

JENESYS2019 ASEAN Inbound Program 17th Batch Program Report

Theme: Sports Exchange (Judo)

Country: Myanmar

1. Program Overview

Fourteen young Judo players from Myanmar visited Japan for 9 days from January 21 to 29, 2020 as part of “JENESYS 2019” under the theme of “Sports Exchange (Judo)”. In Tokyo, the group learned about Judo and exchanged with Japanese Judo players at the KODOKAN Judo Institute as well as observed the Japan Olympic Museum, the Japanese Sword Museum, and Nippon Sports Science University. In Saitama prefecture, they visited Tsurugashima City, which is one of the Host Towns of Myanmar for the 2020 Tokyo Olympic and Paralympic Games, to attend a lecture about the Host Town Initiative, and visited Josai University to join Judo practice to improve their Judo skill and increase their interests in Japan. Furthermore, they experienced Japanese culture through homestay program in Chichibu City and Zen meditation activities at Soji-ji temple in Kanagawa, to have a better understanding of Japanese culture. During the program, they deepened and promoted their understanding of Judo and the relationship between Japan and Myanmar through various exchanges, and shared their discoveries and experiences thorough social media. At the reporting session before leaving Japan, the group of each country presented action plans (activity plans after returning home) for sharing their experiences gained in Japan.

2. Program Schedule

January 21st (Tue)

【Arrival】

【Observation】 Narita-san Shinsho-Ji Temple, Imperial Palace

【Orientation】

【Observation】 Japan Olympic Museum

January 22nd (Wed)

【Lecture】 ASEAN-JAPAN Center (Subject: Japan’s diplomacy)

【Lecture/Exchange】 KODOKAN Judo Institute (Subject: History of Judo)

【Sports Exchange】 KODOKAN Judo Institute (Judo practice)

January 23rd (Thu)

Visit to Tsurugashima City, Saitama (Host Town of Myanmar, the 2020 Tokyo Olympic

and Paralympic Games)

【Courtesy Call/ Lecture】 Tsurugashima City, Saitama Prefecture (Subject: Efforts toward Host Town)

【Exchange】 Lunch with stakeholders related the Host Town Initiative

【Lecture】 Josai University (Subject: Efforts toward Japan-Myanmar international exchange)

【School Exchange】 Josai University (Jointly Judo practice)

January 24th (Fri)

【Observation】 The Japanese Sword Museum

【Sports Exchange】 KODOKAN Judo Institute

January 25th (Sat)

【Cultural Observation】 Kawagoe City

【Homestay】 In Chichibu City, Saitama

January 26th (Sun)

【Homestay】 In Chichibu City, Saitama

【Sports Exchange】 Chichibu Judo Association, Grade test

January 27th (Mon)

【Cultural Experience】 Zen meditation (Soji-ji Temple)

【School Exchange】 Nippon Sports Science University

【Cultural Observation】 Senso-ji

January 28th (Tue)

【Courtesy Call】 Embassy of the Republic of the Union of Myanmar in Japan

【Workshop】

【Reporting Session】

January 29th (Wed)

【Departure】

3. Program Photos



January 21st 【Observation】
Japan Olympic Museum



January 22nd 【Lecture】
ASEAN-JAPAN Center



January 22nd
【Lecture/Exchange】
KODOKAN Judo Institute



January 23rd 【Courtesy Call】
Tsurugashima City, Saitama Prefecture



January 23rd 【Exchange】
Lunch meeting with Host Town
Stakeholders



January 23rd 【School Exchange】
Josai University



January 24th
【Cultural Observation】
The Japanese Sword Museum



January 24th
【Sports Exchange】
KODOKAN Judo Institute



January 25th
【Cultural Observation】
Kawagoe



January 25th
【Homestay】
Welcome Ceremony with Host Family



January 26th
【Sports Exchange】
Chichibu Judo Association, Grade Test



January 27th
【Cultural Experience】
Daihonzan Soji-Ji temple

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| <p style="text-align: center;">January 28th 【Courtesy Call】 Embassy of Myanmar in Tokyo</p> | <p style="text-align: center;">January 28th 【Reporting Session】</p> |

4. Feedback from the Participants (excerpt as written)

◆ A University student

I had wanted to visit Japan for a long time, therefore I had been looking forward to the departure since the day I got the notice of participation. After arrived at Narita Airport, I had keep posting as many snaps as possible on Facebook to share with all my friends and family all the time. Regarding the Activity Plan in future, I am planning to learn basic skill of Judo properly and develop it after returning home. I found the similarity between Myanmar and Japan that we greet each other and communicate with consideration for others. The difference is, Japan has developed and people are discipline and punctual. I wish Myanmar would follow Japan as to respect rules, and develop more. I am a university student now, so I will make an action at University when I return home. If there are high school students who had interests in Judo, I will teach them, as well as share the knowledge with Judo players and who has learned Judo. Even after 3 months, I will do my best to share my experience for next generations and judo players in future.

◆ A University student



I was happy to learn what I wanted to know during the stay in Japan. I understood that there is strict discipline such as punctuality, public health and so forth. On the other hand, I found them very friendly. After returning to home, I would like to share my knowledge about history of Judo and Mr. Jigoro Kano to everyone. Furthermore, I was able to deepen my understanding about Judo through the program, I will post about those experiences by using internet.

5. Feedback from the Host (excerpt)

◆ **Tsurugashima City, Saitama**

Our Host Town Initiatives has been promoted mainly by exchanging with Myanmar people who live in Japan, but it was very good opportunity for us to appeal our activities to Myanmar people by exchanging with the participants. I found it was worth doing and meaningful for us as the host town. When I explained about our Host Town activities, they listened very earnestly and actively asked questions for us. I had an impression that they were very diligent and hardworking. In addition, they were very friendly and cheerful that I heard our citizens who attended the lunch exchange enjoyed a lot the time with them.

6. External Communication by the Participants

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|  <p>added 6 new photos. 6 hrs</p> <p>Kodokan judo ခန်းမမှာ Brunei အဖွဲ့နဲ့အတူတူလေ့ကျင့်ခဲ့ပါတယ် #JENESYS2019 judo</p> <p>and 71 others 3 Comments • 1 Share</p> <p>Like Comment Share</p> |  <p>added 6 new photos. 4 hrs</p> <p>Today JOSAI UNIVERSITY သို့သွားရောက်လေ့ကျင့်ခဲ့ရပါတယ် #JENESYS2019_JUDO_MYANMAR</p> <p>You, and 46 others 1 Comment</p> <p>Love Comment Share</p> |
| <p>Posting about KODOKAN (Facebook)</p> | <p>Posting about visiting Tsurugashima City, Saitama, and School exchange at Josai University (Facebook)</p> |


 added 8 new photos. ...
 4 hrs • 

Japanနိုင်ငံရှိစားပြတိုက်နဲ့ စက္ကူ ပြတိုက်သို့
 သွားရောက်ခဲ့ရပါတယ်
 #JENESYS2019-Judo-MYANMAR





 and 29 others

 Like
  Comment
  Share

Posting about Japanese Sword Museum (Facebook)


 1 hr • 

Chi Chi Bu သို့သွားခဲ့သည်
 #JENESYS 2019 MYANMAR JUDO





 and 31 others
 1 Comment • 1 Share

 Like
  Comment
  Share

Posting about Judo Exchange at ChiChibu City (Facebook)

7. Action Plan Presented by Participants at the Reporting Session (excerpt)



毎年4月に夏柔道教室を開いております。
 柔道に興味ある小中高の学生100人位が習いに来ますので、その時に日本で学んだ柔道のことを彼らに教えてあげようと思っております。



我々がこれからやっていこうとしているのはミャンマーの柔道の発展と良い選手の育成の手助けです。
 子供達に対し、柔道に関しての全てのことを教えてあげようと思っております。

When We Came Back To Our Country

- Within three months we will distribute Judo Techniques to University Judo clubs and Schools
- Teaching kids who is interested in JUDO Sport




28/11/2020 To Improve Our Society And Sport

- Sharing things to Judo athletes about what we learn in Japan
- To develop Myanmar Judo Sport compared to before
- Finally to get Gold Medal in Competitions




28/11/2020 To Improve Our Society And Sport

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| <ol style="list-style-type: none"> 1. After returning, sharing the knowledge of Japan and Judo who are interested in Judo, at Judo class which is holding in April every year. 2. Teaching Judo to Children. | <ol style="list-style-type: none"> 1. Within three months we will distribute Judo Techniques to University Judo clubs and schools. 2. Teaching kids who is interested in Judo 3. Sharing things to Judo athletes about what we learn in Japan 4. To develop Myanmar Judo Sport, finally to get Gold Medal in competitions. |
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Project implementing body: JTB Corp.