

# 2024年度JICA 海外協力隊 体験プログラム 報告書



長崎大学

UYさん・HKさん・FAさん



# 一連のJOCV の流れ



# JICA体験プログラムとは

---



## ●JICA海外協力隊

1965年に、初めてラオス・カンボジア・マレーシア・フィリピン・ケニアの5カ国に29名を派遣し、今年で60周年を迎えます。

出所：JICA海外協力隊「JICA海外協力隊 派遣開始から60年」

<https://www.jica.go.jp/volunteer/60th/> 最終閲覧日2025.11.06

## ●JICA体験プログラム

目的：

大学生・大学院生に途上国の社会・経済問題について考え、行動する機会を提供することで、国際協力への理解を促進すると共に、将来のJICA海外協力隊への参加を促すこと。

出所：2025年度JICA海外協力隊プログラム募集要項「目的」最終閲覧日2025.11.06

# JICA体験プログラムについて

---

2024年12月

JICA東京のオフィスで2日間の研修

- ・顔合わせとチーム分け
- ・自己開示ワーク
- ・調査書と要請内容の確認
- ・派遣前準備についての研修

2025年2月

3週間の派遣（ガーナor マラウイへ）

- ・現地の言語学習・現地の巡検と体験・クイーンマザーや村の長への挨拶
- ・現地での聞き取り調査・現地の協力隊員とのお話会

2025年3月

帰国後活動報告（オンライン）

- ・派遣後の所感共有
- ・今後についての意思表示
- ・プログラム関係者の方々からの公表



# 派遣前訓練

@JICA東京



現地言語学習

ENGLISH	EWE
My name is ...	Nkor nyee nyɛ ....
I am a student	Sukuvie menyɛ / nusrola menyɛ
I am from Japan	Metso Japan
Thanks /Thank you	Akpe / Akpe nawo
Please	Mede kuku
Yes	ey/ yoo
No	ao (pronounced ah-wo)
I understand	Me se gorme
Sorry	Baba / babanawo
Enough /its ok /Good	Enyo



＜FAさんチームの場合＞

# お世話になった 機関・活動場所

☆ 認定NPO法人ISAPH(カウンターパート)

○ 開発途上国での保健医療協力を実施

○ 栄養改善プロジェクト

(JICA草の根技術協力事業)を実施

○ 政府機関と提携し、村人への啓発のための  
コンテンツを印刷

○ ムジンバ病院・マニャムラヘルスセンターが  
パートナー

☆ マニャムラ

○ 首都リロングウェから車で約6時間！！

○ 村を訪れると温かく迎え入れてくれました





<FAさんチームの例>

## 派遣先での活動. 1

1週目

### 現地調査

- ・ 調査書の要請内容である「低栄養改善」から聞き込み調査  
→「現地のニーズ」「マラウイの状況」「私たちにできることは何か」

2週目

### 企画の組立・企画実施

- ・ 低栄養改善の面から「広報・コミュニケーション」と「衛生」に着目  
→丁寧な手洗い伝授を中心に  
「トイレ評価表」と「自作の手洗いの歌」を実践
- ・ 結果：達成度70%、手洗いの重要性を理解したと答えた村人9割

3週目

### 評価・報告会準備・帰国

- ・ JICA Ghanaでの報告会
- ・ 帰国後報告会（オンライン）



# 派遣先での活動. 2

1週目

## 現地調査

- ・ 調査書の要請内容である「低栄養改善」から聞き込み調査  
→ 「現地のニーズ」 「マラウイの状況」 「私たちにできることは何か」



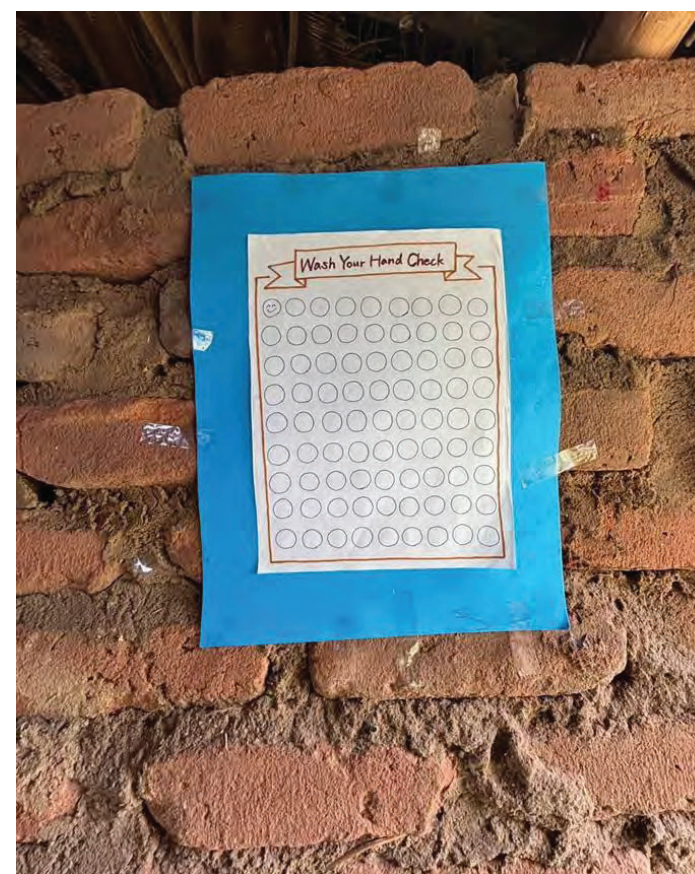


## 派遣先での活動.3

### 2週目

#### 企画の組立・企画実施

- ・低栄養改善の面から「広報・コミュニケーション」と「衛生」に着目  
→丁寧な手洗い伝授を中心に  
「トイレ評価表」と「自作の手洗いの歌」を実践
- ・結果：達成度70%、手洗いの重要性を理解したと答えた村人9割



★再度、訪問した際に手洗いの正しい方法を覚えていた

今後：

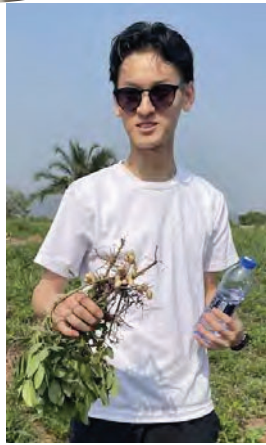
- ・うがいの提案
- ・水資源が限られている  
→「節水」しながら確実に手を洗う方法の伝授



## <HKさんチームの例>

4つのコミュニティをインタビュー

① Sokode Ando → グランナッツ      ② Adaklu Aziedukope → ガリ (キャッサバ)



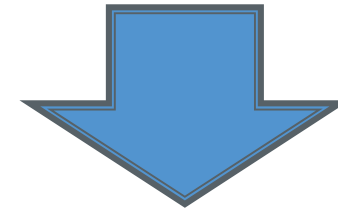


### ③Adaklu Goefe→パームオイル



### 3つの村をインタビューした結果

- ・収入を増やしたい
- ・マーケティングを学びたいという人が多数
- ・他の村との差別化のために別の商品を買りたい



マーケティングが必要なのではないか

<HKさんチーム>

# 提案内容

コミュニティーやマーケットから…



## カリキュラム内容

マーケティング💰  
→収入向上のため

- ・リピーター獲得の方法
- ・販売促進
- ・売上管理
- ・商品拡大

## センターの役割

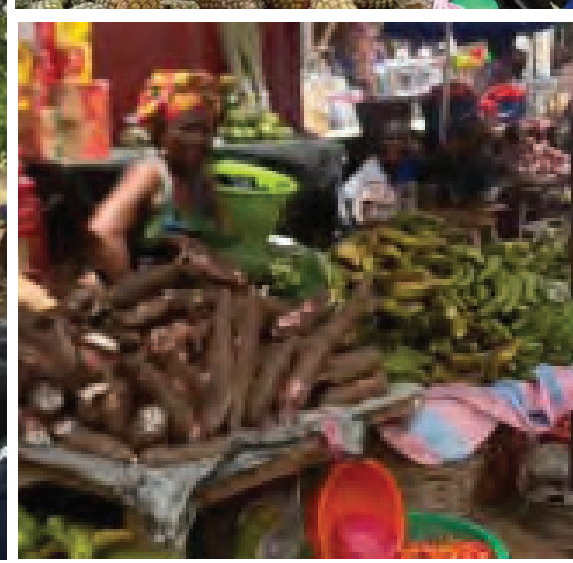
居場所  
→人々を繋げるため

- ・別のコミュニティ同士
- ・同じ状況の人々と
- ・キッズスペース



## <UYさんチームの例>

### ◆コミュニティやマーケットでインタビュー





<UYさんチーム>

# 提言書

JICA  
Japan Overseas Cooperation Volunteers  
Experience Program  
2024

## Report on the Red Team

[Red Team]  
(Hiroshima university)  
(Wakayama university)  
(Nagasaki university)  
(Nagasaki university)

Presented on March 04, 2025

### Table of Content

	1
	1
[Community] Sokode Ando	1
[Community] Adaklu Aziedukope	2
[Community] Adakle Agblefe	2
[Community] Takla	2
[Market] Ho central market	2
Outline	3
Proposal-1	3
Proposal-2	3
Proposal-3	4
Proposal-4	4
	5

- Text Below -

4. To increase the soft skills of youth, women, PWDs including literacy and numeracy, while advocating to break socio-cultural norms and barriers such as early/force marriages through skills development.

And the final goal of the vocational school is as follows.

To establish a center that empowers individuals especially women and youth with market-relevant skills, entrepreneurial knowledge, soft skills, and opportunities to achieve sustainable livelihoods, and contribute to economic growth while eliminating socio-cultural norms and barriers against vulnerable groups

### 3. Survey Report

During our stay, we visited four communities to survey the current standard of living of Ghanaian communities. The following are the results of the study.

#### [Community] Sokode Ando

This community's primary industries revolve around groundnuts and maize, a type of corn. But groundnut production is notably high. Groundnuts are cultivated during the rainy season and harvested for storage in the dry season. Roasted and dried groundnuts can be preserved for over six months and are processed into products such as sugar-coated groundnut snacks, which are sold at local markets. A mixed nut product

available

within the  
y owned.  
seated for  
me from  
ers. Both  
ned farms  
200 adult  
es. Men  
men are  
ed crops  
hores and

d by this  
he despite  
business  
eration, a  
hods and  
a strong  
keting. If  
ority for  
s.

for this  
Gali, a  
cultivated  
f women  
rocessing  
gh market  
ximately  
p income  
ngs vary

mmodates  
in sealed  
for GHC  
f labels is  
a varies  
oss-profit  
ftability  
vor, some  
coconut,  
ufficient,  
the entire  
y, most of  
f fetching  
n.  
hallenges,  
d if they  
to pay for  
e in the  
ness and

2

#### [Community] Adakle Agblefe

This community's primary industries include the cultivation of maize, yam, cassava, and other crops. Among them, we had the opportunity to observe the palm oil production process. Due to Ghana's climate, all production stages must be completed before sunrise to prevent product degradation. The process of making palm oil also yields byproducts such as palm nuts and chaff, which is used as a fire-starting material.

Palm oil is sold at GHC 20 per 500ml and GHC 1,000 per gallon. Palm nuts are sold at GHC 15 per bucket. In the market, palm oil is sold five days a week, with seven bottles (equivalent to GHC 140) sold daily until stock runs out.

As in other communities, there is a clear division of labor: men engage in farming, while women handle product processing, sales, household chores, and childcare. However, most women do not wish for their children to continue working in the community's agricultural sector. They hope to improve their income by learning new crop cultivation and product manufacturing techniques at the SRRED Center.

#### [Community] Takla

Instead of observing the community, we held discussions with local women about gender equality. This community has one female assembly member, which is extremely rare. Even at the national level, the proportion of female representatives in Ghana is very low. When votes are divided along gender lines, women's voices tend to be weaker.

One major barrier to running for office is the financial burden. This woman was able to run because she had a stable income from her own business, giving her more financial flexibility than most women. In reality, only women with financial means can afford to run for office.

In Ghana, cultural norms require women to seek men's permission for many activities, and men often control household finances. These traditions and financial barriers continue to hinder women's social advancement.

#### [Market] Ho central Market

The largest market in Ho operates daily, but officially, the market day occurs every fourth day, attracting a large number of both sellers and buyers throughout the day. While there are some fixed stalls, most vendors set up temporary stalls using mats and umbrellas.

There are male vendors selling items like men's products and ice cream, but the majority of sellers in the market are women. It seems that men are mostly responsible for transporting goods.

Overall, the market offers a wide range of

tr only  
same  
and it  
items  
st sun,  
g the  
sellers  
actions  
ion, or  
rarely  
ague  
e.

ificant  
m, we  
s with

als

ing in

STED  
re and

ablish  
hereby

tools,  
life of  
easing

ents.

fter a  
ducate  
ensure  
etured  
food  
ases.  
ge and  
phase  
proper  
sustain

3

the cleanliness and safety of food products. This phase includes four steps: an introduction, two main sections, and a conclusion. In the introduction, participants will be introduced to the basics of food safety by analyzing real-life scenarios in communities and marketplaces. The first main section will focus on understanding the factors that cause food spoilage and learning various methods to prevent it. The second main section will be conducted as a hands-on workshop where participants will create simple preservatives. Finally, in the conclusion, participants will develop a production plan based on the knowledge acquired during the course.

Phase 2 will take place approximately one to two weeks after the completion of Phase 1. The objective of this phase is to analyze preservation challenges and explore opportunities for new product development. Through continuous practice and reflection, participants will refine their skills and enhance their understanding of sustainable food preservation techniques. By providing both theoretical knowledge and hands-on experience, this course aims to equip participants with the necessary skills to reduce food spoilage and contribute to food security in their communities. Through practical application and repeated learning, the program ensures that participants develop sustainable and effective food preservation methods that can be applied in both daily life and business opportunities.

#### Proposal-2

We propose the implementation of a food sharing system to connect market women with restaurants in Ho. This initiative aims to reduce food waste, enhance market sales, and create economic opportunities for women. By utilizing a dedicated mobile application, we can facilitate efficient food sharing and ensure mutual benefits for both market vendors and restaurant businesses.

The primary objective of this proposal is to establish a system that enables market women to sell surplus or underutilized food products directly to restaurants. This will help increase their income while allowing restaurants to create new value-added products. The challenges faced by market vendors, such as limited employment opportunities, low income levels, and an oversupply of similar products, make it essential to introduce innovative solutions that promote sustainable economic growth.

To support this initiative, we propose conducting workshops at the STED Center. A home economics room will be established, where a Japanese Registered Dietitian will provide training on product development. These workshops will equip participants, particularly those in the restaurant industry, with the knowledge and skills to add value to market products by exploring new preparation methods. This will encourage both market vendors and restaurant workers

to find innovative ways to utilize available food

marketplaces, vendors can protect their products from prolonged sun exposure and reduce food spoilage. Moreover, instead of training community women, the STED Center will focus on unemployed and job-seeking individuals for Golo production. This approach will create new employment opportunities, allowing these individuals to manufacture and sell Golo within communities. At the same time, the use of Golo in markets will help increase product sales, contributing to higher income levels for local vendors. By addressing both food preservation and economic empowerment, this initiative seeks to enhance sustainability and economic resilience in Ghanaian communities.

#### Proposal-4

If agricultural products happen to spoil, instead of discarding them, we propose composting as a way to create new value. Composting is a natural process in which microorganisms break down organic materials, such as vegetables, into nutrient-rich compost. This method transforms spoiled food into a useful resource—fertilizer—rather than letting it go to waste.

In Ghana, fertilizer use remains relatively low, and many farmers depend on chemical fertilizers, a large portion of which are imported. Due to recent global events, the price of these fertilizers has increased significantly, making them less accessible. This situation has created a need for alternative, locally sourced fertilizers that are both affordable and sustainable.

To address this issue, we propose introducing composting training at the STED Center to teach participants how to produce organic fertilizer. This compost can either be sold to farmers as an additional source of income or used directly on farmland to improve soil fertility and boost crop yields. By promoting composting, we can reduce food waste, support sustainable agricultural practices, and enhance economic opportunities for local communities.

### 5. Feedback from GLOWA and JICA

GLOWA suggested that instead of developing food preservation tools from familiar materials in Proposal-1, it might be more beneficial to turn them into entirely new products. Currently, communities produce only one or, at most, a few types of products from each crop. Increasing the variety of products could enhance the value of the crops and lead to higher income.

For Proposal-2 on food sharing, GLOWA pointed out that the focus should be on the community itself rather than the female market vendors. We had not realized that not all market women come from the community—some are wholesalers who buy produce from local farmers. This means that if the target is only market vendors, the solution may not effectively address the issue.

4



5

<FAさん>

## プログラムを終えて

## 1. 学んだこと

### 現地の文化に触れることの重要性

現地の文化（異文化）に触れることは、  
現地の人に寄り添うこと

### 専門知識の重要性

皆さんは「専門分野・専門知識」を  
持っていますか？  
それをどう活かしますか？

### 長期のコミュニケーションの重要性

協力隊員は派遣されて、  
1 か月はティータイムだと聞きました 🍵

### ガーナの分け合う文化の重要性

自分のことだけでなく相手のことまで気遣うことはできますか？



<HKさん>

## 🌀 振り返り 🌀

- 解決のためにチームで何度も議論し、試行錯誤することの楽しさ
- 日本にはないものに触れる楽しさ
- 現地に行かないとわからない課題
- 限られた時間の中で異国の地で活動することの難しさ
- 英語が話せなかったことがとっても悔しい





## <UYさん> 私を感じたこと:コミュニケーションの大切さ









# Akpe!

現地語

