

# ZEN ZEMI 2024

**Date: Friday, August 9<sup>th</sup>, 2024**

**Place: Student Communication Station**

**Eligibility : all HU Students**

**Fee : Free. Bring your own lunch**

**Get to know other students and explore how culture impact us via group work, Zazen and Japanese cultural experience. Join us for this special experience!**

[News and Events](#)

ZEN  
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APPLY!

## Notice

- ★ If oversubscribed, 20 participants will be selected by lottery while ensuring the cultural diversity of participants. Participants will be confirmed on July 22 and notified by email.
- ★ This program includes Zazen (seated Zen meditation), but this is NOT a religious event. Students from all kinds of background are welcome.
- ★ This program is held in English, and Japanese interpretation is offered as needed.

**Application Deadline: July 21, 2024**

*Hosted by Student Advice & Counseling Center, Hokkaido University*



# HU Student Advice & Counseling Center International Student Counseling Office presents ZEN ZEMI 2024

## 北海道大学学生相談総合センター留学生相談室主催 ゼンゼミ2024

予定表		Schedule
9:30	集合	Meeting place
9:30-9:45	導入	Opening
9:45-11:00	グループワーク <sub>1</sub> : 知り合う	Group Work 1: Icebreakers
11:00-11:20	休憩	Break
11:20-12:30	グループワーク <sub>2</sub> : チーム作り	Group Work 2: Team-building
12:30-13:30	昼食	Lunch
13:30-14:30	シミュレーションゲーム	Simulation Game
14:30-14:50	休憩	Break
14:50-16:20	坐禅・日本文化体験	Zazen & Japanese Cultural Experience
16:20-17:00	振り返り	Reflection
17:00	解散	End

日時 8月9日9:30AM

場所 学生交流ステーション214

※時間になると始めます。

持ち物 お弁当

坐禅講師 吉村源吾  
(興禅寺住職)

茶道講師 吉村敦子

問合せ [inq@sacc.hokudai.ac.jp](mailto:inq@sacc.hokudai.ac.jp)

Date August 9<sup>th</sup> at 9:30AM

Place Student Communication Station 214

※We will start on time.

Items to Bring Please bring your own lunch

Zen Master : Gengo Yoshimura  
(Abbot of Kozenji Temple)

Japanese Tea Ceremony Teacher :  
Atsuko Yoshimura

Inquiry [inq@sacc.hokudai.ac.jp](mailto:inq@sacc.hokudai.ac.jp)

