



AMDA Nepal

AMDA Institute of Health Science
Damak -2 Kharkhare, Jhapa

AMDA NEPAL-AMDA JAPAN
STUDY TOUR, CULTURAL EXCHANGE PROGRAM

Date- 2083/4/25

Introduction

The AMDA Nepal-AMDA Japan cultural exchange program was organized as a meaningful platform for students of AMDA Nepal and AMDA Japan to interact and share their cultures and experiences. The program aimed to strengthen the bond between AMDA Nepal and AMDA Japan while promoting cultural understanding, friendship between each other and international cooperation among the students.

The program mainly focused on providing an opportunity to the students of AMDA Japan to learn about Nepal's diverse culture. At the same time, the students of AMDA Nepal also had an opportunity to learn about the Japanese culture.

The program included a beautiful welcome, cultural dance, interactive discussion and Japanese games. These activities created fun engaging environment to both student and also helped in developing strong friendship and better learning.

Objectives

The main objectives of the program were:

- To strengthen the relationship and friendship between AMDA Nepal and AMDA Japan.
- To promote cultural exchange and mutual understanding between Nepalese and Japanese students.
- To introduce the cultural diversity of Nepal including the traditions, festivals, food, clothing and lifestyles to students of AMDA Japan.
- To provide students of AMDA Nepal with an opportunity to learn about Japanese culture.
- To encourage interaction between students of Nepal and Japan.
- To develop respect and appreciation from different culture and traditions.
- To create lasting memories with Japanese students.

Activities

1. Preparation of presentation on Nepali culture

Prior to the program, students of AMDA Nepal prepared a presentation on the cultural diversity of Nepal. It was designed to introduce the richness and diversity of Nepali culture. The presentation aimed to demonstrate how people from different cultural backgrounds live together with unity and harmony in Nepal.

2. Welcome and introduction of AMDA Japan students

The program began by warmly welcoming the students and teacher from AMDA Japan by the students and Teachers of AMDA Nepal. The students had an opportunity to introduce themselves and become familiar with one another.



3. Cultural dance performance

Following the welcome and introductions, the Nepalese cultural dance was presented for the students of AMDA Japan.

The performance showcased the beauty and richness of Nepalese culture through traditional music, movements, costumes and expressions.

The cultural dance provided the Japanese students with an opportunity to experience an important aspect of Nepalese culture beyond the information presented in the slides.

The performance also created an enjoyable and lively atmosphere for the participants.



4. Presentation on the cultural diversity of Nepal

The students of AMDA Nepal then presented the prepared presentation on the cultural diversity of Nepal. The presentation highlighted the uniqueness of Nepal as a culturally diverse country and introduced the participants to its various ethnic communities, languages, festivals, traditional attires, foods, costumes and cultural practices.



5. Presentation on Japanese culture



As part of the cultural exchange program between AMDA Japan and AMDA Nepal, the visiting Japanese students gave an engaging presentation on Japanese culture. They introduced the participants to various aspects of Japanese life, including seasons of Japan, festivals, food and lifestyles. One of those students also presented on the soccer teams of Japan. The presentation was informative and interactive, providing everyone with an opportunity to learn more about Japan and promoting mutual understanding and cultural appreciation among the students.

6. Fun session: Japanese games



The program also included a fun and interactive session where the Japanese students introduced various traditional Japanese games to the participants. Everyone enthusiastically took part in the games, creating a lively and enjoyable atmosphere. Through these activities, the students had the opportunity to interact with one another, develop communication skills, and experience Japanese culture in an entertaining way. The session brought smiles and laughter to everyone and helped strengthen friendship and cultural connections between the students from AMDA Japan and AMDA Nepal.

7. Closing and farewell

The program concluded with a warm sense of friendship and appreciation among the participants. The students of AMDA Nepal and AMDA Japan expressed gratitude for the opportunity to meet, share cultures, and spend meaningful time together.





Conclusion

This Program was successful and memorable cultural learning experience for all participants. The program effectively combined education, cultural sharing, interaction, entertainment and friendship. The Nepalese cultural presentation and dance provided the students of AMDA Japan with the insight into the rich cultural diversity of Nepal, while the presentation by the Japanese students allowed the students of AMDA Nepal to learn about the Japanese culture. The interactive session and Japanese games further strengthened communication and friendship between two groups.

The program demonstrated that cultural exchange is an effective way to promote mutual understanding, respect, friendship and international cooperation. It is hoped that similar programs and exchanges will continue in the future, further strengthening the relationship and friendship between AMDA Nepal and AMDA Japan.

Thankyou
AIHS, Damak