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## ① Volunteer Report: *Mochitsuki* event (Dec. 2017)

Exchange students at TUFS (three from Laos and three from Myanmar, as well as two Japanese students as interpreters) took part in a *mochitsuki* event as volunteers.



Sekino-cho

Mochitsuki Preservation Association

**Volunteers:** Kormoua Faïda (Laos; AY2017 exchange student),

Souvenir Vongkhamchanh (same),

Samita Muenadasa (same);

Thae Su Hlaing (Myanmar; AY2017 exchange student),

Phou Pyae Hein Htet (same),

Win Yu Naing (same);

Sohei Ohashi (senior Lao major in the School of Language and Culture Studies),

Ayano Chiba (same)

**Activity:** Mochitsuki Event

**Date:** December 9, 2017

**Location:** Koganei City Municipal Higashi Children's Hall

**Host:** Koganei City Youth Health Cultivation Eastern District Committee

**Topic:** Cultural exchange and friendship-building with residents while learning about Japanese culture through *mochitsuki* (rice-cake batter beating)

**Participants:**

Local elementary and junior high school students, kindergarteners and their parents: About 345 people

Staff: 57 people

International students from Koganei City and surroundings: 11 people from 6 countries

Sekino-cho Mochitsuki Preservation Association members: 13 people

**Content:** *Mochitsuki*, followed by processing, packing, and distribution of *mochi* (sticky rice cakes)

## ②Volunteer Report: the Koganei City International Exchange Futsal Tournament (Mar. 2018)

Exchange students at TUFS (two from Laos, three from Myanmar) volunteered in the Koganei City International Exchange Futsal Tournament.

### **Volunteers:**

Kormoua Faida (Laos; AY2017 exchange student),  
Souvenir Vongkhamchanh (same),  
Thae Su Hlaing (Myanmar; AY2017 exchange student),  
Phou Pyae Hein Htet (same), Win Yu Naing (same)

**Activity:** Koganei City International Exchange Futsal Tournament

**Date:** March 3, 2018 9:00 to 17:00

**Location:** Koganei City General Gymnasium

**Host:** Koganei City Hall Community Culture Section

**Topic:** Participate in cultural exchange with elementary school students by enjoying futsal

### **Participants:**

Elementary schoolers' futsal teams: 8 teams,  
Exchange students living in Koganei City and environs: about 30 people,  
Tokyo Gakugei University students, futsal coaches, City Hall staff, etc.

**Content:** Introductions, greetings in each country's language; futsal tournament in teams with elementary school students; friendly games (paper airplane contest, etc.)



Exchange students' introductions



Cheering on the team



Making paper airplanes



During a futsal match

### ③Volunteer Report: international exchange class at Koganei Municipal Higashi Elementary School (July 2018)

Three exchange students from Myanmar at TUFS volunteered in an international exchange class at Koganei Municipal Higashi Elementary School.

**Volunteers:**

Thae Su Hlaing (Myanmar, AY2017 exchange student);

Phou Pyae Hein Htet (same);

Win Yu Naing (same)

**Activity:** Koganei Municipal Higashi Elementary School International Exchange Class

**Date:** July 13, 2018 8:45 to 10:40

**Location:** Koganei Municipal Higashi Elementary School gym and 4th-grade classrooms

**Host:** Koganei Municipal Higashi Elementary School

**Activity Subject:** Through mutual communication, elementary school students will learn about foreign languages and cultures, while international students will learn about Japanese culture

**Participants:**

150 fourth graders at Higashi Elementary School;

17 international students living and/or studying in or near Koganei City

**Contents:** Introductions, greetings in each country's language, telephone game with elementary school students (full group); country introductions from international students, traditional Japanese games with elementary school students (small groups)



Elementary school students give a recorder performance



International students introduce themselves with their names and a greeting in their own languages  
(their countries' locations are shown on the screen behind them)

#### ④ Volunteer Report: Mini-Sports Day at Koganei Municipal Higashi Elementary School (Nov 2018)

Exchange students at TUFFS participated as volunteers in a Mini-Sports Day at Koganei Municipal Higashi Elementary School (3 from Myanmar, 3 from Laos, 2 from Cambodia).

##### **Volunteers:**

Aung Myat (Myanmar, AY2018 exchange student);

Hnin Eaint Wai (same);

Su Wint Mon (same);

Naphaphone Phonasa (Laos, AY2018 exchange student);

Thippavan Sioudomphan (same);

Khamla Phengtakoun (same);

Haun Sorun (Cambodia; AY2018 exchange student);

Rous Chantra (same)

**Activity:** Koganei Municipal Higashi Elementary School Mini-Sports Day

**Date:** November 20, 2018 1:30 to 15:15

**Location:** Koganei Municipal Higashi Elementary School Gym

**Host:** Koganei Municipal Higashi Elementary School

**Activity Subject:** Cultural exchange with elementary school students through mini-games

**Participants:** 100 third-graders at Koganei Municipal Higashi Elementary School

**Contents:** Introductions, greetings in each country's language, watching elementary school students' dance performance, morning stretches; forming teams with elementary school students for ball-toss, ball-throw, hoop-jumping, and questions

## ⑤ Volunteer Report: *Mochitsuki* event (Dec 2018)

Exchange students and foreign instructors at TUFS took part in a Mochitsuki event as volunteers.

**Volunteers:** Sai Kyaw Tun (Senior Language Lecturer in Burmese),  
Soulikanh Thammavong (Senior Language Lecturer in Lao),  
Khamla Pengtakoun (Laos; AY2018 exchange student),  
Thipphavan Sioudomphan (same),  
Naphaphone Phonasa (same),  
Rous Chantra (Cambodia; AY2018 exchange student),  
Ayano Chiba (senior Lao major, School of Language and Culture Studies)

**Activity:** *Mochitsuki* Event

**Date:** December 8, 2018

**Location:** Koganei City Municipal Higashi Children's Hall

**Host:** Koganei City Youth Health Cultivation Eastern District Committee

**Activity Subject:** Intercultural communication and exchange with local residents while learning about Japanese culture through mochitsuki (rice-cake batter beating)

**Participants:** About 380 people: local elementary and junior high school students, kindergartners and their parents, staff, international students from Koganei City and surroundings

**Contents:** Mochitsuki, followed by processing, packing, and distribution of mochi (sticky rice cakes)





International students handing out mochi to children



Shaping mochi for the first time



Ready, set, thump! In perfect synergy



The Senior Language Lecturer also did their utmost during their first experience *mochitsuki*

## ⑥ Volunteer Report: Cultural exchange session with members of the Koganei City Youth Health Cultivation Eastern District Committee (Jan 2019)

Exchange students at TUFS took part in a cultural exchange session with members of the Koganei City Youth Health Cultivation Eastern District Committee.

**Volunteers:** Hnin Eaint Wai (Myanmar, AY2018 exchange student);

Khamla Phengtakoun (Laos, AY2018 exchange student)

**Activity:** Koganei City Youth Health Cultivation Eastern District Committee for Intercultural Exchange and Friendship (Welcoming Exchange Students)

**Date:** January 19, 2019 18:30 to 20:30

**Location:** Koganei City Maron Hall

**Host:** Koganei City Youth Health Cultivation Eastern District Committee

**Activity:** Subject: Inviting exchange students to introduce their countries and to learn about Japanese culture

**Participants:** Total 36 people

Koganei City Youth Health Cultivation Eastern District Committee, 22 people

Koganei Municipal Higashi Elementary School and Higashi Junior High School Principals and Vice-Principals, 4 people

Koganei Municipal Higashi Children's Hall staff, 4 people

Exchange students living nearby, 6 people

**Contents:**

Part 1: Exchange students introduce themselves and their countries

Part 2: Split into six groups for dinner and conversation

## ⑦Volunteer Report: *Takoyaki* experience party (Jan 2019)

Exchange students at TUFS took part in a *takoyaki* experience party at Koganei City Higashi Children's Hall.

### Volunteers:

Hnin Eaint Wai (Myanmar, AY2018 exchange student);

Naphaphone Phonasa (Laos, AY2018 exchange student)

**Activity:** *Takoyaki* Party with Exchange Students for Junior High and High School Students

**Date:** January 30, 2019 18:00 to 20:00

**Location:** Koganei City Higashi Children's Hall

**Host:** Koganei City Higashi Children's Hall

**Activity Subject:** Exchange students and junior high to high school students frequenting the Higashi Children's Hall make *takoyaki* together and get to know one another

### Participants:

Junior high and high school students frequenting the Koganei City Higashi Children's Hall, 12 people

Koganei City Higashi Children's Hall staff, 4 people

Chi Q Jin (cooperating organization) staff, 4 people

Exchange students living nearby, 8 people



On a cold and windy day, the exchange students joined the junior high and high school students for some piping hot *takoyaki*. Some junior high schoolers had never made *takoyaki* before, while some of the exchange students had never eaten it before, and both were excited about the experience.



## ⑧Volunteer Report: Children's Market (April 2019)

Exchange students at TUFS took part in the Children's Market held by the Koganei City Youth Health Cultivation Eastern District.

### **Volunteers:**

Hnin Eaint Wai (Myanmar, AY2018 exchange student),

Su Wint Mon (same); Khamla Phengtakoun (Laos, AY2018 exchange student),

Naphaphone Phonasa (same),

Thipphavan Si Oudomphan (same),

Rous Chantra (Cambodia, AY2018 exchange student), Haun Sorun (same)

**Activity:** 47th Children's Week Event Eastern District Children's Market

**Date:** April 20, 2019 10:00 to 12:30

**Location:** Koganei Municipal Higashi Elementary School

**Host:** Koganei City Youth Health Cultivation Eastern District Committee

**Activity Subject:** With the cooperation of the local Children's Association and the Health Cultivation Committee, local children enjoy the chance to spend time with local junior high and high school students, exchange students, and adults

### **Participants:**

Koganei City Youth Health Cultivation Eastern District Committee members

Koganei City Mayor, Koganei City Director of Education, Koganei Municipal Higashi Elementary School and Higashi Junior High School Principals and Vice-Principals, Koganei Municipal Higashi Children's Hall staff

Eastern District Children's Association, exchange students living nearby

**Contents:** Stalls offering food, drinks, and games

The exchange students split into two groups, 5 people in the rock-paper-scissors group and 2 helping with yakisoba. The activities are described below.

#### **(1) Exchange student stall: Rock-paper-scissors**

Six exchange students split into two groups, one a Myanmar-Laos-Cambodia team and one, including an ICU exchange student, a Myanmar-Cambodia-US team. The first group sat in front of a sign with the words for rock, paper, and scissors in their languages. After teaching the children how to pronounce the words, they played the game in their own languages. The second group explored other stalls (superballs, can-shooting, cotton candy, popcorn, etc.) and spent time with the children. After a set amount of time, the two groups switched roles.

#### **(2) Helping with yakisoba (serving)**

Two exchange students helped fill plastic packages with yakisoba noodles prepared by the Health Cultivation Committee, adding chopsticks and fastening them with rubber bands. In their spare time they explored the other stalls and played games with the children.

#### **Activities in practice:**

##### **(a) Rock-paper-scissors game**

Rock-paper-scissors is fun whether you win or lose. The children were surprised when they heard words in foreign languages for the first time, but enjoyed the game nonetheless. We hope that the exchange students will remember this experience and continue to play this game after returning to their home countries.



Mr. Sorun, Ms. Hnin Eaint Wai, Ms. Chantra, Mr. Khamla, and Ms. Su Wint Mon enjoying rock-scissors-paper

#### (b) Helping with yakisoba

Ms. Naphaphone and Ms. Tipphavan took charge of the yakisoba stand, efficiently preparing the packages for their customers.

Ms. Naphaphone was delighted by the flavor of yakisoba with HP sauce, which she had never encountered before, and bought some of the sauce base home with her.

#### **Participants' impressions (Mr. Khamla):**

Thanks to this activity, we were able to play various games with the children and eat a variety of foods. When I played with the children, I was really happy to see them smile and make them laugh. In addition to playing with the children, we also enjoyed games from each other's countries. It was really fun. I hope to take part in this activity again if I have the chance.

## ⑨Volunteer Report: After-school class (May 2019)

Exchange students from TUFS volunteered at the after-school class held by Chi Q Jin at Koganei Municipal Higashi Elementary School.

Volunteers: Hnin Eaint Wai (Myanmar; AY2018 exchange student), Su Wint Mon (same), Aung Myat (same); Naphaphone Phonasa (Laos; AY2018 exchange student); Rous Chantra (Cambodia; AY2018 exchange student), Haun Sorun (same)

Activity: Afterschool Classroom: "Games with Foreign People"

Date: May 16, 2019 14:45 to 16:15

Location: Koganei Municipal Higashi Elementary School

Host: Chi Q Jin

Activity Subject: Promoting international understanding and friendship by playing games with elementary school students

Participants: First- through third-graders at Koganei Municipal Higashi Elementary School, exchange students living nearby

Contents: Interview of exchange students, physical games, Duck Duck Goose, etc.



Exchange students introducing themselves. Ms. Hnin Eaint Wai teaches the children to say hello in Burmese—"Mingalaba"—and bursts out laughing when they come up with "Migigawa"





Standing up together, with hands clasped. Whoops!



Ms. Chantra talking about Cambodia

When they were asked about their favorite Japanese food and anime, the exchange students thought carefully before answering; the elementary school students noted down the answers: sushi, takoyaki, and ramen. As expected, Studio Ghibli movies and Doraemon were popular.





## ⑩Hiking on Mt. Takao (June 2019)

Students from Myanmar, Laos, and Cambodia studying on the Inter-University Exchange Project went hiking on Mt. Takao on June 15th (Saturday).

The students from all three countries, who had grown friendly as they ate and spent time together during their study abroad, decided to take a trip together to somewhere none of them had been; Ms. Chantra of Cambodia suggested hiking on Mt. Takao.

It was a chilly day marred by heavy rain, but they had a wonderful time nonetheless.



Group photo at the summit



Group photo at Takaosanguchi Station

From Ms. Chantra, who planned the expedition:

"We really enjoyed our trip to Mt. Takao. On the summit, we ate soba and udon noodles and oden stew, and took lots of pictures. The rain made it harder, but climbing the mountain was fun."

From Ms. Thipphavan of Laos:

"On June 15th I went to Mt. Takao with students from Myanmar, Laos, and Cambodia. It was raining hard all day long, but we kept our promise to each other and had fun together. First we took a cable car up, and then we walked the rest of the way to the summit, taking a lot of pictures on the way. At the top there was a big temple which was very beautiful. They say you can see Mt. Fuji from the summit in good weather, but sadly we couldn't see anything because of the rain. After that, we were all tired, so we ate lunch at a restaurant and rested a little. It was so cold that I ordered hot udon and after eating them I felt a lot better. We all enjoyed the trip and we got to be even better friends. I'd like to go back to Mt. Takao someday, if I can."

The international students have become very close while living in university dorms and attending classes and various events; their friendship showed in the matching TUFS original T-shirts and parkas they wore to climb the mountain. Keeping their promise to climb the mountain together, even in the rain, seems to have strengthened their bond even further.

## ⑪Kyoju Murakami Lecture (June 2019)

**Date:** June 24, 2019 (Monday) 11:50 to 12:35

**Location:** Tokyo University of Foreign Studies Fuchu Campus Research & Lecture Hall Room 227

**Lecturer:** Kyoju Murakami (guitarist/Myanmar mandolinist/composer)

**Lecture Title:** Expanding Diversity in Musical Activities in Modern Myanmar

**Host:** Tokyo University of Foreign Studies, Inter-University Exchange Project (ASEAN)

**Sponsor:** Tokyo University of Foreign Studies, Institute of Transcultural Studies

Kyoju Murakami, a musician from Iwate who also studies Myanmar music, was invited to give a lecture at TUFS as a part of the Inter-University Exchange Project Japan Specialist Program for the Enhancement of Japanese Language and Cultural Outreach in Myanmar, Laos, and Cambodia. The lecture provided an opportunity for students planning on long- or short-term study in Myanmar to discover Myanmar music, culture, and society before traveling there. In order to make the most of the rare opportunity to discover Myanmar music, the lecture was open to the public. The 66 attendees included TUFS students and faculty as well as visitors from outside the university.



Kyoju Murakami during his lecture

The lecture specifically discussed the contexts of musical performance in Myanmar, the types of traditional instruments, the musical scale, and the characteristics of Myanmar music in comparison with that of other regions, illustrated with sound clips and videos. Murakami pointed out that the peculiarities of Myanmar music include the presence of

elements acquired from various areas of the world and the use of the piano in traditional music

performance—both connected to the development of native Myanmar music with the use of Western instruments.

The questionnaires filled out by attendees after the lecture included reactions such as the surprise of the first encounter with Myanmar music and interest in the use of Western instruments in Myanmar musical expression. A student who had studied in Myanmar was glad to have the chance to learn more about instruments and music they were already familiar with. Another, who was planning to study in Myanmar, hoped to listen to music there based on the interest aroused by the lecture.

After the lecture, Murakami was kind enough to continue talking for some time about the appeal of Myanmar music. We are very grateful for his appearance as a lecturer at TUFS.

The Project looks forward to the opportunity to host similar lectures in the future.

Inter-University Exchange Project (ASEAN) Coordinator

Junichi Terai

## ⑫ Volunteer Report: International exchange class at Koganei Municipal Higashi Elementary School (July 2019)

Four exchange students (two from Laos, two from Myanmar) at the Tokyo University of Foreign Studies volunteered in an international exchange class at Koganei Municipal Higashi Elementary School.

### **Volunteers:**

[July 10] Hnin Eaint Wai (Myanmar; AY2018 exchange student), Su Wint Mon (same); Naphaphone Phonasa (Laos; AY2018 exchange student)

[July 11] Khamla Phengtakoun (same)

**Activity:** Koganei Municipal Higashi Elementary School International Exchange Class

**Date:** July 10/July 11, 2019 10:40 to 12:15

**Location:** Koganei Municipal Higashi Elementary School gym and classrooms

**Host:** Koganei Municipal Higashi Elementary School

**Activity Subject:** Exchange students enjoy intercultural communication with elementary school students and introduce their countries to stimulate the children's interest in foreign cultures.

**Participants:** Students at Higashi Elementary School (fourth-graders on the 10th, sixth-graders on the 11th); total of 32 international students

### **Contents:**

Part 1: Questions for the exchange students in English, introductions with the exchange students, country introductions, questions for the exchange students

Part 2: [July 10] Hoop-jumping, bomb game, rock-paper-scissors train, etc.

[July 11] Calligraphy, kendama, karuta, tops, beanbags, etc.



Ms. Hnin Eaint Wai greeting the students



Ms. Su Wint Mon greeting the students



Ms. Naphaphone introducing her country



Mr. Khamla introducing his country

### ⑬ Volunteer Report: Halloween Party (Oct 2019)

Exchange students from TUFs (four from Myanmar, three from Laos, one from Cambodia) volunteered at a Halloween Party held at the Koganei City Higashi Children's Hall.

#### **Volunteers:**

Kyawt Thiri Aung (Myanmar; AY2019 exchange student),  
May Thet Paing Kyaw (same), Htet Su Tin (same),  
Myat Nay Chi Tun (same),  
Nanthalath Mahasachan (Laos; AY2019 exchange student),  
Vongsenekeo Manoly (same),  
Xaysompheng Nilamit (same),  
Try Sreyleak (Cambodia; AY2019 exchange student)

**Activity:** Higashi Children's Hall Halloween Party

**Date:** October 26, 2019 (Saturday) 13:00 to 16:00

**Location:** Koganei City Higashi Children's Hall

**Host:** Koganei City Higashi Children's Hall

**Cooperation:** Chi Q Jin

#### **Participants:**

Local children,  
14 exchange students (Tokyo University of Foreign Studies, ICU, Asia University)

**Contents:** Group forming, rock-paper-scissors train, costume parade (trick or treat), reflection

The students arrived at Higashi Children's Hall and began preparing costumes and forming groups to go around the neighborhood. The Halloween Party began at 14:00, when the exchange students introduced themselves to the children. Next, in order to get to know each other better, they all took part in a rock-



paper-scissors train game, where the loser forms a train behind the winner. The exchange students, not used to the game, had a hard time. Finally everyone formed a single line, getting to know each other and having a good time together.



Exchange students introducing themselves  
(from left, Myat Nay Chi Tun, Mahasachan,  
Htet Su Tin, Kyawt Thiri Aung, Manoly, Nilamit,  
Try and May Thet Paing Kyaw)



Rock-scissors-paper train game

Next, participants split into four groups and went around the four checkpoints established here and there in the neighborhood. The children cooperated with the exchange students to complete the tasks that had been prepared for them at each checkpoint (gesture games, quizzes, singing the "Bear in the Woods" song, mistake-hunting, etc.), and received treats.





Visiting checkpoints



Mistake-hunting at a checkpoint

After the event, the staff and the leaders of each group met to reflect on the results. The exchange students took part in this meeting as well, each expressing their opinion. It was the first time several of them had taken part in a Halloween party, allowing them to learn about Halloween in Japan as well as getting friendly with the local children.



Reflection meeting

Inter-University Exchange Project (ASEAN) Coordinator

Junichi Terai