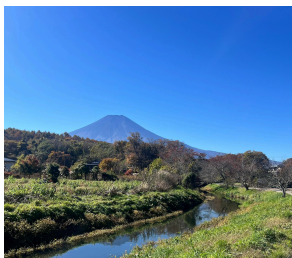


Greetings! I'm Edna Adler, a recipient of the MIRAI program 2024. I will share my experience in this small report and go over the activities that we took part in during our stay in Japan. I hope to inspire more people to deepen their interest in Japan and prepare future applicants for a wonderful experience.

First let me introduce you to MIRAI. The program's name stands for Mutual understanding, Intellectual Relations, and Academic exchange Initiative and also means 'future' in Japanese. Thus fostering friendship and mutual understanding between Japan and future European researchers and experts.

This year, 2024, we were able to choose from six thematic groups, each with their unique, tailored program. These are the six groups:



- Peacebuilding
- Diplomacy and Security Policy
- Economy and Business
- Science and Technology
- Environment and Green
- Rule and Law

I applied and participated in the group 'Environment and Green' consisting of 14 participants. Coming from different countries and having different academic backgrounds, we got along pretty quickly.

Before our arrival in Japan, we participated in online meetings to get to know each other and received information on the program that awaited us. Upon arrival we were welcomed by our group leaders and members, it was an amazing week held from November 6 until 11. The program was intensive, giving us an extensive overview of sustainability in Japan. We were able to discover sustainability initiatives from research centres as well as businesses. In addition we also got the chance to taste various foods and visit well known places in Japan. As a result we were immersed in Japanese culture whilst being carefully guided by our group leaders. Which was a really great experience as the group leaders always made sure everything went smoothly and was well organised.

These 3 experiences below give a rough idea of what our activities looked like in Japan.

- Waseda University: we had a lecture with professor Nozu Takahashi about environmental awareness of the Japanese population, then proceeded to discuss with local students on the subject. Exchanging viewpoints and learnings from different countries was rather insightful. This event is to illustrate how we got the chance to exchange on an academic level.
- Next is how we were able to see Japan's rich culture. Examples of this would be our excursion to the World Heritage Oshino-Hakkai Park and the Yamanashi Prefectural Fujisan World Heritage Center. Walking through traditional villages and beautiful parks whilst being able to see the iconic peak of Mount Fuji, was truly an enjoyable experience. We also ate a traditional dish called Hōtō with chewy noodles and a rich miso-based broth, that represents Yamanashi prefecture. We learned about Japanese history through food and museums.

- On our last day we got to visit the Ministry of Economy, Trade and Industry (METI) where we attended a presentation about decarbonising Japan's polluting industries by 2050. We later on went to the Ministry of Foreign Affairs (MOFA) to present our insights in the closing session. We also got the honor to meet the Vice-Minister of Foreign Affairs Mr. Fukazawa Yoichi and engaging in direct dialogue with him.

As mentioned in the examples you can see we really did a wide range of activities focusing on our group's theme, sustainability. If you want to discover Japan and contribute to the friendship ties, I recommend this program that will exceed your expectations in every way. It's a unique experience that students will surely enjoy and learn from. Hopefully I provided helpful information on this program. May all enthusiasts apply for this program! For further information you can visit the Japanese embassy's website.