

**ОТЧЕТ УЧАСТНИКОВ ПРОГРАММЫ «MIRAI 2019»  
ИЗ ТАДЖИКИСТАНА ОБ УЧАСТИИ В ПРОГРАММЕ И  
ПОЕЗДКЕ В ЯПОНИЮ**

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- 1. Фариза РАБИЕВА – студентка 4 курса направления международных отношений филиала МГУ в г. Душанбе**
- 2. Мунис АШРАПОВ – студент магистратуры экономического факультета РТСУ**
- 3. Саида СОХИБОВА – студентка 3 курса факультета иностранных языков РТСУ**
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## **1. Фариза РАБИЕВА – студентка 4 курса направления международных отношений филиала МГУ в г. Душанбе**

Japan is a well-known country: someone knows it as a place where anime originated, someone as a center of technological development, someone knows about it because of its unique culture and. That is what I knew about this country before I went there. However, on my arrival I saw another Japan, which I did not know before this trip. And I want to introduce you to this side of Japan. Well, let's go!

We went to Japan as members of the **MIRAI Programme** that was launched by the Government of Japan. **MIRAI** is a **short-term youth exchange program** set up to invite graduate and undergraduate students to Japan. The title of the programme - "**MIRAI**" - means "future" in Japanese and is an acronym based on the first letters of the following keywords: **M**utual understanding, **I**ntellectual **R**elations and **A**cademic exchange **I**nitiative. This programme is intended to offer an opportunity to promote mutual trust and understanding among the people of Japan and Central Asia, to build a basis for future friendship and cooperation, to promote a global understanding of Japan's economy, society, history, diverse culture, politics and foreign policy.

Since the program was dedicated to the "Rule of law", we have visited the Supreme Court and Tokyo District Court during our stay in Japan, where we were given lectures by representatives of these courts. Moreover, the program provided us with a unique opportunity to participate in Tokyo District Court trial. That was truly invaluable experience.

Speaking of the cultural part of the program, I want to talk about Japanese Temples. The Temples were places that I will remember for a long time. And our trip to Japan began with a visit to Naritasan Shinshoji Temple. Our coordinators told us that, according to the Japanese traditions, before you go into the temple, you need to go through the rite of purification. Thanks to our coordinators, we learned how to do the Japanese rite of purification. Another discovery for me was that in the temples there were many places where you could throw coins and make wishes. I could not pass by such places and not make a wish (I made all my wishes for a year!)

Another tradition in Japanese temples we learned about was “Ema” Boards. Ema - “picture-horse” are small wooden plaques, common in Japan, on which Shinto



and Buddhist worshippers write prayers or wishes. The Ema Boards are left hanging up at the shrine, where the kami (spirits or gods) are believed to receive them (I also left a couple of my Ema Boards in Japanese Temples). Of course, I wrote my wish in plaque and hanged it up at the shrine.

Each temple that we have visited as part of our trip was special in its own way. The aura of each temple was saturated with the faith of people in the divine powers and the spirit of courage, perseverance and a bright future. The atmosphere of these temples fascinated me.

Well, speaking about temples in Japan, I cannot miss a Golden Pavilion called Kinkakuji. Golden Pavilion is a [temple](#) in northern Kyoto whose top two floors are completely covered in golden leaves. It has burned down numerous times throughout the history but every time it was rebuilt. Now, it is one of the greatest historical heritages of Japan. This Pavilion is incredibly beautiful and we could not see enough of it and stood near it for about half an hour.



The next thing I will always remember is a visit to the Tokyo Tower. Standing 333 meters high above the ground in the center of [Tokyo](#), Tokyo Tower is the world's tallest tower. When I got to the top of the Tower, I was amazed by the beautiful view of the city. It was breathtaking!



Another part of our journey was trips Kyoto and Hiroshima by Shinkansen. **Shinkansen** is the term used to describe bullet trains in Japan and it literally means “new trunk line.” Sometimes it is referred to as “super express” services. Our trips were very comfortable and fast thanks to Shinkansen.

When we arrived in Kyoto, I realized that this town differs from Tokyo. Tokyo is a noisy and huge city where everyone is in a hurry, while Kyoto is quiet and peaceful with its own rhythm of life. It was in this city that we met such a part of Japanese culture as the Tea Ceremony. At the tea ceremony, we were shown how to make real Japanese green tea. Then, we were introduced to another part of Japan's culture – meditation. Of course, we could not meditate like Japanese people for hours. We meditated for less than half an hour, but during this time I realized how hard it is. To sit still and concentrate as much as possible; keep your back straight - that is the rules of meditation. It was very difficult to follow all the rules. Nevertheless, we successfully finished meditating and managed to talk with Sensei about Zen.

After Kyoto, we took the Shinkansen to Hiroshima that was the most heartbreaking part of our trip to Japan. From the lessons of history, we all know that on August 6, 1945, America dropped the world's first atomic bomb on the Japanese city of Hiroshima. The explosion destroyed the city. Knowing these facts is one thing, but to see the consequences of this bombing is a completely different experience. In Hiroshima we visited a Peace Memorial Museum that is dedicated to this bomb attack. In Museum, I saw many stories of people who became victims of this explosion. These stories, which are filled with pain, suffering, despair, hopelessness will make even the most reserved people cry. I will never forget these stories of innocent people who were victims of a nuclear bomb. Later, we listened to the story of a woman who survived the bombings. She told us her story, the story of her family. It is hard to imagine what these people went through. All these evidences show how destructive a nuclear bomb can be. And in memory of these people, the nuclear weapons should be eliminated.

Another piece of Japanese culture that we discovered was origami. We visited Origami Kaikan, where we met a man who was an origami master. He and his ancestors have been making origami for quite long time. And the most amazing thing was that he could make origami without looking at the paper. It was incredible!





I would like to share another feature of Japanese unique society. When we had free time, we went out for a walk around the city. However, we did not know the city well and sometimes we could not find our way around, therefore we had to ask people for directions. They always helped us, so that we would not get lost. Moreover, they always answered with a smile and tried to speak English so that we understood. The following



happened to me when I went for a walk in night Tokyo: it was a rainy evening, I went for a walk around the Ginza area and forgot to take an umbrella with me. I got soaking wet because of the rain, but when I stopped to ask a Japanese woman for a way, she saw me in this state and shared her umbrella with me. Together we reached the metro station under one umbrella. I was impressed by her action. The kindness, willingness to help, the courtesy and openness of the Japanese people really amazed me.

After this unforgettable trip, I came to the conclusion that indeed Japan is a country with a unique culture, traditions, history and society. This country manages to be one of the world centers of technological development and at the same time respect and follows old traditions. It is impossible not to fall in love with Japan. It makes me admire its beauty and power. This is how I remember Japan.

I really appreciate MIRAI program, Embassy of Japan in Tajikistan, MOFA and JTB for providing me with this opportunity and allowing to visit this wonderful country and to participate in MIRAI Programme.

Thank you, MIRAI program!

## **2. Мунис АШРАПОВ – студент магистратуры экономического факультета РТСУ**

Firstly, we visited a Japanese Temple. It is a Buddhism Temple. There is an interesting ritual to enter the Temple - you should wash your hands in a certain way using the stick. Interesting moment - when you're finished washing your hands, then you should wash stick itself in order for others to use a clean one. Thinking about others in a Japanese culture it is vital.

There is the only building that did not burn down as a result of the fire in the Temple 15 years ago. This building has remained since the 17th century.

Shibuya crossing - one of the most popular places in Tokyo. This is a place where from all sides, when the green traffic light for pedestrians lights up, crowds of people cross the road and meet in the middle of the road, and, which is an indicator for me, they don't push at all - they concede, and almost touching each other, cross the road. Another proof that the Japanese actually think of others almost always is in their mentality. And I like it, and I respect it.

Hachiko - a dog that was waiting for its owner at the place where the monument is now, always - both before and after death. An indicator of dog loyalty, as well as Japanese loyalty to their traditions, culture and work. Hachiko is still waiting for his master in the same place...

Ministry of Foreign Affairs of Japan (MOFA). We were told about the work of each department included in the MOFA, the status quo of Japan's diplomatic relations with other countries, and what the Ministry plans for the next 5 years. What struck me was the fact that even the heads of the MOFA departments, upon seeing us, worship quite low (so that you understand - the lower the bow - the more respect he shows to you), and they are ready to take the time to answer you your questions. I had a cultural shock from this. It turns out, and this could be ...

Tokyo Station. It was opened in 1914. But in 1945, as a result of the bombing, most of the station was destroyed, and was completely restored over the next year. It is worth noting, but the station is constantly expanding.

Shinkansen - one of the fastest trains in the world. It is also called “bullet-train”, “blade-train” and “train-rocket” – due to its high speed and appearance. It should be noted that Japan Railways – a Japanese train manufacturer, notes that the main thing for them is not speed - but the safety and comfort of passengers.

On the 24th, We visited the High Court of Japan. This court has existed since 1875, and was reformed in 1947. Unfortunately, It was really beautiful there. They had a tender for the design of the building, where several hundred designers participated.

Then we have visited the District Court of Tokyo. I witnessed the trial of the use of illegal drugs. The whole process went like a template.

Imperial Palace. Meiji Palace - the former name of the Imperial Palace, was built in 1868, but most of it was destroyed as a result of the bombing. At a meeting of the government committee on the construction of the imperial residence in 1959, it was decided to erect a new imperial palace on the site of the destroyed.

Tokyo Tower, known as the "Eiffel Tower" because of the similarity in appearance with it. Its official name is Tokyo Television Tower, but many still call it Tokyo Tower. 332.6 meters high tower is the 23rd tallest building in the world.

A trip to Kyoto. We went to Shinkansen, and I was convinced that the words “speed is not important to us, but the safety and comfort of passengers” is the true truth. There are all conditions that are necessary for a few hours trip to another city, and the carriage is cozy and comfortable. Another feature of the Japanese is that they are silent in any public transport, or they talk very quietly at most. No matter how many people are in the transport, it will be quiet. Even those who listen to music with headphones put it quietly so that it is not heard by others.

Further on the plan is the Kinkaku-Ji Golden Pavilion, built in 1397, and served as a pitchfork for the shogun to relax, who at that time had lost his interest in the country's politics. In addition to the first floor, the rest of the exterior is covered with sheets of pure gold. On the territory of the Golden Pavilion there is also a huge garden and a mini-forest made of bamboo.

In Japan, there is national tea - a match, which is prepared in an unusual way, which has been passed down from generation to generation for centuries, just like the rules for drinking it. And the real geisha showed how he is preparing.

What a trip to Japan without attending a meditation lesson. A respected monk taught the group how to meditate, and explained why this is important and why he came to monasticism (the seventh photo). One should always think with a cold head.

And what a trip to Japan without pictures with geisha. You can see them attached 😊.

What is war? Our generation has not seen her, and does not understand what she is. After visiting the Peace Memorial Museum in Hiroshima, I realized what war is ... what are its consequences ... what are the victims ...

World Clock in Museum. Above - how many days have passed since the atomic bomb dropped on Hiroshima, below - how many days have passed since the last atomic bomb test. The mechanism will work faster if the Earth signs that it is in danger. If everything is going to be really bad, the watch will self-destruct. Our task is to stop this watch. To be humane, to be humane. Everything that leads to the use of the atomic bomb is inhumane.

War is when a small group of people wants to get something from another group of people by force, and as a result, EVERYTHING except for THEM suffers. Many innocent, many soldiers who have no hostility to the other side perish.

And what is an atomic bomb? Is this the technology that humanity can be proud of? Absolutely not. One bomb - tens of thousands of dead. A certain part dies quickly ... a large part dies slowly, terribly excruciating and with intolerable pain.

Woman who survived as a result of this disaster. She was 12 in 1945. She lost almost everyone: family, relatives, friends ... but she did not give up. She decided that her duty is to tell about all this to the maximum number of people. And she, every time to tell, recalls all the horror that she experienced many years ago. She hated the United States for a long time, but now, with great difficulty, she has forgiven. She realized that Japan was also to blame for starting this war (Pearl Harbor).



Think - Do you need atomic bombs? How many countries have them? And how many countries do NOT possess them. Now you know what the consequences of using this bomb are.

A trip to the island of Miyajima - near Hiroshima. This island is distinguished by the fact that here you are alone with nature - it is quite normal here that a deer walks along the road, that a deer tries to enter the store, just like people do - but the automatic door does not open for him. It's normal to see a dog in a stroller.

He visited the demonstration performance of the sword master. That was exciting.

Some interesting facts: all samurai died out (this period of Japan ended), the katana in translation means a sword, the blacksmiths who forge katanas still use the old forging method, which has been used for several centuries.

So my trip to Japan ended. My posts were awarded the title "Best Publications" among 31 participants. Nicely. I tried to make the maximum number of people understand that Japan is far from just anime, technology, sushi and samurai. Not. Japan is much more than all this.

Some notes. Many (straightforwardly many) Japanese do not know English, or know it at a basic level. I believe this is because Japan is largely an independent country, and not oriented to tourists from outside (most clients of travel agencies are the same Japanese, but from other prefectures), and they do not feel the need to learn any other language. They are happy with so much, and they just don't need knowledge of English.

The Japanese are a people who help. Even if a person does not quite understand you, he calls another Japanese, and asks for his help. During all this time, I have not met a single Japanese who simply said "I don't know where it is" and left. They are actually trying to help, and ultimately help.

The Japanese are a respectful people. They respect others, regardless of position and nation. Bows are evidence of this. When a subordinate worships his leader, he bows back to him. And when the employees of the Ministry of Foreign Affairs of Japan bowed to me, when they said goodbye, I was very pleased.

The Japanese - taking care of their appearance and health. They dress very carefully and look after themselves. When it rains, almost all Japanese people go with umbrellas. When they get sick, they immediately put on a mask so as not to infect others.

Japan, the Japanese people, culture and traditions have taken a sufficient place in my heart. Thanks to the Japanese Embassy in Dushanbe, the Ministry of Foreign Affairs of Japan and the JTB for this trip.

### **3. Саида СОХИБОВА – студентка 3 курса факультета иностранных языков РТСУ**

So it was my first travel. Japan greeted me with its rising sun, because when we arrived in Tokyo, it was morning. And we arrived in Tokyo. It was a different world for me. Then I begin to feel it, it was magical. The people, the streets, the Light, the movement. Every corner, every person, everything was so New to me. My travel begins with adventure. Because Japan offered me a lot of beautiful places. There are a lot of popular and unique, of the beaten track destinations that you should include in your itinerary. This means there is so much to explore and there really is something for anybody! From nature, such as beautiful bamboo forests to culture, with amazing temples and shrines. The ancient Japanese culture is really interesting, and it has been around for thousands of years. Even now the culture and heritage is very prominent in the country. During my visit in Japan I had learnt a lot about the history by visiting gardens, temples, shrines and more. Especially Kyoto is a perfect destination if you want to experience the ancient Japanese culture. And Japan also impressed me with its mix culture, history and modern comfort. There are skyscrapers, modern restaurants and everything else you can come across in the modern world. But, Japan has it's own unique, modern style and can't be compared with any other modern country. The public transport in Japan is very efficient! It's so easy to travel from one destination to another in this country. In just a few days time we could see a lot! Plus, the trains in Japan are super punctual. It's almost not possible for them to have a delay. Also I got a lot information about the Rule of the law, about the Court System of Japan, about Japanese Diplomacy toward Central Asia and Caucasus, about Arbitration in Japan. I am not a lawyer, but as a future translator I must learn about every field. And I got a lot of information for myself not only about Rule of the law, but also about culture, food, and life in Japan. Also when we visited Hiroshima we got detailed information about A-bombing in Peace Memorial Museum . Entering into the Museum, it's like you were in that situation. You feel the pain of every person who suffered in this disaster. And also we visited Waseda University. And after visiting, I would like to go to some University in Japan. I didn't think about going to Japan before, but after this visit, I really want to go to a University and live in the country of my dreams. I am very glad that I was one of the participants of the MIRAI program and I want to thank the organizers, MOFA of Japan and Embassy of Japan in the Republic of Tajikistan for giving us the opportunity to visit such a wonderful country and take a great experience for ourselves. This visit gave me motivation to learn Japanese even more deeply and I hope to learn it. As the Japanese say *がんばります*。

**Visit to Japan**  
**under the Japan's Friendship Ties Program MIRAI 2019 (Group 4)**  
**Central Asia and Caucasus**

by

Tovus Khonikboeva

February 25, 2020

- Thank you note -

I would like to express my sincere gratitude to the Ministry of Foreign Affairs of Japan (MOFA) for launching the Japan's Friendship Ties MIRAI Program. The program introduced me to a new country with a very rich culture, history and incredible people. I have made great memories and would like to share my experience and impressions from my trip to Japan.



I am very proud to say that I am an Alumni of MIRAI Program 2019, a unique exchange program aimed at promoting mutual understanding between the various nations taking part in the program, and promoting global understanding of Japan's economy, society, history, diverse culture and foreign policy. The program fully achieved its goals, since right upon arrival in Japan on 22 January 2020, I got introduced to another 31 participants coming from Central Asian countries and Caucuses. Once all the delegates arrived, each of us were assigned with an ID and were taken to the very heart of Japan, to the beautiful city of Tokyo.

When we arrived to Tokyo, on the very first day we got to visit the Shibuya Station, the most popular shopping and entertainment area in Tokyo. Right outside the Shibuya Station, we saw this large intersection called the Shibuya Crossing, known as the iconic landmark of Tokyo. It is really iconic, because the intersection is decorated by advertisements and huge video screens and gets flooded by people each time the traffic light turns green. I loved being among the hustle and bustle of the city. And it was quite interesting to watch people walking and minions driving (see Photo#1).



*Photo #1 Shibuya Crossing, Tokyo, Japan*

On the second day, the entire group was taken to the Ministry of Foreign Affairs of Japan. There



we attended a lecture on the diplomatic relations between Japan and the participating countries and a lecture on how Japan is resolving its economic disputes with other countries. Not surprisingly, we found out that Japan is using the World Trade Organization, located in Geneva, as a venue for resolving the disputes it gets involved in via mediation and negotiations. We got to know about how in practice trade disputes are resolved and what is the role of the WTO in world trade system. Overall, it seemed that

Japan is really cooperative and peace oriented when it comes to establishment of diplomatic and peaceful relations with other countries around the globe.

On the next day, we visited the Supreme Court and the Tokyo District Court. A lot of information was gained during the lecture held at the Supreme Court. We got to know about Japan's legal system, which is in general similar to the legal systems of Central Asian countries. But, there are certain features unique to Japan's legal system in comparison to our legal system. In particular, we discovered that the Japan's judicial system is comprised of the so called *Saiban-in* system, which is similar to a jury system. The *Saiban-ins* are selected from among Japanese nationals and they participate in criminal trials in the district court with a right to vote and decide along with judges the outcome of the case under consideration.

During this visit, we got a chance to take part in a court proceeding at the Tokyo District Court. The case concerned a person convicted of drug use. It was interesting to take part in such a proceeding, because it was similar to watching a Japanese movie with no subtitles. We saw the action, but did not understand what the participants were saying. As we were told Japanese people



are taught not to show any emotions from the very childhood, thus, it was hard to tell what was going on in the court room because every participant was really calm and polite. Since I have already raised the topic of people of Japan, I would like to add that for me Japan is more about its people. People in Japan are really polite and humble at least based on my experience. This is my observation and I hope that this impression will never

change. I have visited many other countries before, but I have never observed such an attitude toward one another, be it in a street or at a meeting or in a shopping mall. Such an attitude is very precious, especially in today's world.

--Kyoto--

On the third day, we arrived to Kyoto. Another beautiful city in Japan. Our first stop was at the Golden Pavilion Temple (*photo on the right*), a temple covered in gold leaf, with a reflection in the pond in front of it. The view is breathtaking and worth seeing. Also, there is beautiful garden around it. It has to be highlighted that Japan has a lot of temples, and people visit temples on daily basis, asking for various things like good luck in love, work,





life, etc. Learning these particularities of Japan's culture felt my heart with joy, because they believe in all these small things, which give them the strength to live.

Also, during our trip to Kyoto, we had a chance to attend a tea ceremony and a meditation class. These two ceremonies are a big part of Japan's culture and I enjoyed every second of them.

### --Hiroshima--

After Kyoto, our next stop was Hiroshima. Trip to Hiroshima deepened my knowledge about the history of Japan. We go to visit Miyajima Island first, where deers were almost knocking on the doors of the café before entering (99 level of politeness), and then we got to visit Hiroshima Peace Memorial Museum and attend a lecture held by an atomic bomb survivor.



Miyajima Island



Mr. Polite Deer



### Hiroshima Peace Memorial Museum

At first when we just entered the museum, nothing seemed special, since at first sight the museum looked like any other historical museum stuffed with some old stuff. But as we started walking around and reading all those stories behind every piece exhibited at the museum, we started feeling the pain of those who were living during the period of World War II in Hiroshima and were victims of the atomic bombing. The museum was full of people's stories, who suffered when the atomic

bomb was dropped on Hiroshima. Every one of us could feel the pain of those depicted on the

photos at the museum. And I do believe many of us started questioning why people would do this to one another, and who was right and wrong at that time of the history. The city was destroyed as a result of bombing and everyone kept saying that there won't be any live in that area in the near or far future. However, 75 years later, Hiroshima is one of the beautiful cities of Japan.

--Back to Tokyo--

After Hiroshima, we headed back to Tokyo and it was our fifth day in Japan. We had some places on the agenda to visit. Among these places were a local law firm and one of the top universities in Japan, the Waseda University. At the University, we attended a lecture held by one of its professors. A lot of interesting information was conveyed during the lecture. For example, we were told that arbitration as one of the alternative dispute resolution method is not that developed in Japan and Japan is not chosen as a venue for settling arbitration disputes. Before getting exposed to such information,



I thought Japan was ahead of many countries in terms of development in all possible spheres, and not just in terms of technology. But, Japan is moving in that direction and I think sooner or later it will be in the same position as the UK being the main venue for arbitration disputes. I do believe the programs like MIRAI are really effective in terms of raising awareness about Japan around the world or at least in some parts of it.



On the last day in Tokyo, I along other friends visited Tokyo's oldest temple and one of its most significant, the Sensō-ji temple. It is a Buddhist temple located in Asakusa district.

Last but not least.... During this trip to Japan, I acquired new friends and reunited with the old ones. Couldn't be more thankful.

See you soon my Japan!

