

**JENESYS2019 ASEAN Inbound Program 26<sup>th</sup> Batch Program Report  
Sports Exchange (Football)**

**Country: 4 ASEAN Countries (Cambodia, Lao PDR,  
Malaysia, Myanmar) and Timor-Leste**

## **1. Program Overview**

As part of JENESYS2019, 113 youth representatives, who are the members of National Youth (U-19) and officials of the Football Associations of four ASEAN countries (Cambodia, Lao PDR, Malaysia, Myanmar) and Timor-Leste, visited Japan from February 24th to March 2nd under the theme of “Sports Exchange (Football)”. Due to the outbreak of new corona virus, the schedule of the program was shortened by two days from the original plan. The Participants visited Kagoshima Prefecture, attended a lecture by Japan Football association regarding Japan’s contribution to the Asian football, and had a precious experience of international exchange through international friendly football matches among 5 participating countries and Japan. Also, at the visit to Ibusuki Archaeological Museum and a Japanese craft workshop, they could interact with local people and deepen their understanding of Japan. Participants shared their discoveries and experiences in Japan through SNS during their stay in Japan. Before leaving Japan, the participants discussed action plans (activity plans after returning home) for sharing their experiences gained in Japan with their families, schools and communities.t

### **【Participating country and Number of participants】**

113 persons from 4 ASEAN Countries and Timor-Leste  
(Cambodia 22, Lao PDR 22, Malaysia 23, Myanmar 23, Timor-Leste 23)

**【Place to visit】** Tokyo, Kagoshima Prefecture

## **2. Itinerary**

February 24th (Mon)

**【Arrival】** Arriving Japan at Narita / Haneda airport

**【Travel】** Traveling to Kagoshima

**【Orientation】**

February 25th (Tue)

【Sports Exchange】 Training (Each country)

【Lecture】 Japan Football Association , Japan's contribution to Football in Asia

February 26th (Wed)

【Sports Exchange】 Friendly Match

· Myanmar

【Japanese Craft Workshop】 Ibusuki Archaeological Museum

February 27th (Thu)

【Sports Exchange】 Friendly Match

· Timor-Leste, Laos

【Japanese Craft Workshop】 Ibusuki Archaeological Museum

February 28th (Fri)

【Sports Exchange】 Friendly Match

· Malaysia, Cambodia

【Japanese Craft Workshop】 Ibusuki Archaeological Museum

February 29th (Sat)

【Sports Exchange】 Friendly Match

March 1st (Sun)

【Travel】 From Kagoshima to Tokyo

Malaysia

【Departure】 Departing from Narita / Haneda airport

March 2nd (Mon)

Cambodia, Laos, Myanmar, Timor-Leste

【Departure】 Departing from Narita / Haneda airport

### 3. Program Photos



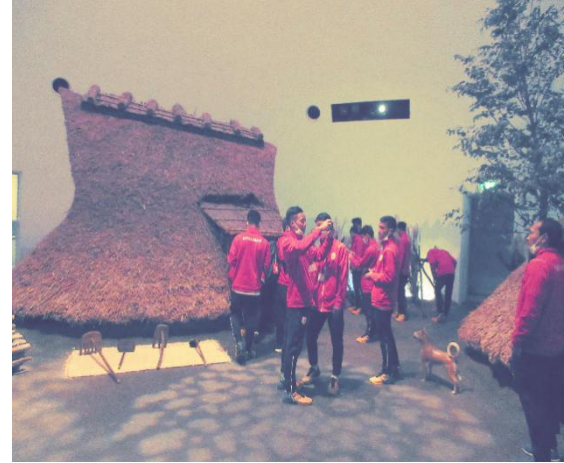
**February 24th 【Orientation】**



**February 25th 【Lecture】**  
Japan Football Association



**February 26th 【Sports Exchange】**  
Myanmar



**February 26th 【Observation】**  
Ibusuki Archaeological Museum



**February 27th**  
**【Japanese Craft Workshop】**  
Ibusuki Archaeological Museum



**February 27th 【Sports Exchange】**  
Timor-Leste





**February 27th [Sports Exchange]**  
Laos



**February 27th [Sports Exchange]**  
Friendly Match



**February 28th [Sports Exchange]**  
Malaysia



**February 28th [Sports Exchange]**  
Cambodia



**February 28th [Sports Exchange]**  
Friendly Match



**February 29th**  
**[Commendation Ceremony]**



#### 4. Comments from the Participants (Excerpt)

◆ Student from Cambodia

Japanese people respect each other in their daily life and culture. All of them are kind and I enjoyed Japanese scenery. I was impressed by the tasty Japanese food and the cleanliness of the places I visited. After I return to my home country, I would like to share my experience (saw, felt, tasted and thought) in Japan such as beautiful scenery, my comfortable stay, tasty food, a football ground in good condition, infrastructure, their beautiful mind, warm heart, beautiful mountains and forest.

◆ Student from Laos

I was impressed by the accommodation. The latest facilities were installed, and the food was very tasty. The staff were very kind. I was deeply impressed by the politeness of Japanese people, and they treated us with respect. Their good manner, cleanliness, friendliness and punctuality made a deep impression on me. I will continue to share the information about Japan and my experience to Laotian, as it helps them to know more about Japan.

◆ Student from Malaysia

My best experience in my visit to Japan, I could broaden my horizon. I found that Japan was clean and people were very kind. However, I felt that Japanese merchants and citizens need to improve their English more to interact with people, not just in Japanese. I am glad to have a precious experience to deepen a friendship by communication. I will post on SNS about this program and I would like to share my experience to lots of Malaysian

◆ Student from Myanmar

I enjoyed Comma-shaped-bead (Magatama) handicraft experience in Ibusuki Archaeological Museum. The experience was memorable for me. A high standard of living, great management skill, observing the rules, and warm-hearted friendly relations in Japan, I thought that all of them were brilliant. The length of my stay was short and I wish that we had more time in Japan. I am going to tell my friends and my family that Japan was very beautiful country.

◆ Student from Timor-Leste

I would like to share the information about JENESYS 2019 program to people in Timor-Leste and also about JENESYS 2019 football to FCTL. I was very glad to be able to see Japanese culture. It was not only brilliant, but also traditional and cultural. In general, Japanese are very diligent and they use what they made by their own hands. The things I saw in the museum which were made based on the useful tradition are utilized by people in Kagoshima whom we felt familiar with. I would like to tell that all of us are deeply grateful to them. Thank you very much.

## **5. Feedback from the Host**

◆ A tournament staff

Throughout this event, JENESYS2019 International friendly football matches, the play of ASEAN Countries' and Timor-Leste teams were rapidly improved and it astonished us. The players and staffs from the participating countries told us, "We could be exposed to Japanese culture through this program. We are looking forward to building up a friendly relationship between Japan and participating countries in the future through football and also in other occasions as well." We also sincerely hope that this program will help to build up stronger relationships between Japan and ASEAN Countries and Timor-Leste in the future.

◆ Ibusuki City, Kagoshima Prefecture

We were impressed by the youths from Southeast Asia and Japan. Through football matches, they showed us their exciting play. It was a shame that they, who are high school students in Ibusuki City and young Southeast Asian, were not able to communicate directly because of the affection by a new type of corona virus. However, we could offer them a present which helped them to feel Japanese culture and it was also precious experience for young students in this city to deepen their global understanding. We hope the participants from Southeast Asian countries will come back to Ibusuki City again.



## 6. External Communication from the Participants



Cambodia : JENESYS2019 football event on the final day in Kagoshima Prefecture  
We are very happy to join to JENESYS2019 program.



Laos : -Laos Football Federation- Football tournament by the members of National Youth (U-19)



Malaysia : Dinner time on the final day. Japanese food is tasty. We interacted with other participants and deepened our relationship.



Myanmar : The activities in Jenesys2019 program We have experienced various things.



Timor-Leste : Friendly matches The successful result of sports exchange and precious experience in Japan

## 7. Action Plan by the participants of respective countries (Excerpt)

<p>ប្រយោជន៍សម្រាប់ ឆ្នាំ ២០១៩ លើកទី ១៩ កម្ពុជា ឆ្នាំ ២០១៩ លើកទី ១៩ JENESYS 2019 ខេត្ត កំពង់ចាម (Kampuchea Province) ឆ្នាំ ២០១៩ លើកទី ១៩</p> <p>1. អង្គការសម្រាប់ ឆ្នាំ ២០១៩ លើកទី ១៩ កម្ពុជា ឆ្នាំ ២០១៩ លើកទី ១៩ JENESYS 2019 ខេត្ត កំពង់ចាម (Kampuchea Province) ឆ្នាំ ២០១៩ លើកទី ១៩</p> <p>2. អង្គការសម្រាប់ ឆ្នាំ ២០១៩ លើកទី ១៩ កម្ពុជា ឆ្នាំ ២០១៩ លើកទី ១៩ JENESYS 2019 ខេត្ត កំពង់ចាម (Kampuchea Province) ឆ្នាំ ២០១៩ លើកទី ១៩</p> <p>3. អង្គការសម្រាប់ ឆ្នាំ ២០១៩ លើកទី ១៩ កម្ពុជា ឆ្នាំ ២០១៩ លើកទី ១៩ JENESYS 2019 ខេត្ត កំពង់ចាម (Kampuchea Province) ឆ្នាំ ២០១៩ លើកទី ១៩</p>	<p><b>Team's Action plan</b></p> <p>5 W</p> <p>Who: ប្រជាជនខ្មែរក្នុងតំបន់ខ្នាតខ្នាតសម្រាប់ការងារ</p> <p>Where: ប៉ារ៉ាដាយស៍, សាលាភូមិភាគកណ្តាល និង សាលាភូមិភាគត្បូង</p> <p>When: ថ្ងៃទី ១២ ខែ មីនា ឆ្នាំ ២០២០</p> <p>Whom: អ្នកដឹកនាំ អ្នកអង្គប្រឹក្សា អ្នកគ្រូបង្រៀន និង អ្នកសិស្ស</p> <p>What: ជំនាញវិជ្ជាជីវកម្ម, វប្បធម៌ និង ភាសាជប៉ុន, ការងារប្រតិបត្តិការ និង ការងារផ្សេងៗ</p> <p>How: ធ្វើការងារសហប្រតិបត្តិការ និង ការងារផ្សេងៗ</p>
<p><b>Action Plan (Cambodia)</b></p> <p><b>Hold workshops after returning to Cambodia</b></p> <p>During March 2020, we are planning to present the achievement on JENESYS 2019 after we return to Cambodia. The places will be the center and Bati football school. We will introduce about our trip to Japan, travelling in Japan, our stay, tasty Japanese food, a high level of hygiene, the visit to Jiyucan COCCO Hashimure to see antiques and to experience Magatama pendant handicraft, Japanese beautiful scenery, and football matches against Japanese teams and other ASEAN teams.</p>	<p><b>Action Plan (Laos)</b></p> <p><b>Who:</b> All participants joined this program</p> <p><b>Where :</b> Hometown for each of them, Sports ground (football ground), schools</p> <p><b>When :</b> in 2-3weeks</p> <p><b>To Whom:</b> Those who have an interest to this project. Sports players, Younger generation</p> <p><b>What:</b> Japanese culture, Food, Life and the history of Japanese Football. As one of the participants in this project, I had a chance to learn various practical skills through the competition against other countries. Especially, by playing with Japanese team who had a high level of skill and good teamwork, I learned a lot of things and it was a wonderful experience.</p> <p><b>How:</b> Activities for round-table discussions on football</p>



Rencana yang kami pelajari di Japan. (MALAYSIA)

**Adab**

- orang Japan selalu berterima kasih. (selepas pertandingan)
- bersikap - santun. (bercakap dengan lemah-lembut seperti orang awam)

**Budaya**

- Menepah masa (Driver bas)
- Bertegur sapa. (berjumpa dengan pemain Japan)
- makan pakai chopstick
- menggunakan tandas yang kering

**Bagaimana?** menceritakan tentang Japan.  
kepada ahli keluarga.  
memuat naik di sosial media.  
mempraktikkan ketika di rumah.

**Dimana?** - rumah  
- asrama  
- Sekolah

**Siapa?** - ahli keluarga  
- kawan-kawan  
- masyarakat

**Bila?** - ketika cuti  
- ketika hujung minggu  
- ketika hujung bulan.

We will share our experiences in Japan (Samurai land) with my parents, siblings, relatives and friends within 90 days.

What we want to convey -  
Cleanliness  
Punctuality and respect of time  
Friendliness  
Systematic  
Football fields equipped with modern essentials (proper grass maintenance)  
Advanced toilet facilities

Content to be shared:  
Cleanliness  
Punctuality and respect of time  
Friendliness  
Systematic  
Football fields equipped with modern essentials  
Advanced toilet facilities

We will explain to the officials of the Myanmar Football Association the system of the "JENESYS 2019 Youth Soccer Exchange Program" tournament and how it was carried out. I will recommend similar tournament to be held in Yangon.

**Action Plan (Malaysia)**

**Things we learned in Japan**

◆**Courtesy:**

- Japanese always give thanks to people. (after the match)
- They are polite. (Like ordinary people, they talk gently)

◆**Culture:**

- Punctual
- (Bus drivers) Say hello to passengers
- (when we see that Japanese players eat food) they use chopsticks.
- They use a not wetly toilet.

Tell the things as we mentioned above.

**How?**

- Talk about Japan, tell our families
- Post on SNS. Do it at home.

**Where ?** : home, accommodation, school

**To whom ?** : Family, Friends, Society

**When ?** : Holidays · Weekends · End of months

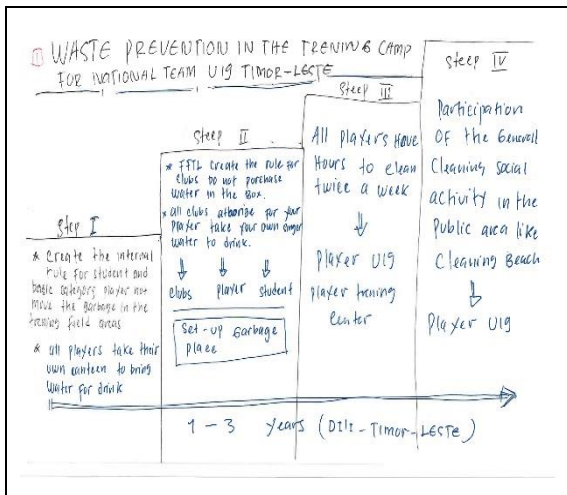
**Action Plan (Myanmar)**

Share our experience in Japan (Samurai Land) with our parents, siblings, relatives and friends in 90 days.

◆**Contents to be shared:**

- Cleanliness
- Punctuality, respect of time
- Friendliness
- Systematic
- Football field equipped with modern essentials
- Advanced toilet facilities

Explain to the officials of Myanmar Football association about Sports Exchange (Football) of JENESYS2019 program, and how it was carried out. Also recommend having the same style tournament in Yangon. Furthermore, share our experience in this program and tell how advanced Japan is by slide video.



### Action Plan (Timor-Leste)

- ◆Waste Prevention in the training camp for international team U19 Timor-Leste
- ◆Share the things we learned and information we got in Japan with our families and friends in our country. Ex, Information about Japan and our experiences. Tell the Action plan to our teammates, coaches and staffs of the team we belong. Ask coaches and staffs to spread widely it to people concerned. Share our team experience in this program, exchanges with Japanese, Japanese culture and Japanese people, and Japanese football related facilities and accommodations on the website of Timor-Leste Football Association.

The program was operated by JTB Corp