

Hello, Nice to meet you! I am called **NGANSOP NONO Frédéric Christol, JICA SDGs Global Leader Participant**. Please let me share my story with you!!

- **What was your job in your country and what made you decide to study in Japan?**

Before coming to Japan, I have worked for 10 years in Cameroon as Lecturer and Animal Scientist at the Technical School of Agriculture (TSA) Bambili, which is a training institution under the Ministry of Agriculture and Rural Development (MINADER) and in partnership with the Ministry of Higher Education (MINESUP). I have devoted most of my time to training young people in the field of agricultural entrepreneurship, and more specifically in livestock farming techniques. I have conducted several monitoring and evaluation missions for trainees on internship in agricultural companies (production, processing, and management). On the administrative side, I held the important position of Disciplinary Officer in our institution.

Having worked in the same position for a decade could already become a routine... Maybe it was time for me to change direction and explore new horizons!? I decided to come and study in Japan to complete a doctoral thesis at a renowned university. So, it was about exploring new horizons, specifically in Asia. My studies in India during the year 2023 had also left a positive impression on me. I wondered, why not Japan?

- **Please briefly describe your study at your university & academic matters you are now working on.**

At Hiroshima University, I belong to the Graduate School of Integrated Sciences for Life, Faculty of Applied Biological Sciences. My major is **Animal Histophysiology**. Currently, I am working on the effects of a probiotic microorganism (*Lactobacillus reuteri*) on chickens with emphasis on intestinal environment, growth performance and immune system (health). I am fortunate to have a young academic supervisor (**Prof. TAKAHIRO NII**) who is very caring and highly knowledgeable in research. The research environment and laboratories are well-equipped and supportive for my studies. I had the opportunity to present my first research results at the 133rd conference of the Japanese Society of Animal Science (JSAS), which was held at Gifu University in September 2025.

- **Is there any difference between when you just came to Japan and right now?**

Of course!! Differences, there are always some! From my very first days in Japan in September 2024, I was very surprised by the advanced level of industrialization, the buildings, the railway... The environment seemed completely new to me... Many people wearing nose masks in a very clean environment! People were often not very polite and not noisemaking compared to Cameroonians... The climate shock with my first winter experience was so challenging... The language barrier made a wide gap between some Japanese and me ... But with a bit of adaptation time and especially with multiple training seminars by JICA, the help of my supervisor and my friends, I was able to become someone else, and now I am well connected to my environment...

- **Please describe the best moment in Japan.**

Regarding my best moments in Japan, there are several...

It is always a moment of pride when I participate in the networking conferences organized by JICA quite regularly in Tokyo, where I meet people of different nationalities and backgrounds.

I really enjoyed the last Peace Talk where I was the Guest Speaker in November 2025 in Fukuyama with the assistance of Ms. Kawahara from Hiroshima International Center (HIC). It was an opportunity for me to

discuss with the Japanese the need to work towards maintaining peace in the world, and more specifically in Cameroon.

My active participation at **YOUTH TICAD 9 in Yokohama** in August 2025 was an unforgettable moment, especially since our youth led project Africa-Japan had been selected as one of the best for the future.

- **How often do you interact with local Japanese people during the stay in Japan? If not, would you like to do something, such as participating in an event, attending for local school visit, to interact with local people? If you join the event, attend school visit, you can talk about that as well.**

First, I like to dedicate part of my time to volunteering... In the Chugoku Region, I believe I am already an honorary citizen because I feel comfortable everywhere and the community loves me... In less than two years in the community, I have participated in several visits to **companies** (Matsue-Shimane, Satake-Saijo, Sera Town, Fukutomi Town, Toyosaka Town); **to schools** (Kamo High School, Mihara Elementary School, Aki-fuchu High HS, Okayama-Sonan Junior HS) and **to Hiroshima Shudo University**, where each time I had to present the strengths and opportunities of my country as well as to discuss about other topics of general interest. My participation **in festivals** (Children Festival at Fukuyama, African Saturday and IDEC Open Day at Hiroshima University, Sake Matsuri in Saijo, Higashi-Hiroshima Festa, Hiroshima Flower Festival, Chocolate Festival at HIC) and **in training workshops** (Disaster prevention, road safety, Momiji Manju making, 80th commemorative anniversary of the atomic bomb at Hiroshima...) in the area are genuine opportunities for me to integrate myself and learn about Japanese culture as well as to share my experience.

- **Anything you want to share about you, such as hobby, food, Japanese culture, your country, and/or your life experience unique to your living area.**

I enjoy Japanese foods such as *Soba, Sushi, Gyu Yakiniku*.

My closing message is as follows: Maintain good relationships with your academic supervisor and your lab friends because you spend more time with them, and your academic future depends greatly on it. Alongside this, try to successfully carry out your research work and trust yourselves. Also, enjoy yourselves by having moments of fun and interaction with friends and the community, and practice some sightseeing... Speaking Japanese is very difficult for foreigners. But try to talk with people around you. Why not challenge yourself to learn 1-2 new Japanese words every day?

- **After you graduate, how would like to apply what you learned in Japan to your job? Are you planning to keep in touch with Japanese community/people?**

Japan is my second nationality... How can I complete my studies here and forget about Japan? It is true that upon graduation, my new academic qualification will significantly and positively impact my professional and academic career. As an ambassador of my country Cameroon, I wish to maintain good scientific, technical, cultural, and economic relations with Japan.

- **Message to future JICA participants.**

To new JICA participants, you are highly welcome to Japan. To be selected as JICA scholars is a great opportunity for your life. Do not stay isolated! Grab any opportunities at your corners! Japan has many rules and strict regulations. If you abide those rules and regulations, your stay in Japan will be easy. Stay in connection with your family and friends back home by wisely using social network systems. It seems time flies a lot in Japan... so, manage your time responsibly ... Tchao!!!