

Commemorating the 50th Year of ASEAN-Japan Friendship and Cooperation
JENESYS2023 ASEAN-Japan Sports (Rugby) × SDGs Exchange Program Report

1. Program Overview

【Overview】 On the occasion of the 50th year of ASEAN-Japan Friendship and Cooperation, the program aimed to (1) deepen the understanding of the youth of ASEAN Member States (AMS)^(note) and Timor-Leste on ASEAN and Japan relations as well as Japan's rugby, (2) promote SDGs through sports (rugby) exchange, and (3) improve people-to-people connectivity and build momentum for friendship between the ASEAN and Japanese youth.

(note) Brunei, Cambodia, Indonesia, Lao PDR, Malaysia, Myanmar, the Philippines, Singapore, Thailand, Viet Nam

【Participants】

Total number of participants in delegations from AMS and Timor-Leste: 77

(Breakdown) 6 undergraduate students, vocational school students, graduate students, and 1 rugby association official from each participating country

Total number of Japanese participants: 33

(Breakdown) 21 Ritsumeikan Asia Pacific University (APU) Rugby Football Team members, 10 Kyushu Sangyo University (KSU) Women's Rugby Football Team members, 2 Kyushu Kyoritsu University

【Locations and Number of Participants from AMS and Timor-Leste】

77 to Tokyo, 77 to Fukuoka, 77 to Saitama

【Program Schedule】

● Online Pre-study Program :

Feb. 13, 2024 (Tue) 【Pre-departure Orientation】

【Lecture】 “The promotion activities of Rugby and the initiatives regarding SDGs in Japan” Lecturer: Ms. NAKAMURA Ai, Vice Head of Rugby Development Division, Rugby Development Division, Japan Rugby Football Union

Prior to Arrival 【Task-based Learning (Video On Demand)】 “Lecture on Japan”, “Virtual Home Visit”, “Visit to Host Town”, “Japanese Language”, “Japan and the United Nations”, “ASEAN-Japan Relationships”

● Inbound Program :

Feb. 18 or 19, 2024 (Sun) Arrival at Haneda Airport or Narita International Airport

Feb. 19 (Sun) 【Post-arrival Orientation】

【Courtesy Call】 Mr. KOMURA Masahiro, Parliamentary Vice-Minister for Foreign Affairs, Ministry of Foreign Affairs of Japan (MOFA)

【Keynote Lecture】 “50 years of ASEAN-Japan relations”

Lecturer: Mr. YAZAWA Hideki, Principal Deputy Director, Regional Policy Division,
Asian and Oceanian Affairs Bureau, MOFA

Feb. 20 (Tue) Travel from Tokyo to Fukuoka

【Rugby x SDGs Exchange】 Opening ceremony, Introduction of the rules of tag rugby,
Workshop on tag rugby ^(note1) Venue: JAPAN BASE ^(note2)

(note1) Tag Rugby: There is no tackling or other physically intense contact common to rugby, making it a safe sport for all to enjoy. If the tag (ribbon) attached to the waist of the player carrying the ball is taken, they must stop running and pass the ball.

(note2) JAPAN BASE: A facility established by the JRFU in June 2023 to reinforce and promote Japanese rugby.

Feb. 21 (Wed) **【Rugby x SDGs Exchange】** Tag rugby training and friendly match with Japanese



university rugby players, Venue: JAPAN BASE, MIRAIBA gym

【Japanese Cultural Experience】 Hakata doll painting

Instructor: Mr. NAKAMURA Hiromine, Nakamura Ningyo Inc.

Feb. 22 (Thu) **【Rugby x SDGs Exchange】** Tag rugby training and friendly match with Japanese



university rugby players, Award ceremony, Venue: Fukuoka City Arena

【Observation with APU Rugby Players】 Dazaifu Tenmangu, Kyushu National Museum

【Cultural Exchange】 With the rugby players from APU and staff from JRFU

Feb. 23 (Fri) Travel from Fukuoka to Tokyo, **【Observation】** Odaiba

Feb. 24 (Sat) **【Rugby x SDGs Observations and Experience】** Rugby Stadium, Kumagaya sports culture park, Japan Kid's Tag Rugby SMBC Cup, Rugby clinic (rugby workshop for beginners), etc.



Feb. 25 (Sun) **【Workshop】** Summarize the results of the visit and preparation for the reporting session

【Reporting Session】 Presentation of program findings and action plans

Feb. 26 (Mon) Departure from Haneda Airport or Narita International Airport

2. Program Photos

Online Pre-study Program

	
<p>February 13 【Lecture】 “The promotion activities of Rugby and the initiatives regarding SDGs in Japan”</p>	<p>February 13 【Pre-departure Orientation】 Commemorative photo of participants</p>

Inbound Program

 	
<p>February 19 【Courtesy Call】 Mr. KOMURA Masahiro, Parliamentary Vice-Minister for Foreign Affairs, Ministry of Foreign Affairs of Japan (MOFA)</p>	<p>February 19 【Keynote Lecture】 “50 years of ASEAN-Japan relations”</p>
	
<p>February 20 【Rugby x SDGs Exchange】 Tag rugby workshops and practice with mixed gender teams</p>	<p>February 21 【Rugby x SDGs Exchange】 Tag rugby training with mixed gender teams</p>
	
<p>February 21 【Japanese Cultural Experience】 Hakata doll painting experience</p>	<p>February 22 【Rugby x SDGs Exchange】 Tag rugby friendly match with mixed gender teams</p>
	
<p>February 22 【Award Ceremony of Tag rugby friendly match】 Group Photo</p>	<p>February 22 【Award Ceremony】 Excellence Award Winning Team</p>



February 20 【Rugby x SDGs Exchange】

Commemorative photo of ASEAN and Japanese youth (at “JAPAN BASE” in Fukuoka prefecture)



February 22 【Observation with APU students】

Dazaifu Tenmangu

February 22 【Observation with APU students】

Kyushu National Museum



February 24 【Rugby x SDGs Exchange Observation and Experience】

Rugby Stadium, Kumagaya sports culture park, Japan Kid's Tag Rugby SMBC Cup, Rugby clinic



February 25 【Workshop】

February 25 【Reporting Session】

3. Voices from the Participants (excerpt)

◆ Working Youth (Brunei)

I am passionate about Rugby and the environment. So, for me going into the Japan Base and the stadium to train and watch rugby were the most impressive moments and I will value and remember this memory for a very long time. Also, experiencing the clean environment, grass and trees along with the weather will always be the best experience as it is very different from other countries.

◆ **Undergraduate Student (Cambodia)**

It was great a pleasure to meet new friends from AMS and learn more about different cultures, especially Japanese culture.

◆ **Graduate Student (Indonesia)**

In Japanese education, the importance of sports is widely understood by children at an early age, and I felt that this was very helpful. I was also amazed at the extensive public and sports facilities. The restroom facilities were also very well designed and easy to use.

◆ **Other (Lao PDR)**

We were able to build better relationships with our neighbors through cultural exchanges. I learned more about rugby and gained insight into Japanese culture.

◆ **Undergraduate Student (Malaysia)**

I loved to see Japanese culture here and how disciplined people are. I also really enjoyed the view here.

◆ **Undergraduate Student (Myanmar)**

We visited many popular places during our program in Japan. Among these places, the place I liked most was Fukuoka. I felt the warmth and fresh air there. I also saw Japanese culture and beautiful scenes at Dazaifu Shrine and had a chance to try Japanese food. Staying at Japan Base was really fun because they treated us like their own family.

◆ **Undergraduate Student (the Philippines)**

Going to Fukuoka, we learned rugby through the values, mainly respect and solidarity. The one for all and all for one culture, and the magnificent generosity of Japanese people was amazing.

◆ **Vocational School Student (Singapore)**

Playing tag with other people from other countries as well as playing with the APU students and getting to know everyone was most memorable.

◆ **Undergraduate Student (Thailand)**

I learned about the culture and language of foreign friends and learned the rules and methods of playing tag rugby.

◆ **Undergraduate Student (Viet Nam)**

Japan's infrastructure is very modern and advanced. Japanese people have a high awareness of environmental beautification and do not carelessly throw garbage away, so no matter where I went, it was clean.

◆ **Undergraduate Student (Timor-Leste)**

The Japanese people were kind and hospitable and the scenery in Japan was amazing. I am very fortunate to have been able to visit Japan.

4. Voices from the Receiving Parties (excerpt)

◆ **Lecturer of Rugby**


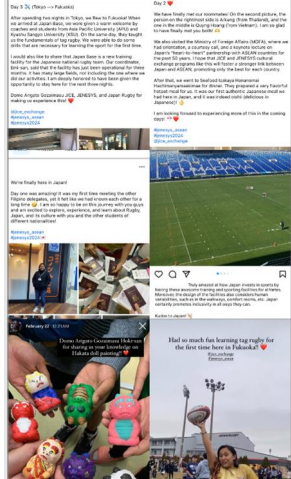
You could see them demonstrating teamwork at each practice session, and the "respect" and

"one for all, all for one" spirit that we hoped for throughout the program seemed to be reaching the participants from each country. This was the first time the program was held in Fukuoka, and also the first time it was held at a facility owned by this organization. It was an opportunity for staff members and others who had not been involved in international cooperation projects to come in touch with the field of international cooperation. It was rewarding and meaningful for us in terms of internal PR, and we were able to gain knowledge that we had never had before by providing our facilities to multinational, multilingual, and multicultural users. We will continue to engage in international cooperation through rugby, both domestically and internationally. We believe that the educational value of rugby and the spirit of rugby help to promote international cooperation.

◆ Lecturer of Japanese Culture

We were reminded that art can promote exchange between participants that transcends language and cultural barriers.

5. Disseminations by the Participants (excerpt), Articles, etc.

	
<p>February 20, 2024 (Facebook)</p> <p>Undergraduate Student (Indonesia)</p> <p>On the second day of the JENESYS Program, we visited JAPAN BASE.</p> <p>JAPAN BASE is a rugby-centered training facility operated by the Japan Rugby Football Union (JRFU) and serves as a base of operations for rugby teams. Inside the building, various materials related to the activities of the Japanese national rugby team were on display.</p>	<p>February 20, 2024 (Instagram)</p> <p>Undergraduate Student (the Philippines)</p> <p>When we arrived at Japan Base, we were given a warm welcome by coaches and students from APU and KSU. They taught us the fundamentals of tag rugby. We were able to do some drills that are necessary for learning the sport for the first time. Japan Base is a new training facility for the Japanese national rugby team. Just been operational for 3 months. It has many large fields. I am deeply honored to have been given the opportunity to stay here for the next three nights. Domo Arigato Gozaimasu to the JRFU for making us experience this!</p>

	
<p>February 21, 2024 (Instagram)</p> <p>Undergraduate Student (Cambodia)</p> <p>After a delicious breakfast at JAPAN BASE, all participants from AMS and Timor-Leste learned about and experienced the important aspects of tag rugby.</p>	<p>February 21, 2024 (Instagram)</p> <p>Vocational School Student (Singapore)</p> <p>Played tag rugby today and practiced for our coming games tomorrow. We also had a doll painting activity where we painted dragons and it was amazing to see all the different outcomes and designs that my friends came up with.</p>
	
<p>February 2024 (Instagram, etc.)</p> <p>Undergraduate Student (Lao PDR)</p> <p>All the participants understood the importance of rugby and increased their interest in the sport. I felt love, warmth, and unity. Promoting rugby is an important cause for all the countries. We also learned about life and culture in the disciplined society of Japan.</p>	<p>February 22, 2024 (Instagram)</p> <p>Undergraduate Student (Indonesia)</p> <p>In Fukuoka, my friends and I did ningyo doll painting. I was very happy and this was something new for me. I named him kuroi. He is very cute even though I am not good at painting him</p>
	

<p>February 24, 2024 (Instagram) Vocational School Student (Singapore) Played tag rugby with the other countries and had a friendly match in Fukuoka. Made many new friends that are from different countries. Also went to a shrine and national museum in Fukuoka with the APU students.</p>	<p>February 27, 2024 (Instagram) Undergraduate Student (Thailand) I am excited to be able to represent Thailand in the JENESYS 2023 ASEAN-Japan Sports (Rugby) x SDGs Exchange Program. I would like to help promote tag rugby in Thailand in the future by incorporating what I have learned into my daily life and teaching tag rugby to my juniors.</p>
	
<p>February 27, 2024 (Instagram) Undergraduate Student (Thailand) It was a very enjoyable and great experience. It was an opportunity to learn about Japanese culture and at the same time practice my Japanese and English skills with my friends from AMS. I used to think that rugby was an intense sport and that players were always injured, but after learning about rugby in Japan, that impression has changed. I want to continue to play tag rugby and waking up early and eating a well-balanced diet. People in Japan were kind and disciplined. Japan is a very safe country with clean air, good food, and convenient transportation. I will definitely come back to Japan again. I would also like to commend myself for having the courage to get out of my daily routine and step out into the vast world.</p>	<p>February 22, 2024 (Fukuoka/Saga KBC NEWS) Sports Exchange - 50th Year of ASEAN-Japan Friendship and Cooperation University students who speak different languages interacted with each other through sports. Tag rugby is a sport that can be played by anyone regardless of experience, but the languages for this exchange varied. 77 male and female university students from AMS and Timor-Leste participated in the exchange, forming mixed teams. ... We hope that this exchange, which took place for the first time in five years, will help the participants learn the "no side spirit," in which they cheer each other on to do their best.</p>

6. Presentations of Program Findings and Action Plans (11 country presentations) at the Reporting Session (excerpt)

Brunei		
		
<p>【What we Learned】</p> <p>Very clean, Comfortable environment, Punctual, Public transportation with priority seating for the socially vulnerable, Inclusiveness for the disabled and others, Privacy protection</p> <p>【Learnings about Sports (Rugby) × SDGs Exchange】</p> <ul style="list-style-type: none"> - Tag Rugby is a new sport that is beneficial for one's health and well-being, provides equal opportunities for all, both men and women, and can be played in Brunei. - Rugby helps develop values such as discipline, teamwork, and respect from an early age. - Rugby facilities in Japan were very well equipped. <p>【Action Plan】</p> <p>■ To promote rugby (tag rugby):</p> <ul style="list-style-type: none"> - We plan to improve our social media presence to increase exposure. - Organize rugby clinics and tournaments to help raise awareness of the sport. - We'll team up with local rugby clubs to train physical education teachers, aiming to promote rugby as a Co-Curricular Activity (CCA) in more schools. <p>■ Application to daily life:</p> <p>Rugby teaches important life qualities like teamwork, communication, resilience, leadership, flexibility, and discipline. These abilities can be employed in a variety of settings, improving both personal and professional connections.</p>		
Cambodia		
		
<p>【What we Learned】</p> <ul style="list-style-type: none"> • Omotenashi: The Japanese are a kind people who show respect to foreigners, and they showed great hospitality and a sense of responsibility toward all participants. • Safe Environment: In Japan, the environment was so safe that everyone could go out even late at night. 		

【Learnings about Sports (Rugby) × SDGs Exchange】

- Tag Rugby is a great sport that anyone can play, and I was able to make more friends of the same age from Japan, AMS, and Timor-Leste. It has been a wonderful experience interacting and discussing tag rugby while gaining a better understanding of each other's culture. We also understood that the core of the rugby spirit - integrity, passion, solidarity, discipline, and respect - is not only the foundation of the sport, but also the foundation of our daily lives.
- Japan was clean with no garbage on the streets. We will try to improve the environment in our own country as well.

【Action Plan】

“Enjoy Tag Rugby”

Members of this group from different regions of Cambodia will practice tag rugby with students from their respective schools to share their own experiences through this program. Then around May, in cooperation with the Cambodian Federation of Rugby, we will start to organize events to practice with members of the Federation to spread the knowledge of tag rugby in schools and local communities.

We will also focus on sharing information and will utilize social media such as Facebook and Instagram to share the knowledge and experiences gained from the program with friends, family, and especially students to raise awareness of rugby throughout Cambodia.

Indonesia



【What we Learned】

- The shape of the praying dolls of Hakata was a traditional art we do not have in Indonesia.
- The ritual of washing hands, rinsing the mouth, and cleansing the body and soul before entering a shrine has many similarities to the act of purification that Muslims perform before praying, called wudu, in which they wash parts of their bodies with water.
- Japan has an extensive and reliable railroad network that provides a convenient transportation system.
- In Japan, punctuality and waiting in line for one's turn were considered common sense in society, and a high level of discipline was maintained. On the other hand, in Indonesia, being pressed for time is not a very common trait, and people can be loose with time.

【Learnings about Sports (Rugby) × SDGs Exchange】

- What we noticed in the development of rugby in Japan is the high frequency of matches. As a result, we speculate that this has increased interest in the game and led to an increase in the number of rugby players, including elementary school students.
- Japanese sports facilities were very well designed, considering the different characteristics of each sport.

- The spirit of Japanese rugby, such as bowing, shaking hands, and other acts of mutual respect, displayed discipline and served as a useful reference for the future. The matches were played in a courteous manner, with more concern for the condition of the opponents than for their fighting spirit.
- Garbage separation in Japan was very different from that in Indonesia. Garbage was thoroughly separated according to the type of garbage, such as plastic, paper, food scraps, and so on.

【Action Plan】

We will conduct the following action plans within three months of returning to Indonesia.

- Garbage Separation: In the communities where our group members live, we will inform individuals, families, and local residents about garbage separation, and place special containers in appropriate locations according to the garbage classification.

Tag Rugby Tournaments for Elementary Students: We will organize a tag rugby match between students from 22 elementary schools in Bali Province, following the rules and discipline of Japanese style tag rugby.

Lao PDR



【What we Learned】

We learned about Japanese culture and how people in Japan act.

People have good manners and live disciplined lives, People greet each other with respect, Society is diligent and harmonious. Advanced technology can be seen used in daily lives, People have a sense of value that protects historical and cultural heritages.

【Learnings about Sports (Rugby) × SDGs Exchange】

- We learned more about tag rugby rules and basic movements.
- We learned about the five core values of rugby: Integrity, Passion, Solidarity, Discipline, and Respect.
- Professional Japanese coaches taught us on training and coaching methods.

【Action Plan】

- We will teach tag rugby to 100 students from those in elementary school to university.
- We want to communicate and spread the five core values of rugby.
- We will form rugby teams in the provinces of Vientiane and Xiangkhouang.
- We will hold training sessions twice a year to improve coaching skills.

Malaysia



【What we Learned】

- Tradition and Modernities: Japan's culture is intriguing due to its harmonious blend of tradition and modernity. There was a co-existence of ancient arts, ceremonies and historic landmarks / anime, manga, and J-pop.
- Japanese Facilities: Public transportation and services are efficient and punctual. Many facilities prioritize accessibility for people with disabilities, ensuring inclusiveness.
- Cleanliness: Japan's cleanliness is a result of a combination of cultural values, education, community involvement, and a shared commitment to maintaining a pristine environment.

【Learnings about Sports (Rugby) × SDGs Exchange】

■ Benefits of Tag Rugby

promoting physical activity, developing cardiovascular fitness and motor skills, accessible to a wide range of ages and skill levels, an entry point to learn about rugby

■ Range Benefits of Student Exchange

We can experience a new culture and foster cultural awareness, tolerance, and a deeper understanding of global perspectives. Making connections with students, educators, and professionals from different parts of the world creates a valuable global network.

【Action Plan 】

To promote tag rugby in Malaysia, we will share our learnings gained in Japan.

- Collaborate with schools (integrate tag rugby into PE)
- Collaborate with youth organizations (recreational activity)
- Coaching clinics (effective ways to teach tag rugby & core values)
- Usage of social media to raise awareness
- Introductory workshop (basic tag rugby skills & rules) and rugby clinics for free (make tag rugby accessible for everyone)
- Development programs (asking sponsorship from corporations interested in promoting sports and community development)

To accomplish the above, we are considering the following plan.

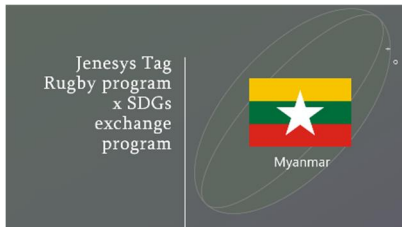
Organize a "Malaysia Tag Rugby Workshop" event for sports coaches and schoolteachers to promote tag rugby. The objective is to promote tag rugby to the younger generation in our country by making those who are in a position capable of teaching tag rugby aware of the sport.

WHEN: May 2024 during school holiday

WHERE -UNIVERSITY PUTRA MALAYSIA, Serdang, SELANGOR (Good facilities , Malaysia Rugby Base, Faculty Educational Studies)

CONTENT: Day 1 - Orientation, Introduction about Tag Rugby, Explanation of the rules, Practice
Day 2 - Debrief, Mini competition

Myanmar



【What we Learned】

- Japanese people obey traffic laws, rules, regulations, and very punctual.
- The restrooms were fully automatic and modern, and stores were equipped with self-checkout systems. The advanced technology is anticipated to reduce the number of workers.

【Learnings about Sports (Rugby) × SDGs Exchange】

- We learned the core values of rugby. We were especially impressed with the integrity, respect, and no-sides spirit.
- Tag rugby promotes health and improves livelihoods and is effective in achieving SDG 3: Good health and well-being. It also fulfills SDG 5 "Gender equality" because anyone can participate regardless of gender.

【Action Plan】

- We will incorporate the experiences, insights, and lessons learned through JENESYS (especially punctuality and the spirit of tag rugby) into our daily lives and emphasize to the people of Myanmar the importance of "treating others with respect and equality" and "prioritizing communication and teamwork, regardless of whether you win or lose."
- Using the tag rugby set that we will be receiving from the Japan Rugby Football Association in March, we will hold a training session for students at the Japanese language school run by MAJA (a Myanmar alumni association of Myanmar students who have studied abroad in Japan). We will try to promote tag rugby with demonstrations of the rules, spirit, and its appeal.

The Philippines



【What we Learned】

- Safety: Japan prioritizes everyone's safety, with CCTVs everywhere. There were safe street-crossings, and spacious walkways for bikes and pedestrians.
- Integrity: Japanese culture is built on honesty and respect towards one another.
- Work environment and technological advances: There were self-checkouts in supermarkets and grocery stores. There was a system in place that promotes efficiency and makes up for the lack of needed labor force while also giving inclusivity for elderly who want to work.

【Learnings about Sports (Rugby) × SDGs Exchange】

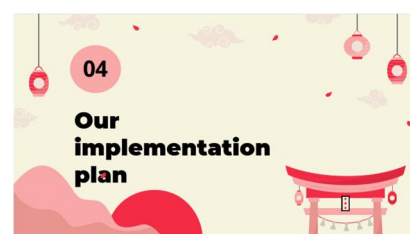
- Good health and well-being - Healthy foods being served to us throughout the program.
- The program was conscious to be gender equal and inclusive.
- There was quality education & industry, innovation, and infrastructure, and we noticed how the Japanese government invested in high-class sports facilities and adequate teaching materials for the program.

【Action Plan 】

With the cooperation of the Philippine Rugby Football Union (PRFU), we will organize a one-day tag rugby camp for elementary through high school students, and university students who wish to become coaches to promote and introduce sports coaching and tag rugby.

A Marketing Committee (public relations and sponsorship), a Logistics Committee (scheduling for the camp), and a Personal Committee (confirming the number of participants and volunteers, preparing certificates of completion) will be formed starting in February 2024. The goal is to hold the camp in May.

Singapore



【What we Learned】

- Hospitality of Japanese people. The employees would greet you when you're arriving and leaving their vicinity.
- We learned about the relationship between AMS and Japan from MOFA.

【Learnings about Sports (Rugby) × SDGs Exchange】

- We learned about tag rugby & blind rugby. The balls color and firmness differ, with blind rugby using bright colored balls with a bell inside.
- Language is not a barrier. We became roommates and teammates with friends from different countries.
- Even though there were no garbage cans, the streets were clean.

【Action Plan】

We will teach primary school students how to play tag rugby. With the support of the Rugby Association, our members will visit primary schools in March, go to different primary school in April to hold practices, and organize inter-school tag rugby matches for May.

Thailand



Thailand perspective of Japan x SDGs



Learnings about the program theme

1. There are many different types of Rugby.
2. Rugby can create great friendships.
3. Rugby can create discipline in players.
4. Eating food that is complete with all 5 food groups is beneficial to the body.



Thailand perspective of Japan x SDGs



Action Plan Title: Cooperate with the Thailand Rugby Association to organize public relations activities about Japan and tag rugby.

Who Everyone in Thai group.

What It was publicized on the Thailand Rugby Association's Facebook page and members of the group shared the post to our friends.

Where In Thailand after returning from Japan.

When In march.

To whom Friends in Thailand and Everyone who follow the Facebook page.

How Post our experience of coming to Japan this time on the Thailand Rugby Association's Facebook page.

【What we Learned】

- Japanese Culture: We learned that Japan has beautiful culture and a high quality of life.
The way people visited shrines was beautiful and a formality not seen in other religions. We also thought that there was a rich food culture with a wide variety of food. We were moved to hear that Hakata dolls represent people's wishes and prayers.
- Greetings in Japan: We found it relatively easy to speak Japanese as long as it was a simple greeting. When we greeted people, they greeted us back, which made us happy.

【Learnings about Sports (Rugby) × SDGs Exchange】

- We understood that there are many different types of rugby. It was also a good sport for fostering friendship, camaraderie, and learning discipline.
- In Fukuoka, a well-balanced menu covering the five major nutrients was served at every meal, and they took our health very seriously. This is effective for achieving Goal 3 of the SDGs, "Good health and well-being."
- In Japan, garbage is sorted and disposed of separately. This allows for the reuse of resources, and we felt that appropriate disposal methods according to the type of garbage is beneficial for environmental conservation and global warming prevention related to SDG 6 "Clean water and sanitation" and SDG 13 "Climate action."

【Action Plan】

- Apply to daily life: All participants in this event will encourage their families to make it a habit to get up early every day and stretch and exercise together and be physically active on a regular basis.
- Disseminating the charms of rugby and tag rugby: Starting in March, after returning to Thailand, we will disseminate and share information about tag rugby and Japan with our friends through the Thai Rugby Union's Facebook page, its website, and our personal social media accounts.

We have learned that sports, including rugby, nurture solidarity, discipline, and friendship. All participants will continue to communicate the appeal of this sport.

Viet Nam



Report of vietnam

- Tag rugby is a new sport --> Everybody is on the same starting line --> It is easy to join even for kids who are not good at sports and no matter what gender you are.



【What we Learned】

- As a culture, people would line up in public spaces, such as when using the restroom.
- People in Japan were polite, never forgetting to express gratitude or apologize, saying thank you and sorry all the time.

【Learnings about Sports (Rugby) × SDGs Exchange】

- We were impressed by the five core values of "Integrity, Passion, Solidarity, Discipline, and Respect," the "No-side Spirit (a culture in which players, regardless of which side they're on, congratulate each other after having a good game)" and "ONE for ALL, ALL for ONE."
- The rules of rugby are simple: easy to learn and easy to teach. The rules, which prohibit passing forward and only allow passing backward while running, make it a sport in which all participants can actively participate. Players can have fun with the "skills they already have," and even children who are not good at sports can easily participate, regardless of gender.
- In tag rugby, the rule is that if you take your opponent's tag, you must stop and return it to them and not throw it to the ground, showing respect for them.
- There are very few public trash cans on the streets, but they were still very clean. People carry their trash with them until they find a trash can. It was very rare to see fallen leaves or trash on the streets in Japan. After dinner, tables and leftovers are cleaned up voluntarily.

【Action Plan】

Plan 1: Spread the Japanese culture of garbage separation to youths in Viet Nam.

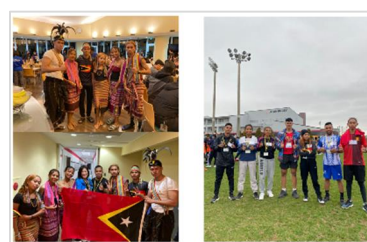
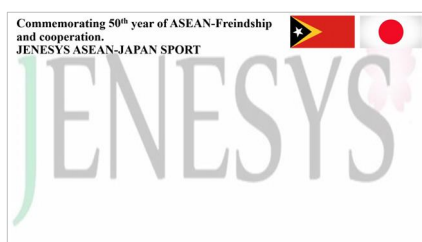
For the purpose of environmental conservation and effective use of resources, we will inform high school and university students about plastic waste and garbage separation methods at their schools and universities within 6 months of returning to Viet Nam.

Plan 2: Establish a tag rugby club

The goal is to increase the popularity of tag rugby in Viet Nam, and at the same time, to improve people's health by providing them with opportunities to relax and reduce stress from work and study through the sport.

We will establish a tag rugby club on April 9, 2024, to introduce the history of tag rugby and spread the joy of the sport, how to play, and the rules. Lessons will be held twice a week for youths in universities and around Viet Nam.

Timor-Leste



【What we Learned】

In Japan, we saw a culture of politeness, cooperation, and adherence to rules.

Through interactions with the students, we were impressed by the way they treated each other regardless of race or nationality. We were also impressed by their kindness in extending a helping hand to those in need, and their high level of environmental awareness, such as taking garbage home and separating it for disposal.

【Learnings about Sports (Rugby) × SDGs Exchange】

- We learned that values such as teamwork and sportsmanship based on rugby's core values (integrity, passion, solidarity, discipline, and respect) have had a significant impact on Japanese culture.
- Rugby's inclusiveness has been embraced by many people in Japan, and the number of players is increasing every year. The game is developed for a wide range of age groups, from elementary school students to professional league players.

【Action Plan】

- Based on what we learned about environmental beautification and garbage separation in Japan, all of us will conduct environmental beautification awareness campaigns at our respective universities within 3 months of returning home to raise environmental awareness in Timor-Leste.
- We will promote rugby in Timor-Leste in order to introduce the joy of rugby to students and the community and enjoy it together. To this end, a committee will be formed to take the first steps in establishing a rugby association in Timor-Leste within three months of our return, and we will establish rugby clubs within each of our universities and local communities.

Implementation Agency: Japan International Cooperation Center (JICE)

Cooperating Organizations and Schools: Japan Rugby Football Union (JRFU), Fukuoka Rugby Football Union, Kyushu Rugby Football Union, SANIX Sports Foundation, Ritsumeikan Asia Pacific University (APU), Kyushu Sangyo University (KSU), Kyushu Kyoritsu University