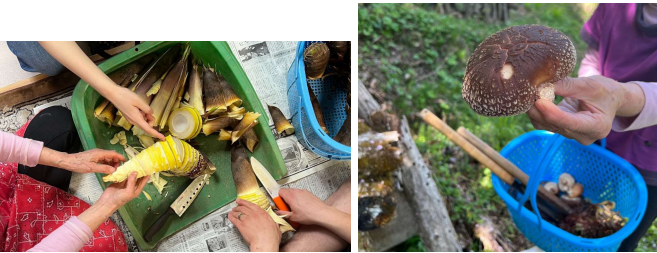


Guideline for SWYAA Annual Country Reports January to December 2023

Report submitted to swyaa@iyeo.or.jp on the 31st of January 2024. The report consists of 21 pages and is compiled by the board of SWYAA Sweden with the generous contribution and help from the Swedish ex-PYs. Contact SWYAA Sweden by sending an email to swyaasweden@gmail.com.


Tick (✓ or ☒) relevant answer/s or write necessary information.

BASIC FACTS	
Basic facts about your country's Alumni Association:	
Country	Sweden
Name of the organization	SWYAA Sweden
Organisational structure	<input type="checkbox"/> Umbrella organization of the government <input checked="" type="checkbox"/> Officially registered <input type="checkbox"/> Voluntary group <input type="checkbox"/> Other ()
Board members (Name/batch)	President: Martina Freiholtz (SWY31) Vice President: Navaratnam Navarajacumaran (SWY) Secretary: Anna Rydborg (SWY26) Treasurer: Alexander Annerberg (SWY31) Board Member: Lisa Bendall (SWY34) Substitute: Kendal Fritzell (SWY34)
Number of members	Total number of ex-PYs: 75 (12 + 11 + 11 + 11 + 8 + 11 + 5 + 6) Active members: 23 Affiliate members: 69 ex-PYs are members in our closed alumni association Facebook group where we share official documents, information from Japan, invitations from the Japanese Embassy, and more. The majority of them follow updates and discussions regularly.
Annual membership fee	<input checked="" type="checkbox"/> Yes → How much? 200 SEK (~2500 JPY) <input type="checkbox"/> No
Basic facts about your country's participation in SWY:	
Which batches has your country participated in?	SWY4, SWY10, SWY18, SWY23, SWY26, SWY31, SWY Online 2022, SWY34
Which institution has conducted the selection process?	<input checked="" type="checkbox"/> Japanese Embassy <input type="checkbox"/> Government <input type="checkbox"/> Youth organization <input type="checkbox"/> SWYAA <input type="checkbox"/> Other ()
Which institution has conducted the pre-departure training?	<input checked="" type="checkbox"/> Japanese Embassy <input type="checkbox"/> Government <input type="checkbox"/> Youth organization <input checked="" type="checkbox"/> SWYAA <input checked="" type="checkbox"/> Other: Swedish Institute
How many days was the pre-departure training?	<input type="checkbox"/> 1 day <input checked="" type="checkbox"/> 2 – 3 days <input type="checkbox"/> 4 – 6 days

	<input type="checkbox"/> Other ()
Communication:	
How does your AA communicate internally with members and externally with non-members?	<input checked="" type="checkbox"/> Website https://swysweden.org/ <input type="checkbox"/> Newsletter <input checked="" type="checkbox"/> Mailing list <input type="checkbox"/> Blog <input checked="" type="checkbox"/> Facebook page https://www.facebook.com/swyaasweden <input checked="" type="checkbox"/> Other Instagram: @swyaasweden
NETWORKING AND COLLABORATIONS WITH JAPAN AND THE GLOBAL COMMUNITY	
Important associates and collaborators?	<input type="checkbox"/> Government sector <input checked="" type="checkbox"/> Japanese Embassy <input type="checkbox"/> Japanese community <input checked="" type="checkbox"/> Other organizations: Swedish Institute
Do you organize events with the Japanese Embassy?	<input checked="" type="checkbox"/> Yes → How often? A couple of times per year → What kind of events? Organizational meetings and training for participant youth <input type="checkbox"/> No
Do you organize events with the Japanese community?	<input type="checkbox"/> Yes → How often? → What kind of events? <input checked="" type="checkbox"/> No
Activities from January to December 2023	
International reunions	
Name of the event	SWY26 Homestay+1
Date of the event	29 th of April - 2 nd of May
Hosting city	Tokyo and Nagano
How many participants? From which countries?	6 participants, 2 from Sweden and 4 from Japan
Please write a summary of the event	<p>Anna Rydborg (SWY26) and her husband went to Japan to stay with SWY JPY Haruka Ohno (SWY26). They stayed in Harukas home in Tokyo one night. The second day, Haruka's family invited Anna and Axel to their grandmother's summerhouse in Nagano. At the summer house the grandmother taught them how to cook a lot of traditional Japanese food. They picked shiitake mushrooms and cooked them, learned how to eat bamboo from scratch, and much more.</p> 



Dinner at grandmother's summer house

Name of the event	SWY26 Reunion
Date of the event	4 th of May
Hosting city	Nagoya
How many participants? From which countries?	9 participants, 2 from Sweden and 7 from Japan
Please write a summary of the event	<p>A SWY26 reunion was held in Nagoya during one day. The participants went to the castle and met some samurai. The SWYers från SWY26 were: Ayaka Ishikawa, Kaori Takahasi, Anna Rydborg (former Edlund), Saori Kato and Miyuki Nagai Saijo.</p> 
Name of the event	Road Trip in Kagawa Prefecture
Date of the event	5-6 th of May
Hosting city	Kagawa prefecture multiple cities
How many participants? From which countries?	4 participants, 2 from Sweden and 2 from Japan
Please write a summary of the event	<p>A roadtrip with Ayaka Ishikawa (SWY26), Anna Rydborg (SWY26) and their husbands Axel and Yusuke. They went to different places in Kagawa prefecture. Ayaka and Yusure planned a lot of activities such as visiting temples, trying different local japanese food, and hiking in nature and botanical gardens. One night they stayed over in a primary school that was newly remade as a hostel in a small mountain village. They cooked local soba noodles in the traditional school kitchen. A wonderful trip to explore a new part of Japan.</p>



Name of the event	Visiting Homestay Family from SWY26
Date of the event	6-7 th of May
Hosting city	Tokushima and Awaji island
How many participants? From which countries?	7 participants, 2 from Sweden and 5 from Japan
Please write a summary of the event	Anna Rydborg (SWY26) visited her homestay family from the program. It's the third time Anna is back in their house. This time the homestay family took Anna, Axel, Ayaka and Yusuke to a dinner place, traditional indigo workshop, a new zen place at Awaji island and an underground temple. It was a pleasure to stay in their house again!



At the indigo workshop wot homestay mom Miki Dejima





At zen place. New experience for everyone including homestay mom.

Name of the event	SWY26 Reunion in Hokkaido
Date of the event	11-14 th of May
Hosting city	Toyoura, Lake Toya, Hakodate, Niseko
How many participants? From which countries?	3 participants, 2 from Sweden and 1 from Japan
Please write a summary of the event	Anna (SWY26) and Axel stayed in Misaki Kimura's (SWY26) home in Toyoura. Misaki had planned a lot and took them to new places every day. They explored Hokkaido around Lake Toya, the volcano museum, onsen, local Japanese food, etc. They also went to Niseko for a zip line adventure and rafting. Anna and Axel learned many new things about Japan and how life can be in Hokkaido compared to other parts of Japan. Very good cultural experience!



Name of the event	SWY26 Reunion
Date of the event	14 th of May
Hosting city	Yokohama
How many participants? From which countries?	9 participants, 2 from Sweden and 7 from Japan
Please write a summary of the event	<p>An evening with SWY26 friends in Yokohama at Irene’s house. Traditional Japanese food making. SWY26 participants: Anna Rydborg, Ayaka Ishikawa, Irene Akiki Iwamoto and Motoko Yokoyama.</p> 

Name of the event	Joint SWY Trip to Slovenia
Date of the event	26-31 st of May
Hosting city	Slovenia
How many participants? From which countries?	2 participants from Sweden and Japan
Please write a summary of the event	<p>Mathilda (SWY31) and Yurie (SWY31) went on a joint trip to Slovenia for a week to experience Slovenian culture. They saw several historical landmarks and art exhibitions.</p>  <p><i>Mathilda and Yurie in front of Predjama Castle</i></p>
Name of the event	SWY26 reunion in Sweden
Date of the event	19 th of June - 2 nd of July
Hosting city	Stockholm, Karlstad, Koppom, Sweden. Copenhagen, Denmark
How many participants? From which countries?	2 participants, 1 from Sweden and 1 from Mexico
Please write a summary of the event	<p>Patricia Lopez (SWY26) and Anna Rydborg (SWY26) met in Stockholm for a few days. Anna took her to some museums, city hall and made her taste some Swedish traditional food. After that, Patricia joined Anna to her hometown Karlstad and to the summerhouse in Koppom, close to Norway. Patricia had the opportunity to join the Swedish midsummer celebration. After that they both went to Copenhagen by train to explore more of the Nordic countries.</p> 

Name of the event	SWY26 reunion in Finland
Date of the event	3-6 th of July
Hosting city	Helsinki, Finland
How many participants? From which countries?	3 participants, 2 from Japan, 1 from Sweden
Please write a summary of the event	<p>Anna Rydborg (SWY26) and Haruka Ohno (SWY26) had a reunion in Helsinki. Haruka's dad also joined. Anna showed them around the city, took them on a boat trip and a short road trip.</p> 
Name of the event	SWY31 Reunion in London
Date of the event	4-5 th of August
Hosting city	London, UK
How many participants? From which countries?	3
Please write a summary of the event	<p>Mathilda, Yurie and Risa from SWY31 met up in London on a trip where all three were in the same city for two days. They went for dinners, art exhibitions and shared post-SWY stories and experiences. Since Risa recently got married to another SWYer (Deech), they also celebrated their marriage through a Japanese restaurant in London.</p> 
	<i>Yurie, Risa, and Mathilda in London</i>


Name of the event	SWY Reunion in London
Date of the event	19 th of August
Hosting city	London, UK
How many participants? From which countries?	3 participants from Sweden, Japan, and Australia
Please write a summary of the event	<p>Mathilda (SWY31, 34) and Yurie (SWY31) met up with Zoe (SWY31) in London at a local pub where Zoe worked for a summer.</p>  <p><i>Yurie, Zoe, and Mathilda in London</i></p>
Name of the event	SWY31 Reunion in Tokyo
Date of the event	2 nd of September
Hosting city	Tokyo
How many participants? From which countries?	12-13 participants from Japan and Sweden
Please write a summary of the event	<p>During Mattis' (SWY31) visit to Japan during the summer, a SWY reunion was arranged. Around 12 JPY attended the reunion at an izakaya in Shibuya where they shared memories, discussed future plans (among others GA in Oman and Sweden) and celebrated SWY friendship! The night ended with Karaoke, Abba, and singing their national anthems together. The following few days Mattis met up with various other JPY for sightseeing, networking and meet-ups across Japan.</p>





SWY34 delegates at the izakaya




Meetup in Japan

Name of the event	Meetup in Toyoura, Japan
Date of the event	2 nd of October
Hosting city	Toyoura, Japan
How many participants? From which countries?	3 participants from Japan and Sweden
Please write a summary of the event	<p>Martina (SWY31) and a friend met up with Misaki (Japan, SWY26). After a visit to Misaki's home in Ōkishi, they went for a hike to the coast (カマナタモイの入江), where they enjoyed a picnic by the ocean, right next to a Shinto grotto. On the way back, they visited Kobo Station, known for being the most secluded train station in Japan.</p> 

Picnic on the shore

Name of the event	SWY31 Reunion in Yoichi
Date of the event	6 th of October
Hosting city	Yoichi, Japan
How many participants? From which countries?	3 participants from Japan and Sweden
Please write a summary of the event	Martina (Sweden, SWY31) and a friend met up with Saori (Japan, SWY31) in Yoichi. Saori shared her experience of working at Yoichi Eco Village, sustainable wine production in the area, and life in Hokkaido.
Name of the event	Norrland Inspired SWY34 Reunion
Date of the event	26 th of October
Hosting city	Stockholm
How many participants? From which countries?	3 participants from Sweden and Japan
Please write a summary of the event	Natsumi, Aurora and Lisa from SWY34 met up in Stockholm. They had dinner at a restaurant with cooking from Norrland (northernmost region of Sweden), and visited an ice bar.
	 <p><i>Dinner at a Norrland inspired restaurant</i></p>  <p><i>Drinks from glasses made of ice</i></p>
Name of the event	Global Assembly in Oman
Date of the event	4-9 th of November

Hosting city	Muscat, Sur, Badiya, Nizwa
How many participants? From which countries?	150 participants from 25 countries 7 participants from Sweden (6 from SWYAA)
Please write a summary of the event	<p>Finally time for GA again! Gigi Lönn (SWY4), Anna Rydborg (SWY26), Axel Rydborg, Martina Freiholtz (SWY31), Mathilda Jansson (SWY31), Peter Gille (SWY31) and Lisa Bendall (SWY34) flew to Oman to meet SWYers and experience Omani culture. For many of the Swedish participants, this was their very first GA. During the trip, they reunited with old friends, made new ones, enjoyed amazing food, and had an overall wonderful experience.</p> 

The Swedish delegation in Muscat

International cultural event	
Name of the event	Swedish-Japanese Evening
Date of the event	15 th of May
Hosting city	Tokyo Ginza
How many participants?	25 participants, mostly from Japan. 2 from Sweden
Please write a summary of the event	<p>Anna Rydborg, Ayaka Ishikawa and Haruka Ohno (all SWY26) organised a Swedish-Japanese cultural night at the social Ginza bar. They welcomed all SWYers that wanted to know more about Sweden, also their friends and future SWY participants. Around 5 different batches attended the event and also some friends of theirs who were interested to join SWY in the future. Anna and Haruka had baked Swedish cookies in Haruka's kitchen earlier that day. There were many more things to taste from both Sweden and Japan. Haruka and Anna's husband Axel had a music session where Haruka sang in Swedish. There were some Swedish games to try and Anna also held a quiz about Sweden. The evening was very successful and the cultural exchange was interesting for everyone.</p>



Some of the participants



Tasting table



Music session



Quiz about Sweden



Last picture with SWY26 participants

National reunions

Name of the event	SWY34 Delegation preparations
Date of the event	5 th of January
Hosting city	Online
How many participants?	9
Please write a summary of the event	The Swedish delegation met online to discuss and prepare for the departure to Japan. Topics covered were packing lists, the National show, any final questions about the program and preparations as well as some rehearsal for the national presentation.
Name of the event	SWY34 Delegation Meetup in Stockholm
Date of the event	13 th of January
Hosting city	Stockholm
How many participants?	9-13
Please write a summary of the event	This day was spent in full with the delegation meeting to discuss the programme and final preparations. The delegation made two key visits during this day; (1) The Embassy of Japan in Stockholm and (2) the Swedish Institute (a public agency responsible for Sweden abroad). The day ended with a joint dinner between SWY34 participants and SWYAA Sweden alumni members.




The Swedish delegation and Mr. Tomoya Tanaka at the Japanese Embassy

Name of the event	SWYAA Reunion in Umeå
Date of the event	27-28 th of January
Hosting city	Umeå
How many participants?	6
Please write a summary of the event	<p>At the end of January, Anna Lind (SWY23), Karolina Leopoldsson (SWY 23), Malin Öhrman (SWY23), Martina Freiholtz (SWY31), and Navaratnam Navarajacumaran (SWY22) travelled north to a snowy Umeå to meet up and celebrate Carolina “Lina” Hawranek’s (SWY26, 31) PhD degree. The day after the PhD party, the SWYers met up for dinner at a local restaurant before parting ways.</p>  <p><i>Doctor Lina</i></p>




Friends enjoying an amazing tapas dinner before parting ways. From the left: Navaratnam, Carolina, Anna, Martina, Karolina, Malin, and Fidde (Carolina's husband)

Name of the event	Hanami in Kungsträdgården
Date of the event	23 rd of April
Hosting city	Stockholm
How many participants?	5
Please write a summary of the event	<p>Aurora (SWY34), Louisa (SWY Online, 34), and a group of friends met up to celebrate Körsbärsblommans dag (day of the cherry blossom, an annual festival) in Stockholm. The Embassy of Japan was present at the festival, so they also met Mr. Tomoya Tanaka from the Embassy.</p> 
Name of the event	Train “Afterwork”
Date of the event	28 th of April
Hosting city	Stockholm, Gohenburg
How many participants?	3
Please write a summary of the event	<p>What to do when your meeting gets cancelled, and you have already booked non-refundable train tickets? You go anyway, of course - and bring friends with you on the return trip if you can. Lisa (SWY34) took a day trip to Stockholm from Gothenburg, and was joined by Aurora (SWY34) and a friend on the trip back. An “Afterwork” is the term used in Sweden for a meetup with friends or colleagues after the workday has ended - usually involving drinks, but only rarely involving trains.</p>



Aurora, friend, and Lisa on a train

Name of the event	SWY34 Programme Feedback and Reflection
Date of the event	9 th of June
Hosting city	Stockholm
How many participants?	9
Please write a summary of the event	<p>Upon the return to Sweden, the delegation ensured to capture programme lessons identified, as well as feedback for the Embassy of Japan and for SWYAA Sweden in order to keep improving the programme. These lessons and reflections were officially shared with the Embassy of Japan in Stockholm during a lunch meeting. After the meeting, the delegation as well as key members of staff at the Embassy went for a joint lunch to get to know each other even better and to further debrief the programme experience. This was all later included in the overall thoughts and preparations for things such as the GA application and other board level improvements.</p>
	<i>SWY 34 post-programme reunion</i>
Name of the event	SWY34 Reunion Picnic
Date of the event	20 th of August
Hosting city	Stockholm
How many participants?	4

<p>Please write a summary of the event</p>	<p>The Swedish delegation from SWY34 arranged a reunion in Stockholm. They enjoyed a picnic in Observatorielunden (a park), and rounded off the day with dinner at a Japanese restaurant in Vasastaden (district in Stockholm).</p>  <p><i>SWY34 delegates at a picnic</i></p>
<p>Name of the event</p>	<p>GA Planning Committee Kick-Off</p>
<p>Date of the event</p>	<p>3rd of October</p>
<p>Hosting city</p>	<p>Online</p>
<p>How many participants?</p>	<p>6</p>
<p>Please write a summary of the event</p>	<p>After the annual member meetup (see “Prominent Activity”) where a planning committee was formed, GA planning could start in earnest. With not much time to spare until the application deadline, efforts were made to put together a schedule. Fortunately, this part was relatively easy due to the previous work done to plan and host “Camp SWY” in 2018.</p>
<p>Name of the event</p>	<p>Member Meeting with GA Focus</p>
<p>Date of the event</p>	<p>17th of December</p>
<p>Hosting city</p>	<p>Online</p>
<p>How many participants?</p>	<p>10</p>
<p>Please write a summary of the event</p>	<p>After a couple of planning meetings with the planning committee,, an invite was sent to all SWYAA Sweden members (as well as ex-PYs in the Facebook group) to participate in a meeting to discuss our application, organization of preparation efforts, and ideas for the event itself. The engagement was high, and the core group got valuable input and insight from the other members.</p>
<p>Receiving ex-SWY participants</p>	
<p>Name of the event</p>	<p>Visit from Japan</p>
<p>Date of the event</p>	<p>17-19th of July</p>
<p>Hosting city</p>	<p>Gothenburg, Lödöse</p>
<p>How many participants?</p>	<p>4</p>
<p>Please write a summary of the event</p>	<p>Wataru (SWY31) and Yu visited Sweden on their honeymoon trip around the world. Mattis (SWY31) and Martina (SWY31) met up with them in Gothenburg, where they had dinner together and walked around</p>

town. They visited Skansen Kronan (a fortress from the late 1600s) and Slottsskogen (“Castle Forest”, a large park).

The guests then went to Martina’s home town, where they stayed a couple of nights. They cooked Japanese curry together, had a Swedish lager (beer) tasting, and went on a forest hike to enjoy nature and pick blueberries.



Yu, Mattis, Martina, and Wataru outside Skansen Kronan, enjoying the view over Gothenburg.

Voluntary (Social Contribution) projects – Post-Program Activities

Name of the event	Kiva.org
Date of the event	1 st of January - 31 st of December
Hosting city	Online
How many ex-PYs involved and how many beneficiaries?	All paying SWYAA Sweden members 4 beneficiaries from Kenya, Ghana, and Uganda
Please write a summary of the event	Every year, part of the budget for SWYAA Sweden is allocated for microloans on Kiva.org (as part of the Ship for World Youth Alumni Association lending team on the platform). The loans this year were aimed towards women-owned businesses, water access, and food production. Nearly half of the 2023 loans have already been paid back, allowing us to put the money into other ventures.
Name of the event	Blood Donation Week 2024
Date of the event	11-17 th of December
Hosting city	Online
How many ex-PYs involved and how many beneficiaries?	~25 ex-PYs participated by donating blood or engaging with social media posts during the event.
Please write a summary of the event	<p><i>“The aim of this SWYAA Volunteer initiative is to spread the spirit of solidarity and humanitarianism worldwide by sharing an invaluable commodity that most people can give.”</i></p> <p>Blood Donation Week is an international effort that aims to promote the importance of donating blood and encourage SWYers to register as blood donors and donate blood. Over the winter holidays, blood banks around the world run especially low - hence why this event takes place late in the year.</p>

Prominent Ex-PY

Carolina Hawranek (SWY23, 31) achieved a PhD in oncology at Umeå University in early 2023.

“Carolina Hawranek has a degree in biomedical science and is a trained journalist at Lund University. For over ten years, she has worked with strategic communication in topics such as health-promoting lifestyles, disease prevention efforts and innovations in life science.

A value-driven ambassador for research, evidence-based management, innovation, healthcare and equal opportunities and anti-discrimination. She believes people excel when working on joint projects with a higher purpose and thrive on new perspectives on implementation, organisational development and applied science projects. 2019 she embarked on her PhD researching genetic factors as preventive risk information for hereditary cancer syndromes.”

Source: www.umu.se

Her PhD thesis, “Someone has to tell them: exploring hereditary cancer risk disclosure in Sweden”, can be found in DiVA portal:

<https://umu.diva-portal.org/smash/record.jsf?language=en&pid=diva2%3A1723198&dswid=-5019>

A big congratulations to our amazing friend, NL, and active member Lina!



*Left: Doctor Carolina Hawranek wearing her doctorian hat
Right: PhD thesis cover*



Anna Rydborg, former Edlund (SWY26), elected as head of *The royal foundation King Gustaf V's 90-year anniversary*.

In April 2023, the royal foundation elected 25 new heads of the foundation. One of the elected persons was Anna Rydborg, who was elected because of her work with culture in the civil society.

Anna is also a board member of the foundation since 2020.

About the foundation:

“The foundation King Gustaf V's 90-year anniversary is a royal foundation for non-profit youth organisations. For 75 years, the foundation has distributed financial support to support, strengthen and develop youth leaders in civil society through projects about leadership training. In connection with King Gustaf V's 90th birthday, a committee

was formed to honour the King on his birthday. Two million kroner were collected and handed over in 1949 to the King, who decided that the money would form the basis of the foundation. The king decided that the foundation would promote the youth's voluntary non-profit activities.”