



Mr.Nidup and Ms.Sonam, Congratulations on Graduation from High School!

International students from Bhutan, Mr. Nidup and Ms. Sonam came to Japan in January 2018, and enrolled in SEISA Kokusai High School Shonan. Majored in the Archery, they practiced sports and studied hard in the school for three years. They graduated in the spring of 2021 and looked back over their time in Japan

●**Congratulation on your graduation from the high school, Mr. Nidup and Ms. Sonam. We would like to reward your hard work for the last three years. How do you feel now about your graduation?**

Nidup : I am very happy because I've been studying hard and training in archery and now everything is going to end in a good way.



Sonam : I have a mixed feeling. Part of me wants to go back to Bhutan soon, while another part of me doesn't want to go back. Since people of SEISA are like my family in Japan, I cried when making a decision to rerun to Bhutan.

●**After spending three years in SEISA, what do you find as its appealing points?**

Nidup : Belonged in SEISA for three years, I was impressed by the teachers and staff in SEISA for their hard works.

Sonam : SEISA is very international. That's very attractive. I have never met any foreign people in Bhutan. But in SEISA, I was able to make friends with people from Japan, Eritrea, Myanmar and other countries. It was great.

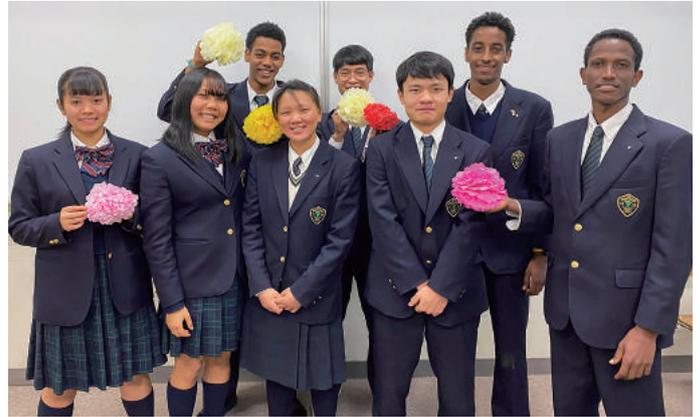
●**You came to Japan as an archer. Would you tell us about what part of you became stronger through your training in SEISA?**

Nidup : I believe that my muscle and archery skills have improved because I was able to learn from good coaches during the long days of training. Every day after class, as soon as I had lunch, I practiced for more than four hours. And on weekends, training went on for a whole day.

Sonam : The most emphasized practice for me was muscle training. The practice hour was longer too.

●**What did you learn and gain from studying in abroad? Please tell us about what part of you have been grown?**

Nidup : Through studying in abroad, I learned the differences between Bhutan, Japan and other countries. There are various



Memorial photo with other international students (Front row from left side: Su, Yamin, Sonam, Nidup, Merhawi. Back row from left side: Natnael, Kaung and Daimon)

differences in food, lifestyle and work style. How you make effort is also unique. In Bhutan, I didn't see people working so hard. But in Japan, I could see people working very hard. My mind has changed drastically through the experience of living in abroad by leaving home for the first time.

Sonam : Three years of practicing archery made me mentally strong. My way of thinking has been improved. In Bhutan, all I did was study but I didn't exercise the mental part. Since I came to Japan, I received advice on archery from various teachers. How I think was changed. My mental aspect became stronger, so I don't go through emotional ups and downs anymore whether I win or lose at archery games.

●**Please give a message to those who have supported you.**

Nidup : Thank you so much for supporting us for three years. Please continue supporting other international students from Bhutan, Eritrea, Myanmar as well as students from other countries in the future.

Sonam : Thank you all for your kind supports for us for the past 3 years. I appreciate it deeply. Please continue supporting for other international students in the future.



(Michiyo Inoue, FGC) Thank you for three years!

Messages from Coaches and Staff

Keisuke Shigeta
Head coach,
Archery major



We started together from zero, with no archery field, no bows. I think you will keep relating with archery for your life. Keep up with your training in Bhutan. I wish you the best.

Seo Seok Won
Coach,
Archery major



We worked hard together for the last two years. It was really great. I hope the best for both of you wherever you go. So, don't give up archery.

Masayo Ambo
Dormitory mother
of the girls' dormitory



I can imagine how hard it was to come to Japan without any knowledge. However, you have been communicating well with people. I believe you can do the same in Bhutan. Please keep growing and working at your best.

Watch full interview on
FGC's Youtube channel.





International Students of SEISA University Gave a Presentation in Japanese

International students enrolled in the Accommodation Course at SEISA University, Mr. Penjor from Bhutan and Mr. Dejen from Eritrea gave a presentation. They delivered their speeches in Japanese as a part of the "SEISA study" (philosophy), that aims to nurture human resources who can contribute to the realization of KYOSEI society (living together in harmony).

Mr. Penjor explained that Bhutan is considered as the happiest country in the world because Bhutanese people believe in the importance of four things: politics, nature, culture, and religion. He also introduced the Taktsang Monastery located on a cliff 3,000 meters above sea level by using the photo slides.

Mr. Dejen introduced the history of Eritrea through the location of



the country and its flag color. He also gave a presentation on injera, a local dish, all of which deepened our interest in the country.

After the presentation, Mr. Penjor said, "I am glad that I was able to learn Japanese through the presentation, which will be useful when I explain about Bhutan in the future. It was difficult for me to summarize what I wanted to say but it was a good experience." And Mr. Dejen said "I was nervous about giving a presentation in front of many people but I am glad that I could let many people know about Eritrea."

Both students could make wonderful presentations about their respective countries in a dignified manner as university students.

(Yuka Kimura, FGC)



Japanese Study Materials Donated from SEISA Nagoya Junior High School Students

SEISA Nagoya Junior High School students gifted handmade picture books and a Karuta (Japanese traditional card game) to the international students in SEISA Kokusai High School Shonan. Those gifts were created by students of SEISA Nagoya Junior High School. It took over 3 months for them to complete. The picture book is about a Japanese folktale "Momotaro (Peach Boy)". Karuta is themed around disaster prevention by including easy-to-understand and useful knowledge. Students expressed their wishes for continuous friendship with the international students of SEISA Group. Handmade Karuta cards and picture books donated by the students were utilized in the Japanese culture class of the international students. In the Karuta game, the first match was played individually, and the second one was played as a team match. In the individual match, by concentrating on the first letter every time it was said, the students enjoyed the match by following



rules. In the team match, they encouraged team mates who were struggling to get cards, and clapped with joy at getting a card. From

the cards, the students learned about disaster prevention knowledge such as emergency exits and tsunamis. All the international students read the book aloud in turn, and understood the story as they read. Knowing the story of "Momotaro" provided a good opportunity for them to learn about Japanese culture. We will continue to use the picture books and Karuta as study materials. We thank for students of SEISA Nagoya Junior High School for the kind contribution.

(Yuka Kimura, FGC)



Merhawi high-fives his teacher with joy



Reading a Japanese folktale "Momotaro"



Introduction of Bhutanese Culture

Bhutan's National Sports "Da"

In Bhutan, archery is a national sport loved by its people since ancient time. Archery, we talk about here, is different from a western style archery which international students Sonam and Nidup play.

Archery in the Olympics uses a recurve bow and the distance to the target is 70 meters. On the other hand, Bhutan's traditional archery "Da" uses bamboo bow called "Zhu", and the distance to the target in official competitions is up to 100-145 meters. Another feature of "Da" is that the participant is not only archer, but also act as a cheerleader who encourages teammates to hit the target and distracts the other team by dance and song.

However, it is not only the unique rules and tools that make "Da" a national sport, but also the fact that the bows and arrows are the tools that were closely related to Bhutanese daily life traditionally. They played vital role in various occasions, such as hunting, celebrations for new births and house-warmings. In addition, arrows are often left as tributes and offerings to the local gods. "Da" is a traditional game that is now protected by the Bhutan Indigenous Games and Sports Association, BIGSA, and is still an essential game for the Bhutanese today. (Rakuhei Konishi, FGC)

Bhutan



The archer is targeting.



"Zhu", the bamboo bow and its arrow.



Dance for celebrating team member's hit.



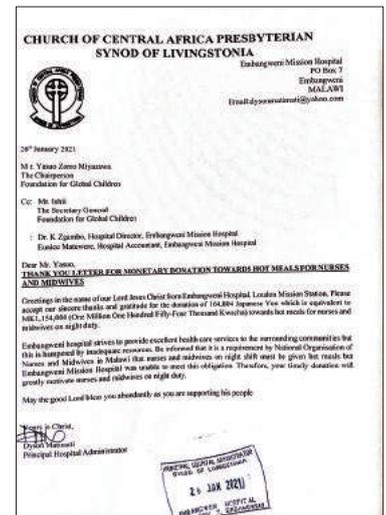
Support Activities Overseas

Malawi



Supporting the Activities of a Hospital in Malawi, Africa

In addition to sports-related activities, FGC conducts a variety of support activities in Japan and overseas. From the end of last year to this year, FGC made two donations to support the activities of Embangweni Mission Hospital in northern Malawi, Africa. The hospital employs more than 200 staff members and receives about 30,000 outpatients and 4,000 inpatients annually. However, the hospital beds are always over capacity, and the staff is working in a difficult environment as they are forced to deal with the new coronavirus. The hospital is also working on a project to reduce the risk of maternal and neonatal deaths. Donations from FGC will be used for these activities and to improve the environment of the hospital. We will continue to collaborate and provide support in however small a way we can. (Yosuke Ishii, FGC)



A Certificate of Appreciation sent from the hospital to the Chairperson Yasu Miyazawa



Embangweni Mission Hospital



Dr. Zgumbo, the director of the hospital, contact person for FGC (Right side person)



A baby lost mother soon after birth



Future Gathering Collaboration

Supporters for FGC

This is the 12th year that FGC has been established. It is with the understanding and cooperation of our supporters that we are able to continue to carry out our objectives. We would like to express our gratitude to all supporters for generous cooperation to FGC as well as to SEISA Group.

Through an affiliation contract between FUJIYA HOTEL Co., Ltd. and SEISA Group, SEISA employees and FGC supporting members can now use the FUJIYA HOTEL facilities at a discounted rate. Major Beverage Companies including ASAHI SOFT DRINKS

Co., Ltd., Coca-Cola Bottlers Japan Inc., Kirin Beverage Company, Limited and Suntory Beverage Service Limited, provide drink sponsorship for each SEISA Group event. IRIS CHITOSE Co., Ltd. donated many "stick-on warmers". In addition, many other companies and organizations are also supporting FGC's activities. All generous supports from you make a major pillar of FGC. We will continue to reach out to those in need, both in Japan and overseas, and engage in activities to support the sound development of young people, and we look forward to your continued cooperation.

(Shota Miyagawa, FGC)

Information

• Result of Goods Donation and Collaboration Donation in 2020

| Donation goods | (Yen) | Collaboration Donation | (Yen) |
|----------------|-----------------|----------------------------------|-------------------|
| Books | ¥171,384 | Vending Machine Sales Commission | ¥9,205,605 |
| Stamps | ¥1,920 | | |
| Total | ¥173,304 | Total | ¥9,205,605 |



We have received such generous donations from people all over Japan. We appreciate from the bottom of our hearts.

• Companies and Organizations that Have Cooperated With FGC

Corporation Members, Companies And Organizations (Random Order)

- Shonan Business Machine Service Co., Ltd. •Oku International Corp. •Miyazaki Co., Ltd. •TopLand Corporation, •Yamaichijisho Co., Ltd.
- Suzuhiro Co., Ltd. •Super Dealer KATO Corporation •SANKI Kogyo Co., Ltd. •SEIBIDOU Co, Ltd. •Kyoei Construction Co., Ltd.
- You Me Life Group •Yamashitashingu Co., Ltd. •Furusawa Printing Ltd. •NPO SEISA Education Research Center
- Zennikkei Co., Ltd. •Yokohama Branch •Tajima Gakuen School Corporation •maNavi Link Co., Ltd. •IRIS CHITOSE Co., Ltd.
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- Suntory Beverage Service Limited •Futaba Corp. •Tokyo Taiku Yohin Co., Ltd. •Sodick F.T Co., Ltd. •ASAHI SOFT DRINKS Co., Ltd.
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- Kirin Beverage Company Limited •Minna Denryoku, Inc. •SEIYUKAI-SEISA National Student Union
- SEISHINKAI-SEISA National Graduate Parents' Association •SEIBOKUKAI-SEISA National Parents' Association
- SEISA National Student Government Organization •Nihon Lease Co., Ltd. •Kurikindi Design Co., Ltd. •Kense Corp. •Tokai Plant Co., Ltd.
- RULE Co., Ltd. •FTI Co., Ltd. •COGMED Japan •YABE Co., Ltd. •Fusion Co., Ltd. •Amateur Radio Friends
- Tokiko Planning Co., Ltd. •Japan Myanmar Association •Japan International Cooperation Agency Yokohama Center
- Value Books Co., Ltd. •C4 Co., Ltd. •Embassy of the State of Eritrea in Japan •The Supporting Organization of J.O.C.V.
- Japanese Olympic Committee •Japanese Para-Sports Association •National Rifle Association of Japan •All Japan Archery Federation
- Japan-Bhutan Friendship Association •Honorary Consulate-General of the Kingdom of Bhutan in Tokyo •NPO Wheelchairs of Hope
- Be Forward Co., Ltd. •DOMA Co., Ltd.

Companies and Organizations Cooperating with the Donation-Type Vending Machines (Random Order)

- LUMINE Creates Co., Ltd. •Japan Kokushi Goukaku Co., Ltd. •Daiwa Chemical Industry Co., Ltd. •Auto Spirit, Inc.
- Yamafumi Logistic Center •Omatagumi Co., Ltd. •International Wellness Technical College •Urazono High School •Okayama High School
- Tobu Top Tours Co., Ltd. •Kodama Shoten •YABE Co., Ltd. •Tokai Plant Co., Ltd. •IRIS CHITOSE Co., Ltd. •Hachinohe Aoba High School
- TOKYO KEISO Co., Ltd.

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