

## Chapter 6

# Result of the Ports of Call Activities



# Ports of Call Activities

## Aims

It was expected that PYs would achieve the following through the experiences they would gain throughout the ports of call activities.

- Implement international protocol on the occasion of official ceremonies such as courtesy call and reception
- Deepen understanding of activities in the country through the institutional visit relevant to the Course Discussion theme

- Get to know about culture, history, and social situation of the country
- Through the exchange with local youth, develop international awareness and international friendship

It was expected that PYs would actively engage in discussion with local youths during the visit, and by being aware of learning from the Course Discussion, they were expected to utilize the experience they gained from of institutional visit at Course Discussion.

## Achievements in Chennai, India

To the question “Do you think port of call activities help you deepen understanding the history and current situation, culture and people of India?” in the scale of 1 to 5 (with 5 being the highest score), the figure who marked 4 (good) or 5 (Excellent) reached to 68%. As for the visit to Kalakshetra Foundation, an institution that all the PYs visited to learn about Indian traditional culture, 76% marked 4 (good) or 5 (Excellent) which was quite high score. There was a comment from the JPY, “In Kalakshetra, we saw many good dances and they taught us very kindly. I have never seen Indian dance before so it was very exciting.” As for the visit to Rajiv Gandhi National Institute of Youth Development (RGNIYD), 72% of the PYs marked 4 (good) or 5 (Excellent), and a JPY wrote a comment, “Time flew when I was with them (i.e. the students at RGNIYD), chatting with one another and making friends.” As for the institutional visit, 52% marked 4 (good) or 5 (Excellent). As for the exchange program with the local youth, there was a comment from a Bahraini PY, “I would have liked to have more institutional visits to discover India more. I wish we had a chance to visit local houses in India,” and a comment from a JPY, “If it’s possible, I hope to know more about people’s lives, and I hope to have more time to discuss with local students.” These comments show that for the port of call activities

in India, increasing the time for discussion and exchange program with local youth will be effective.

For the overall impression of the port of call activities in India, a JPY commented, “My best memory was human hospitality. Everyone was very kind, I appreciate it very much. It is an important opportunity to change and think about my life. In the future I would like to contribute to society especially children education or elderly care.” Another JPY commented, “It was a great opportunity to know about cultures and current situations of India deeply. Through the activities, I learned a lot of things which I may not learn just by travelling or doing research by myself.”

When Mr. Seiji Baba, the Japanese Consulate General in Chennai extended his welcome message, he mentioned that in light of the original purpose of the program, it made sense that Chennai was chosen as a port of call destination. Also, longer implementation of the Onboard Training Session allowed the PYs to have more interaction with the Indian PYs on daily basis which helped them to deepen their understanding of the port of call activities.

The port of call activities in India was widely covered by various local mass media in English and Tamil languages (The Hindu, Daily Thanthi, DT Next, Dinakaran, The New Indian Express).

### Achievements in Colombo, Sri Lanka

To the question “Do you think port of call activities help you deepen understanding the history and current situation, culture and people of Sri Lanka?” the figure who marked 4 (good) or 5 (Excellent) reached to 95%. For the activities at NYSC, 85% marked 4 (good) or 5 (Excellent), and 81% marked 4 (good) or 5 (Excellent) for the institutional visit.

Some positive feedbacks were given for the institutional visits. A JPY commented, “The blind and deaf school had a small class size so each student gets enough learning supervision. I thought the children looked very happy. I’d like to know more about the school for the deaf and blind in Japan also,” and a Tanzanian PY commented, “The institutional visit was one-of-a-kind, getting to learn all about jewelry business and how they conduct it. The most impressive part was how they were so organized. Everything went smoothly.”

Home visit was organized in Sri Lanka, and 88% marked 4 (good) or 5 (Excellent) for this program. JPYs

made comments such as “The home visit was really great. I felt the world is one. We have line of countries and oceans only on the map,” and “Finally, our host family cried, so I cried too. We became their family.” From these comments, we can see that the PYs were able to learn how the local people live their daily lives.

For the overall impression of the port of call activities in Sri Lanka, a JPY made a comment, “History of Sri Lanka such as the war, terrorism and poverty gave me a lot of question to seek for answers in the future,” and an Indian PY made a comment “The whole program will remain as a life-changing event for me.” The Chairman of NYSC, Mr. W.G.S. Eranda expressed his gratitude for implementing the port of call activities in Sri Lanka.

The port of call activities in Sri Lanka had been covered by various local mass media in English and Sinhala languages (The Island, Daily Mirror, Dinamina Newspaper).

## India (Chennai)

Day 1 – Feb. 9 –	
15:00	Arrive at the Port of Chennai
15:00 –	Immigration procedure
17:15 – 18:00	Orientation by Rajiv Gandhi National Institute of Youth Development (RGNIYD) and SWYAA India
19:00 – 21:00	Onboard reception
Day 2 – Feb. 10 –	
8:15	Assemble at the bus by Course Discussion
10:30	Arrival at Kalakshetra Foundation
10:30 – 12:30	Glimpses of various arts and culture of India at Kalakshetra Foundation <ul style="list-style-type: none"> <li>– Stage performance</li> <li>– Walk around Kalakshetra Foundation</li> <li>– See the weaving section</li> </ul>
12:30 – 13:30	Lunch at Kalakshetra Foundation
13:30 – 14:30	Transfer to various institutions by Course Discussion groups
14:30 – 16:30	Institutional visit by Course Discussion groups <ul style="list-style-type: none"> <li>– CD: The Banyan</li> <li>– DRR: Anna University – Institute of Remote Sensing and Centre for Disaster Mitigation and Management</li> <li>– EDU: MOP Vaishnav College for Women</li> <li>– ENV: IIT Madras – Indo-German Center for Sustainability</li> <li>– IM: L.V. Prasad Film and TV Academy</li> <li>– YE: IIT Madras – Center for Social Innovation and Entrepreneurship</li> </ul>

17:30	Return to the ship
18:00 – 19:30	Dinner onboard
<b>Day 3 – Feb. 11 –</b>	
8:15	Assemble at the bus by Letter Group
8:30	Departure from Chennai Port
AM 10:30 – 11:00 11:00 – 11:15 11:15 – 12:45	Visit to RGNIYD – Traditional welcome – Formal welcome and introduction – Cultural program (mini-NP)
12:45 – 14:15	Lunch at RGNIYD
14:15 – 16:30	Discussion program with the students at RGNIYD
18:30 – 21:00	Dinner hosted by Ministry of Youth and Sports at The Park Chennai Hotel
<b>Day 4 – Feb. 12 –</b>	
9:00 – 14:30	Free time starts at Phoenix Market City
14:30 – 15:30	Travel by bus from Phoenix Market City back to Nippon Maru
16:00 – 18:00	Immigration procedure
18:00	Departure

Members of the government of India, the Rajiv Gandhi National Institute of Youth Development (RGNIYD) and ex-PYs gave a grand welcome as the ship entered the Port of Chennai on February 9 at 15:00.

After the orientation onboard, the onboard reception was held from 19:00.

Mr. Seiji Baba, the Japanese Consulate General in Chennai and Dr. Latha Pillai, Director of RGNIYD extended their greetings. Then, Ms. Manpreet Uppal, the NL of India gave a speech on behalf of all the PYs and Mr. Hideki Uemura, the Administrator, proposed a toast.

PYs enjoyed talking with the members of the Japanese Consulate General in Chennai, the local supporters and other attendees. It was an opportunity to broaden their knowledge about the situation of international exchange in India, past experiences and so forth.

All the PYs visited Kalakshetra Foundation from the morning to lunch time on February 10. Kalakshetra Foundation is an academy established to preserve the classical dance and traditional music and it holds a total of 2,000 students.

Upon arrival, PYs were welcomed by the staff of the Foundation, and snacks and drinks were offered to everyone. PYs were invited to see the prayer ceremony under a banyan tree and a dance practice. They also enjoyed the classical dance performed on the stage at the

Foundation's auditorium. The director of the Foundation explained about the history of the Foundation and its academic curriculum. PYs asked many questions during the Q&A session, about the daily life of students, carrier path of the graduates, etc.

At the Craft Center of the Foundation, PYs observed the process of making a traditional art craft by weaving a fabric and printing a pattern on it with a curved wooden plate. They were impressed by the way workers maneuver its loom, and the techniques to print textile as if putting stamps without leaving any space in between.



PYs had an opportunity to be exposed to the Indian traditional culture through this visit, and they also learned the importance of preserving traditional culture and passing it on to the next generation.

In the afternoon, PYs were divided into six Course Discussion groups for institutional visit. The activities at each destination are as below:

■ **Community Development Course: The Banyan (BALM: The Banyan Academy of Leadership in Mental Health)**

The Community Development Course group visited a mental health institute called The Banyan. The Banyan aims to restore dignity, safety and rights to primarily homeless women with mental illness by offering both clinical and social care services.

At the early age of The Banyan, the founders converted their 2-bedroom apartment into a psychiatric nursing home, and by living with people with mental illness, they made every effort to understand their needs from their point of view. The Banyan initially focused on the problem of mental illness alone. However, with time and experience, The Banyan gained deeper understanding of the complex issue surrounding mental health, and realized that there is a causal inference between mental illness, poverty and homelessness that is creating a negative spiral. The Banyan therefore expanded the framing of the problem definition from mental illness to the three problems that include mental health, poverty and homelessness. The Banyan decided to place a cap to 160 users and pivoted to a more comprehensive approach that focuses on the mentally ill patients' wellbeing and health. It combines both clinical care and social care. The social care includes housing/shelter, livelihood support, and access to government entitlement. The history of The Banyan provided the concrete example of the community development. PYs learned that understanding the root causes of the community problem requires open-mindedness and patience to work on the issue over a long period of time.

PYs asked about the funding, evidence-based impact, and contribution towards policy change. For The Banyan, sustainability plan is its biggest challenge going forwards, but PYs learned that few initiatives have been taken already. They recently created BALM (The Banyan Academy of Leadership in Mental Health) to educate and train the next generation of healthcare workers in mental health and to subsidize the core operation through the BALM's tuition. The Banyan is also starting a qualitative longitudinal research to measure the distress/resilience over the long-term. In addition, the founders have been invited to few round-table discussions on policy change.

Even though India is growing rapidly economically, PYs learned through this institutional visit that 70% of the

population lives under \$2 per day, of which 38% of the population is poor and living below the poverty line. PYs reaffirmed that the social problems that India face, such as poverty, homeless, and mental illness, are diverse and complex, and that community development initiatives like The Banyan play a big role in areas where the government's policies cannot reach.

■ **Disaster Risk Reduction Course: Institute of Remote Sensing and Centre for Disaster Mitigation and Management, Anna University**

The Disaster Risk Reduction Course group visited the Institute of Remote Sensing (IRS), and the Centre for Disaster Mitigation and Management (CDMM) at Anna University. PYs were given a lecture by Dr. S.S. Ramakrishnan about the types of disasters experienced in India. These included the 2004 Indian Ocean Tsunami, earthquakes, landslides, fires, hurricanes, and most recently, the December 2015 floods in Chennai. The lecture also detailed technological advancements researched by the university to prepare for and respond to disasters. Examples of such technologies include monitoring soil moisture to predict drought, satellite imaging to monitor storms or fires, and a sophisticated tsunami warning system.

Following this, PYs received a further lecture by Dr. D. Thirumalaivasan on chemical, biological and radiological hazards. The lecture detailed the potential damage that can be caused from these threats and how to respond in a related disaster. Examples of such threats include the Fukushima Nuclear Disaster and anthrax, which PYs agreed where examples of man-made disasters and recent terrorist attacks. One PY from Sri Lanka, who also survived the Indian Ocean Tsunami, shared his own experience and emphasized the importance of the alarm system and evacuation instruction.

PYs also visited RGNID and were given another lecture by Dr. R.R. Krishnamurthy of University of Madras which compared the systems being instituted to combat disaster risks in Japan, to those measures being implemented in India. The professor drew inspiration from his previous visit to Japan, where he was informed of the systems implemented by Japan to increase preparedness for dealing with tsunami threats.

The recent Chennai floods demonstrated the strengths and weaknesses of DRR activities in India. Through these visits, PYs learned the risks specific to India and Chennai, including the problems caused by India's large population, and the gap between technology and experts and the community. PYs also considered how Chennai's disaster



management approaches compare with those in PY's participating countries. It was interesting to contemplate as a group, what measures could be taken to improve preparedness for disasters.

### ■ Education Course: M.O.P. Vaishnav College for Women

The Education Course group visited the M.O.P. Vaishnav College for Women, one of the most renowned women's colleges in India. PYs were welcomed with a speech from the President of the school and shown a video highlighting the successes, programs, and merits of the school. After a student-led tour of the school that included areas, such as: the library, computer lab, cafeteria, radio station, main lecture hall, editing suites, and open-air meeting place; PY were served coffee and samosas.

The education team was impressed with the year-long internship in second year that provides pragmatic experience and course credit. There was a sense of empowerment for women and they were encouraged to succeed and strive for difficult goals. Several students spoke of already being hired to work in their chosen vocations, such as: finance, journalism, and food service management; for local and global firms.

Students said M.O.P. Vaishnav College for Women student success was celebrated through the school newspaper, radio station (that broadcasts to a 5 km radius of the campus), and art installations on every floor. The Dean of Students said that she is personally involved with every student's job search, which helped PYs understand the engagement of the school to empower their students.

The Dean instills into all that they will be global leaders within a decade, as India's role will be to supply the world with a skilled, competent, and flexible work force. PYs felt the power of this message and understood that the sophisticated school system is established on the faith of the people dedicated to the education.

### ■ Environment Course: IIT Madras – Indo-German Center for Sustainability

The Environment Course group visited the Indo-German Center for Sustainability (IGCS), which collaborates with the German researchers to implement study, education, and research about the sustainable development. PYs first listened to the lecture from the Prof. Sudhir Chella Rajan in the auditorium. Then they were separated to three groups according to their interest and had a tour of the laboratories and then proceeded to a Q&A session.

PYs learned that this institution researched many

aspects such as water, energy, waste, and so on from the point of view of sustainability under the collaboration of scientists from India and Germany, which are completely different type of countries. PYs revisited the premise introduced at the beginning of the Course Discussion which was, "Sustainability is a common issue for the world." By acknowledging the importance of international academic exchange from this aspect, PYs recognized SWY program in which youth come together from all over the world is also important practice.

During this visit, PYs learned the practice of campus sustainability such as forbidding students to use motor vehicles in the campus and how they are making use of food waste by producing biogas. The institution also showed their current interest in Transition Town movement, which was one of the onboard discussion topics. This triggered active Q&A session.

At the end, one PY asked the professor to give a word to PYs who want to be global leaders. Prof. Sudhir Chella Rajan inspired them by saying, "We should leave a legacy."

At RGNIYD, PYs listened to a lecture from Pr. Giri Rengasami about broad topics related to environment such as climate change and biodiversity. Then PYs discussed with the students surrounding environment and the challenges they are facing. For example about climate change, although it is a global issue, the impact varies in terms of scale and phenomenon according to the countries or regions. PYs and students introduced their situation in each country and shared the actions taken to tackle those issues.

### ■ Information and Media Course: L.V. Prasad Film and TV Academy

The Information and Media Course group visited L.V. Prasad Film and TV Academy, the biggest film making studio as well as film making school. Mr. Chakravarthy, the director of the academy, gave a lecture and elaborated the role of the movie to promote understanding on Indian culture and its history of development.

By reflecting on the Indian movie, which has a history over a century, PYs learned that the movie and society are correlating and giving impact to each other. For example, sometimes message from the movies enlighten the society or impact people's norm, at other times social changes influence the movies. This is somewhat similar to the course learning, "Media is a reflection of a society."

Through exchange with the student at the academy, PYs had a chance to watch the movies made by them. It was also good opportunity for PYs to ask questions such

as what motivated them to make films. Although PYs were not able to understand the language spoken in the movie, it conveyed the overall message or creator’s intention. PYs recognized that media has an infinite potential to communicate with people.

Next day, at RGNIYD, Prof. Uma Vangal showed some Indian movies which played a significant role in their history and cultural development. PYs gained insight about how media can approach to the people’s norm and foster sympathy.

Reflecting on the movies broadcasted at L.V. Prasad Film and TV Academy, PYs discussed the characteristic of Indian movie and how Indian movies are seen by the Indian society. It also encouraged PYs to consider the fiction and fantasy movies how they can possibly play a role of media in the society.

■ **Youth Entrepreneurship Course: IIT Madras – Center for Social Innovation and Entrepreneurship**

The Youth Entrepreneurship Course group visited the Center for Social Innovation and Entrepreneurship (CSIE) at IIT Madras, where PYs interacted with the local students and attended a lecture by the researchers. One of the highlights at CSIE was a visit to the Center for Innovation (CFI).

CFI was founded in 2007 as a part of IIT-Madras, aiming at technology innovation to contribute for environment and society. Within CFI, the latest 3D printer and other devices were installed, and it became a place where the local students strived for new inventions day and night. They are regular participants at the robot competitions all over the world, and their innovations such as drone with camera installed and robot which could climb stairs up and down were displayed inside of the room. PYs excitedly asked questions to the local students who operated the machines in the facility.

During the second session of the Course Discussion, PYs discussed the “Jobs which will disappear/appear in 10 years.” In this discussion, quite a few PYs mentioned about robots. Comments included “There will be more drone operators, developers, and instructors because the major logistics company such as Amazon has decided to use drone as main logistics tool.” “Due to the population drop-down who serve not only for elderly care and human services, but for military, the number of robots to serve for military will increase.” What PY learned through this institutional visit provided the opportunity to deepen their previous discussion.

Later, one male student in IIT-Madras shared his latest project. It was “Bipedal walking aid seat” which can be set on a wheelchair with a simple procedure. Now, the university is trying to achieve its practical use. In this sharing, one PY made a comment “It is amazing that the people on wheelchair will be able to look at each other’s eyes and communicate by standing up when exchanging business cards or having a meeting.” This was a good example of how one innovation can contribute to society. One JPY raised one question; “In Japan, the concept of barrier-free is becoming common. The path for wheelchair and elevators, for example, are established in train stations. What about India?” The answer revealed that the concept of barrier-free, such as helping people with disabilities, is not common yet and thus it is not always easy for them to go out. Inventor’s intention is, therefore, to make this innovation useful in the future so that it can be utilized as a great tool to change people’s mind and approach to social policies. His passion embodied the social entrepreneurship, which PYs have learned through the Course Discussion.

PYs made a visit to RGNIYD on February 11. As soon as they arrived by bus, they were greeted with a music performance of traditional instruments. Each PY received a bracelet made of fresh flowers, a gift, and refreshments. Receiving a grand welcome by the RGNIYD, PYs smiled and gave their greetings in the local language.

Proceeding to the hall, there was a welcome address by the Director of RGNIYD, Dr. Latha Pillai and words of appreciation by the Director of SWY, Masahiko Sue, followed by national presentations by each country. Cultures were introduced through a combination of songs and dances, and PYs received a large applause from the students of RGNIYD.



From 18:30, a reception hosted by the government of India was held at The Park Chennai Hotel. The reception began with words of greeting by the members of the government of India, Director Masahiko Sue and Mr. Seiji

Baba, Consul General of Japan in Chennai. After a couple of speeches by the PYs and an exchange of gifts, there was a performance of traditional Indian songs and dances, and the PYs enjoyed with an earnest expression.



After this, dinner was offered, and PYs enjoyed conversations actively with the distinguished guests while eating. At first, it looked as though the PYs were nervous, but gradually, they wore a smile on their faces and enjoyed a fruitful time.

PYs enjoyed free time at Phoenix Market City on February 12. They spent their time going shopping or visiting nearby villages. They all assembled at three o'clock and returned to the ship. After the emigration procedure, the ship departed at six to continue its voyage to Sri Lanka.

## Ship of World Youth docks in city

CHENNAI: Japanese ship Nippon Maru (also known as Ship of World Youth) from Yokohoma landed in the city on Tuesday, with 240 delegates of the Next Generation Global Leaders program.



Delegates from Yokohoma

Around 120 Japanese youngsters and 120 delegates from countries like Chile, India, Sri Lanka, New Zealand, Australia and many others will spend the next few days in Chennai, attending academic discourses, engaging in discussions with local youth and getting a glimpse of the local culture.

In Chennai, these delegates will visit Kalakshetra as well as institutions like IIT Madras, Anna University and MOP Vaishnav College for Women, to engage and observe innovative initiatives on youth entrepreneurship, environment, disaster risk reduction, information and media, education and community development. They will be hosted by the Rajiv Gandhi National Institute of Youth Development (RGNIYD).

Hamid Alawadhi from UAE said that he's excited to experience the hospitality of India. "I've been to India twice already and have experienced the wonderful hospitality. I'm looking forward to touching the local culture through interacting with people here. I think interacting with people from other cultures will give us a broader

world view and enable us to be better youth leaders," said this youngster.

For Japanese student Kodai Asai, meeting youngsters from other countries and cultures was an eye-opener. "When we read newspapers, one gets a stereotypical view of people from other countries. But having lived and interacted with different people, I must say that I really love them," he said.

Muizz Al-Arabi from Bahrain, said, "I've heard so much about Indian food and I can't wait to try it. I hope it's not too spicy." For Indian delegate Sweetie from UP, it was a homecoming of sorts. "I'm happy to be back in my country. I'm looking forward to introduce our culture to my friends here," she said.

## Comments from PYs (Excerpts from the Evaluation)

### Positive Feedback

- It let me know the values, my life and the way that I want to live in the future.
- I would like to thank all those people who took care of us for four days, especially to the volunteers and the RGNIYD people who gave us the support.
- My best memory was human hospitality. Everyone was very kind, I appreciate it very much. It is an important opportunity to change and think about my life. In the future I would like to contribute to society especially children education or elderly care.
- Honestly speaking, I had a bad image before coming to India, but now I have a great image about Mahabharatha.
- It was a great opportunity to know about cultures and current situations of India deeply. Through the activities, I learned a lot of things which I may not learn just by travelling or doing research by myself.
- I don't think I could see whole India and understand their culture, but at least I could change my stereotype or my perspective of India I had before.
- We took a bus, and I saw people who were damaged from floods. I was shocked. I have never seen such a situation. I have seen only on TV. I thought the gap

between the rich and the poor is a big problem.

- It was a great privilege to meet people from India with their culture and their own styles. I think this program helped me to have good relationship with people who are from different and diverse ethnic groups.
- I think these four days helped us deepen our understanding the culture and history of India. Before this program, I saw Indian films and I really like it, and then I saw the dances and tasted the food - incredible experience.
- We didn't have enough time to stay there, but we could talk with students from Kalakshetra, RGNIYD and also ex-PYs, so I was satisfied.
- It's been quite amazing days in India, with a warm welcome offered by ex-PYs, volunteer staff and many other involved in ports of call activities.

### Kalakshetra Foundation

- I really enjoyed talking and sharing many things about our country. Also, the visit to Kalakshetra was impressive because I could feel the atmosphere of the school and the spirit from the students and teachers of dances.



- I was able to enjoy and was impressed by the activities in Chennai, especially in Kalakshetra. We could not only see the traditional skills but also we could talk with them. It was so interesting.
- In Kalakshetra, we saw many good dances and they taught us very kindly. I have never seen Indian dance before so it was very exciting. In RGNIYD, too, I could see and learn many cultures of India. This experience made me think of visiting India again.
- I felt Kalakshetra is for tourist. I had a good time with watching beautiful show but we came here not as tourists. The time for understanding the Indian economy and social problem is more important than watching dances.

#### **Institutional Visits Related to Course Discussion**

- I loved the time I discussed about the difference between India and Japan with the students of the women’s college (Education Course).
- My unforgettable memory was to discuss with local Indian students. I learned about Indian situation, for example what MOP University students do and study.
- I was really impressed by the institutional visits to IIT Madras Innovation Center. I saw the concept of Indian innovation process.
- For the institutional visit, it would have been better if we had more time to interact with students and share ideas, although it seemed difficult to manage.

#### **Activities at RGNIYD**

- RGNIYD was very good. The facilitator was a very powerful woman and the program was well-planned so we could discuss and exchange opinions and situations with the students.
- The most memorable thing was the first time I communicated with local people and exchanged our opinions, especially time with RGNIYD students were really nice. Time flew when I was with them, chatting with one another and making friends.
- The lecture in RGNIYD was too long and I couldn’t concentrate. I believe it was supposed to be a discussion, however, it was all lecture. I wish we had more time to explore the different perspectives of India.

- The activities were too tight and I wasn’t satisfied with everything, especially the lecture in the RGNIYD. I couldn’t discuss with local students. This is what I was mostly looking forward to, so I’m kind of disappointed.

#### **SWYAA India and Ex-PYs**

- I enjoyed the activities in Chennai, especially that SWYAA India was actively involved. I’m an ex-PY from SWY24 and we also visited Chennai, so I could feel the difference that this time the level of organization was higher.
- I appreciate ex-PYs. They took us to a good temple and guided us.
- The hospitality of the Indian ex-PYs was beyond our expectations. It was necessary to meet them and see their bonds with SWY.

#### **Things to be Considered**

- I feel we could be more involved in our ports of call activities and perhaps use more of the onboard time before arriving in a port of call to explore concepts, issues and environment associated with India.
- Please take us to more local markets next time instead of a shopping mall. Overall, everything was very good and the food was delicious.
- Going to a shopping center for the free time was somehow the opposite of what this program is supporting. I think ADM chose to stay in a comfort zone instead of visiting real Indian places.
- I would have liked to have more institutional visits to discover India more. I wish we had a chance to visit local houses in India.
- If it’s possible, I hope to know more about people’s lives, and I hope to have more time to discuss with local students.
- I felt that there was no information and explanation about the place we went before we visited, so I wasn’t able to understand deeply.
- Regarding free time, it would be better for us to allocate people into small groups so that we can interact with ex-PYs in India. I was in a big group and I didn’t have time to talk with the ex-PYs even though I tried hard to talk to them.

## Sri Lanka (Colombo)

<b>Day 1 – Feb. 14 –</b>	
10:00	Arrival at the Port of Colombo
10:30 – 10:45	Welcome reception at the pier
11:20 – 12:00	Orientation by NYSC and SWYAA
11:30 – 12:30	Press conference at Lounge Umi
12:00 – 13:00	Lunch on board
12:30 – 17:00	NLs leave for courtesy call on State Minister of National Policy and Economic Affairs, Hon. Niroshan Perera
13:00 – 17:00	PYs free time
19:00 – 21:00	Onboard reception hosted by NYSC Sri Lanka
21:00 – 21:30	His Excellency President Maithripala Sirisena visited the ship
<b>Day 2 – Feb. 15 –</b>	
8:15	Assemble at the bus by Course Discussion Group
9:30 – 11:30	Activities at the institutions <ul style="list-style-type: none"> <li>– CD: Ranaviru Care Center</li> <li>– DRR: Disaster Management Center (DMC)</li> <li>– EDU: School for Deaf and Blind</li> <li>– ENV: Bandaranayake Memorial Ayurvedic Research Institute</li> <li>– IM: Independent TV Network (ITN)</li> <li>– YE: National Gem and Jewelry Authority</li> </ul>
11:45	Leave for Temple Trees
12:30 – 13:30	Lunch at Temple Trees hosted by Honorable Prime Minister Ranil Wickremasinghe, represented by Hon. Sagala Ratnayake, Minister of Law and Order and Southern Development
13:30	Leave for National Youth Service Council (NYSC)
14:00 – 19:30	Activity at National Youth Service Council <ul style="list-style-type: none"> <li>– Martial arts of Sri Lanka and Japan</li> <li>– Friendly soccer match</li> <li>– Culture show (mini-NP)</li> </ul>
19:45 – 20:30	Return to the ship
20:30 – 22:00	Dinner on board
<b>Day 3 – Feb. 16 –</b>	
8:15	Assemble at the bus
8:30	Leave for home visit program in three districts <ol style="list-style-type: none"> <li>1. Sri Sailathalaramaya – (Madapatha)</li> <li>2. Sankalpa – (Makandara)</li> <li>3. Parama Dhamma Nikethanaramaya – (Bokundara)</li> </ol>
10:00 – 20:00	Whole day activity with host families (including lunch and dinner)
21:00	Back to the ship
<b>Day 4 – Feb. 17 –</b>	
8:30 – 10:30	Open Ship
12:00	Leave for Singapore

The ship entered the Port of Colombo on February 14 at 10:00. Upon arrival at the port, there was a grand welcome performance by the government of the Democratic Socialist Republic of Sri Lanka at the wharf. After the embarkation and disembarkation of the passengers was permitted, the Director, Administrator and all NLs disembarked the ship and received the welcome wreath.



Then the orientation onboard was held by SWYAA Sri Lanka at the Dolphin Hall. Meanwhile, a press conference was held at Lounge Umi inviting local press members. The press conference began with a greeting from the Chairman/Director General, Mr. W.G.S. Eranda of NYSC. The Chairman/Director General expressed how he thought the SWY program is a wonderful opportunity for international exchange and how the government of Sri Lanka is also planning to implement such a program. Next, the Administrator of SWY, Mr. Hideki Uemura explained about the program outline including its purpose, content, participants and schedule. Then, a report was delivered by the Director of SWY, Mr. Masahiko Sue, followed by words of greeting by the representative from the Embassy of Japan in Sri Lanka, Mr. Janak Bandaranayake and the President of SWYAA Sri Lanka, Mr. Buddhika Iddamalgoda, as well as impressions of the program by the NL of Japan, Ms. Miho Suzuki and the NL of Sri Lanka, Ms. Hasanthi Praharsha.

Lastly, there was a Q&A session, where journalists asked how the SWY experience will be shared within Sri Lanka, and the Sri Lanka side answered this will be done through Youth Clubs. After the conference finished, the reporters walked around the ship for a short tour.

After the press conference, the NLs moved to Negombo Beach for the courtesy call on the State Minister of National Policy and Economic Affairs, Hon. Niroshan Perera. During this time, PYs spent some free time in the City of Colombo with the support of SWYAA Sri Lanka.

The onboard reception which started at 19:00 was

hosted by Mr. W.G.S. Eranda, Chairman and Director General of NYSC of Sri Lanka. His Excellency Kenichi Suganuma, Ambassador Extraordinary and Plenipotentiary of Japan to Sri Lanka, Mr. Buddhika Iddamalgoda, the President of SWYAA Sri Lanka, and Hon. Niroshan Perera, State Minister of Policy Planning and Economic Affairs attended the reception as honorable guests. At 21:00, His Excellency Maithripala Sirisena, the President of Democratic Socialist Republic of Sri Lanka visited the ship to meet and talk with the NLs, and afterwards, walked around the ship.

In the morning of February 15, all the PYs were divided into their respective six Course Discussion groups for the institutional visit.

### ■ Community Development Course: Ranaviru Care Center

The Community Development Course group visited the Mihindu Sevana, one of the wellness resorts established by the Sri Lankan Army to support veterans in Sri Lanka who were severely disabled during the civil war that ended in 2009. First, the Commanding Officer of the rehabilitation center gave an overview of the Sri Lankan Army's rehabilitation system, followed by a brief tour of Mihindu Sevana wellness resort.

In the presentation, PYs were most impressed by the abundance and comprehensiveness of the services that are available at the rehabilitation center for the injured veterans. For example, the veterans have access to a wide range of therapies, such as physiotherapy, hydrotherapy, occupational therapy, and speech therapy. Others include special education, dental treatment, prosthetic services, listening library, and Ayurveda treatment, as well as recreational activities. The rehabilitation centers also provide vocational training to equip veterans with sewing skills and provide employment opportunities at the partnering state-run garment factories. In addition to the rehabilitation centers, the Sri Lankan Army also offers post-rehabilitation follow-up services. Currently, there are periodic rehab programs and annual workshops that support maintenance of prosthetic equipment, welfare matters, and traumatic and medical conditions. For veterans with permanent injuries such as total paralysis, there are four wellness resorts where they can receive lifelong medical care.

Due to the limited exposure to the larger rehabilitation system, PYs wished to have more direct interaction with the veterans and their families so that they could have a

better understanding on the veterans' military backgrounds, needs, their satisfaction level with the services, as well as whether these services are sufficiently and equitably reaching all injured soldiers.

Also, based on the course learning, PYs expressed their curiosity such as "I would like to know the quality of the rehabilitation services by visiting the rehabilitation center," "Visit to the garment factories and community-based initiatives would give us insights into the effectiveness of the reintegration plan."

Through the visit, PYs became aware that many soldiers have compromised their optimal physical, sensory, and intellectual capacities, and their battles persist today. The physical, emotional, and financial cost of the soldiers and their families are deep, complex and different between each individual. Building a rehabilitation system will necessarily require empathizing with their pain, and personalizing the support towards their individual pathway to healthy and productive lives.

### ■ **Disaster Risk Reduction Course: Disaster Management Center**

The Disaster Risk Reduction Course group visited the Disaster Management Center (DMC) of the Ministry of Disaster Management. Mr. Rohan Priyantha Samarakkody, the Additional Director General gave a lecture about the establishment of the ministry after the country's largest disaster, the 2004 Indian Ocean Tsunami.

Ms. Anoja Seneviratne, The Director-Mitigation, Research and Development detailed how traditional values and community approaches have impacted on DRR, in particular, sharing resources within villages and non-discrimination amongst Sri Lanka's diverse religious community. One of the largest roles of the ministry, and affiliated organisations, is to implement the National Emergency Operation Plan (NEOP). The operation of NEOP was presented by Commodore Princely Liyanage, Director of Emergency Operations, highlighted that this is a national program to prepare and protect against the disasters such as earthquake, tsunami, landslide, hurricane through analysing the disasters in neighbouring countries.

PYs were given the chance to participate in a Q&A session and used this opportunity to clarify their queries about DRR in the education curriculum and mobilising support from local NGOs. Particular emphasis was put on traditional DRR methods and the vast knowledge of village elders in predicting and expounding to disasters.

PYs found that the objectives of the Sri Lankan government were aligned to their Course Discussions about

preserving dignity and human life through preparation and effective disaster planning. Also, it was very inspiring to hear from experts about the importance of youth in DRR. PYs thought in particular that the combined social network of the world's youth, and the skills learned on SWY, will be integral in ensuring the future safety of their countries from disasters.

### ■ **Education Course: School for Deaf and Blind**

The Education Course group visited the School for Deaf and Blind. PYs arrived to a line-up of students welcoming them with a flower and walking the PYs into the school while holding hands.

PYs visited a classroom where visually-impaired students were able to use computers in order to write down their thoughts in Sinhala and English. There were not enough computers for every student. Classes teaching reading and typing in braille, sign language, math, science, and language arts were visited.

PYs were welcomed with tea and cookies and speeches from the Principals of both schools. A video presentation documented the past and present of the K-12 school, of which both schools were established as a single institution in 1912. Visually-impaired students played percussion and performed a musical number. Hearing-impaired students performed a traditional dance in national dress.

PYs were invited to speak to students and teachers from both schools. Students taught PYs the Sri Lankan national anthem in sign language, PYs were invited to use the salon and several had their hair coiffured by students. PY also discussed pedagogy with teachers. There was a table of handicrafts made by students.

Numerous PYs felt that after meeting the students, who were trying to communicate and make a connection in many genuine ways, that they, the PYs, not the perceived handicaps of vision and hearing impairment, created the barriers to interactive communication.

PYs felt that this ought to be a call to action and wished that they could have done something at the school rather than be only intrusive.

A PY said that she learns from her developmentally-challenged sister every day and urged our team to remember that all people learn in their own way and it's important for educational leaders to try to find the key to make a connection to everybody's talents and wisdom.

### ■ **Environment Course: Bandaranayake Memorial Ayurvedic Research Institute**

The Environment Course group learned about the



traditional medical treatment and philosophy on physical and mental health of Sri Lanka at Bandaranayake Memorial Ayurvedic Research Institute, where people can enjoy the garden covered with forest of medical herbs. The group walked to the auditorium while enjoying the fresh air with professor K.K..D.S.Ranaweera, who kindly welcomed the PYs at the gate. Many more staff welcomed the group in front of the auditorium.

PYs experienced a candle lighting event by the representative of each country during the welcome ceremony. Then they walked around the hospital and observed an actual treatment using Ayurveda, specimen of herbs, and a composting site. Finally PYs had a chance to plant herbal trees by delegation in the garden.

PYs learned that Ayurveda, which is traditional medical and life system in Sri Lanka, utilize various medical herbs through many plants in the garden and their specimen. There was Buddhism statues in the clinic and staff frequently worshiped them by joining their palms when they mix medicine or apply it on the patients. Watching these scenes, PYs learned that Ayurveda respect spirituality and holism. From environmental point of view, PYs learned that medicines of Ayurveda are not made in factories but they are from forest or garden, using natural resources. Environmental pollution is less in this production process and it respects spiritual richness rather than materialistic one. The professor encouraged PYs to respect each country's traditional medical wisdom. PYs were inspired by his message. One PY explained there are common points between Ayurveda and Chinese medicine prescribed in Japan. He also expressed that he now wants the medical treatment using herbs to become more popular.

While candle lighting event at the beginning offered PYs to pray for peace, tree planting event at the end was conducted to symbolize our appreciation to the environment. One PY, who experienced the tree planting for the first time, shared his thoughts that he was very moved by the cooperative action with youths from different countries. Everyone left the institution with full appreciation for the staff for their hospitality.

### ■ Information and Media Course: Independent TV Network

The Information and Media Course group visited at Independent TV Network, the oldest TV station in Sri Lanka. PYs were entertained by the welcoming performance and unexpected shooting by camera crew. The way they welcomed the group was warm and humorous.

PYs were guided to the latest auditorium in the facility,

where they broadcasted the scene of Nippon Maru arrival in the port of Colombo and the latest news reports. PYs found that the broadcasted movies were all live news or the latest reports. They represented prompt and precise information delivery which is the fundamental function for today's media. One of the staff highlighted that they always put emphasis on the breaking news in order for the Independent TV Network to play a role of current media.

Then PYs were invited to the panel discussion by the managers who were responsible for the media products. The discussion covered diverse topics such as media's social responsibility, how media reports the development of Sri Lanka after its independence and traces of the recent conflict, the ideal way of interviews and broadcasts in multilingual and multicultural society, etc.

While this group visited private TV station for the institutional visit in Tokyo, the institutional visit in Sri Lanka provided insight on the unique style of operation: the administration is composed of government body and private sector. Through the comparison of these two TV stations, PYs were able to identify the differences. Also, by looking at some common features in these two, PYs could understand the characteristics as modern media. For instance, Japanese TV station fully utilizes tablet computers, Internet-based communication system, and SNS for their broadcasting service. PYs found that Independent TV Network also broadcast their contents through SNS in order for the better access for the young generation.

Then, PYs were divided into four groups and enjoyed facility tour. They were guided to the TV and radio studio, control room, equipment room, where usually not open for the public. They were also invited to the on-location shoots of long lasting popular drama of Sri Lanka, which was rare and meaningful opportunity for all the PYs.

### ■ Youth Entrepreneurship Course: National Gem and Jewelry Authority

The Youth Entrepreneurship Course group visited the National Gem and Jewelry Authority which was located at the center of Colombo. After welcoming ceremony decorated with flowers and candles, PYs received a brief explanation about the institution.

Sri Lanka is ranked as second biggest gem producing country in the world. As for sapphire and star sapphire, Sri Lanka is the largest producer in the world (blue sapphire is their national gem). Having abundant resources of gem, Sri Lanka's jewelry industry is the major industry for the country. At the same time, they pay close attention so as not to contribute to the exploitation of environment and labor

throughout the process of mining, cutting, and trading.

For example, Australian PY asked how they balance the business and exploitation of the environment and labor. They answered, “Not as corporation, but as a member of Government Jewelry company, our mission is to consider the whole country’s profit and safety. Some percent of profit from jewelry trading is used to recover the mines after finishing digging to the original natural environment and used for the scholarship for minor’s children.

Another PY asked the question, “Sri Lanka is the second biggest gem producing country, but as we see the world market, its position seems to be not that recognizable. What are the possible reasons?” They answered that Sri Lanka had relied on just exporting raw gems for long time, and had insufficient skills or experiences on polishing, design, sales, and PR. From now on, they continued, they would like to cooperate with groups inside and outside of the country as business partners in order to expand their qualified business.

Then the group walked to the workspace where already cut and designed jewelries were put on a display. The necklaces and rings were truly shiny with catching light and amazed people, making them raise cheers. PYs also observed the trained craft workers conducting gem inspection, polishing, and cutting as one production flow. PYs all enjoyed lecture, Q&A session, and tour within the limited time of the visit. PYs felt that if Sri Lanka’s jewelry business expanded, it could boost the number of domestic employees involved in this industry.

All the PYs enjoyed lunch at Temple Trees hosted by Honorable Prime Minister Ranil Wickremasinghe, represented by Hon. Sagala Ratnayake, Minister of Law and Order and Southern Development.



In the afternoon, all PYs received a traditional grand welcome at the NYSC, which is the only national youth institution in Sri Lanka. There was an exchange of culture through performances of traditional Sri Lankan martial arts, followed by Kendo, Naginata, Kyudo and Karate by the JPYs. Furthermore, a friendly soccer match was held

between PYs and the youth of Sri Lanka. After enjoying some refreshments offered by NYSC, a culture show was held. A 5-minute mini national presentation was held by each country, as well as a traditional Sri Lankan dance and Japanese song by NYSC. On behalf of all the PYs, an Australian delegate gave a speech expressing gratitude towards the warm and generous hospitality of all the people at NYSC.



On February 16, home visit program was conducted for all the PYs in three districts (Madapatha, Makandara, and Bokundara). The PYs made pairs and visited different families to spend one day together. They visited temples, walked around the neighborhood, or experienced wearing national costumes.



In the morning of February 17, Open Ship was held. Some 2,000 people including government officials of Sri Lanka, ex-participating youths, host family for home visit program visited the ship.



**Comment on Home Visit: Risa Ogihara (Japan)**

Our home visit started with my host family’s smile and the words “This is your home.” We spent precious time with them such as walking around neighbor, eating local food with hands, and dancing traditional dance together, which we could never experience through an ordinary trip as tourists.

What surprised me the most was the strong tie among their family and neighbors. While we were walking around the neighborhood with my host family, we met a little boy and his grandmother. He was too shy to say hello to us, and then not only his grandmother but also my host family encouraged him to greet us by saying “What’s your name?” “Could you introduce

yourself?” This reminded me of my childhood when all the people took care of me and made me smile. The community is involved in raising little children. I felt they make living with full of love. Actually I noticed how warm Sri Lanka delegations are before arriving Sri Lanka. But now I know what makes them warm through this experience.

Sri Lankan life which I’ve never imagined before coming was somewhat nostalgic and I felt very safe. One of the biggest concerns in the recent Japanese society is the trend of people not caring about each other, but I believe the way of life in Sri Lanka may provide us some solutions to this issue.

**Comment on Home Visit: Regan Ashley (Australia)**

As the Nippon Maru departed Chennai, many PYs commented that they wished they had the opportunity to experience the daily life of an Indian family to help put into context the information they had learn on the institutional visits. Thankfully, PYs were given this opportunity in Colombo, Sri Lanka.

I was very excited to meet my family and nervous also. However my nerves were unfounded. Warm and smiling faces that radiated an inner welcome and hospitality greeted us all. My host mother spoke very little English but understood enough and communicated with gesture. Our host sister was also there to greet us, an incredible smart and well-spoken woman who acted as our main translator. I was joined by a PY from Chile.

The family took us to their home. In one way, it was much like the homes I would see in Australia; decorated with family photos, ordainments and flowers. Yet, in another way, it was a very different home. It matched the climate of Sri Lanka by being open to the environment outside with seamless transition between outdoors and indoors. It was a cool and calming family home where I felt instantly comfortable.

On arrival at the home we were greeted by the wider family and close neighbourhood friends. All showed the same warm welcome and were inquisitive

about our lives and backgrounds. A delicious banquet was prepared which, much to our disappointment, they did not join us to eat but simply watched us for a short period and then left us to finish.

After lunch, we were dropped back at the temple from where we were collected. Here we were asked to move bricks to assist in the construction of a giant Buddha statue. As the detailed schedule was not communicated to us we had no idea we would be undertaking such an activity and as such were not prepared or appropriately dressed. We returned to the temple in the evening and engaged in a spiritual Buddhist ceremony. I was moved that the monks spoke in English for the sermon and blesses us and the SWY program.

Over all this was a hugely valuable experience. I now have a better understanding of information I learnt about Sri Lanka, particularly from the institutional visits. I saw the importance of the family unit, the interconnectedness of the local community and how both these are closely connected. It was also interesting to see the effects Buddhism on the social dynamics of Sri Lanka. Out of this, I also gained many new friends and was once again reminded of our common humanity. Overall, the Sri Lankan home visit was one of the most valuable experiences of the SWY program.

**Comments from PYs (Excerpts from the Evaluation)**

**Positive Feedback**

- The whole program will remain as a life-changing event for me.
- I have to start thinking about everyone involved in the amazing experience in Sri Lanka. I found a very good balance between the inside experience of normal

- everyday lifestyle, and the institutional visit by Course Discussion inspired me and made me realize how much JPYs have empowered themselves and participated actively on an international level of discussion.
- I could feel the friendliness of the Sri Lankan people to the Japanese, but a lot of Japanese don’t know about this



country, that's why we have to share and spread about this kindness and hospitality.

- History of Sri Lanka such as the war, terrorism and poverty gave me a lot of question to seek for answers in the future. Then I could feel global and reality of the world. Thank you for organizing such a wonderful program.
- I felt some responsibility to respond to this hospitality and program organized by the government of Sri Lanka.
- I was moved by the kindness and friendliness of the people of Sri Lanka. I learned a lot of Sri Lankan culture. Before I came to Sri Lanka, I didn't know about the good relations between Japan and Sri Lanka. I would like to convey it to my friends and family.
- It is clear that the organizers took it very seriously and had enough cooperation.
- Sri Lankan people are very smart and kind. We enjoyed Sri Lankan food, culture and traditional dresses. I also enjoyed the welcome celebration. I want to thank the Japanese government and Sri Lankan government for managing everything well.
- Before I visited Sri Lanka, I don't have enough knowledge about Sri Lanka. After this program in Sri Lanka, my image of this country was changed, and I could deepen my understanding the history, current situation, culture and people of Sri Lanka.

#### **Institutional Visits Related to Course Discussion**

- The School for Deaf and Blind had a small class size so each student gets enough learning supervision. I thought the children looked very happy. I'd like to know more about the school for the deaf and blind in Japan also.
- The School for Deaf and Blind visit was so great. It was spiritually and emotionally inspiring. I loved this visit.
- This visit was the first time I saw soldiers disabled. I felt the facility is a kind of sustainable. I could understand other people's ideas like soldiers taking care of their fellow soldiers.
- The institutional visit was a very meaningful visit since I could learn about the civil war in Sri Lanka and how the government is trying to rebuild from the aftermath.
- The port of call activities in Sri Lanka was amazing. They treated us with so much warmth, love and care. The institutional visit was one-of-a-kind, getting to learn all about jewelry business and how they conduct it. The most impressive part was how they were so organized. Everything went smoothly.
- I really enjoyed everything in Colombo. For the Course Discussion we visited Independent TV network. I

watched news about SWY and saw the studio that makes dramas. They were interesting for me. Home visit was a valuable experience because I experienced eating food and lots of culture in the host family's house. It was a good memory for me. Thank you, I appreciate the hospitality in Sri Lanka.

- I think that the Institutional Visit of the Course Discussion was good. We could learn how Sri Lankans heal diseases. They made medicine from plants. We walked around the facility and could experience natural first hand. But I couldn't understand its relation to our Course Discussion.
- We went to the Disaster Management Center. I could learn that disasters are always in the consciousness of the Sri Lankan people.

#### **NYSC**

- NYSC: We had an opportunity to exchange our cultural exhibition, however, more improvements could be made because there were only few PYs who are actually on stage and the rest of them are only observing.
- The activities at the NYSC were good and fun. It was really nice and it allowed us to understand the Sri Lankan culture and life and experience it.

#### **Home Visit**

- The home visit was amazing. It was very good experience to know the life. I feel pleased that I have a family in Sri Lanka now.
- The home visit was my best memory. Our host family was so kind and friendly, their hospitality was so great. We could have good experience to know Sri Lanka's customs and cultures. Finally, our host family cried, so I cried too. We became their family.
- The home visit was really great. I felt the world is one. We have line of countries and oceans only on the map.
- They couldn't speak English, but they tried to communicate with us so much. I learned so many words and how are they during their daily lives.
- The most amazing was home visit, where we learned the Sri Lankan way of living and we learned the Buddhist way of worship. Overall, the trip was full of amazing and exciting activities.
- I wish the host family was informed that we couldn't drink tap water, eat cut fruits and fried food. It was very hard to refuse to have them when they were served in an act of hospitality. Nevertheless, I could learn a lot more about Sri Lanka, the people, the religion and the culture.
- It was nice to have an opportunity to talk with many



local people like my homestay family. I felt their heart-warming hospitality a lot.

### **SWYAA Sri Lanka and Ex-PYs**

- I also appreciate the work of current and Sri Lankan ex-PYs who put their hearts into working hard for us all while we were here.
- I got to talk with a volunteer all day long and we became really close. I cannot say thank you enough for all the support we got in this beautiful country. I would definitely want to come back.
- Ex-PYs are also kind. They supported a lot during our stay in Sri Lanka.

### **Things to be Considered**

- The home visit was not so good because the family didn't speak any English, so we couldn't talk a lot with them and couldn't share all what we wanted.

- I was uncomfortable with one part of the home visit. As a Catholic I am not supposed to pray to other religious figures but I was held to join the Buddhist ritual without being given enough information about it to make a respectful decision.
- After I arrived Sri Lanka, I always felt that they wanted to give me everything what they can do. However, sometimes it was too much. Sometimes I got confused what I can do in return.
- The time spent in Sri Lanka was not enough. We missed a huge opportunity to introduce our country well because of the limited time.
- It might be better if we could have enough time to relax as well. Long distance bus rides may not be a good idea especially when one falls ill. I had a stomach problem that time and some friends had other ailments at other times.