



The contribution of Japanese cultural values: A deep personal growth experience

Eurasia Course UBU 2022
Vicerrectorado de Internacionalización y Cooperación
Universidad de Burgos





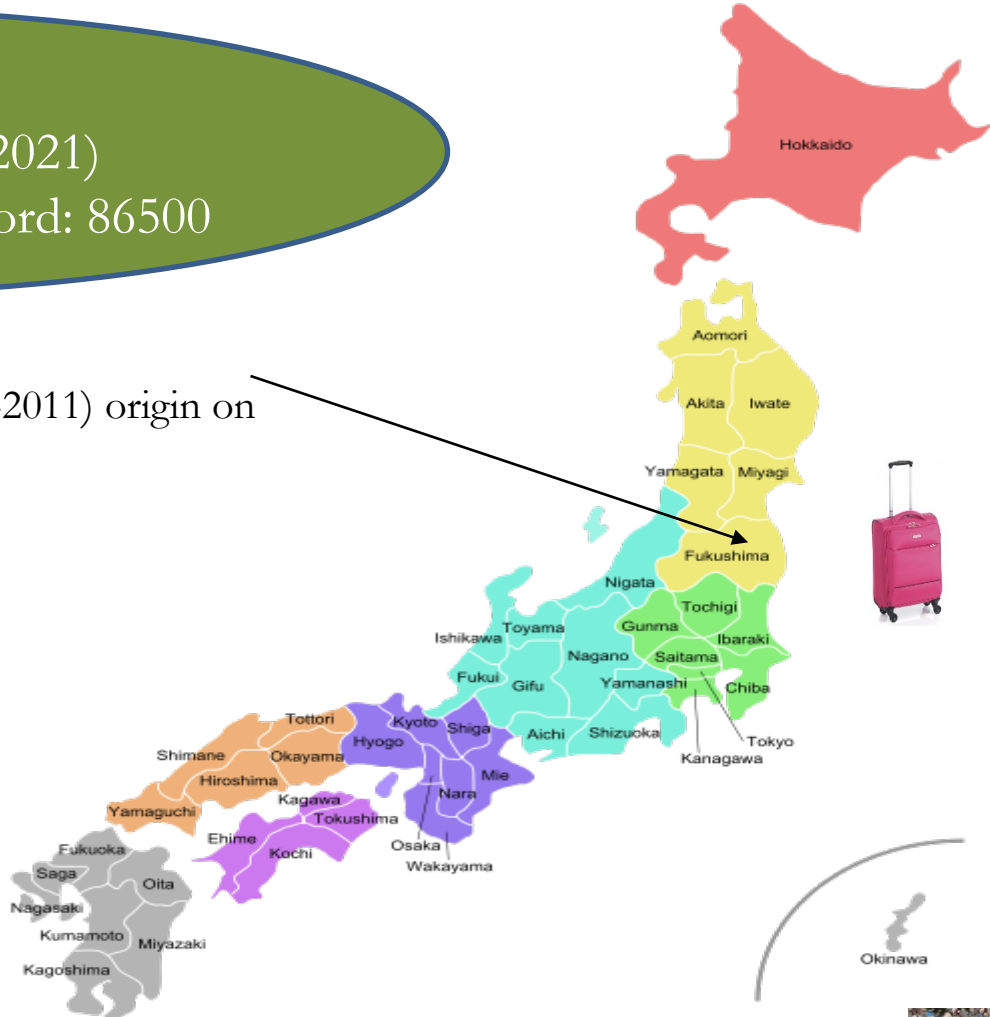
A DEEP PERSONAL GROWTH EXPERIENCE

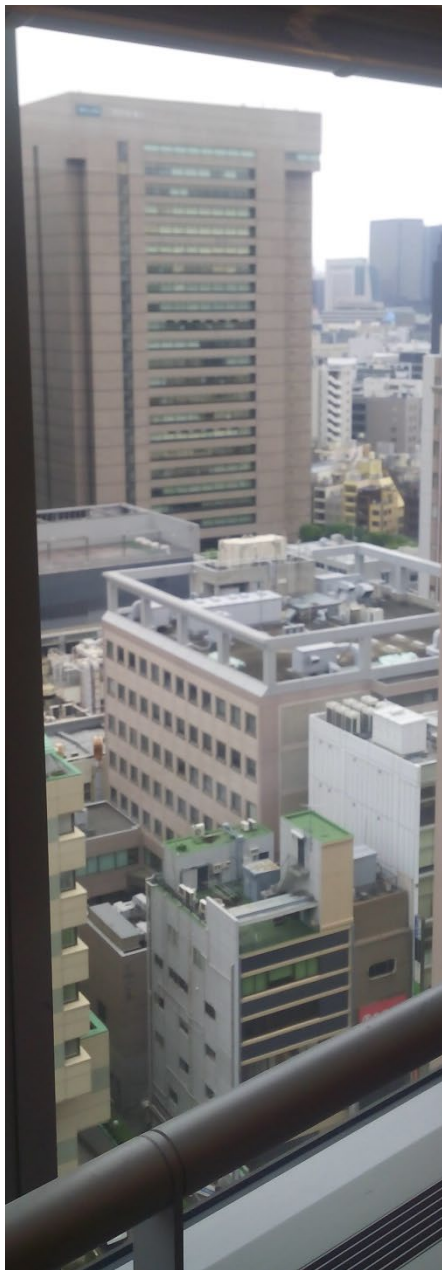




Tokyo
13,96 million Population (2021)
Centenarian Population hits record: 86500

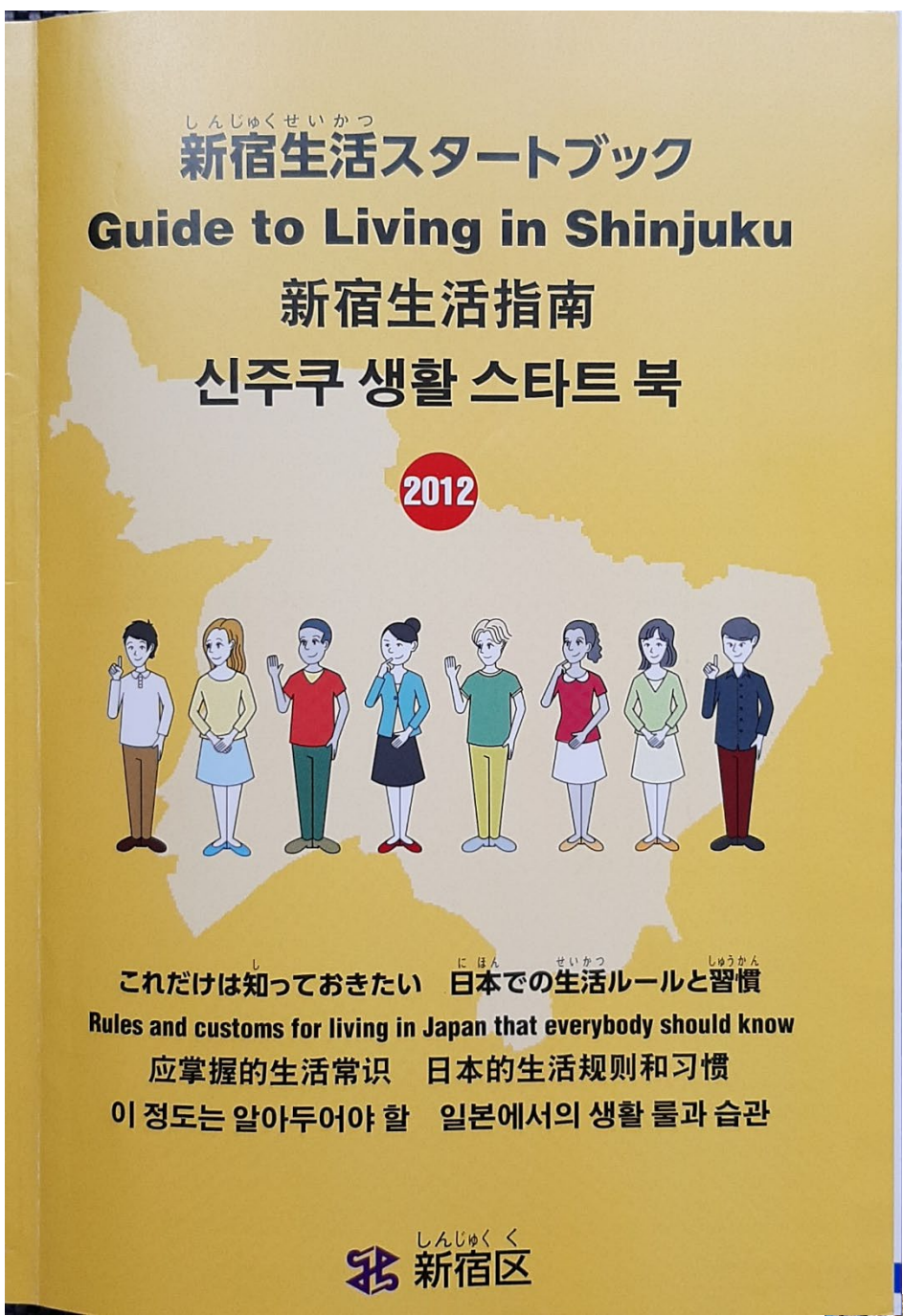
The Fukushima Daiichi nuclear disaster (11-03-2011) origin on earthquake and tsunami effects.





Information of everyday living:

- i. Emergencies, accidents, illnesses
- ii. Disasters (remain calm)
- iii. Healthy and safe life
- iv. Welfare (insurance system, pregnancy, women, elderly, etc.)
- v. Living (daily life: recycling, energy conservation, bicycles, accommodation, banks, etc.)



しんじゅくせいかつ

新宿生活スタートブック

Guide to Living in Shinjuku

新宿生活指南

신주쿠 생활 스타트 북

2012



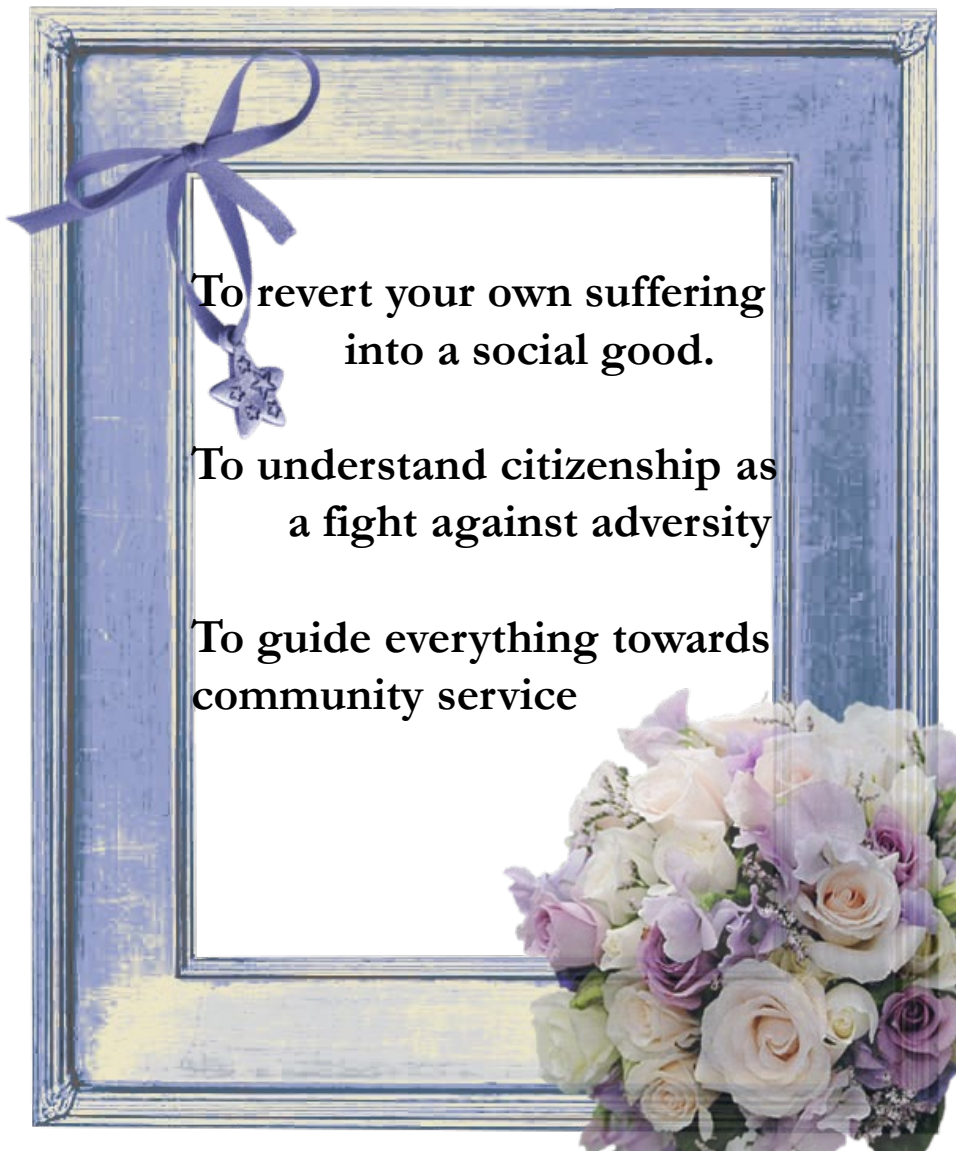
これだけは知っておきたい し日本での生活ルールと習慣 にほん せいかつ しゅうかん

Rules and customs for living in Japan that everybody should know

应掌握的生活常识 日本人的生活规则 and 习惯

이 정도는 알아두어야 할 일본에서의 생활 룰과 습관

しんじゅくく 新宿区



To revert your own suffering
into a social good.

To understand citizenship as
a fight against adversity

To guide everything towards
community service

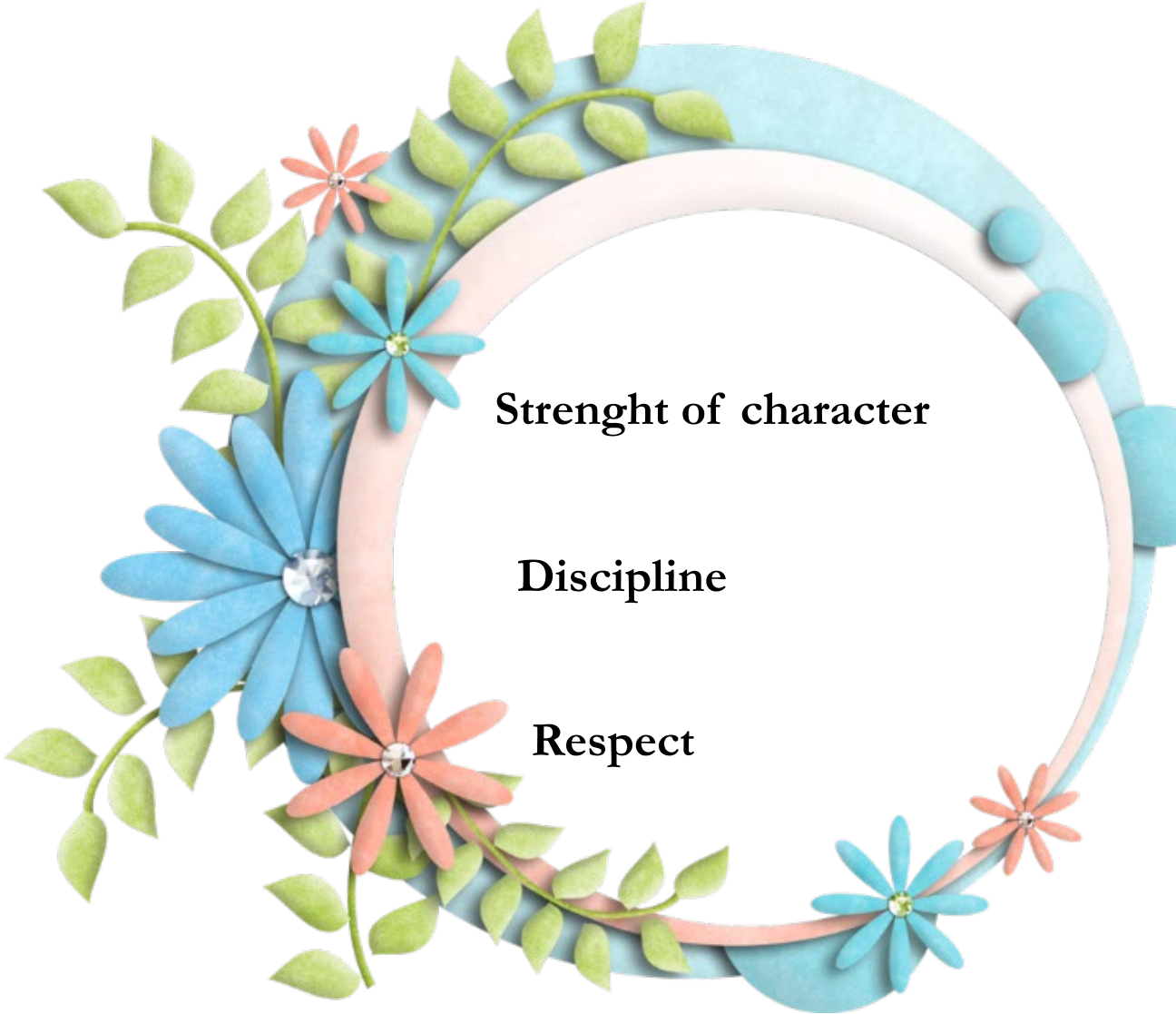


*There is a
purpose, a
meaning in
the things
you do*





THE CONTRIBUTION OF 3 JAPANESE CULTURAL VALUES





REGULAR DAY SCHEDULE AT WORK-LEARNING

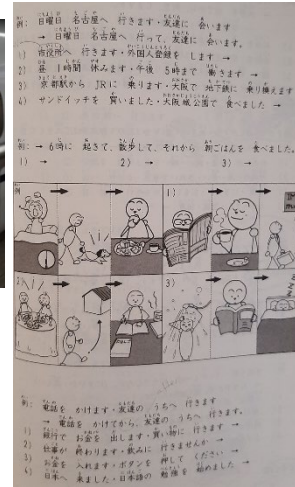
06:10-06:30
(Taichi)



6:30-08:00
(Gym, Breakfast and train)



08:00-10:00
(Japanese lectures)



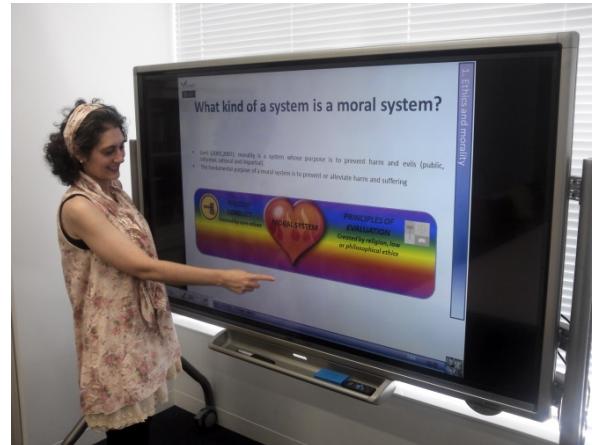
10:00-12:00
(My lectures)



12:00-13:00
(Lunch)



13:00-16:00
(Research time)



16:00
(Private time)





VISITING TOYOTA





SENSEI MOTO-SHARING KNOWLEDGE



Innovation in teaching, Compromise with a well-done work, Group vision
Regulations-rules respect, Value other points of view, Motivation for work
Work with multiculturalism, Deep effort. Learning, Sensei Competences





REGULAR DAY SCHEDULE AT CULTURAL TRADITIONS-LEARNING

MEDITATION

(silence, peace)



ARCHERY

(spirituality)



TEA CEREMONY

(armony, personal grow)

IKEBANA

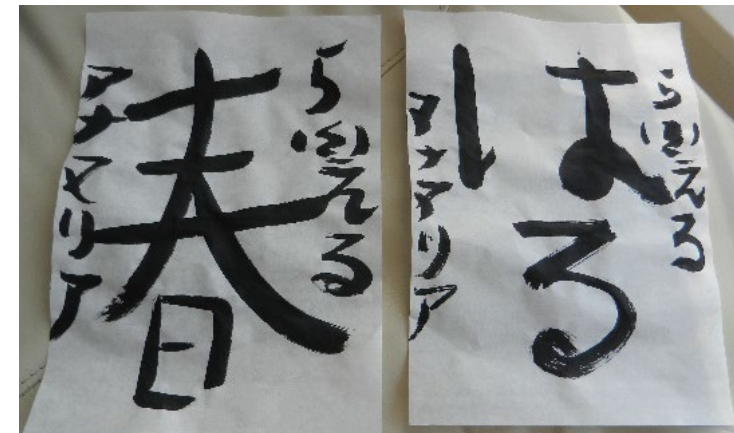
(nature respect, nature communication)

ORIGAMI

(technique, patient, concentration)

CALLIGRAPHY

(accuracy, art)



NO THEATRE

(elegance, misterious, beauty)





REGULAR DAY SCHEDULE FOR LIVING IN JAPAN-RULES-LEARNING



CLEAN AND NEAT



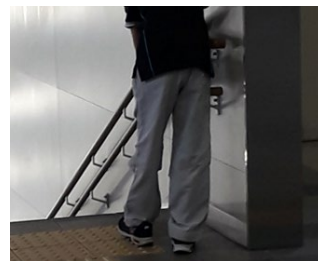
RESPECT



EFFORT FOR A WORK WELL DONE



CIVIC
COMPROMISE



SENSE OF KINDNESS AND COURTESY





雨の街 油断は禁物! 気をつけましょう!

～都民3,000人のヒヤリ・ハット経験から～



ただ傘も持ち方次第で危険物! 一人ごみでは要注意

★駅の階段等で水平に持った傘は、後ろの人の顔をかすめることもあり、大変危険です。また、ケンカ等のトラブルに発展するケースも見られます。傘のマナーに気をつけましょう!

傘のヒヤリ・ハット経験

- 差した状態…1,657人
- たたんだ状態…1,260人

壊れた傘のポイ捨ては危険!

★強い雨風等で壊れたビニール傘等の放棄、放置は街を汚すだけでなく、捨てられた傘で他人に思わぬケガをさせることがあります。



自転車の傘差し運転はやめましょう!

★自転車の傘差し運転は、道路交通法・東京都道路交通規則等で禁止されています。また、用具で固定した傘差し運転も違反になります。

傘差し運転のヒヤリ・ハット経験

- 傘を差して自転車運転中に、人や車両、電柱等にぶつかった(ぶつかりそうになった)…121人

※東京都道路交通規則第8条、第10条

見えにくい! 聞こえにくい! フード付きポンチョを着たら 感覚を鋭敏に!

★自転車運転時等にフード付きのレインコート・ポンチョ類を使用した場合、視界不良に加えて音も聞こえにくくなります。また、風にあおられたり、自転車に絡まって転倒することもあります。

★雨の日は、自転車での外出をなるべく控えるようにし、やむを得ない場合は、周囲の状況に注意を払いましょう。

レインコート・ポンチョのヒヤリ・ハット経験

- フード等で視界が悪くなり人や車両、電柱等にぶつかった(ぶつかりそうになった)…108人
- 風にあおられて転んだ(転びそうになった)…29人
- 自転車に絡まって転んだ(転びそうになった)…26人





TAKING CARE CHILDREN



NORMATIVE



TAKING CARE GOODS



CIVIC COMPROMISE



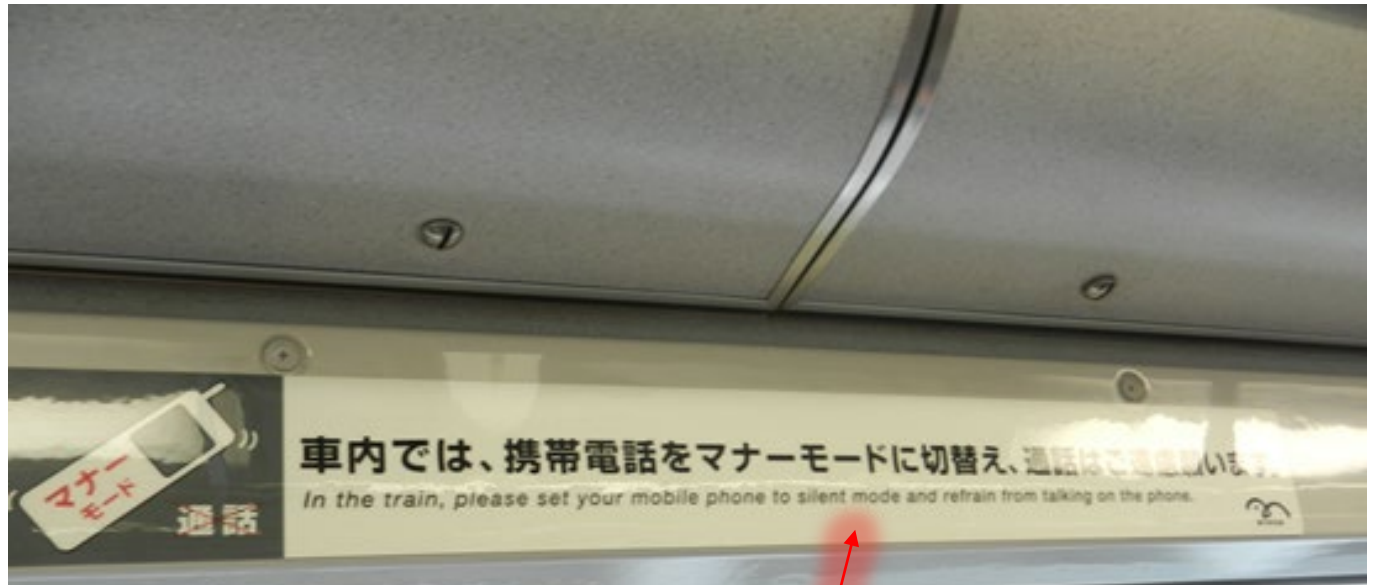


RULES AND RESPECT





RULES AND RESPECT





STRENGTH: The honour code of samurais

DISCIPLINE: The knowledge code of samurais

RESPECT: The behaviour code of samurais





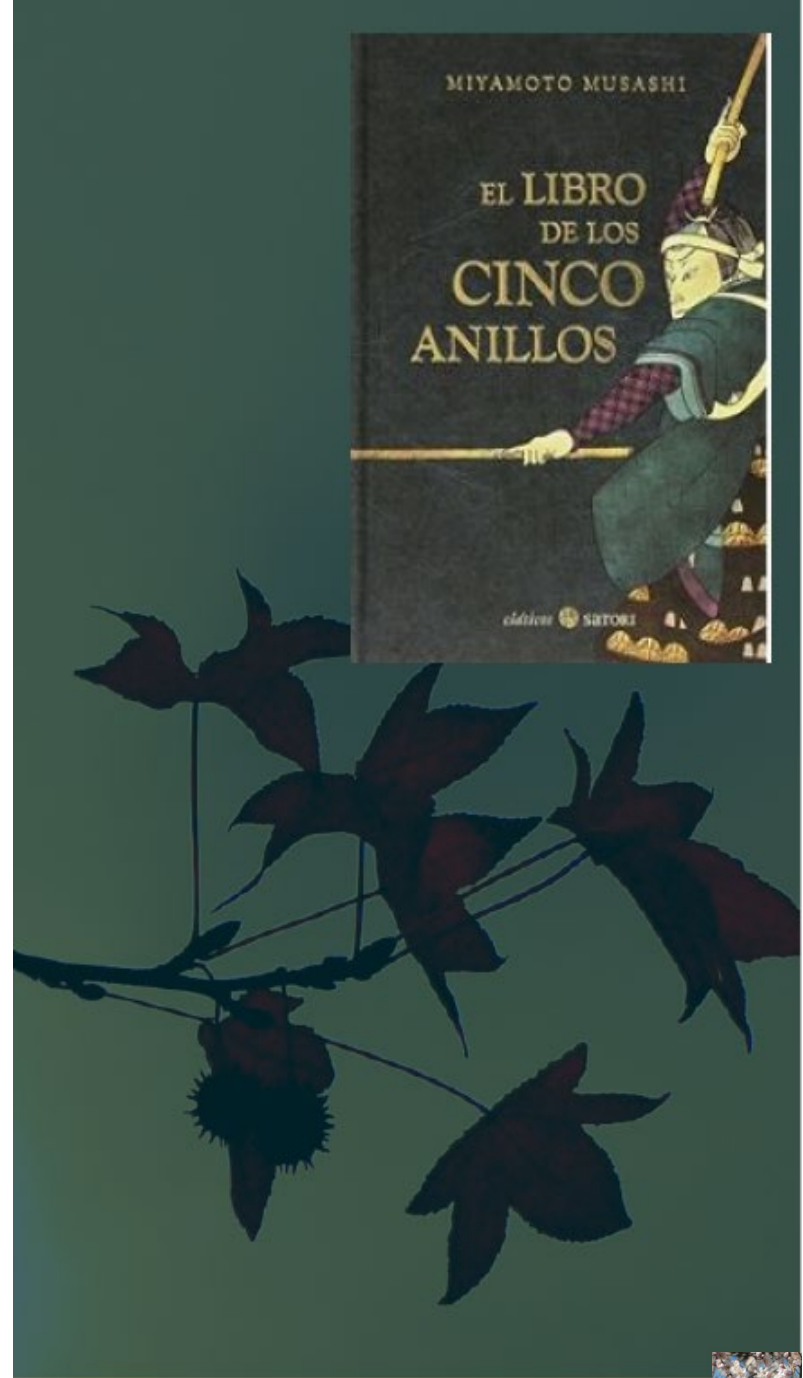
STRENGTH → THE HONOUR CODE OF THE SAMURAIS



Myamoto Musashy

(recommendations when facing a competitor)

- You have to know the opponent
- You must anticipate your movements
- You have to know to take them where you want
- You have to adopt a posture in front of the competitor
- Combat without weapons (high wisdom: fight without fighting)
- You have to be unappealable (resolve the battles definitively)





DISCIPLINE → THE KNOWLEDGE CODE OF THE SAMURAIS



SHOSHIN

apprentice mind+hollow out/fill up

CHA-NO-YU

admiration (respect), purity, balance (harmony)

SATORI

(understand, discover)+koan (dialogue master+disciple)

FEAR

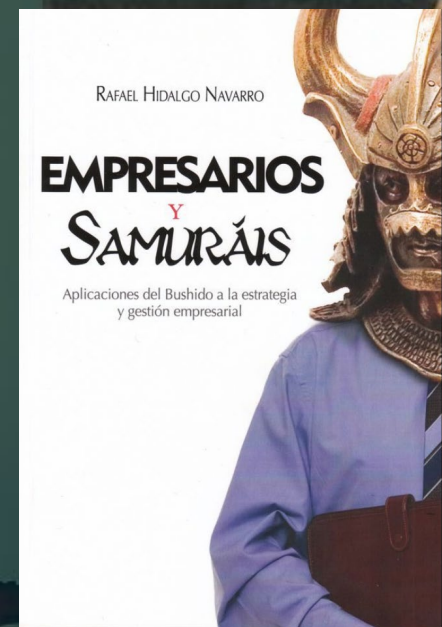
attitudes, opportunities, human race, determined, honorably behaviour

UKEMI WAZA

fall out (risk, pain, defeat, vulnerable)/ perseverance

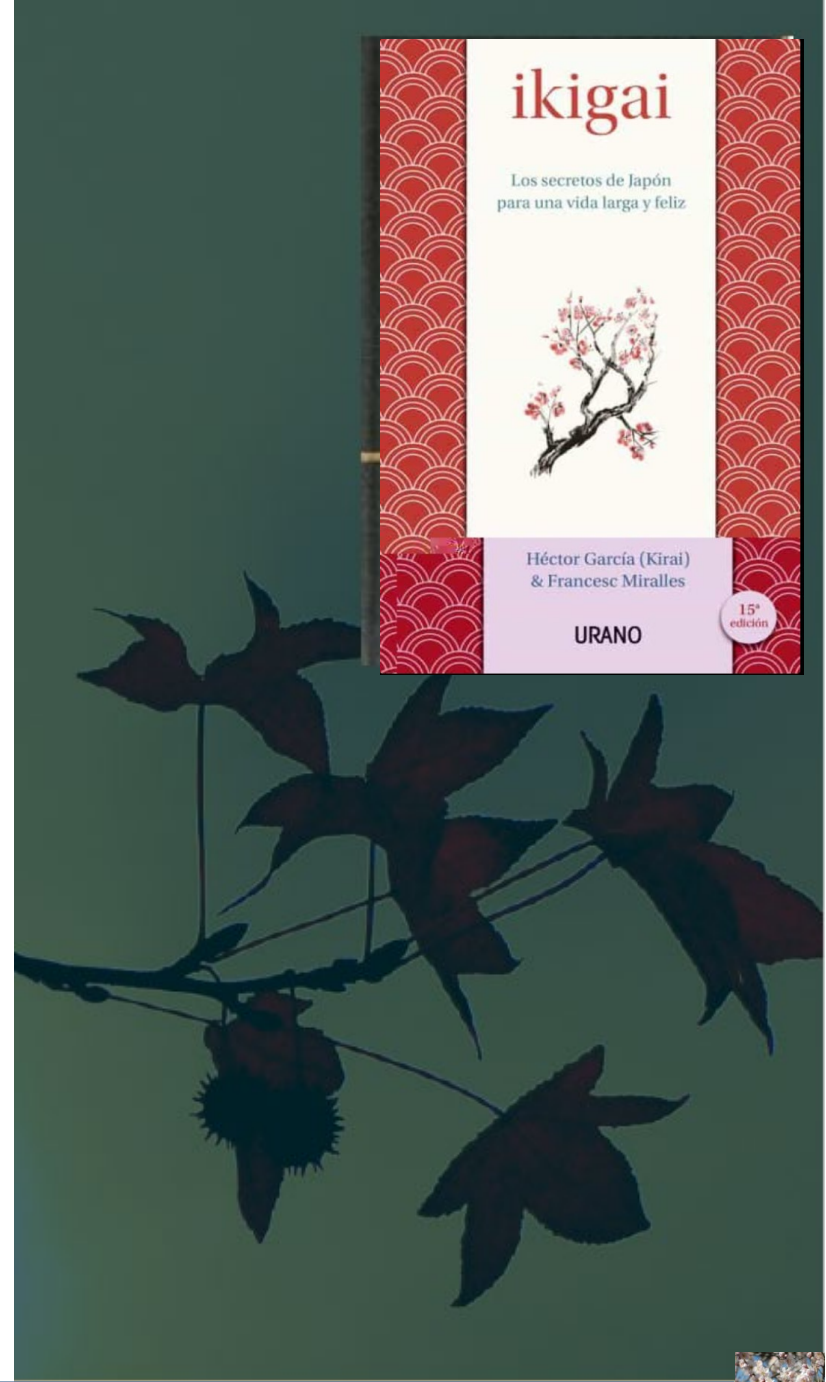
ASSERTIVENESS

kind, mature, tolerant, clear,





RESPECT → THE BEHAVIOR CODE OF THE SAMURAI



Source: translated from <https://ikigaimatsuri.com/ikigai-la-filosofia-de-vida-japonesa/>





Thank you very much

Resilience is the ability to assimilate the events of the day to day and transform it into a life experience and assimilate it as a vital experience by means discipline, strength and respect

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