

JENESYS2024 ASEAN-Japan Sports x SDGs Exchange for Youths Report (Invitation Program)

1. Program Overview

【Objective and Overview】

From October 28 to November 4, 2024, 110 high school students and others from ASEAN Member States (AMS)^(Note) and Timor-Leste participated in a program designed to deepen their understanding of Japan's policies and initiatives to achieve the SDGs through sports (Football). The group visited Tokyo, Fukushima, Chiba, and Kanagawa Prefectures, listened to lectures on ASEAN-Japan relations and SDG activities in the J-League, participated in SDGs activities at club teams, and experienced a school in Fukushima, thereby deepening mutual understanding and friendship between Japan and ASEAN countries.

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

【Participants】 Total: 110 participants from ASEAN Member States and Timor-Leste

(Breakdown): 9 high school students and 1 chaperone from each country

【Locations and Number of visitors】 Tokyo 110, Fukushima 110, Chiba 30, Kanagawa 80

【Schedule】

■ Online Pre-study Program:

Oct. 21 (Mon) 【Lecture】 “Japanese Society and Culture”
Lecturer: Ms. ANDRADE Kumi, JICE Lecturer on Understanding Japan

Oct. 21 (Mon) 【Pre-departure Orientation】

Set Period Prior to Arrival 【Task-based Learning (VOD)】 “Lecture on Japan (FOIP, Sports related)”,
“Message from Minamisanriku”, “Learning Japanese”

■ Invitation Program:

Oct. 28 (Mon) Arrival at Narita International Airport and Haneda Airport





【Orientation】

【Lecture】 "About J.LEAGUE and Activities Related to SDGs"

Takayuki TSUJII, J.LEAGUE, Corporate executive officer in charge of sustainability

Oct. 29 (Tue) 【Courtesy Call, Lecture】 “ASEAN-Japan relationships”
Lecturer: Mr. MIYAMOTO Shingo, Deputy Director-General, Asian and Oceanian Affairs Bureau, Ministry of Foreign Affairs of Japan

 【Lecture】 “Overview of Fukushima Prefecture”
Lecturer: Mr. KOHARA Shoji, Director, International Affairs Division, Fukushima Prefectural Government

 Travel from Tokyo to Fukushima

Oct. 30 (Wed)



【Observation】 The Great East Japan Earthquake and Nuclear Disaster Memorial Museum

【School Exchange】 Fukushima Prefecture Futaba Future High School

Welcoming ceremony, School explanation, Class and Cleaning experience

Joining in on classes (courses) e.g.:

- Top Athletes: badminton, football, baseball
- Academics: Martial Arts and Cultural experience, Group discussions
- Specialists: Welfare (universal sports “boccia” experience)
Agriculture (harvesting and cooking sweet potatoes)

Oct. 31 (Thu)



【Workshop】 Preparations for the Reporting Session (creating action plans)

【Sports Exchange】 Iwaki FC : Walking Football Class

【Cultural Experience】 Iwaki FC : Yosakoi Soran, Kimono and Yukata Dressing, Calligraphy

Nov. 1 (Fri)

Travel from Fukushima to Tokyo

【Observation】 J.LEAGUE Clubs in the Kanto Area (Divided into 4 groups)

OJEF UNITED ICHIHARA CHIBA: Brunei, Malaysia, the Philippines

- Stadium tour
- Introduction to club activities and SDG related efforts
- Lecture on women’s success in football
- Youth Exchange – Mini-game with academy players

OKAWASAKI FRONTALE: Thailand, Timor-Leste, Viet Nam

- Anker FRONTOWN IKUTA – Facilities tour
- Pole walking experience
- Introduction to club activities, Lecture on SDG related efforts

OYOKOHAMA F・MARINOS: Cambodia, Lao PDR, Myanmar

- Introduction of the club
- Stadium tour
- Exchange with players at YOKOHAMA F・MARINOS FUTURO (football team for players with intellectual disabilities)

OSHONAN BELLMARE: Indonesia, Singapore

- Introduction to club activities, Lecture on “SHAREN! “(J-league social collaboration activity)
- Introduction to the club’s activities overseas
- Youth Exchange - Shonan Hitotsuboshi High School (club partner)

Nov. 2 (Sat)



【Observation】 SDG’s booth at Japan National Stadium, Football Match (2024 J.LEAGUE YBC Levain CUP Final)

Nov. 3 (Sun)

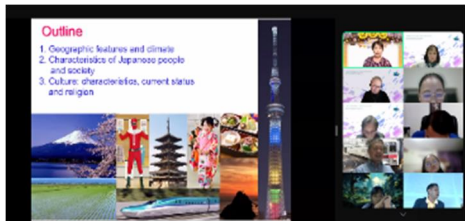
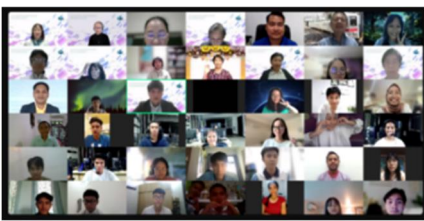
【Workshop】 , 【Reporting Session】 Presentation of program findings and action plans, 【Farewell Party】

Nov. 4 (Mon)

Departure from Narita International Airport and Haneda Airport

2. Program Photos

Online Pre-study Program

	
October 21 【Lecture】	October 21 【Preprogram】

Invitation Program

	
October 28 【Lecture】 "About J.LEAGUE and Activities Related to SDGs" Mr. Tsujii from J League	October 29 【Courtesy Call】 Mr. MIYAMOTO Shingo, Deputy Director-General, Asian and Oceanian Affairs Bureau,
	
October 29, 【Lecture】 "Overview of Fukushima Prefecture" Mr. KOHARA Shoji, Director, International Affairs Division, Fukushima Prefectural Government	October 30 【Observation】 The Great East Japan Earthquake and Nuclear Disaster Memorial Museum
	
October 30 【School Exchange】 Fukushima Prefecture Futaba Future High School – Class participation (harvesting sweet potatoes)	October 30, 2024 【School Exchange】 Fukushima Prefecture Futaba Future High School – Overall exchange (school cleaning)
	

October 30 【 School Exchange 】 Fukushima Prefecture Futaba Future High School – Class participation (boccia)	October 30 【 School Exchange 】 Fukushima Prefecture Futaba Future High School – Class participation (baseball)
	
October 30 【School Exchange】 Fukushima Prefecture Futaba Future High School – Commemorative photo	
	
October 31 【Sports Exchange】 Iwaki FC – Walking football	October 31 【Cultural Experience】 Iwaki FC – Kimono and yukata dressing
	
November 1 【 Observation 】 JEF UNITED ICHIHARA CHIBA Youth Exchange – Mini-game with academy players	November 1 【 Observation 】 KAWASAKI FRONTALE – Pole walking experience
	
November 1 【Observation】 Exchange with players at YOKOHAMA F・MARINOS FUTURO (football team for players with intellectual disabilities)	November 1 【Observation】 SHONAN BELLMARE - Introduction to club activities, Lecture on SHAREN!, Youth exchange (Shonan Hitotsuboshi High School)

	
November 2 【Observation】 SDG's booth in the Japan National Stadium	November 2 【Observation】 Football Match (2024 J.LEAGUE YBC Levain CUP Final)
	
November 3 【Reporting Session】	November 3 【Farewell Party】

3. Voices from the Participants (excerpt)

◆ High School Student (Singapore)

Through the walking football experience, we learned a lot about the SDGs. We learned that there are ways to promote sport and healthy lifestyles by providing simplified versions of the original sport to suit everyone, regardless of age or physical ability.

◆ High School Student (Thailand)

Through numerous sporting activities, we learned that cooperation across generations and countries is essential to achieve the SDGs. We hope to further deepen cross-cultural understanding, cooperate with one another, and share goals so that we can move forward together toward a brighter future.

◆ High School Student (Indonesia)

The exchange at Futaba Mirai High School was a valuable experience for us to learn about each other's culture and to deepen our friendship through the universal sport of boccia. Boccia is a very interesting sport that I would like to promote in Indonesia, and I hope to continue the exchange over social media.

I visited the Great East Japan Earthquake and Nuclear Disaster Memorial Museum and was at a loss of words when I witnessed the devastation, but mesmerized after hearing about the following recovery efforts. Despite the combined disasters of the earthquake, tsunami, and nuclear power plant accident, the people of Japan have risen unyieldingly and achieved a remarkable recovery, and for that, I express my deepest respect.

◆ High School Student (Myanmar)

In Tokyo, we engaged in deep discussions about the Sustainable Development Goals (SDGs). It was exciting to learn about Japan's approach to sustainability and how these goals are connected globally. Additionally, we had the wonderful opportunity to watch the J-League's Levain CUP final. The excitement and passion of the supporters of both teams was unforgettable.

◆ High School Student (Timor-Leste)

Through the exchange and cultural experience with Iwaki FC, I was able to learn a variety of things. I

was able to participate in a wide range of activities, starting with walking football, which I could enjoy even though I am not very good at football, to the valuable experience of wearing a kimono and trying calligraphy. The Yosakoi Soranbushi dance was also a wonderful time that brought smiles to the faces of all participants and a sense of togetherness through the lively movements. These experiences will remain with me forever.

4. Voices from the Receiving Parties (excerpt)

◆ Person in charge (Iwaki FC)

I'm glad the participants were able to learn about the SDGs by experiencing walking football, a sport anyone can participate in, and through cultural experiences, accepting and enjoying a culture different from their own. I was able to reconfirm that Japanese culture is also popular among people from other countries. While the J.League is beginning to see Asia as a market, it is not easy to have international exchanges in local areas, so having the opportunity to interact with people from the ASEAN region was very stimulating and meaningful for us too.


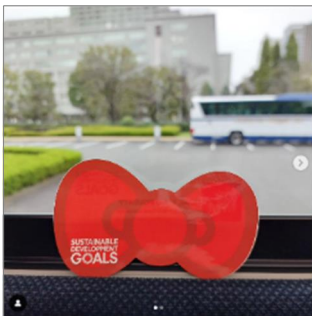
◆ Student from the Exchange (Shonan Bellmare)


It's not often I get the chance talk with people from Indonesia and Singapore, so this was a very valuable experience for me. Even though there was a language barrier, we were able to enjoy talking with each other using a translation app, which completely changed my image of people from other countries. I would like to learn to speak English and would like to visit other countries.

◆ Teacher (Futaba Future High School)

While English was not the native language for many of the students from AMS and Japan, I was impressed by their efforts to communicate with each other about their own culture and ideas. Although international exchange often refers to exchanges with Western countries, I felt that we learned many things that we could not experience in exchanges with people from the Western countries. I'm in a position to encourage international exchange among students, making this experience a valuable one for me as well.

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

<p>Hi friends!!</p> <p>On the first day of the program, we learn about the J. League and activities related to SDGs, from Mr. Takayuki Tsujii (Corporate Executive Officer J. League)</p> <p>J. League is an international football sustainable activity that addresses action against climate change. This topic focuses on why does football exist? because the earth is healthy, people are healthy, the environment is healthy, so that's why the J-league must take action regarding climate change in the future which is sustainable activities for the future.</p> <p>#JENESYS_ASEAN #JLEAGUE</p> 	 <p>Through today's lecture, we learned about the ways Japan contributes towards helping ASEAN countries. One way Japan aims to help achieve no poverty is through peace and development programs. In today's lecture, we discussed about Japan's capacity development project in Bangladesh. Through the explanation given by the lecturer, we were able to get a better understanding of how Japan supports ASEAN countries.</p> <p>#JENESYS_ASEAN #JLEAGUE #JENESYS #ASEAN #JAPAN #SDG #SUSTAINABLE DEVELOPMENT GOALS #JENESYS #JLEAGUE #JENESYS #ASEAN #JAPAN #SDG #SUSTAINABLE DEVELOPMENT GOALS</p> <p>5 likes 13 hours ago</p> <p>Add a comment...</p>
<p>October 28, 2024 (Instagram)</p> <p>High School Student (Timor-Leste) : On the first day of the program, we learned about the J.LEAGUE and activities related to SDG's, from Mr. Takayuki Tsujii (Corporate Executive Officer</p>	<p>October 29, 2024 (Instagram)</p> <p>High School Student (Singapore) : Through today's lecture, we learned about the ways Japan contributes towards helping ASEAN countries. One way Japan aims to help achieve no poverty is</p>

<p>J.LEAGUE). J.LEAGUE is an international football sustainable activity that addresses action against climate change. This topic focuses on “why does football exist?” because the earth is healthy, people are healthy, the environment is healthy, so that's why the J.LEAGUE must take action regarding climate change in the future which is sustainable activities for the future.</p>	<p>through peace and development programs. In today's lecture, we discussed about Japan's capacity development project in Bangsamoro.</p>
<p>3rd day:30/10/2024 On the morning of the 3rd day, we went to the Great East Japan Earthquake and Nuclear Disaster Memorial Museum This is a major change in Fukushima that has turned it into a ghost town. And it made me realize that natural disasters cannot wait for humans. They will come without us knowing or even if we know, it is quite difficult to do anything. After that we had lunch and then we went to school in Japan Futaba Future High school After we arrived at the school, the students in the school welcomed us warmly and explained about their school and what it has to offer. After that, two students responsible for Laos took us on a tour around the school. After that it was time for sports where the Laos team played against Timor-Leste which made me very excited to meet new friends and the sport we played was baseball which was the first sport I ever played and I was very happy. Then there was a Japanese professional male student who was involved in baseball who taught us and we played games together until around 4:00 PM, after which we went back to the hotel. #Jenesys2024 #Fukushima</p> 	 <p>I want to say thank you to Futaba Mirai Gakuen High School for the incredibly warm welcome and hospitality! My visit was an enriching experience, I was truly touched by the kindness and respect shown by the students toward Cambodia and all ASEAN countries. Learning about Japanese agriculture and the country's commitment to the Sustainable Development Goals (SDGs). A huge thank you to the JENESYS program for making this exchange possible. Gaining this direct insight into sustainable practices and experiencing it first hand has deepened my appreciation for agriculture. I am grateful for the chance to learn, share, and connect in such a welcoming environment and look forward to future opportunities to strengthen these connections! #JENESYS #JENESYSASEAN #JENESYSOCCER #ジュエシスサッカー #JICEAWARD2024 #JICEアワード2024 #JLeague AJリーグ</p>
<p>October 30, 2024 (Facebook, etc.) High School Student (Lao PDR) : we went to the Great East Japan Earthquake Nuclear Disaster Memorial Museum. This is a major change in Fukushima that has turned it into a ghost town. And it made me realize that natural disasters cannot wait for humans. They will come without us knowing or even if we know, it is quite difficult to do anything. After that we went to Futaba Future High School, the students in the school welcomed us warmly and explained about their school and what it has to offer. After that it was time for sports where the Laos team played against Timor-Leste which made me very excited to meet new friends and the sport we played was baseball, which was the first sport I ever played and I was very happy. A Japanese student taught us, and it was great to make new friends.</p>	<p>October 30, 2024 (Instagram) High School Student (Cambodia) : I want to say thank you to Futaba Mirai Gakuen High School for the incredibly warm welcome and hospitality! My visit was an enriching experience, I was truly touched by the kindness and respect shown by the students toward Cambodia and all ASEAN countries. Learning about Japanese agriculture and the country's commitment to the Sustainable Development Goals (SDGs). A huge thank you to the JENESYS program for making this exchange possible. Gaining this direct insight into sustainable practices and experiencing it first hand has deepened my appreciation for agriculture. I am grateful for the chance to learn, share, and connect in such a welcoming environment and look forward to future opportunities to strengthen these connections!</p>



October 30, 2024 (Instagram)

High School Student (Indonesia) we visited the Great East Japan Earthquake and Nuclear Disaster Memorial Museum. In such a situation they not only accepted their fate but they reconstructed the city so that it could return to normal...this is very amazing



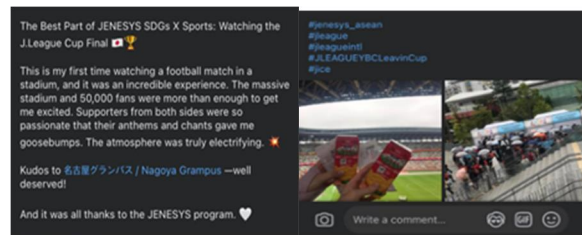
October 30, 2024 (Instagram)

High School Student (Brunei) : Reflecting on resilience and recovery during our visit to the Great East Japan Earthquake and Nuclear Disaster Memorial Museum. An impactful experience reminding us of the strengths and spirit of communities that rebuild and the importance of learning from the past.



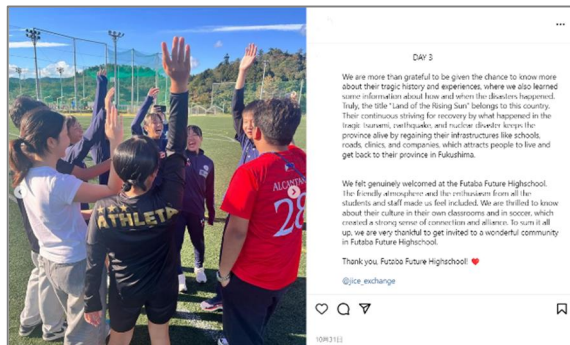
October 30, 2024 (Instagram)

High School Student (Malaysia) : Today I have so many activities. First, I play walking football with other countries. Secondly, I try calligraphy Japanese is so hard to do but I try. Thirdly, I also try dokkoisho dance it's so fun. Lastly, I try Japanese traditional clothes (kimono) it is very comfortable when worn. I hope I can share with my friends in my country about what I'm doing.



October 31, 2024 (Instagram)

High School Student (Myanmar) : The best part of JENESYS SDGs X Sports: Watching the J.League Cup Final. This is my first time watching a football match in a stadium, and it was an incredible experience. The massive stadium and 50,000 fans were more than enough to get me excited. Supporters from both sides were so passionate that their anthems and chants gave me goosebumps. The atmosphere was truly electrifying. Kudos to Nagoya Grampus – well deserved!



October 31, 2024 (Instagram)

High School Student (the Philippines) : We are more than grateful to be given the chance to know more about their tragic history and experiences (of Futaba), where we also learned some information about how and when the disaster happened. Their continuous striving for recovery by what happened in the tragic Tsunami, earthquake and nuclear disaster keeps the province alive by regaining their infrastructures like schools, roads, clinics and companies, which attracts people to live and get back to their province in Fukushima.

We felt genuinely welcomed at the Futaba Future Highschool. The friendly atmosphere and the enthusiasm from all the students and staff made us feel included. We are thrilled to know about their culture in their own classrooms and in soccer, which created a strong sense of connection and alliance.






October 31, 2024 (Instagram)

High School Student (Singapore) : Today's program was truly enlightening for us as we got to delve deeper into traditional Japanese culture which some tourists may not get to experience. We got to try on kimonos branded by Iwaki FC and try out calligraphy as well. The highlight of the Japanese culture experience was definitely dancing to 'Soran Bushi', a traditional celebratory dance originated from Hokkaido. Fishermen dance to the song when herrings were caught, hoping it'll bring them good luck and fortune in future. We also got to try out walking football and learnt how this ingenious idea managed to promote multiple Sustainability Development Goals (SDGs). As running is prohibited in this game, it reduces inequality as it allows those with disabilities, different genders or races and religions to all play together as one community. Furthermore, it also promotes other SDGs such as good health, gender equality and economic growth. Hence, through today's experience, we were inspired to promote more SDGs and learnt more about traditional Japanese culture.

	
<p>October 31, 2024 (Fukushima Minpo Newspaper)</p> <p>"High School Students from Abroad Visit Hamadori to Learn about the Current Situation of Reconstruction"</p>	<p>November 6, 2024 (Fukushima Broadcasting)</p> <p>"High School Students from Abroad Experience Football and Japanese Culture (Fukushima)"</p>

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

Locations: Tokyo, Fukushima, Chiba, Kanagawa – Presentations by a total of 11 groups

Brunei		
		
<p>【What we Learned】</p> <ul style="list-style-type: none"> Japanese high schools offer more physical education classes than Brunei and we don't have systems to clean our classes or get involved in club activities. We think we need to introduce this kind of idea to our country. Japan's solar and wind powers are encouraged. At J-village, most facilities were equipped with sensor lights. J.LEAGUE reuses old clothing and books to reduce waste and also recycle. We would like to adopt (this idea) in our country, <p>【Action Plan】</p> <ul style="list-style-type: none"> We would like to implement the ideal SDGs from Japan in Brunei. E.g. reducing, recycling waste We would like to encourage people to be more attentive to their health and learn the importance of nutrition and exercise. E.g. holding sports events such as walking football (that anyone including physically disabled people can participate) To widely promote the event, we the participants will promote it on social media. 		

Cambodia



ACTION PLAN

SEED THE FUTURE: A WORKSHOP TO NURTURE SDGs ACTIVISTS

WHAT:	Exchange program between
WHO:	JENESYS 2024 Cambodia Participants
WHOM:	Participants from
WHEN:	1 day workshop
WHERE:	Ministry of Education, Youth and Sport
HOW:	2 days of the JENESYS 2024 Cambodia Exchange Program (JENESYS 2024 Cambodia Exchange Program)

EXPECTED OUTCOME

WHAT WE WANT TO CONVEY TO OUR LISTENERS:

Deeper understanding of SDGs
What our participants will learn is that the SDGs are not just a set of goals, but a way of thinking and acting.

Students more interested in Japanese Culture and Language
The students will be able to learn more about Japan's culture and language through the program.

Cambodian students will be more motivated to apply SDGs to solve their own problems. We hope to create a more sustainable and peaceful world through the SDGs.

Students are given opportunities to study in Japan
For those who wish to study in Japan, they will be able to learn more about the Japanese language and culture through the program.

【What we Learned】

- As for the scenery and environment, Japan is very clean, environmentally conscious, and has developed infrastructure. Japan utilizes recycling with strict trash sorting, reflecting a commitment to sustainability.
- We learned about the SDGs, such as Climate Action, Quality Education, Good Health and Well-being, Industry, Innovation, and Infrastructure, Affordable and Clean Energy, Life Below Water and Life on Land, etc. We especially learned about the renewable energy situation of Japan and how the SDGs are incorporated in the education system.

【Action Plan】

- In order to deepen understanding of the SDGs and create an opportunity to raise interest, we will hold a talk event for high school students in Cambodia.
- Introducing a video summarizing the places we visited in Japan and demonstrate the Yosakoi Soranbushi dance in hopes to encourage students to rediscover the appeal of Japanese culture and the Japanese language, and to motivate them to learn more.

Indonesia



【What we Learned】

- We had heard that Japan's cities are very clean and that people are concerned about environmental issues, and we impressed by the high level of awareness when we actually helped clean the school we visited during the program.
- In Fukushima, we witnessed the seriousness of the earthquake and the nuclear power plant accident and were surprised at the scale of the decontamination operation. We also visited a facility where decontaminated soil is stored, which made us think anew about the long-term effects of radioactive contamination.
- The J.League aims to realize a sustainable society through football, and is working to achieve a wide range of SDGs, such as promoting the use of renewable energy and working with local communities. E.g. Shonan Bellmare is promoting initiatives that emphasize coexistence with local communities, such as environmental education programs for local elementary school students and cleanup activities in cooperation with local residents. Meanwhile, through the promotion of walking football, Iwaki FC

provides sporting opportunities for everyone to enjoy regardless of gender or age. From these efforts, we learned about the great impact that sports can have on local communities.

【Action Plan】

- We will present what we learned at our high school.
- We will introduce walking football and boccia as sports that can be enjoyed by high school teachers and students of all ages and genders, and we will organize a tournament.

Lao PDR



【What we Learned】

- We noticed that in Japan, cleanliness and order are emphasized in all aspects of daily life, such as sorting garbage and providing barrier-free access. We were particularly impressed by the attention given to people with disabilities in the community, which is not often seen in the Lao PDR.
- During our visit to Yokohama F. Marinos, we were deeply impressed to learn about their activities to promote the health of local residents through football.
- In Fukushima, we visited the Great East Japan Earthquake and Nuclear Disaster Memorial Museum, where we saw how the city was devastated by the tsunami and how people were forced to evacuate due to the nuclear power plant accident, and gained a deeper understanding of the current situation in the affected areas. At Futaba Mirai High School, we were impressed by the students' proactive approach to learning and their focus on international exchange. We were also able to strengthen our international friendships through our interactions with the students.
- Through the walking football and cultural experiences at Iwaki FC, we were able to strengthen our bonds with each other.
- We believe that these (club teams') activities contribute to the SDGs of “eliminating poverty” and “gender equality” because they are accessible to everyone and provide opportunities for everyone to enjoy sports regardless of economic background or gender.

【Action Plan】

- We will hold online webinars for youths in the ASEAN region to deepen understanding of the SDGs among youths and to together consider a sustainable future.

Malaysia



【What we Learned】

- We are impressed how it not only focused on academic performance but also cultural education so that the younger generation can practice different traditions at a young age.
- We think that Japanese society is very disciplined and responsible, especially in the way they interact with others and in their work, but we began to also appreciate how important values such as cleanliness, respect, and discipline are in the daily lives of Japanese people.
- We saw how technology is used to improve safety, such as disaster warning and monitoring systems that help keep communities safe during our stay.

Before reaching Japan, we thought Japanese food was limited to sushi and ramen. After we got to Japan, we were surprised by the variety of food available, from the restaurant food to gourmet dishes, as well as the uniqueness that we tasted during our stay.

- We were impressed on how J.LEAGUE promotes physical activities and mental awareness. In addition, we found it is interesting that some of the programs foster strong community ties enhancing social cohesion through local outreach programs. Additionally, the J.LEAGUE promotes green practices, such as waste reduction and energy efficiency in stadiums during their games. Furthermore, the league creates synergies that drive sustainable development by collaborating with local governments and NGOs.

【Action Plan】

- Do a workshop at Selangor Sports School. For example, we can choose Zero Waste Living where participants will learn some tips on reducing waste.

Myanmar



【What we Learned】

- Japan has one of the safest road transport systems in the world, with advanced urban planning and transportation systems, pedestrian priority, and strict traffic regulations.
- Buildings are designed for energy efficiency, environmental friendliness, earthquake resistance, and the health and welfare of the people, while at the same time preserving cultural values.
- Barrier-free design for people with disabilities, infants, and children is also advanced, creating a comfortable living environment for everyone.
- Japan has made great strides in the promotion of women's sports, including the WE League, and has made great traction toward achieving gender equality.
- Health promotion through sports is also emphasized in school education.
- Various sports organizations, including J.League, are actively involved in environmental conservation activities, such as recycling and plastic reduction, as part of their efforts to combat climate change.

【Action Plan】

- Holding a lecture at the Myanmar Association of Japan Alumni (MAJA) for Myanmar youths who are interested in Japan and the Japanese language. We will introduce Japanese sports culture, including walking football, and life in Japan. Through games and a Q&A session, we hope to deepen exchanges with participants and promote their understanding of Japan and further increase their interest in Japan.

The Philippines



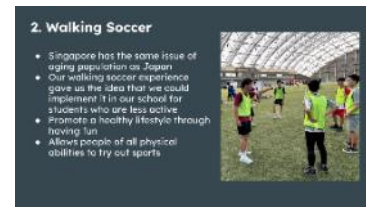
【What we Learned】

- Fukushima is recovering from a multiple disaster, and it has taught us the importance of sustainability and resilience.
- We also learned that Japanese technology (public transportation, etc.) is helping to reduce carbon dioxide emissions and improve the global environment.
- We saw examples of how sports can contribute to the promotion of SDGs, such as efforts to minimize the loss of food, appliances, and clothing by having people bring them to major games and cleanup activities in the community where the team is located and efforts to develop female athletes.

【Action Plan】

- We will hold clinics (sport classes) for local children to teach them basic football moves and techniques, and at the same time, we will prepare the session to raise their awareness of climate change, trash separation and collection, the 3Rs, etc., and encourage them to participate cleanup activities in the Laguna and Alabang areas.

Singapore



【What we Learned】

- In Fukushima, we learned about the devastation that hit the region. We met a local student who vehemently expressed his desire to restore Fukushima's reputation and society to its thriving past.
- We didn't realize how strongly sports relate to the SDGs. We learned that sports are for EVERYONE. Sports have the power to educate youths, a way of helping their level up and access to opportunities.

【Action Plan】

- In order to share the potential of sports to contribute to the achievement of the SDGs within our school, we will provide opportunities for students to experience walking football at school and provide exercise opportunities for students who do not get enough exercise.
- We will hold an inter-class recycling contest to raise students' awareness of the environment.

Thailand



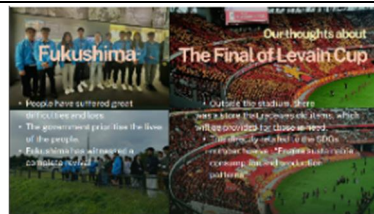
【What we Learned】

- Japan was so clean that there was not a single piece of trash on the streets, and the beauty of the country was far beyond our imagination.
- We were impressed by the disciplined behavior of the Japanese people, such as waiting their turn to take a shower.
- We also felt that punctuality was very high compared to Thailand.
- We learned that Japanese soccer clubs are actively working with local residents to achieve the SDGs. We were impressed by Japan's commitment to sustainability through sports.

【Action Plan】

- We will hold presentations and discussions on the SDGs at our school.
- We will also use the school's website and social media to disseminate what we learned to children and youths in Thailand and confirm how well the school environment has improved later on.

Viet Nam



【What we Learned】

- By sharing with other participants the differences between the images we had before coming to Japan regarding the Japanese people, education, lifestyle, and ideology, and our actual experiences in Japan, we were able to gain a deeper understanding of the country.
- Visiting Fukushima and receiving explanations at the Great East Japan Earthquake and Nuclear Disaster Memorial Museum, we were blown away to hear that the reconstruction process was so fast, starting only a little over a decade ago.
- During the school exchange, we were able to create many valuable memories. Interacting with Japanese people of the same generation was a valuable experience.
- In the lecture on SDGs of the J.League, we learned that soccer clubs in each region are working together with local residents to achieve the SDGs through sports.

【Action Plan】

- We will hold a football class (clinic) for poor children aged 6 to 12 living in the Meo Vac District, Ha Giang Province located in the Northeast region of Viet Nam. We will donate footballs and equipment, and with the cooperation of the local people and the Vietnam Football Federation, we will teach the children the joy of football.

Timor-Leste



Findings/learnings about SDGs in sports

- J-LEAGUE and each professional soccer clubs are actively working with relevant institutions to raise community awareness and reduce carbon dioxide.
- Sports increase many benefits for people's health.



Action plan

- What: Introduction about Japan, SDGs in Sports and Land clean up project.
- Who: we, all members
- To whom: people around us (family, friends, communities)
- When: December 2024
- Where: Japanese Embassy in Timor-Leste, our schools, community gatherings
- How: Return report meeting, Seminar(socialization)
Talk personally our experiences to family, friends and neighbours.

【What we Learned】

- Our image of Japan before coming to Japan was only a common one of “cherry blossoms, sushi, and Mt. Fuji,” but after coming to Japan, we learned that Japanese people are hardworking, respectful, and disciplined, that the country is a fusion of tradition and the latest technology, and that reconstruction is steadily progressing while many people are still suffering from the earthquake and tsunami that struck 13 years ago.
- We had thought that sports and the SDGs had nothing to do with each other, but we learned that in Japan, the J.League and soccer clubs are actively working together with related organizations to raise community awareness and reduce carbon emissions, and that sports can bring many benefits to people's health.

【Action Plan】

- We would like to submit a report and hold a seminar on Japan and the SDGs through sports at embassies, high schools, and community gatherings.
- We would also like to start a project to clean up the high school grounds and make efforts to improve the environment.

Implementation Agency: Japan International Cooperation Center (JICE)

Cooperation: Japan Professional Football League (J.LEAGUE)