



JENESYS2025 ASEAN-Japan Sports (Football) x SDGs Exchange for Youths Report (Invitation Program)

1. Program Overview

【Objectives and Overview】

88 high school students and other representatives from ASEAN Member States (AMS) visited Japan from October 28 to November 4. The program aimed to connect the delegation with local communities in Japan through football while promoting awareness of the Sustainable Development Goals (SDGs). During their stay, the group visited Tokyo and Osaka, where they experienced how sports can contribute to community development. Through a variety of exchange programs, participants also deepened their understanding of Japanese culture and worked to strengthen mutual understanding and friendly relations.

【Participants】 Total: 88 participants from ASEAN Member States (AMS) ^(Note)

(Breakdown): 7 high school students and 1 chaperone from each country

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

【Locations】 Tokyo 88, Osaka 88

【Schedule】

■ Online Pre-study Program :

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

Set Period Prior to Arrival 【Task-based Learning (VOD)】

“Overview/Mission”, “Message from Minamisanriku”, “Learning Japanese”

■ Invitation Program :

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

 【Post-arrival Orientation】

【Courtesy Call】

Mr. SHIMADA Tomoaki, Parliamentary Vice-Minister for Foreign Affairs

【Theme Related Lecture】 “ASEAN Football 4SDGs”

Lecturer: Ms. Nasya Nabila Nursabrina, Project Assistant, Education Youth and Sports Division, ASEAN Secretariat

Oct. 29 (Wed) 【Theme Related Observation】 JFA Football Culture Creation Hub “blue-ing! ”

 【Theme Related Lecture】 “Sustainability of J.LEAGUE”

Lecturer: Mr. TSUJII Takayuki, Corporate Executive Officer (in charge of sustainability), J.LEAGUE

Travel from Tokyo to Osaka

Oct. 30 (Thu)



【Observation】 Osaka Castle

【School Exchange】

Osaka Prefectural Suito Kokusai Junior & Senior High School

- Overall exchange (welcoming ceremony, performances (by both Suito Kokusai students and program participants), commemorative photo)
- Exchanges in groups

Part 1 Cultura experience activities (calligraphy, ink painting, kendo, soran-bushi dance, tea ceremony)

Part 2 Different Suito Action Projects for SDGs (SA)^(Note) (in groups)

- Reflection

(Note)The Suito Action Project for SDGs (SA) : This project aims to contribute to the SDGs through a variety of action projects conducted by mixed teams of students from the first year of junior high school to the second year of senior high school, who have come together based on their individual interests. Each team spends a year implementing the project, from discovering issues to checking their action results. (Quoted from Suito Kokusai Junior & Senior High School's website)

Oct. 31 (Fri)



【Theme Related Observation, Interactive Experience】

GAMBA OSAKA CO., LTD

○ GAMBA OSAKA

- Stadium tour (Panasonic Stadium Suita)
- Introduction of the club
- Experience : Walking Football, Bo(Stick) Soccer
- Interactive experience : Making Takoyaki

Travel from Osaka to Tokyo

Nov. 1 (Sat)



【Theme Related Observation】

Japan National Stadium (Facility Tour on SDGs Initiatives)

【Theme Related Observation】

Football Match (2025 J.LEAGUE YBC Levain CUP Final)

【Observation】 【Exchange】

Tokyo site visits with JENESYS alumni (grouped by country)

Brunei: Waseda University (campus festival), Harajuku, Meiji Jingu, Shibuya

Cambodia: Sophia University (campus festival), Meiji Jingu, Shibuya

Indonesia: Zojo-ji Temple, Tokyo Tower, Aoyama Gakuin University (campus festival)

Lao PDR: Waseda University (campus festival), Shibuya, Asakusa

Malaysia: Waseda University (campus festival), Kanda Myoujin Shrine

Myanmar: Waseda University (campus festival), Zojo-ji Temple

The Philippines: Asakusa, Waseda University (campus festival),

Singapore: Waseda University (campus festival), Harajuku, Meiji Jingu, Shibuya

Thailand: Asakusa, Sophia University (campus festival), Imperial Palace, Harajuku

Timor-Leste: Waseda University (campus festival), Asakusa

Viet Nam: Sophia University (campus festival), Waseda University (campus

	festival), Meiji Jingu, Harajuku
Nov. 3 (Mon)	<p>【Workshop】Preparations for the Reporting Session (summarizing program findings, confirming social media posts, preparation of action plans)</p> <p>【Reporting Session】Presentations of Program Findings and Action Plans</p> <p>【Farewell Party】</p>
Nov. 4 (Tue)	Departure from Narita International Airport and Haneda Airport

2. Program Photos

Online Pre-study Program

	
October 21 【Pre-departure Orientation】	October 21 【Pre-departure Orientation】 Group photo

Invitation Program

	
October 28 【Courtesy Call】 Ministry of Foreign Affairs	October 28 【Theme Related Lecture】 ASEAN Secretariat
	
October 29【Theme Related Observation】blue-ing!	October 29【Theme Related Observation】 J.LEAGUE

	
October 30 【Observation】 Osaka Castle	October 30 【School Exchange】 Osaka Prefectural Suito Kokusai Junior & Senior High School
 	
October 30 【School Exchange】 Osaka Prefectural Suito Kokusai Junior & Senior High School	October 31 【Theme Related Observation, Interactive Experience】 GAMBA OSAKA
	 
October 31 【Theme Related Observation, Interactive Experience】 GAMBA OSAKA	October 31 【Theme Related Observation, Interactive Experience】 GAMBA OSAKA
	
November 1 【Theme Related Observation】 Japan National Stadium	November 1 【Theme Related Observation】 Football match

		
<p>November 2 【Observation】 Site visits by country (universities)</p>	<p>November 2 【Observation】 Site visits by country (cultural locations)</p>	
		
<p>November 3 【Reporting Session】</p>	<p>November 3 【Reporting Session】</p>	
		
<p>November 3 【Reporting Session】 Group photo</p>		
		
<p>November 3 【Farewell Party】</p>		

3. Voices from the Participants (excerpt)

◆ **High School Student (Brunei)**

The most impressive aspect of our experience during the exchange program was visiting the schools and interacting with students from different cultural backgrounds. It was inspiring to see how education systems in other countries encourage creativity, teamwork, and respect for diversity. We also enjoyed participating in classroom activities and sharing about our own culture, which helped us build confidence and improve our communication skills. During the visits to football-related facilities, we learned about innovative technologies and work ethics that motivated us to think more globally about our future careers.

◆ **High School Student (Cambodia)**

We get to meet a lot of people from different countries that we could know and learn about their cultures. It was great to have an opportunity to meet, learn and share about our culture to other people.

◆ **High School Student (Indonesia)**

The best part of the exchange activities during our visit to Japan was having the chance to interact directly with local people and experience Japanese culture firsthand. Through various tours and activities, I saw how deeply values like discipline, respect for others, and cooperation are woven into everyday life in Japan. This program wasn't just about visiting new places; it gave me an opportunity to understand the mindset and values that have helped shape Japan into the advanced nation it is today.

◆ **High School Student (Lao PDR)**

Visiting Waseda University during its campus festival was such a new experience for me. There were so many activities to enjoy; we asked questions about different majors at the booths, sampled the food they were selling, explored various exhibition spaces, and watched art performances by Japanese students. It was truly exciting and an experience that left a lasting impression on me.

◆ **High School Student (Lao PDR)**

By being a part of such enjoyable and meaningful activities, I got to see and experience new things and learn so much. I witnessed how the concept of the SDGs is being put into practice in local communities, which gave me fresh perspectives and useful ideas for future initiatives of my own. On top of that, I met new friends from various fields, and we had the chance to freely exchange ideas and experiences. The program was truly filled with engaging and valuable discussions.

◆ **High School Student (Malaysia)**

The most impressive part of our exchange program was seeing how disciplined and cooperative Japanese students are. We learned the importance of teamwork, respect, and responsibility through school life and activities. During company visits, we were amazed by the punctuality and strong work ethic of Japanese workers.

◆ **High School Student (Malaysia)**

The most impressive aspect of our exchange program experience was the opportunity to immerse myself in a completely different learning and working culture. During the school exchange, we were amazed by how students expressed their ideas confidently in class discussions, which inspired me to be more proactive in sharing my own opinions.

◆ **High School Student (Myanmar)**

At Gamba Osaka, we had a very valuable experience observing how sports and sustainability can be connected. We learned about efficient water usage, proper waste management, and clean facility systems. Their creative and organized approach showed how sports venues can contribute to global environmental goals and promote sustainable practices.

◆ **High School Student (the Philippines)**

We were impressed by all of the places we visited, but my favorite was when we went to Suito Kokusai Senior High School. It was absolutely enchanting being in a Japanese high school, the type that we could only see in pop culture until now. Their school culture is very different to ours; the students are a lot more organized, the classrooms and hallways are very clean, and the interactions with everyone feel so full.

◆ **High School Student (the Philippines)**

The most impressive aspect of our whole visit was how efficient everything throughout the program was. Every moment was on time, every event was scheduled perfectly, and it was very impressive to see how organized and disciplined the Japanese were. Another impressive aspect is the care that the Japanese have for the Sustainable Development Goals. Throughout the program and our stay in Japan, everywhere we went we were able to see a contribution to the sustainable development goals, which is something we hope to further implement and improve in our own countries.

◆ **High School Student (Singapore)**

The Levain Cup was the most interesting for me as the fans didn't stop chanting the whole game and the opposition kept clapping while the other team was chanting, making the atmosphere of the entire stadium very nice.

◆ **Supervisor/Faculty (Singapore)**

I think that the experience was well paced and spread out. It encompassed a good mix between lectures, tours and free time to go about the key attractions in Japan. The places chosen (blue-ing!, Panasonic Stadium and the Levain Cup) were very significant experiences to the theme of sports and SDGs and it was very interesting to learn more about how football plays such a big role in promoting such socio-economic goals in the country.

◆ **High School Student (Thailand)**

At Gamba Osaka, we learned about teamwork and collaboration following SDG No. 17. We had the opportunity to visit the stadium of a J.League team — the best league in Asia — and play football together with the Gamba Osaka staff. We will cherish this experience forever.

◆ **High School Student (Timor-Leste)**

At Suito Kokusai Senior High School, I had the chance to interact with students and experience the Japanese education system firsthand. I was impressed by their discipline, creativity, and the collaborative classroom environment. Similarly, visiting Waseda University in Tokyo provided insight into Japan's higher education and research excellence. Meeting professors and students there encouraged me to think globally and pursue academic exchange opportunities in the future.

◆ **Supervisor/Faculty (Timor-Leste)**

The most impressive aspects of our experience during the exchange program were the insights we gained about Japan's approach to sustainability, discipline, and teamwork. One of the most impactful experiences was observing how Japan implements the Sustainable Development Goals (SDGs) in everyday life. Before coming to Japan, we had only learned about the SDGs in theory. But during our visit, we saw firsthand how communities, schools, and even companies collaborate to protect the environment and promote sustainability. From proper waste management to energy-saving practices and initiatives to support people with disabilities, we were amazed at how seamlessly these efforts were integrated into daily routines.

◆ **High School Student (Viet Nam)**

I was especially amazed to learn how football is connected to the Sustainable Development Goals (SDGs) in such a practical way. I realized that football isn't just a sport; it can also be a tool to raise awareness about social and environmental issues. This experience convinced me that even small actions to support others during sports or community activities can contribute to building a more sustainable society.

4. Voices from the Receiving Parties (excerpt)

◆ **GAMBA OSAKA Representative**

By hosting the participants at our facility, I was reminded that sports can bring people closer together beyond borders and language. I think we were also able to share Japanese culture through the truly local experience of making takoyaki. It was wonderful to see so many smiles from the participants.

◆ **Osaka Prefectural Suito Kokusai Junior & Senior High School Student**

I had hardly ever talked with students from abroad, so this exchange was a truly valuable experience for me. I joined a calligraphy class with them, and I was surprised when an Indonesian student I became friends with told me she had never tried calligraphy before. Talking with her made me realize how many cultural differences exist even among Asian countries. I also remember how much fun we had chatting about anime. This experience sparked my interest in other Asian countries, and now I want to learn more about them so that next time we meet, we can have even deeper conversations.

◆ **Osaka Prefectural Suito Kokusai Junior & Senior High School Representative**

I was really amazed to see how actively our students enjoyed communicating with the delegation. It also gave us (as a school) renewed confidence in their ability to engage and communicate proactively.

◆ **JENESYS Alum (participated in the Tokyo site visits and exchange on November 2)**

Through this international exchange, I was reminded of the importance of direct interactions with people from different cultural backgrounds. I realized that in communication, building trust depends less on language skills and more on the willingness to understand the other person's perspectives and values. Spending time with the students from the Lao PDR taught me that cultural differences shouldn't just be seen as something to compare, but a means to understand the other person's society and way of life.

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

	
<p>October 29, 2025 (Instagram) High School Student (Singapore) we are at blue-ing! blue-ing is Japan Football Association's Soccer Creation Centre we are learning about how sports can impact sustainable development goals</p>	<p>October 29, 2025 (Instagram) High School Student (Indonesia) Riding the Shinkansen feels like magic. From the outside, it's this incredible bullet shooting through the landscape, but inside it's surprisingly peaceful and comfortable. Watching the world transform outside your window. It was like watching a live movie, while you just relax in your seat. It turns travel into something you actually enjoy, not just a way to get somewhere.</p>
	
<p>November 1, 2025 High School Student (Indonesia) Visiting Gamba Osaka was such an exciting and memorable experience! I was impressed by the team's strong spirit, discipline and the passion that everyone showed for football. Seeing the facilities and learning more about Japanese sports culture</p>	<p>November 2, 2025 (Instagram) High School Student (Brunei) Yesterday's Levain Cup final at Japan National Stadium was truly unforgettable. The atmosphere was vibrant, the energy remarkable, and every moment felt powerful. A memorable experience of passion, unity, and sport at its finest.</p>

made me realize how dedication and teamwork play such an important role in achieving success. After that, we had so much fun making takoyaki, one of Osaka's most famous local foods. It was my first time trying to cook it myself, and the process was so enjoyable from pouring the batter to flipping the balls perfectly! The taste was delicious, and the moment we shared together made it even more special.



November 2, 2025 (Instagram)

High School Student (Singapore)

Hidden in the heart of Tokyo, Meiji Shrine feels like stepping into another world – where time slows down, the air feels sacred, and every step beneath the towering trees reminds you to breathe a little deeper. There's something magical about finding peace in the middle of the all the city chaos.

November 2, 2025 (Instagram)

High School Student (Malaysia)

This picture shows a vending machine in Japan. It connects to the Sustainable Development Goals (SDGs), especially Goal 12: Responsible Consumption and Production and Goal 13: Climate Action. Japanese vending machines often promote energy efficiency and recycling. The machine has a place to recycle bottles and cans, which helps reduce waste and protect the environment. It also shows how Japan uses technology to make everyday life more convenient and sustainable.

 <p>Day 6 in Japan—November 2, 2025</p> <p>Today we had the chance to visit Waseda University, a prestigious private university in Tokyo known for its vibrant campus and influential alumni. It was fascinating to see its commitment to both academic excellence and social contribution firsthand.</p> <p>During our visit, we got to see and experience many things: different aspects of culture and art, and we made new friends. Two experiences were especially memorable for us.</p> <p>First, it was our first time trying on kimonos, and we felt so privileged to have this experience. Second, we were impressed by how crucial Waseda University's role is in promoting the SDGs (Sustainable Development Goals). They have a great system for collecting items, recycling them properly, and then selling them, among other initiatives. It was truly inspiring.</p> <p>Thank you so much!</p>	 <p>We had a lot of fun and had an amazing time exploring Sophia university. The people there were very friendly and fun to interact with, their booths and the decorations for their booth were super creative and the food there tasted great. The environment there was very clean and it was so amazing that there was an architectural design of Angkor Wat that was very detailed and stunning to look at. I love how they thought of the environment for their area and their country. The Sophia University is a tall modern building, the entrance is wide and welcoming as well as the students there. They have also implemented the SDGs in their work. #jenesys_asean #jice_exchange</p> <p></p>
<p>November 2, 2025 (Instagram)</p> <p>High School Student (Timor-Leste)</p> <p>Today we had the chance to visit Waseda University, a prestigious private university in Tokyo known for its vibrant campus and influential alumni. It was fascinating to see its commitment to both academic excellence and social contribution firsthand.</p> <p>During our visit, we got to see and experience many things: different aspects of culture and art, and we made new friends. Two experiences were especially memorable for us.</p> <p>First, it was our first time trying on kimonos, and we felt so privileged to have this experience. Second, we were impressed by how crucial Waseda University's role is in promoting the SDGs. They have a great system for collecting items, recycling them properly, and then selling them, among other initiatives. It was truly inspiring .</p> <p>Thank you so much!</p>	<p>November 2, 2025 (Instagram)</p> <p>High School Student (Cambodia)</p> <p>We had a lot of fun and had an amazing time exploring Sophia university. The people there were very friendly and fun to interact with, their booths and the decorations for their booth were super creative and the food there tasted great. The environment there was very clean and it was so amazing that there was an architectural design of Angkor Wat that was very detailed and stunning to look at. I love how they thought of the environment for their area and their country. Sophia University is a tall modern building and the entrance is wide and welcoming as well as the students there. They have also implemented the SDGs in their work.</p>



November 2, 2025 (Instagram) High School Student (Lao PDR)

Observations by country: Sharing best moments of the day, from riding a train for the first time to attending Waseda University's campus festival



November 2, 2025 (Instagram)

High School Student (Myanmar)

When you visit a temple or shrine, you can draw a small paper fortune called omikuji. It contains predictions about your future.... like great blessings, good luck or sometimes bad fortune. If you get good fortune, you usually keep it with you for luck. But if you get bad fortune, you tie the paper onto a sacred rack or tree branch within the temple grounds. This act symbolizes leaving the bad luck behind so it won't follow you. The belief is that by tying it, the wind and divine spirits will help turn misfortune into blessings. It's a small but meaningful ritual which shows hope and the idea that even bad luck can transform into something good.

November 5, 2025 (Instagram)

High School Student (Myanmar)

JENESYS was more than just a program for me. In seven short days, I made beautiful memories and met wonderful friends from ASEAN countries. We shared smiles, stories, and dreams together. It was a journey I will never forget. I will always remember everything – the time in Japan and all my lovely friends. I really want to visit Japan and see everyone again someday. If you ever get a chance to join a JENESYS program, I truly recommend applying! Everyone who joins will bring back so many unforgettable memories.

	
<p>October 31, 2025 (Official X of GAMBA OSAKA)</p> <p>High school students from ASEAN countries participating in the program “JENESYS ASEAN-Japan Sports (Football) x SDGs Exchange for Youths” visited Panasonic Stadium Suita. They enjoyed learning about Gamba Osaka’s SDGs initiatives, touring the stadium, and even experiencing Japan’s food culture by making “takoyaki” with the help of Dotonbori Kukuru. It was a great opportunity for them to fully experience both Japanese football and culture.</p>	<p>October 29, 2025 (Official X of J.LEAGUE Sustainability)</p> <p>“JENESYS ASEAN-Japan Sports (Football) x SDGs Exchange”</p> <p>Mr. TSUJII Takayuki, J.LEAGUE Corporate Executive Officer in charge of Sustainability, gave a lecture to high school students from ASEAN countries on J.LEAGUE’s sustainability initiatives.</p>
	
<p>October 30, 2025 (Sports Hochi)</p> <p>“J.LEAGUE engages with students from Southeast Asia as part of the Japan’s Friendship Ties Program – Participants deepened their awareness of climate change and environmental conservation”</p>	<p>November 4, 2025 (Ministry of Youth and Sports of the Republic of Indonesia’s website)</p> <p>Seven young Indonesians join the JENESYS ASEAN-Japan Sports (Football) x SDGs Exchange</p> <p>...</p> <p>During the program, participants learned about the discipline, etiquette, and spirit of unity that are characteristic of Japanese education. This cultural</p>

	<p>immersion deepened their understanding and established foundations for collaboration between Indonesian and Japanese youth in building an inclusive, global society.</p> <p>Dr. Drs. Yohan, M.Si, Deputy for Youth Services at Indonesia's Ministry of Youth and Sports, praised the participants' proactive attitude:</p> <p>“The JENESYS program is an important platform for nurturing young Indonesians with a global outlook, sportsmanship, and an understanding of sustainable development. Through cultural exchange and sports, young people can directly learn Japan’s core values: discipline, responsibility, and social consideration.”</p> <p>Mr. Esa Sukmawijaya, S.P., M.Si, Assistant Deputy for Global Youth Development, expressed hope that this experience would inspire participants to apply SDG principles in their own communities:</p> <p>“From Japan, participants learned that sports are not just about competition, but also about collaborating for the common good. The cleanliness they maintained, their punctuality, and the sense of teamwork they witnessed should be practiced back home in Indonesia.”</p> <p>...</p>
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6. Presentations of Program Findings and Action Plan at the Reporting Session (excerpt)

Locations: Tokyo, Osaka – Presentations by a total of 11 groups

Brunei
<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;">  </div> <div style="width: 50%;"> <p>Before & After Sustainable Development Goals (SDGs)</p> <p>Before</p> <ul style="list-style-type: none"> I knew very little about the SDGs I never thought they were part of daily life or connected to different fields <p>After</p> <ul style="list-style-type: none"> I learned a lot about the SDGs. Especially in recycling efforts, community togetherness and Environmental care Most importantly, Football can help and play a part in achieving SDGs!  </div> <div style="width: 50%;"> <p>Action plan - Tree planting From Sakura to Simour - A green connection</p> <p>What? - Plant trees to promote environmental sustainability</p> <p>Who? - Will be done by us, the delegates along with the rest of our school football team</p> <p>Why? - Most importantly, to support SDG 13: Climate action and SDG 15: Life on Land. Encourage students to work together and school involvement</p> <p>Where? - At the school compound, in between the class block A and the library (as a start)</p> <p>When? - January 2026</p> <p>How? - Collectively. Presentation first to raise awareness. Eco bazaar or Green market. All profits go towards purchasing seedlings.</p>  </div> </div>

【Results of the Program】

◆ Learnings from the program

Japan was much cleaner than we had imagined, with almost no stray animals, and recycling activities were carried out everywhere, which made us realize the high level of environmental awareness. In addition, efforts toward achieving the SDGs are actively practiced in Japan, and we felt that the spirit of aiming for a society where no one is left behind is embedded in daily life.

◆ Learnings about the Theme: Sports x SDGs

Through the JENESYS program, we learned about recycling initiatives, community collaboration, and environmental protection efforts. In particular, we realized that football can contribute to achieving the SDGs, and we recognized the potential of sports as a means to address social challenges.

【Action Plan】

In January 2026, our entire school football team will conduct a tree-planting activity on the school grounds under the title “From Sakura to Simpur – A green connection”, with the aim of eventually expanding the activity to the whole school. Simpur is the national flower of Brunei. This activity aims to support SDG No. 13 (Climate Action) and SDG No. 15 (Life on Land). Through this initiative, we will share information within the team and raise awareness about environmental issues. In addition, we plan to organize an eco-bazaar or green market and use the profits to purchase seedlings.

Cambodia



【Results of the Program】

◆ Learnings from the program

- Before coming to Japan, we thought of it as a country with rich culture and advanced technology. After arriving, we realized Japan is an even more exciting place than we had ever imagined.
- We expected Japan to value discipline, teamwork, and respect—and we were able to confirm this everywhere: in schools, public spaces, and even at football stadiums.

◆ Learnings about the Theme: Sports x SDGs

- Through learning about J.LEAGUE's initiatives such as climate change measures, CO₂ reduction, and crop cultivation, we understood how the league as a whole is working toward environmental protection.
- At Gamba Osaka, through the stadium tour and activities like stick soccer, we learned how they promote health and well-being for all and support efforts to reduce inequality.
- At Saitama Kokusai Senior High School, we experienced boccia, a sport for persons with disabilities, and understood how it relates to the SDGs such as “Quality Education for All” and “Reduce Inequalities.”

【Action Plan】

Under the theme “Clean Hands, Clean Heart, and Clean Home,” we will immediately start sharing the importance of creating a clean environment and protecting nature through social media posts, videos, and practical activities at home, school, and in our communities. Through these efforts, we aim to show respect for ourselves, others, and nature, and contribute to building a healthy and sustainable society.

Indonesia



【Results of the Program】

◆ Learnings from the program

- At Suito Kokusai Senior High School, the students warmly welcomed and guided us around, showing that discipline and respect are not just rules but part of everyday life in Japan.
- At Zojo-ji Temple, we observed people demonstrating deep respect for their culture and behaving quietly in a calm atmosphere.
- We learned that Japanese discipline, humility, cooperation, and respect are deeply embedded in daily life, and Japan has shown that technological innovation can coexist with harmony and politeness.

◆ Learnings about the Theme: Sports x SDGs

- We had only viewed sports and SDGs superficially, but through the blue-ing! program, we learned how sports can promote environmental sustainability.
- At GAMBA OSAKA, we saw how clubs, communities, and fans connect through programs that support equality, accessibility, and environmental education, supporting the idea that sports foster shared responsibility for a better world.
- Through this program, we understood that achieving SDGs starts with small daily actions: saving energy and water, reducing plastic use, and choosing walking or cycling for short distances. All of these together can have a big impact on a sustainable future.

【Action Plan】

Our mission is to share the values of “sustainability,” “teamwork,” and “cultural exchange” with our peers and make them a norm in our own communities.

- We will produce a podcast featuring our JENESYS learnings in our high school's podcast studio and share it on the school's YouTube channel. We will also share short edited versions on Instagram. Our school has about 1,300 students and staff, and its Instagram account has 7,030 followers.
- We will also promote these ideas during the school-wide sports festival held after final exams and during the weekly “Literature Day” on Wednesdays.
- Planning, filming, and editing will take place in November, and in December we will upload the podcast and short contents. We will also conduct awareness activities and show videos on the school grounds.
- We also aim to implement a joint project with the Ministry of Youth and Sports.

Lao PDR



【Results of the Program】

◆ Learnings from the program

Before visiting Japan, we thought that Japanese technology would be so advanced and complex that we would not be able to even use it, and we also had the impression that Japanese people were always quiet and reserved. However, we found that Japanese technology is highly advanced yet easy to use, and the Japanese people we met were very friendly and open-minded.

◆ Learnings about the Theme: Sports x SDGs

We learned a lot about the various activities of the J.LEAGUE. For example, they send players to areas affected by natural disasters and come up with innovative ways to play football to ensure that no one is left behind, providing opportunities for all to maintain their health. We learned that football is not just a sport but a means to connect people and build strong, cooperative communities.

【Action Plan】

We will conduct an online campaign and organize workshops to spread knowledge about Japan and related themes. The target audience will be high school students in the Lao PDR, and we will hold the activities at schools in Vientiane within three months after returning home.

On Facebook, we will post content to raise awareness about SDGs and emphasize the connection between sports and sustainable development. We will use Google Forms to recruit students and volunteers who wish to participate. During the workshop, we plan to hold a mini football tournament and awareness sessions focused on SDGs.

Malaysia



【Results of the Program】

◆ Learnings from the program

Before coming to Japan, we associated the country mainly with anime and technology. However, we learned that Japan places great importance on discipline, etiquette, and compassion. Through experiences related to the SDGs and football, we also gained insights into teamwork, culture, and social responsibility.

◆ Learnings about the Theme: Sports x SDGs

In Japan, we were able to experience seven of the SDGs firsthand. Support for poverty and hunger was demonstrated through donation activities at the National Stadium. Health and well-being were promoted through walking football and stick soccer. We also learned about education, waste separation, gender equality, clean water, and renewable energy through daily life and public facilities.

【Action Plan】

We are going to do a hydroponic garden. Hydroponics can promote sustainability and food security; this is contained on SDG2. To whom we are targeting are standard 5th and 6th graders. We will do it on 24th Nov. to present a proposal to our school and administration and prepare materials. On 1st Dec we will launch the project, and finally on 5th Jan we can harvest it and do reflection session.

Myanmar



Alumplus

Giving and Sharing : A Sustainable Clothing Donation Project

WHAT
This is the second year of JENESYS program to do this project. This is the first time we do this project in Yangon. This project is to help the people in Yangon who are in need.

WHO and HOW :
WHO: All the students in JENESYS program
HOW: We will collect clothes from the students and then we will sort them and then we will give them to the people in Yangon.

WHY:

- Support JENESYS program organization with the project to help the people in Yangon
- Raise funds from the project to help the people in Yangon
- Understand about SDGs, especially Goal 12: Responsible Consumption and Production.

WHEN:

- Starts: December 2025
- Duration: SDG month (December) in Yangon

WHERE:

- Seminar: Yangon, Myanmar
- Donations: SDG month (December) in Yangon

HOW:

- Project 1: Pre-organized seminar in December, to introduce what is the SDG month
- Project 2: United decorated clothes, then collect the clothes and clean clothes for SDG month

【Results of the Program】

◆ Learnings from the program

In Japan, trains and the shinkansen run on time, and people wait for the light to turn green before crossing, even at intersections without cars, showing their respect for the rules. To protect the environment, waste is properly sorted, and smoking areas are specified to safeguard the health of non-smokers. Vending machines are installed everywhere, yet they are neither vandalized nor stolen, which we believe reflects the honesty and integrity of the people of Japan.

◆ Learnings about the Theme: Sports x SDGs

J.LEAGUE is actively working on measures against global warming. GAMBA OSAKA built its stadium at a low cost, relying solely on donations and making efficient use of all resources. Walking football and stick football, which anyone can participate in regardless of age or gender, are great examples of gender equality in practice.

【Action Plan】

Our group will hold a seminar in December 2025 at the Japan Alumni Association facility in Yangon. We will promote the seminar through social media and encourage people to donate clothing they no longer use. During the seminar, we will share our experiences from the JENESYS program and discuss SDGs. The donated clothes will be cleaned and delivered a few days later to orphanages and other facilities in need. At these locations, we will also share knowledge about SDGs, especially the importance of using resources responsibly. We aim to deliver not only clothing but also hope, awareness, and kindness.

The Philippines

 <p>JENESYS ASEAN-Japan Sports Football x SDGs Exchange for Youth</p> <p>Likas-Kaya't Kalusugan: Environmental and Wellness Week</p>	 <p>REFLECTION (WHAT WE LEARNED)</p> <ul style="list-style-type: none"> • Japan is a highly developed country with advanced technology, efficient systems, and a strong focus on punctuality. • There is a strong emphasis on environmental and wellness practices. • Japan is a leader in sustainable development. • The country is committed to reducing its carbon footprint and promoting green energy. • Japan's culture and traditions are deeply rooted in environmental and wellness practices. 	<p>JENESYS</p> <p>Likas Kaya't Kalusugan: Environmental and Wellness Week</p> <p>What? A Promotional Week for Environment and Health</p> <p>Who/To Whom? All Junior and Senior High School Students of the School</p> <p>Why? Reduce pollution of non-renewable energy. Promote active lifestyle for students</p> <p>When? January 2026</p> <p>Where? UST Angonoan College & Province Senior High Schools - Central Union Campus</p> <p>How? A series of activities in the week will be started to observe Earth Hour and off-screen activities.</p>
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【Results of the Program】

◆ Learnings from the program

Before visiting Japan, we thought of it as a highly developed country with advanced technology, efficient systems, and a strong focus on punctuality. After arriving, we were impressed to find that its culture and daily life are very balanced, combining modern innovations with thoughtful social practices. This inspired us to consider changes in our own country, but we realized that meaningful improvements require shifting people's mindset.

◆ Learnings about the Theme: Sports x SDGs

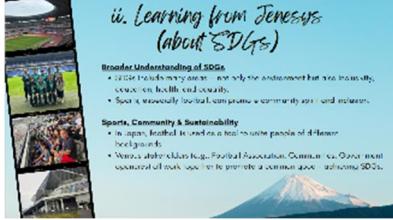
Sustainability efforts and sports were not really thought of to be interconnected. But now, we think that sports can be used to contribute to the sound mind and body of everyone for a happier country.

【Action Plan】

In January 2026, we will organize a Promotional Week for Environment and Health for junior and senior high school students across our schools. The event aims to reduce pollution caused by non-renewable energy sources and encourage an active lifestyle among students.

During the week, seminars led by experts will be held, a designated period each day will be set aside to observe Earth Hour, encouraging energy conservation, as well as to participate in off-screen activities—such as physical games or indoor games—will be encouraged to foster consideration of health and well-being.

Singapore

 <p>Key Takeaways from JENESYS by Singapore Team</p>	 <p>ii. Learning from JENESYS (about SDGs)</p> <p>Broader Understanding of SDGs</p> <ul style="list-style-type: none"> • SDGs are not only environmental but also inclusivity, focus on health and society. • Sport is a powerful tool to unite people of different backgrounds. • We can learn from Japan's football culture, community work, and inclusivity. <p>Sport, Community & Sustainability</p> <ul style="list-style-type: none"> • In Japan, football is used as a tool to unite people of different backgrounds. • We can learn from Japan's football culture, community work, and inclusivity. 	 <p>iii. Action Plan: One Team, One Goal</p> <p>SDG 10 - Reduced Inequalities (Promoting Inclusivity)</p> <p>Day 1: Education and Awareness</p> <p>What: Share learnings about Japan, football culture, and inclusivity through SDGs</p> <p>Where: During a school assembly session</p> <p>How:</p> <ul style="list-style-type: none"> • Create key takeaways from the SDGs, including how Japan promote inclusivity and sustainability through football. • Organize a meeting with the community to discuss how to implement SDGs in our daily lives. <p>10 REDUCED INEQUALITIES</p>
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【Results of the Program】

◆ Learnings from the program

During our visit, we were impressed by how polite and friendly Japanese people were. Many tried their best to communicate in English, and we noticed how closely people follow social rules. Public transport was extremely efficient; the trains were punctual, clean, and quiet. Meals were well-balanced and portioned carefully, reflecting a healthy lifestyle. We also saw how eco-conscious Japan is, with responsible recycling and waste sorting being part of everyday life.

◆ Learnings about the Theme: Sports x SDGs

Before the trip, we thought the SDGs were mostly about protecting the environment. But through this program, we learned that they also include goals related to inclusivity, education, health, and equality. We saw how sports, especially football, can be a powerful tool to bring people together. In Japan, football is used to promote community spirit and inclusion, with various stakeholders like local communities and government agencies working together to achieve the SDGs.

【Action Plan】

“One Team, One Goal”

At the start of the new school term, we will present what we learned in Japan during a school assembly, focusing on how football promotes inclusion and connects to the SDGs.

To make it engaging, we will create an infographic showing our key takeaways. After that, the football CCA will lead a Football Friendship Session with students from other CCAs. Mixed teams will play casual games, followed by a short sharing session to reflect on teamwork and inclusivity, helping everyone connect these ideas to the spirit of the SDGs.

Thailand



【Results of the Program】

◆ Learnings from the program

We learned how important politeness, cleanliness and order, punctuality, teamwork and cooperation, and appreciation for nature and the seasons is in Japan.

◆ Learnings about the Theme: Sports x SDGs

J.LEAGUE (GAMBA OSAKA) is working on climate change measures. We learned that during matches, they try to use electricity supplied as much as possible from renewable energy sources, effectively reducing CO₂ emissions to zero. At stadiums, they set up booths related to environmental issues. We also learned that tree-planting activities and programs such as the SDGs football camps with children by blue-ing! are “passing a good ball” toward the future of our planet.

【Action Plan】

• Project I: Young Zero-Waste Heroes

A campaign and activities to reduce food waste in schools and local communities.

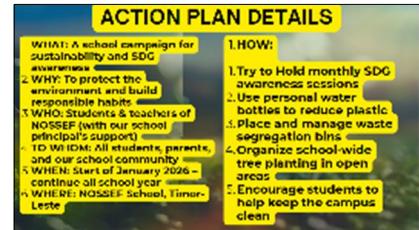
Targeting children and youth, mainly junior high school students, from November 2025 to January 2026, we will conduct awareness activities at middle schools five days a week for 1–3 months. These activities will focus on the impact of food waste and proper waste sorting based on the 3R principles.

*We will set up dedicated disposal areas in schools and communities for composting food scraps and leftovers. (Composting Project)

- Project II: Saving Energy with Our Own Hands

Targeting junior and senior high school students (ages 13–18), from November 2025 to January 2026, we will run campaigns and public lectures in schools and communities to raise awareness and encourage concrete actions to save water and electricity in daily life.

Timor-Leste



【Results of the Program】

◆ Learnings from the program

Before coming to Japan, we had only limited knowledge about the country. However, through the program, we learned that Japanese people are disciplined, punctual, responsible, and hardworking. We also came to understand the importance of teamwork, Japan's excellence in technological innovation, and its cleanliness, organization, and strong sense of environmental responsibility.

◆ Learnings about the Theme: Sports x SDGs

Before coming to Japan, we had a general understanding of the SDGs. However, through the program, we learned about practical SDG-related activities in everyday life, such as those in schools, universities, and sports. We believe that initiatives like the recycling efforts at Gamba Osaka and the National Stadium could be adapted to our school as well.

【Action Plan】

- Starting in January 2026 and continuing for one year, all members of the group, including students and teachers, will carry out a campaign at our school aimed at raising awareness of the SDGs and sustainability among all students, parents, and the community, with the goal of fostering responsible habits to protect the environment.
- We will hold monthly meetings to raise awareness of the SDGs, and encourage students to bring reusable water bottles to reduce plastic use, install separate waste bins, plant greenery on campus, and maintain a clean school environment.

Viet Nam



【Results of the Program】

◆ Learnings from the program

Before visiting Japan, we imagined it as a country of order, discipline, and advanced technology. In reality, Japan truly was an orderly nation. After we arrived at Japan, the Japanese people treated us with great kindness, politeness, and warmth.

◆ Learnings about the Theme: Sports x SDGs

We learned about various SDG initiatives: J.LEAGUE's efforts to combat global warming, health promotion through stick football at GAMBA OSAKA that anyone can enjoy regardless of gender or age, and waste separation and water stations at university festivals. These examples showed us how sustainability is integrated into different aspects of life.

【Action Plan】

Based on everything we learned, our team will create an action plan called "Kicking Off Change: Learn, Share, and Act" to raise awareness among youths in Viet Nam about sustainability and SDGs.

Specifically, within three months after returning to Viet Nam, we will share posts, photos, and videos about what we learned in Japan, especially about sustainability, through both online and offline channels, including social media, school events, and community spaces.

Implementation Agency: Japan International Cooperation Center (JICE)

Cooperation: Japan Professional Football League (J.LEAGUE), GAMBA OSAKA Co., Ltd. (GAMBA OSAKA)