



**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.