

**JENESYS 2022 Malaysia Outbound Program**  
**(65th Anniversary of the Establishment of Malaysia-Japan**  
**Diplomatic Relations and the 40th Anniversary of the Look East Policy)**  
**Commemorative Exchange Program Report**

## **1. Program Overview**

**【Objectives】** This program was implemented to commemorate the 65th anniversary of the establishment of diplomatic relations and the 40th anniversary of the Look East Policy, with the aim of promoting mutual understanding, friendship, and cooperation between Malaysia and Japan. The delegation learned about the relationship between Japan and Malaysia and Japan's contribution to Malaysia. Also, they introduced the history of the two countries and Japanese culture through exchanges with local people in Malaysia.

**【Participants】** Total: 10 Japanese undergraduate students  
(Hokkaido University of Education (2), Gifu University (4), Kochi University (4))

**【Location】** Malaysia (Kuala Lumpur)

## **2. Program Schedule**

### **■ Pre-study Program (Online)**

Tuesday, November 8, 2022 **【Lecture and Q&A Session】** Lecture on understanding the dispatched country and theme

"Overview of Malaysia, Malaysia-Japan Relations: Good relations based on the Look East Policy"

Lecturer: Mr. SAITO Yuki Yoshi, First Secretary, Embassy of Japan in Malaysia

Friday, March 3, 2023 **【Participant Briefing, Q&A Session】** Reconfirmation of the objectives of this project and participants' missions, and explanation about the schedule of the local programs, safety management, etc.

### **■ Outbound Program**

Wednesday, March 15 Departure at Narita International Airport, Arrival at Kuala Lumpur International Airport, Malaysia

Thursday, March 16 **【Courtesy Call, Lecture, Q&A Session】** Courtesy call to the Embassy of Japan in Malaysia

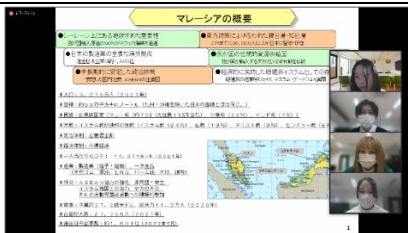

"Relations between Japan and Malaysia" and "Work of Embassy"

Lecturer: Ms. NAGAI Tomoko, Director, Japan Information Service, First Secretary, Embassy of Japan in Malaysia

**【Cultural Observation】** Putra Mosque, Kuala Lumpur  
**【University Exchange】** University Tour at University Putra Malaysia (UPM),  
 Presentation by participants, "Attractions of Japan," Demonstration (Gujo  
 Odori), Malaysian traditional culture experience (Trying on ethnic costumes and  
 experience traditional games) and others  
 Friday, March 17 **【University Exchange】** University Putra Malaysia (UPM), on-campus farm  
 tour, workshops (making honey soap, etc.)  
 Saturday, March 18 **【Home Visit】** Home visit and farewell party  
 Sunday, March 19 **【Cultural Observation】** Batu-Caves, Thean Hou Temple  
**【Workshop】** Preparations for the reporting session  
 Monday, March 20 **【Observation at the ODA Site】** Development Project for Malaysia-Japan  
 International Institute of Technology (MJIT), Japanese language education  
 project (JICA Overseas Cooperation)  
**【Lecture and Q&A Session】**  
 (1) "JICA's Activities in Malaysia"  
 Lecturer: Mr. HAMADA Isamu, Chief Advisor, Japan International Corporation  
 Agency (JICA)  
 (2) "MJIT and JICA MJIT Project"  
 Lecturer: Mr. OHI Toshiaki, Coordinator of Volunteer Program, JICA Malaysia  
 Office  
 (3) "JICA Volunteer Activities"  
 Lecturer: Ms. TAKANO Mayako, JOCV Senior Volunteer  
**【Exchange】** Malaysia Japan International Institute of Technology (MJIT),  
 Presentation by participants, "Attractions of Japan," Demonstration (Gujo  
 Dance), exchange with students learning Japanese  
**【Reporting Session】** Presentations: Results from the outbound program,  
 action plans for after returning home  
**【Friendly Gathering】** Friendly gathering with guests  
 Departure from Kuala Lumpur International Airport  
 Tuesday, March 21 Entry from Narita International Airport

### 3. Program Photos

#### Pre-study Program (Online)

	
<p>November 8, 2022 【Lecture and Q&amp;A Session】Lecture on understanding the dispatched country and theme: "Overview of Malaysia, Malaysia-Japan Relations, Good relations based on the Look East Policy" (Embassy of Japan in Malaysia)</p>	<p>November 8, 2022 【Lecture and Q&amp;A Session】Q&amp;A Session (Embassy of Japan in Malaysia)</p>

#### Travel program

	
<p>March 16, 2023 【Courtesy Call, Lecture, Q&amp;A Session】Embassy of Japan in Malaysia</p>	<p>March 16, 2023 【Observation】Putra Mosque</p>
	
<p>March 16, 2023 【School Exchange】Presentation by participants: "Attractions of Japan" (University Putra Malaysia (UPM))</p>	<p>March 16, 2023 【School Exchange】Presentation and demonstrations by the (Gujo Odori introduction) (University Putra Malaysia (UPM))</p>
	
<p>March 17, 2023 【School Exchange】Workshop (honey soap making) (University Putra Malaysia (UPM))</p>	<p>March 17, 2023 【School Exchange】Presentation by the exchange school students, Demonstration (dance) (University Putra Malaysia (UPM))</p>

	
March 18, 2023 【Home visit】	March 18, 2023 【Home Visit】 Farewell party
	
March 19, 2023 【Observation】 Batu-Caves	March 19, 2023 【Workshop】 Preparations for the reporting session
	
March 20, 2023 【Lecture and Q&A Session】 JICA Malaysia Office	March 20, 2023 【Exchange】 Malaysia Japan Institute of Technology (MJIT)
	
March 20, 2023 【Reporting Session】 Presentations by participants	March 20, 2023 【Reporting Session】

#### 4. Voices from Participants (excerpt)

##### ◆ Undergraduate Student

Through programs such as home visits and university exchanges, I was able to deepen my understanding of Malaysia from various perspectives. Also, the people of Malaysia welcomed us very warmly and I have come to like Malaysia. I really wanted to learn more about both Japan and Malaysia.

##### ◆ Undergraduate Student

I really enjoyed the exchange with the students of Malaysia Putra University. It was a very meaningful experience for me to be able to communicate through my own words, related to such as the presentation of Japan's attractions and information about Malaysia.

##### ◆ Undergraduate Student

Unless we participate in an exchange program like this, it's hard to get a chance to hear the voices of the locals directly. It was a very good experience that I was able to hear information about university life directly from Malaysian university students during the exchange.

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

### ◆ Exchange School Student

I had a great time with the Japanese students! Especially, my best experience is directly learning the Japanese dance. I always see the Bon Odori festival online and amazed by it. I never ever think I would get the experience to learn the Japanese dance from the Japanese students themselves! Thank you very much for the amazing experience.



### ◆ Exchange School Student

I think this program is wonderful. It would be nicer if you can cover more areas in Malaysia, because we have different cultures in different states. But I think it is great that different students from different areas of Japan were able to come together and experience culture exchange together. I hope we showed good hospitality to strengthen the bond between Malaysia and Japan during the school exchange program.

### ◆ Exchange School Student

I really love when we had the school exchange program and introduce their culture and our culture each other. The Japanese students showed us the traditional dance and it was so much fun to follow and dance together. I think this kind of program is such a wonderful program for both countries where we be able to share our own culture and having fun with each other.





## 6. Disseminations by the Participants (excerpt)

 <p>...Today, we gave a presentation about Japanese books to Malaysian students at UPM!</p> <p>• I teach (teaching: Traditional picture books) • Hokkaido University of Education (Japanese education) • Gifu University (Japanese traditional dance)</p> <p>The UPM students were very interested in our presentation, which made us very happy! We were glad to have been able to introduce a little bit about Japan to them!</p> <p>• Group presentation: Japanese Dance - Traditional Japanese dance • Traditional Japanese dance were introduced at each university, and at the end, everyone danced the Japanese dance. It was a lot of fun and everyone had a great time dancing!</p>	 <p>Interaction with UPM students</p> <p>We listened to their presentation, and sang song #1 in addition, we danced UPM original song together &amp; it was so fun!!</p> <p>After that, we ate mee goreng and Curry Puff.</p> <p>Thank you for their hospitality!!</p> <p>11日(土)に、UPMの学生と日本の伝統文化について紹介しました。UPMの学生は、日本の伝統文化に興味を持ち、とても楽しそうに聞いてくれました。また、UPMのオリジナルの歌を一緒に歌ったり、UPMの伝統的な踊りを一緒に踊ったりしました。とても楽しい時間でした。最後に、UPMの学生と一緒にカレーパンとミーゴレンを食べました。とても美味しいです。UPMの学生と交流することができて、とても良かったです。</p>
<p>March 17, 2023 (Instagram)</p> <p>Today I gave a presentation on Japanese books to Malaysian students at UPM!</p> <p>'Medical Picture Books,' Kochi University</p> <p>"Education in Japan," Hokkaido University of Education</p> <p>"Seasonal Events in Japan," Gifu University</p> <p>The UPM students were very interested in our presentation, so we were very happy! It was nice</p>	<p>March 18, 2023 (Instagram)</p> <p>On the third day of the program, UPM students introduced the university and sang traditional Malaysian songs so that we could deepen our understanding of Malaysia.</p> <p>After that, we danced together on UPM's original song and it was so much fun!!</p> <p>Finally, we had a curry puff with mee goreng as a snack.</p>



to introduce a little bit about Japan. Group Presentation "Nihon Buyo - Yosakoi Gujo Odori": All of us introduced traditional Japanese dances, and at the end of the performance we all danced the Gujo Odori!	Thank you for the wonderful hospitality
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## 7. Presentation of “Japan’s Attractions” (excerpt)

Gifu University	
     	
<p>● JAPAN</p> <p>Seasonal Events</p> <p>Introducing events, food culture and characteristics of each season in Japan</p> <p>■ SPRING</p> <p>March → May : Hinamatsuri (March, Doll's Festival), Hina-arare (sweet rice crackers), Chirashi-sushi (scattered sushi), Hanami (a cherry blossom viewing party), Children's Day (May 5th), Koinobori (carp streamers), Gogatsu-ningyo &amp; Kabuto (Samurai warrior dolls &amp; Samurai warrior helmet), Kashiwa-mochi &amp; Chimaki</p> <p>■ SUMMER</p> <p>June → August : Summer Food (Shaved ice), Tanabata (Hanging wishes on bamboo), Fireworks, Summer Festival</p> <p>■ AUTUMN</p> <p>September → November : Autumn Leaves (The leaves turn red and yellow), Moon Viewing (September), Shichi-go-san (November)</p> <p>■ WINTER</p> <p>December → February : Northside (mountainous region) Low temperature, Southside (Plain area) frequently sunny, Winter Sports (Skiing, Skating), Toshikoshi-soba (December), Hatsumode, Osechi, Adult Day (January)</p>	
Hokkaido University of Education	



## Introduction to Hokkaido (Northern Japan) and the Japanese educational system " Kyusyoku (School Lunch)"

### ■ About Hokkaido

- Weather Cold in Winter, Cool in Summer, and Food Culture (Imoni, Pickles)

### ■ Japanese education system "Kyusyoku (School Lunch)" (Not just for language and mathematics)

- Food and nutritional education

→The foundation of life, intellectual and moral education

- Kyu-shoku (School Lunch)

Lunch considered by nutritionists

- Understanding of food culture

use food locally grown vegetables

make local food from all over the world (Ex: Vietnamese pho, keema curry from India)

- Social manners (eating manner)

showing gratitude for the ingredients such as vegetables and meat

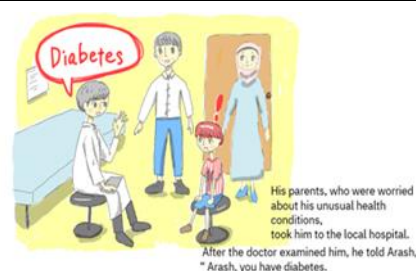
proper way to use chopsticks

- Papers on food and nutritional education

- A lot of experiences about food

→ the knowledge about our food and ability to choose what we eat

## Gifu University



## Introduction of Kochi Prefecture, Saving sick children with medical picture books

### ■ Kochi Prefecture

- Location of Kochi Prefecture in Japan (Introducing places on a map of Japan)
- About the famous in Kochi: Citrus fruits called Wen Dan, bonito, Naruko used for Yosakoi

### ■ Saving sick children with medical picture books

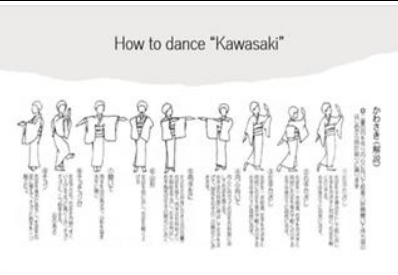
Offers picture books for children with illnesses to help children understand the illness correctly and

learn how to cope with it without fear

- How do you feel when your child is sick?
- How to understand the illness and how to cope with it
- Reading picture books
- Case studies

Proposal for Malaysian University Students: Why don't you introduce this medical picture book to Malaysia? It has been proven to be effective in Japan. Let's introduce this medical picture book in Malaysia, children who are suffering from diseases.

#### Contract of three universities



#### Introduction to Japanese dance

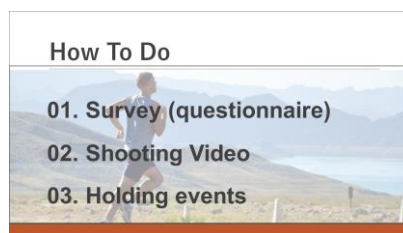
- Kochi and Hokkaido: Yosakoi (Video)
- Gifu: Gujo Odori

Features:

- A 400-years-old community festival
- One of the Japanese greatest festivals
- From middle of July to the first ten days of September
- Tetsuya Odori (Date: August 13, 14, 15, 16 Outline: Everyone dances throughout the night from 8:00 p.m. until dawn.)
- 10 different tunes  
Kawasaki, Harukoma, Sanhyaku, Yatchiku, Kotyo Kawasaki, Gengenbarabara, Nekonoko, Sawagi, Jinku, and Matsusaka
- famous for its warm welcome to tourists

Introduced How to dance "Kawasaki" (dance with Malaysian students)

### 8. Action Plans for After Returning Home Presented at the Reporting Session (excerpt)



- Online Japan tour

This is the event to introduce spots and culture in Japan. We would like Malaysian students to come



to Japan, but we think it is difficult. So, we will introduce Japanese sightseeing spots with some online tools such as Zoom.

■ Ways of implementation

The 1st step is a survey.

2nd is shooting a video. We will use live video or VTR.

3rd is Holding Events. We were divided into two groups, one to film and the other to support Zoom.

Moreover, we ask for cooperation with Malaysian living in JAPAN. For example, we ask them to Translate from English to Malay language.

■ Action plans within next three months

Firstly, twice a month, we will use SNS to disseminate the charms of Japan. Secondly, we send letters to Malaysian students and host families with postcards depicting scenes from Japan.

■ Plan for goal achievement

If our action plan succeeds, it is expected Malaysian people that 1) more Malaysians visit Japan, 2) they enjoy sightseeing and know more about Japan, 3) they like Japan much more, and 4) they disseminate the attractions of Japan after returning to Malaysia. We will work hard and contribute to escalate mutual understanding and friendship between Japan and Malaysia through these activities.

**Implementation agency: Japan International Cooperation Center (JICE)**