Women Leaders Program to Promote Well-being in Asia

*Nagoya University*

The MEXT Program for Leading Graduate Schools
Asia is a multicultural region full of vital energy. Despite being confronted with serious problems, such as poverty, various health issues, and gender gaps, Asia’s growth continues to accelerate. Diversity is the driving force of Asian innovation. We learn from Asian development and approach the above-mentioned problems from scientific perspectives. We aim to achieve well-being in Asia through women’s initiative that transcends ethnicity, nationality, religion, and research fields.

### 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 full-time 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 options.

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 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).

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.

### 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.

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’. We sincerely hope that our students will courageously step forward to open up new horizons.

### 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 who 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.

### Support Structure

#### Program Manager

Dr. Makihide Takahashi

Trustee & Vice President, Nagoya University

#### Program Coordinator

Dr. Hiroko Tsukamura

Visiting Trustee, Nagoya University

Professor of the Graduate School of Health Sciences

Director of Gender Equality Office

#### Program Manager

Dr. Seiichi Matsuo

President, Nagoya University

#### Program Coordinator

Dr. Hiroko Tsukamura

Visiting Trustee, Nagoya University

Professor of the Graduate School of Health Sciences

Director of Gender Equality Office

### Messages

**Dr. Seiichi 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’. We sincerely hope that our students will courageously step forward to open up new horizons.

**Dr. Makihide Takahashi**

Trustee & Vice 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’. We sincerely hope that our students will courageously step forward to open up new horizons.

**Dr. Hiroko Tsukamura**

Visiting Trustee, Nagoya University

Professor of the Graduate School of Health Sciences

Director of Gender Equality Office

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’. We sincerely hope that our students will courageously step forward to open up new horizons.

### 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. We look forward to seeing program graduates with the solid expertise and the ability to solve 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.
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 competence, 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 work and abbot 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.

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.

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 world-wide 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.

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

Sarwara Aiza

Department of International Development Graduate School of International Development

My research theme is poverty and women’s higher education. I have worked in Pakistan, where I have been. My research theme is poverty and gender issues in developing countries. I am also able to base this research on attending the United Nations Conference on International Development. I am planning to work in a United Nations organization such as UNICEF.

Sarwara Aiza's research theme is poverty and women’s higher education. She has worked in Pakistan and is looking forward to joining the United Nations in the future to work on issues related to poverty and gender in developing countries. She plans to work for a United Nations organization such as UNICEF.

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 among selected themes such as education, natural disasters, and maternal and child health. 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.

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

Taa Sasakabe

Department of Preventive Medicine Graduate School of Medicine

Ever since I majored in epidemiology, food-related health issues have been a passion of mine. As it turns out, diabetes mellitus is becoming severe in many Asian countries. This program will provide us with an opportunity to work in Japan and other Asian countries for a few weeks, working outside of the lab. I think this program will provide students with opportunities to work in multicultural environments, learning to work and live in English every day.