



Knowledge Co-Creation Program (Young Leaders) (Malaysia)

GENERAL INFORMATION ON

Course Title: Lifestyle-Related Diseases Prevention Course

(生活習慣病予防コース)

Course No.: J1740047

Project No. : 1798115

Course Period in Japan : October 10, 2017– October 27, 2017

This information pertains to one of the JICA Knowledge Co-Creation Program (Group & Region Focus) of the Japan International Cooperation Agency (JICA), which shall be implemented as part of the Official Development Assistance of the Government of Japan based on bilateral agreement between both Governments.¹

'JICA Knowledge Co-Creation Program (KCCP)' as a New Start

In the Development Cooperation Charter which was released from the Japanese Cabinet on February 2015, it is clearly pointed out that *"In its development cooperation, Japan has maintained the spirit of jointly creating things that suit partner countries while respecting ownership, intentions and intrinsic characteristics of the country concerned based on a field-oriented approach through dialogue and collaboration. It has also maintained the approach of building reciprocal relationships with developing countries in which both sides learn from each other and grow and develop together."* We believe that this 'Knowledge Co-Creation Program' will serve as a center of mutual learning process.

I. Concept

1. Knowledge Co-Creation Program (Young Leaders)

The “Knowledge Co-Creation Program (Young Leaders)” is conducted by JICA (the Japan International Cooperation Agency) under a technical cooperation scheme of the Government of Japan, with the purpose of promoting human resource development in developing countries.

Under the program, young leaders, who will become nation-building leaders in the future, are invited to Japan for 18 days to be provided with opportunities to:

- 1) develop their specialties through experiencing and learning technologies and skills in Japan, and
- 2) increase their willingness to resolve issues on their own

II. Description

1. Title (J-No.): Lifestyle-Related Diseases Prevention Course J1740047

2. Course Period in JAPAN: October 10 , 2017– October 27 , 2017

3. Target Regions or Countries: Malaysia

4. Target Group: Nurses, Doctors, Nutritionists and Central/Local Government

5. Officers who are in charge of activities “lifestyle-related diseases prevention”

6. Number of Participants : 15 participants

7. Language to be used in this program: English

8. Course Objective:

Through participation in this program, the participants are expected:

- (1) to know the outline of measures on lifestyle-related diseases in Japan .
- (2) to understand the method(s) and education system(s) of lifestyle-related diseases prevention in Japan
- (3) to recognize the importance of countermeasures against lifestyle-related diseases
- (4) to learn about a logical problem-solving method
- (5) to identify and clarify the problem(s) to solve after returning to each workplace

9. Course Outline:

This program consists of the following components.

(1) Lectures and discussions a) Overview of the local policies and system for lifestyle-related diseases prevention in Japan b) Roles and activities of various medical institutions for lifestyle-related diseases prevention in Japan c) Practical methods of lifestyle-related diseases prevention and health education in Japan
(2) Field visits Institutions relating to lifestyle-related diseases prevention activity and health education for citizens
(3) Exchange with Japanese citizens, related workers and students in Fukuoka
(4) Formulation and presentation of a report

<Model Schedule of the Program>

Date	Venue	Contents	Purpose
10/10/2017 (Tue)	JICA Center	Arrival	To learn about the culture, economy, politics, and history of Japan
10/11 (Wed)		Briefing / Program Orientation	
10/12 (Thu)		Lectures on "Japanese politics and governance" and "Education in Japan"	
10/13 (Fri)	Kurume city	- Move to Kurume City - Orientation on Training Program - Courtesy Call on City Mayor	To develop knowledge about each specialty and to observe present conditions in Japan
10/14 (Sat)		-Cultural exchange program -Self-Study	
10/15 (Sun)		-Self-Study	
10/16 (Mon)		-Lecture on Overview of Lifestyle-related Disease Prevention in Japan -Lecture on Epidemiology of Lifestyle-related Diseases (Hisayama Study)	
10/17 (Tue)		- Field Visit/Hands-on Experience: Roles and Activities of Health Examination Center *1	

		-Lecture on Roles and Activities of Health Examination Center *2	
10/18 (Wed)		-Field Visit: Health Promotion Activity in Ogori City -Lecture on Roles and Activities of a Regional Health Center in Miyama City	
10/19 (Thu)		- Field Visit: School Health Initiatives and Exchange with Workers of a Feeding Center in Kurume City - Field Visit: Roles and Activities of a Medical Institution (Health Checkup)	
10/20 (Fri)		-Study Tour: Nagasaki Atomic Bomb Museum	
10/21 (Sat)		-Lecture and Workshop on Problem Analysis based on Logical Thinking *1 & 2	To confirm knowledge gained through the program and to evaluate the overall program
10/22 (Sun)		-Lecture and Workshop on Problem Analysis based on Logical Thinking *1 & 2	
10/23 (Mon)		-Self-Study	
10/24 (Tue)		-Preparation of Reports (in 3 groups) *1 & 2 - Lecture on Roles and Activities of Health Examination Center *3	
10/25 (Wed)		-Preparation for and Presentation of the Reports (What We Found, What We Learned and Our Plan Moving Forward) -Evaluation Meeting -Closing Ceremony	
10/26 (Thu)	JICA Center	Move to Kitakyushu, Preparation for departure	
10/27 (fri)		Departure	

※This program is tentative and the schedule is subject to change without notice.

III. Conditions and Procedures for Application

1. Nominee Qualifications:

Applying Organizations are expected to select nominees who meet the following qualifications.

(1) Essential Qualifications

All applicants must:

- 1) be nominated by the Government of Malaysia in line with the procedures mentioned in 3.(1) below.
- 2) Experience in the relevant field: be involved in a field corresponding to the course mentioned in //. Description.
- 3) Age: be from twenty (20) to thirty-five (35) years of age and be expected to become leaders in their specialized fields in the future.
- 4) Language: have a reasonable command of English and good command of spoken and written English.
- 5) Health: be in good health, both physically and mentally, to participate in the Program in Japan. Pregnant applicants are not recommended to apply due to the potential risk of health and life issues of mother and fetus.

(2) Recommendable Qualifications

- 1) Expectations for the Participants: not have made any previous visits to Japan

2. Required Documents for Application

(1) Application Form: The Application Form is available at the **JICA office (or the Embassy of Japan)**.

(2) Photocopy of passport: to be submitted with the application form, if you possess your passport which you will carry when entering Japan for this program. If not, you are requested to submit its photocopy as soon as you obtain it.

*Photocopy should include the followings:

Name, Date of birth, Nationality, Sex, Passport number and Expire date.

(3) Job Report: Job Report on the main issues concerning the targeted field in his/her country to be submitted. Detailed information is provided in the ANNEX.

3. Procedures for Application and Selection :

(1) Submission of the Application Documents:

The Government of Malaysia will take the necessary measures to nominate appropriate applicants for the program, and will forward to the JICA office (or the Embassy of Japan) one (1) copy of the specified Application Form for each applicant.

Closing date for applications: **Please inquire to the JICA office (or the Embassy of Japan).**

(After receiving applications, the JICA office (or the Embassy of Japan) will send them to **the JICA Center in JAPAN by 26th August , 2017**)

(2) Selection:

After receiving the documents through proper channels from your government, the JICA office (or the embassy of Japan) will conduct screenings, and then forward the documents to the JICA Center in Japan. Selection will be made by the JICA Center in consultation with concerned organizations in Japan. *The applying organization with the best intention to utilize the opportunity of this program will be highly valued in the selection.* Qualifications of applicants who belong to the military or other military-related organizations and/or who are enlisted in the military will be examined by the Government of Japan on a case-by-case basis, consistent with the Development Cooperation Charter of Japan, taking into consideration their duties, positions in the organization, and other relevant information in a comprehensive manner.

(3) Notice of Acceptance

Notification of results will be made by the JICA office (or the Embassy of Japan) **not later than 8th September , 2017.**

4. Conditions for Attendance:

- (1) to strictly adhere to the program schedule.
- (2) not to change the program topics.
- (3) not to extend the period of stay in Japan.
- (4) not to be accompanied by family members during the program.
- (5) to return to home countries at the end of the program in accordance with the travel schedule designated by JICA.
- (6) to refrain from engaging in any political activities, or any form of employment for profit or gain.
- (7) to observe Japanese laws and ordinances. If there is any violation of said laws and ordinances, participants may be required to return part or all of the training expenditure depending on the severity of said violation.
- (8) to observe the rules and regulations of the accommodation and not to change the accommodation designated by JICA.

IV. Administrative Arrangements

1. Organizer:

(1) Name: JICA KYUSHU

(2) Contact: Partnership Program Division (kictpp@jica.go.jp)

2. Implementing Partner:

(1) Name: St. Mary's Hospital

(2) URL: http://www.st-mary-med.or.jp/shinryo_ka/m_kokusai.php

(3) Remark: The mission of St. Mary's Hospital is to provide medical care, rooted in the local community. St. Mary's Hospital has carried out health and medical activities based on the "spirit of Catholic love" since its establishment in 1953. It has always aimed at providing medical care rooted in the local community, mainly through its Emergency Medical Center. The Hospital has been making efforts in order to meet the exact medical needs of the local community. With the advice and assistance from everyone concerned, St. Mary's Hospital now has 41 clinical departments and 1,097 beds, in total, striving to establish "comprehensiveness and the continuity of health, medical care and welfare" in collaboration with people in the local community and doctors in the future. It is also the mission of St. Mary's Hospital to promote international cooperation in medical and health care same as our local community.

3. Travel to Japan:

(1) Air Ticket: The cost of a round-trip ticket between an international airport designated by JICA and Japan will be borne by JICA.

(2) Travel Insurance: Coverage is from time of arrival up to departure in Japan. Thus traveling time outside Japan will not be covered.

4. Accommodation in Japan:

JICA will arrange the following accommodations for the participants in Japan:

1. JICA Kyushu International Center (JICA Kyushu/ KIC)

Address: 2-2-1 Hirano, Yahatahigashi-ku, Kitakyushu-shi, Fukuoka, 805-8505, Japan

TEL:81-93-671-6311 FAX:81-93-671-0979

2. Hotel in Kurume City

* to be arranged by JICA

("81": country code for Japan, "93" and "942": local area code)

If there is no vacancy at JICA KYUSHU, JICA will arrange alternative accommodations for the participants. Please refer to facility guide of KIC at its URL, <http://www.jica.go.jp/english/about/organization/domestic/c8h0vm0000023sgf-att/kyushu01.pdf>

5. Expenses:

The following expenses will be provided for the participants by JICA:

- (1) Allowances for accommodation, meals, living expenses, outfit, and shipping
- (2) Expenses for study tours (basically in the form of train tickets.)
- (3) Free medical care for participants who become ill after arriving in Japan (costs related to pre-existing illness, pregnancy, or dental treatment are not included)
- (4) Expenses for program implementation, including materials

For more details, please see "III. ALLOWANCES" of the brochure for participants titled "KENSU-IN GUIDE BOOK," which will be given before departure for Japan.

6. Pre-departure Orientation:

A pre-departure orientation will be held at the respective country's JICA office (or Japanese Embassy), to provide participants with details on travel to Japan, conditions of the workshop, and other matters.

V. Other Information

1. Reports and presentation:

(1) Action Plan Report

Participants are kindly required to write an Action Plan by the end of the training to express your idea and plan, which you carry out after your return, reflecting the knowledge and method you acquire from the training. The report would be sent to the JICA office in Malaysia.

(2) Laptop PC

Participants are recommended to bring their own laptops and a USB flash memory with them. They will be useful to take notes, modify reports, and prepare for presentations. A plug adapter is necessary to use electric devices in Japan.

2. Accommodation in Kurume City

*Meals: Participants are kindly requested to either purchase their meals out of nearby supermarket/convenience store or eat at restaurant.

*The Wi-Fi is free of charge in the hotel.

VI. ANNEX:

< Job Report >

* Please make sure that your writing fits in one page (A4 size) in English

- 1) What type of work are you currently doing?
Please briefly explain what department or division you are in and what your job involves..
Examples:
 - Work for Ministry of Local Government as Administrative officer or Field officer
 - Work at Central/Regional Office or Community Center as local government related staff
 - Work as NGO staff for community development
 - Work as the leader of community people, etc.

- 2) What are the issues encountered through work?
Please write about any issues related to "local government" you come to realize through your work.
Examples:
 - Difficulties to involve local community for better community development as a local government officer
 - Need assistance on the best way to teach community people effectively about better community development as the leader of the community people, etc.

- 3) What do you expect to acquire through this training?
Based on the "issues" you have, please write briefly what you would like to know.
Examples:
 - Would like to know about an effective method of a local governance system in Japan as a local government officer.
 - Would like to acquire expertise of practical methods of community participation for better community development as the leader of community people, etc.

For Your Reference

JICA and Capacity Development

The key concept underpinning JICA operations since its establishment in 1974 has been the conviction that “capacity development” is central to the socioeconomic development of any country, regardless of the specific operational scheme one may be undertaking, i.e. expert assignments, development projects, development study projects, training programs, JOCV programs, etc.

Within this wide range of programs, Training Programs have long occupied an important place in JICA operations. Conducted in Japan, they provide partner countries with opportunities to acquire practical knowledge accumulated in Japanese society. Participants dispatched by partner countries might find useful knowledge and re-create their own knowledge for enhancement of their own capacity or that of the organization and society to which they belong.

About 460 pre-organized programs cover a wide range of professional fields, ranging from education, health, infrastructure, energy, trade and finance, to agriculture, rural development, gender mainstreaming, and environmental protection. A variety of programs are being customized to address the specific needs of different target organizations, such as policy-making organizations, service provision organizations, as well as research and academic institutions. Some programs are organized to target a certain group of countries with similar developmental challenges.

Japanese Development Experience

Japan was the first non-Western country to successfully modernize its society and industrialize its economy. At the core of this process, which started more than 140 years ago, was the “*adopt and adapt*” concept by which a wide range of appropriate skills and knowledge have been imported from developed countries; these skills and knowledge have been adapted and/or improved using local skills, knowledge and initiatives. They finally became internalized in Japanese society to suit its local needs and conditions.

From engineering technology to production management methods, most of the know-how that has enabled Japan to become what it is today has emanated from this “*adoption and adaptation*” process, which, of course, has been accompanied by countless failures and errors behind the success stories. We presume that such experiences, both successful and unsuccessful, will be useful to our partners who are trying to address the challenges currently faced by developing countries.

However, it is rather challenging to share with our partners this whole body of Japan’s developmental experience. This difficulty has to do, in part, with the challenge of explaining a body of “tacit knowledge,” a type of knowledge that cannot fully be expressed in words or numbers. Adding to this difficulty are the social and cultural systems of Japan that vastly differ from those of other Western industrialized countries, and hence still remain unfamiliar to many partner countries. Simply stated, coming to Japan might be one way of overcoming such a cultural gap.

JICA, therefore, would like to invite as many leaders of partner countries as possible to come and visit us, to mingle with the Japanese people, and witness the advantages as well as the disadvantages of Japanese systems, so that integration of their findings might help them reach their developmental objectives.



CORRESPONDENCE

For enquiries and further information, please contact the JICA office or the Embassy of Japan. Further, address correspondence to:

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