



Overseas Activity

Bhutan



Remote Archery Exchange Tournament was Held

On 1st and 2nd of August, FGC organized a remote archery exchange tournament between the Archery Club of SEISA Kokusai High School Shonan and Bhutan Archery Federation (BAF) via Zoom. Mr. Nidup Dorji and Ms. Sonam Choden, both senior students of SEISA Kokusai High School Shonan, participated in the competition as "Team Japan" with JOC Elite Academy students and Japanese national team archers. On the other hand, "Team Bhutan" was consisted of four representative players from the South Asian Games in December 2020 in addition to Mr. Pema, a para-wheelchair archer.

The tournament had an individual preliminary round, a final round, and a male and female pairs mixed round. Mr.

Nidup and Ms. Sonam participated in the mixed competition as Team Japan. In their first match, they lost to Team Bhutan (Dorji and Karma) by 0-6. In the third-place match, Team Japan managed to win 6-0 against another pair of Team Bhutan (Kinley and Dema), to win the third place.

The 1st National Remote Archery Tournament was also held on the same day, and all members of both countries registered to participate. This is the competition in which participants submit their scores via a special application. 1035 domestic and foreign archers entered the competition. Karma (BAF) finished third in the women's recurve category with a new personal best of 656 points. (Hiroaki Ishida, FGC)



The pair of Ms. Sonam and Mr. Nidup to compete the mix match



Bhutan Archery Federation (Ms. Sally, the head coach, (right side))

24-Hour TV
Para-Sport

Donating Wheelchairs for Basketball

Bhutan Paralympic Committee (BPC) and FGC have been discussing how to stimulate the Paralympic and grassroots movements for the future of Bhutan. In Bhutan, football, basketball and volleyball are popular in that order. Then FGC received a request from BPC to support wheelchair basketball, a para-sport of basketball. Grassroots movements have been in progress for the para-sports like blind football and sitting volleyball, however, para-basketball is left behind, and there is no prospect yet.

Therefore, FGC consulted with the 24-Hour TV Charity Committee about the wheelchair donation program to support Bhutan's wheelchair basketball, and applied for the program as a BPC authorized representative organization. Then, the 24-Hour TV Charity Committee decided to donate five wheelchairs for one basketball team to Bhutan through FGC. For

this year's program, 8 organizations and 15 individuals were selected from 50 applications, and 55 wheelchairs are going to be donated.

Matsunaga Manufacturing Co, the production company, kindly painted the wheelchairs with yellow and orange, the colors of the Kingdom of Bhutan. FGC will send those wheelchairs to BPC, and deliver to the people in need in Bhutan. (Hiroaki Ishida, FGC)



Wheelchairs for Basketball, painted with yellow and orange



Interview report of “JUDO”, BS Fuji’s Documentary Program

BS Fuji airs "JUDO," a documentary program that introduces the fascination of Judo from various perspectives by spotlighting its unknown world, history and people. In February 2020, a two-week documentary on the current situation and history of Bhutanese judo was aired. In relation to that, a documentary "JUDO ~Story of those fascinated by Judo~" featured Mr. Tandin Wangchuk and Mr. Kinley Tshering who came to Japan through FGC's support as sports scholarship students to study at SEISA Dohto University (both belongs to Judo club, 2nd year, the Faculty of Business Administration). The program was aired on August 15th, 2020.

It has been only 10 years since judo was introduced to Bhutan, the home country of Tandin and Kinley. They discovered judo through a mutual friend when they were both in the elementary school. Tandin started judo because of diet, while Kinley said he wanted to try a new sport. As the two did judo, they became more fascinated by it. Now they have become the young hopes leading the Bhutanese judo.

Tandin and Kinley came to Japan last year and this is their second year. In the spring of their second year as students,

university was closed due to the spread of COVID-19, and they could no longer practice at the dojo. At one point, they even considered returning home. However, they thought about the privilege to be able to come to Japan, people who took care of them, their obligation and the future, and the two of them decided to remain in Hokkaido to continue training instead of returning to Bhutan. That decision was made because of their strong will to "study Judo thoroughly and precisely to be able to promote judo in Bhutan." The program showed the daily life and activity of Tandin and Kinley, their coaches and team mates. It also featured the exclusive interview with Mr. Yasuo Miyazawa, the Chairperson of FGC, talking about his passion.

(Hiroaki Ishida, FGC)



"Inviting famous athletes from Bhutan is not our fundamental interest. We are focusing on nurturing young athletes so that they can become coaches or instructors when they return to their home country in the future. Until ten years ago, sports are considered as low priority in the Buddhist country like Bhutan. Many coaches want to offer the concrete grass roots program. They want to guide children in the grass roots style by grounding their feet and facing each other. Children can start deepening their understandings about sports by seeing directly with their eyes and experiencing physically. Perhaps, they can catch up the level of Japan in ten years. I want to bring them dream and hope. Having the possibility to train with a proper coach, children can strengthen their understandings and accumulate hands-on experiences. When they return to their home country in the future, they will be able to teach the next generation. I receive them as the representatives from their country. Through this program, I think I am participating in their lives.

(Yasuo Miyazawa)



Listening message from their family



"I want to be stronger and to become a coach" says Mr. Tandin



Mr. Kinley to talk about his dream after the graduation



Introduction of Eritrean History

Eritrea



The Path to Independence

In the last issue, FGC News reported on how the Eritrean students celebrated the Independence Day of their country on the 24th of May. Eritrea is a small country just about the size combining Kyushu and Hokkaido of Japan. However, because of its geographical importance facing the Red Sea, Eritrea was often targeted for territorial expansion by other countries. From 1881 to 1941, Eritrea had been an Italian colony. A large scale of industrial development took place during the time. Being suffered from racial discrimination, Eritrean people strengthened their desire for independence. Italy conquered Ethiopia and British Somaliland and combined them with Eritrea to form "Italian East Africa". Then, British invasion brought the end of the Italian rule in 1941. After the end of the World War II, Eritrea became a federation with Ethiopia by resolution of the United Nations. However, when Ethiopia was dominated by the military dictatorship in 1962, Eritrea was annexed as its 14th state. Since then, people of Eritrea had fought for their independence for three decades. On the 24th of May, 1991, Eritrea became effectively indepen-

dent, and its independence was internationally recognized in 1993. However, Eritrea's path after independence has never been easy due to the conflicts with neighboring countries and the international sanctions. Its situation has been changing dramatically with the peace agreement with Ethiopia in 2018 and the lifting of sanctions by the United Nations. FGC will continue to support Eritrea as much as possible for its participation in the global community, and for the further friendship between Eritrea and Japan. (Yosuke Ishii, FGC)



People celebrate the end of the war and the liberation of Asmara. (May 24, 1991)



The soldiers of the Eritrean People's Liberation Front (EPLF)

Light up HOST TOWN Project

The event site "WE ARE ALL ONE WORLD ~ Light up HOST TOWN Project" was launched to introduce the host towns receiving athletes with the purpose to make bonds by learning their culture and fostering exchanges beyond the Tokyo 2020 Olympic and Paralympic Games.

The website features video messages from overseas athletes and supporters taking part in the host town campaign, as well as the real-time updates on events and pre-game camps in the host town. FGC had created video messages in Tigrinya language by Eritrean international students, Mr. Dejen (SEISA University) and Mr. Kesete (SEISA Dohto University) through the "SKY Project" jointly organized by SEISA Group, Kanagawa Prefecture, Odawara City, Hakone Town and Oiso Town. Please visit the website <https://host-town.jp/>

(Hiroaki Ishida, FGC)

https://host-town.jp/athlete_message/ja/



Message from Mr. Dejen and Mr. Kesete to all host towns



The website "WE ARE ALL ONE WORLD ~ Light up HOST TOWN Project"



The Activity of SEISA University

SEISA University Track & Field Club was established in October 2019. Currently it is operated with two members, Mr. Dejen (from Eritrea), a runner mainly focuses on 10,000 meters, and Mr. Penjor (from Bhutan), a runner who specializes in 400 meters. Both are aiming to enter the Tokyo 2020 Olympic and Paralympic Games. One of the features of our track and field club is that although it is a distance education course, students can attend the school as the students of Accommodation Course. On weekdays, students attend Japanese language classes and university classes at Oiso campus in the morning (currently attending online classes at home), and training at a nearby stadium in the afternoon. In the Accommodation Course, students can study compulsory subjects same like most distance education university while deepening their understandings about “KYOSEI (living together in harmony)” through daily sports practices, competitions, training camps, etc., Credits are given through all these activities to obtain the degree of the university.

During the training camps held twice a year, students can practice efficiently in a well-equipped environment. They also learn about various aspects of “KYOSEI” through people, life-style, history, and nature of the region by taking into account



Mr. Dejen (SEISA University Track & Field Club) (from left)
Mr. Kesete (SEISA Dohto University Track & Field Club)
Mr. Uemura (Manager of SEISA University Track & Field Club)

the differences from their home countries. Particularly, in the summer camp, by setting a joint training with SEISA Dohto University Track & Field Club, athletes from both universities can motivate each other. Furthermore, several members of SEISA Dohto Track & Field Club will be staying in Oiso Town from November until March to train together with Mr. Dejen. Differed from other universities, SEISA University Track & Field Club is unique in a way that we focus on nurturing person who can play an active role in the international society based on the Three Guiding Principles of SEISA, by learning not only about sports but also about “KYOSEI” between human, nature, and country from many aspects.

In 2021, Japanese students will join our club. Further success of the athletes can be expected with a new learning environment. To create a better training environment for athletes, we are working in collaboration with Track & Field Clubs of SEISA Dohto University and SEISA Kokusai High School Shonan. (Satoshi Shibuya, SEISA University)



Mr. Dejen (Top) and Mr. Penjor (bottom) in training



Mr. Tandin (SEISA Dohto University Judo Club - 73kg class) (from left)
Mr. Penjor (SEISA University Track & Field Club)
Mr. Kinley (SEISA Dohto University Judo Club - 66kg class)

Summer Activity for International Students

"Beach Yoga" event was held at Oiso Beach as a summer activity for international students of SEISA Kokusai High School Shonan. The eight international students from Eritrea, Bhutan and Myanmar were all very excited to be on the beach after a long time. They enjoyed the opportunity to feel their inner body and self through yoga. In the meditation, Ms. Mika Tsuchiya, the Yoga instructor said, "Imagine that you can make your dream come true". Students closed their eyes

and meditated with the image of their future selves.

During this summer vacation period, they kept their motivation for study and worked positively by taking a mock test for the Japanese Language Proficiency Test. After this special summer ends, the international students are back on the sports training and study to realize their dreams.

(Kimura Yuka, FGC)



International Students taking a yoga lesson at Oiso Beach



Ms. Su, Mr. Kaung, and Mr. Natnael (from back left) on meditation



Ms. Yamin taking the JLPT mock test

Expected International Students from Eritrea and Myanmar Doing the Best, They Can Do Now!

This year, SEISA Kokusai High School Shonan expects to receive two male and two female track and field students, two male basketball students from Eritrea, and one male and one female karate students from Myanmar as sports scholarship students. However, due to the spread of COVID-19, they have not been able to come to Japan yet. Even under such circumstances, those international students in each country are positively working on what they can do now one by one.

At each sport federation in Eritrea and the sports and physical education school in Myanmar, the students are practicing their sports and also working on study assignments and reports sent from Japan.

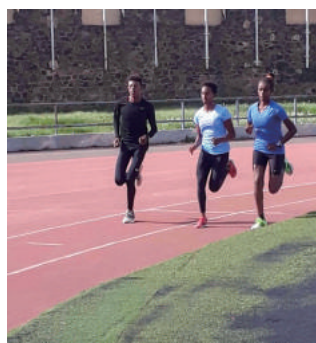
In addition to practicing basic Japanese words such as hiragana and katakana, they study subjects such as English, history, mathematics and science. Ms. Sebah, a female track and field athlete from Eritrea says, "My dream is to become



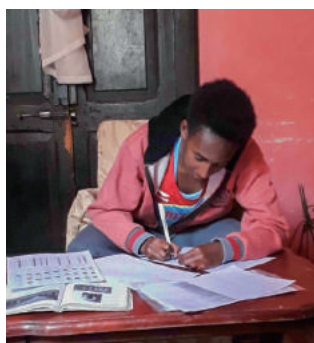
Myanmar: Karate training at the Sports and Physical Education School



Myanmar: Learning Japanese with a teacher of Sports and Physical Education School



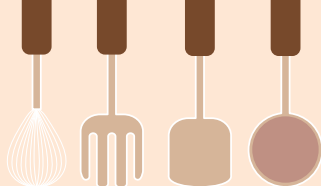
Eritrea: Training at Asmara Stadium



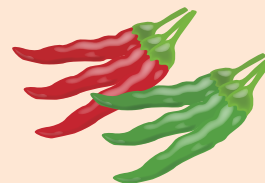
Eritrea: Sebah studying at home

a professional athlete, and for that I want to be a role model for young female athletes in Eritrea. The current COVID-19 situation is challenging, but I believe that I will tackle it with courage and perseverance to move forward. FGC will continue our preparations so that they can start their lives in Japan as soon as possible.

(Yosuke Ishii, FGC)



cooking



Spicy Bhutanese Food for Your Appetite

In the Kingdom of Bhutan, where there are many steep mountainous areas, vegetables as food are limited. So people eat green chilies not as a spice, but as a vegetable. Ms. Sonam and Mr. Nidup, two Bhutanese students, have been eating chili as a side dish with rice since they were small. It is an ingredient loved by a wide range of people from children to the elderly. Here, we would like to introduce a Bhutanese home-style dish called "Ema (chili) Datshi (cheese)". It is made from whole chili peppers and is overwhelmingly hot, but has a delicious flavor. Why don't you take this opportunity to make Bhutanese food at home and satisfy your appetite?

(Yuka Kimura, FGC)

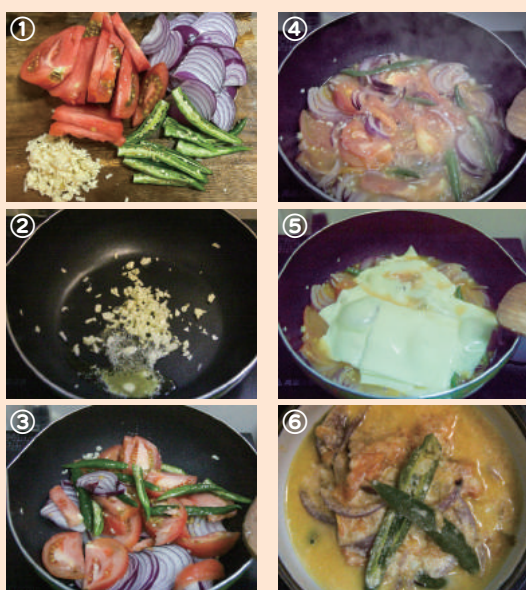


Ema Datshi (chillies in cheese)

Ingredients(for 2 persons)

- 5 green chillies (or more)
- 1 medium size tomato
- 1/2 medium size red onion
- 2 cloves garlic
- 10g butter
- 5 slices of cheese (about 100g)
- Moderate amount of salt
- Water 100ml

How to Cook



① Cut the ingredients.

Roughly chop the garlic, and thinly slice the tomatoes and onions. Remove the stems from the chillies and cut them in half down the middle.

② Fry the garlic in butter.

Melt the butter in a heated frying pan and fry the garlic.

③ Fry the vegetables.

Lightly fry the onions, tomatoes, and chillies.

④ Simmer.

Add 100ml of water and salt, and simmer over medium heat for 10 minutes until everything is cooked.

⑤ Add the cheese.

※ Cover and cook over low heat for another 10 minutes without stirring.

⑥ Complete!

Goes great with white rice!

Information

Follow Us
@fgc_seisa



● **FGC's Official Instagram Account is Launched!!**

We will be regularly updating our activities, event information and daily life of international students of SEISA. Please follow our Instagram account and like our posts.

Thank you.

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