

# VJYE



東京経済大学



# VIETNAM JAPAN YOUTH EXCHANGE

**AAEE Newsletter, Vol.13**

# VIETNAM JAPAN YOUTH EXCHANGE 2016

## WHAT GOALS DOES VJYE2016 AIM AT?

- To seek and promote the connection between Hoa Sen University (Vietnam), Tokyo Keizai University (Japan) and AAEE, Asia Association of Education and Exchange.
- To provide Vietnamese students and Japanese students opportunities to learn and exchange from each other.
- To offer Japanese students opportunities to experience every edge of Vietnamese life in order to enhance their knowledge about Vietnam's culture.
- To discuss and share controversial issues, especially education, sustainable development and cultural exchanges.



東京経済大学



# BEFORE PROGRAM

We had begun to prepare for this programs since July 2016.

The program started by choosing the Vietnamese organizing team to work with Mr. Seki and the main instructor, Ms. Doan Thuc.

The organizing team include 1 leader and 11 core members.



**VJYE2016**  
VIETNAM - JAPAN YOUTH EXCHANGE



**VJYE 2016**  
Ho Chi Minh city  
HOASEN UNIVERSITY



# BEFORE PROGRAM

After choosing the organizing team, we made the core events for the program. With the main theme “CULTURAL EXCHANGES”, we practiced the traditional musical performances and planned for the events, from booking the restaurants to allocating budgets to City Tour, Night Tour, etc.

Before the program, the Vietnamese organizing team had joined the Japanese culture workshop by Mr. Sy Huy.



# BEFORE PROGRAM

Beside the main theme “CULTURAL EXCHANGES”, we also had some lectures about Sustainable Development in Economics, Environment and Tourism.



Both of the Vietnamese and Japanese teams had prepared the presentations. Besides that, Vietnamese team had prepared the logistics for the lectures with Ms. Doan Thuc.

# BEFORE PROGRAM

## Expectations Before The Program

During the planning steps for the program, Vietnamese organizing team had learnt something new. Most of the Vietnamese members were from the Hospitality and Tourism majors so there was a potential chance for them to improve the main skills via real experiences.

Besides that, the participants had more chances to meet and learn new cultures from Japanese friends. It was a great time to widen our knowledge about Japan – the most developed country in Asia – and also to enrich the intercultural communication skills among the students.

# DAILY DIARY

## 4/9/2016 - CITY TOUR WITH BUDDIES

As time goes by, we have more friends to know and more things to learn. At the first day of VJYE, we started with the activity called “Greet&Meet” at Trung Nguyen coffee. It was not only a way to enjoy coffee culture in Saigon but also to discover our new friends. Through the activity, Japanese friends knew the distinguishing culture in Saigon and had time to get closer with Vietnamese buddies. After coffee time, we visited the 23/9 Central Park, Ben Thanh Market, Central Post Office, Notre Dame Cathedral Church and Turtle Lake. We listened to some interesting information and funny stories to know more about Saigon.



# DAILY DIARY

## 4/9/2016 - WELCOME MEAL & TOKURO'S BIRTHDAY

Most of the participants were starving after visiting the sight-seeings. We welcomed them by a delicious lunch at Vietheritage Restaurant. We tried many delicious dishes from Vietnam such as: Pho, spring roll, Vietnamese pancake, etc. During the lunch, Vietnamese members gave them more information about Vietnamese cuisines and taught them Vietnamese phrases for daily communication. As a surprise for Tokuro, we planned a birthday cake secretly and he was touching when we sang Happy Birthday to him. It was the greatest time in the welcome meal.



After the meal, we continued to visit War Remnants Museum to learn about the war. The tour ended around 3pm and we returned to the hotel for taking a rest and preparing for dinner. We were tired but had much fun. We were ready for the Opening Activities the next day.



# DAILY DIARY

## 5/9/2016 – ORIENTATION DAY



On the next day, we had an Orientation Presentation by our instructors – Ms. Doan Thuc and Mr. Seki, and 2 other special guests Mr. Bao Doan from the International Relations Department and Mr. Sy Huy from the General Education Department. During the presentation, we know more information about the core events during the program, about the Hoa Sen University and the Saigonese lifestyle.

During the program, we had musical performances from Vietnamese and Japanese participants. We felt so interested in those performances.



# DAILY DIARY

## 5/9/2016 - CULTURAL ACTIVITIES



After the delicious lunch with Broken Rice (Com Tam), we had the cultural activities. At the opening, Vietnamese team performed theme song called “Que Huong Ba Mien” with a fashion show of Vietnamese traditional customs from North – Central – South Vietnam. Because there was their 1st time singing in front of foreigners, they felt so shy. After that, we played some mini games and listened to Mr. Truong to present about a region called Mekong Delta in South Vietnam. During the presentation, we had more time to discover Mekong through some activities like “Southern Vietnam Fruits & Cakes Tasting”. The fruits were really unique, so Japanese friends just had a big “wow”.

The event finished with some traditional games – dancing performance by Japanese friends and Taiko performance by Melody Hiro. Thank to them, we had more time to know about Japanese arts & traditional games.



# DAILY DIARY

## 5/9/2016 – NIGHT TOUR

5/9/2016 – one of the biggest days in VJYE. We tried to make them felt as much happy. The most memorable thing was the Night Tour since this was the time for Vietnamese students to discover the city and show the beauties of Saigon to foreign friends. Japanese members were so excited because they had never tried the Vietnamese Street Food before. We had Mi Quang at the first stop, after that we walked around the City Center like Bitexco Financial Tower, City Hall, Vincom Center, Nguyen Hue Walking Street and we had sweet desserts and steamed cakes at the Bun Bo Ganh Store. They were so yummy with many unforgettable tastes.



# DAILY DIARY

## 6/9/2016 - SPORT ACTIVITIES

In the morning, we started to go to a stadium at the Saigon suburb. Since last night they had a night tour with many interesting things, the sport day began with an enthusiasm of youth. We played some teambuilding games and football game. At least, all of the members were happy because they won the game. Despite the small and simple gifts, just some snacks and candies, all of us still felt happy together.



# DAILY DIARY

## 6/9/2016 - SUSTAINABLE DEVELOPMENT LECTURE



Later on, we started the 1<sup>st</sup> lecture. The lecture was so informative and knowledgeable for all of members. The lecture about “SUSTAINABLE DEVELOPMENTS”, which was instructed by Mr.Tuan from Faculty of Science & Technology of Hoa Sen University. During the lecture, we learnt about Global Warming and How to Develop Society in Sustainable Ways. We also had some presentations by ourselves and gave more examples to illustrate Global Warming in Japan and Vietnam. It was really useful for students from both countries.

# DAILY DIARY

## 7/9/2016 – WALKING AROUND THE LOCAL AREA

Gathering at the La Felix lobby, we departed to Mr. Hung house and learnt about the local culture in Saigon. On the way to Hung house, we played some mini games and sang together the song “MERRY CHRISTMAS”. This is the best memory we had together. When we arrived at Hung's house, Ms. Y welcomed us warmly. After that, we went to visit the local market and Nguyen Chi Thanh high school. The high school staffs and the students were really friendly while taking us around the school. We visited some classes and laboratories at the high school. At the end, we took pictures with the high school's principal. After that, we returned to Hung's house to have a local lunch with cuisines from the Central Vietnam.



# DAILY DIARY

## 7/9/2016 – HUTECH UNIVERSITY TOUR



After having delicious dishes at Hung's house, we departed to HUTECH University. They welcomed us by organizing a big event with the professional style.

The event started with the introduction clip from HUTECH University.

During the event, we played some mini games and performed again the traditional dances. In return for our performance, the students group from HUTECH sang for us a nice Japanese song. They were so kind and funny. It was a big chance to cooperate with another university's students.



# DAILY DIARY

## 8/9/2016 – SUSTAINABLE TOURISM



On 8<sup>th</sup> September, we had second lecture for Sustainable Tourism. This was a class we studied to prepare for the field trip to Ta Lai - Nam Cat Tien National Park. Ms. Huyen Pham was our lecturer. She was kind and really knowledgeable. She taught us about the Sustainable Tourism and their impacts. During the lecture, we played some cultural games and she let us use the information applying for the examples. The lecture gave us a chance to prepare useful information for the fieldtrip.



# DAILY DIARY

## 8/9/2016 - DINNER WITH MR. NGUYEN DUC

Different with other dinners, this one was the special one with all of VJYE members. We had a warmly dinner with Mr. Nguyen Duc - the real victim of the Vietnamese war. He shared about the Vietnamese war, the help from Japanese government and his own stories. All of his stories made us feel touching and sad. Through his sharing, we learnt more about the war and the consequences of Agent Orange. After his sharing, we asked him a lots of questions about war and Agent Orange. He also emphasized the cooperation between Japan and Vietnam. Thank to Mr. Duc, we really appreciate the peace and the people who sacrificed for our living.



# DAILY DIARY

## 9/9/2016 - VI LAM HANDICRAFT WORKSHOP

Today, we had another field trip to one of the most famous workshops called Vi Lam Loofah Workshop. We went there to know about the process of making souvenirs from loofah. We learnt a lots of things and also made ourselves souvenirs. It was a nice experience. From then, we knew how hard it is to make a souvenir. At the end of the trip, we took a photo with the owners of the workshop. Thank to Ms. Doan Thuc, we had time to experience the authentic handicraft workshop at Ho Chi Minh city.



# DAILY DIARY

## 9/9/2016 - VIETNAMESE COOKING CLASS



After the trip to handicraft workshop, we was back to hotel to prepare the cooking class. The menu today was fresh spring roll (gỏi cuốn) and papaya salad (gỏi đu đủ). The chef today was Mrs. Hang – the executive chef of La Felix Hotel. We started with the spring roll, it was not an easy thing actually. We tried and tried many times. Thanks God! We did it. The second dish was papaya salad. Because of the scarcity of ingredients, we didn't make for ourselves. During the class, we had some small contests. And the most memorable contest was “Chilli Tasting”, Hiro was the winner from Japanese team. The class ended with many happy memories that we couldn't forget.

# DAILY DIARY

## 10/9/2016 - VILLAGE TOUR AT TA LAI

Another day in the program started. Because of the absence of Tokuro, our Japanese friend, the journey was a little bit sad. After taking a long time to make them happy again, we started with a nice lunch at Ta Lai Longhouse. Ms. Tram Anh – the manager of Ta Lai Longhouse – introduced us about Community-base Tourism and Ta Lai Longhouse.



After that, we went around the village to know about the Ta Lai Community. Our tour guide was K'Huong, she took us to Ta Lai Village Cultural Museum and showed us one of the Intangible Heritages of Vietnam – Gong Space of Central Highland and the customs of of Ma – Stieng people were also there.

Finally, we walked to Waving House to see how to make an ethnic handicraft. It was so hard to try and we were so happy to know about another handicraft in Vietnam

# DAILY DIARY

## 11/9/2016 - CAT TIEN NATIONAL PARK



Next day in Cat Tien, we continued to discover the jungle. First, we cycled 13km from the longhouse to the office of the jungle. It was such a difficult thing for Vietnamese group. On the other hand, Japanese group was really energetic maybe because most of members in their group are men. We were divided into 2 groups: 1 for cycling and 1 for staying in jeep. When we gathered at the jungle office, we started to visit the Bear Rescue Station and 40-year-old Tung tree. Trekking is not an easy thing, so some of Japanese members groaned about the difficulties of jungle trekking. Later on, we had nice lunch at Cay Dau Restaurant.

# DAILY DIARY

## 11/9/2016 - GIBBON ISLAND TOUR

After having lunch, we passed the river to Gibbon Island. With the guidance from Ms. Sarah – the staff of Island. We learnt more about the Gibbon and their threat of extinction. We listened to the information about the Gibbon Island and their habitats. Because of the mosquitos, we ended the tour sooner and returned to the Longhouse for dinner.



# DAILY DIARY

## 12/9/2016 - HELPING LOCAL COMMUNITY

The third day at Ta Lai Village was started with some warm-up exercises. After that, we were divided into 4 teams/ region. The target today was to help the local community build the recycle bins. It was a really helpful activity for local people and also the 1<sup>st</sup> time in our life we had done some activities like porters, hole digging or building some constructions.

Because of the bad weather, the last steps was helped by the Ta Lai Staffs. We returned to the longhouse and prepared for the Gala Dinner at Ta Lai.



# DAILY DIARY

## 12/9/2016 – GALA DINNER AT TA LAI LONGHOUSE

Until 6:00 pm, the rain hadn't stopped yet. The BBQ buffet was canceled and the Ta Lai staffs changed the evening into a warm dinner with many grilled dishes. Although we were so regretful about the buffet, we still finished everything on the table. After dinner, we spent time enjoying the musical performances by Ta Lai Village people. At the end, we played some games like “Nhay Sap”, “Tornado”, “Terrorism”, “King of Silence”, etc. The Gala Dinner was closed with many uplifting emotions.





# DAILY DIARY

## 13/9/2016 – BATTLE ON THE LAKE



Last day in Ta Lai Longhouse was an emotional day with VJYE members. In the morning, we had competition for making the bamboo raft. We were divided into 4 teams. We started with the introduction of Ms. Tram Anh. The competition lasted nearly an hour.

After finishing the raft, we raced together on the river. It was so fun because we had done the raft for the first time. During the race, we discussed about the plan and the strategy. From this competition, we learnt how to make bamboo raft and also acquired team work skills. At the end of the morning, we did the aqua sport called kayaking. We had a memorable time together.

# DAILY DIARY

## 13/9/2016 – GOODBYE TO TA LAI LONGHOUSE



After lunch time, we packed our luggage and were ready to go back the city. Before going to the bus stop, we said goodbye and gave them some gifts.

When we had backed to the bus stop, we stopped at the 1<sup>st</sup> recycle bin which we made to see our success.

On the way to highway, we stopped at the People Committee Building to give gifts for the poor children in the village and had small talk with the leader of Ta Lai. After that, we said goodbye to Ms. Tram Anh – the best sister ever of Ta Lai Longhouse. Sayonara, Ta Lai. See you again.



# DAILY DIARY

## 14/9/2016 – OUTCOME PRESENTATION

In the 14<sup>th</sup> September, we had an outcome presentation. During one and half hours, we recalled all memories we had together. Someone was fun, someone was blue or even inspired. That was a nice time to exchange our feelings after the journey. At the break of the presentation, Sho and Linh sang a song “BEST FRIEND” together. The song made some people cried. After that, we were honored to have Mr. Bao Doan from International Relations Department as a guest. He gave the Certificates for Japanese students and some wishes for them. All of us had the best presentation with many emotions.



# DAILY DIARY

## 14/9/2016 – FAREWELL PARTY & AKI'S BIRTHDAY

Beside the main theme “FAREWELL PARTY”, we had planned to prepare the birthday for Aki. The party was started with the wishes from Mr. Truong and the nice appetizer. We had dinner with many funny conversations and delicious foods. Secretly, Vietnamese members prepared the special gifts and gave them to Japanese friends. There are some lanterns from Hoi An. It was a special gift because this day was the Mid Autumn Festival in Vietnam. Later on, Mr. Truong came to restaurant with the birthday cake and HAPPY BIRTHDAY song from Vietnamese members. There were special gifts for Aki. He was touching and really surprised because he thought we forget his birthday.

The party was closed by Karaoke singing from Vietnamese and Japanese friends. Finally, some surprised gifts from Japanese friends. Vietnamese friends were so touching and some of them cried for a while. This was the best party ever.



# DAILY DIARY

## 15/9/2016 – FREE EXPLORING AT SAIGON



Last day in Saigon, we were accepted to freely explore the city. We divided into many groups: one to Takashimaya, one to Lucky Supermarket, one to Coffee Shop. We really appreciated those moments because this was some last minutes we have been together. We tried many unique dishes from Ben Thanh Food Court, bought souvenirs at Ben Thanh Market, drank peach tea at Phuc Long Tea House and did shopping at Takashimaya. The activities ended at 6:00pm and Japanese members started to pack their luggage and had dinner. This was the time for saying goodbye to Japanese members.

# DAILY DIARY

## 15/9/2016 – TIME TO SAY GOODBYE

Goodbye is not a happy thing. All members of VJYE also felt the same. The atmosphere at the airport was really heavy and blue because of the tears of goodbye. We didn't want to say goodbye because we had an intangible connection during the program. We always said "It's not goodbye, it's start of something new". After the trip, we became close friends, no more buddies or hosts. We learnt many things and got many memorable experiences. We will miss everyone so much. The 15<sup>th</sup> September was a sad day at the airport but we had some nice pictures together like the promises to return Vietnam or Vietnamese members will go to Japan. Hope to see soon, my friends. See you again (in Japan or Vietnam).



# AFTER PROGRAM

## Our Impressions for VJYE2016



***“During this program, I studied not only the way to organize and prepare an education program but also about Japanese cultures through some cultural activities. Vietnam – Japan Youth Exchange 2016 gave me more than I can say. I learnt about how to communicate with the Japanese and their cultures. I also got for myself new friendships, from Japan and Vietnam. They helped me to have another look about Japanese and we had memorable times together. Through many tours and activities, especially the Ta Lai trip, we had a connection together and also gained for ourselves many skills we hadn’t practiced or learnt it before.”*** – sharing from Leader of VJYE2016.

# AFTER PROGRAM

## Our Impressions for VJYE2016

***“After those activities, our distance was absolutely disappeared day by day. We were just like close friends or sisters and brothers. Next time if I visit Japan, I think they will help me for sure. And they also promise to come back to Viet Nam. Knowing more Japanese culture is so great and helpful for me. Thanks God that I made a good decision. Thanks Ms.Thuc and Mr.Seki for giving us this precious opportunity. Thanks VJYE for helping me become more mature. It means a lot to me. I think this is my best final year activity ever.”*** – sharing from one member of VJYE2016





# AFTER PROGRAM

## Our Impressions for VJYE2016

***“I have a chance to meet interesting and talented people, I am motivated by them. At first, we were a little bit shy and stepped back from the conversations or sharing. Through diverse activities such as the City Tour, the Vietnam Cooking class, Sport day, HUTECH field trip... we got to know each other better, overcame our shyness and we started the conversation, shared the feeling about what was happening during the day... like we are friends, not like a stranger anymore.”***– sharing from one member of VJYE2016



# AFTER PROGRAM

## Our Impressions for VJYE2016



***“I will never forget the experiences that I had with you. For me, VJYE2016 brought me a wonderful trip. I did many useful things for my society that I’d never thought about it before. I feel very happy to know you who help me learn many things. In spite of having many difficulties in languages and cultures, we could understand each other and maintain a good friendship. This trip is so meaningful to me. I hope we will have many useful trips like this in the future.”- sharing from one member of VJYE2016***

# AFTER PROGRAM

## Our Impressions for VJYE2016

***“We went from strangers to close friends. We overcame language barriers, culture shock and made more memorable times together. Not only did I make friend with Japanese friends, but Vietnamese friends from many majors also got to know me. We were like in the same family, we ate together, worked together. The time when Japanese friends went back to their country, I cried. I didn’t know why because it was my mind, I always thought they were like my buddies”***- sharing from one member of VJYE2016



# VJYE 2016

“Friends Are The People In Your Life That Make You Laugh Louder, Smile Brighter And Live Better”

Vietnam Japan Youth Exchange 2016 (3/9/2016 - 15/9/2016)



# THANK YOU FOR READING

## VJYE 2016 Newsletter

*EDITED AND PUBLISHED BY*



一般社団法人  
アジア教育交流研究機構



Published on Dec. 1, 2016.

Chief Editor: Nhat Truong Huynh (Hoa Sen University, Vietnam)

Contributer : VJYE Vietnamese participants (Students at Hoa Sen University)

VJYE Japanese participants (Students of Akinori Seki Seminar at Tokyo

Keizai University

Nguyễn Ngọc Bảo Trân (AAEE, Vietnam)