

JENESYS2023 Brunei, The Philippines and Singapore Online Alumni Meeting Report

1. Program Overview

【Objective】 This program was organized for past participants of the JENESYS Program from Brunei, the Philippines, and Singapore, with the objective of providing an occasion for them to renew their understanding of Japanese culture and exchange opinions with each other, and thereby strengthen the alumni network and reinvigorate alumni activities.

【Participants】 Total: 33 alumni of the JENESYS ASEAN Program from Brunei, the Philippines, and Singapore (participants from FY2015 – FY2022) (including high school students to working youths and participants of past online inbound programs)






【Locations】 Tokyo, Brunei

【Program Schedule】

■ **Online Alumni Meeting** September 21, 2023 (Thu.)

1. 【Opening Remarks】 Ms. HOSHI Ayari, Ministry of Foreign Affairs, Southeast and Southwest Asian Affairs Department, Second Southeast Asia Division, Official of the Ministry of Foreign Affairs
2. 【Lecture】 “The Origin and History of Sushi”
Lecturer: Mr. ICHIKAWA Junichiro, Excapade Brunei Corporate Chef
3. 【Exchange among Participants】 Group Discussions
“Let’s suggest a new original Sushi menu”
4. 【Group Work】 Group Discussions
Sustainability of the food
“What we can do to reduce food loss”
“What we can do to protect the abundance of the ocean”

2. Program Photos

	
<p>【Lecture】 “The Origin and History of Sushi”</p>	<p>【Lecture】 “The Origin and History of Sushi” Q&A session</p>
	
<p>【Exchange among Participants】 Participants sharing their sushi menus with each other</p>	<p>【Exchange among Participants】 Participants sharing their sushi menus with each other</p>
	
<p>【Commemorative Photo】 Participants and their sushi menus</p>	

3. Voices from the Participants (excerpt)

◆ Working Youth (Philippines)

I was impressed with today’s JENESYS alumni meeting program, because it provided a valuable opportunity for alumni to connect with each other and share experiences, while also learning about Japanese culture and society. The program was well-organized and informative, and the activities were both fun and engaging.

◆ Working Youth (Brunei)

This was the first time I participated in a JENESYS alumni meeting since I began working, and it brought back many fond memories. I hold the program close to my heart, as I feel a sense of belonging to have been part of a program that gave me the chance to visit Japan as an exchange

participant. I am happy to be able to participate in the program again as a member of JENESYS.

◆ **Undergraduate Student (Singapore)**

The program was clearly explained, and I enjoyed it a lot.

4. Voices from the Receiving Parties

◆ **Lecturer**

The program proved to be a good opportunity to confirm anew that Japanese culture is being spread around the world through food.

5. Disseminations by the Participants (excerpt)

	
<p>September 21, 2023 (Instagram)</p> <p>Group Discussion Part 1</p> <p>Let's suggest a new original sushi menu!</p>	<p>September 22, 2023 (Facebook)</p> <p>Sushi and Sustainability</p> <p>Learned about the fascinating world of sushi, from the rich history and culinary innovation to the art of eating.</p> <p>Collaborated with fellow JENESYS alumni to create a new sushi menu. The opportunity prompted us to reflect on our role in reducing food waste and reaffirm our commitment to preserving our oceans.</p>

6. Presentations by Participants in Work Groups

Group Discussions

Sustainability of the food

“What we can do to reduce food loss”

“What we can do to protect the abundance of the ocean”

Presentations by a total of 7 groups

◆Group A

1.What we can do to reduce food loss

- Parts not used be given to compost processing plants (Restaurants or industrial)
- Use all parts of the ingredients
 - Only make food according portions, create meal plan
 - Refrigerator inventory management
 - Eat less
 - Habit of eating leftovers
 - Making a grocery list when shopping so you avoid overbuying ingredients you don't end up using and getting spoiled and rotten in the fridge
- First, respect food and love your leftovers if there is.

2.What we can do to protect the abundance of the ocean

- Introduce conservation programs towards the aquatic life
- Introduce weight, number and age limit catches towards certain species
 - Fish farm of certain species (endangered)
 - Implementing fishing ban during breeding season
 - Organizing events that will educate local fisherfolks in catching fishes
 - Imposing strong compliance to existing law/ordinances
- Sharing is caring. Donate food that would otherwise be wasted.

◆Group B

1. WHAT CAN WE DO TO REDUCE FOOD LOSS?

- Substitute ingredients with locally available ones for foreign dishes
 - Allow restaurants to practice more of the "Pay What You Waste" idea so that customers would be more careful in the food quantity they ordered
 - Engage in advocacy efforts to promote policies that reduce food loss, such as supporting food recovery programs and advocating for stricter food labeling regulations.
 - Donating excess food to local food banks to reduce food waste and food insecurity
- Turned bycatch fish(unwanted fish) into usable product eg. Fish feeds, shurimi, fertiliser

2. WHAT CAN WE DO TO PROTECT THE ABUNDANCE OF THE OCEAN?

- Support local fishermen and ensure their basic needs are met so they wouldn't resort to dynamite fishing and other unethical practices.
- Advocate for policies and practices that reduce plastic pollution, which harms marine life.
 - Reduce water pollution to protect the marine ecosystem, including marine habitats
- Imposed law and regulation on trawl net as this method of fishing quite distuctive on the ocean.

◆Group C

1.What we can do to reduce food loss

- Make a plan of what to eat in a day so that we dont have to worry about buying too much foods.
- For the leftovers, we freeze it in the fridge and eat on the next day.

2.What we can do to protect the abundance of the ocean

- Reduce waste.
- Prevent water contamination.

◆Group D

2.What we can do to protect the abundance of the ocean

- **Marine Conservation Programs:** Support and fund marine conservation organizations and initiatives focused on research, conservation, and education.
- **Education and Awareness:** Raise public awareness about the importance of marine conservation through education, webinars/seminars and outreach programs.
- **Promote Sustainable Tourism Practices:** Encourage responsible and sustainable tourism practices that minimize environmental impacts, protect marine ecosystems, and benefit local communities.
- **Reduce Water Pollution and Limit the amount of fishes being caught:**Mainly to protect aquatic lifes
- **Reduce nutrient pollution by minimising the usage of fertilisers and pesticides in agricultures** to prevent nutrient runoff into water bodies.

◆Group E

1.What we can do to reduce food loss

- Store excess food and reheat them for later.
- Make and proportion food to the average person's diet to avoid waste and overproduction.
- Instead of offering bigger plates, offer smaller plates to avoid people from hoarding and getting too much food that they cannot finish.
- Donate or give away excess food during big events or gatherings.
- Improve and frequently maintain infrastructures that store food and make food distribution more efficient to make sure food reaches all consumers.
- Promote locally sourced products more to reduce food loss from our own farmers' produce.

2.What we can do to protect the abundance of the ocean

- Source fish from established fish pens and farms.
- Teach fishermen about the season of breeding and proper fishing methods.
For example, in Moalbaol, Cebu, people no longer use dynamites and illegal fishing practices because of the information sharing.
- Encourage more coastal clean-up or clean-up drives to prevent trash and chemicals from harming bodies of water.
- Learn more about sustainability.
- Remind people and enforce ordinances that protect fishes and organisms in bodies of water.

◆Group F

1.What we can do to reduce food loss

- create a meal plan

2.What we can do to protect the abundance of the ocean

- reduce pollution /waste

In Brunei, our initiative to reduce pollution

◆Group G

1.What we can do to reduce food loss

- Go for Locally-produced food
- Responsible consumption
 - Use what you have and shop responsibly.
 - Make use of food ingredients that is close to expiration date (Applicable in restaurants).
 - Maximization of food resources by repurposing food besides human consumption (Ex.: Compost for plants, seeds for plantation).

2.What we can do to protect the abundance of the ocean

- Sustainable fishing
- No to single use plastics/ materials.
- Limitation of human activity in the oceans.

Implementation Agency: Japan International Cooperation Center (JICE)