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website
29/3/19

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March 28, 2019

Ms. L.A.Y. Darshani De Silva
Director / TA Division
Department of External Resources
Colombo 1.



Dear Ms. De Silva,

Knowledge Co-creation Programme
Strengthening of Policy on Aging in Asia – Challenges of Aging Societies and Policy Responses (Course No: J-19-04176)

This is to inform you that Japan International Cooperation Agency (JICA) will consider completed applications of qualified participants nominated by the Government of the Democratic Socialist Republic of Sri Lanka for the above Technical Training Course.

The duration of the training course is from **10th ~ 23rd November 2019**.

The participants for the above course should be nominated in accordance with the General Information (GI) regulations. Eight copies of the General Information (GI) booklets are attached for distribution to the relevant authorities.

To further expedite the selection procedures, let us suggest the following institution(s) as below mentioned that are considered as eligible in accordance with the stipulations of the GI.

- **Ministry of Healthcare, Nutrition and Indigenous Medicine**
- **Ministry of Social Welfare and Primary Industries**
- **Social Services Department – (for Provincial Councils)**
- **National Secretariat for Elders**

Please make necessary arrangements to submit duly completed documents to reach JICA Sri Lanka office **on or before 27th May 2019**.

- **Duly filled prescribed Application Form (New Official Application attached)**
- **Copy of the Nominee's English Score Sheet (e.g. TOEFL, TOEIC, IELTS)**
- **Copy of the passport**

In completing the application forms, kindly advise the nominees to use the same name order as given in the passport, where JICA shall issue official documents relevant to visa in the similar order on his/her acceptance by JICA. In case passports are not available at the time of nomination, on receipt of JICA acceptance notification letter, nominees are expected to issue passports in the same name order as mentioned in the training application.

We also note that, handwritten training applications shall not be accepted by JICA at any reason.

In addition, kindly advise the nominating organizations to share the GI Booklets with their nominees for a better understanding of the training requirements, whereas JICA conducts its selection interviews principally based on the contents of the respective GIs.

Thank you.

Yours sincerely,

加藤尚子

Naoko KATO

Project Formulation Advisor

JICA Sri Lanka office

C. C. The Secretary - Ministry of Healthcare, Nutrition and Indigenous Medicine
The Secretary - Ministry of Social Welfare and Primary Industries
Mr. S. Waratani, 1st Secretary, Embassy of Japan
The Director - National Secretariat for Elders



Knowledge Co-Creation Program (Group & Region Focus)

GENERAL INFORMATION ON

Policies and actions responding to aging challenges in Asia

課題別研修「アジア地域における高齢化対策」

JFY 2019

NO. J1904176/ ID. 1984528

Course Period in Japan: From November 10 to November 23, 2019

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

'JICA Knowledge Co-Creation (KCC) Program' as a New Start

In the Development Cooperation Charter which is released from the Japanese Cabinet on February 2015, it is clearly pointed out that *"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."* We believe that this 'Knowledge Co-Creation Program' will serve as a center of mutual learning process.

I. Concept

Background

In Japan, the ratio of elderly people aged 65 or above in the total population was 12.5% in 1990. However, it has been rapidly increasing to 27.7% in 2017 and is expected to grow to 35.3% by 2040.

On the other hand, some Asian countries will experience more rapid aging than Japan had in the past. As for the years required for the doubling of the proportion of elderly people*, which shows the speed of aging, Japan took only 24 years whereas western countries generally took about 40 to 110 years. The fact shows Japan experienced unprecedented speed of aging in the world. However, in Thailand it is estimated to be 20 years. The figure in Sri Lanka is 19 years, and 18 years in Vietnam, which are even shorter than that of Japan. Strategies responding to aging will become important in the near future in countries where currently the young generation makes up most of the population, as life expectancy increases with the improvement of the quality of medical care.

Regarding policies, schemes and laws were developed from time to time considering the situation in Japan, such as the enactment and revision of the Act on Social Welfare for the Elderly and the Act on Assurance of Medical Care for Elderly People along with the achievement of the universal health insurance coverage in 1961, and the introduction of the long-term care insurance scheme in 2000. However, the social system now faces sustainability problems such as, the increase in medical costs of elderly people, a growing number of elderly people requiring long-term care and a shortage of human resources for elderly care.

Asian countries will be facing aging from now on at a stage where the national economy is still developing. There is an urgent necessity to prepare for the provision of medical and welfare services to elderly people, assuring their quality of life and their social participation, by making maximum use of limited resources.

For the above reasons, this training course aims to develop the capacities of government administrators in charge of policy or strategies for aging in Asia, through sharing the experiences and current knowledge in Japan and discussing strategies for aging in the participants' countries.

*" Number of years required for the doubling of the proportion of elderly people":

Number of years required for the percentage of those aged 65 or above in the total population to double from 7% to 14%

For what?

This program aims to strengthen the capacities of government administrators who are responsible for policy formulation on aging in Asian countries.

For whom?

This program is offered to central government organizations which are responsible for aging policies such as social welfare or health. Eligible participants should be central government officials (above the rank of section chief) who are responsible for aging policies and policy formulation and with at least 5 years of policy formulation responsibility and associated policy planning.

How?

This program aims to develop the capacity of government officials in responding to the rapid aging of the population in Asia by sharing Japanese knowledge and experiences. Policies and strategies, such as the strengthening health and long-term care services as well as income security, and the promotion of social participation will be covered in the program. The participants are also required to make the documents summarizing what they have learned through this course as well as the information in their respective countries.

II. Description

1. **Title (J-No.):** Policies and actions responding to aging challenges in Asia (J19-04176)
2. **Course Period in JAPAN:**
November 10 to November 23, 2019
3. **Target Regions or Countries**
Indonesia, Malaysia, Myanmar and Sri Lanka
4. **Eligible /Target Organization**
This program is offered to central government organizations which are responsible for aging policies such as social welfare or health.
5. **Course Capacity (Upper limit of Participants)**
4 participants
6. **Language to be used in this program:** English
7. **Course Objective:**
This program aims at the capacity development of government administrators who are responsible for policy formulation on aging in Asian countries.
8. **Overall Goal**
Through the strengthening of strategies for aging in the targeted country, the quality of life of elderly people is improved.
9. **Expected Module Output and Contents:**
This program consists of the following components. Details on each component are given below:

Expected Module Output	Subjects/Agendas	Methodology
Preliminary Phase	Writing country report	
1. Understand the challenges, priorities and necessary policies under the rapid aging in Japan and Asian countries	(1) Global strategies for aging (including WHO's concept of active aging)	Lecture
	(2) Past and current challenges, priorities and policies in Japan (especially focusing on the basic concepts, service provision, financing and governance)	Lecture

	(3) Sharing participants' countries' experiences (Presentation of each inception report)	Presentation/ Discussion
2. Understand the community-based integrated care in Japan, and discuss the future community care in Asian countries	(1) Strategy of the community-based integrated care in Japan	Lecture
	(2) Practicing the community-based integrated care	Field visits
	(3) Using Japan's experiences in Asian country's context	Lecture/ Discussion
	(4) Exploring the challenges and opportunities in promoting community-based integrated care in each country	Discussion
3. Understand the functional decline of elderly persons and resources to support active aging	(1) Experience how elderly persons are feeling	Exercise
	(2) Physical and cognitive functions of elderly persons and strategies for preventing/mitigating their functional decline	Lecture
	(3) Resources to support preventive activities and long-term care (human resources, built environment, products and technology)	Lecture/ Field visits
	(4) Sharing the experiences and exploring the challenges and opportunities in promoting the active aging in each country	Discussion
4. Analyze the present situation of aging and necessary strategies in each country and summarize it based on knowledge obtained through lectures, exercises, visits and discussions	(1) Key points in developing future strategies for aging in Asian countries and the lessons from Japan	Lecture
	(2) Preparing and sharing the Discussion Note (including the situations that can be expected to occur in the home country in the future, priority issue, future strategies, etc.)	Discussion
	(3) Presentation of discussion note	Presentation

III. Conditions and Procedures for Application

1. Expectations from the Participating Organizations:

- (1) This program is designed primarily for organizations that intend to address specific issues or problems identified in their operation. Participating organizations are expected to use the program for those specific purposes.
- (2) This program is enriched with contents and facilitation schemes specially developed in collaboration with relevant prominent organizations in Japan.

2. Nominee Qualifications:

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

(1) Essential Qualifications

- 1) Current Duties: be central government officials (above the rank of section chief) who are responsible for aging policies and policy formulation
- 2) At least 5 years of policy formulation responsibility and associated policy planning.
- 3) Educational Background: be a graduate of university
- 4) Language: have a competent command of spoken and written English which is equal to TOEFL iBT 100 or more (This workshop includes active participation in discussions, which requires high competence of English ability. Please attach an official certificate for English ability such as TOEFL, TOEIC etc., if possible)
- 5) Health: must be in good health, both physically and mentally, to participate in the Program in Japan. Pregnant applicants are not recommended to apply due to the potential risk of health and life issues of mother and fetus.

(2) Recommendable Qualifications

- 1) **Those who are counterpart of JICA's projects may have higher priority than the others. Please describe your relationship and responsibility related to JICA's project in Application Form.**
- 2) Qualified female candidates are especially encouraged to apply.

3. Required Documents for Application

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

* If you have any difficulties/disabilities which require assistance, please specify necessary assistances in the Medical History(1-(d)) of the application forms. It may allow us (people concerned in this course) to prepare better logistics or

alternatives.

- (2) **Photocopy of passport:** to be submitted 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.

*Photocopy should include the followings:

Name, Date of birth, Nationality, Sex, Passport number and Expire date.

- (3) **Nominee's English Score Sheet:** to be submitted with the application form. If you have any official documentation of English ability. (e.g., TOEFL, TOEIC, IELTS)

4. Procedures for Application and Selection:

(1) Submission of the Application Documents:

Closing date for applications:

Please inquire to the JICA office (or the Embassy of Japan).

(After receiving applications, the JICA office (or the Embassy of Japan) will send them to **the JICA Center in JAPAN** by June 3, 2019)

**Deadline of A2A3 application in
JICA Sri Lanka office is 27/05/2019**

(2) Selection:

After receiving the documents through proper channels from your government, the JICA office (or the embassy of Japan) will conduct screenings, and then forward the documents to the JICA Center in Japan. Selection will be made by the JICA Center in consultation with concerned organizations in Japan. *The applying organization with the best intention to utilize the opportunity of this program will be highly valued in the selection.* Qualifications of applicants who belong to the military or other military-related organizations and/or who are enlisted in the military will be examined by the Government of Japan on a case-by-case basis, consistent with the Development Cooperation Charter of Japan, taking into consideration their duties, positions in the organization, and other relevant information in a comprehensive manner.

(3) Notice of Acceptance

Notification of results will be made by the JICA office (or the Embassy of Japan) **not later than July 26, 2019.**

5. Document to be submitted by accepted candidates:

Inception Report -- to be submitted by October 11, 2019

(For the detailed information, please see the ANNEX "Inception Report")

6. Conditions for Attendance:

- (1) to strictly adhere to the program schedule.
- (2) not to change the program topics.

- (3) not to extend the period of stay in Japan.
- (4) not to be accompanied by family members during the program.
- (5) to return to home countries at the end of the program in accordance with the travel schedule designated by JICA.
- (6) to refrain from engaging in any political activities, or any form of employment for profit or gain.
- (7) to observe Japanese laws and ordinances. If there is any violation of said laws and ordinances, participants may be required to return part or all of the training expenditure depending on the severity of said violation.
- (8) to observe the rules and regulations of the accommodation and not to change the accommodation designated by JICA.

IV. Administrative Arrangements

1. Organizer:

(1) **Name:** JICA TOKYO

(2) **Contact:** Ms. Megumi KATO (tichdop@jica.go.jp)

2. Travel to Japan:

(1) **Air Ticket:** The cost of a round-trip ticket between an international airport designated by JICA and Japan will be borne by JICA.

(2) **Travel Insurance:** Coverage is from time of arrival up to departure from Japan. Thus, traveling time outside Japan will not be covered.

3. Accommodation in Japan:

JICA will arrange the following accommodations 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 FAX: 81-3-3485-7904

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

For amenities etc., please refer to facility guide of TIC at its URL,

https://www.jica.go.jp/tokyo/english/office/c8h0vm00009uld4m-att/facilities_service_guide.pdf

If there is no vacancy at JICA TOKYO, JICA will arrange alternative accommodations for the participants.

4. Expenses:

The following expenses will be provided for the participants by JICA:

(1) Allowances for accommodation, meals, living expenses, outfit, and shipping

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

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

(4) Expenses for program implementation, including materials

For more details, please see "III. ALLOWANCES" of the brochure for participants titled "KENSU-IN GUIDE BOOK", which will be given before departure for Japan.

5. Pre-departure Orientation:

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

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 ASEAN countries.

@We got so much knowledge about the policies for aging in Japan. We learned from Japan about the basic ideas how to build social welfare for the elderly.

@Long Term Care Insurance (LTCI) is not fully implemented in other countries in Asia. 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 of the elderly society. 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.

@Very impressed in simulating as an elderly by wearing some tools. It seems simple simulation but brings big impact to the young generation's mind. It was very touching. We will put the program into the national policy as one of educational activities.

※ You may check the video of "Elderly Simulation" and participants' comments at the URL below; <https://www.youtube.com/watch?v=lr9J3Z2BcEw>



2. Reference Materials

You may check the reference materials listed below from the web.

- (1) Youtube video: [JICA-Net Library] The Challenge of an Aging Society in Asia (Digest)
<https://www.youtube.com/watch?v=ch5nZMiR688>
- (2) Long-term Care Insurance System of Japan
https://www.mhlw.go.jp/english/policy/care-welfare/care-welfare-elderly/dl/lcisi_e.pdf
- (3) Establishing 'the Community-Based Integrated Care System'
https://www.mhlw.go.jp/english/policy/care-welfare/care-welfare-elderly/dl/establish_e.pdf
- (4) World Report on Ageing and Health 2015
<http://www.who.int/ageing/events/world-report-2015-launch/en/>

VI. ANNEX:

※ Only for those accepted

Guideline for Inception Report

- To share the situations of aging society and related measures in each country among the group, you are requested to prepare an Inception Report.
- During the program, each country will be given **15 minutes to present the report, and 10 minutes for questions and answers** at the beginning of the course.
- Please send **the report (PowerPoint or equivalent data, less than 3 MB and without being compressed)** to tichdop@jica.go.jp by **October 11, 2019**. When you send the data via e-mail, **please include course number (J1904176) and the course title (Aging) in the e-mail title.**

【Notes】

- The report and the presentation data should be **typed in English**
- In the presentation, **the focus should be on the challenges related to presenter's areas of work**, not on abstract and general challenges of the country.
- Please prepare **one joint presentation per country**. In case you find any inconvenience in preparing a joint presentation, please let us know in advance.
- Please refer to the attached presentation format (PowerPoint file) too.
- If necessary, extra information can be added. However, the presenter should keep to the time limit.
- If the presenter is working at regional/district level, **the data in the region/district should be presented as much as possible.**
- For the statistical data, WHO website can be referred. (<https://www.who.int/gho/countries/en/>)
- It is advisable to bring an annual report of health or other related issues, statistical reports, relevant policy papers as reference materials.

<Presentation outline>

Slide No		Contents
1	Title slide	Country Report – country's name -
2	Geographical and political features	Map, table, explanation etc. for geographical and political features

3	Demographic structure (population pyramid)	Please show the population pyramid or demographic structure by age group in the latest year available.
4	Predicted demographic structure in 20 years	Please show the population pyramid or demographic structure in 20 years from now (by 2040)
5	Vital statistics	Population growth rate, total fertility rate, the ratio of the population aged 60 and over to the total population, life expectancy at birth, life expectancy at 60 (or any available age), healthy life expectancy at birth and 60 of the latest year available
6	Five leading causes of death	Five leading causes of death in the latest year available
7	Economic Indicators	GNI/GDP/GNP (US \$), GNI/GDP/GNP per capita (US \$), average income, etc. in the latest year available
8	Relevant ministries/ departments of policies for elderly people and their responsibilities	Please list relevant ministries or departments and their responsibilities, and/or show a structure of relevant departments and their roles.
9	Current policies/programs for elderly people	Title of policy/program, contents, ministry/department (division) in charge, target population and number of beneficiaries, etc. (You can list as much as you can and show any local programs related to the policy.)
10	Statistics (database) on elderly persons' condition	Title of statistics/database, brief description of the data (You can list as much as you can)
11	3 priority issues on elderly policy	Description of 3 priority issues concerning the policy for elderly people, the background of the issues, reasons for the selection

For Your Reference

JICA and Capacity Development

The key concept underpinning JICA operations since its establishment in 1974 has been the conviction that “capacity development” is central to the socioeconomic development of any country, regardless of the specific operational scheme one may be undertaking, i.e. expert assignments, development projects, development study projects, training programs, JOCV programs, etc.

Within this wide range of programs, Training Programs have long occupied an important place in JICA operations. Conducted in Japan, they provide partner countries with opportunities to acquire practical knowledge accumulated in Japanese society. Participants dispatched by partner countries might find useful knowledge and re-create their own knowledge for enhancement of their own capacity or that of the organization and society to which they belong.

About 460 pre-organized programs 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 are being customized to address the specific needs of different target organizations, 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 was the first non-Western country to successfully modernize its society and industrialize its economy. At the core of this process, which started more than 140 years ago, was the “*adopt and adapt*” concept by which a wide range of appropriate skills and knowledge have been imported from developed countries; these skills and knowledge have been adapted and/or improved using local skills, knowledge and initiatives. They finally became internalized in Japanese society to suit its local needs and conditions.

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 this “*adoption and adaptation*” process, which, of course, has been accompanied by countless failures and errors behind the success stories. We presume that such experiences, both successful and unsuccessful, will be useful to our partners who are trying to address the challenges currently faced by developing countries.

However, it is rather challenging to share with our partners this whole body of Japan’s developmental experience. This difficulty has to do, in part, with the challenge of explaining a body of “tacit knowledge,” a type of knowledge that cannot fully be expressed in words or numbers. Adding to this difficulty are the social and cultural systems of Japan that vastly differ from those of other Western industrialized countries, and hence still remain unfamiliar to many partner countries. Simply stated, coming to Japan might be one way of overcoming such a cultural gap.

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.



CORRESPONDENCE

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

JICA Tokyo Center (JICA TOKYO)

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

TEL: +81-3-3485-7051 FAX: +81-3-3485-7904