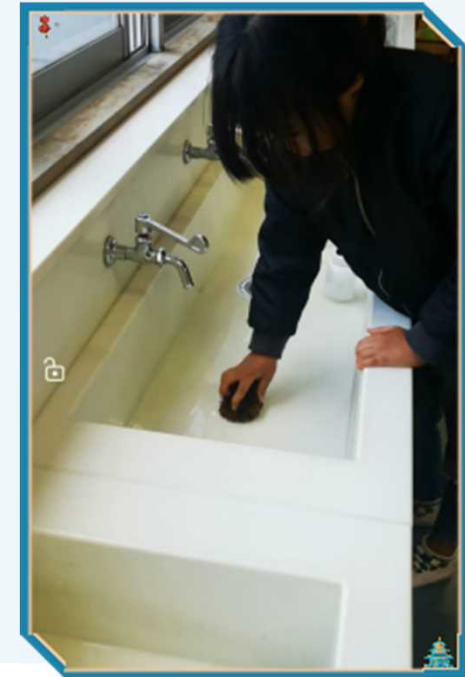


# The most impressive thing about the school visit



## 1. The school's comprehensive dynamic evaluation mechanism for students

The multiple assessment of students includes dimensions such as test scores, class participation, cooperation skills, and attendance. Teachers use 'growth record books' to track long-term progress. Teachers regularly write 'contact books' that detail comments on student performance, connect with parents, and respond to comments to form two-way communication. Ranking is downplayed to encourage individual growth.

## 2. Education for good habits

Standardised processes: There are clear rules for everything from school entry etiquette (bowing to say hello) and class start and end procedures to the placement of items (such as fixed locations for shoes and school bags), which become habits through repeated training.

Self-management by students: The class monitor system (called '日直' in Japanese) is implemented, where students take turns to be responsible for class discipline and hygiene management, and even participate in campus maintenance (such as cleaning toilets), to cultivate a sense of responsibility.

## 3. Effective physical health education

School physical education classes and physical exercise time are adequately scheduled, and outdoor activities are encouraged between each class to reduce sedentary behaviour. A solid physical education curriculum is implemented to develop perseverance and cardiorespiratory function. Emphasis is placed on team events (such as relays and basketball), and teamwork and awareness of rules are incorporated into skill training.

## 4. Valuing food education

In 'food education', 'enriching the mind' is an important part, which includes 'a happy eating process', 'a grateful heart' and 'a sense of participation'. It not only teaches children to eat properly, but also to experience gratitude, environmental protection and frugality through eating.





## Most memorable exchange



1. At Kamisu City Ikisu Elementary School, the school teachers had in-depth exchanges with Chinese teachers on the school's educational philosophy and the organisation and implementation of specific educational and teaching activities.
2. During the visit to the elementary school's daily teaching activities, I was deeply impressed by the Japanese elementary school students' physical education class and lunch activities.



**This exchange has inspired  
me in my work.**



1. Pay more attention to students ' learning experience;
2. Set up more and better authentic situations for teaching and education;
3. Provide students with more opportunities to participate in the classroom;
4. Focus on reading and improve students' interest in reading.





## Asia-Pacific Cultural Centre for UNESCO

公益财团法人联合国教科文组织·亚洲文化中心



授课

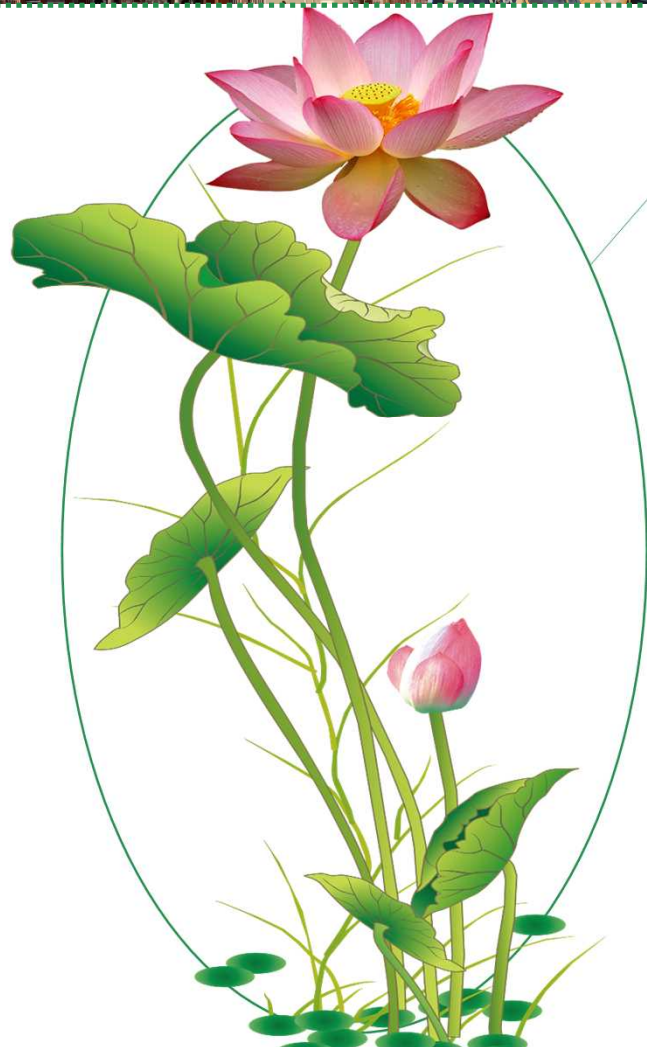
The most impressive part of this project was giving a live lecture on 'Our Happy Life' to all the students at Yashio City Hachijo Junior High School, so that all Japanese middle school students could learn about the school life of Chinese middle school students. During the subsequent live interactive session, I led all the students in learning the Chinese middle school students' radio gymnastics. The children were very serious about learning, and the atmosphere was lively and enthusiastic.







公益財団法人联合国教科文组织・亚洲文化中心



The starting point for exchanges and cooperation in basic education between China and Japan could be sports and art education. Because art and sports know no borders, starting with these can open up a new situation of mutual understanding and trust.



During the primary and secondary school visits and exchanges with teachers from all over Japan, I deeply felt the charm of refined management.



In the future Sino-Japanese educational collaboration, efforts will be made to promote high-quality cooperation projects that involve joint language learning, joint organisation of activities, joint teaching and research discussions, resource sharing, and joint curriculum development, in order to help bring the teaching and education of the two countries to a new level.







## 2024 Delegation of Chinese Basic Education Teachers Visiting Japan

The care and concern for students with special needs was the deepest impression I had after visiting the two schools. The schools have developed personalised educational support plans for each student with special needs through inclusive education in regular classes, support from resource rooms, and the establishment of special education classes.

Through visiting the two schools, I deeply appreciated that Japanese basic education attaches great importance to moral education and etiquette training, which are carried out throughout the whole process of school education.

Japanese basic education evaluation does not use a single test score as the only criterion for evaluating students, but focuses on process evaluation and comprehensive evaluation.





# Action plan

Various forms of activities such as theme-based class meetings, social practices and campus cultural activities are carried out to create a civilized, harmonious and orderly campus atmosphere.



Strengthen moral education and etiquette education for students, and cultivate in them good moral character and habits.

For individual students who need special care, a model combining inclusive education and special class education should be adopted, so that children with special needs can receive education in a suitable environment, with the support of professional support teachers and targeted courses.



Student growth files are established to comprehensively record students' learning process and development, providing an objective basis for evaluating students' comprehensive quality.





# 2024 Delegation of Chinese Basic Education Teachers Visiting Japan



During his visit to Japan, I was deeply impressed by my visit to two representative basic education schools: Yashio City Hachijo Junior High School and Kamisu City Ikisu Elementary School.

Walking into the two schools, I deeply appreciated the student-oriented educational philosophy of Japanese education. Special courses are set up to cultivate students' life skills and great importance is attached to labour education.

Through in-depth school visits, I felt that Japanese basic education emphasises interdisciplinary integration, focusing on cultivating students' comprehensive literacy and practical application skills. Practical courses are strengthened to cultivate students' comprehensive literacy.



Through visiting the campuses of the two schools and participating in student activities, I saw that Japanese basic education attaches great importance to the cultivation of moral character and etiquette, and the synergy between home, school and society is brought into full play.



# Action Plan

Further optimise the curriculum, break down subject boundaries, and strengthen the development and implementation of comprehensive practical courses.

In terms of curriculum content design, I will focus on connecting with students' real lives and focusing on the needs of social development, so as to enhance students' comprehensive quality and practical ability.

I will encourage students to actively participate in comprehensive learning projects, cultivate their innovative ability, and meet their individual development needs.

I will guide teachers to change their educational concepts, learn and use a variety of teaching methods, create a relaxed and enjoyable classroom atmosphere, and stimulate students' interest and initiative in learning.

I will encourage students to actively participate in classroom discussions and practical activities, and cultivate their independent learning ability and problem-solving ability.







Departure: full of confidence  
and anticipation

Mutual learning and  
mutual improvement



Discussion: learning from each other  
with sincerity

| Exchange experience in Japan |





壹

Most impressive experience



## | Most impressive experience |

### Campus culture construction



The construction of campus culture in Japanese primary and secondary schools is rich in content, and it is all made by teachers and students, which is very vivid and practical. It includes honorary certificates, awards, scientific and cultural knowledge, publicity and education on safety, and displays of students' work.

### Classroom teaching



Teachers adopt a student-centred approach in classroom teaching, encouraging group cooperation and inquiry-based learning, and emphasising the development of students' practical abilities and their abilities to collect, analyse and process information. The classroom blackboard writing of Xici Primary School teachers is distinctive, in the form of dialogue boxes, with clear thinking that is clear at a glance.

### Hardworking students



Japanese primary school students are polite and hardworking. During the lunch break, the students carry out hygienic work in an orderly manner, and the school is clean, tidy and well-organised.

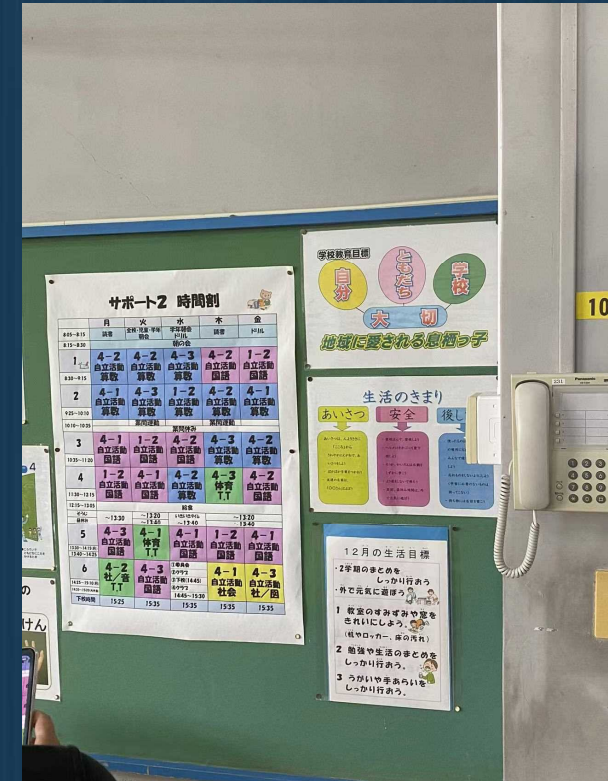
### Professional development of teachers



Many Japanese elementary school teachers are generalists, except for music, physical education, and art subjects. During exchanges with Japanese teachers, I heard a Japanese elementary school music teacher led his students in composing and recording a beautiful song with lyrics entitled 'believe myself'.



貳





# | A c t i o n   P l a n |

## 01 Balanced development

In light of the actual situation in Tianjin, I must vigorously promote the high-quality and balanced development of compulsory education, do a good job of group schooling and school district schooling, increase teacher exchanges, and strive to make every school a good school close to home.

## 02 Classroom teaching

I will continue to promote research and practice in ‘deep learning’ and ‘interdisciplinary learning’ to stimulate students' interest and ability to learn actively.

## 03 School culture

In terms of campus culture construction, teachers and students should be allowed to get more involved, and students should be given more space and opportunities to show themselves.

## 04 Sino-Japanese exchange

More Sino-Japanese teacher and student exchanges and cooperation should be carried out to learn from each other and work towards a better future for Sino-Japanese education.





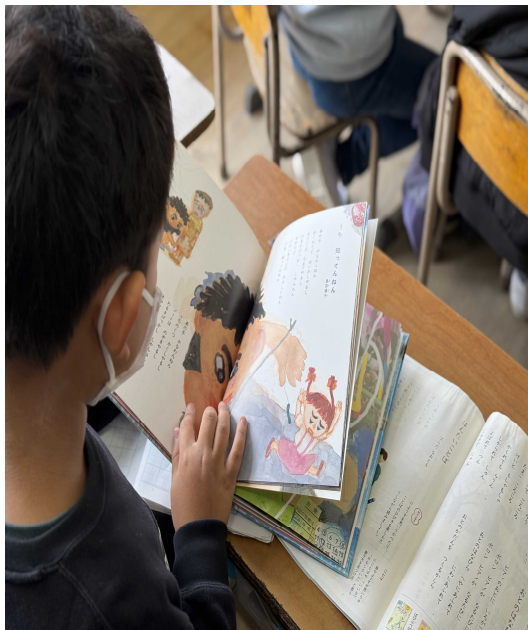
## 2024 China Basic Education Teachers School Visit Action Plan



Stepping into Yashio City Hachijo Junior High School, the quiet and elegant campus complements the orderly teaching order, and the strong educational atmosphere is palpable. Although the school is not large, it fully demonstrates meticulous care for the needs of different students and puts educational fairness into practice.

The 140-year-old Kamisu City Ikisu Elementary School exudes a different kind of charm. The profound cultural heritage permeates every corner of the campus, and slogans and decorations encouraging students to grow independently can be seen everywhere on campus. The teachers use their care to create a warm and harmonious educational atmosphere. Mini Japanese cultural experience activities, school-wide assemblies, and other links allow students to confidently and graciously show themselves, and the cultivation of their comprehensive quality has achieved remarkable results. The school lunch session was also very impressive. The students queued up in an orderly manner and ate quietly, showing good behaviour habits. This is the result of the school's solid cultivation education. I was fortunate to teach Chinese classes to students in grades 1-3. The enthusiastic participation of Japanese students allowed the educational wisdom of different cultural backgrounds to blend with each other. At that moment, I deeply realized that education knows no borders.

# 2024 China Basic Education Teachers School Visit Action Plan



After returning to China, I will fully incorporate this valuable experience into the teaching practice of our school. In terms of teaching methods, I will draw on the experience of Yashio City Hachijo Junior High School and increase the independent exploration sessions in the classroom. In terms of character development, I will learn from Kamisu City Ikisu Primary School and make character education a daily and real-life experience for students, so that they can understand the power of character in real-life situations and develop a sound personality. The construction of campus culture focuses on creating an atmosphere that encourages independent growth, posting inspirational slogans and displaying students' work to give them full recognition and confidence.

In terms of international understanding education, the school builds a transnational exchange platform by leveraging existing external exchange resources or cooperation opportunities with sister cities. It holds online 'Foreign Culture Sharing Days' and invites teachers and students from friendly schools abroad to communicate online. It also organises students to participate in international cultural exchange activities to broaden their horizons, cultivate new talents with a global outlook and a sense of responsibility, inject new vitality into school education, and promote education to new heights.







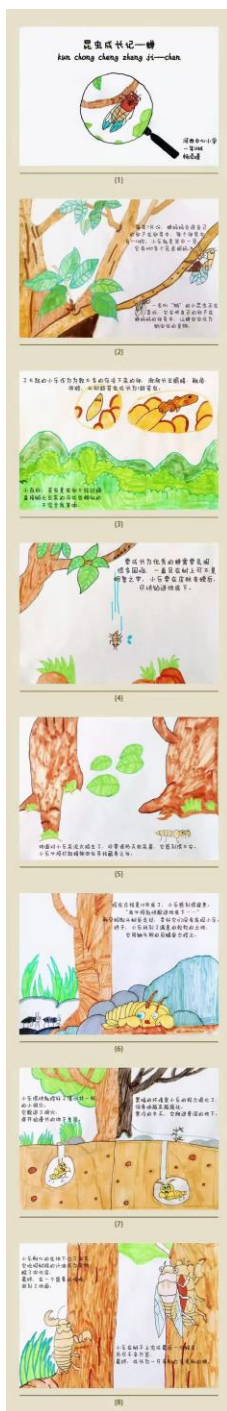
## Japanese interdisciplinary project-based learning

Interdisciplinary project-based learning has become an important form of teaching organisation in the reform of Japanese primary and secondary school curricula. Students develop their problem-solving and innovation skills through problem solving based on real-life situations.



## Use the exchange to try interdisciplinary learning in reading, science and art

The students became ‘little science Nata’ and, throughout the process of ‘reading – exploring – telling – drawing’, were guided by the spirit of a scientist. They explored the unknown through popular science reading and put their innovative ideas into practice through project research.





# JAPAN

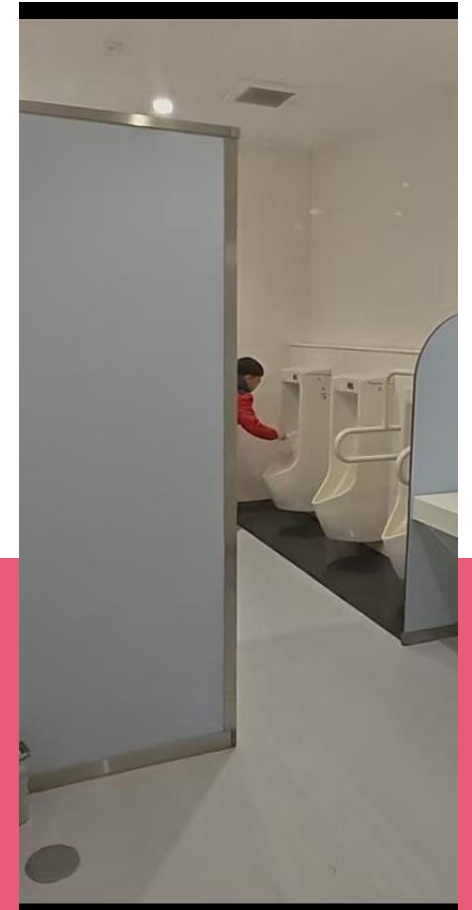
## Meet

### **Meet Japan\*: Self-reliance and self-care**

In Japan, students are highly self-managing. They clean the school themselves, even the toilets, which helps to cultivate a sense of responsibility and independence.

### **Meet\*Use: Cultivating independence**

1. Set aside a part of the common area as a student hygiene area;
2. Implement school meals so that students can independently complete the task of dividing their meals;
3. Set up a student botanical garden so that students can grow plants and feel the joy of growth.







# 2024 Delegation of Chinese Basic Education Teachers Visiting Japan



On 18th and 19th December, the delegation visited two representative basic education schools, Yashio City Hachijo Junior High School and Kamisu City Ikisu Elementary School. Through on-site visits to the schools, class demonstrations, and interactive exchanges, the delegation members conducted research on Japan's basic education curriculum, teaching methods, evaluation systems, as well as campus culture construction, student management, and special needs education. They gained a more comprehensive and intuitive understanding of the current situation and characteristics of Japan's basic education.

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The Japanese labour education concept of 'learning by doing' integrates labour education courses with student life, and through practical teaching, it enhances students' practical abilities and professionalism. It cultivates independence and cooperation skills, emphasises the practice of cultivating students' abilities to learn independently and solve problems independently, as well as a spirit of teamwork, stimulates students' innovative spirit, and improves their comprehensive quality. It values the humanistic value of labour, pays attention to the equality and respect of labour, cultivates students' sense of responsibility and empathy, and allows students to feel their own value and social contribution through labour.



# \*Most impressive experience and exchange in this visit

The Japanese primary and secondary school system and the teacher rotation system

Japanese primary and secondary education is renowned for its rigorous system and efficient implementation capabilities. Firstly, the system is systematic and refined; secondly, there is institutionalised support for the professional development of teachers; and thirdly, there is a combination of standardised and humane student management. Among these, the system of regular teacher mobility has left the deepest impression on me. Japan established a system of regular teacher mobility and has been implementing it for more than 70 years. The teacher rotation system is a key to reflecting educational fairness and can effectively promote the balanced allocation of teachers and the flow of outstanding resources.





# \*What will you do at your workplace using this experience?

My school will comprehensively promote the rule of law and scientific management, and carry out activities for the 'Year of System Building'. Japanese primary and secondary education has a complete set of institutional mechanisms and regulatory requirements for special systems such as the teacher rotation system, teacher training system, or disaster prevention drills. Based on this experience, in 2025, the school will carry out the 'Year of System Building' campaign, focusing on our management shortcomings, deficiencies, and loopholes, to further establish rules and systems, and to implement and make good use of the rules and regulations, relying on the system to manage people and things. At the same time, attention will be paid to top-level design, hierarchical implementation, and dynamic updating mechanisms.







# Most impressive experience



**A performance jointly performed by the school and the parents' association was watched at Ikisu Primary School.**

# Using this experience, I plan to do the following at school:

1. Establish a communication mechanism: set up online communication platforms such as parent WeChat groups and QQ groups to promptly release school announcements, homework and other information. Hold regular parent meetings, at least 2-3 times per semester, to introduce school work and student information. Set up a principal's reception day and parent open day, and arrange a fixed time every month for parents to communicate face-to-face with the principal and teachers and observe teaching activities.
2. Organise parent participation: set up a parent committee and invite parents to participate in school management and decision-making. Organise parent volunteer activities, such as assisting with organising extracurricular activities and maintaining campus safety. Hold parent schools and regularly organise family education lectures, 2-3 times per semester, inviting experts to explain educational methods and other content.
3. Organise parent-child activities: hold parent-child sports days, parent-child reading activities, etc., 1-2 times per year, to enhance parent-child relationships and home-school connections. Assign parent-child homework, such as completing social surveys together, to promote interaction between parents and children.
4. Sharing educational resources: Establish cooperative relationships with libraries, science and technology museums, etc., in the community, and organise regular visits and learning activities for students. Open up school sports facilities, libraries and other resources to the community on weekends and during holidays.
5. Organising community activities: Organise student participation in community volunteer services, such as environmental protection activities and caring for the elderly, at least once per semester. Jointly organise cultural activities with the community, such as theatrical performances and calligraphy competitions, to enrich the cultural life of students and residents.
6. Establish a community education base: Establish a social practice base in the community, such as an agricultural planting base or a corporate practice base, to allow students to gain knowledge and skills in different industries. Arrange for students to participate in 1-2 practical activities each year.
7. Build a platform for cooperation: Hold regular joint home-school-community meetings 1-2 times each semester to discuss educational issues and solutions. Establish a home-school-community cooperation website or app to integrate resources and information from all parties.
8. Conduct joint training: Organise joint training for teachers, parents and community workers at least once a year to improve their educational abilities and sense of cooperation. Invite education experts, psychologists and others to conduct training and share educational experiences and methods.
9. Conduct evaluation and feedback: Establish a home-school-community cooperation evaluation system and regularly evaluate the effectiveness of cooperation once a school year. Collect opinions and suggestions from parents, students and community residents to adjust cooperation strategies and methods in a timely manner.





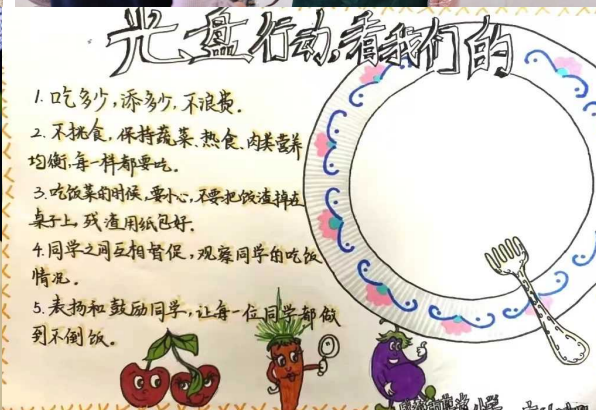
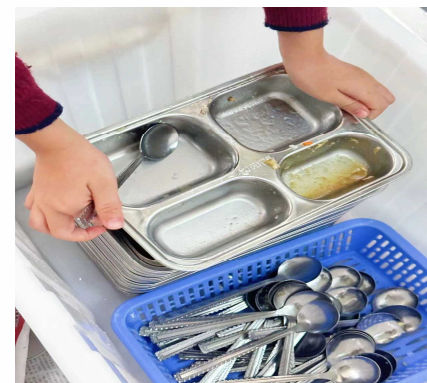


Japan has always attached great importance to labour education, and schools do everything they can to create good conditions for children to learn and practice through labour. Japanese primary school students' lunch: the children carry their own meals, serve themselves, and wash their milk cartons. The 45-minute "food education class" hides details that amaze the world!



成都市草堂小学  
CHENGDU CAOJIANG PRIMARY SCHOOL





**Cao Tang Primary School Food Education:**  
Let's take action! Self-service  
Say 'no waste'

Gathering little starlight to unite our small strength, Let the world  
be a better place because of us!

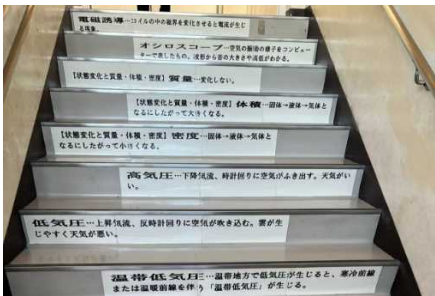


學書學字

诗意的方向 最好的自己



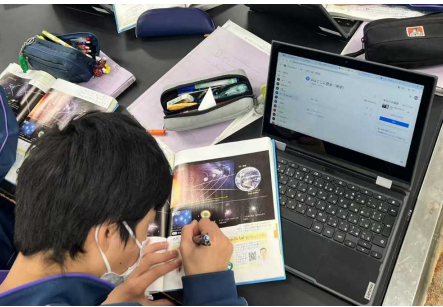




## Most memorable events of stay in Japan

1. Special topic exchange in teacher training at school
2. Cooperative learning
  - finding the zone of proximal development for each student
3. Anti-frustration education
  - cultivating a brave next generation
4. Life is learning
  - a learning environment everywhere





## Action Plan

1. Learn from cooperative learning methods and carry out mutual teaching among students
2. Opening up a new form of scientific learning in the age of AI
3. Place the school's educational ideas and students' learning methods in every corner of students' lives.



## Most impressive experience and exchange

1. After several days of exchanges, I came to know a different Japan from the one I had imagined. I learned about education and the state of students in different cultures. At the same time, I also gave Japanese teachers the opportunity to exchange ideas, so that they could learn about China and Chinese education.
2. Attending classes and exchanging ideas at the two schools, I saw how special students are integrated into the school, how special teachers are, and the long-term and short-term planning for special students, which is people-oriented. I saw that the cultivation of students' habits, labour education, physical fitness training, and etiquette training are all done very well.
3. Finally, I exchanged ideas with Japanese teachers in small groups and learned more about the situation of different schools and the current state of education in Japan.

# Action plan

1. Use information technology to aid teaching and explore practical group learning methods.
2. Help and support for special needs students and those with psychological differences is increased.
3. The cultivation of normalised student labour education is strengthened.
4. Long-term communication is established with Japanese teachers to help with the school's international understanding curriculum.





## **(1) The most impressive experience and communication in this project**

An intuitive understanding of the Japanese education system and its characteristics

Japan implements an education administration system that involves cooperation between the central and local governments. The Ministry of Education, Culture, Sports, Science and Technology is responsible for formulating education policies, curriculum standards, and approving teaching materials, as well as other national education affairs. Local board of education are responsible for specific affairs such as the establishment, management, and appointment of teachers in schools in their region, ensuring the effective implementation of education policies at the local level, while also guaranteeing the autonomy and diversity of local education.

Japanese primary education focuses on basic knowledge and character development. Junior high school education builds on this foundation by strengthening subject knowledge and improving overall quality, laying the foundation for high school and university education. For example, Kamisu City Ikisu Elementary School, which we visited, emphasises international understanding education, and has established a mature special support system as well as distinctive physical education and labour education courses to shape students' good character and values. Yashio City Hachijo Junior High School has regular classes and special needs classes. Through a wide range of distinctive educational activities such as welfare education, environmental education, rice planting and harvesting experiences, workplace experiences, and Pink Shirt Day, it has established a good cooperative relationship between home, school and society, guiding students to observe time, clean up the area, and behave properly.



## **(2) Using the experience from this time, what do you do in your unit?**

1. Strengthen the updating and practice of educational concepts: study advanced concepts in depth, pay continuous attention to cutting-edge international educational concepts, and explore an educational model suitable for the local context based on China's educational reality; promote the implementation of these concepts and encourage teachers to incorporate advanced educational concepts into their daily teaching practices.

2. Optimise curriculum design and teaching methods: learn from the experience of Japanese schools with their diverse curriculum design, organically integrate the curriculum with family and life, promote heuristic, exploratory and group cooperation teaching methods, stimulate students' interest and initiative in learning, and improve students' ability to learn independently and think creatively. Strengthen teacher training in teaching methods, provide a practical platform, and encourage teachers to innovate in teaching.

3. Emphasise the construction of campus culture and the cultivation of teacher-student relationships: Strengthen the construction of the campus environment, pay attention to the creation of a campus cultural atmosphere, enhance students' sense of belonging and cohesion, cultivate students' sense of family and social responsibility, guide teachers to respect and care for students, and establish an equal, democratic and harmonious teacher-student relationship.

4. Establish a good home-school-community collaborative education system: Establish an 'integrated home-school-community' education model, each playing to their strengths, to achieve resource sharing and collaborative education, and jointly create a good environment for student development.

5. Deepen international education exchange and cooperation: Actively expand exchange channels with educational institutions and schools in other countries, carry out multi-level and multi-form educational exchange activities, encourage schools to establish sister schools with foreign schools, establish long-term and stable relationships, jointly carry out educational cooperation, and improve the quality and internationalisation of education.

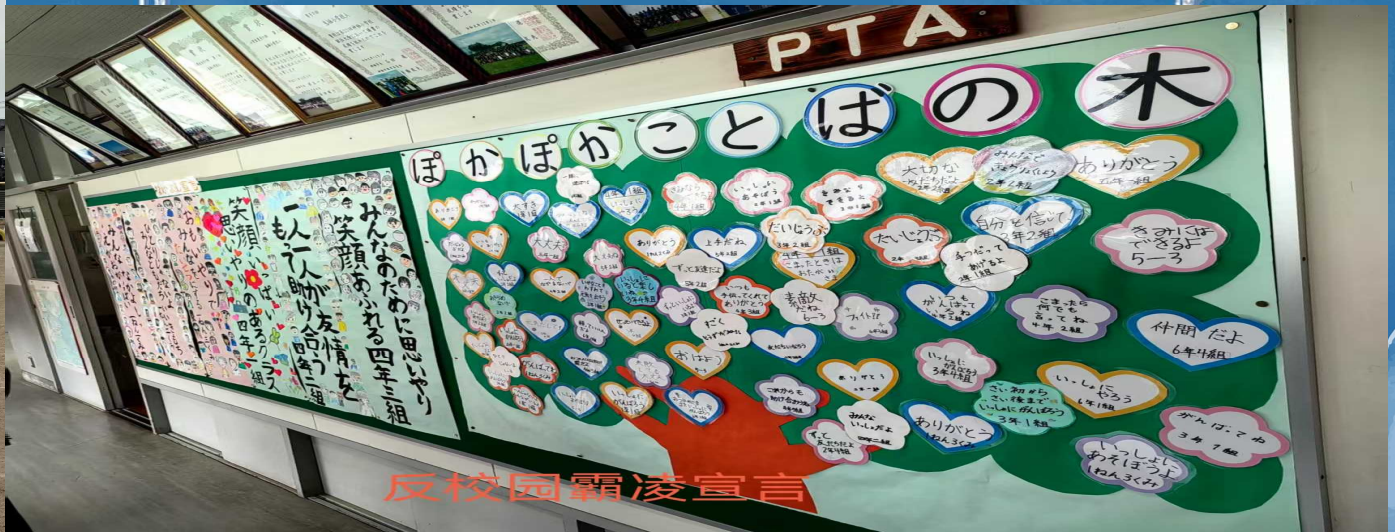




# The most impressive part of the exchange with Japan

Kamisu City Ikisu Primary School cultivates good character and values in students and strives to nurture them into people who value themselves, their friends and are popular. This is the greatest care for children and the best solace in life for every ordinary person.

## Most beautiful impression





# Our inspiration



## A breakthrough in educational philosophy: from 'competition' to 'symbiosis'

### (1) Restructuring the educational value system

Ikisu Primary School breaks away from the traditional 'results-oriented' mindset and takes 'respect for the value of life' as the starting point of education. Through the two-way construction of 'valuing oneself and caring for others', it helps students form a positive interaction between self-identity and social identity. This concept echoes the educational goal of 'learning to coexist' proposed by UNESCO.

### (1) Redefining the connotation of 'popularity'

The school translates 'popular' into specific behavioural guidelines: being able to listen, being good at cooperating, being empathetic, and emphasising the ability to understand the situation of others.

## Ecological transformation of the curriculum system\*\*

1. Life skills curriculum: practical modules such as conflict mediation and emotion management
2. Project-based learning: cultivate a sense of responsibility through real-life situations such as community service and cross-grade cooperation
3. Art therapy curriculum: use drama, painting and other media to promote emotional expression and understanding

## Immersive creation of a school culture

1. Set up a 'spiritual rest station' for students to talk
2. Implement a 'senior system' cross-grade support system
3. Hold a monthly 'Thanksgiving Day' theme event





**Put what you have learned  
into practice and set sail.**

ACTION PLAN



## The most impressive experience and feeling from visiting Japan

### Teaching at Hachijo Junior High School

It was the first time I had stood at a platform in a foreign country to teach a class, and I was a little nervous at first, but the warm reception from the teachers at Hachijo Junior High School and the children's sincerity and acceptance allowed me to successfully complete the class and achieve good teaching results.

01



### Willpower education

During my visit to the Japanese school, it was the middle of winter, but the children were basically wearing shorts, thin trousers and thin tops, and they enthusiastically participated in classes, sports activities, labour and so on. I was very impressed by the children's positivity and vitality.

02



### Respect for individual growth

Walking on Japanese campuses, in corridors, windows and other places, you can see children's original works of art, paintings and handicrafts everywhere. This shows that Japanese education respects children's individual growth, the development of their strengths and their individual differences. It values and respects the growth of life.

03



### Student-centred teaching model

During the school visit, I listened to three classes and found that the classrooms had common characteristics, especially the classroom teaching model, which fully respected the students' dominant position in the classroom. With the students as the main characters, the teachers played a guiding role, guiding the students to actively perceive, actively think, and actively explore.

04



## ACTION PLAN

### Promote student-centred literacy classrooms

The talents needed by future society are creative talents with core literacy skills. Therefore, traditional spoon-feeding and drilling-based education will limit the development of students' comprehensive abilities, especially creative thinking and critical thinking. Therefore, we should actively change the existing classroom education, which is highly introverted and heavily exam-oriented, and return the initiative of learning to students.

### Make positive suggestions

The current education in China generally reflects a serious phenomenon of internal recoil. Students face high pressure in their studies, parents face pressure in their tutoring, and teachers face pressure in their teaching. They dare not 'lie down' and 'recoil' at the same time. We can make positive suggestions, such as: appropriately broadening the path for selecting talent, changing the current situation of the 'single-log bridge' of the college entrance examination; actively exploring the model of teachers rotating teaching positions to promote the balanced development of education; reducing various assessments for teachers to effectively reduce their burden and promote them to teach with peace of mind.

### Education and teaching fully respects individual differences among students.

Japan's basic education is very solid, and its greatest feature is respect for individual differences and respect for life. This is well worth learning from. We should let children who like to run chase the sun, let children who like to dance pay tribute to the splendour, let children who like to recite praise the spring, let children who like to draw depict the prosperity, and let children who like to study explore the unknown... Education is not an industry, but an agriculture. Children are not products on an assembly line, but living individuals who deserve to be seen, treated well, cultivated carefully and protected with care! The best education is to let flowers become flowers and trees become trees!

### Strengthen students' education on setbacks, willpower and self-care

Japanese education is very worthy of our study in terms of cultivating students' ability to deal with setbacks, work habits and willpower, which are precisely our shortcomings. Take our school as an example. Children generally come from relatively well-off families, and their parents always provide meticulous care for them. When children encounter problems, their parents feel obliged to stand in front of them and solve all difficulties for them. Therefore, many children are timid, sensitive and weak in terms of their ability to deal with setbacks. In the future education management, we will focus on cultivating students' ability to work, which can eliminate the need for campus cleaning staff and assign the tasks to students; strengthen the cultivation of physical fitness, enhance students' endurance through appropriate intensity of physical exercise, while achieving the goal of strengthening the body and enhancing the ability to withstand cold; guide children to actively face setbacks and master effective ways to deal with them through various methods, such as theme class meetings and mental health education; strengthen communication and collaboration between home, school and society, so that the three parties can reach an agreement and work together to build a comprehensive education pattern.



扬帆起航

Thank you for  
watching!

