



## **KAKEHASHI Project**

### **Online Visiting Japan Program (Zen)**

### **Follow-up Project Report**

#### **1. Program Overview**

##### **【Objective】**

This program aimed to retain continued interest in Japan among past participants (alumni) of the KAKEHASHI Project from the U.S., Canada, and Japan, by providing a forum where they can mutually learn about Japan's history and culture through an online lecture and workshop held by a lecturer who has inherited Japanese culture and techniques through the generations. Another objective of the program was to strengthen their self-awareness that they are American, Canadian, and Japanese KAKEHASHI alumni.

##### **【Participants】**

Total: 11 alumni from the U.S., Canada, and Japan (participants of the KAKEHASHI Project between FY2016 and 2023)

- 4 alumni from USA (1 undergraduate student, 1 graduate student, 2 working youths)
- 5 alumni from Canada (1 high school student, 1 undergraduate student, 3 working youths)
- 2 alumni from Japan (1 undergraduate student, 1 working youth)

##### **【Locations】** Tokyo, Kanagawa

##### **【Program Schedule】**

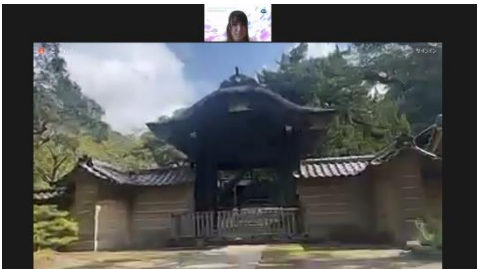
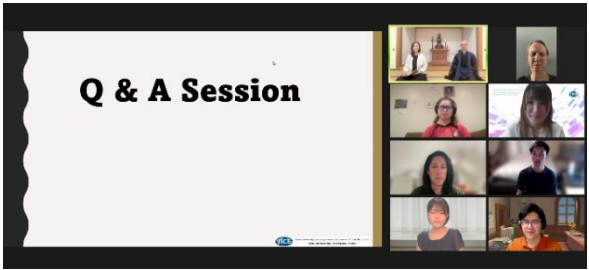
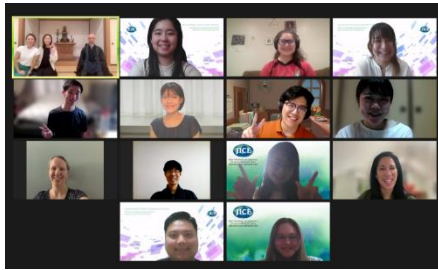
###### **■ Online Inbound Program**

Sep. 16, 2023 (Sat)

1. **【Observation, Cultural Experience】** Online Zazen (Zen meditation) at Engakuji Temple, head temple of the Rinzai sect  
Mr. UCHIDA Ichido, Priest and Director of Kojirin Zen Training Center at Engakuji Temple
  - (1) Tour of Engakuji Temple
  - (2) Zazen
    - Explanation of Zazen, Zazen experience, etc.
2. Group Program
  - 【Workshop】** Review of the program and sharing thoughts
    - Self-introductions
    - Views of online Zazen
    - Collection of questions to the priest Mr. UCHIDA Ichido
3. Q&A Session

4. Notice from the KAKEHASHI Alumni Committee
5. Group Photo

## 2. Program Photos

|                                                                                     |                                                                                      |
|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
|    |    |
| <p>【Observation】 Engakuji Temple, head temple of the Rinzai sect</p>                | <p>【Online Zazen】 Zazen experience (1)</p>                                           |
|   |   |
| <p>【Online Zazen】 Zazen experience (2)</p>                                          | <p>【Workshop】 Review of program and sharing thoughts</p>                             |
|  |  |
| <p>【Q&amp;A Session】</p>                                                            | <p>【Group Photo】</p>                                                                 |

## 3. Voices from the Participants (excerpt)

### ◆ Undergraduate Student (USA)

I was impressed, because I did not expect to be shown around the temple, and also because we were able to learn about its history. I really enjoyed today's event and wish to attend again.

### ◆ High School Student (Canada)

It was nice to reconnect with myself and forget about the distractions of the world for a brief moment. Being particularly conscious of my breathing and posture had a good effect on me.

### ◆ Working Youth (Japan)

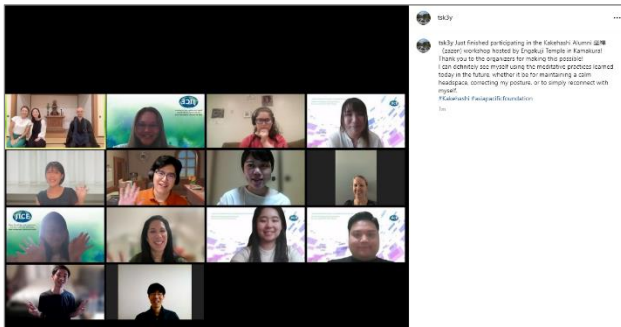
It was a wonderful program. I found it difficult to express my views in the group session. I wish to be able to speak English more clearly and smoothly. I am glad I was able to learn more than

before about Zazen. I will continue to practice Zazen hereafter.

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

- ◆ The questions from the participants were extremely to the point and focused on how Zen could actually be incorporated into their lifestyle. It is hoped that Zen will enrich their daily lives.

#### 5. Disseminations by the Participants (excerpt)

|                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                |
|-----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | <p>Sept. 16, 2023 (Instagram)</p> <p>Just finished participating in the Kakehashi Alumni 坐禅 (zazen) workshop hosted by Engakuji Temple in Kamakura!</p> <p>Thank you to the organizers for making this possible!</p> <p>I can definitely see myself using the meditative practices learned today in the future, whether it be for maintaining a calm headspace, correcting my posture, or to simply reconnect with myself.</p> |
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Implementation Agency: Japan International Cooperation Center (JICE)