

# Women Leaders Program to Promote Well-being in Asia

*Nagoya University*

The MEXT Program for  
Leading Graduate Schools



# The power of W (Women × Well-being) will change the future.

## Mission and Aims

### Asian development with a focus on women

Today, when the world is in need of diverse initiatives for the development of sustainable society, women hold the key to Japan's revitalization. Women in Japan are anticipated to make the most of their unique strengths and capabilities to work actively in an increasingly wide range of fields.

Asian countries are multicultural societies in various stages of development. They face a multitude of challenges including poverty, diverse health problems, and gender gaps. To address these challenges—especially issues shared by the food, health and environments, to which women have traditionally made contributions—it is necessary for women in Asia to form networks and partnerships with each other that transcend ethnic origin, nationality and religion.

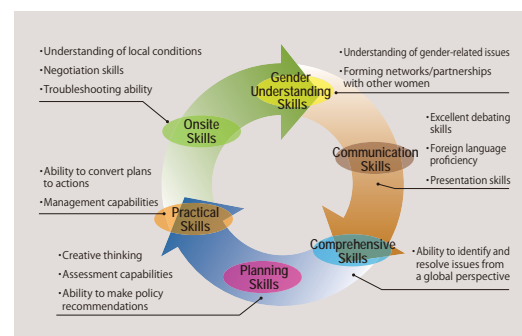
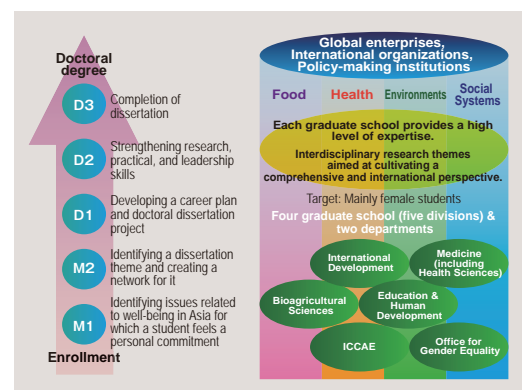
This program offers a wide-ranging curriculum, with a focus on food, health, environments, social systems, and education, which have a deep bearing on challenges in Asia. It aims to foster women leaders with solid expertise, a broad perspective, an international outlook grounded in cross-cultural understanding, and a sense of mission—in short, women who can work effectively in a global context to help realize well-being in Asia.



## Program Overview

### Five-year interdisciplinary program

The program is based on a research and education support structure formed jointly by four graduate schools (five divisions)—International Development, Education and Human Development, Bioagricultural Sciences, and Medicine (including Health Sciences)—together with the International Cooperation Center for Agricultural Education (ICCAE) and the Office for Gender Equality. Lecturers include first-rate researchers in Japan and abroad and world-class experts from international organizations and private corporations. The objective of this five-year interdisciplinary program is to facilitate the acquisition of integrated knowledge—something that is impossible to achieve in a single discipline—and to encourage the acquisition of six core abilities: 1) comprehension of gender-related issues and gender equality, 2) practical skills, 3) onsite skills, 4) planning skills, 5) ability to look at issues from a comprehensive perspective, and 6) communication skills for conveying opinions.



## Program Features and Unique Contribution

### Emphasis on practical education based on collaboration with partner universities and international organizations

It is important for young people to experience other cultures and develop an international outlook and a broad perspective toward interdisciplinary research if they are to gain the ability to address and solve global issues.

This program aims to foster women leaders with the high expertise and clear vision required to achieve well-being in Asia, by offering five years of practical English education that includes lectures and seminars conducted in English, as well as overseas fieldwork and research opportunities offered in collaboration with partner universities, international organizations, and international cooperation organizations in Japan, including the United Nations Children's Fund (UNICEF), the United Nations Population Fund (UNFPA), and the Japan International Cooperation Agency (JICA).



## Support Structure

### Our support continues after program completion

To realize your career aspirations, you may have to overcome different challenges at various stages. At first, you may not know your best career path or you may lack practical experience and information. Later on, you may have difficulty finding positions that commensurate with your expertise and experience. As you near your goal, your challenges may include the need to expand your people network and deal with uncertainties about the future.

Under this program, students benefit from a guidance structure provided jointly by the four graduate schools (five divisions) involved. They also have access to Nagoya University's well regarded mentor system with a solid track record. Support is provided both during and after the program to help optimize students' career development strategies.

## Messages



**Dr. Seichi Matsuo**  
President, Nagoya University

### Our aim is to help develop the next generation of women leaders.

Guided by its "free and vibrant" academic culture, Nagoya University has sent many people who have the potential to play a leading role in various fields of society out into the world.

The Well-being Program is an epoch-making program that promotes gender equality and cultivates global leaders for future generations. We offer international education and research activities in collaboration with leaders from all around the world. Students work diligently together to reach the ultimate goal of promoting "Well-being". I sincerely hope that our students will courageously step forward to open up new horizons.



**Program Manager  
Dr. Masahide Takahashi**  
Trustee & Vice President, Nagoya University

### Developing women leaders who will serve as bridges between Japan and other Asian countries

Asian countries are growing rapidly while maintaining diverse cultural backgrounds. In the near future, Asia will see the emergence of many youths with enormous intellectual curiosity and motivation. I am certain that they will serve as a driving force of Asia's progress. Taking advantage of medical support and health-related studies and investigations that the Graduate School of Medicine has carried out in other Asian countries in the past, we hope to contribute to the development of women leaders with a good understanding of Asia's challenges and the capacity to form partnerships.



**Program Coordinator  
Dr. Hiroko Tsukamura**  
Vice Trustee, Nagoya University  
Professor of the Graduate School of Bioagricultural Sciences  
Director of Gender Equality Office

### Fostering strong and confident women leaders creating the future of Asia

Japan today needs women leaders who recognize the importance of partnering with other Asian countries and have a clear vision for achieving this. This program offers practical education in multiple disciplines in a multicultural environment and is designed to foster global leaders capable of realizing greater well-being in Asia. I look forward to seeing program graduates with the solid expertise and the ability to look at issues from a comprehensive perspective work actively for business corporations, international organizations, and policy-making institutions in order to help change Japan and the world.



Strengthen fundamental understanding of issues academically

## Gender Understanding Skills & Comprehensive Skills

Course | Global Leader 1

A lecture series focused on comprehension of gender-related issues and gender equality, leadership, and diversity, given by guest speakers such as women leaders who have been putting efforts to realize gender equality and lecturers from partner universities in Asia and elsewhere. They focus on such topics as conditions in Japan compared with other countries and strategies needed to realize one's vision and mission. The course also features panel discussions with guest speakers. You can practice making statements in a multinational environment.



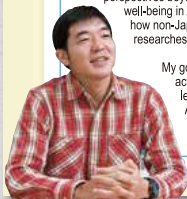
Voice

**My goal is to apply leading-edge research to agriculture in developing countries.**

**Takahiro Kakehashi** | Department of Bioengineering Sciences  
Graduate School of Bioagricultural Sciences

My current research topic is agricultural development in Kenya. Wanting to broaden my perspectives beyond Kenya, I enrolled in this program because of its focus on well-being in Asia. Through the program, I'm learning about diversity such as how non-Japanese students build up their arguments and what their researches mean to them.

My goal is to apply the findings of leading-edge agricultural research to actual places that can benefit from them. As this program includes lectures by personnel of the Japan International Cooperation Agency (JICA) and the Food and Agriculture Organization of the United Nations (FAO), I will take their information into account when deciding on my future direction.



Envision a specific career path and determine your research field, and set future goals

## Gender Understanding Skills & Planning Skills

Course | Global Leader 3

This is a workshop series that lays the groundwork for developing the qualities and capabilities that a global leader should have. Guest speakers are leading members of international organizations such as the United Nations Children's Fund (UNICEF), the United Nations Population Fund (UNFPA), the Food and Agriculture Organization of the United Nations (FAO), and the Japan International Cooperation Agency (JICA). Their lectures focus on various well-being issues, skills needed to work actively in the international arena, and strategies for career development. In addition, guest speakers also provide career counseling to support you in deciding on your research field and setting your future career goals.



Voice

**My theme is poverty and women's higher education. I want to join United Nations in the future.**

**Sarwar Aiza** | Department of International Development  
Graduate School of International Development

I enrolled in this program because I want to eventually help eliminate problems such as poverty and discrimination that women easily fall prey to in Pakistan, where I come from. My research theme is poverty and women's higher education. The guest speakers' lectures have been very helpful. I learned about how people in developed countries are trying to solve poverty and gender issues in developing countries. I was also able to hear firsthand the skills and knowledge needed to work in an international organization. In the future I want to work in a United Nations organization such as UNICEF.



## Multifaceted curriculum for acquiring integrated knowledge and six core abilities

Lectures by guest speakers on the front lines of international organizations, intensive English courses, overseas fieldwork... The program cuts across academic boundaries to offer a curriculum combining multiple disciplines. The goal is to acquire integrated knowledge and six core abilities that global leaders should have.



Voice

**Days filled with doing what I love, research—I'm exploring food-related health risks.**

**Tae Sasakabe** | Department of Preventive Medicine  
Graduate School of Medicine

Specializing in nutritional epidemiology, I research food that causes chronic diseases. This program, which studies food-related issues from an interdisciplinary approach, is exactly right for me. Diabetes mellitus is increasing in Japan and other Asian countries and is a serious issue now. I want to study its causes and the environmental conditions involved. Having to work entirely in English every day is tough but worth it. I can learn a lot from students in other specialties and international students observing religious dietary laws even in Japan, because they have different perspectives and ideas. I've gained new insights for my research through the program.



Program-wide training camp for developing effective planning skills

## Planning Skills & Communication Skills

Course | Special Lecture on Multicultural Societies

This course includes a training camp for program students from all four graduate schools (five divisions). The objective is to deepen cross-cultural understanding, the basis for multicultural coexistence, and simultaneously identify challenges shared by Asian countries. Together with international students who cooperate with the program, students deepen their understanding of multicultural environments and cross-cultural communication through group works and all-student discussions, while simultaneously acquiring integrated knowledge that cuts across research and cultural boundaries.

Students work together to plan workshops and other activities, thereby developing the planning skills necessary in real life. Only English is spoken during the camp as a rule to practice conveying opinions in the international arena.



Voice

**Take advantages of the wide-ranging curriculum, and find out what I want to do in the future.**

**Hitomi Tsukuda** | Department of Educational Sciences  
Graduate School of Education and Human Development

The interdisciplinary classes are a series of surprising discoveries. Ways of thinking and perspectives are so different from graduate school to graduate school. When creating a questionnaire, liberal arts students tend to focus on quality while science and engineering students emphasize quantity. I keenly experienced these differences during the training camp for the Special Lecture on Multicultural Societies. It wasn't easy to come to an agreement on any given themes because of our different cultures and academic backgrounds. I think this mirrors the way it is out in the real world. I want to determine my future career path after participating in overseas fieldwork and internship programs.



Respect differences and learn from each other while developing an interdisciplinary mindset

## Practical Skills & Onsite Skills

Course | Overseas Fieldwork

The purpose of this course is to have students experience multicultural environments in Asian regions while simultaneously acquiring knowledge and abilities to identify issues in a given region and discover why well-being is not achieved there. Students will carry out research in Asian countries such as Vietnam, Indonesia, and the Philippines along selected themes such as religion, natural disasters, and maternal and child healthcare. Students from different specialties and countries will form teams to work together. The objective is to acquire the capacity to identify and tackle issues from a global perspective by developing an interdisciplinary mindset grounded in high-level expertise.

