



## International Students Activity Report

### Congratulations On Your University Graduation, Mr. Kesete!



Mr. Kesete Habteton came to Japan four years ago in October 2017 as a SEISA Sports Scholar Athlete from Eritrea, where is located in the northeast of the African continent known as the Horn of Africa.

He studied business administration at SEISA Dohto University in Kitahiroshima City, Hokkaido, where he was a member of the track and field team for four years, devoting himself to both study and sports. FGC interviewed Mr. Kesete, who became the first Eritrean to graduate from a Japanese four years

university on September 24th, 2021, about his experiences as an international student.

#### What is your impression of Japan?

The Japanese actually showed me the saying, "Time is money," in terms of being very time-conscious.

#### What are the good things about Hokkaido that you have lived in?

Except for winter season, there is a dirt ground that is easy for international student athletes to run on as much as we want. Hokkaido was the perfect place for the track and field athletes because of its vastness and little traffic.



#### What are some of your favorite memories from university?

Ms. Sato, our Japanese teacher organized the inter-cultural events for the international students of SEISA Dohto University got together, went on the short trips and eat together. I enjoyed very much the time we ate together such as Chinese, Japanese and Bhutanese food. Before, I didn't have many friends, but thanks to Ms. Sato, I made Chinese and Bhutanese friends and went to many places.

#### You came to Japan as a track and field athlete. What areas have you improved through training at SEISA Dohto University Track & Field Team?

In Eritrea, I couldn't make good results because I often had injuries. But ever since I came to Japan and moved to Hokkaido, I was able to run through three years without getting injured. I'm also grateful that I was able to achieve a personal best.

#### What did you learn in the university that you found useful in the future?

When you decide to set up your own company or self-employed business, there are two things you need to know in advance. Those are the management resources refer to the assets available to the company: 1) people, 2) goods, 3) money, and 4) information, and 5W2H of business planning management strategy: WHEN, WHERE, WHO, WHAT, WHY, HOW, and HOW MUCH. If you keep these 5W2H in mind from the beginning of the concept creation process, it means that your thoughts will be more organized.

#### What areas do you feel you have developed in your study experience in Japan?

I was very moved by the words "Leave Nobody Out" from the Three Guiding Principles of SEISA. Meeting people from other countries, I learned various human attitudes, my ability to live with people together, in good or bad, no matter what the environment or conditions, was expanded.



#### Do you have any advice for the international students following your path?

The most important thing is to study at least N3 level of Japanese language proficiency before entering a university.

#### Do you have a message to those who supported your study abroad life in Japan?

I cannot find appropriate words to express my gratitude, but anyway thank you. I was able to live and study in Japan for the past four years without any trouble because of your supports and understandings. Thank you from the bottom of my heart. I wish you all the best and look for the long-lasting relationship.

**[From FGC] FGC sincerely appreciate your continuous supports for Mr. Kesete as well as for other international students of SEISA Sports Scholarship. Please accept our hearty gratitude.**



Just after Coming to Japan  
October 2017



Making Sweets  
at Factory Tour  
July 2018



Teammates of Track and Field Club  
August 2018



Hokkaido Intercollegiate  
Athletic Meet: 3rd Place  
August 2020

## Dear All Supporters

Hello, my name is Kesete from Eritrea, Africa, came to Japan in October 2017. I appreciate your constant support and help for us.

I am pleased to announce that I graduated from the Faculty of Management, Department of Sports Management, SEISA Dohto University, in Kitahiroshima City, Hokkaido, on September 24th, 2021. Thank you very much.

The reason I could graduate from the university is because of those who support FGC and SEISA group. To be honest, I really would like to meet each of you and exchange words how much I appreciate to you directly. However, it is difficult due to the impact of COVID-19. So I have taken this opportunity to write to you.

I first came to Japan in October 2017 which is four years ago from now. Receiving a warm welcome by FGC, SEISA Dohto University and SEISA group, I have been well taken care of since I came to Japan. I have no words to express how much appreciation I feel for these four years.

As many of you may or may not know, we, international students from Eritrea were able to come to Japan under the SEISA Sports Scholarship program established in response to a promise made between SEISA Group, FGC and Eritrea for the better future.

At present, there are four students from Eritrea enrolled in the SEISA Group: Mr. Dejen at SEISA University, Mr. Natnael at SEISA Dohto University, and Mr. Daimon and Mr. Merhawi at SEISA Kokusai High School Shonan. Once again, on behalf of other Eritrean students I would like to thank you for all your generous supports.

When an international student first comes to Japan, Mr. Miyazawa is the first person to meet us, no matter how busy he is. More than words, Mr. Miyazawa gives us passion, love, compassion, and kindness. Also, everyone at the FGC and SEISA Group has opened up opportunities for me to change my life by welcoming me to a special scholarship life path, which I had never experienced before as an athlete. I really, really want to thank you from the bottom of my heart.

As I wrote above, that is how and why I came to Japan.

In the beginning, when I first came to Japan, I had a very hard time understanding Japanese. It is not only because I did not understand the language, but also because I was unfamiliar with the culture and the



Track and Field Club of  
SEISA Dohto University

etiquette, I had a very difficult time in university life and club activities. However, as time goes by, I am getting used to the daily life in Japan and can even speak a little Japanese here and there. In the first year, I stayed in Oiso Town, Kanagawa for about half a year and studied mainly Japanese, then I moved to Hokkaido.

This is the first time I have been to Hokkaido in my life. April in Hokkaido was not as cold as January and February, but it was still super cold for a first-time traveler to Hokkaido. And even in such a condition, I still had to carry out my track and field training, so I had to endure the cold that made me feel like crying.

Moreover, I must not forget about the Japanese language classes I had to take at the university. Because I had to attend these special classes from 9AM to 4PM. Two Japanese teachers taught me Japanese. Sitting in the class room for long hours, I suffered from back pain. Looking back at the time, I felt that university life was boring and long. However, now that I think about it, my four years of university life have flown by.

Finally, I was able to graduate. Many people I meet would tell me that it is because of my own hard work. However, that is not true. I think not. I believe that my graduation was made possible because of you - your supports, kindness, and smiles. You all supported me, cheered me up, and that's why I was able to live in Japan with peace of mind and come this far without ever wanting to go back to Eritrea. Thank you so much.

I would like to express my sincere gratitude to everyone who supported me to graduate, FGC, SEISA Group, and SEISA Dohto University. Thank you from the bottom of my heart. I look forward to working with you in the future.



University Entrance Ceremony



Graduation Ceremony

\* Eritrea locates in the northeast of the African continent known as the Horn of Africa. Facing the Red Sea, which connects Africa, Europe and the Middle East, Eritrea has a very important geographical location. Having gained independence in 1991, it is one of the youngest countries on the African continent.

Kesete





# Support Activities in African Countries

## FGC Continues Grassroots Support Activities by Utilizing the Network

### Supporting Hospital in Malawi



We have received a report from the Embangweni Mission Hospital in northern Malawi, previously introduced in FGC News No. 26. 200 staff are working in the hospital to receive about 30,000 outpatients and 4,000 inpatients yearly. Furthermore, COVID-19 measures further increased their burden. Hospital staff were forced to work for long hours by cutting their meal time. To help the staff working under such hard condition, the "Hot Meal Project" was launched in April 2021 funded by FGC. This project is to provide hot meals to all the doctors, nurses and staffs working on the night shift. Even though it was a small support, but it was greatly appreciated by the staff who pay a lot of efforts for their patients. FGC received the detailed report, a certificate of gratitude, and photos of staff with satisfying smiles.



Hospital Staff Smiles Happily by Receiving Hot Meal

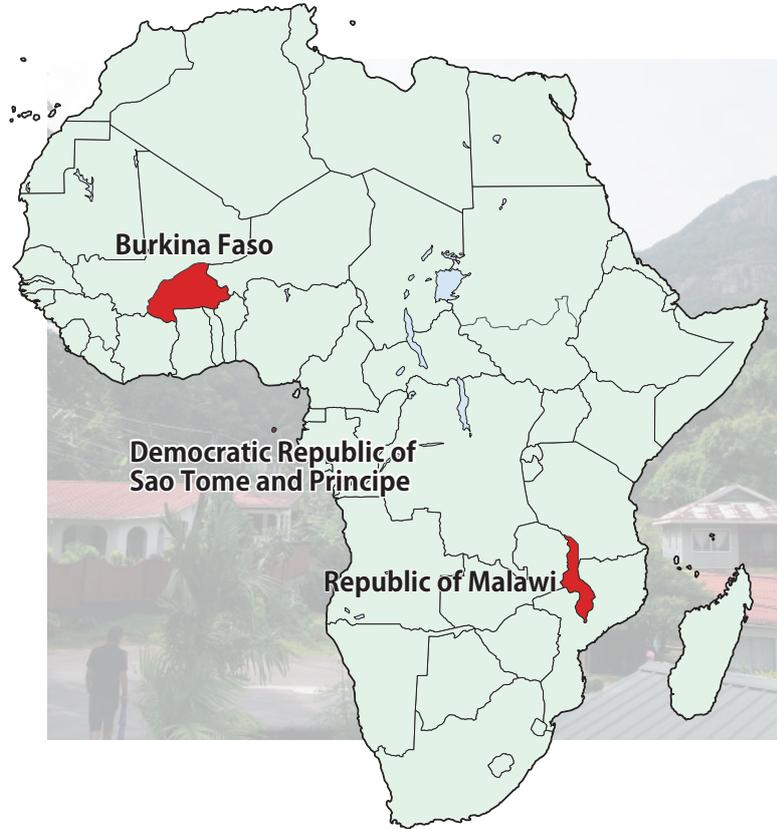
### Supporting Children in Burkina Faso



Mr. Harald Becker, a German amateur radio operator, visits Burkina Faso in Africa every year to make amateur radio calls from there. He has been active for many years in charitable activities such as helping children with school fees. In June 2021, when Mr. Harald visited Burkina Faso, FGC supported his activities and sent him a donation. With this fund, Mr. Harald gave bicycles to the local children.



Children Overjoyed with the Bicycle Gifts and Mr. Harald (third person from the left side.)



### Supporting Schools in Sao Tome and Principe



In October 2021, a team of Czech radio amateurs led by Mr. Petr Spacil, visited Democratic Republic of Sao Tome and Principe in Africa.

Mr. Petr and his friends also wanted to do something useful for the local people in addition to their amateur radio activities. After consulting with FGC, they sent donations to two local elementary schools from Japan to acquire necessary supplies. In addition to school equipment such as fans and monitors, we also donated soccer balls and other items for the children, which they really enjoyed.



Czech Radio Amateur Team Visited an Elementary School with Gifts



# Introduction of the Culture of "Bhutan"

## Bhutanese Traditional Music Instruments Delivered to SEISA University!!

Mr. Jigme Drukpa, a Bhutanese musician, sent us a pair of Bhutanese traditional music instruments, "Yangchen" and "Dramngyen". They just freshly arrived music instruments, still smelling of freshly painted lacquer.

In Bhutan, people value their traditional culture as one of four components of GNH (Gross National Happiness) policy. Especially, music and dance are an important key factor of Bhutan's tradition.

In SEISA University, Dr. Higashi, Dr. Sakata, and Ms. Asami have been conducting collaborative research on "The relationship between development, education, music and local communities in Bhutan and how to create KYOSEI (living together in harmony) society." These instruments were sent all the way from Bhutan in a response to the request by Dr. Sakata, who is an academic director of the music field, wondered what kinds of music instruments are available in Bhutan.



Traditional Music Instrument "Dramngyen"



Playing with a Wooden Pick (tied to the body of the instrument with a string).



It is Carved the Dragon.

In the future, SEISA University plans to conduct research on the fusion of Bhutanese and western music by studying traditional Bhutanese music instruments. We would like to take this opportunity to introduce about "Yangchen" and "Dramnyen", two wonderful handmade music instruments that are full of Bhutanese culture and tradition.

As for the traditional music instrument

"Dramnyen", the shape is similar to "Shamisen" of Japan. Because Bhutan is called "the Land of Dragons", it was carved and colored with the powerful dragon. There are seven strings, and a "hook" like a guitar pick is tied to the body with a string.

"Yangchen" is similar to "Koto", but it is played by striking the strings with a bamboo "Bachi (pick)". It consists of 52 strings (4 x 13). Tuning seems to be difficult, but the sound is very mysterious. Above all, it is more like a work of art

than a music instrument, with its gold dragons painted vigorously on a vermillion background.



"Wishing for the Convergence of COVID-19" by SEISA University International Exchange Center

the cultural diversity of Bhutan and Japan through the power of music by using these instruments as a bridge.



Traditional Music Instrument "Yangchen" (The pictures on the instruments are gorgeous.)



It consists of Four Strings.

Dr. Sakata was Tuning "Yangchen"

At present, due to the COVID-19 outbreak, it is difficult to travel between Bhutan and Japan. It is at times like these that we hope to continue deepening our interexchange with respect and admiration for

(Machiko YODA, SEISA University)

事務同士の

## SEISA Africa Asia Bridge 2021 to Held on November 13th(Sat)

### To Know Africa & Asia and To Connect with the World through SAAB

"SEISA Africa Asia Bridge(SAAB)" started in 2015 as a hands-on integrated learning event to learn, experience, and empathize with the wonderfulness and possibilities of diversity through "to know" and "to connect" with countries in Africa and Asia.

FGC, Kokusai Gakuen and SEISA Group will hold "SAAB 2021" which is the international exchange learning event to recognize each other and to promote mutual understanding and learning among students from Eritrea, Africa, Bhutan, Myanmar and other Asian and Pacific countries. In 2021, in its seventh annual, SAAB will be held online from the perspective of preventing the spread of COVID-19. SAAB 2021 will be the largest learning festival in history, connecting families across Japan to about 40 sites all over Japan, the U.S. (NYC and UNDP), Myanmar, and Bangladesh online.

We hope to promote mutual understandings by providing children and adults with the opportunity to think about the future of international society, as well as the opportunity for exchange across regions and generations beyond Africa and Asia.



issued in November 2021



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Printed by Kurikindi Design Co., Ltd. Designed by Naomi Okamura (JC Unit)

