

### 3. Ibaraki Prefecture

Date	Time	Activities
Oct. 14 (Mon)	10:05	Depart from Toyama station
	16:30	Arrive at Hotel
	17:00	Orientation
	19:00-20:30	Dinner
Oct. 15 (Tue)	9:00	Depart from hotel
	9:00-10:00	Experiencing of Mini-Tatami making (SEKIKAWA TATAMI SHOP Mito showroom)
	10:40-11:10	Visit Natto factory (at TENGU NATTO)
	11:40-12:40	Lunch
		Visit Observatory of Mito Prefectural office
	14:00-14:30	Courtesy Call on Ibaraki Prefectural office
		* Welcome speech by prefectural governor, Mr. Ooigawa Kazuhiko
		* Speech by the delegation leader of Socialist Republic of Viet Nam
	15:45-17:15	Discussion with students of Ibaraki-University
17:30 -19:30	Welcome party	
Oct. 16 (Wed)	8:30	Depart from hotel
	9:00-12:00	Discussion and exchanging with students of Tsukuba-University · Friendly water environment course · Goals for safe infrastructure course
	12:30-14:30	Lunch
	15:00-16:00	Visit Tsukuba-University Hospital
		* Overview of hospital
		* Photo Session at heliport
		* Visit Proton Beam Center
	16:30	Arrive at hotel
	18:00-20:00	Welcome Reception
		* Welcome speech by the head of INDEX program committee in Ibaraki,
		* Speech by the delegation leader of Republic of Lithuania
		* Toast by the director of Youth Support Division, Children Policy Bureau, Department of Health and Social Services, Ibaraki Prefecture, Mr. Simoyamada Yoshihiro
Oct. 17 (Thu)	9:45	Depart from hotel
	10:00	Arrive at Takezono-High school
	10:45-12:45	Class Inspection and experiencing
	12:45-13:30	Lunch
	13:30-15:30	Discussion
	13:30-	· Expand use of renewable energy
	14:30-	· Receiving of foreign workers
	15:40-17:00	Experiencing of clean-up and club activities
		* Speech by the delegation leader of Republic of Lithuania
	17:15	Arrive at hotel
18:00-20:00	Dinner	
Oct. 18 (Fri)		Breakfast at hotel / check out
	9:15	Depart from hotel
	10:00-12:00	Visit Japan Aerospace eXploration Agency, JAXA
	12:30-14:00	Lunch
	15:30	Arrive at Hotel Le Port Kojimachi

## Chairperson of Organizing Committee

My name is Takuya Nakaizawa and I was the chairman of the Ibaraki Program Executive Committee. I hope the participating youths who visited both Mito and Tsukuba cities experienced the good parts of Ibaraki Prefecture while engaging in various activities.

We visited a natto factory, JAXA in Tsukuba, and actively exchanged with local youths. We exchanged with the students of Ibaraki University and University of Tsukuba through discussions, and also visit Ibaraki Prefectural Takezono High school and enjoyed exchanging with them.

I think the participating youths learned a lot through the exchange and discussion with the local youths in this program. During the discussion, I was often asked to show my own opinions as a Japanese.

While walking or on the bus, I was also asked many questions about Japan. Then I realized once again that this program by the Cabinet Office is wonderful in that the density of exchange is so high that participants can establish a relationship where they can easily ask questions without serious psychological barriers in less than a few days.

If the youth from Lithuania and Viet Nam who visited Ibaraki Prefecture had a good experience and if they wanted to come back to Japan again and visit Ibaraki Prefecture, nothing can be more delightful.

Last but not least, I would like to express my sincere appreciation to all the people who have been involved in the operation of the program amid the intense damage caused by the typhoon.



## Local Youth

I participated in an activity held as part of the International Youth Development Exchange Program in Ibaraki Prefecture (Mito City / Tsukuba City) as a local youth, and once again felt how wonderful the international exchange is. I decided to participate in this program because I wanted to exchange opinions with people from different cultures and create cross-border connections with them. I felt that it was a great opportunity for me to be able to discuss and interact with the youths from the Socialist Republic of Viet Nam and the Republic of Lithuania having different backgrounds such as Southeast Asia and Western Europe.

While actually working together on a program to experience Japanese culture, I was so impressed by the youths from both countries having a keen interest in Japanese culture and an enthusiastic attitude toward learning. In the discussion, we exchanged our

opinions from the perspectives of “intercultural understanding” and “infrastructure business”. I myself was not confident in my English skills and there were many situations where I couldn’t communicate well, but thanks to the support of the youths from both countries, I was able to participate actively in discussions. I also enjoyed the difference of problems and opinions that each country has and felt it was the best part of international exchange.

Throughout the program, I learned a lot from the participants from both countries. First, be interested in their culture, then actively show your opinions and ask questions to deepen understanding. By doing so, I could learn many important things from their positive attitude.

I hope that the relationship between the two countries and Japan will further develop through the International Youth Development Exchange Program.

## Overseas Participant, Lithuania Delegation

In four days at the Ibaraki prefecture, we had plenty activities with regional youth, school children and students. Time spent in this part of Japan gave a chance for us not only to meet Japanese culture, academia, furthermore we had real experience of management outcomes of natural disaster. Meetings and conversations with regional people from students to official representatives, provided us with first hand experience of how well prepped country looks like.

Starting in Mito we had a chance to shortly visit Natto factory, Sekikawa Tatami shop, Kodokan Samurai School and learn about these traditions, take a short peak of a beauty of Japanese nature, its original houses and ordinary life, how it differs from history to daily life now. During the visit in Ibaraki University we’ve met students and had game - simulation and discussion about Intercultural Communication.

In Tsukuba University we had half-day workshop with regional students developing ideas of

Implementation of Sustainable Development Goals. Visit in this university opened the doors of international Japan academia as in the campus of the University we met students from all over the world, it is surprisingly pleasant to take unplanned conversation in the middle of campus park with Lithuanian student living for a year in Tsukuba or discuss most memorable experiences in Lithuania with university students from China, Malaysia, Japan.

During our time in prefecture we also visited Tsukuba University Hospital and learned of their researches and development projects. In Welcome Reception we had a chance to present our countries (Vietnam, Lithuania and Japan), learn more about traditional Japanese instruments and teach our traditional dances. Day spent in Takezono High school was very inspiring and fruitful – we were observing and then participating in International Class and English Lessons, Tea ceremony, helping in cleaning activities and participating in sports classes. Last but

not the least, visiting JAXA was very educational and interesting, especially with assistance of local students.

Stay in Ibaraki prefecture was truly well

organized, very friendly and with plenty of different field activities we could learn and feel the pulse of nowadays and future of Japan.



### Overseas Participant, Viet Nam Delegation

To me personally, visiting the Ibaraki prefecture is the most wonderful and meaningful regional program during the INDEX 2019.

In the first two days at the prefecture, we participated in a variety of cultural activities such as making mini-Tatami, visiting the Tengu Natto factory and the historic park Kairakuen. These experiences have allowed me to deepen my understanding of the Japanese culture. I was able to perceive how art is subtly integrated into various life aspects of the Japanese.

Furthermore, we had an exciting and thoughtful

discussion on multi-cultural understanding with Japanese students at the Ibaraki University. Through a game we played, I was able to understand, intuitively and interactively, the difficulties in transiting between environments with different cultures as well as in welcoming people from a totally different society. I have learned that being open-minded and the tolerant attitude towards alien cultures are the essences of adapting to new environment as well as of building a multi-cultural society.

In the next few days, we visited Tsukuba, the

science city of Japan. As a person who wants to become a scientist, to me, this was an immensely enriching experience. The visit to the University of Tsukuba Hospital has exposed me to the distinctive approach in healthcare of Japan, that is, focusing on the comfort and pleasure of patients. I also had opportunity to see how people is dedicating to applying new education methods at the Takezono High School. Last but not least, I had a great chance to visit the JAXA's Tsukuba Space Center. It was my first time at a headquarter for aerospace exploration.

I learned about the daily work of the excellent Japan Aerospace Exploration Agency and immersed myself into the large number of advanced space technologies that have been accomplished there.

All in all, the regional program to the Ibaraki prefecture was indeed an amazing journey. My stay at the prefecture was not so long, but still, it was enough for me to grasp its dynamism and vibrancy. I have learned so much, and I hope to bring those new knowledge into my future work that contributes towards the development of my home country.

