



OCA Report 2019

Off Campus Activities under MRA Foundation



Having Fun • Making Friends • International Exchange

Contents

P.3



P.7



P.9



P.12



P.15



P.19



P.21



What We Want to Do! Action Goals	2
Asian Beat Project	3
Participation in Up with People	7
Onigiri Friends Project	9
Thai Students Japan Study Program	12
Northern Thailand Tour Project	15
Northern Thailand Orphanage Support Project	19
School Project	21
The New MRA House	22
OCA Management Policy	23

What We Want to Do!

Action Goals

1) What are MRA and OCA?

MRA is an acronym for Moral Re-Armament. Following World War I, Dr. Frank Buchman advocated for the establishment of a peace movement known as the Oxford Group. After World War II, a "World Conference" was held at Caux, Switzerland to facilitate the "Reconciliation of Germany and France" and unity among Asian nations, including Japan. The goal of the group was not to advocate for the military re-armament during the Cold War, but to re-arm the world with morality. This is the starting point of MRA activities.

Later, MRA expanded its activities in the United States to include an educational foundation called "Up with People," whose goal was to educate youth through performing musical shows throughout the world. In Japan, the "MRA House" was founded to support projects that promoted international understanding and to develop international leaders.

OCA, an acronym for Off Campus Activities, was created under the auspices of the MRA Foundation in 1971 with the goal of promoting international exchange and student exchanges in Asia. The program began with Japanese university students visiting their counterparts in Southeast Asia, and has continued for close to 50 years conducting international exchange activities among young people in Southeast Asia, Korea and Taiwan.

2) What is Our Purpose?

We would like to share the following ideas and ways of life with others through the international exchange program:

- ① Make close friends throughout the world and think of the world as our home.
- ② Expand our views about world events and voice our opinions.
- ③ Listen attentively to our hearts and follow our own voices in honest ways.
- ④ Recognize that each person is different, accept diverse values, and love people as they are.
- ⑤ Care and think about people's feelings
- ⑥ Think about what is right rather than who is right.
- ⑦ Always think of others and ways to help society.

We want to embrace these ideas as we interact with others, enjoy daily life, and live our lives.

3) What are Our Programs?

OCA runs the following programs in cooperation with "Common Beat," a group that endeavors to create a society that recognizes diverse values and fosters the development of individuality through activities based on personal expressions:

① Asian Beat Project

This is an international exchange program rooted in

song and dance. Every year, members from Japan, Taiwan, and Korea create a show and perform at universities and orphanages in Asian countries. We are able to foster friendship by creating performances and traveling together.

② Thai Students Japan Study Program

Under this program, students from Chulalongkorn University, Chiang Mai University, and Mae Fah Luang University in Thailand come to Japan to interact with Japanese university students, and also stay with Japanese host families. Japanese and Thai students who meet through this program participate in the Northern Thailand Tour Project together.

③ Northern Thailand Tour Project

Japanese and Thai students visit Chiang Mai University, Mae Fah Luang University, and orphanages to learn about the current situation in northern Thailand.

④ Northern Thailand Orphanage Support

We support an orphanage for the hill tribe in Chiang Rai which is run by Mae Kok Foundation, and Ban Rom Sai Orphanage for HIV-infected children in Chiang Mai. In addition to sending donations, we participate in annual volunteer activities.

⑤ Up with People Participation Support

Every year we help two young people participate in the Up with People program.

⑥ Onigiri Friends Project

Overseas alumni of Up with People visit Japan to experience the country by staying with Japanese host families.

⑦ School Project

We provide a school program, "World Dance Classroom," and visit elementary schools all over Japan to enhance interest in the world and understanding of diversity among youth. In 2019, we visited 43 schools.

4) How to Join Us?

Please join us if you agree with the purpose of our programs. The activity schedule and application requirements will be posted on the following MRA Foundation and Common Beat.

MRA Foundation

<https://www.mrafoundation.or.jp/>

Common Beat

<https://commonbeat.org/>

Asian Beat Project 2019

Asian Beat Project Thai Exchange Tour

October 26~November 4



The last full show. Our best performance after working hard and overcoming struggles!

Yuka Shimabayashi



My name is Yuka Shimabayashi, a staff member of the Asian Beat Project. I had another wonderful experience this year with friends from other countries. Here is my report!

<Summary of Our Project>

■Schedule

Summer camp: September 7th (Sat) to 8th (Sun) - 1 night 2 days
Main tour: October 26th (Sat) - November 4th (Mon) - 10 days

■Location

Summer camp: Tokyo Main tour: Thailand

■Participants

Summer camp: 7 Japanese, 7 Taiwanese, 2 Koreans, 4 OCA staff, 20 people in total

Thai tour: 11 Japanese, 2 Koreans, 4 OCA staffs, 17 people in total

Not Understanding Each Other's Languages is Fun

1 night and 2-day summer camp. The cast members from Taiwan, South Korea, and all over Japan met for the first time. Since half of the members only spoke their native languages, it was difficult for them to introduce themselves and share their feelings about the tour. But everyone tried their best to communicate and this helped create and strengthen a sense of fellowship. Unfortunately, members from Taiwan were not able to participate in the Thai tour, but we kept in touch after the summer camp, shared photos and maintained our connection.



Our "Make The Wave." What wonderful waves can be created!

The Beginning of the Great Thai Tour

The 10-day tour to Thailand included many new members. Our goal was to recognize each other's diverse values and build friendships through song, dance and play. We spent invaluable time interacting with the local people, but cast members also got to know each other by spending a lot of time together and expressing our emotions openly. The members represented different ages and backgrounds, and we learned important lessons, finding ways to communicate and laugh even though we were not able to speak in the same language.

Crossing the Laos and Myanmar Borders

We crossed the Laos border by boat. The "Golden Triangle" where the three countries meet was an area for drug trafficking in the past but is now crowded with tourists. When we walked across the Myanmar border, some members felt a change in the air and atmosphere, and some felt fear. Crossing national borders was a new experience for members from Japan, which is an island nation. We had valuable conversations about the border with cast members from Korea.

Thai Cultural Experience

During the middle of our tour, we experienced a Thai "meditation dance." The dance took place in a serene facility just outside the city of Chiang Mai. We experienced stillness and movement throughout our bodies from a Thai instructor. Members voiced appreciation for having the time to refresh themselves during the busy tour schedule. We were also able to connect with people from the Philippines and Israel who participated in the



Even if we can't see the road ahead, everything in nature will change. What can we do?

meditation dance. Thailand is known for its beautiful nature and wildlife. In Chiang Rai, we enjoyed interacting with elephants and doing "radio physical exercises" in the mornings along the river.

Interacting with Children through Singing and Dancing

We visited two orphanages, Ban Rom Sai in Chiang Mai and Mae Kok in Chiang Rai. Although our stay at Ban Rom Sai was short, we toured the facility and learned about their operation. It was a time to think about what kind of support we can provide in the future. When we interacted with the children, they demonstrated their dance saying "Watch our dance!" The children held our hands and hugged us until we parted. It was difficult to say goodbye to them. We stayed at Mae Kok Foundation in Chiang Rai for 3 days and enjoyed playing games and floating lanterns on the river. The cast members thought about ways to interact with the children; it was impressive that they were smiling and interacting with the village people.



① Thai food! "Sweet, sour, and spicy." Warm hospitality at Mae Kok Foundation ② At the border of Myanmar, Laos, and Thailand. Appreciating being born in this era. ③ OSHO meditation" dance. Facing ourselves, sometimes intensely and quietly. ④ The world we only knew through pictures is warm and gentle. So grateful!



Performance at the University

It is not easy to create a 45-minute original show in a very short period. Our time was limited to the summer camp, rehearsal camp, and free time during the tours. On the second day of the tour, we performed at Chiang Mai University, and group members did not have much confidence because we hadn't established good teamwork yet. But while singing a song in Thai, Korean, and Taiwanese, we saw some students crying. At the end of the performance, the audience got excited and everyone climbed up onto the stage to join the last dance. During the rehearsal before the final performance at Mae

Fah Luang University, we thought about what we needed to do to so that the audience would enjoy our show. As a result, each cast member performed with energy and confidence. We needed to share each other's feelings to perform and become one team. The classroom, with a capacity of 400 seats, was filled with students and they participated in the performance. Some students came dressed for Halloween. At the dinner party following the show, some cast members who had not been comfortable speaking English became actively engaged, and there was excitement at every table. This would have been impossible to imagine during the first half of the tour.



We are all friends if you join to sing and dance together! It is awesome that we can laugh together even if we do not understand each other's languages.

Twice as many students came! (LOL) Khup kun ka!

2020 Asian Beat Project

Our next trip will be Indonesia! Nine days, from November 21st (Sat) to 29th (Sun)!

Our next trip will be Indonesia! Nine days, from November 21st (Sat) to 29th (Sun)! We will be scheduling hands-on orientation sessions in various locations throughout Japan and other Asian countries in order to recruit cast members. If you are interested, please join us. The group is limited to 40 people. Join us in experiencing our cultural exchange tour through songs and dance! Please go to the OCA website or the Common Beat website for further information.



When you point the camera, so many people are there! It is a country where people tend to be shy but friendly, making us want to visit again.

Asian Beat Project 2019 Participants

Japan(11)



Sam
斎藤 雄介
Gunma



Mickey
池崎 みゆき
Kagoshima



Rappi
中田 剛史
Tokyo



Afo
穂山 由佳
Osaka



Kazuma
上田 一真
Tokyo



Seiga
菊地 星雅
Akita



Rimi
斎藤 理美
Osaka



Nari
藪 咲英
Osaka/Nagoya



Usagi
宇佐美 誠
Gunma



Tsubame
久保 綾乃
Osaka



Hikaringo
松村 ひかり
Osaka

Korea(2)



Wong san
이원규
Lee Wongyu

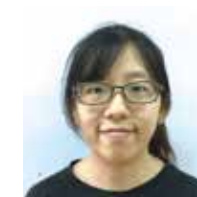


Juhong
김주홍
Kim Juhong

Taiwan(7)



Eric
杜哲旭
DU, ZHE-XU

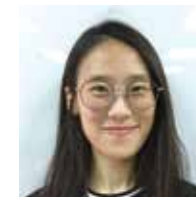


Lily
何安雯
HE, AN-WEN



Una
吳悠悠
WU, YU-YU

Taiwan(7)



Betty
吳珮仔
WU, PEI-YU



Lisa
何安淳
HE, AN-CHUN



Sharon
薛嘉萱
HSUEH, CHIA-HSUAN



Abi
林宣妤
LIN, XUAN-JIN

Staff Member(4)



Takahashi san
高橋 信幸
Chiba



Ted san
我妻 宣忠
kanagawa



Moppi
三矢 楓
Kyoto



Yukachin
島林 由香
Fukuoka

Participation in Up with People

What is Up with People?

Up with People is an educational program that educates young people to be world citizens who are able to play an active role in the international community. About 100 cast members from nearly 20 countries around the world gather to perform, stay with local families, and volunteer for 5 months while traveling through the world. OCA provides support for those who want to participate in the Up with People program.

Riko Kimura



One of my motivations for participating in the tour was to find out if "music can enhance people's happiness." To answer this question, I interned as a sound engineer. This is because sound engineers are able to observe both the audience as well as the stage objectively. Interns can study public relations, business management, and dance by working with the staff who support the program.

The sound engineer installs and operates the audio equipment in the venue. I wondered if it was possible to adjust the sound for everyone so that it wasn't too loud or too quiet for some audience



members. I was able to adjust the sound using an application which regulates the sound according to the size of the venue, as well as the direction and height of the speaker system. There are various ways to operate the audio equipment. I was once asked to operate it for an acapella performance and learned about the meticulous work that is involved and how minor changes in volume and sound quality affect the way the singers perform.

This internship taught me that detailed work involving sound equipment can improve the happiness of the performer and audience. The tour also made me realize that not only music, but cultural exchanges can go beyond words in connecting people.



Kaede Mitsuya



I participated in the 2019 Cast A. I love dancing and traveling around the world and decided that I wanted to join when I found out about this program. After four long years, my dream finally came true. I spent a rich and intense four and a half months travelling, studying, meeting new people and performing. Jumping into the world of different languages and cultures, I was a bit nervous at the beginning and experienced emotional turmoil. This is why I was happy with my own growth



and sense of accomplishment when I completed the show and workshop. I was also moved by the kindness that I received from people.

The joy of meeting people and expressing myself through dancing – something I had always been interested in – exceeded my expectations. But, what influenced me the most were the many educational components such as community action and workshops. I was most affected by a workshop called "hunger simulation" involving 100 cast members, simulating world hunger. We gathered together in a room where 20 people ate a full course meal, 30 people ate one plate of beans and rice and a glass of water, and the remaining 50 shared 2 liters of water and two plates of beans among themselves. At the end, the leftover meals of the 20 wealthy people were thrown away in front of everyone. Intellectually, I knew that was a lot of food waste and that many people suffered from hunger in the world, but I will never forget the shock I felt when I participated in the simulation. I experienced a real sense of world hunger by being with the diverse cast members and engaging in dialogue with them. The world became more personal and I am more aware of my actions as a Global Citizen. Until this experience, I liked the world, but I did not feel personally involved. Now that I have friends and family throughout the world, I feel connected to all the events that are occurring throughout the world.

Because of the program, I began to think about what I can do for the world, believing in my own power no matter how weak it may be, and I feel that I have gained the ability to express my opinion and feelings, as well as the power to actualize my ideas. I am now in charge of planning and managing international exchange programs such as Asian Beat. In this position, I am able to support others who want to experience the world, and I am grateful for the opportunity to use my experiences. I hope to think of the world as a part of myself and act as a bridge to help people grow as they connect with the world.

World ONIGIRI Friends Project 2019

Onigiri Friends Project

July 17~31



Farewell party in Gunma! Even though our nationalities, ages, and languages were different, we got to know each other in a week!

Yuka Shimabayashi



I am Yuka Shimabayashi, the leader of the World ONIGIRI Friends Project. This year marked the third year of this project. I would like to introduce our activities, thoughts, and impressions of the participants!

<Summary of the Project>

- Period: July 17 (Wed) -31 (Wed) 2 weeks
- *During the period, we home-stayed with Japanese families
- Location: Tokyo, Nakatsugawa (Gifu), Gunma
- Participants: 15 people, 6 countries (US, Korea, Belgium, Germany, China, Japan)

It is important that the “program is created by everyone”

Initially, we focused on activities such as team building to convey the importance of being proactive rather than being passive. I spent time explaining the origins of the program, why this program has continued, and my appreciation for the people who have supported the program. Most of the cast members

are graduates of Up with People, and many were aware of the importance of communicating with others. Even if we couldn't understand each other's language, the participants enjoyed their stay with their Japanese host families, and many commented that "Hospitality (Omotenashi) is amazing!" Although our stay in Tokyo was short, the three-day experience was filled with Japanese culture, such as visiting Kokugakuin University to get a chance to experience Shinto and traditional Japanese dance.

6-day Stay in Nakatsugawa

The real pleasure of this project is being able to experience both urban and rural surroundings. Nakatsugawa is a town rich in nature, and we were blessed with the opportunity to perform at a Kabukiza called Tokiwaza, an important cultural property and historical theater. We had an opportunity to meet local people and children. Our performance was also a good opportunity for local people to visit the Tokiwaza theater and for the children to get in touch with traditional culture.

The Mixing of Diverse Cultural Values

In the process of creating a performance from scratch, we set aside time to think deeply about the message that we wanted to convey to the Japanese people. There were opinions such as, "I know that people are so busy that they do not have time to spend with their families. I want to ask people what is important to them." An important moment in preparing for the program was when the

cast members emerged, saying, "I want more children to dream of traveling." "I want to tell the children who live in a small world that it's up to them to expand their world." Some cast members were good at singing and dancing, and some were not. Each year, the performance is different because it depends on the skills of each of the cast members. I enjoy getting to know how each member has unique skills, and different individualities and values. We can never predict what kind of performance we will end up creating. However, this "creation process" is important, because it strengthens the unity of the team and embodies the fact that we can understand each other even if we don't speak the same language

Interaction with Brazilian High School Students

Many Brazilians live in Ota City, Gunma Prefecture. Some Brazilian high school students do not understand Japanese. We did an activity called "Take A Stand" and asked them to look at the world from a broad perspective, asking themselves why they are in Japan and whether they can change the world. Cast members and high school students had a great time dancing, miming, and thinking and laughing together.

An Inspired Goodbye Party

Member's host families and Common Beat gathered for a final party in Gunma with a total of 60 people. Before the party, we made rice balls. Even though the same ingredients were used, we compared the rice balls because each one tasted different. We enjoyed a pleasant meal, cast members played with children, and we performed the final show. It was the most memorable performance we have ever had. People who watched said, "The performance brings peace." "I was really moved, and it was good

to be involved." "I was impressed that the young people worked so hard." "Singing and transcending words are great." Such warm feedback made me feel so glad for having continued this project.

Cast Comments

- I used to love learning about new cultures, but I loved it more with this project! I had a really great experience, so I hope more people will join. I think this program is valuable in terms of connecting cultures, countries and people. (Marius Germany)
- By participating in this project, I was able to reaffirm the meaning of traveling in different cultures and meeting new people. That's because I've turned off the internet for the past two weeks and valued the time I faced myself and the person in front of me. I learned the importance of living simply. (Tyleno, America)

Host Family Comments

- I learned that it is important to just accept differences among other people, even if the culture and language are different. I was able to talk about politics, religion, and family relationship that I hadn't been able to talk about before. I was able to convey my thoughts and listen to others. I was impressed with the idea of world peace, which is embraced by the Onigiri Friends Project. Also, the show was so great! (Mr. Imai, Gunma)
- Even if I didn't understand the words, we were able to communicate with each other in various ways, and now when I look at foreigners, it makes me want to talk to them. It was less than a week for both children and adults, but I can say that the days were full of great progress in my life. (Mr. Kubota, Gunma)

①Collaborating in nature, cutting bamboo for "flowing somen," and mowing grass!! ②Many "first experiences" in life! Enjoying Japanese food with the host family. ③Creating a performance that only we can do? Starting to get to know each other! ④Game in 3 languages! It took 3 times longer than usual, but 3 times more interesting than usual!!



Future Plans

I started this project because I had participated with Up with People and was really happy to have spent time with host families and make friends with castmates all over the world. I wanted people to be able to experience the same in Japan. A lot of heart-to-heart exchanges take place

in the two weeks – something that cannot be experienced during regular travels. I hope that this project will continue to provide opportunities for people to meet each other and add interesting spices to their lives. If you are reading this, it's your turn now. Please invite cast members to your local community. Let's create a wonderful program together!



A heartfelt performance that comes from the joys of understanding differences. This is where world peace begins.

Participants of the Onigiri Friends Project, Up with People year of participation

Cast



Danielle
United States
B18 & A19

Cast



GG
Belgium
B16

Cast



Santa
United States
AB17&B18& A19

Cast



Tylen
United States
B18 & A19

Cast



Marius
Germany
B16

Cast



JiaYu
China
B18

Cast



Goun
South Korea

Cast



MK
United States
B15 & A16

Cast



Michael
United States
B17

Cast



Liam
United States
B18 & A19

Cast



Erika
United States

Staff



Yuka
Project Leader
A&B16

Staff



Poco
gunma Cordinater
A14

Staff



Yuki
Nakatsugawa Cordinater
B18

Staff



Sae
Film Crew
B17

May

Thai Students Japan Study Program Thai

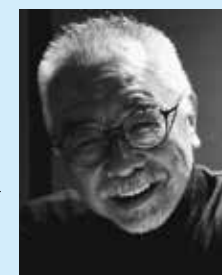
Chulalongkorn University, Thailand

May 22~31



Visit Osaka Castle

Koji Okumura



This year, 12 students and one professor from Chulalongkorn University participated in the 10-day study program that took place from May 22nd to the 31st. The goal of this program was to deepen understanding of Japanese culture and life through exchanges between Thai students and Japanese university students. The group visited Kwansei Gakuin University in Hyogo and Osaka University in Osaka, experienced homestay in Nakatsugawa, Nagoya, and visited Chuo University, Saitama University in Tokyo. About 85 Japanese participated in the program.

■ May 22

This year, we held an exchange with Kwansei Gakuin University for the first time. Professor Kurita of the Faculty of Economics and 17 students from his seminar welcomed the group and took them on a field trip in the community. Thailand has the same aging problem as in Japan, and we visited a geriatric facility which employs the latest elder care technology. We also visited the Nishinari area, a low-income neighborhood that is home to people who were left behind by Japan's rapid economic growth. During dinner at an Izakaya (tavern), the students reported their experiences of walking in pairs and projected photos of their time together. Some students couldn't talk because they became tearful and emotional. It was a great opportunity for students to interact in an open atmosphere.

■ May 23

We visited to Osaka University and received a special lecture on "Globalization and Economic Development" from Associate Professor Kato of the Faculty of Economics. After that, we visited Osaka Castle with students from Osaka University. In the evening, we had a social event at a "kaitenzushi" a restaurant where sushi is served on a revolving conveyor belt.

With Kwansei Gakuin University students





■ May 24

We walked through the streets of the historical town of Tsumago along the Nakasendo highway where the Edo period town has been preserved. We were guided by Mr. and Mrs. Okada and Mr. and Mrs. Mori, who arrange host families every year. At night, we stayed at a "guest house" which was designed by local high school students and enjoyed a BBQ party with people from the local community. Thai students cooked their national food with Thai flavors and ingredients purchased in Osaka.

■ May 25

A welcome party was organized by host families who have been taking care of Thai students every year. The families brought home-made food for the party, which was held in the garden of Mori-san's home. Twelve host families and their children met the Thai students and then took them home with them. The students, although initially nervous in the beginning, truly enjoyed their experience of living with Japanese families.

■ May 28

The group visited Chuo University and were welcomed by Professor Komoriya of the Faculty of Economics and students in his seminar. Professor Komoriya is new to our program this year. After receiving a lecture from Associate Professor Matsuura of the Faculty of Economics, the Chulalongkorn University students also gave a presentation on life in Thailand. The students presented information by simulating a game

using software on their mobile phones.

■ May 29

In the morning, the group paid a courtesy visit to the Thai Embassy in Japan. Ambassador Bansarn Bunnag welcomed the group at the door and talked about the strong connection between Thailand and Japan for an hour and a half. Students from Chulalongkorn, Chuo and Saitama universities participated in this event. In the afternoon, the group visited "teamLab Borderless" in Odaiba which has been attracting worldwide attention.

■ May 30

The group visited Saitama University. The Japanese students gave an introduction to student life in Japan, and the Thai students introduced life in Thailand simulating a game using mobile software. After that the Saitama university students guided the group through the historical town of Kawagoe from the Edo period. At night, a farewell party was held at an izakaya near the hotel, and everyone reflected and spoke about their experiences with the program.

■ May 31

The group returned to Thailand from Haneda in the morning. We are grateful to have had the opportunity to interact with faculty and students of Kwansei Gakuin University for the first time. We are also grateful for the families who hosted the students in Nakatsugawa.

Participants of Thai Student Japan Study Program



Professor Somboon

My students and I had valuable experiences on this OCA program. Although I have been in Japan several times, the program cannot be compared with my other visits. Thank you to the MRA Foundation, steering committee (Takahashi, Boo-chan, and Ted) and Faculty of Economics of the various universities that supported these activities.

Comments from Host Families

Mr. Tomotada Tate

Praew, who stayed with us, always had a smile. She made friends with our children and it felt as if we had a new family member. Although the homestay was only 2 nights, it was a valuable experience for our family. Hosting a homestay student had been a dream ever since I was young. The time spent cooking together and communicating with each other remains an irreplaceable memory. Although I did not understand Thai, we were able to communicate using the little amount of English that I had learned as a student along with gestures and facial expressions. It was a valuable experience for our children to communicate using a little English, gestures, and facial expressions. Our children are in the 4th and 1st grades, and it was a valuable opportunity for them to be exposed to another culture at their age. As a parent, I was happy to hear my children say that they want to go to Thailand someday to see Praew. Thank you for giving us such a valuable opportunity.

Mr. Masanobu Kanazawa

"No, no way!" was my son's initial reaction when I told him that I wanted to host a student. I told my son that it would be a good opportunity, but I was also a bit worried. Despite my concerns, Mindy turned out to be a very mature person and we had a wonderful time together. We took walks in nature, visited historical sites in our city, made Japanese and Thai food together, and taught each other about our cultures. By the time my son started to use English and express his joy, it was time to send Mindy off. We have a candle that Mindy gave us in our home. The greatest gift was the experience. Thank you very much.

Northern Thai Project

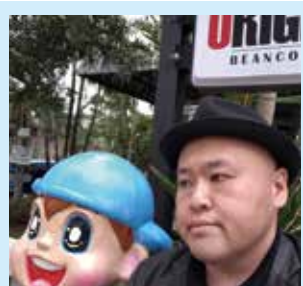
November 2~10

Japanese students and Thai students visit northern Thailand to learn about the local economy and interact with local people and university students



In front of the Faculty of Economics at Chulalongkorn University

Chuo University Faculty of Economics Associate Professor
Yoshimasa Komoriya



With the retirement of Professor Satoshi Hasegawa (now Emeritus Professor), my seminar students and I from Chuo University Faculty of Economics participated in the 2019 Northern Thailand Tour. I frequently visit Bangkok for work, but I had not visited other cities in Thailand for a long time. I thought I had visited Mae Fang Luang University (MFU) in the past, but I wasn't sure. (Later, I confirmed that I had visited MFU to conduct a field survey in March 2013).

Throughout this tour, students from my seminar and Saitama University students shared time with Chulalongkorn University (CU) students. MFU students in Chiang Rai and Chiang Mai University (CMU) students in Chiang Mai also spent time with us in Northern Thailand. I was very curious about what students from different countries would see and feel spending time in an environment that is not part of their daily lives. I am convinced



that even Thai students learned a lot through their interactions with our Japanese students, exchanging their ideas and sharing meals and attending parties together.

Students in my seminar are usually busy with their study groups during the school year and I was concerned about how they felt about the busy schedule that awaited them by participating in the Northern Thai Study Project. But I found that my worries had been unfounded. I was initially a bit frustrated by watching the Japanese students preferring to eat Japanese food instead of Thai food. But I was impressed with the way the students actively interacted with students from MFU, CMU, and CU. I was also able to see different sides of students that I am not able to see when I am on campus. Last but not least, I would like to express my deep gratitude to all the people who supported the Northern Thailand tour.

Seminar at the Chulalongkorn University



The 9-day tour from took place from November 2nd to the 10th. The project took place for the second time following last year. This year, a group of 8 students from Professor Komoriya's seminar at Chuo University Faculty of Economics were joined by 3 students from Professor Nagashima's seminar at Saitama University Faculty of Economics, 4 students from Chulalongkorn University and 2 OCA staff members. The group arrived in Bangkok on November 2nd and we visited Chulalongkorn University Faculty of Economics on November 4th. After Chuo University students presented their research, we attended a welcome party which was attended by Professor Warawet, Professor Sirima, and Professor Somboon of the Faculty of Economics at Chulalongkorn University. On November 5th our group headed to Chiang Rai in northern Thailand to visit Mae Fah Luang University where Professor Rapipong welcomed us. Saitama University students gave a presentation, and then 10 students from Mae Fah Luang University joined the group to visit the Mae Kok Foundation, an orphanage for children of the hill tribes. Professor Tobe, who was involved in the establishment of this facility, talked about

the lives of ethnic minorities and the Thai people in northern Thailand. After dinner we sang and danced with the children at the orphanage. After that, with the children we placed Thai lanterns decorated beautifully with flowers into the river. The lanterns had been made by Ms. Anuluk, who runs the orphanage. We also released "Khom Loy" lanterns into the night sky. The next day, everyone who spent the night together took three Jeep buses to visit the villages where the Akha tribe lives and rode elephants in the river. After lunch, we headed to the border town of Mae Sai and experienced a walk across the border. We crossed the border bridge over a small river and entered Myanmar. We took a "Tuk-Tuk" to visit the border city of Myanmar, then returned to Thailand and headed to the "Golden Triangle." The sun had fallen when we arrived, but Chulalongkorn University students boldly negotiated with officials and as the last guests we were able to enter an area along the Mekong River, which crosses across the three countries of Thailand, Laos and Myanmar. The sun had set on the hill overlooking the "Golden Triangle," and across the riverbank we could see the lights of Laos and Myanmar.



Mae Fah Luang University

November Northern Thai Project

Chuo University



SAYA
滝 早絢
Saaya Taki



REINA
織田 麗奈
Reina Oda



FUNA
阿波連 楓菜
Funa Aharen



NAMI
池内 波美
Nami Ikeuchi



RYU
高橋 龍司
Ryuji Takahashi



SHUNTA
松嶋 駿汰
Shunta Matusima



FUTA
伊東 風汰
Futa Ito



RYOSUKE
永井 綾祐
Ryosuke Nagai

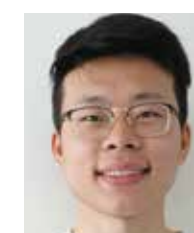


Professor
小森谷 徳純
Yoshimasa Komoriya

Saitama University



AKITAKA
佐藤 耀天
Akitaka Sato



WANG
王 家祥
Jiaxiang Wang



SHOGO
松田 章吾
Shogo Matsuda

Chulalongkorn University



Ingdin
Siradanai
Sintusai



Somm
Phichaporn
Suramanont



Fame
Yanaluck
Wongjinda



Mark
Tatsakorn
Ouwuttipong



Staff
Dear
Chongrak Thongsom



Staff
Puen
Prasit Ninsang



Riding elephants



Visiting a minority village



On the hill overlooking the Golden Triangle

We stayed at the "Imperial Golden Triangle Resort" and took a five and a half-hour bus ride from Mae Sai to Chiang Mai on November 7th. We visited Chiang Mai University in Chiang Mai. Dr. Nisit Panthamit gave lectures on "History and Economy of Thailand" and "Life of Bangkok and Local cities." After the seminar, six Chiang Mai university students joined us on a visit to "Ban Rom Sai," where children and orphans having been affected by HIV. We separated into Japanese and Thai language groups and received an explanation about the history and current status of the orphanage. We stayed at "Hoshihana Village," which is managed by Ban Rom Sai. We presented T-shirts designed by Japanese students for this tour. Everybody wore one at a dinner, and we had an exchange

with Chiang Mai University students until late at night.

On November 9th, we safely returned to Bangkok and had a "farewell party" in the evening. Each participant talked about their impressions of the tour, which brought tears to everyone.

This was the second "Northern Thailand Project" and having students from Saitama University join students from Chuo University students and Chulalongkorn University provided new opportunities.

We divided everyone into four groups and had daily group discussions. Everyone gained valuable experiences from taking on leadership roles, getting a new glimpse of the world, establishing strong bonds with fellow Chulalongkorn students, and making and new friends in each region.

Comments from participants

●It was a trip that made me strongly feel that I was not alone even when I crossed the national borders or nationalities. To be honest, this tour was not easy. However, as the days went on, Thai students took the initiative to reduce my burden, and my school colleagues thanked me. Above all, on the last day, I was told that I was a good leader and things would not have worked out if I had not been the leader. I am not exaggerating when I say that I will remember these comments for the rest of my life. It made me feel warm, realizing that someone will always notice me no matter what I do. (Chuo University, Aharen Funa)

●I was very happy to have a valuable experience through this trip. Above all, I would like to thank everyone who made this experience possible. It was a lot of fun to travel with everyone. I am really thankful to you. (Chuo University, Taki Saya)

●The nine days I spent in Thailand have become an invaluable experience in my life. In addition, I am convinced that the trip was made much better because of all the kind Thai students. It was really fun and I look forward to seeing you again. (Chuo University, Ito Futa)

●This tour was an irreplaceable experience for me. During the orphanage tour, I felt a closeness with both of the orphanages in knowing that they were established and supported by the Japanese people. The Thai people were kind and had such nice smiles, and they talked with me in such a cheerful way. I would like to thank you the program, for being able to make friends with people like them, and for being able to stay in touch through SNS even after the tour. I hope that the next generation will be able to experience these wonderful opportunities as well. (Saitama University, Sato Akitaka)

●Originally, I was very confused about whether or not to participate in this tour, but I am glad that I was able to. It was a very interesting experience. I would not have been able to have such valuable experiences nor to visit certain places if I had traveled to Thailand on my own. I made wonderful memories with Thai friends, friends of Saitama University, and OCA staff. I hope the students who are juniors at my university will also join this experience next year. (Saitama University, Matsuda Shogo)

●I was able to expand my horizons by participating in the 8-day Thai tour. I made friends with Thai students and connected with them on Facebook and Twitter so that I

can contact them in the future. Being able to participate in this project was a valuable experience for my future life. As someone from China, I sometimes speak English and sometimes Japanese and it can be confusing, but both the Japanese and the Thai I met were very kind. We had a great time together. The best thing about participating in the project was the opportunity to re-examine myself.

(Saitama University, Faculty of Economics, Wang Jiaxing)

●I was so lucky that I had an opportunity to join this trip to Chiang Mai and Chiang Rai. I really enjoyed every day and every place we went. The most important thing that I got from joining this trip is the good relationships with all my best Japanese friends! Thank you so much. (Fame)

●It was a great experience when we were in Chiang Rai and Chiang Mai together. We did a lot of activities and spent good quality time in many places. I was quite excited and nervous the first time I met all of you, but then the nervousness disappeared when we began to talk and get to know each other. Thank you for the past 4 days! Hope we will be together again! (Som)

●This trip was wonderful! I can't believe how it was incredibly fun! ^_^ I made lots of new friends during this trip (Some of them are my close friends now). Even after the trip is over, we still keep in touch. This was a great and obvious evidence to show that "A strong friendship doesn't need daily conversation or being together. As long as the relationship lives in the heart, true friends never part. (Endgin)



Farewell party



Northern Thailand Orphanage Support Project

Since 2013, OCA has been making financial donations to the Mae Kok Foundation, an orphanage for the hill tribes in Chiang Rai, and to Ban Rom Sai, an orphanage for HIV-infected orphans in Chiang Mai. OCA program participants continue to interact with the children. We would like to introduce the activities of this past year and next year. We look forward to your continued support.

Support for the Mae Kok Foundation

Mae Kok Foundation is an orphanage for hill tribes and is run by Ms. Anuluk. The orphanage was established in 1988 by Ms. Anuluk's late husband, Pipat Chaisurin, and Professor Tobe. People in Northern Thailand have suffered from opium addiction ever since Japanese troops cultivated and sold opium during World War II. Mae Kok Foundation was first founded as a rehabilitation facility for opium addiction and has developed into an orphanage for children whose parents died from addiction and HIV/AIDS. Mae Kok Foundation currently cares for 25 children between the ages of 5 to 18. Ms. Anuluk plays a leading role in making delicious meals, sending children to a nearby elementary school, and teaching them to be self-sufficient until they are 18 years of age. Since 2013, OCA has sent an annual donation of 400,000 yen. Participants in the OCA program visit Mae Kok Foundation twice a year through the Asian Beat and Northern Thai Project and interact with the children and the people of the hill tribes surrounding the orphanage.

2019 Support Activities for the Mae Kok Foundation

In 2019, the Asian Beat Project spent 3 nights and the Northern Thailand Project spent one night and two days at the Mae Kok Foundation and interacted with the children by dancing and singing with them. The latter group, along with the children, released Khom Loy lanterns into the sky full of stars, and cast lanterns into the Kok River to celebrate the Loy Krathong festival. We had a great time again this year. Ms. Anuluk, however, mentioned that a Thai businessman who had donated 500,000 yen every year was not able to donate this year because of the poor performance of his own business and therefore Mae Kok Foundation could not be managed as it had been. We, therefore, sent an email to everyone on December 7th asking for donations for the Foundation. At this point, we have been able to collect the following donations.

1) Donations received:	435,000 yen
2) Charity dance class:	74,100 yen
3) T-shirt sales:	125,000 yen
Total	634,100 yen

The charity dance class was organized by Momoko Hoshino in Tokyo and Osaka. Twenty participants in Tokyo and 30 participants in Osaka made donations. Fifty t-shirts that were designed by Ms. Anuluk were sold at the Common Beat Tokyo



Elephant ride near Mae Kok Foundation



Floating lanterns on Kok River



Releasing Khom Loy with Ban Rom Sai children.

performance. Thank you, everyone. On January 10, Mr. Koinuma took the funds to Mae Kok Foundation.

Donations for Mae Kok Foundation will be also needed in the Fiscal Year 2020. We are currently considering the following plans.

- 1) Recruit sponsors for the monthly support.
- 2) Develop a charity dance class nationwide.
- 3) Sell T-shirts at Common Beat performances.
- 4) In addition to collecting donations, launch a project to go to Mae Kok Foundation to do volunteer work.

We will contact you shortly, and we hope that you will donate and participate in the program.

Support for Ban Rom Sai

Ban Rom Sai is an orphanage for HIV-infected orphans which was founded in 1990 in Chiang Mai. Currently, 24 children live in this facility. HIV-infected children have been able to survive because of the availability of good medicine. When OCA started to donate to Ban Rom Sai around 2012, there was strong

prejudice about HIV infection, and the staff of the orphanage were worried that the children could not get along well with the local children. With the help of OCA, Ban Rom Sai enriched the library and started to run a library program. They invited the local children to the library and use computers in the library to do their homework along with the children at Ban Rom Sai. There are now 224 members of the library including local children, and about 40 children a day use the library and interact with children in the orphanage. Cast members of Asian Beat visit Ban Rom Sai every November and hold a song and dance exchange event with the children.



A child playing with an Asian Beat cast member



Ms. Natori, the founder of Ban Rom Sai and the children.



Studying with local children in the library.



Doing homework with other children



①Children at Mae Kok ②Selling T-shirts at the Common Beat Performance ③Mr. Koinuma handing the donations to Ms. Anuluk on January 10th ④Participants at Momoko Hoshino's charity dance class

School Project Expands Across the Country to 40 Schools

Mihoko Kitano



●What is the School Project?

In a rapidly globalizing society, opportunities for collaboration with people from different countries and cultures will continue to increase. In addition to acquiring language skills such as English, it is important for people to develop respect for diverse values, an ability to connect with people through communication other than language, and the ability to express one's own culture and opinions. Furthermore, it is important for people to be able to work in teams to tackle various social problems together. Our School Project conducts activities in school to provide children with the opportunity to acquire such life skills.

●What is the World Dance Class?

The program facilitates cross-cultural understanding through physical movement and learning dances and music from around the world such as Brazilian samba, African music from Kenya, and famous pop music in Thailand. In addition to dance and music, we present information about different cultures using a variety of approaches such as teaching greetings and introducing national flags, cultural quizzes and showing photographs

●2019 Achievements

- Number of visits: 36, Number of Children & Students: 2,079 (based on grants from OCA)
- In addition to regular classes, we have received requests for new types of programs such as teaching at children's clubs, parent-child expression workshops, and classes to improve expressive abilities for school plays. We have noticed the growing need for expression education.
- We have received many requests to provide programs outside of Tokyo, and we were able to start to build many relationships that will serve as the foundation of expanding our program nation-wide in 2020.

●Voices of the Children and School Cast members

• Children's voice①

"At first, I didn't like to dance, but as I learned about different countries, I felt like I was dancing with the people in those countries, and I was able to enjoy it. It was more fun because I didn't dance by myself but with everyone."

• Children's voice ②

"I don't like physical education or moving my body, but for this class, I want to take the class everyday. I want to learn about all the countries! I really want to ask to my teacher so they will ask you to visit again."

• School Cast Member's voice①

"I hope that this was an opportunity for children to learn a variety of things through their bodies and five senses while having fun. I also wanted to see more of the world so that I can convey it to the children."

• School Cast Member's voice ②

"So many children and adults have to restrain themselves, and so the class provided a valuable time for children to move their bodies and learn how to communicate beyond words. The children were so happy and expressed their true joy. It was also an opportunity for me to reflect on my inner power to express and to live."



●Regional Development

Until recently our visits involved metropolitan schools in Tokyo, but in 2019 we were able to expand our activities to other regions such as Tohoku, Kansai, and Kyushu. This year, I was able to experience how there is a growing need for this project throughout the country.

●Facilitator Development

Currently, the following 6 people are providing on-site guidance as officially certified facilitators:

Mari Muraoka, Sae Uehara, Kana Yamase, Yuka Shimabayashi, Kaede Mitsuya, Mihoko Kitano

In addition, there are 5 members under training who are all UWP alumni with international experience, increasing the number

of members who are taking leadership within the group.

●Increase in the Number of Visits

2017: 2,393 students

2018: 3,854 students

2019: 2,253 students

●Goals for 2020

Our goals for 2020 are based on the following three perspectives:

- ① Respond to the current conditions by designing a new program based on SDGs.
⇒ Develop a program from the perspective of SDGs as a follow-up to the Olympics and Paralympics games.
- ② Creating a system that can provide programs nationwide
⇒ Develop an effective and efficient management system and a sufficient number of facilitators to prepare for a nationwide expansion of the program.
- ③ Enhance sales and PR capabilities and take a proactive approach to the outside world!
⇒ Increase the number of requests by establishing effective sales methods for schools, participate with exhibits at educational events, and enhance internal planning.



The New MRA House

We will be returning from our temporary office in Roppongi where we spent nearly three years to the newly renovated office in Azabu after May 2020. The original MRA House opened in April 1954 and was rebuilt in 1969. The new building will be the third headquarters.



OCA Operation Policy

Organizational structure: OCA operates as a program under the direct control of MRA Foundation

Policy: The goal of OCA is to foster global leadership through interaction with local communities and cross-cultural exchanges with other countries.

Budget for Activities: The budget for activities is based on the annual budget of the MRA Foundation, which is financed by its endowment and management of basic assets.

Annual Budget OCA activities and the expenses of the fiscal years 2019 (actual) and 2020 (budget) are as follows:

時期	プログラム	FY 2019 (Actual)	FY 2020 (Budget)
May	Thai Student Study Program	543,732	900,000
July	Onigiri Friends Project	681,001	0
September	Summer Camp	185,138	209,000
October	Overseas Volunteer Project	0	680,000
November	Japan Thai Students Northern Thailand Study Tour	1,165,416	1,222,000
November	Asian Beat Project	1,796,250	1,722,000
December	Christmas Party	18,495	100,000
	School Project	1,193,251	1,500,000
	Donations to Mae Kok Foundation, Ban Rom Sai	800,000	800,000
	UWP Japanese Participants Support	500,000	1,000,000
	Overseas Travel Expenses	815,200	1,804,000
	Outsourcing Resources	3,319,950	3,757,000
	General Expenses	1,734,131	2,500,000
	OCA Report Printing Costs	667,903	600,000
Total(Yen)		13,420,467	16,794,000

Steering Committee: Sato, Kehara, Koseki, Takahashi, Shimizu, Adachi, Agatsuma, Takizawa, Koinuma, Okumura, Kitano, Akiyama, Shimabayashi, Kanbe, Mitsuya

How to Join: OCA does not have a membership system. No membership fee is required.
Information on OCA activities are available on the MRA Foundation website.
Please contact us from the website.

Contact:

OCA International Exchange Program, MRA Foundation

4-9-17 Minami Azabu, Minato-ku, Tokyo 106-0047

Telephone 03-3445-5111, FAX 03-3445-5112

Website: <http://www.mrafoundation.or.jp/>