

JENESYS2021 Japan-Singapore Online Exchange (Healthcare) Report

1. Program Overview

【Objective】 The main purpose of this program was for students majoring in social welfare in Singapore to deepen their understanding of Japan's contribution to social welfare in Singapore and to promote friendship with the people concerned through lectures, observation tours, and experiences on the theme of the declining birthrate and aging population that Singapore is also facing.

【Participants】 Total: 97 high school students, vocational school students and school officials from Singapore

【Location】 Tokyo, Hiroshima Pref., Osaka, Nara Pref., Shiga Pref.

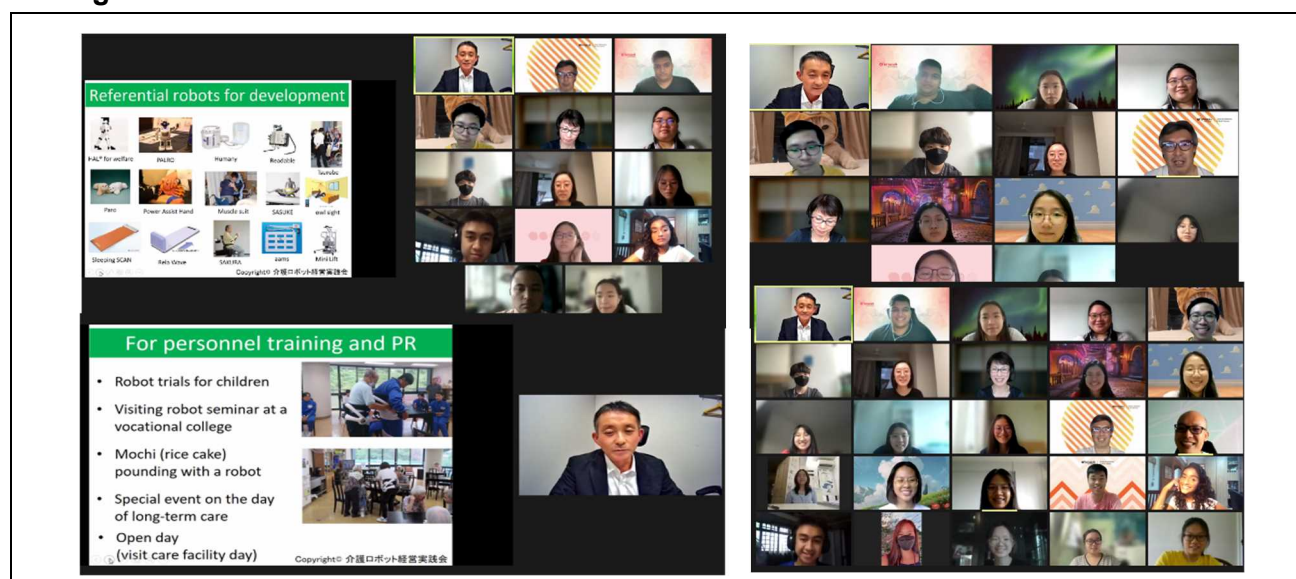
【Program Schedule】

Date Location	Program contents	Participants' questions and reactions
Number of participants for the following 2 days: 81 in total		
September 30, 2021 Machida City, Tokyo	【Webinar, Q&A Session】 1. JENESYS Overview 2. Lecture “Application of a New Technology to the Long-term Care Sector, such as Robotics ~Past → Present → Future~” Lecturer: Mr. SEKIGUCHI Shiro, President of Nursing Care Robot Management Practice Association / CEO of Togenuki Co., Ltd. 3. Q&A session	Given that the declining birthrate and aging society are social issues in Singapore, and that there is a high level of interest in cutting-edge technology there, the participants listened with great interest. The participants actively asked questions such as "Is it possible to introduce robots not only for nursing care but also for schools and daycare centers in the future?", and "There is a possibility that in the future people will receive care from robots instead of humans, but what do you think about human-to-human contact being replaced by robots?"
November 6, 2021 Kure City,	(Jointly with another program) 【School Exchange】 National Institute of Technology 29	During the school introduction, two-way exchange using chat also took place. The Q&A during the group exchanges

Hiroshima Prefecture	<p>participants (KOSEN), Kure College (Hiroshima Pref.) 29 participants</p> <ol style="list-style-type: none"> 1. School overview, Presentation on school life 2. Group exchange sessions 	<p>were also lively, with questions being asked about tourist attractions, local products, and what is popular among high school students these days, allowing the participants to further deepen their mutual understanding.</p>
Number of participants during the following 5 days: 10 (Jointly with other programs)		
March 14~, 2022	<p>【Video Viewing】</p> <ol style="list-style-type: none"> 1. Welcome address 2. Orientation 3. Message from Minamisanriku 4. Study Japanese Culture in Kyoto Learning Japanese 	<p>To foster better understanding of Japan, participants watched a video about Japan and the program before they participated in the main program.</p>
March 16, 2022 Tokyo	<p>【Orientation, Webinar, Q&A Session】</p> <ol style="list-style-type: none"> 1. Opening remarks 2. Greetings from the JICE Representative 3. Program description 4. Lecture on Japan “An Introduction to Japanese Culture” Lecturer: Dr. HASEGAWA Kenji, Associate Professor, Yokohama National University 5. Commemorative photo 6. Exchanges in groups 	<p>The participants were highly motivated at the orientation, and they asked many questions about their missions. In the lecture on Japan, many questions were asked about the issues that face Japan today, such as Japan’s social security system, the aging population, and the declining population. The participants were also very interested in the cultural background that foreigners working in the medical field in Japan should be aware of.</p>
March 17, 2022 Osaka	<p>【Observation】</p> <ol style="list-style-type: none"> 1. Opening remarks 2. Presentation by the Nursing Association Lecturer: Ms. TAKAHASHI Hiroe, President, Public Interest Incorporated Osaka Nursing Association 3. Q&A session 4. Group photo 5. Reflection on the program (in groups) 	<p>Details on the current Japanese healthcare system, the efforts of the Osaka Nursing Association, and measures taken to deal with COVID-19 were introduced. Some participants were interested in working in Japan as nurses or caregivers, and asked many questions about the medical practice and system in Japan, as well as about the acceptance of foreign human resources and the work system in Japan.</p>

March 19, 2022 Osaka, Nara Pref., Shiga Pref.	【Home Visit】 1.Introduction of the host area (Osaka, Nara, Shiga) 1. Host family introductions (4 families) 2. Exchange with the host families 3. Comments from the host family & participants 4. Group photo 5. Reflections on the program (in groups)	The host families made various preparations in advance to welcome the delegation to Japan, and meticulously introduced the inside of their homes, customs at meals, etc., quizzing the participants and asking them questions. The participants truly enjoyed the time spent learning about the daily lives of Japanese people and interacting directly with the Japanese families, with some participants saying that "there wasn't enough time."
March 21, 2022 Tokyo	【Workshop】 1. Making “Our Action Plan” 2. PowerPoint preparation for the reporting session	The participants used the worksheets they had filled out on a daily basis to discuss how to formulate an action plan to be implemented within three months after the program. They also proceeded with preparations for the reporting session the following day, such as deciding who would be in charge of presenting and preparing the PowerPoint presentations.
March 22, 2022 Tokyo	【Reporting Session】 1. Opening remarks 2. Reporting session 3. Review, General address 4. Commemorative photo 5. Closing	Based on what they realized and learned from participating in the program, the participants presented how they would communicate the charms of Japan according to their respective areas of interest (Japanese culture, tourism, entertainment, Japanese language, healthcare, etc.). The participants listened attentively to everyone's presentations, sending messages of support to each other when the other groups were presenting.

2. Program Photos

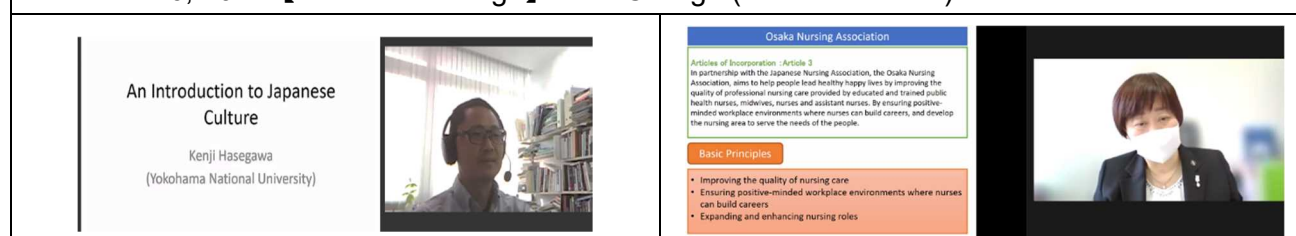


September 30, 2021 【Webinar, Q&A Session】

Nursing Care Robot Management Practice Association



November 6, 2021 【School Exchange】 Kure College (Hiroshima Pref.)

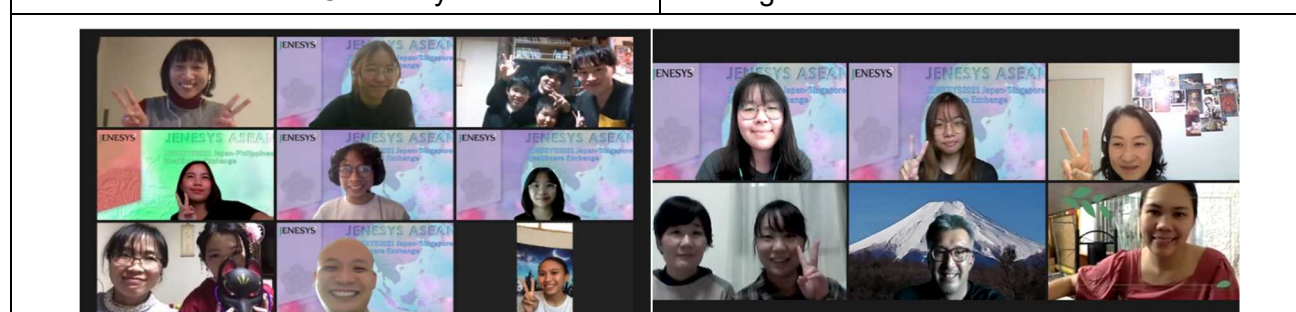


March 16, 2022 【Webinar, Q&A Session】



7. Yokohama National University

March 17, 2022 【Observation】

Nursing Association



March 19, 2022 【Home Visit】 Exchange with the families

	
<p>March 22, 2022 【 Reporting Session 】 Presentation on</p>	<p>March 22, 2022 【Reporting Session】 Group photo</p>

3. Voices from Participants (excerpt)

◆ Undergraduate Student

- I think the online programme was good and really informative. I gained new knowledge on the usage of robots for long term care.
- I greatly enjoyed knowing the different technological items used to aid healthcare in Japan especially for the elderly. It exposed me to different ways that technology can be used to provide care and support to the elderly to provide them assistance and independence.
- I felt that the program was very fun and it allowed students from both Singapore and Japan to interact with each other in these unpredictable times.
- It has been a fulfilling experience with JENESYS these past few days. Whereby, I gained lots of new knowledge about Japan. If possible, I would like to go to Japan to experience what I have learned myself.
- Through JENESYS, I was able to learn more about the culture, history and healthcare system in Japan. I particularly enjoyed the home visit session on day 3 of the program!

◆ High School Student

- The online program was very insightful and allowed me to understand more about the technology that Japan has developed in order to benefit the social sector.
- I thought that it was really nice to interact with the Japanese students! Both parties managed to learn a lot about each other.

4. Voices from Japanese Locals (excerpt)

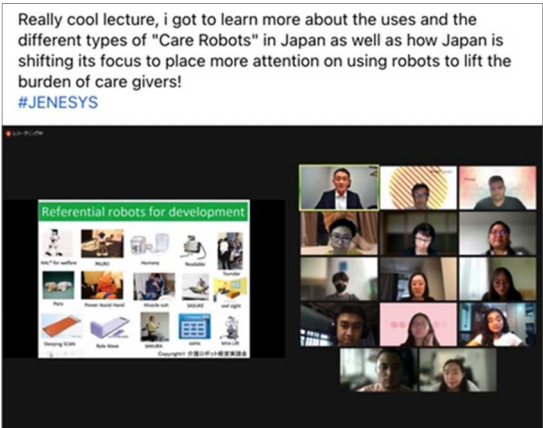
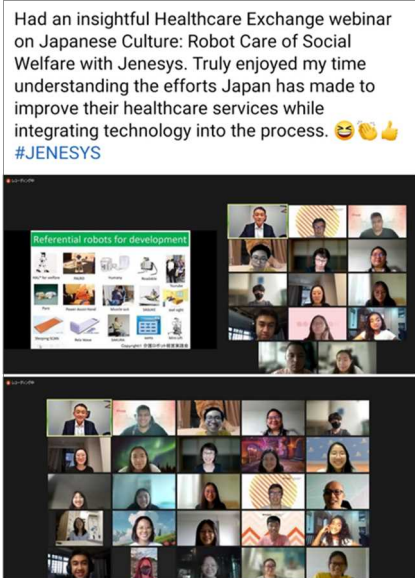
◆ Lecturer

- There was a Q&A at the end of the exchange, but it would have been better if both sides interacted more.
- I am grateful for this very valuable opportunity to interact with students, nurses, and caregivers beyond national borders from the Philippines and Singapore. The beautiful smiles on everyone's faces warmed my heart.

◆ School Exchange Participating Student

- This was the second time that I participated in this kind of international exchange event, but it was hard for me to keep the conversation going. I want to study harder and be more experienced so that I can carry on a smooth conversation.
- I thought this was a great opportunity to enhance my communication skills. I know there is still room for improvement, so I want to continue improving my skills.
- We rarely have the chance to interact with foreign people these days, so I really enjoyed the exchange.
- I am grateful to have been given the opportunity to participate in this activity in the midst of COVID-19. I enjoyed interacting with the youth of Singapore and the Philippines in English, and at the same time found the activity to be very rewarding. I would be honored if I were asked to take part in such an event again in the future.

5. Dissemination by the participants

	
<p>September 30, 2021 (Facebook)</p> <p>Really cool lecture, I got to learn more about the uses and the different types of "Care Robots" in Japan as well as how Japan is shifting its focus to place more attention on using robots to lift the burden of care givers!</p>	<p>September 30, 2021 (Facebook)</p> <p>Had an insightful Healthcare Exchange webinar on Japanese Culture: Robot Care of Social Welfare with JENESYS. Truly enjoyed my time understanding the efforts Japan has made to improve their healthcare services while integrating technology into the process.</p>



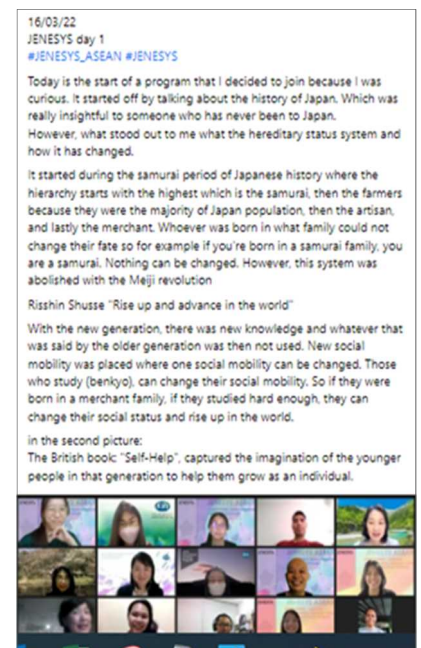
November 6, 2021 (Facebook)

The students of Kure College participated in the JENESYS Program organized by JICE which I also attended when I had a job related to international exchange at Hiroshima University. I offered the video of my wedding ceremony that took place in Miyajima to be shared among the participants.



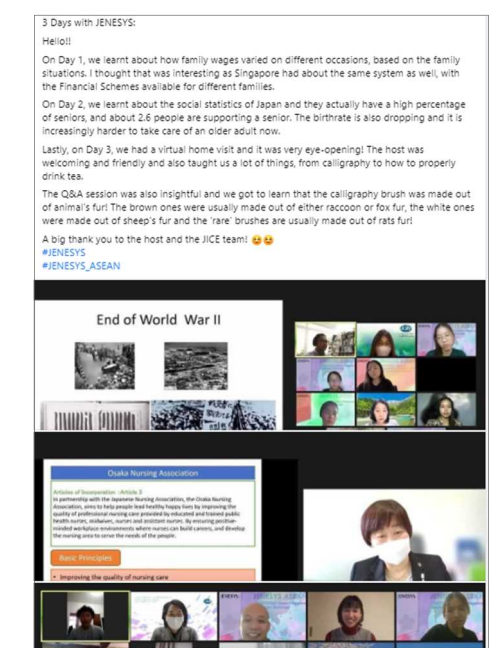
November 11, 2021 (Instagram)

Thank you for having us at this year's JENESYS 2021 Online Exchange Programme with National Institute of Technology Kure College! We all had lots of fun and enjoyed the interactions with Kure College's students! We hope to see everyone again soon! In the meantime, keep well and healthy!



March 16, 2022 (Facebook)

Today is the start of a program that I decided to



March 23, 2022 (Facebook)

Hello!!

join because I was curious. It started off by talking about the history of Japan. Which was insightful to someone who has never been to Japan.

However, what stood out to me was the hereditary status system and how it has changed.

It started during the samurai period of Japanese history where the hierarchy starts with the highest which is the samurai, then the farmers because they were the majority of Japan population, then the artisan, and lastly the merchant. Whoever was born in what family could not change their fate so for example if you're born in a samurai family, you are a samurai. Nothing can be changed. However, this system was abolished with the Meiji revolution.

Risshin Shusse "Rise up and advance in the world"

With the new generation, there was new knowledge and whatever that was said by the older generation was then not used. New social mobility was placed where one social mobility can be changed. Those who study (benkyo), can change their social mobility. So if they were born in a merchant family, if they studied hard enough, they can change their social status and rise up in the world.

On Day 1, we learnt about how family wages varied on different occasions, based on the family situations. I thought that was interesting as Singapore had about the same system as well, with the Financial Schemes available for different families.

On Day 2, we learnt about the social statistics of Japan and they actually have a high percentage of seniors, and about 2.6 people are supporting a senior. The birthrate is also dropping and it is increasingly harder to take care of an older adult now.

Lastly, on Day 3, we had a virtual home visit and it was eye-opening! The host was welcoming and friendly and also taught us a lot of things, from calligraphy to how to properly drink tea.

The Q&A session was also insightful and we got to learn that the calligraphy brush was made out of animal's fur! The brown ones were usually made out of either raccoon or fox fur, the white ones were made out of sheep's fur and the 'rare' brushes are usually made out of rats fur!

A big thank you to the host and the JICE team!

2021年11月6日 (土)

シンガポールの学生とのオンライン交流に参加しました

11月6日にシンガポールのデマセク・ポリテクニクとオンライン交流を行いました。お互いの学校について発表したのち、グループに分かれて広島とシンガポールの観光名所について発表しました。



スクリーンショット(JICEから提供 <https://www.jice.org>)

私は秋に広島でみられる紅葉の景色について紹介しました。すると向こうの方からもシンガポールで有名なガーデンズボットについて話してもらえました。

私たちのグループは伝統的な建物を中心に観光名所として紹介しましたが、シンガポールの紹介してもらったところは世界都市のような光景や、建物のなかに滝があり、花畑が広がっているところなど、近未来的なスポットばかりだったのでとても新鮮で印象に残っています。



交流の様子

今回のプログラムを通して、英語でまだまだ言いたいことがうまく伝えられないと感じました。交流中はできるだけ画面共有で画像を見せ合ったりと試行錯誤しながらもお互いについて学びあうことができ、とてもいい機会となりました。

November 6, 2021 (National Institute of Technology, Kure College HP)

We participated in an online exchange with students in Singapore. On November 6, we had an online exchange with Temasek Polytecnic from Singapore. After giving presentations on our schools, we were divided into groups and introduced the tourist attractions in Hiroshima and Singapore. I introduced the scenery of the autumn leaves at Miyajima, and then they told us about a famous garden spot in Singapore. Our group mainly introduced traditional buildings as tourist attractions, but it was interesting to see that the places in Singapore that were introduced to us were more modern, such as the views in a global city, and buildings with waterfalls and flower gardens inside them. Having experienced this program, I feel that I still can't express what I want to say in English.

During the exchange, we tried to show each other images by sharing screens as much as possible, and although there were some bumps along the way, it was a great opportunity for us to learn about each other.

6. Action plan presentations at the final reporting session

Our Action Plan (Group C Batch# 30)	
After the program, implement the Action Plan!	
Title: Our Jenesys experience	
WHY : (Reasons to do it)	<ul style="list-style-type: none"> - Interest in Japan's Healthcare system and what we are going to share. - Share about we've learnt and that we can use the platform to increase knowledge sharing - Because we should have mutual respect to Japan - To promote Japan's Culture. - Promote for future participants who would enjoy the event
WHEN : (Please write the period within 3 months after the program)	By this month
WHO : (Who will do it?)	The team will collectively edit a canva page, and it will be shared on Instagram through TP-GEM's Instagram page.
WHO : (To whom?)	Current GEM friends/students and prospective Jenesys participants
WHAT : (What are you planning to do?)	HOW : (How will you implement your plan?)
To post a post about Jenesys in the Instagram page of GEM-IG by coming up with snippets and post them in the Instagram page and sharing it around.	

"Our JENESYS Experience"

<WHY>

- Interest in Japan's Healthcare system and what we are going to share
- Share about what we've learnt and that we can use the platform to increase knowledge sharing
- Because we should have mutual respect to Japan
- To promote Japan's culture
- Promote for future participants who would enjoy the JENESYS program

<WHEN> By this month

<WHO> The team will collectively edit Canva page, and it will be shared on Instagram through TP-GEM's Instagram page.

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<WHAT> <HOW>

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Implementation agency : Japan International Cooperation Center (JICE)