

JFTP NEWS



広島大学

HIROSHIMA UNIVERSITY HOSPITAL

広島大学病院

JENESYS Alumni Essay Contest



In June 2025, JICE held the first-ever essay contest for alumni who had previously participated in the JENESYS program. The theme was “What JENESYS Means to Me.” In this issue, we feature interviews with the winners of the Grand Prize and Excellence Award!

You can view the collection of winning essays from the JENESYS Alumni Essay Contest ▶



(English)

<https://www.jice.org/exchange/en/info/2025/10/jenesys-aseansaarc.html>

(Japanese)

<https://www.jice.org/exchange/info/2025/10/jenesys-aseansaarc.html>

The Grand Prize Winner JENESYS SAARC 2018 Mr. BHANDARI, Roshan

What JENESYS Means to Us



VOICES OF JENESYS ESSAY CONTEST WINNERS

JENESYS SAARC 2018 BHANDARI, Roshan (Nepal)

JENESYS ASEAN 2022 Aung Si Kyaw (Myanmar)

JENESYS ASEAN 2010 MAGHUYOP, John Roger (The Philippines)

[JFTP PRESS]

KAKEHASHI Experiences Turn into Books!

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Mr. BHANDARI, Roshan



What JENESYS Means to Me

- Doctoral Student, Graduate School of Biomedical and Health Sciences, Hiroshima University / Postgraduate Resident (Advanced Clinical Trainee) in Cardiovascular Medicine
- 2018 JENESYS SAARC Participant (Health including Sports)
- Status at time of participation: University student

International Exchange That Nurtured a Doctor's Dream

The Nagasaki Experience That Ignited My Passion

Thanks to JENESYS, I visited Japan for the first time. My host family in Nagasaki was incredibly kind, making me feel as comfortable as if I were in my own home. Visiting the Nagasaki Atomic Bomb Museum and speaking with a hibakusha left a profound impression on me. He was about 90 years old at the time, and our dialogue deeply touched my heart.

The visit to Nagasaki University changed my life significantly. I was fascinated to learn that Japanese medical education places equal importance on both research and clinical practice. The opportunity to exchange opinions with university professors about healthcare challenges in SAARC countries ignited my passion to study medicine in Japan.



▲ Visiting the Peace Park in Nagasaki City during JENESYS

This Award Marks a Full-Circle Moment

After participating in JENESYS, I graduated from medical school in Nepal and worked as a doctor in Internal Medicine, including ICU and CCU (Cardiology). I then prepared to study in Japan, and finally arrived at Hiroshima University as a Japanese Government (MEXT) scholarship student in April 2024. Currently, I am doing a research on heart failure in my doctoral program while receiving advanced clinical training in cardiology alongside my academic work. Professor Yukiko Nakano, my supervisor, along with other supervisors and colleague doctors, are truly compassionate, and I am having a wonderful time.

When I heard the news that I had won the Grand Prize in the JENESYS Essay Contest, my heart filled with joy and gratitude. Participating in JENESYS as a young medical student, now being able to study at a Japanese university, and furthermore having the opportunity to give back to JENESYS—the initial catalyst—felt like "a full-circle moment."

To me, JENESYS represents "transformation" and "connection," and building bridges of understanding and cooperation across borders and fields. In the future, I hope to establish a medical center for cardiac treatment and research in Nepal. Creating a place where Nepal and Japan can deepen their bonds, both in healthcare and in human exchange, is my life's goal.



▲ Yukata experience with fellow participants



▲ At the university hospital of Hiroshima University



How JENESYS Sparked My Global Connection and Vision for Empowering Community

Change for the Better!



Mr. Aung Si Kyaw



- Ritsumeikan Asia Pacific University (APU), Japan
- JENESYS2020 Japan-ASEAN, Timor-Leste Online Exchange (Sports: Rugby)/ JENESYS2022 "ASEAN-Japan History of Development Cooperation Exchange" Participant
- Status at time of participation: University student



Mr. MAGHUYOP, John Roger



The Philippines

- International Program Coordinator, Xavier School
- 2010 JENESYS participant
- Status at time of participation: University student

JENESYS: Bridging the Way to Study in Japan

When the COVID-19 pandemic was spreading, I was enrolled at a university in Myanmar. However, due to political instability in the country, it became difficult to continue my studies. I was seeking information about universities in Japan when I discovered JENESYS. Although the program was online only, it became an opportunity for me to participate in an in-person invitation program in January 2023, allowing me to visit Japan for the first time.

What left the strongest impression on me during the program was when we discussed the role of young people in peacebuilding. I spoke about my home state of Rakhine, where ethnic and religious conflicts have continued across generations. The other participants listened not with pity, but with warm interest and empathy. They also shared the realities of their own countries. In that moment, I realized that despite our different backgrounds, we could support one another.

The JENESYS experience significantly changed the direction of my life. The wonderful impression Japan made on me and the advice I received from fellow participants and staff have led to my current university life in Japan. Now I study in an international environment with many international students while continuing to support young people in Myanmar through online activities.

▼ JENESYS participants visit Nagoya Castle



Passing on the Experience I Received to My Students

Fifteen years ago, I applied for JENESYS with a handwritten essay. I thought that by writing it by hand, they would understand how I felt when I applied. Since childhood, I had seen expressways and other infrastructure built through Japanese cooperation in Manila, and this became the origin of my interest in Japan. The homestay in Ibaraki was truly a fateful encounter. At my host family's suggestion, we ate sushi and ramen, and everything was delicious. Even after returning to Manila, we have continued to stay in touch, and in 2016, we were able to reunite in Japan. My host family's sisters have had children, and now I've become an "uncle." When I participated in JENESYS, we participants were called "ambassadors of goodwill and peace." We were told that upon returning to the Philippines, we had a responsibility to share our experiences in Japan with others and to have a positive influence on those around us. I put this sense of mission into the title of my essay contest entry: "Change for the Better! "

Currently, I work as an international exchange program coordinator at a Catholic boys' school in Manila. In this job, I can directly apply my JENESYS experience, and I sometimes plan programs for student visits to Japan. I always tell my students, "What matters is not where you go, but how open you are to learning." Being able to give my students the kind of firsthand cultural experiences and inner transformations that I experienced myself brings me tremendous joy.

▼ Interaction at Toyo University Ushiku High School during JENESYS





The Virtual Bridge Award

- ◆ CORALDE, Joshua (The Philippines)
2022 JENESYS ASEAN participant
**Connecting Cultures Beyond Borders:
What JENESYS Means to Me**



The Dream Chaser Award

- ◆ GARCIA, Jannie Dell (The Philippines)
2018 JENESYS ASEAN participant
Indeed, Third Time's a Charm



The Power of Promise Award

- ◆ PHOMVICHIT, Xaikhone (Laos)
2022 JENESYS ASEAN participant
A Journey Inspired by Kindness



The Expressive Writing Award

- ◆ YANG, Shirley (Singapore)
2016 JENESYS ASEAN participant
My Many First Times

Thank you for the many wonderful submissions conveying the importance of international exchange and the depth of connections with Japan!

Pick Up Topics

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KAKEHASHI Experiences Turn into Books! Alumni and Delegation Leaders Self-Publish

KAKEHASHI Project participants and delegation leaders are compiling their experiences in Japan into books. Ms. Alexandria Monet Evers, who participated in the 2024 Princess Delegation Program, self-published a book titled "**Japan: Cherry Blossom Program Kakehashi Project.**" She handled everything herself, from photography and writing articles to designing the layout. Alexandria said, "I included many photos of the scenery in Tokyo and Shizuoka, as well as the people I met. The last page concludes with words from Eri Arfiya, Parliamentary Vice-Minister for Foreign Affairs, whom we paid a courtesy visit to. She gave us really good advice about not being afraid to participate and engage in things, even in

situations that might make you nervous." Additionally, Mr. Grigor Diran Avagyan, who served as a leader for the 2024 Armenian-American Young Leaders delegation from Los Angeles, created a hardcover book titled "**In Awe of Japan**" as "a gift to perpetuate the memories of Japan and to convey gratitude for the historical bonds between our two countries." The book carefully documents visits to the memorial museum of Shibusawa Eiichi, who provided humanitarian aid to Armenian refugees, as well as Kyoto, Nara, and other locations. The reflections from the five participants offer multifaceted perspectives on how young Americans with Armenian roots view Japan.

↓ Both books can be read at the following URLs ↓

Japan: Cherry Blossom Program Kakehashi Project



Ms. Alexandria Monet Evers



<https://everslexi.wixsite.com/kakehashi>



In Awe of Japan



Mr. Avagyan Grigor Diran



<https://heyzine.com/flip-book/afa146142f.html>



JICE connects Japan with the world through international cooperation projects focused on human resource development. We implement programs such as international student support, training, exchange, multicultural initiatives, and Japanese language education.

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