Reflection Note by the Participants

The SDGs Global Human Resource Development Program that Connects Learning and Society through Environmental Issues

環境課題から学びと社会をつなぐSDGsグローバル人材育成プログラム

November 2024

IGES Institute for Global Environmental Strategies
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The SDGs Global Human Resource Development Program that Connects Learning and Society through Environmental Issues

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ABOUT THIS PROGRAM

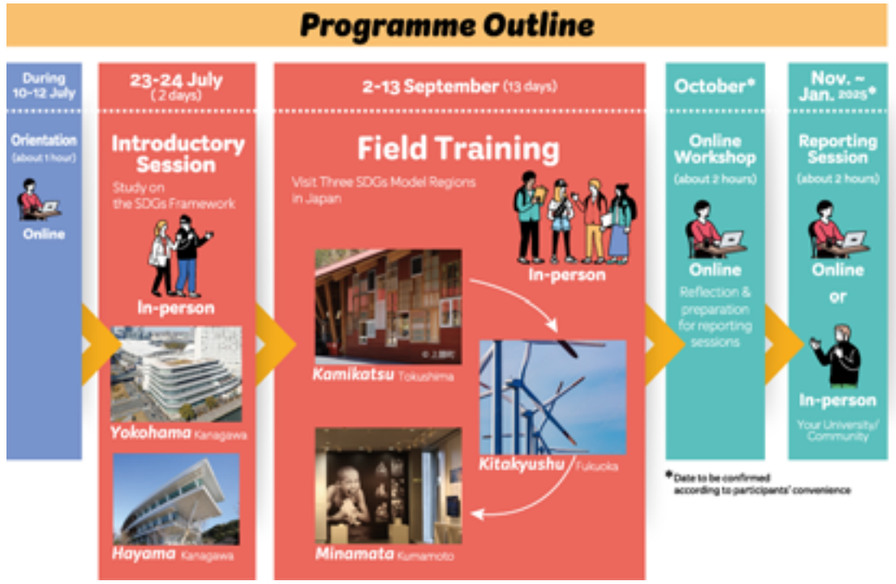
The Institute for Global Environmental Strategies (IGES) launched the Kitakyushu SDGs Training in 2019, in response to requests from foreign students in Japan seeking learning opportunities in English to witness how government policies are actually implemented on the ground. Kitakyushu Urban Centre (KUC) is a satellite office of IGES, which pursues the localization of global agendas, and has been conducting Kitakyushu SDGs Training program annually with local partners.

In 2024, this SDGs Training program was expanded to encompass three distinct SDGs frontrunner regions in Kyushu and Shikoku regions thanks to the UNESCO Activity Grant from the Ministry of Education, Culture, Sports, Science and Technology (MEXT), Japan. The program was subsequently renamed the “SDGs Global Human Resource Development Program that Connects Learning and Society through Environmental Issues” (SDGs Program). We redesigned the training to put more emphasis on education for sustainable development (ESD) thereby enhancing key competencies for sustainability, which are defined by UNESCO as system thinking, anticipation, norm, strategy, collaboration, critical thinking, self-awareness, and integrated problem-solving.

In associating with 17 SDGs fields, the SDGs Program put out an open call for 17 diverse participants from universities and graduate schools across Japan, who are motivated to be leaders in the creation of a sustainable society. Considering various criteria including motivation, background, intention, English proficiency, geographical and gender balance, 17 outstanding participants were selected. This program also aims to be an opportunity for peer learning, and it is expected that the participants learn from each other and find mutual inspiration.

Aiming to combine knowledge acquisition, competency development, and action initiative, the program consists of three components: 1) an Introductory Session to learn about international frameworks and carry out ice-breaking activities at the International Forum for Sustainable Asia and the Pacific (ISAP) and IGES headquarters in Kanagawa prefecture; 2) Field Training in Kamikatsu Town, Kitakyushu City, and Minamata City to learn from real societies; and 3) Output creation (a reporting session, and development of collective writing (in the form of this publication)). Various methods were used in the training sessions including online, on-site, lectures, workshops, games and facilitation, writing, presentations, and SNS communication. This reflection note is the collective written output by the participants.

Junko Ota, Researcher, IGES

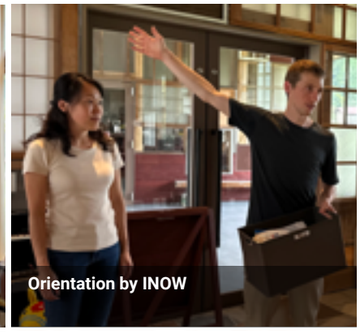


VISITED PLACES & PEOPLE

KAMIKATSU
Tokushima

September 2-5
2024


Zero Waste & Sustainable Development in Kamikastu


Orientation by INOW


WHY Zero Waste Center


Waste Sorting Workshop

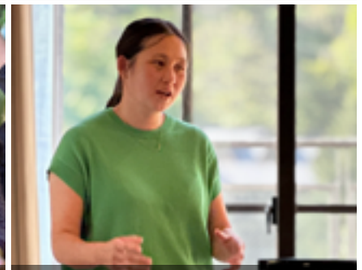

Facility Tour of WHY Zero Waste Center


Kuru-Kuru Shop & Factory

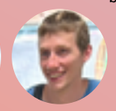

Sustainability Practices at WHY


Satoyama Experience at Kayabuki School


Experience ‘Irodori’, Kamikatsu’s leaf harvesting business


“Leaving no-one behind” - a personal story

The INOW team and local partners were delighted to witness the students' enthusiasm in Kamikatsu. Participants explored zero waste, sustainability, and SDGs throughout the program from diverse perspectives. The students' varied backgrounds enriched the experience for participants and local community members. Their engaging discussions with zero waste center leaders, farmers, residents, and local government demonstrated their passion for sustainability and their ability to think critically about Kamikatsu's sustainable development approach. These interactions with students equally symbolize a sense of hope for Kamikatsu, showing young people's care and commitment to building sustainable societies.

We hope that the Kamikatsu experience inspires the students' journey of personal and professional growth and reminds them that as changemakers, while times may be challenging, they have a supportive community here. We look forward to seeing how they inspire and co-create change in their own communities.

Kana Watando & Sil Van de Velde, INOW


Zero Waste Dinner

KITAKYUSHU
Fukuoka

September 6-10
2024


Kitakyushu Environmental Museum


JICA’s SDGs Business Scheme


Kitakyushu New Generation Energy Park


Beach Clean-up at Wakamatsu Iwaya Beach


Onshore Wind Turbine


Hokutaku Co., Ltd.

Wakamatsu Factory of Nippon Steel Engineering


Chemical Plastic Recycle (Online Lecture)


Kokura Shima Shima


Circularity Deck


Tea Ceremony Experience

Every year, I look forward to seeing participants in this program because their dedication to learning and commitment to sustainability are inspiring.

This year, the enthusiasm was even more palpable than usual. This year's participants made me confident that they will contribute to preserving our planet and that change is possible. I look forward to seeing how they apply what they have learned to impact their community and beyond positively. Thank you very much for coming to study Kitakyushu City's transformation from a city facing severe pollution to a leader in environmental initiatives and innovations that demonstrate the power of collective action and sustainable practices.

I hope to see you in the near future to collaborate and make the world a better place.

Yoshimasa Ito, NPO Satoyama

VISITED PLACES & PEOPLE

MINAMATA
Kumamoto

September 11-13
2024


Minamata Environmental Academia


Minamata Highschool

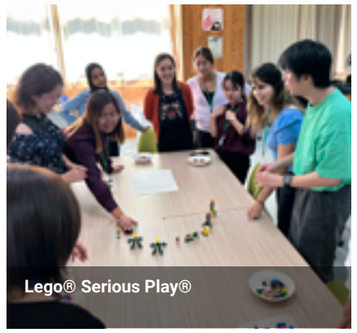

Minamata Disease Memorial Monument

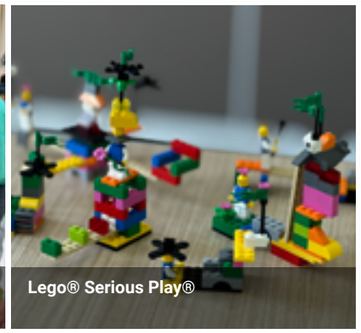

MOEJ Minamata Disease Archives


Minamata Disease Municipal Museum


Sea Patrol Station “HIMETATSU”


Exploring Marine Life in Minamata


Lego® Serious Play®


Lego® Serious Play®


Fukuda Farm

Nearly 70 years have passed since Minamata disease, caused by methylmercury in industrial wastewater, was first reported. Since then, efforts have been made to restore the environment, compensate victims, and support the community. The once-polluted seas have been restored to their original beauty and now host diverse marine life. I hope the trainee gained insight into Minamata disease, the severity of pollution, and local communities’ resilience.

After learning about the "Sea Patrol Station: Himematsu," which opened in July, we walked along the coast, where diving instructor Makoto Morishita showed us sea creatures he collected nearby. Some trainees looked ready to jump in! I hope you’ ll try snorkeling or diving in Minamata next time.

I am confident that this training helped the participants understand that preserving a rich environment plays an important role in promoting the SDGs.

Minoru Koga, Minamata Environmental Academia


Closing

REFLECTION NOTE BY THE PARTICIPANTS

All affiliations of the participants are as of September 2024.

Daneal Yuerae

Thailand

**The Faculty of International Resources,
Department of Resource Policy and Management,
Akita University**

Participating in the **SDGs Global Human Resource Development Program** has been an immensely valuable experience for me, not only because it aligns with my academic background in **Resources Policy and Management** at Akita University but also because it allowed me to deepen my understanding of sustainable development through practical applications.

The program challenged me to reflect on the interconnectedness of societal and environmental issues, particularly in areas like waste management, renewable energy, and industrial transformation. Coming from an educational background where I have studied environmental policies, natural resource management, and sustainability frameworks, the program helped bridge the gap between theoretical knowledge and real-world challenges.

Visits to Kamikatsu and their Zero Waste Declaration revealed how systems thinking and collaboration reduce waste. In the “Irodori” scheme, farmers use leaves for beauty, emphasizing economic and environmental purposes. Innovative waste management strategies like the town’s 45 rubbish categories demonstrate community collaboration.

This program emphasizes systems thinking, which links garbage, energy, and community resilience. Kitakyushu and Minamata show how strategic planning and collaboration can solve challenges and build sustainable futures. The transition from industrial to renewable energy and environmental rehabilitation in Kitakyushu shows industry collaboration and foresight. Minamata’s mercury poisoning disaster taught me to learn from mistakes and integrate prevention into policy.

This program promotes strategic planning and collaboration, strengths. Kitakyushu’s Eco-Town initiative and Minamata’s rehabilitation taught me that SDGs need government, business, and community participation. These cities’ collaborative initiatives included local, national, and international stakeholders, which was fascinating.

These experiences made me wonder how developed countries like Japan might model sustainable consumption and production for impoverished nations, notably in the Southeast Asia, where I am involved. The training taught me new, regional problem-solving methods.

In my studies going forward, I will use what I learned in this program in academic and practical situations. My experience in Kamikatsu and Kitakyushu highlighted the need for community involvement in sustainability projects, which I will apply to resource management.

This training has strengthened my commitment to global SDG promotion, especially in integrating environmental stewardship with economic development. The program’s unique blend of academic and practical study has deepened my grasp of global issues and collaborative solutions.

REFLECTION NOTE BY THE PARTICIPANTS

Sakurako Kitagawa

Japan

**School of Engineering,
Department of Electrical, Information and Physics Engineering,
Tohoku University**

I am deeply grateful for the opportunity to participate in this invaluable program, which allowed me to visit three regions renowned for their advanced initiatives and engage with various individuals. Throughout the field trip, I focused on the complementary roles of local residents, municipalities, and private companies in achieving local energy production and consumption at the community level, which is my area of interest. I learned that it is essential to create a culture where sustainable community development becomes a personal responsibility for the residents, while fostering collaboration among local governments, private companies, and residents.

This realization came from my experience in Kamikatsu, Tokushima Prefecture. In this town, residents do not rely on the municipality to solve problems or shape the future; instead, they have cultivated a culture of taking initiative themselves. The “1Q Sports Day,” which started in 1993, served as a turning point, encouraging residents to take ownership of local issues and actively work toward solutions. This transformation in mindset, where residents lead the way, is critical for sustainable regional development and serves as a model for other regions in Japan.

On the other hand, regarding local energy production and consumption, many regions are still government-led, with limited opportunities for resident involvement. However, I firmly believe that sustainable initiatives can only be achieved when local residents perceive them as their own and participate actively. In creating an ideal community-based sustainable energy system, it is crucial for each stakeholder—local residents, municipalities, and private companies—to fulfill their roles. Municipalities provide policy support and funding, private companies offer technology resources, and residents actively participate in projects to enhance the overall sustainability of the community. Building a framework where those three stakeholders collaborate effectively and benefit while fulfilling their roles is a challenge for the future and something I aspire to work on, especially considering Japan’s current situation.

Furthermore, through this program, interacting and learning with peers from diverse backgrounds significantly broadened my perspective. Hearing the stories of those who grew up in totally different environments was truly fascinating. Despite the 17 participants coming from various nationalities and age groups, everyone was mature, assertively sharing their opinions, and yet, remarkably, no conflicts or arguments arose. I felt that such cohesion might not be as common in a group composed solely of Japanese people. Moreover, seeing the international students leave their home countries and seize the educational opportunities they desired deeply inspired me. It strengthened my resolve to pursue graduate studies abroad, and I felt highly motivated by the experience.

Shotaro Uemura

Japan

Technology and Science,
College of Policy and Planning Science,
Tsukuba University

Through this program, I learned that people in each place have their own goals and do their best to achieve their goals. This is the reason why I put a flag on the left-hand side of the LEGO block. Furthermore, even if they have already been successful in their efforts, (indicated by a figure on a bright yellow block) they keep trying to set another goal and achieve that too. For example, people in Kamikatsu have already created successful projects with their Zero Waste action and Irodori business. However, they continue to advertise the local fruit called “Yukou” and make it more popular. To achieve that, they went to Terra Madre Salone del Gusto 2024 to introduce their ideas, which was very impressive to me.

I decided to add a propeller to the LEGO figure’s head. I have two reasons for this. One is that I learned the importance of cooperation (the propeller helps the Lego figure to fly and supports him in reaching his higher goal). Kamikatsu cooperates with companies outside Kamikatsu (such as Kao and others) to create products made of recycled material. Five companies in Kitakyushu started up new company together to run an offshore wind turbine system. Minamata city was able to recover from terrible marine chemical pollution because of the joint efforts of Minamata city, residents and Chisso. Without cooperation, it is very difficult to achieve these goals and engage in such activities.

The other reason is that it is important to have a wide perspective and be attentive to everything (the propeller allows the LEGO figure to fly and look down from a higher position to gain a wide perspective). When Kamikatsu introduced a new system for the Irodori business, they explained about the system in detail so that even a resident who was 90 years old could make use of the computer. One of the reasons might be that Kamikatsu is a small town, but I felt that citizens in urban areas rely too much on local government, and this might be the reason why they do not take responsibility for many things. I felt that it is important to keep a good balance with regards to the work carried out between citizens and local government.

Lastly, and this is not related to the LEGO picture, but the biggest takeaway from this program is that there are so many ways and choices in my life. I learned this not only from people in each area but also from participants of this program from all over the world. In Japan, what a good life normally means is entering good university, getting a good job and earning a high salary. By doing so, we can have a stable life. People might be living under less pressure that way and have less possibility of failing, but I feel that we are losing so many stimulating opportunities and chances of getting into a new field. Everybody in this program is older than me and I realized that they had experienced many unbelievable things that I’ve never thought of. All of them respectively have their own reasons why they decide to do what they do, they are proud of their choices and look forward to the future. I do not feel that I have the answer yet in my life, and I need to pursue what I want to do. No matter what I decide, it will be a good choice if I try hard to achieve my own goals. I really enjoyed and learned a lot from this two-week field training. I want to utilize this experience and live life to the fullest.

REFLECTION NOTE BY THE PARTICIPANTS

Mana Short

Japan / USA

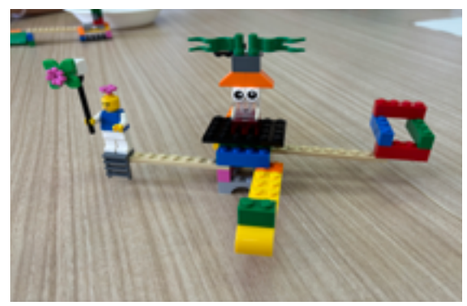
Faculty of Global Studies,
Department of Global Studies (Sophia Program for Sustainable Futures),
Sophia University

On our first day in Kamikatsu, Kana and Sil, the founders of INOW and our hosts, shared a quote that has stayed with me: “The thing about sustainability is that you can either be overwhelmed by the complexity of the problem or fall in love with the creativity of the solutions.” This two-week field training expanded my imagination, planted new seeds of hope, and made me excited about the possibilities for collaborative change.

At the heart of many of today’s sustainability challenges are deeply entrenched norms and ways of thinking that shape our societies and daily lives. For example, the “take-make-waste” mindset drives endless production and consumption. Moreover, the notion that humans are separate from nature fosters a misguided belief in our ability to control and manipulate the environment without consequences. Learning about the zero waste initiatives in Kamikatsu made me realize that “zero waste” is not simply about reducing the amount of waste we produce. It is more about re-thinking how we live our daily lives and what choices we make that contribute to social and environmental wellbeing. To address these root issues effectively, we must challenge these dominant narratives, rethink our values, and embrace more holistic solutions that reflect our deep interconnectedness with nature.

In Kitakyushu and Minamata, I was deeply moved to learn about the history of environmental pollution and stories of communities fighting for justice. Kitakyushu opened my eyes to the complexities of renewable energy, the range of stakeholders who make solar and wind power possible, and some of the challenges ahead for achieving a just transition to sustainable energy alternatives. Minamata, on the other hand, deepened my understanding of the complex relationship between environmental issues and human rights. I was moved by the efforts of Fukuda Farm and the Seaside Patrol Station HIMETATSU to tell a new story about Minamata—not as a “city of pollution” but as a place of regeneration and possibility.

Through my LEGO model I tried to express a key takeaway: solving today’s sustainability challenges requires us to think systemically and to approach problems from diverse perspectives. There is no single “magic bullet” solution. Instead, we must transcend disciplines and work collaboratively with people from different fields to design holistic, multifaceted solutions. I learned this first-hand from my team members, who brought unique interests and expertise to our field training. The diversity of approaches and solutions makes the journey toward sustainable futures all the more exciting.



Mariam Alnaqbi

United Arab Emirates

Environment and Society,
Department of Transdisciplinary Science and Engineering,
Institute of Science Tokyo

Joining the IGES SDGs program has been a deeply enriching experience, broadening my understanding of sustainability and the power of collective action. From the outset, I was eager to explore how communities work together to build a sustainable future. Our visits to Kamikatsu, Kitakyushu, and Minamata were particularly impactful in showing me real-world examples of sustainability in action.

Kamikatsu's zero-waste initiative showed how a community's small but dedicated efforts can result in significant environmental progress. In Kitakyushu, I learned how an industrial city successfully transformed itself into a sustainable model through collaboration between industries, government, and citizens. Minamata's tragic history of mercury poisoning emphasized the critical need for environmental justice and ethical responsibility. These visits made me realize that sustainability is not just about policies or technology; it is about people coming together with a shared commitment to protect the environment and build a better future.

As part of my reflection, I created a Lego model representing this concept. The different Lego pieces represent individuals from diverse backgrounds and how, when combined, they create something more extensive and unified. This mirrors the collaboration needed in society to achieve the Sustainable Development Goals (SDGs). Each piece plays a unique role, just as every person's contribution is essential in building a sustainable world.

During the program, I chose to focus on SDG 5: Gender Equality and SDG 16: Peace, Justice, and Strong Institutions, which are also reflected in the Lego model. SDG 5 empowers everyone to play an active role in society, much like each Lego piece fitting into the larger structure. SDG 16 emphasizes building fair, accountable institutions, symbolized by the balanced and sturdy construction of the model. The diversity of the blocks represents the many perspectives necessary to create peaceful and just communities.

Ultimately, this LEGO model represents more than just an artistic reflection; it encapsulates the most important lesson I've learned from this program: sustainability requires everyone's participation. Whether in Kamikatsu, Kitakyushu, or Minamata, it is clear that diverse, inclusive collaboration is the key to achieving the SDGs. The program has empowered me to believe that we can make significant progress toward a better future with cooperation and inclusivity. As I move forward, I am dedicated to applying these lessons in my own work and contributing to the global movement toward achieving the SDGs.

Anouluck Norasing (Tom)

Laos

School of Environment and Society,
Department of Transdisciplinary Science and Engineering,
Institute of Science Tokyo

Participating in this profound program has been a transformative journey, enriching me with a deeper understanding of sustainability. It has been a platform for me to explore diverse locations and gain invaluable insights into how communities combat environmental challenges with innovative solutions and unwavering dedication.

My visit to Kamikatsu was a hands-on lesson in sustainability and community-driven environmental initiatives. The town's transition into a 'Zero Waste Town' and adopting the 'Satoyama philosophy' was truly inspiring. Through practical activities, informative lectures, and insightful tours, I delved into the town's waste management system, sustainable farming methods, and initiatives like the 'Irodori' leaf decoration business. I also witnessed the real challenges of depopulation and the diverse perspectives among residents on waste separation. This visit reinforced my belief that even small communities can significantly impact global environmental issues through a shared vision and commitment.

Kitakyushu was an eye-opening experience that illustrated the city's transformation from a heavily polluted industrial hub to a pioneer in sustainability and one of Japan's earliest SDGs Future Cities. I discovered the city's innovative strategies for addressing environmental, economic, and social challenges, including chemical recycling technology. I explored "Eco-Town" and the "Next-generation Energy Park", witnessing progress in renewable energy and recycling practices. I appreciated how Kitakyushu balances modern sustainability efforts with preserving cultural traditions, as represented in the mix of recycled PET bottles and Kokura-ori fabric to create new products.

Minamata offered profound insights into the city's journey from an environmental tragedy to a model of sustainability and resilience. I learned about Minamata's history with mercury pollution, which led to the devastating Minamata disease, and how the community turned this painful experience into a catalyst for change. Through various activities and tours, I experienced how the city implemented environmental restoration, waste management, and recycling initiatives and efforts to promote eco-friendly practices. I was deeply moved by Minamata's commitment to sustainability, environmental education, and the preservation of traditional livelihoods. This experience underscored the importance of learning from past mistakes to build a sustainable and environmentally conscious future, a lesson we all need to heed.

To conclude this transformative journey, I participated in a workshop with other participants, where I engaged in a " LEGO Serious Play" exercise to communicate our takeaways from the past two weeks. This collaborative activity enabled us to reflect on our newfound knowledge and strengthened our determination to bring back these insights and contribute to sustainability efforts in our communities. Finally, I am deeply grateful for the opportunity to have learned from these inspiring communities and look forward to applying these lessons to create a more sustainable future.

Hinako Miyazaki

Japan

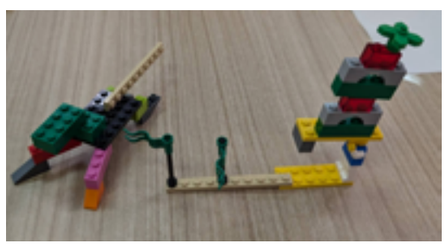
Department of International Politics and Economics,
Aoyama Gakuin University

Through my participation in the "SDGs Global Human Resource Development Program" organized by IGES, I had the opportunity to visit three exemplary regions in Japan: Kamikatsu town, Kitakyushu city, and Minamata city. This experience provided valuable insights into how Japan has successfully navigated environmental challenges by achieving a balance between pollution control and economic development. Additionally, the program facilitated cross-cultural interactions with international students from 11 different countries, fostering an environment of mutual understanding among diverse religions, cultures, and political ideologies. This aspect of the experience underscored the significance of adopting an international perspective in addressing global sustainability issues.

A particularly memorable moment was the message delivered by Ms. Mika Fran during the Zero Waste Dinner: "The earth's environment and human health are closely linked. Eating, in itself, is a connection with nature." This statement prompted a profound reflection on the implications of mass consumption, an issue I had previously overlooked. It highlighted the necessity of understanding the origins of food and the contexts of its production, which are essential for enhancing quality of life and promoting sustainability.

During my visits to the three regions, I was also impressed by the concrete initiatives implemented by Local Hero to revitalize their communities. Their community engagement programs actively involved residents in decision-making processes, fostering a sense of ownership and responsibility. The dedication and collaborative efforts of the residents not only provided a new perspective on local development but also underscored the potential for achieving sustainable advancement through grassroots involvement.

In the "LEGO Serious Play" session that concluded the program, I utilized LEGO bricks to represent "myself and my journey toward my goals." This innovative approach offered a valuable opportunity for me to concretize my personal development and clarify my visions for the future. Looking ahead, I recognize the importance of establishing mechanisms to create an effective network that connects the support sought by residents and activists with those willing to provide assistance. This connection is vital for fostering community resilience and promoting collaborative efforts for sustainable development. Given the escalating damage caused by natural disasters worldwide and the numerous sacrifices made, it is crucial for Japan—an advanced nation facing significant challenges—to leverage the example set by Kitakyushu to engage young people in political discourse and inspire them to take proactive steps toward action. By promoting the message that "we can build our own future," we can illuminate new pathways for sustainable development. I intend to apply the knowledge and connections gained from this experience to contribute meaningfully to the sustainable development of the region.



REFLECTION NOTE BY THE PARTICIPANTS

Nguyen Thuy Truc

Vietnam

Graduate School of Business,
Rikkyo University

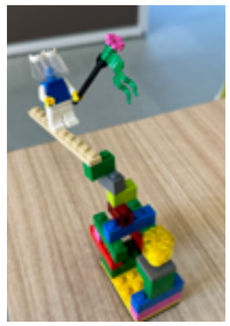
Getting the chance to engage in the SDGs Leadership Development Program from September 2 to 13, 2024, allowed me to really broaden my knowledge about sustainable development practices in Japan. During this IGES-sponsored program, we were introduced to Kamikatsu Town, Kitakyushu City, and Minamata City. These three places helped to unveil how Japan is implementing the SDGs at the national level. From these field visits, we learned the following relevant lessons that may be adopted in Vietnam for sustainable development.

The case studied in Kamikatsu showed that with state support, people can take responsibility for waste management in their town. Recycling and composting are among the practices embraced by residents, demonstrating how environmentalism can supplement economic recovery. The Irodori Leaf Business was especially stimulating because the story showed how an ageing community can positively impact local economic development through the management of resources. I suggest that this model could be applicable in rural areas of Vietnam where similar problems prevail.

A success story about technology in sustainable urban development can be understood from the example of Kitakyushu City, Japan, which was previously known for being one of the sulphur-choked cities. The city has been upgraded into an eco-city, using renewable energy and recycling, as well as supporting the development of hydrogen cars and wind power. Therefore, technological development and sensibility, along with the participation of the residents of Kitakyushu constitute a paradigm of how industrial cities can shift to the use of state-of-the-art ecological-friendly technologies.

The tragedy of Minamata disease occurred in Minamata City, and nowadays, this city actively uses its tragic history in the field of environmental education. The stop at the Minamata Disease Museum and the Environmental Academy made it clear that future generation need to learn lessons about the environment. Another issue reflects the city's identification with environmental concerns, which should provide a valuable lesson for Vietnam in tackling the issue of industrialization and pollution.

The scope of this program promotes the significance of stakeholder involvement, technology, and information as keys to sustainable development. The experiences from the three cases in Kamikatsu, Kitakyushu, and Minamata will be useful when I work in Vietnam to address the environmental concerns and be in line with SDGs objectives.



Hangga Prihatmaja

Indonesia

Graduate School of Global Environmental Studies,
Kyoto University

Strong Sustainability to Flourish the Human Existence based on Nature: Lesson Learned from SDGs Training

A good opportunity never comes around twice, so it is important for us to pay close attention to any aspect of life that is a chance to elevate and improve ourselves. This was what happened when I replied to an email from IGES within two minutes after I received it inviting me to join SDGs training in Kamikatsu, Kitakyushu, and Minamata on 12-13 September 2024. I replied to IGES email as I believed that the SDGs training could improve my knowledge regarding the Sustainable Development Goals (SDGs) and implementation of sustainability policies by Japanese local governments in those three cities.

During the training, I learned about the effective collaboration between stakeholders to achieve the vision of sustainability in the visited cities. Moreover, achievement was always based on empirical science promoted by citizens rather than government or universities. That meant there was active involvement by the citizens to improve their environment towards a better quality of life. I also learned about the human creativity to find substantial truth based on the understanding of well-known-technology, suitability with applicable laws, high economic value, and social appropriateness. Therefore, the recent environmental disaster could be solved accordingly and we are able to enjoy a clean and better quality of life after the catastrophe.

Science has also developed so as to identify and mitigate industrial risks ensuring that disasters can be avoided in the future. It is wonderful how the stakeholders in these cities are working hand-in-hand to maintain the current state of sustainability. It seems that stakeholders are aware of the concept of strong sustainability and can understand that to flourish, human existence should be based on improving economic livelihoods. This can be seen in the way that citizens have accepted and even take pride in the major industries in their cities, such as Kitakyushu (Nippon Steel) and Minamata (JNC Corp.). However, nowadays, stakeholders are aware economic livelihoods should also be improved be based on environmental characteristics and social connectedness. Therefore, current industrial patterns in Kitakyushu and Minamata require the adoption of renewable energy, a sustainable approach, keen environmental and social assessments, and proper monitoring. Finally, we learned about Minamata Disease, and I found it unbelievable that it happened in the late 1950s. Less than 100 years later, the city is now a very liveable place.

The lessons learned from the training gave me much food for thought about the SDGs. The training also changed my understanding with regards to a better approach towards sustainability. I agreed with the concept of strong sustainability based on a study by Gidding (2002), as stated in a speech by Koga-sensei, Director of Minamata E-Academia,. Furthermore, I have come to define the concept of “sustainability holding”, meaning a connection between one business process and another, from the upstream to the downstream, to eliminate any possible sustainable uncertainty and disseminate the idea of strong sustainable products.

Alejandra Maritza Rodas Aroche

Guatemala

Graduate School of Business,
Doshisha University

During my journey through this training program, I gained valuable insights into the circular economy, sustainability, and innovative ways cities and organizations handle environmental issues. This experience directly connects to my research on recycling coffee waste to contribute to the circular economy. By analysing different initiatives in Japan, I see parallels with my home country, Guatemala, particularly in terms of the creative potential to turn waste into valuable resources.

In Kamikatsu, I learned how deeply interconnected people and nature are, and how this symbiotic relationship can foster innovative solutions. It is a compact city that thrives on its connection with nature, refrains from commercializing its natural resources, focusing instead on communal, sustainable living. This city’s unique approach mirrors my own vision for creating a model that uses coffee waste innovatively. The experience in Kamikatsu, where waste classification is integral to daily life, taught me the powerful notion that “your trash reflects your lifestyle.” The efforts made in this town to reduce waste by promoting bulk products and substitute goods offer practical examples of how waste can be minimized by changing consumer behaviour. Guatemala, with its rich coffee production, could similarly create products that not only reduce environmental impact but also foster community involvement and economic growth.

Kitakyushu, a city dedicated to eradicating pollution and promoting green energy, provided insights into how technological innovation can drive environmental sustainability. The integration of hydrogen energy, wind power, and biomass energy demonstrates how diverse energy sources can reduce carbon footprints.

Furthermore, the efforts of the JICA business unit and JEPLAN in recycling and waste management highlighted the importance of collaboration between businesses, governments, and citizens in creating a successful circular economy. This collaborative approach can serve as a framework for implementing sustainable practices in developing countries like Guatemala.

The tragic history of Minamata disease serves as a reminder of the consequences of prioritizing industrial profits over environmental and human health. This case highlights the importance of ethical responsibility in business and environmental practices which drives the importance of ensuring that the solutions we could implement must prioritize the health and well-being of communities.

Lastly, Fukuda Farm, which successfully recycles orange waste into new products, serves as a practical example of how Guatemala could repurpose coffee waste for various applications. By transforming coffee by-products, such as grounds and husks, into valuable resources such as organic fertilizers, biodegradable packaging, or even cosmetics. Guatemala can not only reduce environmental waste but also create new economic opportunities. This innovative approach aligns with sustainable practices that benefit both the local community and the environment, showcasing the potential for a circular economy in the country’s coffee industry.

Claude Galette

USA

Graduate School of Global Environmental Studies (GSGES),
Kyoto University

This two-week trip with IGES provided a rich learning experience, allowing me to delve into various environmental practices and historical contexts. In Kamikatsu, I learned about the town's pioneering approach to waste sorting, where the commitment to recycling is taken to impressive heights with 45 different categories. The unique practice of leaf farming, where residents sell decorative leaves for high-end restaurants, highlighted how even the smallest of communities can creatively contribute to sustainable agriculture. The immersion in these local practices gave me a deeper understanding of environmental consciousness at a grassroots level.

In Kitakyushu, I explored the intersection of industrial history and modern sustainability. The city's journey from heavy pollution to becoming a leader in green initiatives such as wind turbines and hydrogen-powered vehicles was inspiring. Learning about JICA and their involvement in global development projects provided a broader context for how international cooperation can drive sustainable progress. The focus on circular economies—where waste is minimized and resources are continually reused—was particularly thought-provoking, as it reshaped my understanding of how economies can balance industrial growth with environmental protection.

The final stop in Minamata, where we studied the impacts of Minamata disease and the efforts to restore local marine life, offered a powerful lesson in environmental ethics and the long-term consequences of industrial pollution. Reflecting on these lessons, I realized how much I have grown both personally and academically.

This trip has fundamentally changed how I see myself as a student of the environment. Before, I approached environmental issues more academically, focusing on facts and theories, but this experience has made everything much more personal and tangible. Witnessing the real-world impacts of sustainable practices in Kamikatsu and Kitakyushu, and the devastating consequences of environmental negligence in Minamata, gave me a deeper emotional connection to the field. I now feel a stronger sense of responsibility, not only to study these issues but to actively advocate for and participate in solutions. This shift in perspective has made me more driven, compassionate, and determined to make a positive impact through my future work in environmental sustainability.

Hina Egawa

Japan

Faculty of Human Life Science, Human Development and Welfare,
Osaka Metropolitan University

Over the two-week program of learning about the SDGs, I gained an invaluable opportunity to reflect on the future direction of our world. Although I am not majoring in environmental issues—my focus has been on welfare and psychology—I felt a mix of excitement and uncertainty about what I could learn in this program. However, what I learned here is something that I strongly believe should be shared with everyone living on this planet.

For instance, in Kamikatsu town, waste sorting is conducted with absolute precision. However, what stands out here is the motivation and mindset of those involved. Despite differing opinions, the residents worked together over a long period, constantly experimenting to improve their town, and ultimately were able to move forward in the same direction. Without this foundational unity, progress would not be possible. Where I live, hardly anyone engages in waste sorting, most likely because people do not see the value in doing so. Simply forcing people to act will not provide a fundamental solution.

I hope to spread the insights gained from this program, encouraging society to unite and move forward with a shared purpose. This is not limited to Japan alone. Through interactions with international students, I was reminded of the need to consider economic factors when discussing the SDGs. For example, I learned that some countries accept waste from other nations as a business. Rather than broadly labeling issues as poverty or hunger, we need to focus on each country or region's specific situation.

Japan, beginning with places like Kitakyushu, is implementing various measures to address the SDGs and environmental issues and has strong technological capabilities. I believe that sharing these technologies and expertise with developing countries, such as ASEAN nations, could foster further advancement. That said, Kitakyushu is a fortunate place, and what works well there may not work elsewhere. Learning from Kitakyushu's example is important, but we should also tailor our approach to meet the unique characteristics of each region.

This program allowed me to view society and our lives from an entirely new perspective. Moving forward, I want to continue examining these issues, integrating my background in welfare and psychology.

Martin R. Bustamante Antonio

Mexico

Department of Social System Design,
Eikei University of Hiroshima

A journey to make a fundamental change.

Through the entirety of this program, I learned many invaluable lessons, and by the end of the program I emerged anew, as I had changed my foundations and my inner perspective on the world. This program has become one of my core learning experiences, and has shaken my inner perspective, just to lay down a new path for me. With this new perspective at heart, I would like to share my learnings, if briefly, and my new perspective on sustainability. This year's program was divided in three stages: Kamikatsu, Kitakyushu and Minamata, all of them leaving me with an important lesson for the future.

In Kamikatsu, I learned about social and behavioral change. Residents of Kamikatsu suffered from large amounts of waste in their town. In this dire situation, everyone worked together to shift their paradigm and create a "Zero Waste Town". Today, Kamikatsu is known for its amazing 80% recycling rate and its compromise with sustainability. Furthering their vision, Kamikatsu has created many businesses with promising sustainability visions. One of them, Irodori, transformed my idea of value creation, a fundamental concept in economics. Now, I go by the motto: "Value lies in the eyes of the beholder"- meaning that value can be created so long as there is someone to appreciate it.

In Kitakyushu, I changed my perspective on collaboration while exploring the promise of an ecotown. I used to believe that the SDG 17, collaboration, was mostly used as a form of greenwashing, and thus it held little value. However, the case of Kitakyushu's environmental disaster made me reconsider my posture. In Kitakyushu, the company Yahata Steel Works was a large economic driver, but its operation created tons of iron pollution, causing enormous environmental damage. However, the city was able to prevent further damage to the environment and the residents through collaboration, as my friend remarked "Kitakyushu case involved the collaboration between civilians and companies, that's why it's a successful case"

In Minamata, I learned a valuable lesson on assessing the effects of our actions. Minamata was a booming center of economic activity due to plastic production, but this led to one of the worst disasters in Japan, the Minamata disease. Sadly, the lack of foresight and compromise caused tremendous damage to the residents of Minamata—a lesson that should never be forgotten.

I've always thought that people cannot change. Physically, no one can grow wings and fly away, or become a fish and live under water. We cannot stop our resource consumption as long as we are alive, be that food, water, air, energy or land: that is true for every human being that has ever lived. But in this program, I learned that there is something we can do: we can change internally, we can challenge our beliefs, reform our systems, and modify our behaviors. This much we can change for sure; and because of this experience, I now believe that with everyone's efforts, we can create a sustainable society by changing ourselves and thus, our systems.

Hiyori Fujino

Japan

Department of International Relations,
Faculty of Foreign Studies,
The University of Kitakyushu

Finding "Wa" on my 2 weeks journey

I have learned that the problems I have seen and heard about over the two-week training course are very complex, and there is a balance of economic, environmental, and social factors in this world. However, we cannot solve these problems without a major shift in balance. We have used many ways of thinking to look at the frontlines in pursuit of a sustainable society.

What I learned over the past two weeks is systems thinking and critical thinking. The problems and challenges I knew just seemed like the tip of the iceberg. When I visited Kitakyushu city's offshore wind farms, I heard that the city plans to further increase the number of offshore wind farms and supply them as eco-friendly energy to homes, commercial facilities, and buildings in the city. The term "renewable energy" may be a development that should be promoted without using limited resources and with the potential for decarbonization. In fact, many people feel it is a good approach for both the environment and people. Nevertheless, it takes a huge amount of money to achieve it. They say schools of fish gather, but isn't that human ego? They supply citizens and institutions, but how do they deal with the overflow? There is a lot to worry about. Being able to think critically in this way enabled me to look more broadly at a society composed of this complex system, and I realized anew that this system and society are happening in the world in which I live.

I used LEGO to express what I thought in the training session over the past two weeks like a picture. If you want to give it a title, it is "Wa." This is a kanji character with many meanings, such as "Wa" for circulation, "Wa" for environment, and "Wa" for circle. The words of a resident in Kamikatsu town really stuck in my mind. "The people who live here know which mountain water comes from, and they know that water is necessary for life. I want children to play in the river energetically and I want the beautiful river to continue to flow." The idea that we are always thinking about the river and the water is not so much about "taking care of the river" and it is more about the relationship between the river and the people side by side and there is no difference. Such a relationship could be called "symbiosis." For this reason, I used LEGO to create a circle of nature and human spirit, and when combined, blossomed a flower that truly symbolizes a sustainable world. I am particularly interested in the relationship between rivers and water and people, and so I believe that Satoyama and Satokawa are places that can nurture children's vitality. There are spiritual things that mountains and rivers can give to people, such as human relationships, kindness to others, and well-being of mind. In addition, I hope that "a society that learns from rivers" will become more prevalent among people, just as there are cultures, arts, music, and spaces created by rivers.

Mai Ngoc Chau

Vietnam

Graduate School of Environmental Engineering,
The University of Kitakyushu

How amazing and meaningful this trip was!

The two-week trip, much more than I expected, was an unforgettable experience as I learned from real-life situations.

When I arrived in Kamikatsu, known as the first zero-waste town in Japan, I was surprised by the classification of waste into 45 categories, the residents' awareness without any penalties, and the support provided by the staff for older people in the recycling systems. I was also impressed with the WHY Zero Waste Centre's design, which uses a question mark to remind us before we act, we need to ask, "Why?" Additionally, slowly eating organic and locally sourced food during the zero-waste dinner outdoors under a starry sky was special. I enjoyed the dinner as it made me feel close to nature, as the chef said.

The trip to the second place, Kitakyushu, where I am studying, help understand and love this city more. Although it is not as famous as the Minamata case because of the lack of severe health impacts and legal action, Kitakyushu has experienced severe water pollution. From the voices of housewives, I learned that stakeholders made significant efforts to recover after the pollution and that Kitakyushu became the first OCED "Green Growth City" in Asia and one of the "SDGs Future Cities" in Japan. Learning more about environmental and social impact assessment, the production, maintenance, and treatment of waste from solar and wind power plants greatly broadened my horizons. Also, I was excited to clean up at the beautiful beach and participate in a tea ceremony.

The last destination was Minamata, known for Minamata disease caused by methylmercury contaminations in Minamata Bay for 36 years. I gained deeper knowledge and insights through lectures and visits to the museum. Surprisingly, the Minamata now has a new image, showcasing a diverse ecosystem. I was impressed by the actual clear water, unlike the polluted water (it still looked clear) in the past, and I saw seahorses, starfish, sea urchins, and more. I was happy to exchange ideas with high school students and enjoyed lunch at a Spanish-style restaurant.

On the last day, through the "LEGO Serious Play" session, I could effectively reflect my thoughts and feelings as well as giving me some insights. I understood the importance of relationships in sustainability (green for the environment, pink for society, and red for the economy). I enjoyed the time with other participants, speakers, and residents (blue).

From the bottom of my heart, I thank you for the opportunity to join this well-organized trip. The efforts of the stakeholders for the SDGs are the significant motivation for me to continue taking action for the SDGs and to share and spread the message within communities to support sustainability.

Hnin Ei Kyaw

Myanmar

Graduate School of Engineering & Department of Advanced Engineering,
Nagasaki University

Exploring the Path to Sustainability: Experiences from Kamikatsu, Kitakyushu, and Minamata

During my two-week sustainability training, I explored innovative environmental practices in Kamikatsu, Kitakyushu, and Minamata, each showcasing unique approaches. Kamikatsu's journey as a Zero Waste town demonstrates the power of community involvement in driving sustainable development. The town's practice of separating waste into 45 categories has led to an impressive recycling rate of over 80%. A visit to the Kamikatsu Zero Waste Center illustrated the impact of reducing waste, while the Kuru Kuru Shop highlighted how recycled materials can be transformed into valuable products. Additionally, Kamikatsu's "Irodori" leaf business, which supplies seasonal leaves for traditional Japanese cuisine, further illustrated how sustainable practices can benefit both the environment and the economy.

In Kitakyushu, a city known for its remarkable transformation from a polluted industrial hub to a sustainability leader, technological innovation and community participation have played vital roles. The city collaborates with JICA and IGES to develop eco-friendly fire-extinguishing methods for forest fires in Indonesia. At the Next Generation Energy Park and Eco Town, cutting-edge renewable energy solutions, such as wind farms and Shinryo Corporation's solar panel recycling technology, are showcased. These innovations are crucial for addressing the growing issue of solar panel waste and demonstrate how forward-thinking approaches can manage environmental challenges.

Minamata's transformation from an industrial pollution site to a model of environmental sustainability highlights remarkable resilience and recovery. By implementing rigorous waste management practices and emphasizing environmental education, the city has effectively addressed the consequences of Minamata disease while advocating for SDG 3: Good Health and Well-being and SDG 6: Clean Water and Sanitation. Despite the Chisso Corporation's initial denial of responsibility, both it and the government eventually acknowledged their accountability. Visiting the Minamata Disease Municipal Museum and Fukuda Farm underscored the profound impacts of the disease and demonstrated how sustainable agricultural practices can enhance regional tourism and improve the city's image.

Participating in "LEGO Serious Play (LSP)" sessions provided me with a unique opportunity to creatively engage with sustainability concepts. Building models using LEGO bricks allowed me to visualize complex ideas and better understand the interconnectedness of various initiatives. Through collaborative discussions, I realized the critical importance of teamwork and stakeholder involvement in achieving sustainable outcomes. This hands-on learning experience deepened my appreciation for innovative solutions and ethical practices essential for fostering sustainability.

Shah, Syed Shabbar Hussain

Pakistan

**Graduate School of Fisheries and Environmental Sciences,
Nagasaki University**

Journey of Learning, Reflection, and Hope

Throughout the SDGs training program, I embarked on a personal and professional journey that deepened my understanding of sustainability and its significance for the world. As a student of Environmental Science at Nagasaki University with a background in agriculture, I already had an awareness of environmental and agricultural issues. This is why I chose to focus on SDG 2 (Zero Hunger), SDG 13 (Climate Action), and SDG 15 (Life on Land) — goals that align perfectly with my studies and research areas.

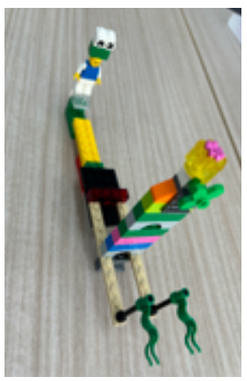
The program began with a visit to the beautiful town of Kamikatsu, Tokushima, a place with a bold mission of achieving Zero Waste. Witnessing how the community embraced sustainability through their practices and dedication inspired me to think more deeply about waste management and how similar models could be applied to other parts of the world. Kamikatsu showed me that small steps toward sustainability can have a big impact.

Next, in Kitakyushu, an industrial city with a history of overcoming environmental challenges, I learned about the importance of industrial transformation. Kitakyushu has successfully worked on renewable energy solutions and the concept of the circular economy, creating a path toward cleaner air and water, a “blue sky” and a “blue ocean” for future generations. This visit gave me insights into how industries can pivot to sustainable practices while still contributing to economic growth.

Finally, we travelled to Minamata in Kumamoto, where I learned about the tragic history of Minamata disease — caused by industrial waste — and how the city has now become a global symbol of resilience and recovery. The people of Minamata have fought back by implementing stricter environmental regulations and creating a community that now thrives on sustainable practices. This experience underscored the importance of protecting our environment from industrial negligence and the power of human perseverance to overcome the consequences.

The LEGO model I created during the program represents the steps my country must take to achieve sustainability. It shows a path forward, filled with challenges but also with hope. The red in the middle of the model symbolises the dangers and obstacles we face — environmental, societal, and economic issues. However, I believe we can overcome these challenges with dedication, innovation, and strong leadership. My hope is not only for my country to achieve sustainable development but for the world to embrace it as a universal mission.

With bold motivation and a sense of responsibility, I am committed to contributing toward a sustainable future where we all live in harmony with nature, free from the threats of climate change, environmental degradation, and inequality. Together, we can make this world where future generations can thrive sustainably.



ITINERARY

DATE		AM	LUNCH	PM
9/2	Mon			13:45 Meet at Okayama Station (East-Waste Acrossway) 14:13 Okayama (Marine Liner 37) → 15:05 Transfer at Takamatsu → 15:10 Takamatsu (Express Uzushio 19) → 16:16 Tokushima 16:30 Move to Kamikatsu by charter bus 17:30 Hotel check-in 18:30 Dinner at Hotel Restaurant 20:00-20:30 Welcome Orientation by INOW
9/3	Tue	8:00 Breakfast at Hotel Restaurant 9:30-10:30 Orientation (Hotel Conference Room) Walk to Kamikatsu Town Office 10：45-12:00 Lecture: Waste Management in Kamikatsu: Process of a Systemic Change (Midori Suga, Environmental Planning Director, KamikatsuTown)	12:00 @Cafe Polestar	13:00 Move by charter bus to WHY Zero Waste Center 13:15-13:45 Zero Waste Workshop（INOW） 14:00-14:45 WHY Zero Waste Center Facility Tour (Ms.Sonoe Fujii) 15:00-16:00 Lecture on WHY Zero Waste Center (Ms. Monona Otsuka) 16:00 Move back to Hotel 17:00-18:00 Reflection (IGES and INOW) 18:30 Dinner at Hotel Restaurant
9/4	Wed	8:00 Breakfast at Hotel Restaurant 9:15 Meet at hotel lobby and move to Kayabuki School by charter bus 10:00-12:00 SatoyamaExperience at Kayabuki School (Ms. Mariko Sakamoto, Co-founder of Kayabuki Project)	12:00@Kayabuki School	13:00 Walk to Irodori Farm 13:30-15:00 “Irodori” Leaf Business: Transformation by the elderly 15:00 Walk back to Hotel & Break 16:00-17:00 Lecture: Natural Farming: Leaving No One Behind (Ms. Hidemi Asano) 17:15-17:45 Refrection（IGES＆INOW） 18:30-20:30 Optional: Zero Waste Dinner (Optional)
9/5	Thu	8:00 Breakfast at Hotel Restaurant 9:50 Hotel check-out and move by charter bus 10:30-11:30 Visit RISE & WINE KAMIKATSU 11:30 Move by charter bus 12:30 Arrive in Tokushima Station	@Tokushima Station	14:00 Meet at Tokushima Station 14:23 Tokushima (Express Uzushio 18) → 15:30 Transfer at Takamatsu →15:40 Takamatsu (Marine Liner 44) →16:32 Transfer at Okayama →16:47 Okayama (Shinkansen Nozomi 37)→18:13 Transfer at Kokura→18:26 Kokura → 18:42 Yahata 19:00 Check-in Hotel AZ Kitakyushu Yahata
9/6	Fri	Breakfast (anytime at your convenience) 9:30 Meet at hotel lobby and walk to IGES (Room 6) 10:00-10:20 Introduction of IGES Kitakyushu Urban Centre (IGES Ota) 10:20-10:40 Lecture: JICA’s SDGs Business Scheme (Mr. Hiroyuki Egashira, JICA) 10:40-11:00 IGES’s Engagement in the SDGs Business with Shabondama Soap Co. Ltd. Forest and Peatland Fire Mitigation Project In Indonesia (IGES Ota) 11:00-12:00 Take away from internship on the ground in Kalimantan (Ms. Herrera Akira & Ms. Aika Yamada, JICA Intern)	12:00 @JICafe	13:45 Move to Kitakyushu Environment Museum (Jambo Taxi) 14:00-15:00 Kitakyushu Environment Museum (Mr. Yoshimasa Ito, NPO Satoyama) 15:00-15:30 Lecture: Higashida Hydrogen Town 15:30-16:00 Walking tour in Higashida area 16:00 Dismiss and free time
9/7	Sat	Breakfast (anytime at your convenience) No Activity	(on your own)	No Activity
9/8	Sun	Breakfast (anytime at your convenience) Optional Activity: Beach Clean-up at Wakamatsu Iwaya Beach 10:00 Leave Hotel (Jambo Taxi) 10:30-12:00 Beach Clean-up 12：00 Transfer to Hotel AZ Yahata(Jumbo taxi) 12:30 Arrive in Hotel	(on your own)	No Activity

ITINERARY

DATE		AM	LUNCH	PM
9/9	Mon	Breakfast (6:00- anytime at your convenience) 9:00 Leave Hotel and move to Eco Town Center by charter bus 9:30 Kitakyushu Energy Park 10:15 Move by charter bus 10:30-10:55 Wind power generation facility 10:55 Move by charter bus 11:05-11:30 Kitakyushu citizens solar power generation facility 11:30 Move by charter bus 11:40-12:00 Shinryo (Recycling factory of solar panel) 12:00 Move by charter bus	12:10 @Umi to Daichi Farmer's Market	13:15 Move by charter bus 13:30-15:00 Wakamatsu Factory of Nippon Steel Engineering (Construction of offshore wind turbine) 15:00 Move by charter bus 15:30-17:00 Visit Hokutaku (Wind turbine maintenance and training) Facility Tour (Mr. Yoshitaka Ito) 17:00 Move by charter bus 17:30 Arrive in Hotel
9/10	Tue	Breakfast (6:00- anytime at your convenience) 9:30 Meet at hotel lobby and walk to IGES 10:00-11:00 Lecture: Chemical Plastic Recycle by JEPLAN (Ms. Midori Ishizu) 11:30 Move by charter bus 12:00 Arrive in Kokura Castle	Lunch @Kokura	13:45 Meet at "Shiro Teracce" and Walk to Kokura Shima Shima 14:00-15:00 Kokura Shima Shima (Traditional crafts using recycled yarn) 15:00 Move by charter bus 15:30 Arrive in IGES 15:45-17:00 Design your circular economy products with "Circularity Deck" (IGES Hayashi) 17:00-17:40 Experience Japanese tea ceremony (IGES Ando) Walk back to Hotel
9/11	Wed	Breakfast (6:00- anytime at your convenience) 9:00 Hotel check-out and walk to Yahata Station 9:42 Yahata → 9:56 Transfer at Kokura →10:20 Kokura (Shinkansen Sakura 45) → 11:42 Shin-Minamata 11:45 Move by charter bus 12:00 Drop baggages at hotel	12:00 (on your own)	13:15 Meet at Hotel and move by charter bus 13:30 Arrive in Minamata Environmental Academia 14:00-15:30 Lecture: Toward Sustainable Local Future Communities in Minamata (Dr. Minoru Koga) 15:45 Move by charter bus 16:00-17:00 Exchange meeting with students of Minamata Highschool 17:00 Move back to Hotel by charter bus Check-in and Dinner
9/12	Thu	6:30-8:30 Breakfast (anytime at your convenience) 8:45 Meet at hotel lobby and move by charter bus 9:00 Minamata Disease Municipal Museum 10:30 MOEJ Minamata Disease Archives 11:00 Kumamoto Prefectural Center of Environmental Education & Information 11:30 Minamata Disease Memorial Monument 12:00 Move by charter bus	12:15 @Fukuda Farm	13:00-14:30 Factory tour & Lecture: Sustainable Tourism in Minamata (Mr. Toyoki Fukuda) 14:30 Move by charter bus 14:35 Visit Seaside Patrol Station "HIMETATSU" at Yunoko Beach Lecture: Seahorse and Preservation of Seashore Environment (Mr. Makoto Morishita) Walking aroud the beach and observation of marine life 17:00 move back to Hotel by charter bus
9/13	Fri	6:30-8:30 Breakfast (anytime at your convenience) 9:30 Check-out and move to Minamata Environmental Academia by charter bus 10:00-12:00 Reflection with（Lego Serious Play）	12:00 (on your own)	13:00-14:30 Workshop: Share your ideas for your fist step (Reporting session) 14:45 Move to Shin-Minamata Station by charter bus 15:17 Shin-Minamata (Shinkansen Sakura 562)→16:21 Hakata 16:30 Dismiss at Hakata Station

IGES TEAM

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SDGs Global Human Resource Development Program

that Connects Learning and Society through Environmental Issues

for University Students

July 2024 - January 2025

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