



Welcome to KOCHI IYEO

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Youth Global Leader Development Forum

KOCHI IYEO (KOCHI International Youth Exchange Organization) is a youth international exchange organization composed of participants in the Cabinet Office's Youth International Exchange Programs.

In Japanese, it is called the Kochi Prefecture Youth International Exchange Organization (KOCHI IYEO). Following the establishment of the Executive Committee in August 2013 for the 30th IYEO National Convention (Kochi Convention) held in Kochi in August 2015, the organization transitioned from a reunion organization to a new system that "**gathers a wide range of young people and conducts youth development activities**," and it continues to evolve day by day.

Participants in the Cabinet Office's Youth International Exchange Programs organize "IYEOs" in their respective prefectures across Japan, conducting youth international exchange activities rooted in their communities. However, organizational management and activities (content, scale, frequency) vary widely. KOCHI IYEO has a membership system, but many activity members are young people and citizen volunteers who are non-members. Both members and non-members participate as KOCHI IYEO staff.

My history with KOCHI IYEO spans nearly 30 years. Summarizing the sources of vitality for the new system since 2013, they can be condensed into the following seven methods :

1. Attractiveness

Young people are attracted to your personal charm rather than your academic background, status, or income.

2. Exploration

Exploring politics, economics, arts, sciences, literature, classics, and religions enhances leadership qualities.

3. Service

Individuals generously use the knowledge gained from their work and hobbies for the benefit of youth.

4. Sharing

Regardless of your role or position, share the **youth-first spirit**.

5. Consistency

Align actions with words from the perspective of international exchange, youth development, and volunteerism.

6. Vegetarianism

Coincidentally, 7 out of 9 board members are vegetarians, with a high level of understanding of minorities.

7. Wisdom

The overwhelmingly motivated and action-oriented president creates activities, and the board members co-create and implement them with flexible wisdom.

The purpose of youth development activities is **to improve character** through internal exchange. International exchange events are merely tools for intercultural exchange. KOCHI IYEO's greatest strength is its ability to rapidly implement a series of activities from a youth-first perspective, creating opportunities for encounters and conversations in a diverse environment (youth × citizens × foreigners), changing behavior from the next day, and making life meaningful.



Vegetarian Cooking Class

The above photo shows a vegetarian cooking class at the Youth Global Leader Development Forum that I was in charge of. To date, we have hosted trainees from over 50 countries, and as part of the preparations, we must obtain dietary restriction information for trainees and staff. Based on this information, we create menu ideas and search for restaurants along the training route. For the "Ship for World Youth" program hosted in February 2024, the training area spread across the entire prefecture, including Muroto, Hata region, Reihoku region, Ochi, and Sakawa. We visited the local areas multiple times to find restaurants that could accommodate us.

The final menu is decided in negotiation with the restaurant manager. Various dietary restrictions include halal for Muslims, vegans who do not consume eggs or dairy products, and vegetarians who do not consume the five pungent roots (leek, onion, garlic, chive, scallion) in Buddhism. These dietary restrictions extend to processed products, so offering desserts or bread containing eggs or dairy products is also not possible.

The meals we have provided in Kochi so far have received fairly high evaluations, which is gratifying as the person responsible for meals. This kind of dietary knowledge is necessary for both those who host homestays and the hosts themselves, so I hope everyone will become familiar with it.

Finally, KOCHI IYEO prioritizes **the speed of decision-making** by leaders and ensures the optimal allocation of personnel from a quality assurance perspective. The spotlighted individuals vary by project, but opportunities are equally provided considering personal enthusiasm and achievements. Ultimately, it is the individual's choice-making ability and determination to carry through that make the most of these opportunities.

Balancing such activities with work and family is not easy, but somehow, there is greater satisfaction and happiness found in KOCHI IYEO's activities.

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