

Session C – Social Sciences- Detailed information

The 3rd Japan-Russia Student Forum on 12-13 September, 2021, Niigata University, Japan, online

SLOGAN: "Crossing All Boundaries and Sharing Your Ideas"

1. Session C: Japan-Russia Exchange Connected by Online Simulated Experience Service

2. Subtitle: ~The Challenge of Health Life Innovation~

3. Summary: Online simulated interaction on the theme of "Health"

North East Asian countries including Russia and Japan have confronted some common problems. One of them is an aging society and low birth rate, which leads to a decreasing working age population and economic downturn.

To address this problem as a first step, we challenge a simulated online interaction on the theme of Health. Long life with the health will make us to continue working longer and resist to decrease labor productivity and working age population. So, we propose "loose sports- YURU sports " as a suitable interaction on the health, which everyone can transcend gender, disability, and nationality. "YURU" in Japanese, generally means fun, free, generous, flexible, easy to approach etc.

In this session we are planning to co-challenge for online interaction with a focus on health. We will introduce you to online exercising, quiz and discussion combined with food, music, sports, and events focused on health. For example, exercising while listening to music in Russia or Japan, playing loose sports together, and thinking about an ideal city through virtual city walking.

In these projects, we can send out various information to each and have discussions in parallel with activities, which will lead to a deep exchange of experiences, solutions, and knowledge. In addition to it, we hope that the continuation of these interactions will lead to lifestyle innovation in Russia, Japan and North East Asian countries in the future.

4. Detailed program and other information:

We will send the detailed 'Session C' program and some files to all participants in Session C by e-mail. Please read those files.

5. Pre-assignments: The deadline is September 10 (at 17:00 (MSK), 23:00 (JPN)).

We will send some pre-assignments to all participants in Session C by mail.

Read "Pre-Assignments List of Session C", and other detailed files.

Send (upload or answer) your assignments on the mentioned URL according to the instructions, please.

In addition to it, for some students who want to be a facilitator and make a presentation in

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Session C, send your QUIZ on the mentioned URL by another mail. Please see another mail sent by my students.

6. Instructor:

Mayu MICHIGAMI (Ms.), Associate Professor, Faculty of Economic Sciences, Niigata University
Facilitator: Students in Eco. Fac. Niigata Univ. and Students who have already answered “yes” in application if you want to facilitate this session.

7. Contact Email:

michigami@econ.niigata-u.ac.jp : Associate Professor Mayu MICHIGAMI (Ms.)

8. ZOOM ID :

Notified to Participants only.

Please help us with the following.

Turn on zoom video and turn off the microphone when you enter to zoom Session C.

Show your name in English on the zoom video.