

- ・ PRAZO DE INSCRIÇÃO NO BRASIL:
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- ・ EMAIL PARA ENVIO DA INSCRIÇÃO:
jicabr-training@jica.go.jp



Knowledge Co-Creation Program (Group & Region Focus)

General information on
**Policies and Practices in an Aging Society:
Community Based Integrated Approach**
課題別研修
**高齢社会の政策と実践：地域に根ざした包括的アプローチ
JFY 2026**

Course No.: 202514970J001

Course Period in Japan: From November 5, 2026 to November 21, 2026

This information pertains to one of the JICA Knowledge Co-Creation Programs (Group & Region Focus) of the Japan International Cooperation Agency (JICA) implemented as part of the Official Development Assistance of the Government of Japan based on bilateral agreement between both Governments.

JICA Knowledge Co-Creation Program (KCCP)

The Japanese Cabinet released the Development Cooperation Charter in June 2023, which stated, *“In its development cooperation, Japan has maintained the spirit of jointly creating things that suit partner countries while respecting ownership, intentions and intrinsic characteristics of the country concerned based on a field-oriented approach through dialogue and collaboration. It has also maintained the approach of building reciprocal relationships with developing countries in which both sides learn from each other and grow and develop together.”* JICA believes that this ‘Knowledge Co-Creation Program’ will serve as a foundation of mutual learning process.

I. Concept

Background

The older population continues to grow worldwide, and rapid population aging is expected to accelerate, particularly in low- and middle-income countries, in the coming years. While increased life expectancy is a highly desirable achievement, when combined with declining birth rates and shrinking household sizes, it presents a range of challenges affecting healthcare and long-term care systems, employment, social security, and the structure of local communities. In this context, comprehensive institutional and social reforms are needed to build a society in which older people can live with dignity, security, and peace of mind. Japan is one of the countries that has experienced population aging most rapidly and has accumulated valuable experience and lessons through initiatives such as the development of healthcare and long-term care systems and the promotion of community-based integrated care.

For what?

This program aims to: (i) foster participants' perspectives for realizing societies in which older persons and their families can live according to their own values and aspirations; and (ii) strengthen participants' capacity to envision societies responding to population aging and design policies and practical interventions to advance them.

For whom?

This program is offered to Government officials responsible for ageing-related policies at the national or local level, and representatives of key NGOs working in the field of ageing.

How?

Through lectures, interactive discussions, field visits, stakeholder consultations, case studies, participants will deepen their understanding of population aging and age-inclusive policies by reflecting on the knowledge and insights gained throughout the program. As the final output, participants will develop and present a Learning Summary and Action Plan outlining concrete measures to promote an age-inclusive society in their respective countries.

II. Description

1. Title (Course No.)

Policies and Practices in an Aging Society: Community Based Integrated Approach (202514970J001)

2. Course Duration in Japan

November 5 to November 21, 2026

3. Target Regions or Countries

BRAZIL, DOMINICAN REPUBLIC, INDONESIA, KENYA, MALAYSIA, MEXICO, MOLDOVA, PANAMA, SRI LANKA, VIET NAM

4. Eligible / Target Organization

Central government ministries and agencies (such as Ministries of Health and Social Welfare), local governments, and public and private research institutions involved in the formulation and implementation of policies and measures related to population aging and aging societies. Non-governmental organizations (NGOs) and civil society organizations that play important roles in advancing initiatives and practices in this field within participating countries.

5. Capacity

11 participants

6. Language

English

7. Objective(s)

Considering socio-economic, cultural, and institutional differences across countries, participants will gain perspectives for realizing societies in which older persons and their families can live according to their own values and aspirations. They will enhance their ability to envision multi-sectoral responses to population ageing and to design policies and practical interventions to achieve this goal.

8. Output and Contents

This course consists of the following components. Details on each component are given below.

Expected Output	Subjects/Agendas	Methodology
Understand international trends in responding to population aging and the historical development of Japan's policies and measures for an aging society.	The impacts of population aging and global trends in responding to demographic change The history, current status, and challenges of Japan's aging society policies, including healthcare, pension, and long-term care systems	Lectures, Discussions and Feedback Sheet
Understand principles and conceptual framework of community-based integrated care system and community-based implementation of integrated care and policies that promote It	Japan's community-based approaches to supporting older persons, including community-based integrated care, care management, preventive care, dementia-related policies and services, and the use of innovative technologies.	Lectures, Field Visits, Discussions and Feedback Sheet
Based on understanding of current situation and lessons learned from Japan and participating countries, develop vision for age-inclusive society in one's own country that promotes social inclusion and participation of older persons.	Long-term care service providers, healthcare institutions, local governments, and civil society organizations	Exchange of views with stakeholders
	Country analytical reports	Preparation, Presentation, and Discussion
	JICA cooperation projects and case studies	Lectures and Discussions
	Future visions for an age-inclusive society for participating countries	Discussions and Review
		Common Methodology for this output: Feedback Sheet
Analyze current situation, key challenges, and relevant stakeholders in one's own country with regard to promoting social inclusion of older persons and formulate policy and practical action plans to achieve envisioned age-inclusive society.	Learning Summary and Action Plan that consolidates knowledge and insights gained through the program, articulates envisioned future society, and outlines policy and practical actions for realizing that vision.	Preparation, Presentation and Discussion

III. Eligibility and Procedures

1. Expectations to the Applying Organizations

- (1) This course is designed primarily for organizations that intend to address specific issues or problems identified in their operation. Applying organizations are expected to use the program for those specific purposes.
- (2) This course is enriched with contents and facilitation schemes specially developed in collaboration with relevant prominent organizations in Japan. These special features enable the course to meet specific requirements of applying organizations and effectively facilitate them toward solutions for the issues and problems.

2. Nominee Qualifications

Applying organizations are expected to select nominees who meet the following qualifications.

【Remarks】

Gender: Each Organizations is requested to strongly encourage female candidates to apply for the course to accelerate the realization of gender equality and women's empowerment.

(1) Essential Qualifications

- 1) Current Duties: Administrative officials of central ministries or local governments involved in the formulation of policies and measures related to aging society measures. Officials of non-governmental organizations that play an important role in this field.
- 2) Management-level personnel with more than 5 years of experience in the field are preferred. Experience in local communities are more desirable.
- 3) Educational Background: be a graduate of university
- 4) Language Proficiency: have a competent command of spoken and written English proficiency equivalent to TOEFL iBT 100 or above (This workshop includes active participation in discussions, which requires high competence in English. Please attach an official certificate for English ability such as TOEFL, TOEIC etc, if possible)
- 5) Health: must be in good health to participate in the program in Japan. Participant's health and safety should be most respected. Pre-existing conditions ¹and pregnancy may lead to health problems that were not present prior to arriving in Japan due to stress from international travel, changes in climate, and a new living environment. In recent years, regrettable cases have occurred, including the exacerbation of

¹ Pre-existing conditions :Chronic diseases, Conditions currently under treatment and Past illnesses that have resolved.

symptoms after arrival and, in the case of pregnancy, stillbirth. Some participants have also incurred substantial out-of-pocket medical costs. If any of the conditions below may apply, please take a moment to consider whether to participate, and continue after confirming your agreement to the points below.

① Questionnaire

(“QUESTIONNAIRE ON MEDICAL STATUS AND RESTRICTION”)

If any of the following apply, you must state them accurately in the questionnaire, even if they do not affect your current work or daily life.

- a. Chronic diseases (e.g., hypertension, diabetes)
- b. Conditions currently under treatment
- c. Past illnesses that have resolved (including serious conditions affecting the heart, liver, or brain; tuberculosis, etc.)
- d. Pregnancy (for female applicants)

② Medical certificate

Please submit a medical certificate issued by a doctor that your condition is stable and that, from a medical standpoint, there is no problem with your participation in KCCP in Japan.

Applicable cases:

- a. Chronic diseases (e.g., hypertension, diabetes)
- b. Conditions currently under treatment
- c. Past illnesses that have resolved (including serious conditions affecting the heart, liver, or brain; tuberculosis, etc.)

③ Reporting changes

If pregnancy or any health issues are identified after submitting the form, please report them to JICA promptly.

④ Insurance coverage

Medical and additional living expenses related to pregnancy and pre-existing conditions are NOT covered by insurance arranged by JICA. Such costs must be borne entirely by the participant; JICA assumes no liability.

* Please understand that insurance coverage applies only to sudden illness or injury occurring during your stay in Japan.

* Medical expenses in Japan could be a significant financial burden when not covered by insurance.

(2) Recommended Qualifications

- 1) Expectations for the Participants: Those who are counterparts of JICA's cooperation projects may have higher priority than the others.

Please describe your relationship and responsibility related to JICA's cooperation project in the Application Form.

- 2) Gender Equality and Women's Empowerment: JICA seeks more female applicants due to the past records of fewer applications from women. JICA is committed to promoting gender equality and women's empowerment, and provides equal opportunities for all applicants regardless of their sexual orientation or gender identity.

3. Required Documents for Application

(1) Application Form: The Application Form is available at **the JICA overseas office (or the Embassy of Japan)**

* If you have any difficulties/disabilities which require assistance, please specify necessary assistances in the QUESTIONNAIRE ON MEDICAL STATUS RESTRICTION (1-(c)) of the application form. Information will be reviewed and used for reasonable accommodation.

(2) Photocopy of Passport: You should submit it with the application form if you possess your passport which you will carry when entering Japan for this program. If not, you are requested to submit its photocopy as soon as you obtain it.

*The following information should be included in the photocopy:

Name, Date of Birth, Nationality, Sex, Passport Number and Expiry Date

*It is recommended that your passport be valid for more than 6 months after the last day of the program.

(3) English Score Sheet: to be submitted with the application form, if the nominees have any official English examination scores. (e.g., TOEFL, TOEIC, IELTS)

4. Procedures for Application and Selection

(1) Submission of the Application Documents

Closing date for applications: **Please confirm the local deadline with the JICA overseas office (or the Embassy of Japan).**

(All required material must arrive at **JICA Center in Japan** by September 10, 2026)

(2) Selection

Primary screening is conducted at the JICA overseas office (or the embassy of Japan) after receiving official documents from your government. JICA Center will consult with concerned organizations in Japan in the process of final selection. Applying organizations with the best intentions to utilize the opportunity will be highly valued.

The Government of Japan will examine applicants who belong to the military or other military-related organizations and/or who are enlisted in the military, taking into consideration of their duties, positions in the organization and other relevant information in a comprehensive manner to be consistent with the Development Cooperation Charter of Japan.

(3) Notice of Acceptance

The JICA overseas office (or the Embassy of Japan) will notify the results **not later than September 24, 2026.**

5. Additional Document(s) to Be Submitted by Accepted Candidates

Accepted candidates are required to prepare an Inception Report (Please read Annex "Inception Report" for detailed information.) before their departure. The Inception Report should be sent to JICA by October 20, 2026 by e-mail to tictthddoc@jica.go.jp adding the course title and course number **"202514970J001 Policies and Practices in an Aging Society: Community Based Integrated Approach"** in the subject line of your email. The detailed information and instruction on Inception Report will be sent just after notification of acceptance.

6. Conditions for Participation

The participants of KCCP are required

- (1) to strictly observe the course schedule,
- (2) not to change the air ticket (and flight class and flight schedule arranged by JICA) and lodging by the participants themselves,
- (3) to understand that leaving Japan during the course period (to return to home country, etc.) is not allowed (except for programs longer than one year),
- (4) not to bring or invite any family members (except for programs longer than one year),
- (5) to carry out such instructions and abide by such conditions as may be stipulated by both the nominating Government and the Japanese Government in respect of the course,
- (6) to observe the rules and regulations of the program implementing partners to provide the program or establishments,
- (7) not to engage in political activities, or any form of employment for profit,
- (8) to discontinue the program, should the participants violate the Japanese laws or JICA's regulations, or the participants commit illegal or any type of immoral conduct including sexual harassment, or get critical illness or serious injury and be considered unable to continue the course. The participants shall be responsible for paying any cost for treatment of the said health conditions except for the medical care stipulated in (3) of "5. Expenses", "IV. Administrative Arrangements",

- (9) to return the total amount or a part of the expenditure for the KCCP depending on the severity of such violation, should the participants violate the laws and ordinances,
- (10) not to drive a car or motorbike, regardless of an international driving license possessed,
- (11) to observe the rules and regulations at the place of the participants' accommodation, and
- (12) to refund allowances or other benefits paid by JICA in the case of a change in schedule.
- (13) to promptly notify JICA in the case that there are any changes in the health status since the time of application (such as changes requiring medical attention due to illness or discovery of pregnancy).

IV. Administrative Arrangements

1. Organizer (JICA Center in Japan)

(1) **Center:** JICA Tokyo Center (JICA TOKYO)

(2) **Program Officer:** Ms. NAKASONE Kana (tictthddoc@jica.go.jp)

2. Implementing Partner

(1) **Name:** to be decided

3. Travel to Japan

(1) **Air Ticket:** In principle, JICA will arrange an economy-class round-trip ticket between an international airport designated by JICA and Japan.

(2) **Travel Insurance:** Coverage is from time of arrival up to departure in Japan. Thus, traveling time outside Japan (include damaged baggage during the arrival flight to Japan) will not be covered.

4. Accommodation in Japan

Basically, JICA will arrange the following accommodation(s) for the participants in Japan:

JICA Tokyo Center (JICA TOKYO)

Address: 2-49-5 Nishihara, Shibuya-ku, Tokyo 151-0066, Japan

TEL: +81-3-3485-7051

(where “81” is the country code for Japan, and “3” is the local area code)

Please refer to facility guide of JICA TOKYO at its URL, <https://www.jica.go.jp/tokyo/english/office/index.html>

If there is no vacancy at JICA TOKYO, JICA will arrange alternative accommodation(s) for the participants.

5. Expenses

The following expenses in Japan will be provided by JICA

(1) Allowances for meals, living expenses, and stopover.

(2) Expenses for study tours (basically in the form of train tickets).

(3) Medical care for participants who become ill after arriving in Japan (the costs related to pre-existing illness, pregnancy, or dental treatment are not included).

(4) Expenses for program implementation, including materials.

(5) For more details, please see “III. ALLOWANCES” of “KENSU-IN GUIDEBOOK,” (English/French/Spanish/Russian).

*Link to the Website:

https://www.jica.go.jp/english/activities/schemes/tech_pro/acceptance_training/forparticipants.html or

<https://jica-van-cms.jica.go.jp/custom/kccp/kccp01.html>

6. Pre-departure Orientation*

A pre-departure orientation will be held at respective country's JICA office (or the Japanese Embassy), to provide Participants with details on travel to Japan, conditions of the course, and other matters.

*YouTube of "Knowledge Co-Creation Program and Life in Japan" and "Introduction of JICA Center" are viewable from the link below.

Image videos of 'Introduction of JICA Center (YouTube)' show the following information of JICA Centers: Location, Building, Entrance, Reception (Front desk), Lobby, Office, Accommodation (Room), Amenities (Hand dryer), Bathroom (Shower and Toilet), Toiletries, Restaurant, Laundry Room (Washing machine, Iron), ICT Room (Computer for participants), Clinic, Cash dispenser, Gym, Neighborhood

Part I: Knowledge Co-Creation Program and Life in Japan	
English ver.	https://www.youtube.com/watch?v=SLurfKugrEw
French ver.	https://www.youtube.com/watch?v=v2yU9ISYcTY
Spanish ver.	https://www.youtube.com/watch?v=m7l-WIQSDjl
Russian ver.	https://www.youtube.com/watch?v=P7_ujz37AQc
Arabic ver.	https://www.youtube.com/watch?v=1iBQqdpXQb4
Part II: Introduction of JICA Centers in Japan	
JICA Tokyo	https://www.jica.go.jp/tokyo/english/office/index.html

V. Other Information

1. Testimony / Voices from the past participants

©We got the updated global trends overview of aging society. On the other hand, I think each country is unique and each country should have strategies suited to the local contexts. During the course, we had opportunity to share the knowledge from other countries.

©The concept of long-term care and long term health insurance is a new concept we are trying to introduce in our country. And this course is a great opportunity to learn how Japan has established the system over the time. And it's a wonderful learning experience.

©Long Term Care Insurance (LTCI) is not fully implemented in other countries. This course gave us the information about how it is implemented successfully, so as Integrated Community Care System (ICCS).

©It is good to know how we could prevent the future risk in aging societies. We learned both negative and positive opinion about Long Term Care system in Japan. Through this program, I got many ideas to improve my country's Long Term Care strategy.

©Social security system and Long-term care insurance system are essential to achieve universal health coverage. We learned from Japan experiences about social security, pension system and how to fulfill the universal healthcare.

2. Reference Materials You may check the reference materials listed below from the web.

Strongly encouraged for those confirmed to join the course:

(English) Care Managers in Japan: Professional Coordinators to Achieve Aging in Place [Care Managers in Japan: Professional Coordinators to Achieve Aging in Place](#)

(Spanish) Gestores del cuidado en Japón: Coordinadores profesionales para lograr el envejecimiento en el hogar [Gestores del cuidado en Japón: Coordinadores profesionales para lograr el envejecimiento en el hogar](#)

Recommended for those with interests:

【JICA】

- (1) You tube video: [JICA-Net Library] The Challenge of an Aging Society in Asia

(Full version) <https://www.youtube.com/watch?v=UpbH-GZYadg>

(Digest) <https://www.youtube.com/watch?v=LlyEIsUHe5U>

- (2) Long-term Care Insurance in Japan: Understanding the Ideas behind Its Design

https://www.jica.go.jp/english/our_work/thematic_issues/social/c8h0vm0000f4pxgh-att/insurance.pdf

- (3) Community-based Integrated Care in Japan—Suggestions for developing countries from cases in Japan

<https://openjicareport.jica.go.jp/pdf/1000048192.pdf>

- (4) Research on the International Cooperation Projects for Response to Population Aging in Thailand

<https://openjicareport.jica.go.jp/pdf/1000046919.pdf>

【United Nations】

- (5) Madrid International Plan of Action on Ageing (MIPAA)

<https://social.desa.un.org/issues/ageing/madrid-plan-of-action-and-its-implementation-main/madrid-plan-of-action-and-its>

【WHO】

- (6) National programmes for age-friendly cities and communities: A guide

<https://www.who.int/publications/i/item/9789240068698>

- (7) Guidelines on Integrated Care for Older People (ICOPE) (2nd edition)

<https://www.who.int/publications/i/item/9789240103726>

- (8) Long-term care for older people: package for universal health coverage

<https://www.who.int/publications/i/item/9789240086555>

- (9) Connecting generations: planning and implementing interventions for intergenerational contact

<https://www.who.int/publications/i/item/9789240070264>

- (10) Decade of Healthy Ageing: Plan of Action:

<https://www.who.int/publications/m/item/decade-of-healthy-ageing-plan-of-action>

【World Bank】

(11) Silver Opportunity - Building Integrated Services for Older Adults around Primary Health Care

<https://documents1.worldbank.org/curated/en/099025503072337503/pdf/P17583208782960a40bf6804d1758e50f1e.pdf>

【HelpAge International】

(12) Achieving Universal Health Coverage fit for an ageing world (2024 edition)

https://www.helpage.org/wp-content/uploads/2022/12/Achieving-Universal-Health-Coverage-fit-for-an-ageing-world_2024-revision.pdf

For Your Reference

JICA and Capacity Development

Technical cooperation is people-to-people cooperation that supports partner countries in enhancing their comprehensive capacities to address development challenges by their own efforts. Instead of applying Japanese technology per se to partner countries, JICA's technical cooperation provides solutions that best fit their needs by working with people living there. In the process, consideration is given to factors such as their regional characteristics, historical background, and languages. JICA does not limit its technical cooperation to human resources development; it offers multi-tiered assistance that also involves organizational strengthening, policy formulation, and institution building.

Implementation methods of JICA's technical cooperation can be divided into two approaches. One is overseas cooperation by dispatching experts and volunteers in various development sectors to partner countries; the other is domestic cooperation by inviting participants from developing countries to Japan. The latter method is the Knowledge Co-Creation Program, formerly called Training Program, and it is one of the core programs carried out in Japan. By inviting officials from partner countries and with cooperation from domestic partners, the Knowledge Co-Creation Program provides technical knowledge and practical solutions for development issues in participating countries.

The Knowledge Co-Creation Program (Group & Region Focus) has long occupied an important place in JICA operations. About 400 pre-organized courses cover a wide range of professional fields, ranging from education, health, infrastructure, energy, trade and finance, to agriculture, rural development, gender mainstreaming, and environmental protection. A variety of programs is being customized by the different target organizations to address the specific needs, such as policy-making organizations, service provision organizations, as well as research and academic institutions. Some programs are organized to target a certain group of countries with similar developmental challenges.

Japanese Development Experience

Japan, as the first non-Western nation to become a developed country, built itself into a country that is free, peaceful, prosperous and democratic while preserving its tradition. Japan will serve as one of the best examples for our partner countries to follow in their own development.

From engineering technology to production management methods, most of the know-how that has enabled Japan to become what it is today has emanated from a process of adoption and adaptation, of course, has been accompanied by countless failures and errors behind the success stories.

Through Japan's progressive adaptation and application of systems, methods and

technologies from the West in a way that is suited to its own circumstances, Japan has developed a storehouse of knowledge not found elsewhere from unique systems of organization, administration and personnel management to such social systems as the livelihood improvement approach and governmental organization. It is not easy to apply such experiences to other countries where the circumstances differ, but the experiences can provide ideas and clues useful when devising measures to solve problems.

JICA, therefore, would like to invite as many leaders of partner countries as possible to come and visit us, to mingle with the Japanese people, and witness the advantages as well as the disadvantages of Japanese systems, so that integration of their findings might help them reach their developmental objectives.



Contact Information for Inquiries

For inquiries and further information, please contact the JICA overseas office or the Embassy of Japan. Further, address correspondence to:

JICA Tokyo Center (JICA TOKYO)