


ASPnet Interschool Exchange Report (English)

School name	Kochi Prefectural Muroto High School
Partner school country/region (city)	Nairobi, Kenya
Partner school name	Buruburu Girls' Secondary School
Exchange period	From 13/6/2025 to 18/2/2026
Method(s) of interaction	<input type="checkbox"/> Letters <input type="checkbox"/> Emails <input checked="" type="checkbox"/> Videos <input checked="" type="checkbox"/> Online tools / e.g. Zoom, Teams etc. <input style="width: 100%; height: 20px;" type="text"/>
Study area(s)	<input type="checkbox"/> Global Citizenship <input type="checkbox"/> Cultural Heritage <input type="checkbox"/> Culture of peace <input type="checkbox"/> Disaster risk reduction <input type="checkbox"/> Gender Equality <input type="checkbox"/> Human rights <input type="checkbox"/> Justice and democracy <input type="checkbox"/> Learning to live together <input type="checkbox"/> Media and Information Literacy <input type="checkbox"/> Migration and refugees <input checked="" type="checkbox"/> Intercultural Dialogue <input type="checkbox"/> Preventing violent extremism <input type="checkbox"/> Sustainable Development Goals (SDGs) <input type="checkbox"/> School violence and bullying <input type="checkbox"/> Sustainable development <input type="checkbox"/> Sustainable lifestyles <input type="checkbox"/> Other / Please specify <input style="width: 100%; height: 20px;" type="text"/>
Objective(s)	This exchange program was conducted to deepen students' understanding of each other's cultures and school lives through interaction with students from Buruburu Girls' Secondary School in Kenya, making use of the connection between UNESCO Associated Schools. Another goal was to provide students with opportunities to use English as a real means of communication and to develop their intercultural understanding and communication skills.
Details	① Congratulatory Video Message

	<p>To celebrate our school's certification as a UNESCO Associated School, students from Buruburu Girls' Secondary School kindly sent us a congratulatory video message.</p> <p>② Online Exchange (1st Session)</p> <p>Students asked each other questions about their school lives and cultures. Through the exchange, they discovered both similarities and differences between Japanese and Kenyan high school life, such as the fact that Kenyan students wake up very early compared to Japanese students and that both schools have uniforms and cleaning time. They also asked each other about their classes and daily school routines.</p> <p>③ Online Exchange (2nd Session)</p> <p>Following the first exchange session, our students created short videos as a class project introducing aspects of Japanese school life, including cleaning time, school uniforms, and classroom activities. They then presented these videos in English during the second exchange session.</p> <p>④ Online Exchange (3rd Session)</p> <p>The third online exchange session involved a class that was meeting the students from Buruburu Girls' Secondary School for the first time. Therefore, the session focused mainly on simple self-introductions and questions about school life.</p>
Results	<p>One of the greatest achievements of this exchange program was the opportunity for our students to engage in intercultural exchange with high school students in Kenya, a country geographically and culturally distant from Japan. In addition, receiving a congratulatory message for our UNESCO Associated School certification ceremony gave our students a valuable opportunity to realize that they are connected to the world as members of ASPnet.</p> <p>Through the online exchanges, including the creation of school introduction videos and self-introduction activities, students were able to reflect on their own daily lives and school culture and rediscover their value and uniqueness. By explaining their everyday lives in English, students gained a new perspective on aspects of their school culture that they had taken for granted.</p> <p>Furthermore, the program provided students with an opportunity to use English not simply as a school subject, but as a tool for connecting with others and conveying their own ideas, experiences, and culture. This experience helped deepen their intercultural understanding while also enhancing their confidence and ability to communicate in English.</p>
Challenges and	<p>Since the exchanges were not conducted on individual devices, students</p>

<p>how they were overcome</p>	<p>sometimes had to wait for a while when there were participants. In addition, because of the time difference between Kenya and Japan, the available time for communication was limited. Therefore, we tried to find ways to make the exchanges meaningful and effective within limited time and conditions. For this reason, during the second session, students prepared school introduction videos in advance so that communication could proceed more smoothly and efficiently.</p>
<p>Future plans and visions</p>	<p>At our school, international exchange activities are positioned as part of classroom learning. Therefore, we would like to continue developing exchange activities connected to what students are learning in class. For example, we are planning activities in which students introduce their inquiry-based learning projects in English and answer questions from students at the partner school. By building on students' current learning activities and making effective use of opportunities for international exchange, we hope to further deepen their intercultural understanding.</p>
<p>Photos</p>	
<p>Others (names of files or URLs of attachments, if any)</p>	