Comparison of German culture and Japanese culture

学籍番号 12A0458
学生氏名 宍戸 駿一

• Introduction
I have been in Germany from the summer of 2015 to the summer of 2016 because I passed the examination for studying in German Sport University Cologne. I was a student of “Deutsche Sport Hochschule Koeln” and took lectures in German and English. I’ll tell you why I decided to study abroad. I went to some other countries to travel or to volunteer in recent years. I communicated with many people there and I came to want to know other people from all over the world.

• Eating culture
German people eat bread frequently. Each bread has its own characteristics. Especially, rye bread is representative in Germany. Small white bread which is called Semmel in German is also popular. Beer is famous in Germany and each region has its own brand of beer. In European countries, we can eat kebab instead of Gyudon as junk food. Sushi is famous Japanese food. It's very popular in Europe as well but quite expensive compared with Japanese one, but I cooked it for my friends. Eventually, it made the friendship better than before sharing the Sushi and I found that eating together offered a good way to develop relationships.

• Working culture
The working time in Germany is quite short. Workers are impolite and don't smile at all. I couldn't feel kindness from them. The closing time of shops is very early. Almost every shop is closed on Sunday. Meanwhile, Japanese work a long time per day. For example, we have convenience stores which are open the whole year and never close. Workers are very polite and smile, but we shouldn't forget that we sacrifice our own time to make our environment convenient. German people spend time for leisure on holiday. I think Japanese people feel more stress and get tired when they work. Meanwhile, German people are more relaxed and save their power.

• Sport culture
The most popular sport in Germany is soccer. I saw some soccer games of Bundesliga. So many people watched the games as spectators. Everybody is so enthusiastic to cheer their own team even if the team is not strong. This is different from J-league in Japan where unpopular teams' games don’t have so many spectators. After the game in Germany, there was a lot of litter like plastic bags, plates, and so on. Japanese are quite strict about the way to throw away garbage, so after the games, stadiums are quite clean in Japan.

How to play sport was also different. When we go to the park in Germany, many people invite us to play together. That's a different culture. I play soccer in Japan as well, but I've never been invited in the park. In Japan, people try to be gentle although they want to win. However, people in Germany do really bad fouls and get angry

• Traffic culture
In the street, cars should travel at the right side in Germany. It's opposite to Japan. There is a road for bicycles. Streets for bicycles and streets for for pedestrians are separated with different colors. In Germany, in some particular highways, there is no speed limit. In the train station in Germany, there is no entrance gate, so we have to buy the tickets before getting on the train, and the controllers come into the train and check to see if we bought the tickets properly.

• Conclusion
I thought I could find good points and bad points of each country when I researched about these countries, but I realized that there is no goodness and badness. This is a very important thing that I found because I can acknowledge and accept the differences of thought between others and me now. This is the conclusion of my thesis. I won't forget this important discovery.
How to make a healthy body

1. Introduction.
I think Japanese lose body weight is sometimes not healthy, because they don’t eat enough food and don’t exercise. This thinking is from the end of the war. Japanese are crazy about getting slim body. Me too.

But enough food and sports make us healthy body and change our life style. For example, we don’t get sick. Everybody wants a healthy body and life forever. I do too. This is the reason why I researched this theme. I wanted to find a way to lose weight that suits me, and is healthy and effective at the same time.

2. Food menu of healthy weight loss
1) Eat vegetables.
Vegetables are low kilocalorie and voluminous. In other words, we can feel a sense of fullness when eating vegetables which are small and vegetables’ dietary fibers can encourage action of the bowels. Dietary fibers are not digestible, and are carried to the large intestine by peristaltic motion of the intestines. This activity motion affects improvement of constipation.

Dietary fibers are also effective for prevention of diabetes. To make a healthy body, we need vegetables, vitamins and minerals. And, I want to take vegetables 350g in a day.

2) To take vegetables 350g in a day
First, we must eat breakfast. To miss breakfast is one of the causes of a lack of vegetables in the diet. Missing breakfast is the same as missing the chance to eat vegetables. And we should be aware of balance when choosing vegetables. Vegetables are divided into two classes. The carotene content of vegetables of 600 mg is “Dark green leaves”. Those with less are “Light colored vegetables”. And vegetables’ nutrients change by cooking. We should cook vegetables quickly. Especially, vitamin C decreases as cooking time increases. A good way of cooking vegetable is frying with oil quickly.

3) Carbohydrate intake restricting.
Carbohydrate intake restricting in the right manner is effective for reducing body weight. We have to save sugariness for 20~40g at the meal. Max is 130g in a day. Sugariness is changed into glucose in our body. After the meal, sugar in the blood level rises and insulin is secreted by the pancreas. Insulin saves blood sugar level in muscles and the pancreas, but it becomes full when there is too much sugariness. Then, blood sugar turns into adipose tissue, where nutritional fat is stored. This is the fat, so carbohydrate intake restricting can bridle insulin.

We can reduce body weight.

3. Effective exercise to lose body weight
It is important to control meals and exercise as an effective means of losing weight. I will introduce an exercise menu. For example, Hip lift, Squat, Push up and Crunch. It is muscle training. Aerobic exercise is important too, because aerobic exercise burns fat efficiently. For example, running, swimming and an aerobic dance are all types of aerobic exercise. We have to continue aerobic training for more than 20 minutes (if you can train every day, that’s better). And, combining both types of exercise is more effective to lose body weight.

First you should do muscle training, next aerobic training.

4. Conclusion
I think it is important to make a healthy body that reconsiders the meal. There is a limit to make nutrients in our body. I have to reconsider my body with correct knowledge. I am faced with my body for life, so I will reconsider my diet as soon as possible. And making a healthy habit, I can protect myself from lifestyle diseases and continue sports for a lifetime. I like sports and eating, so to never get fat as I age, I will be careful about my meals and exercise. It is important to study about healthy meals and training harder.
Reward of Lifesaving Spirit

学籍番号 13B0189
学生氏名 村石 結美

1 BASICS OF LIFESAVING
Lifesaving refers to "activities based on life rescue and prevention of water accidents". It is important to learn the basics when you begin something new, and this is true for Lifesaving too. It is based on the spirit of service to society and the spirit of respecting human life and it is designed to protect the environment, manage crises in daily life, prevent accidents, and disseminate safety ideas comprehensively.

2 HISTORY OF LIFESAVING
Lifesaving in the ocean, especially called surf lifesaving, developed mainly in Australia. In Japan, a team named Japan Life Saving Association was born in 1982. Those who work for lifesaving are called lifeguards, and they usually monitor beaches or pools, and are hired by local governments in Australia, the UK, and the USA.

3 BASICS OF COMPETITION
In 1908 a tournament called Surf Carnival was held on the Manly coast near Sydney, Australia. After that, not only in Australia but also around the world, conventions called Surf Carnivals began to be held. There are four official competitions in Japan: All Japan, Indoor, Intercollege, and Surf Carnival. Since lifesaving is a competition that brings life savings to life, the Japan Life Saving Association gave the qualification to participate only for official lifesavers and lifeguards.

4 CHARACTERISTICS OF COMPETITION
The difference between life saving and other sports is not trying to beat others by winning, because the goal is to rescue the drowning most quickly and reliably. It was born as a sport competing for surf lifesaving skill, combining technical improvement of life rescue skill and training during the regular season and the off season.

5 RELATIONS WITH DAILY LIFE
In Australia, which has the national sport of lifesaving, lifesavers wake up at 5am, train for two hours in the sea, go to work, and when finished, train for one and a half hours after 6pm. They go to the sea as a lifesaver on the weekend. It is said that tens of thousands of people live such a life in home Australia.

6-1,2,3 LIFESAVING SPIRIT
The Japanese lifesaver called Komine Tsutomu created the lifesaving club at the Nippon Sport Science University and disseminated lifesaving spirit to the students. This spirit is an important way of thinking for all lifesavers. They train themselves every day, and body polishing, all of the techniques are turned to one purpose: to save human life. They really make much of daily training to develop the preciousness of the life of the person, and everybody understands it, and the activity is carried out. Anyone can become a lifesaver even if they cannot swim or run, if they have a feeling of compassion for others and want to act on it. It is important to remember that this exerting for others forms the basic spirit of the lifesaver.

7 MY LIFESAVING
My competition is called Beach flags. The competitors race to the flags and try to grab one. This competition was made help lifesavers train on the beach and the base is lifesaving spirit. This is why, when I won, I praised the loser at the end and if I lost, I was not overly sensitive.

8 AT THE END
In order to improve rescue skills and physical fitness necessary for rescue, we will do our utmost to live faster, more reliably. We aim for victory as a sport, but our true aim is Lifesaving beyond the goal. Efforts to do for yourself are also for the benefit of other people.
Importance of children playing “Outside”

学籍番号 13D0157
学生氏名 小林 里奈

Problem of the environment that present-day children have

One problem that I regard as the biggest is that children don't play outside. Our life has been made convenient by development of science and technology and economic development, and our lifestyle also changed. Children's life changed too. Everyday physical exercise became very little. Many parents don't understand that children should play outside and play sports, and they don't make a child get enough exercise any more. We can consider this decrease due to 3 elements (Time's decrease, Spatial decrease, Friend's decrease).

The reason why we should play outside in our childhood

1. Playing outside has every element to help children learn how to live
2. There is an infinite possibility to the outside play
3. Children become confident
4. The immunity power is raised
5. Child's body temperature regulating function is trained
6. An actual experience is increased

The effect the outside play brings to children

1. A motor nerve rises
Children are to go outside and get exercise, and the five senses are sharpened, and it's possible to sense various things. The outside play can train a sense as well as motor nerves.

2. Communication ability develops
Children will bring communication ability up when playing outside. For example, even if a friend fails, the gentle feeling which can be followed up is brought up.

3. Consideration for others develops
When playing outside with a friend is repeated you can learn to think for yourself and create an ingenious solution.

4. Ideality develops
Even if the same play is done, there are various features when playing outside. This creates a situation by which ideality improves. For example, ・Do you turn the play which is always idle more fascinating? ・Even if the member who doesn't know joins, can I play happily? and ・When there was a friend who doesn't like this play, without making it odd man out, is it possible to play?

Key themes of the outside play I considered

The outdoors education for children offers a chance to learn about natural severity, benefit and affection to animals and plants and give the chance to understand importance of living with nature. It was felt strongly that I'd like to tell this outdoors education to children of the next generation, because the chance to touch nature in the daily life is now little. I want children to come through the present-day society which will change immediately by “the power through which I live.” Many parents need to know the importance of outdoors education for children, and the outdoors educational institution which can respond to the demand and leader's upbringing of the outdoors education are also necessary.

However, there are a lot of problems for outdoors education now. For example, ・The period put into effect is short. ・It's lacking in consistency when making a program. ・It's lacking in program development. ・It's lacking in an investigation and a study, and ・It's lacking in the outdoors educator upbringing system.

Conclusion

Recent lack of children's physical strength and lack of communication ability were a cause of the decrease of the outside play. Children and their parents are to learn the importance of the outside play first, and together they can choose the place where it is safe to play outside. And next, the outdoor educator can teach them about contact with nature. “The power through which I live” in childhood is included in the outside play. When facing a difficult problem, these learning experiences will help the children overcome it, both in their youth and as adults.
No.1 Introduction
「Are you happy?」 Can you answer this question 「yes!」 immediately? As for at least me, I can’t answer. Why am I not happy? Not due to trouble with clothes or food or house. War scarcely happens. It is natural for Japanese to be happy. And yet why are there few people feeling that they are happy? In the first place, what is the happiness? I investigated it.

No.2 What is happiness?
At first, what is happiness? Is it to have a lot of money? Buy a favorite thing? Eat delicious food? It is natural for each person. I divided into various items, and searched each one’s relation to happiness. For example, age is a factor. The young person who watches the future feels happy by special experiences. But the old person feels happy by daily life. As a person gets older it feels normal to live happily, which means we move upwards in our sensibility about happiness.

Gender is also a factor. The happiness of a man and the happiness of a woman may be subject to different influences and goals.

No.3 Happy country Denmark
Denmark is famous for happiness. Denmark took the first place by World Happiness Report in 2013, 2014, 2016. And Denmark is famous for the high tax. The tax rate is 25%. It is about 3 times as large as that of Japan. Why is Denmark happy which has the high tax? The reason why Danes are happy is because of labor circumstances and medical care and usage of the tax.

No.4 Bhutan and GNH
「Are you happy?」 97% of nation answer for this question 「yes!」. There is such a country. It is Bhutan. Bhutan is poorer than other countries. Why is a poor country happy? Do you Know GNH? It is Gross National Happiness. It is investigated by 1, Psychological prosperity: 2, health: 3, education: 4, culture: 5, environment: 6, community: 7, rules: 8, standard of living: 9, private. Bhutan is in the 8th place in this ranking. Why does a poor country have a high rank? Because Bhutanese people do not go to work to gain advantage over others. They don’t expect it of a partner. They pray for the happiness of the person. Bhutan has created a splendid thought. The scenery of this way of thinking is Buddhism. Have a tolerant heart, not angry. There are few selfish people. 「Important person, dislike person, all person, all creature, pray for those happiness.」 There is a way of thinking about Buddhism. Decide the happiness by oneself. Such a thought fills the nation with happiness.

No.5 Relationship between money and happiness
There are lot of people thinking to be happy if they have a lot of money, because there are many things you are able to buy with the money. But you say often that it can’t be bought in money the happiness. If there is money, is someone happy? The answer is no. The money is only a tool making daily life happy more. So, even if there is money, people may not be happy.

No.6 Relationship between health and sports and happiness
The sports are more prominent to NSSU’s students than to other students. Playing sports becomes routine. Why is it? Is it for health? No. It may be to make one’s life better. So, it is a road to happiness. The health is important in everything. It is the minimum condition to feel happiness. When I’m not healthy, it isn't possible to feel happiness. That means that health is a key to happiness.

No.7 End
What is happiness? That’s up to each person. But when I think about happiness, I am here with someone, not one person certainly. The important thing is the connection between one person and another person. So happiness is love. It is not someone out there alone.
Introduction

It has been making comfortable environment for foreigners to come and stay here and there in Japan for the Olympic Games in 2020. The number of foreign tourists is becoming larger year by year and the number of international marriages are also increasing.

Based on the present situation from the study of the MEXT, we want to make environments and chances for Japanese children to find the importance of communication skills and make them to study language possibility.

Chapter 1

In Japan, people are not in the environment that they have to use English every day; therefore, Japanese children are passive about “learning English”. Aiming at globalization in the country, if the children who will carry Japan forward are negative, the situation will not be changed after a few years and even more years later.

Chapter 2

1. The number of Japanese students needing Japanese language support who have Japanese nationality is increasing year by year. It’s especially remarkable in the decade from 2004-2014.

2. Thanks to the manifests of the Japanese government and lots of warm hospitality for foreigners from each local government, the number of tourists from foreign countries approximately doubled in this decade. In these years, Japanese people had a lot of opportunities to see foreigners and interact with foreign people.

Chapter 3

We checked a survey about the attitude of Japanese elementary school students toward studying English. Students Surveyed: 4th graders and 6th graders in elementary schools (4th grade: students: 4,923; 6th grade: students: 5,079; total: 10,002 students). Some children enjoy studying English but others don’t.

Chapter 4

The reason why reforms were made to the English education system was to reflect on the English education held in Japan so far and to keep up with the Japanese globalizing. To make children feel the necessity of getting four language skills actively, we studied some solutions based on bibliographies and examined the results of the experts. We also designed our own activities.

Chapter 5

The examples to solve each problem (how we can change children’s attitudes to study languages positively and make communications)

Solution 1: This game shows participatory learning.

Solution 2: This activity takes an opportunity to let children engage in inter-cultural communication. The purpose of this activity is to make Japanese children and foreign children find the importance of linguistic skills in the inter-cultural communication through playing soccer and community life like a training camp.

Solution 3: In a group activity, children who can participate in a program positively will be able to brush up their skills definitely. But children who can’t join it because they don’t work well with others won’t be able to improve language skills. So for children who don’t work well with others, we suggest a pair-work program so that children can communicate with a minimum tension.

Conclusion

From Solution-1 to Solution-3, we found some problems with each activity. To solve each problem, we suggest carrying out two programs at the same time, so that we can solve problems utilizing each advantage. We want to use our three solutions to solve problems in the English education and intercultural comprehension in Japan.

We hope Japanese children will be active in international situations and around the world in the future.
On the spread of kendo overseas

Introduction

Kendo is one of the martial arts born in Japan. Judo is an Olympic event, and many foreigners compete with each other, but kendo is not an Olympic event. However, there is a World kendo championship once every three years. Even if viewed worldwide, despite the fact that kendo is more competitive than judo, there is only one world competition. Why is kendo not popular all over the world but is also spread overseas? How can we disseminate it overseas?

Chapter 1 History of kendo

The origin of kendo is said to have been made when the class of samurai was created in the Edo period. In this era, not only swordsmanship but also spirituality became an excellent human being, we began to learn kendo along with my studies.

In the Meiji era, the samurai class system was gone, and it was forbidden to have a sword. At the time, it was worried that kendo would be gone. But over time the police introduced kendo for training.

In 1945, Japan was defeated in World War II. All martial arts including kendo were forbidden by Allied Command, which occupied Japan. In 1952, the San Francisco Peace Treaty came into effect, the occupation forces withdrew from Japan, the All Japan Federation was established. Today, kendo is recognized not only in Japan, but also a cultural heritage of the world.

Chapter 2 Comparison of competition with judo

Judo became an Olympic Games at the Tokyo Olympic held in 1964. Since then, judo began to spread globally. There are 199 members in the International Judo Federation. There are 1.3 million people in the world, but only 175 thousand people in Japan.

The international kendo Federation has 41 member countries. There are 2.2 million people in the world. Looking at the world's competitive population, there are about 900 thousand kendo courses than judo.

Chapter 3 About world kendo championship

There is a world kendo championship tournament which is held every three years in kendo. The International Kendo Federation was established in 1970. Since that time, the world kendo championship convention has been held every three years around Asia, America, Europe. In recent years, the Korean competition level has risen and is fighting against Japan. However, acts committed in courtesy are often regarded as problem. Also, as there are many cases where the foreign referees is pointed out, the International Kendo Federation has to hold a lecturer seminar to attend lectures. Activities such as protests, appeals, booing, etc., that are considered taboos at Japanese kendo competition are often done, and the atmosphere of the convention is unique.

Chapter 4 About countries where kendo is popular abroad

In recent years various problems related to the internalization of kendo have emerged, the Korean origin theory of kendo and various problems of kendo have been pointed out. Also, in Korea young people's departure from kendo and kendo's decrease in physical education are becoming a big problem. There seems to be a large groove caused by history between Japan and Korea.

In South America, kendo was reported to Brazil about 105 years ago, and it spread among Japanese Brazilian. The Brazilian Kendo federation has reported that number of registrations in fiscal 2008 is about 900, and the competitive strength of kendo is the highest including Central America aims to establish the Latin America kendo federation. Although, I have looked at the three countries above, I can see that various ways of spreading kendo in various countries are being done.

Chapter 5 Consideration

Martial arts are not sports. The reason is various, but I feel that the spirit of "starting with a bow and ending with bowing" is the most characteristic of martial arts. In order to tell kendo abroad, is it right to ignore the unique manner of kendo and convey it? I don't think so. In such a case, the kendo will not be transmitted properly, and further problems will increase. It is the Japanese that take kendo overseas. In order to promote kendo abroad, I think that it is the first step for all Japanese to acquire correct knowledge and skills, plan firmly and prepare firmly.
1. About baseball
Baseball is a bat and ball game played between two teams of nine players. They take turns batting and fielding. The batting team attempts to score runs by hitting a ball that is thrown by the pitcher with a bat swung by the batter, then running counter clockwise around a series of four bases (first, second, third, and home plate).

2. History
Baseball evolved from older bat and ball games already being played in England by the mid-18th century. This game was brought by immigrants to North America, by the late 19th century, baseball was widely recognized as the national sport of the United States. Baseball is now popular in North America and parts of central and South America, the Caribbean, and East Asia.

3. Major League Baseball
In the United State and Canada, Major League Baseball (MLB) teams are divided into the National League (NL) and the American League (AL), each with three divisions (East, West, and Central). The MLB champion is determined by playoffs that culminate in the World Series.

4. Derek Jeter
Derek Jeter is an American famous professional baseball shortstop who played 20 seasons in Major League Baseball for the New York Yankees. He was a five-time World Series Champion, and he is regarded as a key to the Yankees' success of the late 1990s and early 2000s.

5. Jackie Robinson
Jackie Robinson broke the color barrier. He became the first black athlete to play Major League Baseball in the 20th century. He signed with the Brooklyn Dodgers in 1947. He was named Rookie of the Year, National League MVP and World Champion in his career.

6. Dominican Baseball
The Dominican Republic is a small country. But, there are many Dominican major leaguers, for example, Pedro Martinez, David Ortiz, Robinson Cano, and Nelson Cruise. Their Championship series is called the Caribbean Series.

7. Korean Baseball
Korea is near to Japan and it is a rival of Japan. Baseball is one of the most popular sports in the country. There are ten professional teams in the Korea Baseball Organization (KBO), and the baseball season runs from March to October.

8-11. Japanese Baseball
Japanese professional baseball is called Puroyakyu. It consists of the Central League and the Pacific League. Twelve teams aim to become the champion. Puroyakyu has produced many men of talent, for example, Ichiro Suzuki, Hideki Matsui, and Hiroki Kuroda.

12. World Baseball Classic (WBC)
The World Baseball Classic is an international baseball tournament. The first tournament took place in 2006, won by Japan, the second in 2009, also won by Japan, and the third in 2013, won by the Dominican Republic with a perfect 8-0 record.

13. Conclusion
Baseball is played all over the world. Playing baseball is exciting. Watching baseball is a lot of fun too. I believe that everyone is a brother when it comes to baseball. Nobody is a mogul in baseball. But, director, called Kantoku, coach, and senior players use violence on young players in Japan. This is very big problem. I persist at any time with valor. If you love baseball, everybody is a brother.
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Chapter 1

In Japan, people are not in the environment that they have to use English every day; therefore, Japanese children are passive about “learning English”. Aiming at globalization in the country, if the children who will carry Japan forward are negative, the situation will not be changed after a few years and even more years later.

Chapter 2

1. The number of Japanese students needing Japanese language support who have Japanese nationality is increasing year by year. It's especially remarkable in the decade from 2004-2014.

2. Thanks to the manifests of the Japanese government and lots of warm hospitality for foreigners from each local government, the number of tourists from foreign countries approximately doubled in this decade. In these years, Japanese people had a lot of opportunities to see foreigners and interact with foreign people.

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We checked a survey about the attitude of Japanese elementary school students toward studying English. Students Surveyed: 4th graders and 6th graders in elementary schools (4th grade: students: 4,923; 6th grade: students: 5,079; total: 10,002 students). Some children enjoy studying English but others don’t.

Chapter 4

The reason why reforms were made to the English education system was to reflect on the English education held in Japan so far and to keep up with the Japanese globalizing. To make children feel the necessity of getting four language skills actively, we studied some solutions based on bibliographies and examined the results of the experts. We also designed our own activities.

Chapter 5

The examples to solve each problem (how we can change children’s attitudes to study languages positively and make communications)

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Conclusion

From Solution-1 to Solution-3, we found some problems with each activity. To solve each problem, we suggest carrying out two programs at the same time, so that we can solve problems utilizing each advantage. We want to use our three solutions to solve problems in the English education and intercultural comprehension in Japan.

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