

Japan–Russia Exchange Connected by Online Simulated Experience Service



~The Challenge of Health Life Innovation~

Why don't you deepen your exchange through fun physical activities and think about the issues and challenges common to Japan and Russia?

Contents

- Quiz
- Exercise
- Art
- Loose sports

Exchange using ice breakers and workouts

Theme

- ① Health
- ② Environment
- ③ Culture

Thinking about each theme and The goal is to think about each theme and to lead to a sustainable exchange.

We'll work on workouts and art online using Zoom !

We will have fun quizzes and exercises while watching pre-recorded videos, as well as creating art with all the participants, challenging us to practice multifaceted Japan-Russia exchange!

In the ice breaker, we will use new developments such as "loose sports" that are currently attracting attention.

Let's enjoy the differences between Japan and Russia and create a sense of solidarity that will transcend the various barriers between Japan and Russia.



Target of participation: Open to anyone from undergraduate to graduate students, regardless of field.

People who want to know about other cultures are welcome!

It's easy to communicate even if your English is not good!

Date & Time: Sunday, September 12 12:15–13:00 (Moscow) / 19:15–20:00 (R. Far East)

Monday, September 13, 9:00–13:00 (Moscow)/ 16:00–20:00 (Russian Far East)

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