

## Course Overview 3: Planetary Health in Nagasaki

### 【Course Period】

August 19th (Monday) - August 30th (Friday)

### 【Overview】

In Nagasaki, a place with unique geographical, historical, and cultural features even within Japan, we will deeply explore people's lives, beliefs, efforts towards peace, biodiversity, local communities, traditional crops, and culinary culture through lectures and guided tours. Through the program, we will explore the impact of international migration of people and goods on the lives and cultures of local communities, and gain insights into modern societal challenges such as immigration issues, religious conflicts, and environmental degradation.

### 【Program Structure and Learning Objectives】

For each theme, lectures and field experiences (field trips and practical training) will be conducted. In lectures, participants will learn specialized knowledge and information, while through field experiences (field trips and practical training), they will gain knowledge and experience that cannot be obtained through theory or discussion alone by going on excursions to various places. Through lectures and field experiences, participants' knowledge, interests, and horizons will broaden, enabling them to perceive issues from a more multifaceted perspective. Furthermore, by working and discussing with participants from different backgrounds, teamwork and leadership skills will improve, leading to new discoveries and growth.

### 【Program Structure】

Week 4	2024/8/19	2024/8/20	2024/8/21	2024/8/22	2024/8/23
Morning Tea Session (9:00-10:00)		The History of Nagasaki (Dr. Yamashita Noboru)	Historical Tour of Nagasaki (Dr. VIEIRA AMARO BEBIO, Dr. Maruyama Masazumi)	9:00-11:00 Hidden Christians (Dr. Masuda Ken) 26 Martyrs of Japan (Guided Tour)	9:00-11:00 Regional Community (Dr. Ohta Masahiro)
Moring Session (10:00-12:00)	Orientation (Dr. Moriyasu Taeko)	The History of Nagasaki (Dr. Yamashita Noboru)	Historical Tour of Nagasaki (Dr. VIEIRA AMARO BEBIO, Dr. Maruyama Masazumi)	11:00- Sotome Excursion (Hidden Christians)	Yuki no Ura Excursion
Afternoon Session (13:30-16:30)	Beginner Japanese (Dr. Tada Miyuki)	Nagasaki Museum of History and Culture (Lecture and Guided Tour by Curator)	Class starts at 14:00 The History of Nagasaki as a Port City: Its Origin and Urban Development	Sotome Excursion (Hidden Christians)	Yuki no Ura Excursion
Wrapup Session (17:00-18:00)	Free Conversation	Free Conversation	Group Discussion	Group Discussion	Group Discussion
Stay	Hotel	Hotel	Hotel	Moritaya (5,000 yen)	Hotel
Week 5	2024/8/26	2024/8/27	2024/8/28	2024/8/29	2024/8/30
Morning Tea Session (9:00-10:00)	Free conversation	Free conversation	Shimabara Excursion (Dr. Kamada Eichiro, Dr. Satou Yasuaki)	Group Discussion	Final presentation
Moring Session (10:00-12:00)	Learning about Peace (Dr. Keiko Nakamura)	Traditional Crops and Farming (Dr. Satou Yasuaki)	Shimabara Excursion (Dr. Kamada Eichiro, Dr. Satou Yasuaki)	Review and preparation of final report/presentation by individual students	Final presentation
Afternoon Session (13:30-16:30)	Peace Park Excursion (Dr. Matsumura Masaki)	Local Cuisine (Dr. Moriyasu Taeko)	Shimabara Excursion (Dr. Kamada Eichiro, Dr. Satou Yasuaki)	Review and preparation of final report/presentation by individual students	Recap and Farewell party
Wrapup Session (17:00-18:00)	Group Discussion	Group Discussion	Free Conversation	Free Conversation	
Stay	Hotel	Hotel	Hotel	Hotel	

August 22nd (Thursday) to 23rd (Friday): Visit Sotome and Yukinoura for a two-day, one-night trip.

## 【Lesson Plan】

### ① Beginner Japanese (Dr. Tada Miyuki)

First time Japanese learners will learn Japanese pronunciation (the basis of which are consonant-vowel combinations), how to introduce themselves, and what to say or do when they do not understand something in Japanese.

For students who are already learning Japanese, we will provide learning and guidance based on their skill level.

### ② The History of Nagasaki (Dr. Yamashita Noboru)

We will explore the history of Nagasaki from the end of the shogunate, into the Meiji Restoration, and up to World War II. You will learn unique pieces of Nagasaki's history such as the Dutch Trading Post, relics from the Hidden Christians, and the effect of the atomic bombing, while enhancing your knowledge of Nagasaki's culture and people.

### ③ The History of Nagasaki as a Port City: Its Origin and Urban Development (Dr. VIEIRA AMARO BEBIO)

This lecture will explain the beginnings of the port city Nagasaki and the process of its development into a city. The lesson will cover many aspects of the period: demographics at the time, the conflict and coexistence of different social groups, slave trade/prostitution, how humans lived with the environment/plagues/natural disasters, the establishment and destruction of Christianity, and the origin of Dejima.

### ④ Hidden Christians (Dr. Masuda Ken)

The focus of this lecture will be on the history and life of the "Hidden Christians" in Nagasaki. Participants will learn about Nagasaki's history as a center of Christian culture, as well as the faith and lifestyle of Hidden Christians, and explore the history of their faith, life, and persecution, providing an opportunity to understand their culture and mentalities. Additionally, there are sites such as the Twenty-Six Martyrs Museum in addition to heritage sites and monuments that illustrate the lives and faith of the Hidden Christians. You will visit sites where Hidden Christians secretly conducted missionary activities, as well.

### ⑤ Building Regional Community Using the Natural Environment (Dr. Ohta Masahiro)

In what are known as depopulated areas of Japan, various issues such as deforestation, abandonment of cultivation, and wildlife damage are occurring while areas deal with depopulation and an aging population. Efforts are being made to breath life into these areas through new ways of utilizing natural resources and ecosystems to develop communities.

This course will focus on community development through the utilization of natural resources in shrinking societies.

⑥ Learning about Peace (Dr. Nakamura Keiko)

As an essential foundation for thinking about the path to nuclear disarmament, we will conduct a comprehensive overview of the history and the current situation regarding nuclear weapons. Specifically, we will learn about the characteristics of nuclear weapons, the policies adopted by countries around the world regarding nuclear weapons, and the efforts that have been made and not made in arms control and disarmament.

⑦ Traditional Crops and Farming (Dr. Kamada Eiichiro, Dr. Satou Yasuaki)

In various regions of Japan, food culture has been nurtured based on locally available agricultural, forestry, and marine products. This course aims to understand the unique agriculture and culinary culture of Nagasaki while considering the challenges that arise when trying to preserve them for the next generation. Participants will visit locations related to agriculture in Unzen and take part in hands-on experiences. After, there will be analysis and discussion based on insights gained from these field visits.

⑧ Local Cuisine (Dr. Moriyasu Taeko)

“Dashi” or broth, extracted from sea food, dried mushrooms, and kelp, plays a central role in forming the foundation of Japanese cuisine. In this hands-on lesson, participants will extract dashi from multiple foods, compare the “umami” and flavor of the dashi itself, and cook Japanese dishes that utilize the characteristics of each kind of dashi.



