking part in an interactive quiz using an app during the lecture. Many questions were asked about the reasons why Japan supports ASEAN countries, the recovery of the tourism industry that has been impacted by COVID-19, and programs targeted at youth. After the lecture, many participants expressed their desire to work at the Centre.</p>
<p>Day 3 July 21 Ibaraki City, Osaka</p>	<p>【School Exchange】 Otemon Gakuin Junior & Senior High School</p> <ol style="list-style-type: none"> 1. School overview 2. "Exchange of opinions on the SDGs initiatives in each country" in small groups, Exchange session 3. Summary 	<p>The participants seemed to be curious about the different school life in Japan compared to their own. The participants deepened their mutual understanding of each country's efforts regarding the SDGs.</p>

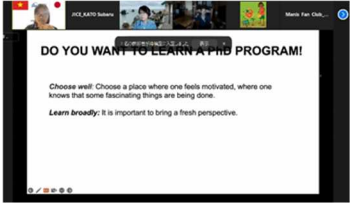
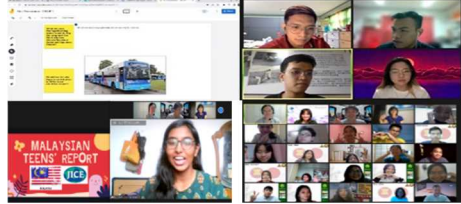
<p>Day 4</p> <p>1. Conducted on July 22</p> <p>2. Conducted on July 22 or 23</p> <p>City of Hiroshima, Hiroshima Pref.</p>	<p>【Japanese Cultural Experience, Exchange】</p> <p>1. Hiroshima Peace Tour by mint.co (including a testimony from 2nd generation Hibakusha)</p> <p>2. Home visit (10 households in groups)</p>	<p>The participants seemed to have gained a deeper understanding of Hiroshima by hearing directly from a 2nd generation Hibakusha (A-bomb survivor) about their experience and by actually seeing images of various locations in Hiroshima (including the Atomic Bomb Dome). One participant commented, "I had a different impression of Japanese history."</p> <p>During the home visits, the participants commented that it was a wonderful experience for them to learn about the lifestyle of each family and Japanese culture.</p>
<p>Day 5</p> <p>July 23</p> <p>Yaeyama-gun, Okinawa Pref.</p>	<p>【SDGs Lecture, Observation, Q&A Session】</p> <p>1. Lecture "The wonders of the World Natural Heritage Iriomote Island, the natural environment conservation efforts, and the challenges of Overtourism" Lecturer: Ms. TOKUOKA Harumi, Director General, Iriomote Foundation</p> <p>2. Observation "Eco tour" Guide: Mr. IMAMURA Hiroaki, Representative, Natures Delight Iriomote</p>	<p>Various museum exhibits were introduced, and the participants were amazed by how intricate and precise they were and could not hide their amazement at the equipment that could even replicate different smells. During the virtual eco tour, they were fascinated by the beautiful nature and diversity of Iriomote and seemed to be curious about the lives of the local residents. The guides were asked many questions, such as why they moved to the island, how they formed their community, and about their daily lives.</p>
<p>Day 6</p> <p>July 25</p> <p>Nakagami-gun, Okinawa Pref.</p>	<p>【Okinawan Cultural Experience, Exchange】</p> <p>1. Introduction of Yomitan Village</p> <p>2. Introduction to traditional culture: Okinawan traditional karate (demonstration) Lecturer: Mr. OSHIRO Kohei, Instructor, World Oshukai</p> <p>3. Introduction to traditional culture: Food culture and cuisine</p>	<p>The participants seemed surprised to learn that Okinawa is the birthplace of karate, and asked questions about the number of kata and styles. The dance and Sanshin performances were admired by many of the participants. Many asked questions such as "How long does it take to become a master?", "How are traditions passed down?", and "Is it true</p>

	<p>(demonstration)</p> <p>4. Introduction to traditional culture: Ryukyuan dance (demonstration) Lecturer: Ms. KOHAKURA Junko, Master, Tamagusuku Itowa Kai</p> <p>5. Introduction to traditional culture: Sanshin (traditional instrument) (demonstration) Lecturer: Mr. NAGAHAMA Masateru, Master, Nomura Ryu Style Tradition</p>	<p>that slow movements are more difficult than fast movements?"</p>
<p>Day 7 July 26 Miura City, Kanagawa Pref., Indonesia (Jakarta), Nagasaki City, Nagasaki Pref.</p>	<p>【Study on Japan-ASEAN Development Cooperation】 (Note2) Visit to the Japan International Cooperation Agency (JICA) Indonesia Office “ASEAN - JAPAN COOPERATION” Lecturer: Program Assistant 【Study on SDGs】 (Note2) Visit to the Manis Fan Club “Tanjung Puting National Park” Lecturer: Representative MARUYAMA Sachiko 【Exchange with an ASEAN International Student】 (Note2) Presentation by Thanh Nguyen Ngoc Lan (international student at Nagasaki University)</p>	<p>The participants seemed to have deepened their knowledge of the field of Official Development Assistance (ODA) initiatives.</p> <p>Participants were especially interested in the environmental conservation activities of the Manis Fan Club. Some commented that the presentation was useful as a reference for wildlife protection activities in their own countries.</p> <p>The presentation by the international student at Nagasaki University was very informative for participants who were considering studying abroad in Japan.</p> <p>The Q&A sessions held at each session were all lively.</p>
<p>Day 8 July 27</p>	<p>【Workshop, Presentation Preparations for the Reporting Session】</p>	<p>The students reflected on what they had learned throughout the program and were divided into groups to prepare their presentations for the reporting session.</p>
<p>Day 9 July 28</p>	<p>【Reporting Session】 Each country's learnings, findings, and action plans</p>	<p>Refer to 6. Presentations at the Reporting Session” on page 10</p>

(Note2) This program was partially conducted jointly with a program for alumni

2. Program Photos

	
<p>July 19 【Lecture】 SDGs</p>	<p>July 19 【Lecture】 Japan-ASEAN Development Cooperation</p>
	
<p>July 20 【Lecture, Observation】 ASEAN-Japan Centre</p>	<p>July 21 【School Exchange】 Otemon Gakuin Junior & Senior High School (Osaka)</p>
	
<p>July 23 【Japanese Cultural Experience】 Hiroshima Peace Tour</p>	<p>July 23 【Japanese Cultural Experience】 Home visit (Hiroshima Pref.)</p>
	
<p>July 23 【SDGs Lecture】 World Natural Heritage Iriomote Island</p>	<p>July 23 【SDGs Observation】 Iriomote Island Eco Tour</p>
	
<p>July 25 【Cultural Experience】 Karate</p>	<p>July 25 【Cultural Experience】 Okinawa Food</p>

	
<p>July 26 【School Exchange】 Presentation by an international student at Nagasaki University</p>	<p>July 28 【Reporting Session】 Presentations by national groups</p>

3. Voices from Participants (excerpt)

【Group 1 : SDGs】

◆ High School Student (Myanmar)

The virtual visit to places around Japan were so realistic that I was left in all. The overall schedule was so packed with essential and intriguing information about ASEAN and Japan in every field. To be honest, the program even changed my mindset, too. I am now so determined to make the community to go a step further with all the energy I have. I will make sure to implement all the learnings I have received in positive and effective purposes. Every schedule and program was beyond my expectation and they all were so perfect that I can't choose one. It was so beneficial for me in making international friends, too and I was able to exchange our culture through social media with them. I really want to appreciate how Japanese people preserve their culture and nature carefully. Moreover, the visits to Hiroshima, Iriomote island, Yomitan village were so mesmerizing that I even kept my eyes wide. The school exchange and home visit were also gripping and I was able to compare with my own surroundings and spread the understanding on them with my family and friends. To wrap everything up, I won't be hesitated to say that this JENESYS program is the best online exchange program and I will make sure to spread the lessons I have learned during the program to as many people as I can.

◆ High School Student (Lao PDR)

The best point of the online visits is that I get to know more about Japan even though I've never visited Japan. This exchange is a great opportunity for me as a student to find out more about many countries in the world not only in Japan.

◆ High School Student (Cambodia)

I have learned a lot more clearly about the history of Hiroshima before and after the war. Furthermore they show me about the explosion point also how the bombing affect people, society in Hiroshima. Especially they showed me that in Japan it took only 3 days to repair the streetcar that has been damage from the war. How interesting with this!!

【Group 2 : History of Japan-ASEAN Development Cooperation】

◆ High School Student (the Philippines)

The JENESYS Program has been thorough in presenting different topics about their own organization (in Japan and ASEAN) and also the culture, tradition, government, basically

everything about Japan. I commend the program's efforts in giving the participants not only an informative experience, but also an enjoyable one.

◆ **High School Student (Timor-Leste)**

I am very appreciated for this program, because I learn something new about Japan culture, Japanese people's and the Japanese school system.

◆ **High School Student (Thailand)**

Loved the part about visiting Japanese homes. It shows the good manners of Japanese people, culture, food and technology in the home. I also love visiting natural places in Japan, talking to local people and seeing the beautiful natural environment.

4. Voices from the Receiving Parties (excerpt)

◆ **School Exchange Participating Student**

It was great to hear the opinions of people from other countries about how to change the world during the discussions.

◆ **Lecturer**

I am glad that the participants learned about both the charms and challenges of Iriomote Island and deepened their interest in the island. I felt everyone's positive attitude as they actively gave their opinions and impressions using the chat function.

◆ **Cooperating Organization**

Although Iriomote Island has a disadvantage in terms of location, I think that being able to share the wonders of Iriomote Island with the world, with its rich natural environment, is what makes connecting online so appealing. The purpose of this project was very similar to what we want to convey through our actual tours, and we learned a lot by conducting it online. We now feel more confident to conduct tours online. If the participants someday come here, I would love to guide them in person. I myself would also like to experience these kinds of events and participate in a program where I can go abroad.

◆ **Cooperating School**

I was able to realize the achievements and challenges of my own school's education and the learnings of my students. While it was gratifying to see that the students were able to develop a certain level of formality in their "one-way" presentations, the "interactions" proved to be more of a challenge. By seeing the challenges, both the school and the students were able to identify what they need to do for future English studies. I was also greatly stimulated as a person from Japan to see how talented the students from ASEAN countries are and to see a glimpse of how strong the momentum in Asia currently is. I am looking forward to co-creating the world in the future with such peers, and I hope to spread initiatives like this throughout Japan.

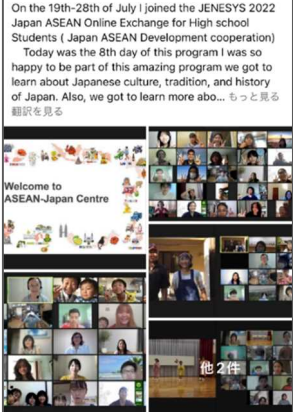
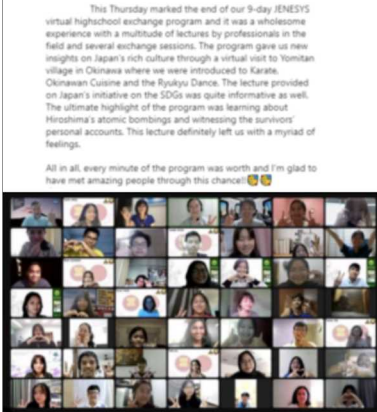
◆ **Host Family**

My whole family was anxious about the program because of our poor language skills. However, the interpreter helped us along and the program participants in Singapore were very friendly, and



we were able to exchange e-mail contacts with them, which gave us a sense of accomplishment.
I am really glad that program took place.

5. Disseminations by the participants (excerpt)

【Group 1 : SDGs】

	
<p>July 27 (Facebook)</p> <p>On the 19th-28th of July I joined the JENESYS 2022 Japan ASEAN Online Exchange for High school Students. Today was the 8th day of this program I was so happy to be part of this amazing program we got to learn about Japanese culture, tradition, and history of Japan. Also, we got to learn more about SDGs (Sustainable Development Goals) furthermore, we got to visit Otemon Gakuin high school everyone there was so kind and friendly and I even made new friends there. I hope I get an opportunity to join this program again in the future it was a great experience for me.</p>	<p>July 29 (Facebook)</p> <p>It was a wholesome experience with a multitude of lectures by professionals in the field and several exchange sessions. The program gave us new insights on Japan's rich culture through a virtual visit to Yomitan village in Okinawa where we were introduced to Karate, Okinawan cuisine and the Ryukyu Dance. The lecture provided on Japan's initiative on the SDGs was quite informative as well. The ultimate highlight of the program was learning about Hiroshima's atomic bombing and witnessing the survivors' personal accounts. This lecture definitely left us with a myriad of feelings. All in all, every minute of the program was worth and I am glad to have met amazing people through this chance!!</p>

【Group 2 : History of Japan-ASEAN Development Cooperation】


	
<p>July 23 (Facebook)</p> <p>Day2: we were divided into groups with students from Japan and other ASEAN countries. In our group, we shared our perspectives on SDG 12 and how each country achieves the targets set for the goal. Day4: I was taken on a virtual tour to Hiroshima. To be honest, my understanding about this city was kinda limited at first, but after a vivid presentation delivered by the presenter, I had a lot to figure out. One of the most impressive thing to me was that the street cars in Hiroshima started operating again just after 3 days!</p>	<p>July 27 (Instagram)</p> <p>I'm participant of JENESYS online program in 2022, I learn a lot of things in this online visits especially about Japan. In this program help me a lot to open my mind to think more critically, and also to represent my country to take a part in this online visits.</p>

6. Presentations at the Reporting Session (excerpt)

Main Presentation Topics:

- Discovering and learning about Japan during the program
- What was sent on SNS during the program
- What we can do based on what we learned in the program (Action Plan)

【Group 1 : SDGs】

Lao PDR		
		
<p>■ Learning from the Japanese educational field: Otemon senior high school DAY 3</p> <p>On our third day, we had the chance to learn about a Japanese school. Japanese school system consists of six-year elementary schools, three- a year of junior high school, and three-</p>		

year high schools but in Laos, the school system is slightly different we have five- year of elementary school four-year of junior high school and three-year of high school.

In their school, lunches are provided for their students. The Japanese school is well organized, clean and tidy because according to them, hygiene is a very important for the well being of human life.

■ Learnings about Japanese culture: Okinawa DAY 6

- SHISA Lion: Shisa lion is a traditional Ryukyu cultural artifact and decoration derived from Chinese guardian lions. Shisa are also wards, believed to protect from some evils.
- KARATE: Karate was a form of martial arts that has originate in the mainland Okinawa date back to the Ryuku kingdom reign. Karate is very popular in Okinawa nearly everyone knows how to do karate
- FOOD: Hirayachi or green pancakes is one of the popular dish in Okinawa. It is served with red yam, rice cake, fried tofu and pickles. In Japan there is a lot of typhoons and people like to eat it because it's quick and easy yet so delicious to make during typhoons.

■ Action Plan : The ASEAN community is like a friendship bridge that unites our region as one. We share our knowledge to help our economies grow stronger. We share borders and we cooperate with each other to build a better community.

Malaysia



■ Learnings about Japan: Japanese culture: We should/must

- Realize how unique Japanese culture is
- should try our best to preserve
- so future generations can experience

■ Learnings about Japan: Japan Virtual Home Tour

- Learnt about etiquette of a normal Japanese family
- Learnt how to make Japanese cuisine
- Get to know more about Japanese daily activities

■ Action Plan: Making posters about SDGs

We put up a couple of posters around the school so that we can spread knowledge about SDGs at every corner of our school

Myanmar



Learnings about Japan: One Bag Beach Clean

The programs about environmental/natural conservation and protection will truly be useful for us. For example, the action called "One Bag Beach Clean" held in the Iriomote island, "Plastic Free Lunch Day", "Manis Fun Club" can become inspirations to create organizations regarding nature.

- Action Plan 1 : We can continue to spread awareness about SDGs and environmental problems through the social media. We can volunteer in NGOs and other organizations. We can be the small waves that form a big wave.
- Action Plan 2 : We can continue exchanging our perspectives and different culture with all the international friends we have made during the programs despite our huge diversities.

【Group 2 : History of Japan-ASEAN Development Cooperation】

Thailand



Learnings about Japan: SDGs in Japan

- Japan takes action toward SDGs goal rapidly after releasing of this concept
- Private and public sectors play important roles supporting SDGs

Learnings about Japan "ASEAN-Japan Centre"

- Establishment of Japan-ASEAN Centre: promoting cooperation for stability and prosperity
- The First Japan-ASEAN Summit Meeting was held in 1977
- JAIF JICA AJC were established in order to support and promote environment, economic, and social development

- Action Plan: Implement: "SDGs about Planet" The waste problem, plastic problem, causes various impacts on our planet, our lives, both humans and animals. Therefore, we should help each other change our lives. Promote the management of waste, plastic problems such as... waste management in schools. "Our little actions make a big difference"

Timor-Leste



■ DAY 1: SDGs “Fever” in Japan

Japanese society is experiencing SDGs fever for the past few years. Newspaper, Radio channel, TV and all kind of web sites in Japan are featuring SDGs frequently. Every Elementary school and High schools are having SDGs classes and club activities. And private companies are starting to use sustainable strategies.

- Proves that Japan is in SDGs fever:
 - Fashion magazine for women features SDGs
 - SDGs card games for student and business person
 - SDGs train wrapping and inside wrapping train is also themed SDGs
 - SDGs shopping arcade

■ DAY 2: ASEAN-Japan Centre.

We have a tour in ASEAN-JAPAN CENTRE in Japan. We were shown with a tour at the ASEAN-JAPAN CENTRE. We met some of the staff there and they also shared some messages for us, like at work they don't see age, culture, race. But there are many people from different country who work in ASEAN-JAPAN CENTRE.

- We are the one who have the big responsibility to take care of our nature. This world need us, a little bit of action can change a lot in our earth.
- The lights are in the end of our tunnel we just need to going take a prove to make a better life for all of living things in earth.
- All of us are just far from powerful that we have inside of us, take a chance to courage our world.

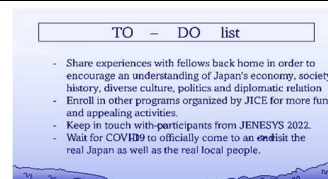
■ Action Plan:

Consumption and production patterns : Sustainable consumption and production (known as SCP) is about doing more and better with less. It is also about decoupling economic growth from environmental degradation, increasing resource efficiency and promoting sustainable lifestyle. 1/3 of all food product food is wasted each year while 1 billion of people are hungry.

- Reduce waste by only making enough
- To use so as not to create excess surplus

Reuse and Reclamation: In Japanese culture, people are very aware of how they are perceived by others because many people around them recycle. Individuals feel compelled to do the same as the Japanese always do, and this is an initiative from Japan to make: normal bottle into Joy Ocean Plastic.

Viet Nam



■ Learnings about Japan: IRIOMOTE

We love the hospitality of the locals there, even though there are language barriers, they deliver the most heart-warming welcome

Surprised by how doting and caring the Japanese are when it comes to nature.

■ Action Plan: To-do list

- 1 Share experiences with fellows back home in order to encourage an understanding of Japan's economy, society, history, diverse culture, politics and diplomatic relation
- 2 Enroll in other programs organized by JICE for more fun and appealing activities.
- 3 Keep in touch with co-participants from JENESYS 2022.
- 4 Wait for COVID-19 to officially come to an end -> visit the real Japan as well as the real local people.

Implementation agency: Japan International Cooperation Center (JICE)