
令和5年度WSP (ワシントンスプリングプログラム)

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1. WSPプログラム概要

ワシントンスプリングプログラム(WSP)は、2022年2月に新型コロナウイルス感染症の影響で中止していた留学再開のために立ち上げた新たな留学プログラムであり、全学部全学科の1年生から3年生を参加対象としている。

亜細亜大学アメリカプログラム(AUAP)の留学先であるワシントン州の協定大学に、本学の春季休暇期間(2月から3月)中に約7週間派遣し、生きた英語の習得と異文化を学ぶ本学独自の短期留学プログラムである。

アメリカという多種多様な人々が共生する環境での経験を通じて、将来多国籍企業等のダイバーシティの場で協働して価値を創出することのできる人材の育成を目指す。留学先で履修した科目は卒業要件の単位として最大4単位が認定される。

2. WSPの目的及び成果

留学先大学での授業や現地学生との交流などを通じて、

- ①参加者の語学力の向上、
 - ②日本以外の世界の文化を受容し国際社会で活躍すべく異文化理解力・受容力の体得、
 - ③本学の建学精神である「自助協力」を具現化する学生の主体的な取り組みによる自己の再発見・成長、を目的としている。
- また、留学経験及び留学前後の本学ならびに留学先大学での学習で醸成される理解力や応用力を総合的に持ち合わせることで、参加学生がグローバル・ビジネスリテラシーを備えた人材に成長することをプログラムの成果としている。

3. 留学派遣期間

派遣先大学	出国日	帰国日	派遣人数
ウェスタン ワシントン大学 (WWU)	2024/02/03	2024/03/26	22

WELCOME TO WESTERN!

The 22 WSP students arrived at WWU on Saturday, February 3, moved into their rooms, met their roommates and suite mates, got connected to their Wi-Fi, got their student ID cards, and, with the help of their Cultural Ambassadors (Denise & Alesandra), some AUAP students, and some WWU-student volunteers, went on their first shopping trip in Bellingham!



Class highlights

Career Skills

- Introductions
- Ideal career
- Getting to know WWU-student volunteers

English

Communication Skills

- Getting to know WWU-student volunteers
- Ice breakers

Beautiful Bellingham

- Campus tour
- Downtown Bellingham tour
- Sehome Hill walk



Welcome & Orientation Sessions

Students got familiar with the WWU classrooms and computer labs and went on a campus tour and downtown Bellingham tour.





Events and Activities

- Basketball game
- Meet & greet with AUAP students
- Ice skating
- Sehome Hill hike



Welcome Ceremony

Students enjoyed getting to know each other, their Cultural Ambassadors, and some WWU-student classroom volunteers and friends. Then some students went to the WWU Prom!





Classes Begin

Teachers Betsy (English Communication Skills & Beautiful Bellingham) and Tom (Career Skills) have begun working with the students! The students have been experiencing intensive English practice and have already had many WWU-student volunteers help in their classes. They even went on a hike up Sehome hill. They're off to a great start!



WSP CLASSES

Students have settled into their classes and are making great progress in building their English skills and improving their confidence!

Class highlights

Career Skills

- Vocabulary building
- Resume review
- Review videos of job interviews
- Interacting with WWU-student volunteers

English

Communication Skills

- Fluency activities
- Practice using questions
- Interacting with WWU-student volunteers
- Body language and culture

Beautiful Bellingham

- Boulevard Park visit
- Interacting with WWU-student volunteers
- Sehome Village visit
- REI visit
- Dollar Store visit

WSP Experience Class

- Safety
- Transportation & travel policy
- Using meal plans wisely
- Staying healthy
- Meet Birnam Wood Inclusion Assistant

- **Career Skills:** This week students got more chances to interact with WWU student volunteers by discussing topics related to jobs and careers. In one small group activity, students went through a list of different jobs with a WWU student. The purpose of the activity was to build vocabulary related to jobs and careers and also to get students to think about careers that they might be interested in pursuing. Students also learned the terms "skill set," "hard skills," and "people skills" from a PowerPoint presentation prepared by the WWU Career Services Center. They used these terms to discuss skills that they have and then to think about careers in which those skills might be useful. They also finished watching the interview with the executive assistant and listened to more speeches by WWU student volunteers about jobs they've had. In addition, they studied an actual resume made by a WWU employee. They also watched a video example of a good speech and of a bad speech; these speeches were used to review the elements of an effective speech and served to introduce some information about the class project that will include creating a resume, giving a speech, and conducting a mock job interview over Zoom.



Events and Activities

- Weight lifting
- Basketball
- Valentine's Day Party

English Communication Skills: During week 2, the students continued learning about body language and gestures that can help improve their communication skills in the United States. This is particularly helpful for making themselves understood with volunteers in class, and during small talk and interpersonal invitations with other Western students. They also practiced their ability to create and ask questions. They practiced asking point / yes no / either or / WH / open-ended and personalized questions and presented their questions and answers with partners in front of the class. This type of activity will be particularly useful when the students have conversations at their upcoming high school and Japanese language classroom exchanges. The students also learned about the English language concept of “onomatopoeia,” and, in pairs, they completed wonderful colorful cartoons using some of the words. Finally, because it was Valentine’s Day, the students played a Valentine’s Day “bingo” game, watched a video, and discussed the differences between Valentine’s Day in America and Japan.



Beautiful Bellingham: This week was the students’ first full week of classes. The students reviewed the bus routes in and around the Bellingham area, utilizing both the Whatcom Transit Authority’s website and real-time app. They were introduced to a geography website called Seterra, where they played games identifying countries around the world using English names. They examined local maps of Bellingham, Washington State, and other parts of North America. The students also watched videos on experiences and outdoor adventures in Bellingham, as well as the art and cultural events held throughout Whatcom County. Friday was our first field trip. We traveled close to campus to a shopping area and visited a store REI that sells local hiking maps, outdoor apparel, and camping equipment, for any adventures the students might like to enjoy on the weekends. We also visited a Dollar Store that sells very inexpensive school supplies, books and stickers in English, and other items that might be useful during their stay here in the United States.



- **Experience Class:** Students have been learning more about Western and how to get around the area on public transportation. This is important, as the students are already planning to travel on the weekends. We told them that time flies in WSP so planning ahead is important. Another topic we focused on was wellness as a whole, not just physical health. We talked about cultural adjustment and had a visit from the Birnam Wood Inclusion Assistant, who is tasked with helping students transition into the WWU housing and general campus community.



WSP CLASSES

Class highlights

Career Skills

- Vocabulary building
- Resume review
- Review videos of job interviews
- Interacting with WWU-student volunteers

English

Communication Skills

- Practice dialogues for Student Health Center
- Social Emotional Learning concepts
- Interacting with WWU-student volunteers
- Journaling
- Health & Wellness discussion

Beautiful Bellingham

- Fairhaven Village visit
- Interacting with WWU-student volunteers
- Recreation Center visit

Career Skills Class

- Learn about American-style resumes
- Learn about American-style job interviews
- Prepare questions for Yoga Studio visit
- Visit Yoga Studio
- Interacting with WWU-student volunteers

- **Career Skills:** On Tuesday, we reviewed information about the class project. In this project, students will identify a job they are interested in, write a job posting, and create a resume. They will do a job interview with the teacher on Zoom. Finally, they will give a PowerPoint presentation in which they explain the job they are applying for and why they are a good person to fill that position. Also, students reviewed some information about American-style job interviews and discussed some typical questions that are asked in U.S. job interviews. We also prepared for Thursday's visit to a yoga studio by going over the studio's web site and writing questions to ask the owner.
- The big event of the week was a trip to the Bellingham Yoga Collective. This visit featured a tour of the studio along with a chance to meet and talk with the studio owner, Claire Stetina Zurbrugg. Students asked questions related to the career of yoga teacher and also to owning and running a small business. One of the topics we focused on especially was the process of hiring employees, since the job search process is a major focus of this course.
- On Friday, we reviewed information from the interview with Claire; students also had some time to start working on the job posting for the class project.



Events and Activities

- Weight lifting
- Intramural Basketball
- Intramural Soccer
- Rec Center Climbing Wall
- Thrift Store shopping
- IPA meetings
- Boulevard Park visit

English Communication Skills: This week the students worked on problem solving situations in English. The main lessons of the week focused on role-playing the scenario of “going to the doctor.” The students created sentences using health and body vocabulary and with partners learned useful words and phrases for expressing health symptoms to a doctor. They wrote sample dialogues connecting those phrases to themselves, and finally practiced leaving pretend messages on the WWU Student Health Center answering machine describing their symptoms and asking for an appointment. Later in the week, in preparation for Friday’s trip to Fairhaven, the students listened to a short PowerPoint presentation on the social and emotional learning concepts of “wellness and self-care.” Each student was given a small journal and a mindful scavenger hunt to bring with them to Fairhaven. Their weekend homework was to complete a journal entry on the field trip expressing some of the Social Emotional Learning concepts they learned.

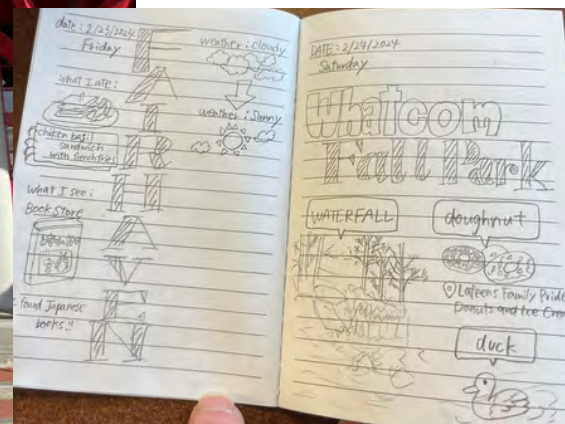
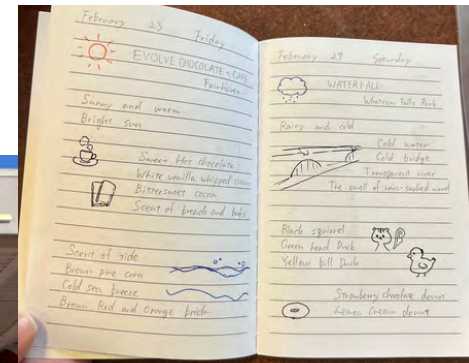


Beautiful Bellingham: Early in their third week, the students continued to work on maps of the local area and larger maps of North America. Most of the students were now able to identify many of the individual states on the map of the United States and learned many of the nicknames for the states. The students also enjoyed informational videos on the history of Bellingham, including the city's role in boat building throughout the 20th century. Bellingham's major industries of fishing, boat building, and forestry were discussed. Midway through the week, the students visited the Wade King Student Recreation Center and were given an introduction to the climbing wall and a bouldering demonstration. Several of the students were brave enough to try climbing the wall themselves. Our Friday field trip this week was to Fairhaven, and everyone walked along Bellingham's iconic Taylor Dock.



WSP CLASSES

Career Skills: Tuesday there was no Career Exploration class because of the trip to Bellingham High School. On Thursday and Friday, students did activities related to the class project. They completed a resume form, based on an actual resume by a WWU employee. They also practiced for the job interview on Zoom—the teacher (Tom) will use typical job interview questions to do a mock job interview with each student.



Class highlights

Career Skills

- Complete resume form
- Prepare for mock job interview
- Interacting with WWU-student volunteers

English

Communication Skills

- Writing formal emails
- Seattle Asian American Film Festival
- Interacting with WWU-student volunteers
- Visit Assistive Technology Center
- Writing "A Day in My Life"

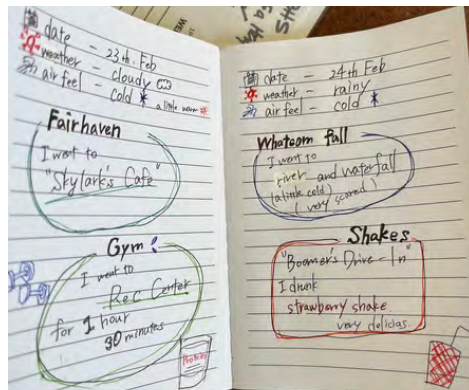
Beautiful Bellingham

- Fairhaven Village visit
- Interacting with WWU-student volunteers
- Recreation Center visit
- Lightcatcher Museum & Old City Hall

Events and Activities

- 3 on 3 Basketball Tournament
- Intramural Soccer
- Bellingham High School visit
- IPA meetings
- Boulevard Park visit
- Watching "Princess Mononoke"

English Communication Skills: English Communication Skills classes continued into the fourth week and included brainstorming work in groups, learning about and practicing writing professional emails. The students also visited the Ershig Assistive Technology Center and were given a presentation on this technology library with its diverse assistive tools and adaptations available to the Bellingham community. Our guide discussed the concept of "universal design" which makes environments accessible to all individuals, with and without disability. The ESL students were familiar with some of the tools including closed captioning and language translation applications. Mid-week the students viewed films online from the current Seattle Asian American Film Festival. The film festival represents Asian American voices, perspectives, and histories elevating the diversity and richness of Asian Americans in and around the Pacific Northwest. The short films ranged from humorous to unique, experimental, and poignantly emotional. Finally, the WSP students continued their journal writing with a reflection on their time at Bellingham HS and with a writing essay homework entitled, "A Day in My Life."



Beautiful Bellingham: A spectacular highlight from the fourth week of classes was undoubtedly the Tuesday visit to Bellingham High School. WSP students joined two beginner Japanese classes at the high school for conversations almost entirely in English. The students prepared questions for the day and showed exceptional leadership initiating and conversing with these younger American students. Two fun activities that day were lunch with their American classmates in a typical high school cafeteria, and some of the new friends enjoyed a pick-up American football game outside after lunch. It was an exceptional and intensive day for the WSP students, speaking English non-stop for almost 4 hours. Friendships were made, emails and social media accounts were exchanged. The week ended with a Friday field trip on the bus to downtown Bellingham and visits to the Lightcatcher and Old City Hall Museums. The students viewed a Native American art installation at the Lightcatcher, and the natural history exhibits in old City Hall included a historic bird taxidermy collection designed in collaboration with the North Cascades Audubon Society.



WSP CLASSES

Career Skills: On Tuesday, all students returned to Bellingham High School for an all-day visit. They met with Mark Wright's Human Geography class, who were mostly freshmen, and then with his Japanese 3-4 students, who were older. Our students met in small groups with Mark's students and talked in English the whole time. Our students also ate lunch in the school cafeteria with the high school students. On Thursday, we went on a tour of the WWU Career Services Center and listened to a presentation by Carissa Bane, one of the career counselors. Carissa went over the different services that the center provides and highlighted different parts of an American-style job search. She also gave some information about the career fair with our students attended the following day. On Friday, our students attended an education career fair. There were representatives from many different schools and school districts. WWU students who want to work in schools were also there, talking to the representatives of schools they were interested in, and our students did the same.

Class highlights

Career Skills

- Career Center visit
- Attend Internship Fair
- Interacting with WWU-student volunteers



English

Communication Skills

- Impromptu speeches
- Interacting with WWU-student volunteers
- Using transition words

Beautiful Bellingham

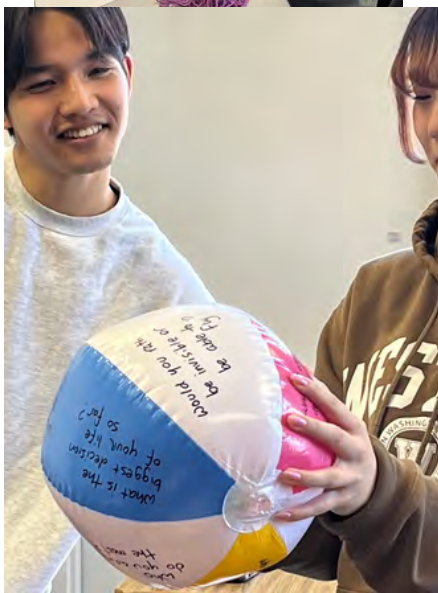
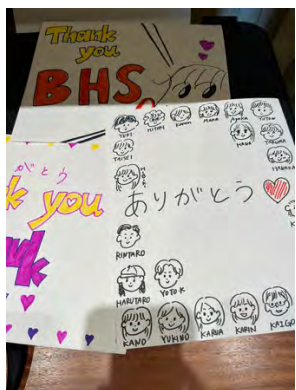
- WWU sculpture walk
- Interacting with WWU-student volunteers
- Reflective speeches about WWU art



Events and Activities

- Intramural basketball
- Intramural Soccer
- Bellingham High School visit #2
- Craft Night
- Seattle Trip

English Communication Skills: Early and mid-week the lessons connected English Communication Skills and Beautiful Bellingham and focused on Public Art around the world, here in the United States, and locally on the WWU campus. The students viewed videos on the public art of Christo and Banksy, as well as discussing the topic of Graffiti – Is it Art or Vandalism? Several of our volunteers helped in both Thursday and Friday classes as the students practiced “impromptu speeches.” We started on Thursday playing impromptu speech games, throwing a beach ball with questions to answer, winding a string around your finger at the same time telling your life story, and playing “Yes And” an improvisational acting exercise. The impromptu speaking continued Friday. Each student individually chose a topic and was given 5 minutes to prepare for a 1-3-minute speech on their topic. Each speech was required to contain an introduction, 2 major points, transition words, and a conclusion. Students were given points for organization, clear and loud speech, body language, looking up from their notes, and creativity. There were some fantastic impromptu speeches on a variety of interesting topics!



Beautiful Bellingham: Week 5 included another great visit to Bellingham High School on Tuesday. Later in the week, the students learned about the extensive art collections here at Western. There are over 30 public art installations on the 215 acres of Western's Bellingham campus. The students read about the art sculptures and then partnered in groups of 3 and 4 to go out on campus and locate the artwork. Each student in the small groups had a particular sculpture to find on campus, and then they answered several reflection questions about their sculpture. The answers to the reflection questions were videotaped by their partners alongside pictures of the art.



WSP CLASSES

Career Skills: On Tuesday, half of the students went to the Bellingham Airport with Dean and the other half went to the Chrysalis Hotel and Spa with Tom. At both locations, students toured the facility and had an opportunity to ask questions of staff members. On Thursday, we reviewed the career fair experience and the trips to the airport and the hotel. We also reviewed vocabulary for the vocabulary test next week and did listening practice to prep for next week's listening test. The listening test will be based on an interview in which an executive assistant talks about her job; students will listen to the interview and answer questions about it. The vocabulary test has words that we have been working with throughout the course. At the end of class on Thursday, we reviewed the final PowerPoint presentation assignment and students had time to plan their slides. On Friday, students had class time to actually make their PowerPoint slides. The teacher and WWU student volunteers helped with grammar.

Class highlights

Career Skills

- Bellingham International Airport visit
- Chrysalis Hotel & Spa visit
- Interacting with WWU-student volunteers

English

Communication Skills

- Go Do Play grammar rules
- Interacting with WWU-student volunteers
- Discussion about sports and collaboration opportunities
- Listening comprehension - sports news
- Prep for final PowerPoint presentations

Beautiful Bellingham

- WWU Makerspace visit
- Interacting with WWU-student volunteers
- Sparks Museum visit
- Downtown Bellingham visit
- Journaling



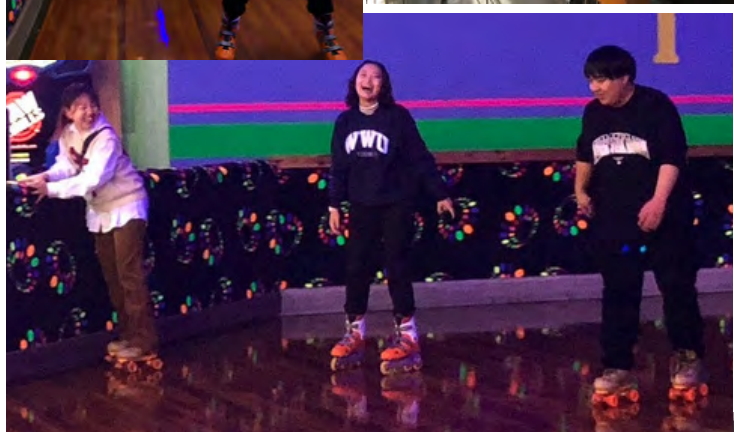
Events and Activities

- Game Night
- Craft and Coloring Night
- Green's Corner - live bluegrass music
- Roller Skating
- TOEIC study session

English Communication Skills: Our skills class this week focused on the topic of sport and exercise in English. The WSP students practiced the GO DO PLAY grammar rules of talking and writing about sports, completing several worksheets. After watching an iconic sport speech by Nelson Mandela and discussing the career of Lance Armstrong, we broke into groups and debated the pros and cons of sport and considered whether “sport can bring people together.” Some of the ideas discussed were fair play, teamwork, mental health, doping, sexism, and racism in sport. The students also practice listening comprehension with two assignments, including a sport radio news report. On Friday, the students were given instructions and the grading rubric for their final oral presentation, “My International Study Abroad Experience at Western.” They started writing outlines for their presentations and speeches. Each presentation will be 4-6 minutes in length and include a 6-8 slide PowerPoint.



Beautiful Bellingham: Our week 6 field trip on Wednesday was a visit to Sparks Science Museum in downtown Bellingham. It was an electrifying trip full of explosions, flashes, and lightning blasts. Several of the students were brave enough to get into the Mega Zapper cage! The museum is described as “Ben Franklin meets Frankenstein, where science meets fun.” The students also had lunch downtown and some walked to see the new waterfront bike and skateboard parks. The students wrote in their journals about the day to reflect on and capture some of the memories. Thursday, we visited the engineering department’s Makerspace with our volunteer Jiana, an engineering major. The space is open to all Western students as a place to manufacture innovative items using multiple technologies and tools like 3-D printers, soldering irons, and a variety of textiles.





Class highlights

Career Skills

- Final listening quiz about job interviews
- Final PowerPoint presentation about Ideal Job
- Interacting with WWU-student volunteers

English

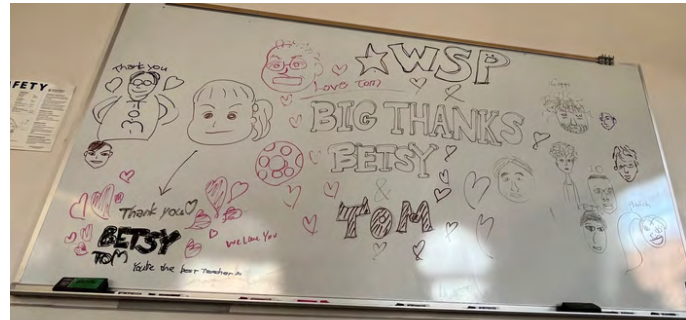
Communication Skills

- Final PowerPoint presentations about their time in America
- Interacting with WWU-student volunteers

Beautiful Bellingham

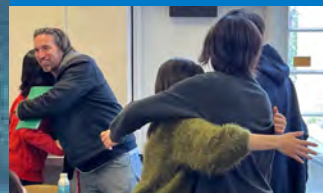
- Question & Answer session about final presentations
- Interacting with WWU-student volunteers
- Final entries into their Bellingham journals

Final Week: Seven weeks has come and gone so quickly and the WSP students will be missed by roommates, suitemates, classroom volunteers, teachers, and WSP staff! We are so proud of the WSP students who filled their seven weeks with English study, travel, challenging themselves in many ways, as well as engaging with the WWU and the local community. We wish all of them the best! And for those of you who made this program possible for these 22 students we express our heartfelt thanks.



WSP CLASSES

Career Skills: This week was devoted to quizzes and presentations. During the program, students have listened to several interviews that the teacher did with various people about their jobs. For example, a physical therapist talked about being a physical therapist, and a high school teacher talked about being a high school teacher. For the listening quiz, they listened to an executive assistant talk about working with her boss (they listened to the same interview several weeks ago) and they answered three comprehension questions about what she said. Students also took a vocabulary quiz, which contained words that were introduced all through the course. Students also gave PowerPoint presentations about their "dream job." They explained the job duties and why they should be hired. For example, one student said, "This job is the best job for me, and I am the best person for this job." This assignment incorporated several assignments that students had worked on during the course, including one assignment to write a job posting for their dream job and another assignment to create an American-style resume. Many students did a good job of using vocabulary that was covered during the course, and as a whole the presentations were fun to listen to. A wide range of careers was represented, including lawyer, stockbroker, flight attendant, comedian manager, and police officer. Students received video feedback on Canvas from their teacher.



Events and Activities

- Bellingham High School visit to WWU
- Farmer's Market
- Closing Ceremony
- Departure Day

English Communication Skills: Our last week of classes was devoted to individual student PowerPoint presentations. We reviewed notes from their previous impromptu speeches and looked again at the grading rubric. Students were reminded to speak loudly and clearly, look up from their notes, use gestures and body language, and practice their speeches as they created well-organized, colorful slide presentations called "My International Study Abroad Experience at Western." The students presented on both Tuesday and Wednesday of the final week. Each presentation was at least 4 minutes in length and included 6 to 8 PowerPoint slides. There was a fantastic variety of favorite experiences, as well as some lovely, poignant reflections on their time in America. So many students spoke about the great friendships they have made, and the beautiful time spent in nature while they have been at Western. It was a wonderful two days of speeches. We were also delighted to receive the students' phenomenal post-program TOIEC scores in the last week.



Beautiful Bellingham: It is hard to believe the Spring 2024 WSP program is almost over. We were incredibly lucky to have beautiful weather for the final weekend and week in Bellingham. We had no field trips this week; the students focused on their final presentations. The Beautiful Bellingham final consisted of question-and-answer discussions about their PowerPoint presentations. The students also made final entries into their Bellingham journals.

