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My Experience When I Joined LD30 for the First Time

This was my first time attending a conference like LD30. I feel that I gained a lot of experience and new knowledge through this conference. In this reflection, I would like to write about the experiences and two new things I learned. In particular, I have realized the prejudice I had against people from other countries, and the importance of clarifying my thoughts. Overall, I will write about my experiences and what I have learned.

When I started working part-time at a restaurant after entering university, I had several difficult experiences when I served foreigners because I could not understand their language. Before attending the LD30 conference, I had a prejudice against foreigners as being difficult to talk to because of the language barrier. However, when I actually spoke with people from overseas, they were much easier to talk to than I had expected, as they used gestures and simple words to convey their opinions on the discussion topics in a way that was easy to understand even for someone like me who is not very good at English.

It was a good experience because I was able to eliminate my prejudice. By participating in this conference, I was able to learn that language is not the only way to communicate, and that even if people are of different nationalities and do not speak the same language, it does not mean that they cannot communicate with each other at all.

The second new thing I learned was how to clarify my thoughts. I learned this method from the work I did during Devon Anderson's presentation on communication. One of the activities that I enjoyed a lot was expressing my community in colours because I had never thought about my community in such a way, and the activity helped me imagine and visualise my community. After the presentation, I answered the question "What can we do as a community to overcome these challenges?" An action to make a difference for my community is to talk to people in different departments. Through workshops on leadership and positive psychology, I learned that it is important to have diverse perspectives and goals related to those perspectives in order to solve problems.

After attending the conference and thinking for myself about what the theme of this year's conference, "Learning for Change and Action, Making a Difference for the Future," was all about, two ideas emerged. The first idea is to set one's own goals and take action. I got this idea when I took a workshop at the LD30 Conference on leadership and "positive psychology". In this workshop, participants were given the opportunity to share their problems and desires with others. There, I learned that having diverse perspectives on things is very important for problem solving. Before attending this workshop, I had no goals and mostly worked passively. However, after attending this workshop, I feel that I have been able to set goals that match what I need to do and what I want to achieve, and I am now able to tackle things proactively.

The second idea was the importance of actively communicating with others. The catalyst for this is that through the LD30 conference as a whole, I was able to talk not only with Japanese nationals

but also with people from overseas and people of the same generation from other universities. It was through these conversations I was able to gain perspectives and knowledge that I did not have before.

In response to the conference, I would like to discuss future goals and actions. My goal for the future is to broaden my perspective. Specifically, I would like to be conscious of eliminating preconceptions about things and avoiding prejudice and become more accepting of diverse values. As a concrete action, I would like to communicate more actively. This is because I believe that by talking with others, I can gain more knowledge and use that knowledge to broaden my perspective. I would like to work in a welfare-related job in the future, and I believe that I will be involved with people from all walks of life. Therefore, I believe that this broad perspective will help me to empathise with the values and lifestyles of people in various positions and to find solutions that are tailored to each individual. Before participating in this conference, I had not been a proactive learner, but joining the poster presentations by fellow university students, I was inspired by the fact that they had more knowledge than I did, and it made me want to learn more, not only about English, but also other fields of knowledge. This was my first time to participate in such a conference and I was very nervous, but it was a very good experience to increase my motivation for learning.

My hope is that this reflection will encourage readers to think about the prejudices they unconsciously hold and how to eliminate them once they become aware of them.