

Short-term exchange program at Elms College

(1) Overview of activities

We spent time at Elms College to study English, culture and history of America from February 24 to March 7. Then, we visited Boston. We enjoyed shopping and studied history. Specific activities for each day are listed below.

February 23: departing from Japan

February 24: orientation, campus tour, Japanese class, English class, watching basketball game

February 25: Irish Ceili, Japanese celebration event, English class, watching volleyball game

February 26: Yoga, Japanese class, English class, American holidays event, participating in soccer club's practice

February 27: watching Dr. Seuss movie, English class, karaoke

February 28: visiting N. Handy Sugar Shack, shopping at Holyoke Mall, eating hamburgers at Classic Burgers, bowling.

March 1: visiting Northampton, shopping at grocery shop, Japanese cooking party

March 2: visiting Springfield Museum, eating ice cream & taco bell

March 3: visiting Baystate medical center, Japanese class, English class, watching movie

March 4: visiting Bowe elementary school, English class, cooking party

March 5: Yoga, visiting Polish center, Japanese class, English class, formal farewell dinner

March 6: visiting Providence Ministries, English class, pizza party

March 7: sightseeing in Boston

March 8: sightseeing in Boston

March 9: departing from Boston

March 10: arriving in Japan

During this program, many friendship partners joined events or classes with us. Each of them was busy for some reasons such as classes, club activities, and part-time jobs. However, they helped us a lot and taught us American culture or English. I would like to thank them for their kindness.

(2) Learnings and realizations throughout this program

I learned a lot of things and grown as a person in America. All my experiences were valuable. In this paragraph, I will show you 3 points about the learnings and realizations which were particularly impressive.

To begin with, I realized American people had confidence in their opinions. They tended to express their own ideas and ask a lot of questions positively in the classes or the facility tours. I

also felt it was great they had specific dreams for the future. They expressed dreams and ideals openly and proudly. Furthermore, I learned the importance of expressing my feelings into words. When I opened a door or took something for them, they properly expressed their gratitude. Also, when someone's clothes or hair style was nice, they always told their comments, for example "You look so nice." or "I like your hair style.". In Japan, people are too shy to express their appreciation or praise in many cases. However, our feelings cannot be conveyed unless we are put into words, so I want to be able to properly express my opinions.

In addition, I understood the fun and difficulty of learning different languages. I was given the opportunity to participate in Japanese language classes at the Elms as an assistant teacher. I experienced that even simple Japanese for us was quite difficult for non-native speakers of Japanese. I want to become an English teacher, and I think this experience will be very useful when I teach English to Japanese student in the future. I noticed learning non-native languages was very strenuous. Therefore, I thought I should not rush to teach a lot of things, but I should also consider the students' level of understanding for English. Also, I experienced even if we cannot speak perfectly, attempts to learn and speak the language are important to improve our language abilities.

Additionally, I understood the differences between American style school and Japanese style school by visiting a local elementary school. I was so surprised that most elementary schools had no teacher's room, so that teachers spent more time with students. The number of students per class was about 20, so teachers were able to focus on each student deeply. Moreover, I felt many supports were provided for students with various characteristics. For example, there was a board with English words to help students for being not good at expressing their feelings into words. I thought it was a big help for them. Furthermore, children who have roots in various countries and are not native English speaker have been increasing in recent years. Therefore, teachers are required to be conscious of how to speak and use languages for understanding by all students. I think this is one of features in American school environment.

To wrap it all up, I realized 3 significant points in my American life. They were very precious to my life. I was able to have many valuable experiences which I could not have in Japan. I believe I was able to learn a lot because I had the courage to participate in this program. I would like to try various things in the future and do my best in my life.

(3) More

Throughout this program, I realized I was supported by many people. At Elms College, all our friendship partners were so kind. They helped us a lot not only daily life but also studying English and culture. For example, they welcomed us and gave us presents from midnight on the first day. They were also very attentive to our questions and concerns. Moreover, they tried to listen to our English carefully and tell us about improvements. Further, soccer club

members welcomed me and invited me to practice. I really enjoyed playing it with them. I was happy to be able to communicate through soccer. The more time we spent together, the more we felt we got to know each other. I can't imagine the program without them. I would like to thank them for their efforts for us.

In addition, I would also like to thank the professors and 8 friends who joined the program with me. At first, I was a bit nervous because I was the only man in the group. However, I was very glad that everyone accepted me and got along with me. Moreover, I thought I had to support them because I was the oldest student in this group. However, I realized they supported me as much as I supported them throughout this program. Their kindness helped me a lot. I noticed it is important to rely on those around me and not to work hard alone. I'm very lucky to have been able to participate in the program as a member of this great group.

(4) Photo



“Short-term exchange program at Elms College”

1) Activity overview

We took Japanese classes with Elms students and English classes with the help of FP. I chose my favorite of the three classes to study. So I chose yoga, piano, and ethics. Visiting studies were also conducted. We also toured Mass. We visited an elementary school, a hospital, a Polish center, and the Providence Ministry. At there, we listened to various stories and looked at exhibits. We had a day to enjoy American holidays, visited Dr. Suesse's museum, went to a maple syrup factory, made Japanese food, and other fun events. Other than that, we enjoyed the plans that FP came up with. For example, they took us to a trampoline park, took us to the supermarket, watched a movie together, made and ate American food, and took us out for hamburgers and bagels.

2) What I learned and realized during the exchanging

There are so many things I learned in the U.S., some unforgettable and some shocking, that I will try to write them down one by one.

The first and most surprising thing was when I asked my FP about American college tuition in my English class. When I told them the cost of four years of tuition at our university, they told me that the tuition at an American university would be equivalent to attending a Japanese four-year university 30 times. In other words, I was informed that our tuition fees were about 30 times higher than ours.

And I felt very much that this is a country of diversity. For example, when I talked to a girl with 13 siblings, she told me that she had no father and two mothers. In other words, they are in a same-sex marriage, and I felt it was interesting to learn that they are actually in a same-sex marriage, which is not recognized in Japan. Then, pointing to one person, I was told, “She was born a boy, but now she is a girl, so you should use She instead of He.” Everyone was trying to understand, and I felt the importance of understanding diversity. I felt amazed at a world where that is the norm. I also felt that it is difficult to live in Japan where this is not the case.

When I went to Providence Ministry, it made me think about many things. There were people living there who had been colonized, suffered violence, could not stop using drugs or alcohol, or had to leave their country because of war or government. When I asked how people from different countries could communicate with each other in different languages, they told me that they had set up a place for people to learn languages. People who came here had no money, so they got free food and inexpensive daily necessities from the pantry. They also held Christmas for the children.

I also learned a lot of English. I learned slang for “slay. This is used when you are fashionable or in the best of times. I learned that talking a lot is called “yapping,” that an

airplane shaking is called “turbulence,” that a hairball is called “lint,” and that “Nasty” means Very Bad, and too many other words to write about. Since I can't write down the meanings together, I will only write down the words I learned.” rose petals”, ‘savior’, ‘cane sugar’, ‘sugar cane’, ‘scent trash’, ‘stuffed’, ‘bussin’, ‘good luck charm’, ‘damp’, ‘sarcastic’, ‘chapped lips’,” shoe tongue”, ‘postal stamps’ I learned many more words like these from everyday life. I also learned that Americans often refer to small as Tiny rather than Small. I also learned that chocolates, gum, gummies, etc. are generally called Candy. I learned that interesting is used in a negative sense, and that squirrel and chip munk are very similar but differ in size. I was told that Americans use “mixed” because they are often of mixed blood.

When I went to Mass, I felt that these ceremonies are very important for people who believe in religion. Eating food, praying, putting black marks on their faces, etc., were things that we were not familiar with, but they were very interesting.

When we served Japanese food, most of the Americans seemed to enjoy all the dishes, but they especially liked the meat and potatoes and udon noodles. They seemed to enjoy the familiar taste of “nikujaga” (meat and potatoes), which is a similar home-style dish called “stew”.

3) Others

It was interesting that when I went to the U.S., everything was done to American specifications. For example, it was very interesting to see how the advertisements played on cell phones became foreign advertisements and how the shutter sound on cameras stopped sounding. Because squirrels are everywhere in the U.S., I had many opportunities to use the word “squirrel,” but I had difficulty pronouncing the word “squirrel. Whenever I found a squirrel, I had an American ask me how to pronounce it, and it was a good memory for me to practice to say it correctly.

When I went to the supermarket, I was surprised to find that the peppers were too big, the wrapping on the meat was torn, and the family pack of candy was too big. I was surprised at the size of one slice of pizza in the dinning hall, but even more surprised at the size of one of the pizzas they had prepared for the final pizza party. There were many Japanese restaurants, but according to the Americans, most of them were run by Chinese, which also surprised me.

It truly has been a treasured two weeks, with every second and minute being a joy, and definitely the most enjoyable period of my life so far.

4) Photos



“Short-term exchange program at Elms College”

1) Summary of this program activity

For about two weeks from February 23 to March 10, we went to America because of short-term exchange program at Elms College, an international exchange agreement school, for the purpose of cross-cultural understanding and cross-cultural exchange.

On the first day, we transferred from Kochi to Elms College on a total of about 15 hours of flights. At the airport in Hartford, teachers at Elms College greeted us warmly with their homemade welcome board, even though it was late at night.

For 11 days from this day, we lived with our friendship partners in a dormitory at Elms College. Friendship partners spent their own lives, but other times such as free time and meal time with us. Among the contents of the daily program, there were many experiences and opportunities to feel American culture. At the American Holidays Event, for example, you could experience not only Halloween and Christmas, but also Easter events that are not very familiar in Japan, and we could enjoy American events. In addition, there were many activities outside the school, and by visiting hospital facilities and elementary schools, I could see and feel the difference between America and Japan. On weekends, we could all go shopping on a yellow school bus, and have friendship partners take us out to play, so we could deepen our relationship.

We traveled to Boston for sightseeing during the last two days of this program. We spent our free time strolling around the streets of Beacon Hill made of red brick, and taking trains to tour tourist attractions such as the Boston Museum of Art.

On the last day, the departure was a little early at 6:30 a.m., but on the way back, We were able to finish this program safely after a total of about 17 hours of flight.

2) What I learned and realized during this program

There are countless things that I have gained and learned from this short-term training, and I'd like to mention two topics in particular.

The first is the importance of a "challenge" attitude.

Before I participated in this training, I was not good at English, and I was very worried about whether I would be able to have a good conversation with American students and teachers. When I first heard the conversation of the local people, I was overwhelmed by the speed and power of the conversation, and I couldn't say what I wanted to say. However, even if I wasn't confident in my English, I was able to communicate with American students and teachers by "challenging" to convey a range of words I knew and using gestures and facial expressions.

I think my decision to participate in this short-term exchange program was the beginning of the challenge. Because I'm shy, I'm not good at taking action myself, and I have never had many opportunities to try new things. However, I wanted to go to this program from the

moment I found out that it existed, so I jumped into the world of English that I was not good at alone without inviting any friends. As a result, my field of vision expanded many times, and I was able to meet the scenery, food, and wonderful friends that I would never see in my life in Japan. In addition, I was able to understand the goodness of Japan and the difference between Japanese and American culture that I could feel when I went to America. The attitude of actively "challenging" what you want to convey and what you want to do without fear of making mistakes was acquired in this training, and I feel that I want to cherish it in my future life.

The second is diversity.

I have always wanted to go abroad and actually feel different cultures, but this short-term training was my first overseas experience because of Corona. My particular interest about the lives and cultures of foreign countries started when I was in junior high school. When I was a junior high school student, I had many opportunities to interact with foreigners. Among them, I think the interview activity was a particularly good experience for me. As part of the class at that time, I was investigating the lives of foreigners, so I visited several tourist attractions where foreigners often visit and interviewed them. During this interview, I was able to hear about the lives and cultures of various countries, and this interview activity has made me want to go abroad and actually feel different cultures.

And in fact, I visited the United States, and there were many surprises. For example, in Japan, there is a manner in which people eat everything clean to show their gratitude to the people who made it, but in the United States, there was no such idea, and many people left food behind. I felt that this was the goodness of Japan, and that it was something that I could not normally notice when I was in Japan. There are many good things about America, but I think it is a place where diversity is recognized. There were not many students from different countries and regions at Elms College. Of course, all the different skin colors, body shapes and hairstyles, but the friends they met loved them as they were and enjoyed what they wanted to do without comparing their skin colors and body shapes to others. I think Japanese people often unconsciously worry about what others think of their appearance and behavior, and can't stay the way they are. Life in the United States was very rare, and I felt that it was good to have a relationship where I could greet and eat together regardless of race.

There were many other things I learned and realized, and it was an opportunity for me to feel the size of the world. Just as common sense is sometimes not accepted overseas for Japanese people, I think living in Japan can lead to an unconscious narrowing of their horizons. In my activities in this training, I feel that I want to take on many challenges in a society where diversity is important in the future while having a broad perspective.

3)Lastly

I'd like to thank Mukai-sensei, Hayashi-sensei, Kadowaki-sensei, Octavio-sensei, and everyone involved in this program. Thank you very much!



Short-term exchange program at Elms College

1) Activity overview

We took nursing classes, Japanese classes, English classes, and other classes. We watched the basketball game and the volleyball game. We taught each other culture through Japanese Celebration, American Holidays Event, Japanese Cooking Party. We visited Holyoke Mall, Springfield Museums, Baystate Medical Center, Bow Elementary School, Polish Center, Providence Ministries with our friendship partners. We spent a lot of time with Elms College student and Japanese Student. And We learned English and American culture through staying Elms College.

2) Learning of activity

I learned through the activity that Japan and the United States have many differences. First one, A lot of students actively participate in the classes. I took some classes like nursing, Japanese, English and so on. I was surprised that students asked the professor a question and answered the professor's questions. In Japan, students do not talk in the class. It is the same for me. The reason is that we care about what others think, and we are afraid of making mistakes. It is different in culture. I thought the active class was easier to understand than the passive class. If the professor just talks in the class, we do not know the details about which we cannot understand part. But we might be able to ask some questions and understand. We ask some questions; we are taught easier and more detailed explanations. We can understand deeply. I learned that asking some questions is not embarrassing and important to deeply understand the content.

Second one, I felt a lot of American tell others to themselves that during staying in Elms college. I have an example. We had a chance to go out with our friendship partners. They asked us what do you want to do. But some of us looked around and told them there was nothing. But they decided where to go soon while discussing. They had some ideas each. I thought American tend to be important of their own feelings, Japanese tend to be important of not being able to float away from their surroundings or make them uncomfortable. I thought both trends are important for life. I was not good at telling my feelings. Because I thought going smoothly is better than becoming a conflict. It was an opportunity, so I told my feeling like I wanted to eat sweets. However, there were not some issues. So, I thought if I do not receive others' opinions, it would cause some problems. I respect others' opinions; it will be fine. I learned it and tried telling my feelings.

Third one, I felt some Americans are loose. We had some opportunities to meet somewhere several times. We meet at 10 o'clock. But some of them did not come at 10 o'clock. Professor Octabio did not mind it. I usually go to meeting place 5 minutes before. So, I was surprised that they were loose about time and do not mind that someone is late. Also, we ate a meal together. I sometimes saw that someone left food uneaten. The cafeteria at Elms College is buffet style. In Japan, we must eat everything that we take in the buffet style. Therefore, we only take as much food on our plates as we can eat. But they sometimes take a lot of food that they cannot

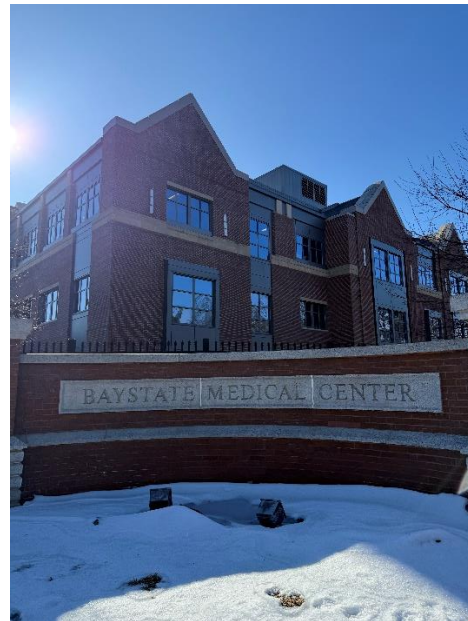
eat. I thought that there are many meals served at American restaurants. So, there is a possibility that they cannot eat everything. But they can adjust the quantity in the cafeteria. I wondered about it. But I thought Japanese culture and common sense are interesting. Japanese protect time in order not to lose the trust of others. Also, if we do not protect time, you will miss public transportation like trains. So, Japanese protect time. I thought Americans are not pressed for time and have a mental afford. Regarding leave food uneaten, I thought it related culture of “Itadakimasu”” Gochisousama.” They are ways of thinking unique to Japan. I investigated it. I could not find the same culture thanks to the people who made the food or meal in other countries. I thought the culture was nice. These are some of the cultural differences between America and Japan that I felt.

I participated in nursing class and visited Baystate Medical Center. I learned that there are similar and various parts between nursing in Japan and nursing in America. Similar parts are a way of thinking about nursing based like assessment by cycle and paying attention to our appearance. Various parts are good treatments for healthcare workers. I was allowed to see the room for healthcare workers. There are a lot of stuff for relaxation like aromas, flowers, music, and private space. They can use the room anytime. In Japan, hospitals do not serve something for health workers. It was only like parental leave in Japan. The one of biggest problems is labor shortage in Japan. It is the same in America, so I thought it was an idea for improving labor shortages. I thought Japanese hospital should increase service for health workers. Because the image is so hard for mentally and physically, and they cannot take enough break. So, I thought it would be good if there was something like that in Japan. I learned American medical care is kind for health workers.

3) Others

I tried communicating a lot in English with Elms College students. I am not good at English. So, I was worried about talking with my Friendship partner. At first, I felt resistance to speaking up myself. Because I thought my English would not be able to convey well to the others. However, Friendship partner spoke to me a lot. And they used easier words or talked slowly if I could not understand what they said. I spoke up myself in English. I could not express in English that I want to say. So, I thought about what I want to say in English sentences before I spoke up myself. Or I heard conversation between Friendship partners. I asked some questions about what they talk. I often hear their conversation. But it was difficult for me to understand everything because it was fast. So, I heard it while making guesses from their expressions, situations, and words that I could hear. Then I was sometimes able to participate in the conversation. So, I do not feel that my English is improve, but I do not have resistance to talking it.

4) Photos of activity



Short-term exchange program at Elms College

1) The outline of this program

We spent time studying at Elms College from February 24th to March 6th, and we visited Boston on March 7th and 8th.

February 24th: orientation, Japanese Class, English Class, watching basketball games, and playing games with friendship partners

February 25th: dancing, Japanese Celebration, playing the piano, English class, watching a volleyball game, and watching a movie

February 26th: yoga class, ethics class, Japanese class, English class, American Holiday Event, and watching a soccer game

February 27th: watching Dr. Seuss Movie, English class, and karaoke

February 28th: visiting N. Hadley Sugar Shack and Holyoke Mall

March 1st: visiting Northampton and Japanese cooking party

March 2nd: visiting Springfield museums, eating tacos, and playing on the trampoline

March 3rd: visiting the hospital, Japanese class, English class, and watching a movie

March 4th: visiting Bowe Elementary School, English class, ESL Grad Students' English class, and going to a supermarket

March 5th: yoga class, visiting Polish Center, Japanese class, English class, and Formal Farewell Dinner

March 6th: visiting Providence Ministries, English class, and Pizza Party

March 7th and 8th: visiting Boston

2) About things that I learned or realized through this program

Before I went to America, I had decided to change my shy character. I often listen to other people talking, and I'm not good at talking about myself. I feel that I was able to change my shy character a little through this program because I actively talked to friendship partners. Also, I was often asked what I wanted to do, or whether I did something or not by friendship partners. I had great difficulties answering them because I wasn't good at expressing my feelings. But through this experience, I realized that expressing my feelings was very important, and I had to talk about what I wanted to say more honestly.

Also, I had not had confidence with my English, but I noticed that my English worked surprisingly. I didn't feel that communication with friendship partners was very difficult. But I also thought that I needed to learn English harder. I was not able to tell what I wanted to say to friendship partners perfectly, so I'm going to continue learning English hard to improve my English-speaking ability.

I felt surprised by many things in America, and I experienced different cultures. Firstly, I was surprised that students opened the door and held the door open until all people went through

the door. I felt that every student took it for granted that students opened the door. Secondly, I learned that many students regarded freedom as an important thing. I had homework in which I had to ask students about what students thought of as important things. Many students said that freedom was important. I think that Japanese people will not say such a thing, so I was very surprised at it. Thirdly, I saw many students who threw away food without eating all food. I noticed that the way of thinking about food was different between Japanese people and American people. And, when I ate seafood in a restaurant, crawfish were served. I had thought that crawfish were not food but aquarium fish, so it was difficult for me to eat crawfish. But I was able to experience one of different food cultures, and it was a good experience. Also, when I went to elementary school, I was surprised that there were two rooms for counseling in the school. I asked a teacher about the importance of counseling because at my university, I had learned that more and more counselors were becoming necessary in Japan. I wanted to learn whether teachers regarded counseling as an important thing in America. The teacher said that counselors were also necessary in America. Surprisingly, these counseling rooms are next to classrooms, so every student can see who enters these counseling rooms. In Japan, counseling rooms are far from classrooms, so I thought that this was one of reasons why many Japanese students felt ashamed of receiving counseling.

I realized that teaching Japanese in English was very interesting. I study English education at my university, and I want to be an English teacher in the future. In Japanese class, I had difficulty in the Japanese grammar because we Japanese people use Japanese with a sense. But when I taught Japanese to students, and they understood what I wanted to tell, I was very happy. I had good experience of teaching a language as a teacher. Also, many students actively asked teachers what they didn't know, so I felt the difference of classes between Japan and America. Like classes that I took in America, I want to teach English classes where every student can speak easily in the future.

I experienced giving tips in restaurants and to taxi drivers. In Japan, we can't experience this culture, so I was nervous when I gave tips. When I went to restaurants, I asked friendship partners about how to give tips repeatedly, so I understood how to give tips in restaurants. Also, when I took a taxi, I was asked to give a lot of tips by the taxi drivers, so I felt that it was difficult to get used to this culture.

Through this program, I learned many new things. I have lived in Kochi for twenty years, and I took a narrow view of things, so I wanted to broaden my horizons by studying abroad. I think that experiencing many different cultures helped me widen my horizons. I met and interacted with many friends in this program, and I was able to grow as a person greatly, so I'm glad that I challenged studying abroad. I think that this experience will be helpful in my life.

3) Notes

I had a cold in the throat in America, and I was not able to speak for a few days. So, I felt that

it was important to take all possible measures to avoid becoming sick abroad. Also, two weeks went by quickly, so I think that people who are thinking of studying at Elms College should talk actively with many students.

4) Pictures



Supermarket



Trampoline



“Short-term exchange program at Elms Collage”

1. Activity overview

At Elms Collage, we experienced a lot of activities. For example, we took a Japanese or English class. These classes, there were many Elms students so we took these classes communicating with them. We took them 12 times in total. However, I caught a cold so I couldn't participate in them a few times. Other than we conducted a cultural exchange party. One day, we cooked Japanese traditional foods and we served Elms's students or teachers. In contrast, we did American holidays event. We mainly experienced Christmas, Halloween, and Easter. We wore a costume, painted on our faces, decorated a Christmas tree and so on. It was a great experience that knowing well each other.

We also watched basketball and volleyball game. I heard Springfield, home of Elms collage is the birthplace of basketball. That's why, there were many audiences when basketball game was being played. There were huge cheers every time Elms's collage team got a point. I'm glad to have had the opportunity to watch basketball in a big city that is the birthplace.

And also, we spent with friendship partners for a long time. I watched a lot of movies or went out to eat. For example, we watched the Disney movie, “Element”. It was very inspiring movie so I cried with my friendship partner. We also watched the Disney movie, “Coco”. My partner recommended this movie and I've never watched it so we watched it. We cried again. It was impressive memories. It was also my fun memories that we were eating high calorie nuggets and hamburgers while we were watching movies. Then, I went out to eat after my friendship partner's club practice. We went to “Rising Cane's”. I ate big sandwiches. In sandwiches, there were three big chickens. I couldn't eat all. After we go out “Rising Cane's”, we sang loudly in partner's car. We danced in our room too with music playing. It was very excited. I could enjoy a totally extraordinary experience. We went bowling too. I was worried about whether I could do it properly, but partners got excited, I could have a great time. My partners belong to volleyball team so I watched they are playing volleyball. We communicate a lot while spending the same time with them.

We sang karaoke with Elms's students. We sang many kinds of songs. For example, Taylor Swift, Hideki Saijyo, and Creepy Nuts. We selected famous songs in America too. Some Elms's students were singing Pokemon's song.

We also went to hospital too (Baystate Medical Center). We visited to obstetrics and gynecology, food and nutrition department, rest room for staff and patients and so on. We went to shopping to the mall too. Elms's students taught us many shops and bought many souvenirs.

We went to Northampton too. There were many shops lined up on the side of the main street. We went to many general stores, and bought a lot of souvenirs. Also, we went to the botanic garden of Smith collage. Despite of Smith collage is public universities, the ground was very spacious. Of course, botanic garden is so big. Many plants were planted there. It was so beautiful.

One friendship partner night, we went to trampoline facility. Elms's students took us there and played together.

We could be able to spend a wonderful two weeks in my life.

2. Learning and notice

It has many different things between America and Japan. I have things that I found differences.

First, workers in America look freely. In Japan, workers do just decided tasks but American were using smartphone. When they don't have any work, they were relaxing. I think this is big

differences.

Second, American leave food uneaten. I was surprised about it. When I have lunch or dinner with Elms's students, they were leaving food a lot. I learned that this is also a one of manner in America. In contrast, it is bad manner trying to eat all foods if you are full. I could know about it on-site.

Third, how to greet someone. In Japan, we only say "Good morning." or "Hello." but they say "Good morning, how are you doing?" or "Hello, how are you feeling?" They ask about conversation partner's condition. Many friendship partners asked me "How was ○○ today?"

American communicate a lot with many people so there are differences in greeting too. In addition to this, I found that American talk with people a lot at the public places such as shopping mall, convenience store, restaurant, and so on. Japanese almost communicate when ordering or making payments, but American communicate at any time. They were talking casually. My friendship partner was talking a lot with donut shop's clerk so I was surprised.

Fourth, when we eat at a restaurant, we should pay tips. We pay tips 18~20 percent of the total. It seems like from the worker's point of view, paying in cash is preferable because the worker gets tips directly. There have no tip's cultures in Japan, so I felt fresh.

3. Others

To be honest, I was worried about talking with Elms' students or others well. Also, I had thought they only talk about necessary things. However, they talked to me a lot and taught me many American cultures, foods, trends and so on. They treated me very friendly. Their kindness broke my fear. I felt it the most is when I caught the cold. Before I found that I had had the flu, my friendship partner worried about me a lot. Furthermore, they said to me "If you have anything you want, send us a message anytime!" Also, they brought some foods, drinks, and cough drops for me. Not only my friendship partners, but also other's Elms's students worried about my physical condition. In the message card I received, there were a lot of worrying messages. Moreover, I couldn't participate in formal farewell dinner and pizza party. They brought some snacks served at that time to me. I was impressed their gentleness and their kind behavior or words really rescued me. I felt the world is connected even using language is differed.

Then, I want to express my gratitude to university of Kochi's teacher, Elms's teachers, and medical professionals. Because I caught a cold, many around people had to work for me. I feel so sorry in spite of you have a lot of work. I will never forget this kindness. I'll do my best I can help you or other people next.

Through this fieldwork for two weeks, I could experience a lot of new things. Also, I could know various American cultures. There were some surprising behaviors for Japanese, but I think it is important that accepting other cultures too. Not denying other's cultures, we should understand while valuing exchange with the outside people. In this program, I think this is the most important thing, and I could exchange each culture. I want to take part in international exchange program, and communicate with many people from various countries. I would like to

thank everyone who was involved in this program. Thank you.



Short-term exchange program at Elms Collage

(1) summary of our activities

We stayed in the Elms Collage dormitory with our friendship partner for about two weeks. On the first day, there was an orientation in the morning, and Japanese class and English class in the afternoon. In Japanese class, I taught Japanese pronunciation to Americans. In English class, we were divided into groups and walked around the university with friendship partner as a guide. And I watched a basketball game in the evening. The basketball game was in full swing. On the second day, we introduced Japanese culture like Kendama, Darumaotoshi, calligraphy and so on. They were very happy, and it was a valuable experience. I also took a nursing class. I learned about the history of nursing. In the afternoon, I took a class in English. I was nervous so I couldn't talk with our friendship partner. On the third day, I took a class on human behavior, and I learned various developmental stages. In the afternoon, I took a class in Japanese and English. In Japanese class, I taught the differences the Japanese. In English class, I learned the American culture. And, in the evening, I experienced an American holiday event like Easter, Halloween, Christmas. In Easter, we searched for Easter eggs. In Halloween, we painted their faces and dressed up Halloween costume. In Christmas, I decorated the Christmas tree. On the fourth day, I watched a movie in the morning. The movie was interesting. Then, in the afternoon, I took a class in English about different hospital between America and Japan. On the fifth day, we went shopping with our friendship partner. On the 6th day, we made Japanese food like Udon, Okonomiyaki, Nikujaga and so on. They were very glad. On the 7th day, we visited the Museum. On the 8th day, we visited the Baystate Medical Center. I learned the American medical care. In the afternoon, I took a class in Japanese and English. I learned different school between America and Japan. On the 9th day, we visited the Bowe Elementary school. I learned about the school system. In the afternoon, we took an ESL Grad student's English class, and we draw a portrait of myself. On the 10th day, I took a yoga class in the morning, and we visited the Polish Center. I learned about the lives of people who have difficulty living independently, such as immigrant. On the 11th day, we visited the Providence Ministries in the morning. I learned about Portuguese immigrant. And, we had a pizza party with our friendship partner in the evening.

(2)I learned and realized during the training

I experienced the short-term study abroad; I learned that America is a free country. For this reason, when I took nursing class, everyone answered the teacher's questions freely. And, when students didn't understand something, they immediately asked questions and shared their ideas with the whole class. But in Japan, students tend to look down their eyes when picked by a teacher. And there is a raise your hands system. I thought that American education system, better results would come from students being free to express their thoughts rather than just responding to a question posed by the teacher.

I also felt that the relationship between students and teachers was close. In Japan, there is honorific, and I always use it older than me. But in America, there is no honorific, so I felt the closeness between people and people.

I visited Bowe elementary school and learned a lot of different things. First, there are two teachers per class. I thought that this would allow another teacher to cover for weak subjects and work more efficiently. Second, I learned about diversity. For this reason, many students come to American schools from many different countries. In Japanese school, people from other countries are considered rare and there is a tend to keep a distance when speaking with them. But American school, there are people of many different races and there is a lot of talking, so I thought there would be a lot of interactions with people. Elm's college exists many people from different countries. I learned that most people are not born in the United States. And I learned that American school are no rules in school. For example, there are no uniforms and strict rules. In Japan, there are strict rules. For example, I must cut my bangs. So, I thought American is free country.

When I visited the hospital, I learned that a variety of people work there like pregnant woman and having children. And there is a relaxing space for nursing staff, equipped with aromatherapy and massage machines. In Japan, it is said that it is difficult for pregnant woman and having children to return to work. So, I thought that working styles in America are diverse and they consider not only to patients but also to nurses.

American holiday event, I learned different culture between American and Japan. For example, on Halloween, children visit other houses to receive snacks and candy. In Japan, young people have shallow relationships with local people, so I thought events are held individually. And, Halloween is popular in Tokyo, I thought there were local differences. After I experienced American culture, I thought that American people are important culture, and it strengthens people with the local community.

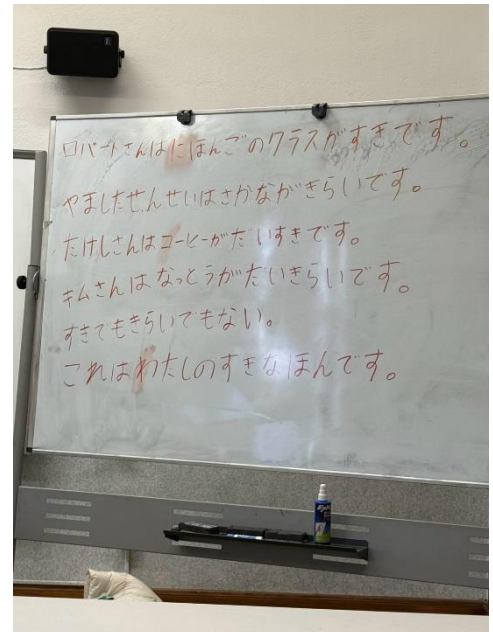
I learned that it is difficult to tell other people. For example, when I took Japanese class with friendship partner, I was asked why the kanji are pronounced this and I had a really hard time. It is no wonder I read kanji, so it is difficult for me to tell. I also felt it is difficult to communicate in English with other people. For example, I misheard ramen and lemon. I read in Japanese, so I made mistake like this, and it was difficult to communicate.

I learned that there are immigrants and refugees in America. And I learned the government provides them with a place to live and food, and many people donate clothes. When I saw this, I felt that it was similar to the livelihood protection law and Japan isn't kinder than America's system.

When I went to Elms college, I felt that it was more diverse than Japanese university. For example, press the button and open the door automatically for people in wheelchair. And there was a toilet that could use by both men and woman, so I thought it was becoming diversity.

(3) The others

I think it is important to try. I couldn't speak English fluently for two weeks, but I have new goal and changed my idea. So, if you are interested in foreign countries, you should try it.



Short-term exchange program at Elms College

1) Summary of Activities

Our schedule is to leave Japan on February 23 and return on March 10. We studied American culture and other topics at Elms College in Massachusetts, U.S.A. We stayed with Elms College students called “Friendship Partners (FP)” during we were in Elms College. 2 to 4 FP per student supported our lives. We lived in the same room in the dormitory with our FP, and in our free time, our FP took us to nearby commercial facilities by their cars. For example, supermarkets and sports facilities where trampolines could be experienced. Many programs were offered in school life. In English Class, we learned about American culture and how it differs from Japanese culture through exchanging opinions with FP in English. In the Japanese Class, we provided support for students learning about the Japanese language. To learn about American society and culture, we sometimes visited off-campus facilities for field trips. One of the places we visited was a hospital. For the last two days, we said goodbye to FP and traveled by bus to Boston for free training. During our free training we visited the Massachusetts Institute of Technology and Quincy Market.

2) What I learned and realized in the U.S.

In this paragraph, I will describe two things I felt during the training.

The first is that Japanese culture is well-loved in the United States. Some of the FP who supported us during the program were studying Japanese, and some had visited Japan. I think one of the reasons they became FP was that they could talk with us, Japanese people, and learn more about Japan. However, there were other reasons to feel that Japanese culture is popular in the U.S. In the Holyoke Mall, there were several stores selling Japanese anime goods and Japanese snacks. In addition, there are many restaurants in the city where you can eat sushi, which is Japanese food, and we were able to eat sushi and miso soup in the United States. From these points, we felt that Japanese culture is popular among Americans. The first is that Japanese culture is well-loved in the United States. Some of the FP who supported us during the program were studying Japanese, and some had visited Japan. I think one of the reasons they became FPs was that they could talk with us, Japanese people, and learn more about Japan. However, there were other reasons to feel that Japanese culture is popular in the U.S. In the Holyoke Mall, there were several stores selling Japanese anime goods and Japanese snacks. In addition, there are many restaurants in the city where you can eat sushi, which is Japanese food, and we were able to eat sushi and miso soup in the United States. From these points, we felt that Japanese culture is popular among Americans. Today, many foreigners visit Japan, and we see more and more foreigners in Kochi Prefecture. I thought that Japan's tourism is supported by foreigners who love Japan.

Second, Americans are honest in a positive sense. Japanese people are often too sensitive to say no clearly when they don't like something, but Americans clearly say "No" when they don't want to do something. I felt that this was not only because they have a will of their own, but also because it shows the American character, which has a clear understanding of what they should do first. I would like to learn from the actions of Americans who are able to think about the order of their own priorities and switch between them, such as clearly refusing invitations to play when they play and study when they study.

Through the training, I felt that what is important in communication is the desire to tell. I had thought that accurate pronunciation and grammar were important in English communication, but when I went to the U.S. and had a conversation there, I was overwhelmed by the speed of native speakers and had no time to think about pronunciation and grammar. My English was poor, and I'm sure my grammar was a bit of a mess, but the FP didn't care and tried to listen to me. Also, when I listened to FP's talking, if I did not understand their talking, they spoke slowly and paraphrased to make it easier to understand. Of course, it is good to have good English skills, but even if you do not have enough English skills to feel satisfied, I felt that it is important to have the desire to communicate and understand. I believe that what is important in communication is not only in English but is common all over the world. I would like to apply what I have learned in the U.S. not only to what I have learned, but also to what I will do in the future.

3)Other

I have two pieces of advice that I would like to pass on to students who will participate in this program in the next year and beyond.

The first is not to be confident in one's physical condition. The climate in the United States is very different from Japan. For example, it is drier, and the temperature is different between indoors and outdoors. Also, the program starts the day after arrival, which requires a lot of physical strength. You should not be too confident about your physical condition. I would recommend that you bring more medicine and drop for throat and act against dryness, just in case.

Next, how to study English in advance. We are learning to listen in our English classes. But there was slang in the native's conversation that we would not learn in class. In other words, even if you score high in school, if you are arrogant about being perfect, you will not be able to keep up with the conversation. I recommend speaking with actual native speakers to learn English. If this is not possible, watching movies or dramas at home is also a good way to study.

I was the only freshman member of the participating members. So, I was very nervous about

whether I would be able to spend two weeks in the U.S. with these buddies. However, the participating members, FP, and teachers cared about me and treated me without creating barriers, which allowed me to have a wonderful time. The time I spent in the U.S. made me grow up and is a treasure I can never forget. I would like to make use of what I have learned this time in my future life in Japan and make efforts to reach a higher level. I want to tell gratitude to everyone who relate this program. Thank you so much!

4) Photos during stay



Short-term exchange program at Elms College

1) Overview of activities

This program ran from February 23 to March 10. In this program, I was able to experience different cultures, landscapes, and people. In Elms college, we took English class Monday to Friday and Japanese language class twice a week. And, we have studied various American culture. We went to American holidays Event related to Christmas, Halloween, and Easter. In this event, I learned how to celebrate that event in America, and I was able to learn difference America and Japan. In addition, we visited Springfield Museums about popular American picture book authors, Medical Center, Elementary school, Polish Center, and Providence Ministries.

In this program, not only learning various culture, but also teaching Japanese culture.

We helped Japanese Celebration. We separated 3 group and, we teach Japanese cultures which are manga, origami, Shuji, and many kinds of Classical Japanese Toys. I was charge of Shuji. In this booth, we changed each name to Kanji and did Shuji. When we gave them Shuji and described those Kanji's meaning, many students and teachers listened attentively. Another day, we cooked Japanese food at Jovce-sensei's house. I cooked Okonomiyaki. In America, they do not use pork belly. So, we had to cut those pork belly block into thin slices. It was very hard, and we learned about culture differences. In the end, Japanese students cooked Japanese foods which are Okonomiyaki, Nikujaga, Udom, and Yakisoba.

We took Japanese classes too. In this class, we paired up with someone which is student taking Japanese classes at Elms college. We taught students Japanese grammar and practiced Japanese pronunciation together. We practiced past sentences and negative sentences in the conjugation pattern of na-adjectives. I feel it was so hard for me to experience Japanese language in English. In addition, I taught Japanese culture, history, and holiday. Many students who take Japanese classes are interested in Japanese anime. When I took part in Karaoke, some students sing Japanese anime song in English and Japanese.

Also, we watched Basketball Game and Volleyball Game in college's gym. The state of Massachusetts where Elms College is located is famous as the birthplace of Basketball. So, we could watch exciting games and cheered for Elms College'team. Not only Basketball games but also Volleyball Games are exciting games too. We got to see the games from a very close distance.

2) Realizations and learning things in this program

Through this program, I learned some difference between America and Japan.

First, many American students try to get to know the other person and more introduce themselves than Japanese. When I went to Elms College in first, my friendship partner gave some questions, like "Do you have pet?", "Have you ever do sports?". I feel Friendship partners are interested in

me and they tell me themselves too. Also, I felt teachers and students are closer than Japan. When teachers ask students like “what did you do last night?”, they answered freely. I think students in Japan would react very differently. There are many answers and questions in classes and teachers answer each one of them. I think including me many students in Japan avoid talking about their opinions or asking questions in front of a large audience. When I visited Bowe Elementary School, some students were talking freely about their opinions. But others were too shy to speak up for their opinions. Whereupon teachers continued to ask students. I felt it is one of the educations to easily talk for students. I think these educations made students increase their speaking skills in public.

Second, there are many kinds of culture and respect each other. The United States is made up of many immigrants and many different cultures and languages exist together. Before I thought about that, but I was surprised, and I think I had many opportunities to realize that The US is multiculturalism. In Elms college, there are students who from abroad and their mother language is not English. One of the students tell me about how to study English. When she was child, she learned her schoolwork in English. So, she can speak 2 languages. These examples are not uncommon. When I went to Bowe Elementary school, there was a lot of ingenuity for students who are from abroad. In Gem, there was board. This board was drawing some illustrations and words. Even if student can't speak English, students can point to the illustration which they want to do. This board makes their communication.

Final, I felt there were more homeless than Japan. I went to Providence Ministries where social welfare services are provided. Massachusetts provides a place for homeless to sleep because temperatures drop below freezing in the winter. Providence Ministers provide not only places to sleep but also clothes, food, and places to learn to work. Also, when we went to Northampton, there were homeless people asking for money and food. Friendship partners taught me “You must not make eye contact with them.” It was a important lesson to protect myself. And they also taught me that “If you want to help them, you should give them food. If you give money, they could spend money on drugs.” I was surprised that it was a familiar issue for them, as I had never thought about drugs in my life. These experiences gave me a new set of values.

3) Pictures

