



## Overseas Activity and News

### The Gateway to Space

Bhutan



SEISA Group has been advancing study on space. In relation to that, we have acquainted with a Bhutanese student studying space engineering at Kyushu Institute of Technology. She is an international student who is practicing the principles of aerospace education: "inquisitiveness", "adventurous spirit" and "mastery spirit". We would like to take this opportunity to introduce her.

(Hiroaki Ishida, FGC)



Laboratory of Kyushu Institute of Technology

#### Message from Ms. Pooja Lepcha

I am Pooja Lepcha. I am from Tashichoeling in Samtse Dzongkhag, Bhutan. I am currently pursuing my doctorate degree in Electrical and Space Systems Engineering at Kyushu Institute of Technology. I received my Master's degree from the same University. I received my undergraduate degree from College of Science and Technology under Royal University of Bhutan in Electrical Engineering. I joined the Royal Civil Service of Bhutan in 2016 as an electrical engineer in Road Safety and Transport Authority. I worked as an Electrical Engineer there. In October 2016, I came to know about Space Engineering when three of our Bhutanese engineers came to Japan to make the first satellite of Bhutan. I applied and received the UN/Japan Long term fellowship "Post Graduate Studies on Nano Satellites (PNST)" to pursue a master's degree in Space Engineering at Kyushu Institute of Technology. I was then transferred to Division of Telecom and Space under Department of Information Technology and Telecom, Ministry of Information and Communications. I came to Japan in September 2017. As soon as arrived, I was able to join the Bhutanese team making the satellite of Bhutan. I felt very privileged and excited to be part of the team. BHUTAN-1 was launched to space on June 29th, 2018 and then deployed from International Space Station on August 10th, 2018. It is currently orbiting the earth for more than 25 months. I also took part in the team building the first satellites of Nepal and Sri Lanka. I mainly handle works on the Electrical Power System (EPS) of the satellite. EPS is crucial for providing uninterrupted power to the satellite both during sunlight and eclipse. I am currently a member of 6U satellite project called KITSUNE. Being a part of satellite projects gives me hands-on experiences and improves my understanding of the subject. I learnt a lot more actually doing than simply attending classes. After completion of my Ph.D., I aspire to engage in STEM education and more space activities in Bhutan.



Ms. Pooja Lepcha

### COVID-19 Countermeasures in Eritrea

Eritrea



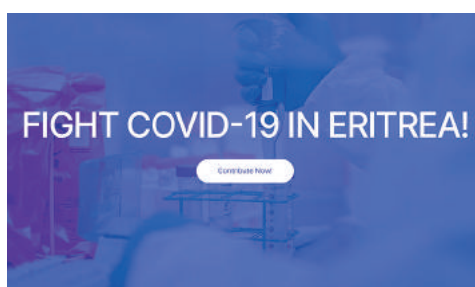
The report shows that the total number of people infected with COVID-19 in the entire African continent is about 1.45 million as of the end of September 2020. Considering that South Africa, where the spread of the disease is the most severe, has approximately 670,000 people, it can be said that the spread of the disease in Africa as a whole has been suppressed compared to other regions. The number of new infections has also decreased after peaking at the end of July. However, considering the problems that many African countries are facing with their medical systems, the situation will remain unpredictable.

Eritrea, where FGC continues to provide support, declared a state of emergency on April 18th after the first case of infection was confirmed at the Asmara Airport on March 21st. The government responded quickly by conducting a lockdown in the capital. As of October 5th, 2020, the total number of infected

people is 398, which is a very low number among African countries and has been maintained. As early as March, a public campaign to collect donations for the fight against COVID-19 was launched online. FGC also made a donation.

Although Eritrea has worked hard to take measures and achieve the results, there is no doubt that the social and economic impact of this situation on the people of Eritrea will be enormous. FGC continues to provide support in cooperation with the local community.

(Yosuke Ishii, FGC)



Special website to collect donations to support Eritrea's COVID-19 initiatives  
<https://www.eritreafightscovid19.org>



Medical professionals working on countermeasures (Source: Ministry of Information, Eritrea)



# International Students Activity

## Track & Field, University

### Kesete Habtetsion (SEISA Dohto University)

Mr. Kesete participated in the 72nd Hokkaido Intercollegiate Athletics Championships held from August 21st to 23th. Competed in 5000m, he came in the third place with a time of 14:54.38. On September 19th and 20th, at the 49th Hokkaido Student Track and Field Championships, he won the first place in 5000m by 14:40.74, his first victory since coming to Japan.



Mr. Kesete smiles with his award certificate.

Aiming to graduate from the university, he needs to work hard. We hope to prepare him for the next track season without getting injured.

(Yuji Ishii, Head Coach, SEISA Dohto University Track and Field Club)

### Dejen Tesfalem (SEISA University)

Mr. Dejen competed in 10000m of the 89th Japan Intercollegiate Athletics Championships (All Japan Intercollegiate) held on Friday, September 11th. The result was 29:54.10, placing 12th. In addition, based on the results of the fourth round of Hokuren Distance Challenge 2020 in Chitose on July 19th, he was selected as an athlete for reinforcement dispatch by the Kanto Student Athletic Federation. His further success is expected.



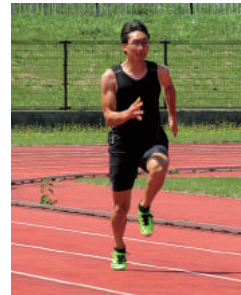
Mr. Dejen competes fiercely with powerful athletes

Since June, he has been able to run without any major breakdowns. By communicating well, we will raise the intensity of the training to exercise his ability in the race. (Kazuhiro Uemura, Manager, SEISA University Track and Field Club)

### Tshering Penjor (SEISA University)

In August, Mr. Penjor participated in Tokai University Record Race twice and Sapporo Record Race once. He achieved 23.55 seconds in 200m (new personal best) and 52.67 seconds in 400m. Due to the continuation of record races, he could not run as fast as he wanted because of fatigue and tension in his legs. He will work hard in training to improve his current condition.

(Michiyo Inoue, FGC)



Mr. Penjor trains hard everyday

He could have achieved better with the ability to keep up with other runners. He needs to become more aggressive in the future.

(Souta Kawatsura, Coach, SEISA University Track and Field Club)

## Track & Field, High School

On Friday, August 7th, the 1st Joint Athletic Record Race (unofficial) was held at Hadano Culture Park. The event was hosted by SEISA Kokusai High School, with participation by Meikai University and SEISA University. The event was the first of its kind to be held amidst a series of cancellations due to the impact of

COVID-19 spread. All members of SEISA Kokusai High School Shonan Track and Field Club were able to run with excitement after long time. It gave a good opportunity for them to know about their current condition. Mr. Merhawi finished at 4:04.09, and Mr. Daimon at 4:25.09 in 1500m. Also, Mr. Merhawi ran at 15:47.06 in 5000m.



Merhawi (left) and Daimon (right) receiving advices from the coach, Mr. Ishizuka.



Merhawi aiming to renew the personal record, and Daimon to follow.

Eritrean students were able to improve a lot through their daily efforts. I hope that they will continue to strive for even higher goals in the future.

(Yasuo Ishizuka, Advisor, SEISA Kokusai High School Shonan Track and Field Club)

On September 5th and 6th, at Kanagawa Prefecture High School Athletic Competition Preliminary Round for Newcomers in the West Region, Mr. Natnael from Eritrea, a second-year student of SEISA Kokusai High School Shonan, returned from injury to compete in the event for the first time, running 4:27.79 in 1500m. Mr. Merhawi took first place in his group in 5000m with a time of 15:43.08, his new personal record.

(Yuka Kimura, FGC)

## Archery

On Saturday, September 5th, the Kanagawa Prefecture High School Federation Newcomer's Championship Tournament was held at Tomioka Archery Range. From SEISA Kokusai High School Shonan, Mr. Reiya Okumura, a freshman, and Mr. Nidup Dorji, a senior international student from Bhutan, participated in the competition. They tried to compete with the awareness of improving their issues to relax and keep body balance at the moment of shooting. As a result, Mr. Reiya Okumura won the first place with 639 points, and Mr. Nidup Dorji won the second place with 616 points. The next tournament will be a remote archery exchange between Shonan Archery Club of SEISA Kokusai High School and Bhutan Archery Federation (BAF) via Zoom in November.

(Yuka Kimura, FGC)



Nidup, Sonam and Okumura (from left side)



Training at Oiso Campus

They are now able to proceed the game at their own rhythm without getting nervous. When losing concentration, mistakes occurred. To improve the score, those mistakes were crucial. Every day, each shoot is important to keep the focus until the end.

(Keisuke Shigeta, Head Coach, Archery Club, SEISA Kokusai High School Shonan)





# International Students Activity Report

## Karate

On Sunday, August 30th, Mr. Kaung, Ms. Yamin and Ms. Su, three students from Myanmar who came to Japan as long-term sports scholars for karate to study at SEISA Kokusai High School Shonan, participated in the promotion examination held by Shoto-kan Kuuwa-kai. Although there were some mistakes made due to nervousness, the students still performed with great enthusiasm to show the success of their trainings. Kaung was promoted to Shodan (first Dan) and Yamin and Su were promoted to first Kyu.

On Sunday, September 27th, Yamin and Su took part in the official kyu examination held by High School Athletic Federation. Same like the previous time, their movements were bit stiff due to nervousness. Although

they were not able to perform as well as usual, which is their issues to overcome, they both passed the first level with success. Three athletes practiced together with the students of Hiratsuka Kouka High School in preparation for the kyu examination. The first reunion since the emergency declaration made them overjoyed. In kata practice, teacher, alumni, and seniors carefully instructed them one by one on the detailed movements and points to pay attention to. The students listened attentively and practiced hard. In November, they will have dan examination as well as the newcomer competition. They will continue to practice hard so that they can bring a good results.  
(Shota Miyagawa, FGC)



Mr. Kaung at the promotion examination of Shoto-kan Kuuwa-kai



Ms. Yamin and Ms. Su

I hope that the students will learn the spirit of traditional karate as well as improve their athletic ability, and acquire the foundation to develop karate spirit in the future.  
(Kenta Muto, Contract Coach)

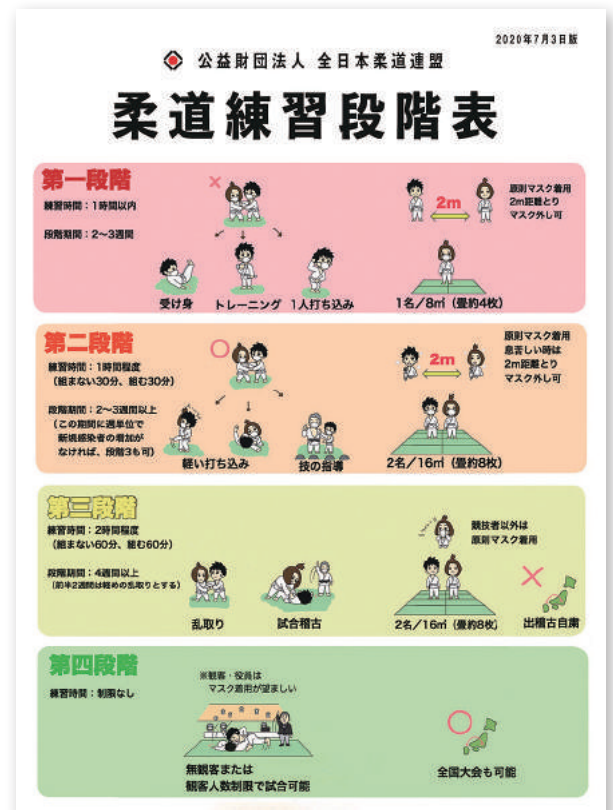
## Judo, University

Judo Club of SEISA Dohto University has been practicing in accordance with the guidelines of All Japan Judo Federation since June 16th. (See diagram on the right) Judo is one of the most popular contact sports. If anyone asymptotically infected participates in the training, an epidemic of COVID-19 could occur. Therefore, more caution and strictness are required in resuming training and infection prevention measures. Due to the effects of COVID-19 spread, it is difficult to train as much as expected, but SEISA Dohto University Judo Club is moving forward without losing motivation. In October, Tandin and Kinley will take their promotion examination for 2-dan. In November, two Bhutanese students will also attend a coaching course along with other club members. In the future, they will return to their home country Bhutan to become instructors / coaches, and they are aiming to obtain the C level of instructor / coach certification, which is one of the four categories "A, B, C, and Associate." With this qualification, they will be able to serve as the coach of the teams or judo players participating in the prefectural tournaments organized by the member or constituent organizations of All Japan Judo Federation. It also qualifies them to accompany athletes as coaches at national and regional tournaments organized by All Japan Judo Federation or its member or constituent organizations.  
(Hiroaki Ishida, FGC)

Mr. Kinley and Mr. Tandin, two international students from Bhutan enrolled in our Judo Club, are studying both academically and judo with the goal of becoming judo instructors in their home country. They are working hard together with club members to compete in Tokyo 2020 Olympic and Paralympic Games, which have been postponed until next year. They plan to attend the All Japan Judo Federation Instructor Qualification Seminar in November to learn the basics of being an instructor.

(Junji Nakagawa, Head Coach, Judo Club, SEISA Dohto University)

(Yasushi Mishima, Coach, SEISA Dohto University)



All Japan Judo Federation's Guideline for training



# Introduction of Eritrean Culture

## Coffee Ceremony

Asmara, the capital of Eritrea, a country of North East Africa, is located at the altitude of 2,300 meters. Its architecture built during the Italian colonial period is designated as a World Cultural Heritage Site. As a remnant of this, the city is surrounded by European-style coffee shops. People chatting over a cup of coffee is a common scenery of Asmara. Coffee seems to be an essential part of Eritrean lifestyle. In a country like

this, there is a tradition called "Coffee Ceremony", a way of drinking coffee. It is just like the tea ceremony in Japan to have a proper order and rules to follow. People enjoy a cup of coffee for tens of minutes to several hours. Coffee ceremony is held on special occasions such as welcoming guests, ceremonies, festivals, and also on a daily basis in each household. (Ai Onogi, FGC)



### How to perform a "Coffee Ceremony"

- ① Decorate floor with flowers or grass.
- ② Burn incense.
- ③ Prepare popcorn as a snack.
- ④ Roast coffee beans and enjoy its aroma with participants.
- ⑤ Crush the beans, and throw them into a pot with water to boil.
- ⑥ Drink three cups of coffee. The first cup is the thickest and gradually becomes lighter.



Coffee Ceremony, held at SEISA Kokusai High School Atsugi with cooperation of Eritrean Embassy (2019)

## SEISA Africa Asia Bridge 2020 will be held on November 14th This year, all venues and all programs will be streamed online.

Foundation for Global Children (FGC) and SEISA Group have deepened a relationship with mainly Eritrea in Africa, Asia countries such as Bhutan and Myanmar and Pacific Ocean countries. The first event "SEISA Africa Asia Bridge 2015" (commonly known as SAAB) was held to provide opportunities for mutual understanding and exchange between Africa and Asia, and the event has been held continuously up to now. In 2019, 32 countries, including Japan, participated in the festival and it was a grand success with more than 8,000 visitors.

This year, "the sixth edition of SEISA Africa Asia Bridge 2020" will be held on Saturday, November 14th. This year's theme is also "Chikei" like the previous year. It is a word that means to know, to be connected and to be friends. From the perspective of preventing the spread of COVID-19, this time all venues and all programs will be streamed online. You can participate from your home or anywhere you have access to the Internet. This year's SAAB will be also held at JICA Yokohama (2-3-1 Shinko, Yokohama Naka-ku), where various programs will be streamed online. Furthermore, in conjunction with SAAB, FGC will hold an exhibition to introduce our activity between 3~29 November at JICA Yokohama. Please come and visit us.



SAAB Website  
(<https://seisasaab.com/>)

issued in November 2020



公益財団法人 世界こども財団  
FGC—Foundation for Global Children

Postal Code : 259-0111  
1805-2 Kokufuhongo, Oiso-machi, Naka-gun,  
Kanagawa, Japan  
TEL : +81 463 (74) 5359 FAX : +81 463 (74) 5374  
E-MAIL : [fgc@fgc.or.jp](mailto:fgc@fgc.or.jp)  
URL : <http://www.fgc.or.jp>

Facebook : Search us with the term "foundation for global children"  
Printed by Kurikindi Design Co., Ltd. Designed by Naomi Okamura (JC Unit)

