

Global Vision Talks 13th and 14th week Best Essays (Aichi Prefectural University)

1/20 Thinking About International Peace:Case Study -Northern Ireland

英米 2年生

The first thing that comes to mind when I see the word "peace" is an image of people living happily, without worrying about wars. However, taking his class made me realize that this idea only means the surface of peace. As Mr Damien explained his experiences in his hometown, I became more interested in understanding not only the visible part of the "Violence pyramid", but also the invisible parts, such as structural violence and cultural violence. One thing that resonated with my studies during the course was the situation of the Irish. This semester, I took the class to learn about black culture. In the class, I learned about how black people in the USA experience cruel things and discrimination. I thought that Irish people experience similar things, as many Irish people are killed. Although the situation is getting better these days, many Irish still live in a separate area to avoid living with the British and go to different schools. I thought that it was hard to completely eliminate the conflict between the Irish and British, but by working on peacebuilding, such as reducing the gap in terms of employment between the Irish and British (structural violence), it can be able to come close to the peace.

スペイン・ポルトガル 2年生

This class made me reflect on the concept of peace. At the beginning of the lecture, several religious perspectives on peace were introduced, and the one that left the strongest impression on me was the Dalai Lama's quote "Hatred will not cease by hatred, but by love alone. This is the ancient law." Hearing this, I felt that adding hatred to hatred would never lead to a positive outcome. In this class, the conflict between Britian and Northern Ireland was used as an example, but wars and conflicts are still happening in many parts of the world today. Living in peaceful Japan, I realize that I have limited understanding of the realities faced by countries affected by war. Watching the news and learning about the situation in these countries and the people living there is something I believe I need to do. This class made me think deeply about what I can do to help create a more peaceful world.

ドイツ 1年生

I learned the importance and difficulty of peace from his talk. There are three branches of peace in practice, peacekeeping, peacemaking, and peace building. Especially I got interested in peacebuilding. It has a couple of ways of building peace in his talk, such as liberal peacebuilding, local peacebuilding, and the hybrid of these two. In the history, liberal peacemaking was pulled down in many cases, but it didn't work well because of the cultural differences. A liberal sense of value is not applicable to all countries and cultures, and its difference sometimes cause conflicts with local and traditional cultures. However, we must make agreement between people who have different culture to build a peace, so I think we must learn and respect other culture, especially religions. I had learned about the conflict between Ireland and British briefly in the world history class in high school, so it was such a valuable experience that I could learn about that conflict from him. Recently, many conflicts occurred in many countries. So, I think we need to learn and respect other culture and reconsider the peace in our country to prevent conflicts in the future.

国際関係 1年生

His experiences during the war were severe and unbelievable to me. I can't imagine his distress when his friends and neighbors were killed. In addition, it was too abstract to understand and define peace before this talk, however, his lecture made me change my mind. New media can make conflict worse even if children are killed and not everything doesn't cause war. Therefore, peace in practice means place-keeping, peace making and peace building such as SDGs. I learned that we can't define peace with only one word. There are various kinds of meaning of peace, for example, as a religious concept and as a academic concept. Also, I realized that we have different concepts of peace. Some people may say "No physical violence is peace." Other people may say "No conflict is peace."

特別聴講学生

Thinking about international peace, case study Ireland and Britain.
This talk was very interesting, notably because of the speaker's testimony. I knew about the Irish conflict, but it was not clear in my mind. Also, I didn't know about the degree of violence in the 70s and afterward. I loved the fact that he gave us multiple definitions of peace according to religious perspectives as well as academic ones. The talk was well-structured. I particularly appreciated the scheme of violence, as it clearly explained many concepts. For instance, I knew about the causes and consequences of direct violence, structural violence, and cultural violence, but I didn't know these specific terms. Lastly, I want to highlight the "peace in practice" section, because concepts like peacekeeping, peacemaking, and

peacebuilding were unclear to me before. It helped me better understand the solutions needed to establish and maintain peace.

特別聴講学生

Damien Okado-Gough's talk on "International Peace," inspired by the Ireland-Britain conflict, made me reflect on the meaning of peace in a deeper way.

Initially, peace was seen as a religious concept, though defined differently in each faith. This is ironic, considering how much violence has been committed in religion's name. Later, peace became an academic concept, with Johan Galtung defining it as "the absence of violence." While this seemed obvious at first, exploring violence further revealed its complexity.

Galtung outlined three types: Direct, Structural, and Cultural Violence, categorized as Visible or Invisible. I initially thought of violence only in direct terms, overlooking the deep impact of structural and cultural violence—such as economic and legal discrimination and harmful ideologies. A country without direct violence isn't necessarily peaceful; if structural violence exists, it only achieves "Negative Peace." True "Positive Peace" requires eliminating all forms of violence.

Marginalized groups, including LGBTQ+ individuals and racial or religious minorities, still face various forms of violence. Discriminatory ideologies also contribute to this. Such issues persist and even seem to be growing. In my opinion, this talk was an important reminder of why these discussions matter.

1/27 Ridicule, Fear, Acceptance: The shifting representations of trans characters in cinema

スペイン 2年生

In recent years, compared to 20 or 30 years ago, I feel that people have become more open to different values and lifestyles. Someone in my class also mentioned this. When my parents were young, people with tattoos were often seen as dangerous, and others were told not to be involved with them. However, today, tattoos are a popular form of fashion. Many young people of our generation also enjoy having tattoos as a way to express themselves. It is great that society is becoming more accepting of diversity and minority groups. People are now more free to live the way they want without as much judgment. However, at the same time, I feel that some minority groups are starting to strongly push their opinions and values

onto the majority. Of course, it is important to respect different views, but forcing one's ideas onto others can create problems. Instead, I think we should aim for a good balance where everyone, whether they are in the majority or minority, can respect each other's differences. This way, we can create a society that truly values diversity and harmony.

スペイン 1年生

During this lecture about cultural shifts, I thought of many examples. I learned a lot not just from the lecture, but also from reflecting on my own ideas. I realized that I didn't know much about trans representation, even though it appears in some movies. I think this is because Japanese society still doesn't fully accept transgender people or gender diversity. However, culture is always changing, even if Japan is a bit behind.

After the lecture, I started thinking about homosexuality. I like watching movies, especially international ones, and I have seen some that depict homosexuality. When we think about cultural shifts, gender and sexuality are important topics. Studying these changes helps us understand the role of media in shaping society.

スペイン 1年生

In the world we live in, there is always something new or something you're unfamiliar with being introduced for us to accept into our society. The things Mr. Adam Miller mentioned in his talk reminded me of stuff that happened when I lived in the States. One of the incidents that I still remember till this day is this controversy over green tea. Of course, me being Japanese whether sweetened or unsweetened, it was something I liked drinking on daily basis. But on the other hand, most of the people who lived there thought it was disgusting and tasted like grass. However fast forward to a few years later, because so many influencers and celebrities started drinking them, it became one of the popular drinks that's loved by many people for the delicious tastes and for health benefits. Therefore, I believe that it's actually true in order to make something once stereotyped to be weird or bad get accepted by people, you can't expect to make change quickly and need to give it a little time for them to process or understand what your trying to introduce to the world.

特別聴講学生

Fear, Ridicule, Acceptance: The Shifting Representations of Trans Characters in Hollywood Cinema

The talk provided a fascinating insight into the evolution of trans representation in film. One of the most striking points for me was how trans characters were historically portrayed as figures of fear, such as in Psycho, where their identity was linked to violence and instability.

This negative framing reflects societal discomfort and prejudice.

What stood out most was the shift towards acceptance, exemplified by films like *The Danish Girl*. These portrayals focus on relationships and personal journeys, showing a more empathetic perspective. However, I found it interesting that even in these positive representations, the story is often told through the lens of a cisgender partner, which limits the trans character's agency.

This talk made me reflect on the power of the media to shape societal views. It also resonated with my personal experience as someone who values diversity and inclusion. I realized how essential it is to challenge harmful stereotypes and demand authentic, multidimensional portrayals of marginalized groups in media.

Ultimately, this lecture taught me that cinema is both a reflection of and an influence on cultural hegemony, as Gramsci's theories suggest. Representation truly matters.

Global Vision Talks 11th and 12th week Best Essays (Aichi Prefectural University)

12/23 'No Problem with Sideline Life'

中国 1年生

Thank you, Professor Masashi Fukaya, for your interesting lecture. From your lecture, I learned that ancient cultural heritage, like pyramids and temples, is fascinating, but at the same time, it is also very important because it can teach us many things. The story that left the biggest impression on me was about how the entire Abu Simbel temple was carefully taken apart into 800 pieces and moved 60 meters higher to protect it from flooding. Inside the temple, there were many columns and rooms, and I was amazed to hear that they were carefully taken apart and put back together. I was amazed by the efforts and big plans made by people to protect the cultural heritage of ancient Egypt. Also, the box the professor showed me had a detailed pattern and a smooth surface, even though it was made of a different material. I thought it was sad that such a unique and Advanced Technology might be lost. Through this lecture, I realized that it is important for us to protect with our own hands the cultural heritage of the past, which gives us knowledge and discoveries, so that we can leave it for the future and pass it on.

1/6 Echoes of Ryukyu: Cultural Lessons from Okinawa's Past

スペイン 4年生

Thank you for your lecture.

Okinawa is the ideal destination for me. My impression of Okinawa is just surface-level – things like the beaches, unique local dishes such as *soki soba*, because I ‘ve never been to Okinawa, nor do I have any personal connections to it.

However, after your lesson, I could explore some Okinawa's deeper cultural values, which I find fascinating.

First, people in Okinawa have a more flexible sense of time compared to those on mainland of Japan. Most of the Japanese are more punctual. As you mentioned, for example, we start the meeting exactly on time, or we get on trains exactly on time. But in Okinawa, the strictness of time doesn't hold the same importance, which genuinely surprised me.

Second, I was really impressive with the cultural trait- *Yuimaru*, which means the spirits of helping each other. At first, I didn't fully understand the concept from hearing the words. However, when I saw the *kanjis*, it all made sense. *Yui* means connection, *maru* symbolized circle. I thought the concept was ideal because we rarely have strong connections with our regions or neighbors, which sometimes makes me feel lonely.

This sense of unity and connection feels unique to Okinawa, and I can't help but feel envious. My desire to visit Okinawa has grown even stronger, and I'm eager to experience the atmosphere and culture firsthand

英米 2年生

“Yuimaaru”, the spirit of helping each other became my most favorite aspect of Okinawa in Mr.Chris's lecture. He taught us that Yuimaaru is a valuable Okinawan culture that connects the past to the present. I was first mesmerized by Moai, an example of Yuimaaru where people gather and fund money to help each other. In case of an emergency, people are allowed to use that money to help themselves. I thought that Moai shows how people in Okinawa cherish the idea of helping each other. However, I learned that Yuimaaru existed from the past, after the Battle of Okinawa by hearing the story of the “Pigs from the sea”. Seven men in Hawaii helped Okinawa after the war by sending 500 pigs to recover Okinawa's economy. Even after sending pigs, the support didn't end there, but continued by offering

food, medicine, and clothes. I was surprised that the culture of Yuimaaru had been continuing from the past and even now. This story left me with a strong impression that helping each other makes someone's heart warm, even in difficult situations. I would like to keep Yuimaaru in my mind and help the people around me in my daily lives.

スペイン・ポルトガル 2年生

Through Professor Chris Hastings' lecture, I was deeply impressed by the warmth and strong sense of community among the Okinawan people. The "yuimaru" and "moai" cultures highlight the importance of building bonds and supporting one another through mutual aid.

Moai is a traditional system where members contribute money monthly, using it as needed to provide financial support while also fostering community ties. Meanwhile, "yuimaru," meaning "to bind" or "to turn," embodies the spirit of mutual support, evident in farm work, home repairs, and community events.

While moai is declining due to societal changes like an aging population, new forms are emerging, preserving its tradition of collective support. The spirit of yuimaru remains deeply rooted in Okinawan daily life, offering valuable lessons on the significance of human connection.

Learning about these traditions has allowed me to rediscover the true value of mutual support, a lesson I hope to carry forward in my own life.

スペイン・ポルトガル 2年生

Through this class, I learned about Okinawa's spirit of mutual support, "Yuimaru" for the first time. The word "Yui" means connection, while "maru" refers to taking turns. When I first heard this term, I was impressed by how beautiful it sounded. Being an island region, Okinawa seems to have stronger bonds between people compared to other prefectures, which explains why this concept was born there. In today's Japan, where community ties are weakening, I believe the "Yuimaru" spirit is extremely important. This philosophy teaches us the value of helping and supporting each other, ensuring that everyone benefits. Inspired by this idea, I would like to adopt the "Yuimaru" spirit in my daily school life, building stronger relationships and fostering mutual support with those around me.

英米 1年生

The first thing that comes to mind whenever I hear the word "culture" is an image of people from a certain place happily singing and dancing together. However, I realized that these activities represent only the surface of culture. When Mr. Hastings mentioned the

Yuimaaru culture in Okinawa, I became even more eager to understand not just the visible part of the iceberg but also the invisible parts, such as the culture's core values, attitudes, and beliefs.

One reason I find the Yuimaaru culture fascinating is that it reminds me of my own culture back in the Philippines. The spirit of helping is deeply planted in our daily lives, and it has become not only a practice but also a characteristic of many Filipinos. Many of us believe that it is better to give than to receive, which is why sharing what we have feels natural and but is often surprising to others. Because of this understanding from my culture's perspective, it has helped me to view Yuimaaru better. From now on, I will keep in mind that there is more to cultures than just what our eyes can see.

スペイン・ポルトガル 1年生

Okinawa's culture has a unique charm that is different from mainland Japan. As the Ryukyu Kingdom, Okinawa developed its own history and had exchanges with China, Southeast Asia, Japan, and other countries. This created a fusion of diverse cultures in its music, dance, and food. For example, traditional music using the sanshin instrument represents the heart of Okinawa, and Eisa, a powerful dance, is an important event that strengthens community bonds. Foods like Okinawa soba and Goya champuru also symbolize Okinawa's unique food culture.

Okinawa architecture and lifestyle reflect the idea of living in harmony with nature. Traditional houses with red tile roofs and stone walls are designed to withstand typhoons and heat. Okinawa people have also experienced the pain of war and have overcome it while valuing peace. Today, their songs and festivals carry messages of peace, sharing its importance with many people.

Okinawa's culture is a rich blend of nature, history, and people's thoughts. It deeply inspires visitors and highlights the uniqueness of this special region.

ドイツ 1年生

I learned an Okinawan spirit "Yuimaru" (ゆいまる) in his talk. It is a Okinawan spirit of helping each other. I learn it for the first time, and I found that we have already had that spirit without realizing it. I experienced a huge earthquake and tsunami in my childhood. At that time, a lot of volunteers came to my hometown to help us to recover from the huge damages, and a lot of people gave us aid and donations from all over Japan. After that I participated in a Disaster recovery assistance volunteer work in the other city. I found that there is Yuimaru. I hope to continue cherishing that spirit for the whole of my life.

特別聴講学生

I think this talk was really interesting. The only thing I was conscious about Okinawa was their dialect, which according to many people learning Japanese, is one of the hardest to understand. I'm a big fan of talking and learning about different cultures, so this lecture was very entertaining. Not only because of that, but also because I also had the chance to discuss with my friends about the topic. Being aware of cultural differences when learning a foreign language is one of the most important aspects because its community defines and redefines the tongue, which makes it one of the essential intangible products in a culture. If you ask me, besides the interesting mix of cultural and historical context given, I believe the talk reflect a bit love since the speaker is English, but as a listener, you can notice how engaged he was in Okinawan culture because he's aware is part of his son's heritage. I liked this lecture.

特別聴講学生

The talk about Okinawa was truly engaging and thought-provoking. One of the most striking points was the explanation of culture as a layered pyramid, where explicit aspects like language and practices rest on deeper, implicit beliefs and values. This perspective reshaped how I view cultural dynamics, encouraging me to look beyond the surface.

I also found the historical account of Okinawa after World War II particularly moving. The story of how the island rebuilt itself, with pig farming symbolizing recovery and resilience, was a powerful reminder of human determination in the face of adversity.

On a personal level, this talk resonated with my interest in East Asia and deepened my understanding of how history and culture intertwine to shape societies. It reminded me that cultural preservation requires recognizing both visible traditions and the underlying principles that sustain them. Overall, the talk not only provided new knowledge but also inspired me to approach my studies with a more nuanced perspective.

Global Vision Talks 9th and 10th week Best Essays (Aichi Prefectural University)

12/9 Ars Moriendi :The 'Art of Dying'in Medieval Europe

フランス 2 年生

I will write about Daniel Smith's The Art of Dying in Medieval Europe.

First, I was surprised to learn that ideas like the impermanence of worldly things and glory must fade exist in other cultures, not just in Japan. I thought these ideas were unique to Japan, but it is fascinating to see that similar feelings and expressions exist in other parts of the world. Even though cultures and contexts are different, it's interesting that the same kind of emotions can arise.

The painting showing angels and demons fighting for a soul reminded me of scenes in manga or anime, where a character hears an angel and a demon whispering above their head when deciding to do something a little bad. It feels like these emotions and expressions are shared across time and religion, which I found very moving.

ドイツ 1 年生

I learned about death in medieval Europe from his talk. There were a lot of differences, but at the same time, there were some similarities between medieval Europe and Japan. I thought it was so interesting. I really surprised that good death in medieval Europe is so different from Buddhist good death in Japan. For example, if there were ecclesiastical rights, even a murder or some violent deaths can be a good death. But, on the other hand, there is a similar point with Buddhist thought. On a grave of Archbishop Henry Chichele, it is written that "Now I am cast down and turned into food for worms", and in Japan, there is a similar word, "盛者必衰(jyousyahissui)", it means "growly must fade vanish". It was so impressive for me, that I didnt expect that there is some similar words and thoughts between medieval Japan and Europe. From his talk, I could learn a lot about the art of dying and death, and it gave me a chance to reconsider what the death is.

中国 1 年生

Thank you, Professor Daniel Smith, for your interesting lecture. From your lecture, I realized that we need to think about death from multiple angles, not just from a pessimistic or negative perspective., I knew that "memento mori" translates to "remembering death" in Japanese, but I had no idea where it came from or what it meant. From The Art of Dying and the teacher's explanation, I learned about the values regarding death at that time, such as "The Bad Death" and "The Ideal Death," and was surprised at how different they are from the values regarding death that are generally held today.

I was afraid of death, thinking of it as something that could never be escaped, the end of life. However, from now on, rather than simply fearing death, I would like to accept it and use it

as motivation to live a more fulfilling life. I also want to look at death in a positive way, find small joys in each day, and make my life more meaningful and richer.

12/16 “Saving Our Future : How Young People Are Engaging in Climate Action and Sustainable Solutions”

スペイン 3年生

What we can do to solve climate change

The topic of Katrin's talk was climate change and what we can do. From her lecture, I learned that the temperature in 2006 was higher than the temperature in 1880 by 1.2 degrees, and temperatures are predicted to continue to rise. Moreover, I learned that earth fever causes ecosystem changes such as abnormal breeding of grasshoppers, malaria and dengue fever.

Earth fever also causes wildfire, sea level rise, typhoon, heavy rain and drought. In addition, it is said that the number of Climate Refugees who cannot live safely in their hometown and have to move to other places because of climate change will increase from 32 million to 200 million between 2022 and 2050.

We should shift how to create energy to decrease CO_2 because 73.2% of the cause of CO_2 is energy such as coal, oil and gas. Furthermore, we can reduce waste and recycle garbage into compost to decrease CO_2 because about 70% of trash is burned in Japan. I think we should change our lifestyle, including the food we eat and clothes we wear to realize a sustainable society.

ドイツ 3年生

I learned how important it is to act for the future. When I buy something, I usually choose products based on short-term benefits, like low prices and convenience. But I realized that if I and others keep living like this without changing, the environment will get so bad that people might not be able to live on Earth anymore.

In her class, I also learned about things that the unusual increase in locusts and the 1.2 degree rise in global temperatures. These may not seem like big problems at first, but they are signs of serious problems for the planet. I understood the need to think not just about short-term

benefits but also about the long-term benefits for the future.

From now on, I want to think more carefully when I buy something, considering how products affect the environment and how they are made. I want to make more sustainable choices to help create a better future.

英米 2年生

“Climate injustice” is a new phrase that I learned from Ms.Katrin which left me with the impression that the problem with climate change is totally unequal. Climate injustice is a situation where people who are the least responsible for global warming face the biggest impact of it, such as flood and drought. Ms.Katrin navigated us through her lecture by introducing such problems and solutions to stop global warming. One solution that left an impression on me was to reduce waste. This is the solution which I’ve been hearing for a couple of years, but Ms.Katrin’s solution was very unique. She focused on wasted vegetables and fruits where factories use a lot of energy just to burn products which are composed of water. She told us that it is better to use a composter instead of throwing it away, which she currently does at her house. People who gave lectures about such topics only told me to stop wasting food. However, Ms.Katrin introduced me to a new unique solution which caught my interest. I will consider having a composter at my house and create fresh soil to grow a vegetable.

スペイン・ポルトガル 2年生

Since I was little, global problems like environmental pollution, global warming, and abnormal weather have been discussed. However, I must admit that I didn’t really care about these issues back then. Now, as a university student preparing to become part of society, I realize that I can no longer ignore these problems.

These issues have been discussed for many years, which shows that solving them is not easy. But what’s important is that each of us makes small, conscious efforts in our daily lives. Even if our actions seem very small, they can influence those around us and encourage them to join us in solving these problems. If everyone’s actions connect, they can become a powerful force for change. I believe this, and I think we should start with what we can do right now.

スペイン・ポルトガル 1年生

From Katrin Miyazawa’s lecture, I recognized environmental problems anew. Everyone knows about global warming, but few truly understand what the problem of global warming entails. I thought I understood the issue, but it turned out to be more serious than I originally thought. Global warming affects not only temperatures but also many other factors, such as

typhoons, sea levels, droughts, wildfires, and more.

Despite the world needs action, but most people believe individual efforts are meaningless and therefore do nothing. Actually, I used to think the same way. In the lecture, she said, "Everyone's small step is more important than an individual's big step." Additionally, a study showed that if 3.5% of people in a community join a movement, the movement will succeed. This percentage is not impossible to achieve.

This lecture made me realize that I should act, and even though these actions may lead to change slowly, they have the potential to change the world.

ドイツ 1年生

About cinema change –What can we do?

I learned about many kinds of environmental issues from this talk. I was especially surprised that we eat plastics every day, which amounts to about a credit card in a week. Though I know the problem fish eating micro plastics, I found that all the people eat these plastics too. Since I started living alone in Aichi, I have become less concerned about food safety. Therefore, I thought I should be mindful of what I eat. From now on, I will check the products' origins and whether they are environmentally friendly or not when I go to supermarkets. Thanks to her presentation, I could remember the importance of caring for our environment, something I had forgotten recently.

中国 1年生

I chose this because My hometown, Ishikawa Prefecture, has experienced many disasters such as torrential rains and earthquakes, which I thought might be the result of climate change due to global warming.

What I found particularly interesting in this class was the topic of sustainable clothing in India. I thought this was a great idea because I like clothes. I also like second-hand clothes, so I wanted to spread the idea that this kind of movement will help curb excessive waste.

What I also learned for the first time is the mechanism of climate change. Global warming causes glaciers in the Arctic and other regions to melt and land to rise, which leads to earthquakes, which in turn leads to environmental destruction, rising sea levels, and the collapse of ecosystems.

After this lecture, as I mentioned earlier, I will find things I can do and put them into practice, such as using used clothes, adjusting the temperature of the air conditioner, and trying not to generate garbage.

Global Vision Talks 6th and 7th week Best Essays (Aichi Prefectural University)

11/18 Global competence education in Japan

スペイン・ポルトガル 2年生

I was impressed by her speech a lot. While I am a university student, I want to study abroad. From her speech, I could learn what kinds of attitudes, skills and knowledge are needed. Also, I could learn what I am capable of and what I am missing. For me, when something unexpected happens, I could try to overcome it by listening to other people's opinions and thinking from a broad perspective. However, I don't have the courage to insist my opinions or thoughts to everyone. Therefore, I have an attitude of willingness to engage but I don't have a skill of self-expression. From now on, I will try to communicate with many people and get used to expressing my opinions. I also learned that when I study abroad, in order not to be limited by Japanese cultures or my own prejudice, I must improve knowledge of diversity by studying more about different cultures.

スペイン・ポルトガル 1年生

From a lecture of Mrs Sakamoto, I learned that skills, attitudes, and knowledge are essential. Skills like communication and problem-solving help navigate diverse environments, while open-minded attitudes foster collaboration. Knowledge of different cultures enhances understanding and reduces conflicts. Recognizing cultural differences is crucial for building strong international relationships, as it encourages respect and empathy, helping individuals work more effectively across borders. These elements together prepare individuals to succeed in a globalized world. It is obvious that Japanese culture differs from other countries' cultures, and accepting foreign cultures can be challenging. However, embracing other cultures is crucial. I believe that when learning foreign languages, like we do, it is important to study not only the language itself but also the culture and customs associated with it.

11/25 Our Ocean, Your Future

英米 2年生

Of all the environmental enthusiasts I have ever met, Mr. Rob is the one who takes the most pride in his actions and shows he cares for the environment not just with words but with actions. At the beginning of the lecture, I was mesmerized by how fascinating the ocean is from the video of him diving in the ocean. After that, he told us the threats to the ocean and our future. When garbage covers the ocean's surface, it prevents phytoplankton from doing photosynthesis to create our oxygen. Then, he told us that recycling doesn't mean we are eco-friendly. Almost half of them are thermally recycled. At the end of the lecture, Mr. Rob introduced us what he does to save the environment. He literally doesn't use plastic. He puts his vegetables directly into his eco-bag because the bags we can find in every supermarket are plastic. He even quit eating snacks that are individually wrapped in plastic and instead, he makes it by himself. Although it is really difficult to prevent using plastic in Japan, I wanted to do more to be eco-friendly because I want to protect the beautiful ocean Mr. Rob showed us.

フランス 2年生

Thank you for the amazing lecture. For me, it was a new thing to know that the ocean provides oxygen that we breathe. I was very surprised to know that the proportion is the half of the oxygen we breathe. Usually I do not think much about our environment however from this lecture, I learned that there are many things that we can do to save the ocean from pollutions which we make. I thought bringing my own water bottle could be easy for me to do. I will try downloading the app "my mizu" and I recognized that we are able to get free water at Morikoro Park. I want to take advantage of the app from now on!

スペイン・ポルトガル 2年生

Today, I learned about the necessity of protecting the ocean, which enables animals, including humans, to live better. The one of the things that I was most surprised was the amounts of pet bottles which 1 person in Japan release per year as a garbage. It was 183 bottles. In addition, though 85% of these are recycled, the rest of 15% are not recycled and flow through the ocean. When I think about how much we release them, I guess it's about 10 or 20 bottles because I often bring my bottle, and I use pet bottle only on trips. However, I see some people bring bottles of water every day. I imagined that their houses are full of garbage of pet bottles. Before his lecture, I felt it's hard to wash my bottle every day, but I could understand that my action is connected to the protection of living things and the environment.

スペイン・ポルトガル 2年生

In Japan, approximately 23 billion plastic bottles are consumed annually, with 85% recycled. While this is impressive, 15%—around 3 billion bottles—are not recycled and end up polluting the environment. This highlights the urgent need for better solutions. Marine ecosystems are particularly affected, as many animals die from ingesting plastic waste. Each time I see such news, I am reminded of the importance of addressing this issue. To do my part, I use reusable bags and repurpose plastic bottles. Recently, I learned about initiatives like “Plastic Free July” and “mymizu,” which promote sustainable habits. I’m eager to participate and further reduce my plastic use. Social media can also be a powerful tool to spread awareness and discover innovative ideas. By adopting these practices in daily life, I hope to help build a more sustainable future. Small, consistent actions by individuals can collectively lead to meaningful change over time.

国際関係 2年生

I have heard about Pacific Ocean Garbage Patch in another class, so I was interested in this talk. In this area, there are so many plastics, ghost net and pet bottle which were made by humans. The scariest thing about Garbage Patch in the ocean is that we humans also may eat micro plastic through eating fish or using toothpaste and so on. It is definitely bad for our health. I think the ecosystem in the ocean may be destroyed by garbage in the not-too-distant future because of micro plastics. We must reduce the amount of plastic and save our beautiful ocean.

Mr. Rob said that he tries to reduce the amount of plastic he uses in some way. For example, bring his own fork, chopsticks, water bottle and eco bag. From his talk, I understood that I should do refuse or reduce plastic products rather than reuse or recycle because plastics that can’t be recycled end up thrown away into the ocean. And then, I decided to try to reduce the amount of plastic I use by doing like him.

英米 1年生

I have been discussing and delivering presentations on water pollution in my global education class throughout my senior high school years, which has given me a deeper understanding of the topic. Previously, I used to think that by just recycling plastic bottles, I could help clean the ocean, but little did I know that there’s a possibility it could still harm the ocean. However, after listening to Mr. Dupuis’ talk, I gained insightful ideas on practical and effective solutions that I can put into action, such as refusing to use plastic and reusing plastic bottles. Moreover, I believe spreading awareness about this issue is equally important because, by educating others through social media or community events, we can inspire more people

to put these solutions into practice and hopefully make better decisions about their plastic consumption habits. My takeaway from Mr. Dupuis' talk was how much individual action can impact the environment and how small steps can lead to big changes.

中国 1 年生

Thank you, Professor Rob Dupuis, for your lecture. From your lecture, I realized that it is much more meaningful for us to be more concerned about the environment and to do what we can, even if only a little, than not to do anything at all. I had heard about environmental issues such as marine plastic pollution and microplastics, but I didn't fully understand the damage or scale of the issues. When I heard that it was 11 million tons of garbage, the equivalent of 10 Tokyo Domes, I was very shocked as a Yomiuri fan.

I lived alone and used plastic bottles and bags when I went shopping or when I was thirsty because I assumed that if I was the only one who cared about the environment, it wouldn't make a big difference. However, I learned that each of us has to take part in environmental issues and that doing even the smallest thing we can has a greater impact than doing nothing at all, so I decided to think about what I can do. I want to do things that I think for myself, not just imitate you.

特別聴講学生

The talk about the ocean's role in sustaining life on Earth was truly eye-opening. I was particularly fascinated by the fact that phytoplankton in the ocean produce 50% of the oxygen we breathe. This incredible statistic made me realize how much we depend on these microscopic organisms, yet we often overlook their importance. Another shocking point was the amount of marine plastic pollution—over 8,000 tons per year in Japan alone—which highlights the urgent need for better waste management practices globally.

The talk felt personally relevant to me because I often think about how human actions impact the planet. It encouraged me to reflect on my own habits, like using single-use plastics, and how small changes could contribute to protecting our oceans. Learning about the delicate balance of marine ecosystems also made me appreciate the hidden connections between nature and human survival.

Overall, the talk was not only educational but also inspiring, as it emphasized the importance of preserving our oceans for future generations. It left me with a greater sense of responsibility and a desire to learn more about environmental conservation.

Global Vision Talks 4th and 5th week Best Essays (Aichi Prefectural University)

10/28 Dual life:How I manage my academic and creative lifestyle

英米 2年生

I learned 5 DUAL life essentials through this class. There were two things that I wanted to try. These are 'Do not be afraid to try new things' and 'Learn things that are not in your interest area.' I always hesitate to try new things because I feel afraid of failure. Also, I have an experience in which I regretted not learning things I was not interested in. As a high school student, I was not good at modern history and skipped studying it. However now, I wish I had learned it properly. For these reasons, I thought I should try the two things especially. I will make an effort to become an academic and creative person!

国際関係 2年生

It was the first time to hear the word, dual life, and I was so impressed by the idea. I found it really interesting, and it will definitely enrich my life. In my opinion, if people stay in the same situation and mind for a long time, life will be boring. I think dual life helps people to think about something from various aspects and have a deeper insight. That enables us to make challenging tasks and normal everyday life enjoyable. I want to incorporate the idea of dual life into my life. I believe that it will make my life happier and more worthwhile.

スペイン・ポルトガル 1年生

“Dual life: How to manage my academic and creative lifestyle”

From listening to lecture given by Mrs.Becky Alp I was moved how she was able to overcome obstacles throughout her life and fulfill all of her dreams. Personally I've always struggled with all the things she mentioned like multitasking ,going out of comfort zone to try something new and anxiety.I have gotten better at having controls of myself to go out of my own personal bubble where I feel comfortable , but I believe there're still plenty of rooms for growth .Therefore, it was really inspiring to hear these kind of story from strong woman who's been through hard times yet making best out of it and moving forward in life.

中国 1年生

Thank you, Professor Becky Alp, for your inspiring lecture. Your talk on the connection between creativity and neuroscience really resonated with me. I found it particularly interesting that you emphasized that engaging the five senses and taking breaks are essential ways to enhance creativity. Before this lecture, I often struggled with the limitations of my creative thinking, especially when it came to sharing my thoughts in group discussions, and wondered what I could do to be more creative. However, my perspective changed when you explained that stimulating the five senses plays an important role in enhancing creativity. From now on, I would like to explore different methods and routines to enhance my creativity more effectively and find the activities and environments that best suit me, including finding other elements that may be essential for me besides the senses. Finally, I hate math, but I know I have to overcome it to achieve my goal of becoming a civil servant. I intend to work hard and improve.

11/11 It's midnight but the sun is shining:>The Congolese Sape and its role.

スペイン・ポルトガル 2年生

I was amazed to find such stylish and graceful people and culture in Congo, a place far from the major fashion centers like Paris, London, New York, and Milan, and where cultural exchange might seem limited. Unlike most people, including myself, who rarely think, "I'll base my outfit today on this theme," the Sapeur put their hope for peace into their fashion, which I found very inspiring. They spend long hours working just to buy luxury-brand clothes and shoes. During the week, they dress like everyone else, but on weekends, they wear their finest clothes and go to worship. I feel that their dedication to spending their hard-earned money on fashion as a way to pray for peace is truly admirable.

国際関係 2年生

I learned about Congo and the Congolese sape from this talk. Firstly, I learned that there are two countries named "Congo", the Republic of the Congo and Democratic Republic of the Congo, for the first time. These two countries were originally the same country, but they were separated in 1960 due to colonizing by France and Belgium. I was surprised to hear that.

Then, I also learned Congolese sapeur culture. Sapeurs is a French word which means dress. They are very colorful, but they use only three colors. Despite using three colors, they look so unique and attractive. I usually wear plain-colored clothes, so I was impressed that sapeurs enjoy wearing colorful clothes themselves. They can enjoy fashion together and establish their real identity by wearing such clothes. Therefore, I think we have to wear whatever clothes we want in order to make our lives better.

英米 1年生

Before Mr. Otchia's talk about Congolese Sape, I viewed fashion as something temporary and transitional. However, his perspective showed me that fashion can be much more than fleeting trends — it is a powerful form of cultural expression and personal identity. Personally, I feel that dressing well is a demanding task, as it requires keeping up with the latest fashion trends while also adding my unique touch that reflects my personality. But seeing the proud and joyful faces of the Congolese people in the video, confidently showcasing their unique styles, made me realize that what truly matters is not the age or vibrancy of their clothes, but the confidence and pride they feel when wearing them. Therefore, I conclude that fashion isn't just about following the latest trends — it's about wearing what feels true to who we are.

特別聴講学生

La Sape: Style and Cultural Pride

The talk on "The Congolese Sape and Its Role" was fascinating, especially in how it highlighted fashion as a tool for self-expression and identity. I found it intriguing that "La Sape," with its high-fashion focus, serves as a form of resistance and pride in Congolese culture, despite the country's challenging economic situation.

The idea of members competing to showcase the best attire and embodying "Les Dix Commandements de La Sape" really stood out to me, as it emphasizes personal dignity even in difficult circumstances. It also made me think about the sacrifices people often make to maintain a certain image, especially when balancing luxury with daily financial realities. This connection between style and identity, particularly in post-colonial contexts, was both inspiring and thought-provoking.

The way La Sape has become commercialized shows that it's not just about clothing but a deeper cultural movement. This talk gave me a new appreciation for how clothing can convey complex messages about identity, pride, and resilience.

特別聴講学生

It's Midnight and the Sun is Shining: The Congolese Sape and Its Role in Fashion

Before attending this talk, I wasn't familiar with the fashion world in Congo. However, the speaker, Christian Otchia, introduced us to la Sape, a term derived from the French word "*saper*", meaning "to dress."

La Sape holds deep cultural significance, almost like a religion. Otchia mentioned the "10 Commandments of la Sape," which outline key ideologies and mentalities, with positions akin to religious hierarchies—priests, bishops, and archbishops—representing different levels of status.

I found the idea of changing clothes in the middle of a party particularly amusing. The concept of dressing and undressing for status seemed absurd at first, but it revealed how fashion in la Sape is tied to self-expression and pride.

During the Q&A, Otchia shared how la Sape is growing, with potential for global recognition. He spoke of how this culture could uplift its practitioners and create iconic figures and prestigious brands. It's exciting to imagine what the future might hold for la Sape.

I never imagined a culture where something as simple as wearing clothes could carry such weight. As Otchia spoke, I realized how much I still have to learn about global fashion and culture.

特別聴講学生

I think this talk was very interesting. I'm a big fan of fashion, but also a bit ignorant when it comes to designers or eras. I prefer to focus on how people feel when they dress, the way they enjoy choosing pieces of clothing and combining them, and how easy is to express through style. I've never dimensioned how fashion could be such a big part of culture until this talk. Thanks to Christian I could learn not only how important La Sape is in Congolese culture, but how people experience it. I believe La Sape gatherings are something fun and colorful. Their history is as interesting as the event itself, and I think people should attend at least once in a lifetime.

Global Vision Talks 2nd and 3rd week Best Essays
(Aichi Prefectural University)

10/14 An Introduction to Photographic Composition

10/21 FOOD OF THE SUN (Mediterranean Cuisine
& Flavour Perception)

スペイン 4年生

I really liked the two presentations, but I'll choose the one about Mediterranean cuisine. I have two reasons why I'm interested in this theme. At first, I really love foods. I feel very happy and satisfied when I think about eating and cooking. Also, I was very surprised to know that there're differences between which part of the tongue tastes, according to the 5 different tastes, such as sweet, salty, bitter, sour and umami. I've never heard of umami as an important element of taste. This is the other reason. Because of taking this class, I'm willing to try Mediterranean cuisines. Through this class, I could learn about the food that I didn't know, and I really enjoyed. Thank you very mucho for sharing your knowledge and experience about this interesting topic.

スペイン 3年生

The way to make memorable photographs

From Alun Rodger's lecture, I learned we can utilize seven photographic compositions to make unforgettable photographs and attract the attention of many people. The seven photographic compositions include rule of thirds, leading lines, fill the frame, negative space, juxtaposition, perspective and pattern. I was interested in rule of thirds and negative space in these compositions because I have never adopted these two compositions, but it is useful to improve my photography skill and receive a lot of interest on SNS.

Firstly, the rule of thirds means that placing the subject off-center allows the eye to move around and explore the photo. It's because landscape horizons in the middle cut a photo in half and lack focus. I usually take photos where the subject places on-center, so I want to actively accept this composition to capture the subject more beautiful.

Secondly, negative space means that by creating empty space around the subject, we can change the mood, both positively and negatively. I want to apply this composition to express the emotion when I make photographs and to make photographs in a different way.

フランス 2年生

I'm going to write about the "Introduction to Photographic Composition" class on October 14th. Until now, I had never paid attention to the "Elements of Composition," nor did I even know such concepts existed, so I found this lecture very interesting. After listening to the lecture and looking at the photos in my folder, I realized that all of them were just "Taking a Photo" type shots, and none of them were the "Making a Photo" kind. From now on, I want to take pictures with more artistic thought. When I went to a safari park with my friends the other day, I took photos while being mindful of the Elements of Composition, and I was able to take some really great shots. This lecture not only taught me how to take better

photos but also made me understand that “Eyes are the window of the soul.”

英米 1年生

How the tongue works

I was most surprised at and interested in the topic that different types of umami have different parts of the tongue that detect umami. For example, sweet is detected by the tip of the tongue and bitter is detected by the back of the tongue. The tongues have a lot of cells called taste buds, mirai in Japanese. I would like to research why they are divided. These cells perceive various umami. However, according to Yukihiro Yamada, director of diagnostic center of Showa Inan General Hospital (2020), it is said that there is no difference which parts of the tongue detect umami. We don't know the clear answer about this topic, but I would like to try to eat mediterranean cuisine, especially the meal cooked by Mr. Shipman, so I should condition my own lifestyle to keep the sense of my tongue. In conclusion, I learned that cuisine, taste, and flavor are so deep and important for us.

英米 1年生

Romanticizing the Art of Photography

In the past, when I looked through a photograph, typically, I just observed 3 things: location, subject, and theme. I was not aware of the Elements of Composition and have always thought that subjects should be centered and emphasized. But just after Mr. Roger's talk about Photographic Composition, I gained a deeper understanding of making and viewing pictures. Techniques such as leading lines, filling the frame, and juxtaposition, not only teach us how to observe photos but also how to interpret them deeply. While sharing our thoughts about the pictures prepared by Mr. Rodger with our friends and peers, I noticed that most of us viewed them either similarly or differently, which was amusing in my opinion. It is amusing in the way that photographs can be perceived from many different angles and standpoints. At that, I also find it fascinating how these visual elements help express the story, emotions, and messages that the photographer wants us to recognize. And by acknowledging the message it portrays, us, viewers can appreciate the art of photography better.

スペイン・ポルトガル 1年生

I chose the talk titled “FOOD OF THE SUN”.

I am really interested in cuisine because I live alone, and usually take care of my diet.

Actually, I often have Mediterranean cuisine for dinner.

I usually eat French bread with olive oil, I love marinated salmon with onions, and I cook with salt and various seasonings. I think that this is because my mother loves Mediterranean cuisine.

In the talk, I learned about pulses, which are a type of bean. They are healthy and commonly used in many Mediterranean dishes. I think the habit of eating a lot of beans is like that in Japanese cuisine. I also heard that Mediterranean cuisine is known for being healthy, much like Japanese food. It is considered a secret to a long life. Both cuisines also share a love for seafood dishes.

I used to think that Mediterranean cuisine was mostly about olive oil, but I learned that there are many kinds of dishes. Olive oil is expensive in Japan, so I want to try dishes that do not rely on it as much.

ドイツ 1年生

I chose Mr. Shipman's presentation, "Introduction to photographic composition" because I'm interested in photography. I learned that photography is not only for recording memories, but for art for the first time. Also, I learned seven elements to make good photographs. Especially, I got interested in "rule of thirds" because I think it is the easiest and the most effective way of making good photographs. Just moving the subject of the photo from the center, I can lead the viewer's eyes. I was surprised that my favorite photographs in my smartphone almost followed at least one of these elements, such as "rule of thirds" and "fill the frame". So, I want to pay more attention to these elements when I make photograph, in my daily life. It must be helpful for me to make good photos.

中国 1年生

I used to take countless photos because I was never satisfied with the results. I believed good photos were accidental and that I should take many shots to increase my chances of capturing that perfect moment. However, I learned in class that there are specific elements that contribute to a good photo, and that these elements can be explained theoretically. This realization made me think that I could apply these theories to my own photography. Since my understanding of photography is still shallow, I want to learn more about it and discover what kind of photos I like and what elements make up those photos. Ultimately, my goal is to be able to take such photos myself.

国際関係 1年生

I really appreciate the talk about photographic composition lectured by Alun Rodger sensei because I can keep in mind the elements of graphic composition that were introduced in the class, when I try to make (not take) some photos. Before I took the class, I had never heard and taken care of the elements. However, some pictures that were taken before the class used some elements such as Negative space, Rule of thirds, Leading lines, Perspective. After

the talk, I can understand the techniques I used unconsciously were the right way to take nice pictures. Also, I was able to gain new components to make amazing photos such as Juxtaposition, Pattern and Fill the frame. In addition, I tried to make a photo using Fill the frame after the lecture. For example, my target of the picture was my grandmother's dog. I did my best to focus on the court of the dog's face to express textures. Because of the try, I was able to make very nice and cute photos.

特別聴講学生

During the "Global Vision Talks" on "Photographic Composition", the speaker emphasized that it's not the camera, but the photographer who makes a good photo. After being given time to think about such a statement, the presenter talked about different elements of photographic composition. These include, but not limited to - "Rule of thirds" (points of intersection); "Leading lines" (guides eyes and provides sense of depth); "Fill the frame" (bigger focus on the main subject); "Negative space" (creates empty space); "Juxtaposition" (combining two opposite thing to create contrast); "Perspective" (turning the known into the unknown), "Pattern" (repeated patterns suggesting harmony). With this new information I felt as though I could improve and give more emotion and depth to my own photographs.

After this I wondered what constitutes as a good picture, this is, what is it that truly differentiates a good picture from an excellent one. The conclusion I arrived at is that an excellent picture evokes strong emotions, tells a story, and offers a unique perspective. It connects with the subject, has layers of meaning, and remains timeless. Subtle nuances and perfect harmony between technical skill and creativity set it apart from a good picture into an excellent one.