

I participated in the short-term exchange program at Elms College for two weeks. My purpose of the program was to learn American culture and to enjoy conversations with the local people. I've learned and experienced so much in America. This report is a record of my experiences in short-term exchange at Elms College. I describe my thoughts on the good and bad points, what I learned, and how I have changed based on this experience.

When we arrived at Elms College, Elms students warmly welcomed us. We introduced ourselves and exchanged handshakes. And they asked me, "How was your flight?" "Where did you go sightseeing?" and so on. I was very nervous before I met them because I am shy at first but I'm relieved that they've treated me kindly to me. I realized Americans communicate with each other for the first time and close to each other. I thought that it was very good because they can get to know each other well. I think Japanese don't communicate much when they meet for the first time because they culturally hesitate to talk by themselves.

In English class, I learned about race, Civil Right Movement and so on. I thought American history was interesting. I could read English sentence, but I could not listen to English. When I asked Elms students what I didn't understand, they made it easier for me to understand. I realized Elms students were actively participating in the class and said my opinions. They raised their hand when they have questions. What impressed me most was that when teacher asked Kochi student "Do you have any questions?", I didn't ask even though I had a question. Because I was worried whether I could ask a question in English. Teacher told Kochi students, "Don't be shy." Then I regretted asking a question.

In American Holidays, Elms students told me many kinds of holidays in America. There were a lot of American holidays that I didn't know. I enjoyed dressing up in disguise, painting Easter eggs and dancing. Elms students told me that they love Christmas the most. They asked me, "What is your favorite Japanese holidays?" I said "New Year's Day.". They were interested in Japanese holidays but I couldn't explain them well because I didn't know any details about Japanese holidays. I realized that there were a lot of things that I don't know about Japanese culture. I thought I need to know more about my own culture.

In Japanese cooking party at Joyce sensei's home, my group made makizushi, inarizushi and nikuzyaga. Other group made warabimochi, tofu and so on. I was happy because Elms students said they were delicious. Inarizushi was the most popular in Japanese foods we made. After that, Kochi students and Elms students played a gesture game and illustration guessing game. It was very fun. I liked watching that Americans are rich in emotional expression.

In Japanese festival, we set up the hina doll in cafeteria. After that , I did calligraphy with Elms students. I taught them how to write calligraphy. I thought of kanji for the name of Elms students and I wrote them in calligraphy. It was difficult for me to convert foreign names into kanji, but I was happy that name of kanji made Elms students happy. I was surprised at the popularity of calligraphy.

In Bow elementary class, we taught elementary school students how to do origami. I made a crane and turnip with origami. The crane with origami was especially popular, and I was told students wanted them to be made. The kids were so cute and healed.

I thought communication in English was the most difficult in the program because there isn't much of an opportunity to use English in a daily life in Japan. I realized that I was not good at listening and pronunciation in English. I could not do that, so I asked Elms students so many times to repeat that. I thought I did not understand what they said completely. Sometimes ,I'm glad I can make myself understood in English. Elms students were interested in Japanese culture, especially anime, so I talked a lot about it. They said they wanted to watch Japanese animes without subtitles. I am interested in gesture they using, so they taught me gestures. I thought Americans often use gestures. I thought that using gestures could convey the contents of the story to the other person. I thought Americans face was so expressive. I thought when I went to America, the reaction became bigger than when I was in Japan. I realized Japanese doesn't translate into English well such as “itadakimasu “,” otsukaresama”and” syouganai”. These are the common words used in Japan. Even if you can translate them, they have different nuance. So I was annoyed. At the same time, I realized how wonderful the Japanese language is.

What I regret is that I talked a lot with a person who could speaks Japanese in the middle of the program. Because I didn't have confidence in my English. But I thought I have to change something, I did my best. My roommate was not from America and her first language was not English. But she speaks English with fluently. I got advice from her on how could speak English. She said ,”~advance step by step.”. I could keep trying because of that word. My Elms friends study Japanese for many years and they can speak Japanese. So I became stimulated by that. I realized that trying to express things is important even if I could not speak well English.

I learned many good things in the program. I'm so glad that I'm able to experience something wonderful like this. I would like to apply what I have learned to the future. When farewell, It's hard to say goodbye to Elms students. We had a breakup hug.

I was glad to have met Elms students. I'd like to value my relationship with them. After returning from my exchange program in America, I became motivated to master English.

I want to go to America again! Thank you for everything.



“Short-term exchange program at Elms College”

183111 M.M.

1) Overview of activities

We visited Boston and had a time at Elms College from February 23rd to March 5th. This exchange was second time for my life so I was very motivated. And, I introduce my memory of this short-time exchange program now.

To begin with, I tell you about my sightseeing in Boston. I went to a Korean restaurant for dinner of first day with Japanese students. I have used a credit card for the first time. In the morning of the second day, I went to Starbucks for breakfast with Tokiko and Mona. Then we were drawn own pictures by an uncle who I didn't know. I haven't been drawn my picture like this, so I was surprised very much and I felt that it's American. Then, I had many sightseeing there. I went to Boston Common park, Museum of Fine Arts, Prudential Center and Quincy Market by subway and on foot. I knew how to take subway and it was a little difficult for me to understand the line. I went to supermarkets as well as sightseeing spots. I found many differences in the supermarket between US and Japan. What I found is a spoon machine that pushes a button and a plastic spoon or fork comes out. I have never seen like this so I was impressed it. I was happy to visit many places in Boston and discover differences.

Next, I tell you about Elms life on three points. Firstly, in college and classes. I had English classes, visit YWCA, heard about refugees, took part in Black Issue Summit and talked about differences between US and Japan at elementary school. I learned about differences between American cultures and Japanese one in the English classes. The most interesting differences is about holidays. I found that America have many holidays for instance Valentine's Day, Easter, Halloween, Thanksgiving and Christmas Day. Japan don't have Thanksgiving so I was surprised at this. I want to learn more about Thanksgiving. And, I found differences each culture even though we call same name. Then, I also learned many things about YWCA, refugees and Black Issue Summit but these are so difficult for me, so I want to learn about these things from now on. In addition, I taught them Origami at elementary school. It was more difficult to teach how to fold Origami for instance *Kabuto*, windmills and cranes in English even though it is difficult in Japanese. I found how to tell other people to fold Origami. I experienced many things what I cannot do in Japan. Secondly, school events. I went bowling and shopping, did Japanese cooking party, play some games with friendship partners and experienced American Holidays. I enjoyed all events. The most enjoyed event is Japanese cooking party because I have not made Japanese food for foreigners. I was happy that everyone said delicious but I noticed that almost Japanese food contain *Dashi*. One of my friendship partners is vegan so he couldn't eat almost Japanese food. I have not understood about vegan or vegetarian well. I learn about differences between vegan and vegetarian from my friendship partner. I also learned many things in other events through talking with friendship partners.

Finally, in the day what do not decide. I played *Kyogi Karuta* and poll, went Dunkin Donuts and shopping, made a bracelet, and so on. I have been to Dunkin Donuts for the first time and I was surprised at too sweet donuts. And, I liked such as time because when I had questions, I could ask it to friendship partners soon.

In conclusion, I could experience many things what I cannot experience in Japan. I think it is a good idea to talk with foreigners for learning English. And, I found it that talking positive is good choice to have Elms life.

2) Realizations and learning in this exchange program

I learned a lot about US and noticed differences between US and Japan so I was impressed. US was a new world for me. Then, I introduce you my realizations in this program on two points, life or culture and humanity.

To begin with, I tell you about differences of life or culture. I have so many surprised differences. First, I was surprised at the low of door when I went to the lavatory on the first day. The door put the figure of a person out of sight completely in Japan. I think that we can see the off side of the door so the low door make our safe to use toilet in US. Next, when I went to Starbucks, I was surprised at walking with dogs in Starbucks. I think it is good thing to enter the store with pets. And, after seeing it, I had another surprised thing. The traffic signs of US are interested for me because Japanese ones are different. I saw traffic lights of a push-button crossing, traffic signs and cars. US is bigger than Japan, so I think like a difference occur. Then, I noticed that hanging straps in subway is fewer than Japanese one. I didn't know the reason so I want to look it up.

Next, differences of humanity between US and Japan. The most I felt is difference of positive. When I spent a game night and Japanese cooking party with Friendship partner, I was overwhelmed by their heat. I think Japanese is shy even we are playing a game. So, I was surprised at that time. And, I felt they are very kind because they told me what I did every day. It was very happy for me. I think Japanese don't often talk because Japanese can feel atmosphere and almost know the schedule of the day.

Finally, I learned many things during this exchange program. I want to learn about US and think differences between US and Japan on many points.

3) More

First of all, I think about my goals. Before I went to US, I have decided some my goals of this program. I have wanted to talk with gestures positive and I could talk with gesture. This is very useful item because I can communicate to everyone without speaking great English. I also want to learn gesture from now on. During this program, I could close with my goals which I decided before.

Next, I have some realizations so I tell you about this. I noticed that we need to make for vegans or vegetarians at Japanese cooking party. They couldn't eat almost Japanese food

but I wanted to experience Japanese food for them. And, we should have made Japanese food because I didn't look Elms students' full. As one of the reasons, we didn't know how many people come at the party. I think that Japanese students should have known the information.

In conclusion, this program made me happy life in US and this is my treasure. I want students next year to have great time with our advice.

1. Activity summary

I learned a lot through this program. I was able to interact with local students as well as deepen my understanding of different cultures and my own culture.

2. Learning and awareness in training

I think I have learned and noticed five things.

First of all, ethnicity and race. Because Japan is an island nation surrounded by the sea, most of its people are born and raised in Japan. That's why there are many Japanese in school classrooms. The United States is made up of many races due to its historical background. Elementary school also had various children. One girl said she would speak Spanish when she came home. I was surprised at the natural environment where there were many ethnic groups since elementary school. Many of the college students were not from the United States. It was as if there was a small world just inside the university. I found it wonderful that many people respect their ideas. And I thought it was an American strength.

Second, I visited YWCA and learned about the importance of mental care. Children who grew up watching their parents perform violence are more likely to do so after they have grown up. That's why children care is very important. I was surprised that YMCA received 11,000 calls a year. Some people of various ethnicities do not speak English, but at that time they will be able to speak their native language. I was surprised at the politeness of the response.

Third, I learned about refugees. There are few opportunities to think about refugees in Japan. I knew there were people in the United States who did not come to the United States as a refugee but wanted to. This time I was able to talk to a man who came to the United States as a refugee from Iraq. The story of the man gave me an opportunity to think about refugees.

The fourth is the importance of what you want to convey. Many Japanese are shy and unable to speak English. But if you have a desire to do so, you can. For example, using gestures or connecting words. I learned how important it is to convey this time. Students whose native language is not English have given me advice on how to learn English. One of the things I taught was to talk anyway. Through my training, I realized the importance of being in English.

And I think it's wonderful to have a culture in the United States where you can meet like a friend for the first time. For example, when they passed each other, they said "HI". When I entered the store, she asked me, "How do you feel?" I thought that a culture with strong connections between people was very nice.

The fifth is about meals. There are a lot of vegetarians and vegans in the United States, although few in Japan. The cafeteria's food was marked so that even vegetarians could eat it with peace of mind. I think that there is still little consideration for such people in Japan.

In hosting the Olympics and Expo, I thought it was necessary to change society throughout Japan.

I thought the United States was a friendly society. For example, there was a button beside the door so that a person in a wheelchair could open the door. I thought that such a universal design needed to spread to Japan.

3. Other

I was able to grow myself this time. I was able to improve my English as well as learn about history and culture and broaden my horizons. I was able to know about Japan by looking at Japan from the outside. Every day was fulfilling and I wanted to be very specific. I would like to participate actively if there is such an opportunity.

4. Photo



I went to Elms College short-term training for about 10 days. I learned many things more than I had imagined before going, and learned differently. And this training changed my mindset more than I had imagined. From now on, I would like to mention the advantages and disadvantages of the training and what has been learned and what has changed.

First, let's talk about sightseeing for two days from arrival in Boston.

For example, we traveled to the Boston Museum of Fine Arts, the Prudential Center, Newbury Street, and Quincy Market. I think the distance between the Japanese students began to close during those two days.

I just arrived in the United States and was unfamiliar with various things.

Also, I was not used to listening and speaking in English, and faced unfamiliar environments such as cityscapes, subways, and food. And I knew that the world was even bigger than the one I had imagined.



Next, I will talk about what I learned at Elms University.

At Elms University, in addition to learning English, I went to shelters and kindergartens to learn what I could not usually learn.

First, I learned at the Maguire Center that counselors advised abused women and children and helped them find a place to live. This was my first time studying in America, so I wanted to know the differences between Japanese and American facilities.

The next day, I learned about Jewish Family Services and Black Issues.

Regarding Jewish family services, we interviewed a man who was actually protected by a facility and subsequently worked at the facility. Hearing what happened in his life so far, I regretted that I grew up in a privileged environment and did not know very well that there was such a courageous life. I will continue to learn about Jews and shelters without forgetting the stories I heard this time.

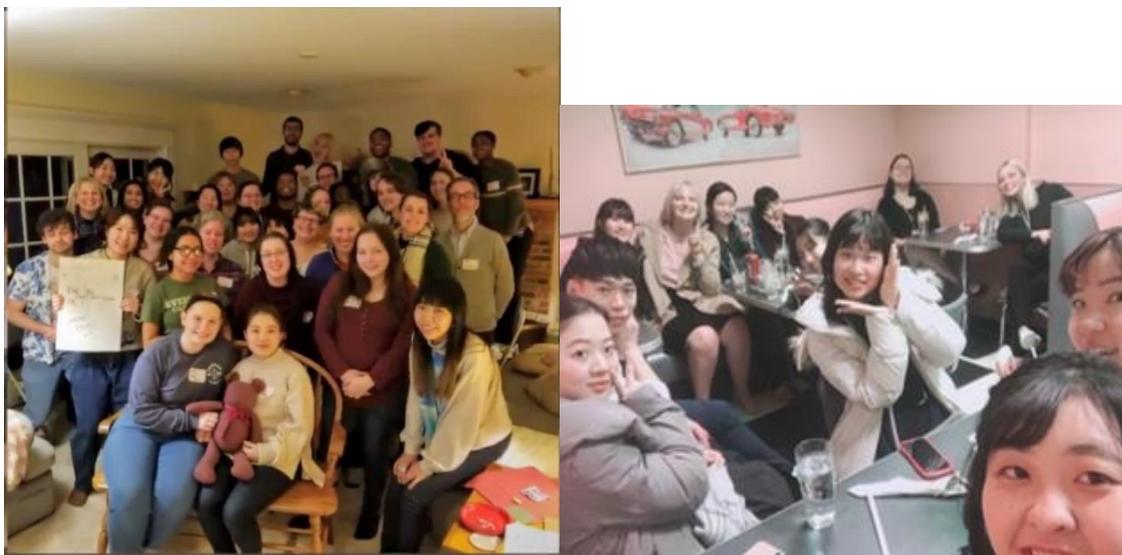
Also, I didn't understand much about the talk on Black Issues. However, it turns out that many

people of all ages are still aware of and working on Black Issues.



I played with Elms students every night and sometimes learned about American culture.

One thing I particularly remember is the Japanese Cooking Party at Mrs. Hampton's house. To be honest, I didn't expect Elms students to be interested in Japanese food and chopsticks. But they were very interested in Japanese food and chopsticks and enjoyed the party. Even if I attended an American culinary party, I wasn't as confident as Elms students at the time. So, looking at it, I was impressed by reconfirming the goodness of Japan with Elms students.



The only disadvantage was that I wasn't able to live with an Elms student and learn from them. But because there were so many other benefits, I can forget about not having an Elms student as a roommate.

But there were so many benefits that I forgot about the demerits.

First, if I were in Japan, I could only learn with text and screens. By visiting the facilities, seeing them directly, and listening directly to them, so that I could learn more deeply.

Second, the fear of English communication has disappeared. I am not fluent in speaking English. However, the feeling of "I'm afraid of making mistakes" and "I'm afraid of the reaction when I couldn't communicate", which I felt when communicating, has disappeared. I wanted to talk to Elms students more than I was scared. And I came to want to convey my feelings even if I spoke a little wrong.

Third, I was able to realize the importance of nonverbal communication.

Instead of speaking English fluently, I tried to convey my feelings with gestures and expressions.

Also, shortly after I went to Elms, I was not accustomed to listening to English, so I watched the other person's facial expressions and gestures to understand what they said.

Even in such non-verbal communication, it was understood that we enjoyed each other.

Fourth, talking with American students around the same age and learning that they have different ways of thinking, made what I was worrying about seem like it was nothing. The range of my thinking has expanded.

As I mentioned, this training gave me a lot more than I had imagined. I remember how fun I'm fulfilling it was, it feels like it could have been dream. I won't forget what I learned in this training and want to make use of it in the future.

“Short-term exchange program at Elms College”

193004 M.I.

(1) On February 25th, we took to about 2 hours by train from Boston to the Elms College.

When we got off the train, Ms. Joyce welcomed us and we got on the bus to the Elms College. In college, our friendship-partners welcomed us. My partners are Marie Claire, Evelyne and Reyna. They guided me to the dormitory. After put my luggage, I moved to the hall where everyone is gathering. We are oriented explanation. After that, we went back a dormitory with my partners. We ate cup of cakes and talked with them.

On February 26th, we made photo IDs and went to Campus tour. The Elms College was difficult from University of Kochi. The Elms College cherished history, so it has historic buildings. After that, we took Joyce’s English class. It was all English, but it was easy to understand with simple contents and English. At night, we played bowling with Elms and Japanese students.

On February 27th, we took English class. We tried to translate sentences about “Impressions of the United States”. The content was difficult, but student from the Elms College taught me. So, I could understand it. After that, we went to Social work trip. It was support Domestic Violence victim. But, this building was a positive atmosphere. There have many children’s toys which are used not only to play but also to recreate the situation at the time. We went back to the school and participated in the American Holidays event. We played Easter egg hunt and made ginger cookies ornament. We could learn about American Holidays and the difference from Japanese Holiday.

On February 28th, we took English class in the morning. We learned about the United States and Civil Right Movement. After that, we visited Jewish Family Service. We learn about examination to become an American citizen and Jewish. We went back to the school. And participated in Black issues Summit. But this content was very difficult, so we couldn’t understand it. In the night, we participated in the Olympic event. We played twister and danced.

On February 29th, we were driving with friendship-partners. We were shopping in the outlet. We bought souvenirs for my family and friends. I bought snack, Disney toy car and books. There were so cute and yummy. I was satisfied to get many nice souvenirs. We bought lunch and went to school. After ate lunch, we went to Joyce’s house by bus. Her house was very big. It could enter more than 20 people. And we could take off my shoes. I was surprise it, because most American’s house is not walking barefoot. So, I thought it looks like Japan. When we have arrived to her house, we cooked Japanese food. We cooked Meat and potatoes, Hand-rolled sushi, Miso soup, Japanese rolled omelet, Chilled tofu with toppings and so on. Elms student was very happy for us. And Joyce prepared other foods like sandwiches, snacks and vegetables. After that, we played game. When one person looks at the subject, expresses it with a picture or gesture, and applies it group members. It was very fun. I enjoyed it and we would win. We ate cookies and ice cream by Joyce. It was very good. I could enjoy this day.

On March 1st, we visit church in the morning. It was my first time to visit it. I could understand about Christianity and the church when we visited. And we went to shopping in Holyoke Mall. Elms students guided for us. So, we could enjoy the shopping. In the night, we did Karaoke party. They were good at singing songs. We enjoyed it.

On March 2nd, we took English class. Therefore, we were informed that we had to return home earlier. So, we started writing a speech to announce at the farewell party. After that, we took Irish language class. Irish language is written by line. We distinguish for number of lines or the position where it is written. It likes easy, but it is difficult that one mistake will change the character. And Elms students introduce for us about Irish culture. It is different from Japan and the United States. After the class, we went to Bowe Elementary School. We communicated with children. We made a Japanese helmet with Japanese paper and presented it for children. They were so kind and cute. I was healed. We went back school and we took English class again. We wrote a speech more. After that, we went to farewell party. We wear formal clothes. We give a speech for friendship-partners and teachers. After speech, we danced Paprika. And talked and took pictures with friendship-partners. I was sad, but I enjoyed this time.

On March 3rd, we prepared for the Doll's festival. Doll's festival is an occasion to pray for young girl's growth and happiness. We eat traditional dishes like scattered sushi, rice cake cubes called "Hina-arare". We decorated dolls at cafeteria and wrote Kanji with a Japanese brush. Elms students were glad to write their name in Kanji. In the night, we participated in Irish Cultural Activity. We danced Irish dance. It was so hard, but I was enjoyed it.

On March 4th, we left the Elms College. They came to see us off. They gave us a present. This experience has grown me.

(2) I felt difference from Japan.

Most Japanese children are shy, so they can't speak in public. But, American children can express their opinion clearly. There were many opportunities for children to speak at elementary schools in the United States. That's why, the United States children can speak in public and they become an adult, they can easily contact anyone.

In the United States has many various races likes African-American, White and Asian. And they coexist without Discrimination. There are various dishes that Muslim can eat. So, I think when we cook Japanese foods in Joyce's house, we should cook Japanese foods using vegetables. Muslim people cannot drink broth so be careful.

Short-term exchange program at Elms college

193049 N.S.

I took part in the short-term exchange program at Elms College in America in this spring vacation. I experienced many things which can't be experience in Japan. We went sightseeing in Boston for two days. We had to tip at the restaurant. It is difficult for us to tip because there are no tip in Japan. I think American restaurants have good service because there is tip in America. We went to Boston museum. It was very big and there are many art works. I saw homeless people sitting on the street in Boston. Then I saw passenger giving homeless person some food. I had never seen this scene other than TV. So, I thought this scene is actual in foreign countries.

I spent much time with friendship partners at Elms college. I made a lot of friend other than friendship partners. Some friendship partners were good at Japanese. They helped me when I couldn't express my thinking in English. We learned American history and culture in English class with friendship partners. Friendship partners translated difficult English into simple English for me. Also, we learned Irish in Irish class. I thought Irish is very interesting.

I experienced American culture in Elms college. We looked for Ester eggs and made colored eggs. We sang "Jingle Bell" in English and Japanese. After that, we talked about difference Japanese and American holidays with friendship partners. Then I learned that American gather with their relatives on Christmas. Japanese gather with their relatives on New Year, so I thought Christmas in America and New Year in Japan are similar.

On the other hand, there were opportunity to teach Japanese culture to Elms student. Kochi's student cooked Japanese food for friendship partners at Joyce's house. Friendship partners enjoyed eating Japanese food and told us it was good. I was happy to hear that. Miso soup and rice cakes were very popular for them. So, I should have brought more rice cakes. On March 3, we decorated hina dolls at the cafeteria. Also, we wrote Elms student's name in kanji by Japanese calligraphy. I belonged to calligraphy club when I was a High school student and wanted foreigners to know charm of Japanese calligraphy. So, I was looking forward to this opportunity. It is difficult to convert English into kanji. But I was happy because Elms student told me "It's very cool. I'll decorate it my room." I thought Japanese calligraphy is wonderful because it makes everyone happy.

I went to shopping with friendship partners on holiday. I saw many big goods. I knew American goods were big, but even toys were big. Also, there were many chocolates. I didn't know which chocolate is good. Then, friendship partners told me which chocolate to suit Japanese taste. I was happy to buy many chocolates as souvenir.

This short-term exchange program at Elms college changed my way of thinking. Friendship partners took action and tried hard. They learned Japanese words like "kawaii" means "cute" and "arigatou" means "thank you". My roommate likes art and drew pictures on her shoes. I

was surprised to see them. I learned American people's way of thinking is different with Japan. Elms students were very kind because they always opened the doors for us. I thought Elms students are kind for other people and think about other people. Also, they worried about me when I had a stomachache. American food was very oily, but I often had stomachache when I ate oily food. But, I brought miso soup, green tea and Umeboshi in this program. Thanks of these food, I didn't take medicine.

I thought that America is difficult to live in for me before I went to America. But now, I think that America is easy to live in. I found that American nature, scenes and people are so good.

I thought that my English ability is bad when I talked with friendship partners. I couldn't express my thinking in English. American people speak English so fast. I had to study English before went to America. Many Japanese students speak English without don't be afraid. So, I learned don't be afraid to do anything. I'm not good at learning English words, but I want to try to learn it more.

Also, I found that Japan is very great place when I talked about Japan with friendship partners. I asked them "how do you think about Japan?". They said "The food, nature and people are good." I was happy to hear that. Many people had a good impression about Japan.

This short-term exchange program at Elms college had many discovery for me. America wasn't as sanitation as Japan. The restrooms in America were worse than Japan. On the other hand, I learned that there are many country where sanitation is worse than America. I didn't know other country's sanitation before went to America. So, I thought I have to thank for living in Japan.

I was surprised that American didn't wear face masks to prevent. I didn't see only person who wear mask. Japanese wear face masks to prevent, but American wear masks when they sick. This season coronavirus prevails, so I felt cultural difference.

Many immigrants live in America and they respect each other's personalities. Elms students were talking with first met person, so I thought American people are friendly. I came to like American people that Elms students told me honestly about their feelings.

I have to improve my English ability. After returning to Japan, I listen to music every day to get used to English sounds. I want to try my best to have confidence in my English ability. I want to go abroad again and learn cultural difference. Also, I'd like to act what I'm interested in.



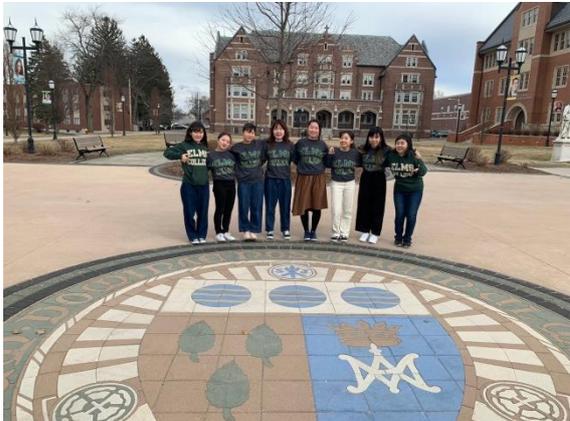
Boston museum



View of Boston



Breakfast at cafeteria



At Elms college

Short-term exchange program at Elms College

183030 T.O.

1) Overview of this activities

I experienced various activities at Boston and Elms college from February 23th to March 4th. I did Sightseeing at Boston and learned about American culture and Irish culture at Elms college. In Elms college, I learned that through some classes, event, and conversation with friendship partners.

At first, in the class by Joyce sensei, I learned about culture, history, geography of the United States of America, and English. Firstly, Japanese students and Elms students exchanged the opinion and impression of country for each other. I could know Japanese images from American people and it was good opportunity because I rarely have to ask their opinion and I was happy that Elms student knew a lot of things about Japan. We gave our views on food, fashion, sports and so on. I knew key word, “diversity” which can explain America. I learned the images of America which I had was came from various things, American drama, TV show, history and others. Secondly, we explained about holidays of each other’s country, what we do, when we do, how we celebrate at that day. Japanese students told about *Hinamatsuri* and *Tango no Sekku, Kodomono Hi* and Elms students told us about Halloween, Christmas, Easter. I could know more than my small knowledge about American holidays. However, it was difficult to tell Japanese holidays because the way to celebrate and meanings of Japanese holidays are different between the past and now, home and home and I don’t know about them well. I thought that I had had to know about them before I came to Elms. Next, I learned about history and thinking about Black and Civil Rights Movement. After that, I learned about history or anecdote and the way to celebrate of St. Patrick’s Day, Green Day which is Catholic’s holiday.

Then, in the social work trip by Sr. Deirdre, we visit YWCA and Jewish Family Service Visit and Catholic Mass. We listened to a staff member and the boss at YWCA. And, we saw the inside of facility, children’s room, teen’s room, and mother’s room. I learned YWCA’s support program for mothers and children whose position became bad because of various violence. Then, we listened to a staff member who used to be one of refugees. He spoke his story of procedure from his hometown to America. I learned the procedure of accepting refugees has four step and it is not easy. We visited the Mass on Sunday morning. I had never visited mass and I was surprised the building, rite, and music. There gave me a fresh impression and it was good experience for me.

After that, in the various event at Elms college, we learned culture mainly. At first day, we enjoyed a lot of games. I played billiard which was called pool there, dance game, and Ping-Pong. I had never played pool so I was taught the rule of the game by Elms students. Next day we went bowling with Elms student, and I also played bowling for the first time. I felt these games are American style. And, we also enjoyed American Holidays to learn the contents of

American holidays, to hunt Easter eggs with Elms student, to make the Eggs of Easter, an ornament of Christmas tree, and to wear the Halloween costumes. And, we enjoyed playing some games, *Twister* and dancing as minigames of Olympics. At Black Issues Summit, I couldn't understand almost contents of speaker because they were so fast and difficult. However, one of friendship partners explained easily. So, I could understand a little that this summit arranged the opportunity people from various disciplines and backgrounds together learn from each other on housing, health, and education and it was important to think about each other. In Japanese cooking party at Joyce sensei's home, we cooked *nikujiyaga* which contained carrots, potatoes, onion, and pork, rolled omelet, boiled spinach seasoned with soy sauce, fried bean curd stuffed with sushi rice, and sushi rice rolled by hand in a dried seaweed laver. And, we also cooked various kinds of rice cake with soybean flour and soy sauce and dried seaweed laver as sweets. I was happy that Elms students and Joyce sensei were glad to eat them. Then, many kinds of dishes and chocolate chips cookies which were cooked by Joyce sensei were so delicious. We also enjoyed the game. I could enjoy cooperating with all member of our team but our team was lose. On Saturday morning as the time of friendship supporting events, friendship partners took us to outside of Elms college. We went to Dunkin Donuts which is so famous in the America. I ate Bacon Egg and cheese sand with croissant which was recommended by friendship partners and it was so delicious. They took us to shopping mall to buy some souvenir.

Lastly, I also could know a little about Ireland. In the Irish class and Irish cultural activity, we learned a little about Irish history and culture. I learned Irish ancient notation method and I wrote my name with this method. I enjoyed making the item with shamrock motifs, Irish dance, Irish music, and Irish foods.

2) Learning and notice in this program

I had learned a small history about America, especially racial discrimination and culture difference with Japan. So, it was a little scary but American people were so much kind at both Boston and Elms college. Greeting, for example, "Hi", "How are you?", and "Have a good day!" were natural for Americans but it was fresh and comfortable for me. It was also unexpected that people often say "Excuse me", "Thank you" and I felt American people say more than Japanese people. Especially I was surprised at that a man say "Bless you" to next woman with staring at his phone when the woman sneezed. I was knowing this phrase and the way to use it but he said it without face-to-face quickly after her sneezing. I thought they were firmly in the habit. Then, some of my knowledge which I got in Japan is correct and incorrect. I could correct my knowledge and stereo type about America and get new knowledge and I could also give Elms student Japanese information.

The most interesting thing for me is American Holidays event. I thought how to celebrate is almost decided in the American holidays, but it is not clear in the Japanese holidays and most Japanese people think that they are just day off. I thought these differences might be made by

strength of religion.

3) Other

This program became a little small because of one reason, but it has deeply contents. So, it was good experience and I really enjoyed. I told a few words of thanks at Farewell party, but I'll say thanks to Elms friendship partners, teachers and Oberg sensei.

4) Pictures



1) Reflection on the trip

Through this trip, I learned the difference between the stereotype, prejudice and reality. For example, the church and Black Issue Summit. When I went to the church in America, I noticed that the church in Japan and the church in America is different. When I was a child, I went there. So I thought I understood what they were doing but I've never known that everyone drinks wine in one container. In the church I went, each person had a different container, and everyone did not drink in one container. Looking back, there are various reason, either because American people are all thought to be brothers, or Japanese people don't like sharing one container together. I don't know why it's different but I confuse if I don't know this action. I understood the difference between the prejudice that everyone does the same if they are of the same religion and actual action. I also learned it is important that I think opinions of others before imposing my preconceptions and stereotypes.

In Black Issue Summit, I was surprised at continuing the discrimination against black people now. Discrimination against black people thinks of slavery but it was an event in the past and now I thought it was less. However, since discrimination against black people continues to occur, such as the actual difference in wages with white people. So I could understand that lectures on discrimination against black people are being given. I also think it is important to see what is actually happening, not to be prejudiced.

I also learned that communication can be done using nonverbal communication but verbal communication is also necessary. In nursing lecture, I learned about Meravian's law. It is a test of the speaker's influence on the listener, with seven percent linguistic information, thirty-eight percent auditory information (such as behavior and facial expressions) and visual information (such as speech and voice) is 55 percent. When I understood it, I thought if I'm not good at speaking in English, I can communicate using nonverbal communication. But actually it is very difficult to communicate without using verbal communication. For example, teaching how to fold origami. When I did it, I had the other person imitate me, so there was a wealth of visual information, and I was careful about the tones of my voice and onomatopoeia, so there was a wealth of auditory information. In other words, I thought that they could fold easily. However, when they folded along the line or witness a technique they were not familiar with, they couldn't do using just visual information and auditory information. Therefore, I thought verbal communication is necessary. I learned it is important to acquire language to communicate.

2) My thoughts on the good and bad points

My thoughts on the good points is what I could learn the value and culture different from Japan actively. I had never been to overseas so it was first time to experience culture outside

Japanese. America is more diverse than Japan so it might be difficult to accept. But I was interested in American holidays and custom and I could work on activities. For example, I've never known about "thanksgiving" but I draw turkey and understood in detail. In addition, I enjoyed sharing the American food culture, which has more fat and sweet foods than in Japan.

However, my thoughts on the bad points is what I should have talked more time. For example, travel times and meals. I thought the time to speak in Japanese and the time to speak in English were clearly separated. So I needed to shorten my conversation time in Japanese and actively talk to Elms college students. There are many students who can talk in Japanese so I depended on them when I couldn't communicate with Elms college students. I had to let them write down what they said and research the words by myself when I couldn't understand what they said. I also had to use gestures to communicate when I didn't know how to say.

3) How I have changed based on the experience

I have two things which I have changed on the experience. The first is interest in America. I had the image positive, big size and diversity for America. I thought that the custom was very different from Japan and that were parts that was hard to understand. But actually many people are proud of their country and custom because of their diversity and I came to respect them. For example, St. Patrick's Day. This is an event in Ireland so I thought it was not directly related to America. This event is held in various places in America and many people participate in it. In other words, it means American understand other cultures. Some Japanese don't like to accept foreigners because they are afraid the Japanese custom of getting out of it because foreigners can't understand it. For example, taking out garbage on a fix day and being quiet in the house. But there are Japanese own way of accepting other cultures. Instead of accepting the food culture of other countries as it is, we change it as a meal that suits the taste of the Japanese and accept the meals of other countries. And Halloween is very different from a real American Halloween, and the main action is to dress up and walk around town. In this way, in Japan, in order to accept the culture of other countries, it is often changed to a form accepted by Japan, and it is adopted. There may be some critical ideas but it also seems that Japan is trying to reduce the barriers. I think it is necessary to respond to the global country. At the same time, we should value Japanese culture. This is the second change. American accept other cultures but they also are proud of their culture. Of course, Japanese are proud of their culture but it is gone. The cancellation of the festival, which occurs because there is no successor, is representative. I learned it is important to protect it. It is by no means easy to protect Japanese culture and incorporate other cultures, but I think I need interest and generosity to do them. If I become a nurse and have the opportunity to engage with foreigners, I want to understand their culture and customs and provide nursing tailored to them.



We ate donuts at Dunkin Donut. Dunkin Donut is very popular in America.



We played a traditional Japanese card game.