



INTERNATIONAL EXCHANGE PROGRAMME FOR TEACHERS FROM INDIA TO JAPAN, 2024

Enriching Encounters: Insights from My Cultural Exchange Journey



Although summarising the experience of five days in just a few words is quite a challenge, however, here are some standout insights from my experience:

- 1. Early Sense of Belonging:** At Yurikago Kindergarten School, children cultivate rice as part of a project. They prepare and serve this rice to their peers, instilling a valuable lesson about food waste from a young age.
- 2. Instilling Responsibility:** At Koshigayakita High School, students take pride in maintaining cleanliness, taking responsibility for their classrooms, restrooms, and common areas. This practice cultivates a lifelong commitment to keeping their environment tidy as they integrate into society.
- 3. Respect for Pedestrians:** I noticed a remarkable reverence for pedestrians; not once did I hear a vehicle honk during my stay. This reflects a cultural emphasis on community and consideration for others.
- 4. Harmony of Modernity and Nature:** Both the urban and rural landscapes beautifully blend modern development with lush greenery, creating a vibrant and harmonious living environment.

These experiences have inspired me to embrace and promote similar values of responsibility, respect, and sustainability in my own community.

ACTION PLAN – the way forward.....

After sharing the enriching experiences from the teacher exchange program with all members of my school, we formulated the following action plan in collaboration with the school management:

1. A **“Shramdan”** duty chart has been introduced for all grades, encouraging students to take responsibility for environmental cleanliness and develop leadership skills.
2. **Daily food wastage reports** will be displayed during morning assemblies, promoting self-reflection among students and encouraging efforts to reduce overall food waste.
3. The **“Moolgyan”** project is being implemented, focusing on organic farming through fully sustainable techniques, with students taking the lead in its execution.
4. **Monthly Eco-assemblies** are being conducted to raise awareness about health and instill a sense of empathy towards the environment among students.
5. Additionally, **members of the VidyaGyan Eco-club, GenCAN, and Wipro Earthian plan to adopt two government schools**—one primary and one secondary—from a nearby village. This initiative aims to train and guide the schools on various Sustainable Development Goals (SDGs), fostering a deeper understanding of sustainability practices and empowering both students and teachers to implement these principles in their daily lives and communities.