

## Commemorating the 50th Year of ASEAN-Japan Friendship and Cooperation

### JENESYS ASEAN-Japan High School Students Exchange Report (Invitation Program)

#### 1. Program Overview

【Overview and Objectives】 In commemoration of the 50th Year of ASEAN-Japan Friendship and Cooperation, this program was held with the main objectives of raising awareness among the youth of Japan and ASEAN Member States (AMS) <sup>(note)</sup> of the importance of ASEAN-Japan relationship, promoting mutual understanding and friendship, and fostering trust and cooperation between Japan and AMS for another 50 years to come.

For this program, 88 selected high school students from AMS and Timor-Leste visited Japan from July 25 to August 2, 2023, under the themes of "Environmental Preservation and Energy," "Manufacturing and Science Technologies," "Medical and Social Welfare," and "Internet and Education." The students were divided into 4 groups and visited Tokyo, Aomori, Saitama, Aichi, and Hiroshima to attend lectures and observation tours, exchange opinions with experts and Japanese high school students, visit universities and learn about studying in Japan, and experience homestays and Japanese culture. The delegation members also shared their experiences from the places they visited and what they learned through the program with others in their home countries on social media during their stay in Japan.

(note) ASEAN Member States (AMS): Brunei, Cambodia, Indonesia, Lao PDR, Malaysia, Myanmar, the Philippines, Singapore, Thailand, Viet Nam (10 countries)

【Participants】 Total: 88 high school students and escorts from AMS, and Timor-Leste  
(Breakdown) 7 students and 1 escort per country

#### 【Locations and Number of Participants】

Online Pre-study Program: Kanagawa Prefecture - 88 participants

Invitation Program: Tokyo – 88 participants (All groups 88participants)

Saitama prefecture, Aomori prefecture – 22 participants (Group A “Environmental Preservation and Energy”)

Aichi prefecture – 22 participants (Group B “Manufacturing and Science Technologies”)

Hiroshima prefecture – 22 participants (Group C “Medical and Social Welfare”)

Tochigi prefecture – 22 participants (Group D “Internet and Education”)

#### 【Program Schedule】

■ Pre-exchange Program:

Friday, July 14 **【Pre-departure Orientation】**

**【Lecture 1】** "Japanese Society and Culture"

Lecturer: Ms. ANDRADE Hisami, Lecturer for the Lecture on Japan, JICE

**【Lecture 2 (Recording)】** "Japan and the United Nations"

Lecturer: Mr. KANETO Kentaro, Principal Deputy Director, United Nations Policy Division, Foreign Policy Bureau, MOFA of Japan

Set-period **【Task-based Learning by (VOD(Video on Demand))】** "Virtual Home Visit", "Message from Minamisanriku", "Allure Aichi -Industry and Cutting-edge technology-", "Peace Tour in Hiroshima", "Learning Japanese Language"

■ **Inbound Program:**

Tuesday, July 25 Arrival in Narita / Haneda Airport, **【Post-arrival Orientation】**

**【Lecture, Workshop】** Lecture by the ASEAN-JAPAN CENTRE

Lecture: "Regional Environmental Issues and AJC-related activities"

Workshop:

Agenda 1. What is an example of a sustainable practice from your own country as a response to the plastic pollution issues?

Agenda 2. If given 100,000JPY, what project can you think about that you can implement to address an issue related to plastic pollution in your school or local community?

Lecturers and Facilitators from ASEAN-JAPAN CENTRE

Ms. MIYAUCHI Tomoko,

Public Information Officer, Office of the Secretary General

Ms. Katrina S. NAVALLO,

Program Manager, Research and Policy Advocacy (RPA) Team

Ms. Aurora Tinio, Intern, RPA Team

Wednesday, July 26 **【Japanese Cultural Observation】**

Meiji-Jingu Shrine and Harajuku (Group A, C), Asakusa (Group B, D)

**【Theme-based Observation】**

Group A: Ishizaka Sangyo Co., Ltd. (Iruma-gun, Saitama)

Group B: Panasonic Center Tokyo (Koto-ku)

Group C: Olympus Corporation (Olympus Museum, Hachioji City)

Group D: GAKKEN HOLDINGS Co., Ltd. (Shinagawa-ku)

Thursday, July 27 ~ Sunday, July 30 Regional Visits by Group

(1) Group A "Environmental Preservation and Energy": in Aomori prefecture

**【Observation】** Ohu Clean Technology, Misawa City Solar System Maintenance Business Cooperative Association

**【Courtesy Call】** Mr. SASAKI Toshiaki, Deputy Mayor of Nanbu Town

**【School Exchange】** Hachinohe Institute of Technology's First High School

- 【Meeting with host families, Homestay, Farewell Party】 Nanbu Town
- 【Japanese Cultural Experience】 Zazen (Hokoji Temple)
- (2) Group B “Manufacturing and Science Technologies”: in Aichi prefecture
  - 【Observation】 Toyota Commemorative Museum of Industry and Technology, Osu Shopping District
  - 【Courtesy Call】 Mr. YASUDA Akihiro, Deputy Mayor of Toyota City
  - 【School Exchange】 Toyota Nishi High School
  - 【Meeting with host families, Homestay, Farewell Party】 Toyota City
  - 【Japanese Cultural Experience】 Fan Making Experience (Toyotashi Washi no Furusato)
- (3) Group C “Medical and Social Welfare”: in Hiroshima prefecture
  - 【Observation】 Hiroshima City Hiroshima Citizens Hospital
  - 【Peace Studies】 A-bomb related site visits and lecture, Hiroshima Peace Memorial Museum
  - 【Meeting with host families, Homestay, Farewell Party】 City of Hiroshima
  - 【Japanese Cultural Experience】 Japanese Calligraphy
  - 【Workshop】 Preparations for the Reporting Session (summarizing the program, confirming social media posts, creating action plans)
- (4) Group D “Internet and Education”: in Tochigi prefecture
  - 【Observation】 Orion IT Business College, Orion Computer, Tochigi Prefectural Museum, Otawara City Nasu Topography Hill Yuzugami Museum, Nasu no Yoichi Densyoukan
  - 【Courtesy Call】 Ms. NOHARA Emiko, Director, Department of Citizen, Culture and Sports, Tochigi Prefectural Government
  - 【School Exchange】 Utsunomiya University
  - 【Meeting with host families, Homestay, Farewell Party】 Ohtawara City

Monday, July 31

【School Exchange】 National Institute of Technology (KOSEN), Kure college (Group C)

All groups travelled to Tokyo

【Workshop】 Preparations for the Reporting Session (summarizing the program, confirming social media posts, creating action plans) (Groups A, B, D)

Tuesday, August 1



【University Visit】 United Nations University (Groups A, B), The University of Tokyo (Groups C, D)

【Reporting Session】 Presentations of program results and action plans for after returning home

Tuesday, August 1 OR Wednesday, August Departure from Narita / Haneda

## 2. Program Photos

- Pre-exchange Program:

	
<p>July 14 【Pre-departure Orientation】</p>	<p>July 14 【Lecture 1】 ”Japanese Society and Culture”</p>
	
<p>July 14 【Lecture 2 (Recording)】 “Japan and the United Nations”</p>	<p>July 【Task-based Learning (VOD)】 “Message from Minamisanriku”</p>
<p>■ Inbound Program:</p>	
<p>Group A “Environmental Preservation and Energy” (Locations: Saitama, Aomori)</p>	
	
<p>July 26 【Observation】 Ishizaka Sangyo Co., Ltd.</p>	<p>July 27 【Courtesy Call】 Deputy Mayor of Nanbu Town</p>
	
<p>July 27 【Observation】 Ohu Clean Technology</p>	<p>July 28 【Observation】 Misawa City Solar System Maintenance Business Cooperative Association</p>
	
<p>July 28 【School Exchange】 Hachinohe Institute of Technology's First High School</p>	<p>July 29 【Homestay】 Nanbu Town</p>



Group B “Manufacturing and Science Technologies” (Locations: Tokyo, Aichi)

	
July 26 【Observation】 Panasonic Center Tokyo	July 27 【Japanese Cultural Experience】 Fan Making Experience
	
July 28 【School Exchange】 Toyota Nishi High School	July 29 【Homestay】 Toyota City
	
July 29 【Courtesy Call】 Deputy Mayor of Toyota City	July 31 【Workshop】 Preparations for the Reporting Session

Group C “Medical and Social Welfare” (Locations: Tokyo, Hiroshima)

	
July 26 【Observation】 Olympus Museum	July 27 【Observation】 Hiroshima City Hiroshima Citizens Hospital
	
July 28 【Japanese Cultural Experience】 Japanese calligraphy	July 30 【Peace Studies】 A-bomb related site visits









	
July 30 <b>【Peace Studies】</b> Lecture	July 31 <b>【School Exchange】</b> National Institute of Technology (KOSEN), Kure College

Group D “Internet and Education” (Locations: Tokyo, Tochigi)

	
July 26 <b>【Observation】</b> GAKKEN HOLDINGS Co., Ltd.	July 27 <b>【Courtesy Call】</b> Director of the life culture sports part, Tochigi Prefectural Government
	
July 28 <b>【Observation】</b> Orion IT Business College	July 28 <b>【School Exchange】</b> Utsunomiya University
	
July 28 <b>【School Exchange】</b> Utsunomiya University	July 29 <b>【Homestay】</b>

All Groups / Observations by groups (Location: Tokyo)

	
July 25 <b>【Lecture and Workshop】</b> “Regional Environmental Issues and AJC-related activities”	

	
August 1 【University Visit】 United Nations University (Group A, B)	August 1 【University Visit】 The University of Tokyo (Group C, D)
	
July 31 【Workshop】 (Group C)	August 1 【Reporting Session】

### 3. Voices from Participants (excerpt)

#### “Environmental Preservation and Energy”

- ◆ **Supervisor (Singapore)** : The visit to the recycling and incineration plant was very impressive. From this I learnt that Japan places a huge emphasis on the importance of waste reduction and recycling.

#### “Manufacturing and Science Technologies”

- ◆ **High School Student (Lao PDR)** : Definitely the Toyota Museum experience left a strong impression. This experience really unraveled the potentials of Japan's manufacturing and technological aspects. So unique and impressive, really left me in awe.

#### “Medical and Social Welfare”

- ◆ **Supervisor (Singapore)** : In the Olympus Museum, the guides were very friendly and helpful. I like the hands-on experience with the medical equipment (endoscopy), and I was very inspired by the history of the company and its founder, and the ethos of the employees. In the Hiroshima City Hiroshima Citizens Hospital, I am so grateful that the organizers gave us this experience to see firsthand how a hospital operates, and I am amazed by how the hospital handles such complex operations so well and efficiently. Japan also stays ahead with its state-of-the-art facilities and technology. You are truly an inspiration.

#### “Internet and Education”

- ◆ **High School Student (Cambodia)** : The visit to Gakken Holdings was the most impressive part of the program. The learning kits, experiments, books, etc., were very beneficial for learning, but also made school education more interesting by providing so many fun tools to keep the students engaged in their studies. I was impressed by how wonderfully organized and well-planned the Japanese education system is.

#### “School Exchanges, Cultural Experiences, etc.”

- ◆ **High School Student (the Philippines)** : Our visit to Toyota Nishi High School was truly a wonderful experience. The students of the English Club took time out of their busy schedule to show us around their beautiful school. From the moment we stepped foot inside the school, we were captivated by the vibrant atmosphere and wanted to be part of that educational environment. We had the opportunity to discuss various aspects of school life and culture. Their presentation on daily life, extracurricular activities, grades, and the school was excellent. The visit was not only a meaningful educational experience, but also an opportunity to foster connections between Japan and our (AMS) schools. We were able to exchange ideas, share experiences, and gain a deeper understanding of each other's educational systems. I would like to thank the students of the English Club of Toyota Nishi High School for their warm hospitality.
- ◆ **High School Student (Lao PDR)** : The homestay was the most memorable experience for me. The host family treated me as if I were their own child, and I had a meaningful time with them. They taught me a lot about Japanese traditional culture and treated me with Japanese cuisine. I learned so much from them and I am grateful.

#### 4. Voices from the Receiving Parties (excerpt)

- ◆ **Company Official** : We could see that all of the participants were very enthusiastic about the program throughout the factory tour and during the Q&A session. We were also able to gain a better understanding of what students from overseas are interested in. We hope to use this newfound understanding to conduct even better activities in the future.
- ◆ **Company Official** : The ASEAN high school students were kind enough to say the program was “easy to understand” and “amazing,” and that was great to hear. We could tell they will be the future leaders of their countries based on how sophisticated their questions were. Their English skills were also inept enough to be at the college level. Although still young, their willingness to work hard every day, gain a wealth of practical knowledge, and contribute to their countries and society was very inspiring. I, too, will not forget that passion and will continue to work hard together with all of my students.
- ◆ **Company Official** : The participants listened very attentively to what we had to say, and it was a good opportunity for us to introduce them to our company's history and the development of our projects. Although the theme of this visit was in the field of medicine, we found that the high school students were interested in many other fields as well, including microscopes and cameras.
- ◆ **School Teacher** : The students were very nervous at first because they had not had any opportunity for in-person international exchanges for some time due to the COVID-19 pandemic. However, they were able to quickly open up and interact with each other thanks to the friendliness of the visiting delegation, and I will always remember how much fun everyone seemed to have.
- ◆ **Japanese Student** :
  - The nature in the countries we exchanged with seemed so beautiful that I want to go see the forests and seascapes unlike that in Japan for myself. It was hard for me to explain things





while using photos, so I plan to practice speaking English over summer vacation.



- I thought all the cities in the countries we exchanged with were very large and beautiful. I could see so many differences from their countries and Japan and I was glad to get the chance to learn about the culture and characteristics of the various cities in their countries.

◆ **Host Family :**

- It was a first-time experience for me, but I enjoyed communicating with the students. I feel, or hope, that I was able to share some aspects of Japanese culture with them. Thank you so much.
- The students (I received) were very bright and had enigmatic smiles. I am also glad they kept on trying to communicate with me using translation apps on their phones. It was amazing. Thank you for allowing me to be a part of this wonderful opportunity.

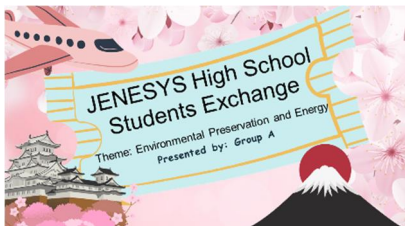



**5. Disseminations by the Participants (excerpt)**

 <p>Day 3 of JENESYS - 27th July, 2023 - Group C</p> <p>On the third day, we took the Shinkansen (Bullet Train) from Tokyo to Hiroshima. Following our arrival in Hiroshima, we had the opportunity to be able to visit Hiroshima City Hiroshima Citizens Hospital, which is one of the largest hospitals in Hiroshima.</p> <p>We were able to learn about the hospital's history, including its progress since 1952, as well as their objective and goal of providing advanced acute medical care. We also had the opportunity to visit numerous departments in the hospital, including radiology, nutrition, clinical, and emergency department, which gave us a better idea of how different departments in the hospital work together to best support their patients.</p> <p>#jenesys_asian</p>	 <p>On the last day of our trip today we visited the Hiroshima Peace Memorial Park. It was a very touching experience to see the memorial and the museum. We learned a lot about the atomic bombing and the impact it had on the city. It was a very emotional experience and I am so grateful to visit it because it has a lot of stories there.</p>
<p>July 27, 2023 (Facebook)</p> <p>On the third day, we took the Shinkansen (Bullet Train) from Tokyo to Hiroshima. Following our arrival in Hiroshima, we had the opportunity to be able to visit Hiroshima City Hiroshima Citizens Hospital, which is one of the largest hospitals in Hiroshima.</p> <p>We were able to learn about the hospital's history, including its progress since 1952, as well as their objective and goal of providing advanced acute medical care. We also had the opportunity to visit numerous departments in the hospital, including radiology, nutrition, clinical, and emergency department, which gave us a better idea of how different departments in the hospital work together to best support their patients.</p>	<p>July 31, 2023 (Instagram)</p> <p>We are visiting Hiroshima Peace Memorial Park.</p> <p>There are many stories about the atomic bomb that has happened in the past and they teach us about peace, how they live in that moment (after the bombing) and I am so grateful to visit it because it has a lot of stories there.</p>

	
<p>July 29, 2023 (Chunichi Shimbun, Toyota Morning Edition)</p> <p>“Deepening Exchanges with Toyota Nishi High School Students”</p> <p>Students from ASEAN Member States: High school students from Southeast Asia visited Toyota Nishi High School and engaged in exchanges with Japanese students. They introduced their respective cultures in English, and together they marveled, laughed, and talked with each other beyond race and borders. Some of the visiting students said, "Bowing and pressing one's palms together are done both in Japan and in my country, but the depth and position of the hands are different."</p>	<p>July 29, 2023 (Shimotsuke Shimbun)</p> <p>“Company Visit to Better Understand Japan”</p> <p>High school students from Southeast Asia visited Utsunomiya under the theme “Internet and Education”: High school students from Southeast Asia, who were in Japan as part of the "JENESYS 2023" program, visited Orion Computer and Orion IT Business College, which are engaged in IT related educational projects, to observe the Japanese language classes held for foreign nationals coming to Japan as technical intern trainees. The students asked the technical intern trainees questions such as "Why did you decide to work in Japan?" and learned more about how it is to work in Japan.</p>

## 6. Results and Action Plans Presented at the Reporting Session

### Group A (Locations: Tokyo, Saitama, Aomori prefecture)

 <div data-bbox="598 1444 1005 1668"> <p><b>WHAT</b> (Are we going to do)</p> <ul style="list-style-type: none"> <li>• collect waste from households</li> <li>• waste includes plastics, paper etc.</li> <li>• exchange the waste for an incentive (maybe a crochet)</li> <li>• turn this recycled waste into a product</li> <li>• sell it back to the public</li> <li>• promote through social media</li> </ul> </div> <div data-bbox="1029 1444 1439 1668"> <p><b>HOW</b> ONLINE PLATFORM</p> <p>Youtube Channel </p> <p>Podcast </p> <p>Example Content:</p> <ul style="list-style-type: none"> <li>• Environmental Topic (separate into each content)</li> <li>• Invite a special guest</li> <li>• Separate into each country vlog</li> </ul> <p>Example Content:</p> <ul style="list-style-type: none"> <li>• Team members JENESYS experience</li> </ul>  </div>	<p>【What we Learned】 I was impressed by the convenience of public transportation in Japan (many people take the train, use bikes, and walk, and there was hardly any heavy traffic). They also value punctuality and politeness. We were also surprised by the active elderly population, the healing power of the hot springs, and the high level of public safety. We also learned about emergency risk management and how high the return rate of lost property is in Japan.</p> <p>【Learnings about Environmental Preservation and Energy】 Ishizaka Sangyo Co., Ltd. focuses on environmental conservation and energy, and reuses waste. With its "Zero Waste Design"</p>
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vision, we learned that the company reduces or recycles 98% of its waste and uses environmentally friendly technology to sort and dispose of it.

【Action Plan】 We believe the following two activities we learned about in Japan can also be carried out in our home countries.

- We will implement a project to encourage household waste separation by offering something in return for the household's separated waste.
- We will promote activities to convert recyclable waste into products on social media.

### Group B “Manufacturing and Science Technologies” (Locations: Tokyo, Aichi prefecture)



【What we Learned】 We learned about the politeness of Japanese society, the importance of punctuality, how the country is a technologically advanced nation that is mindful of cleanliness, yet maintains an abundance of greenery, is committed to a sustainable future, and continues to improve the quality of life for its people through technological innovation.

【Learnings about Manufacturing and Science Technologies】 We learned that Japan has achieved development and economic growth through manufacturing and technology, as can be seen with the Shinkansen. During the company visits, we realized that the revolutionary factor in Japanese manufacturing, such as innovative technology, emphasis on the environment, and the invention of alternative energy sources, all come from the "Kaizen" spirit.

【Action Plan】 Everyone in our group will implement the following two actions by October 2023.

- We will share cultural information about Japan, AMS, and Timor-Leste, and promote connectivity among the students of each country.
- We will create contents (online) for exhibition booths that can foster innovation to introduce Japanese craftsmanship to the younger generation.

### Group C “Medical and Social Welfare” (Locations: Tokyo, Hiroshima prefecture)



【What we Learned】 We learned about the advanced nature of Japanese technology. The Japanese people's stance on animal welfare was also memorable. They were also diverse in their concern for the environment, with many people using bicycles and many households using solar power generation. We also found the Japanese people to be kind, gentle, meticulous, and simply fun to be around.

### 【Learnings about Medical and Social Welfare】

Medical Welfare: The students learned about the latest developments in medical equipment, including technologies and treatment devices that contribute to early detection while minimizing the burden on patients, and systems that automatically select appropriate drugs.

Social Welfare: Japan has a universal health insurance system that allows people to receive medical care at a low cost.

【Learnings from the Peace Studies】 The Hibakusha continue to move forward without seeking revenge or holding grudges against the past. Their only wish is for peace to spread throughout the world.

【Action Plan】 From August to November, all group members and volunteer students from each country will create Facebook, Instagram, and YouTube pages to disseminate information about Japan and to promote Japanese culture and connections to the JENESYS Program.

### Group D “Internet and Education” (Locations: Tokyo, Tochigi prefecture)



【What we Learned】 We learned to understand the characteristics of the Japanese people, their religion and beliefs, and their history. We especially learned about the importance of punctuality.

【Learnings about Internet and Education】 Through our visit to Gakken, we learned how important it is to realize the SDGs. The hands-on learning experience was also memorable. At Utsunomiya University, we were impressed by the students' excellent calligraphy performance and presentation on their research. At the Orion IT Business College, we learned about their unique Japanese language learning methods and the benefits and importance of using IT.

【Action Plan】 All group members will make posts on Instagram, Facebook, YouTube, and TikTok about their experiences during their stay in Japan and what they learned from them, targeting the general public in their respective countries. After three months, the social media posts and what the members learned will be compiled on a website so that the participants can share their reactions to the posts in their respective countries and come up with better ways to share information about JENESYS.

Implementation Agency: Japan International Cooperation Center (JICE)