

ZEN ZEMI 2025

One Day Cross-
Cultural Workshop

Date: Monday, November 10th, 2025

Place: Clark Memorial Student Center 3F

Japanese style room

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!

ZEN
禅

APPLY!



Notice

- ★ If oversubscribed, 20 participants will be selected by lottery while ensuring the cultural diversity of participants. Participants will be confirmed before the end of October 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: October 26th, 2025

Hosted by Student Advice & Counseling Center, Hokkaido University

HU Student Advice & Counseling Center International Student Counseling Office presents ZEN ZEMI 2025

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2025

Date: Nov. 10th at 9:30AM

Place: Clark Memorial Student Center 3F
Japanese style room

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

日時：11月10日9:30AM

場所：クラーク会館3F 和室

持ち物：お弁当

坐禅講師：芳村元悟
(興禅寺住職)

茶道講師：芳村敦子

問合せ：
inq@sacc.hokudai.ac.jp

	Schedule	予定表
9:30	Meet at Clak Memorial Student Center 3F Japanese style room	クラーク会館 3F和室集合
9:30-9:45	Opening	導入
9:45-11:00	Group Work 1: Icebreakers	グループワーク1：知り合う
11:00-11:10	Break	休憩
11:10-12:20	Group Work 2: Team-building	グループワーク2：チーム作り
12:20-13:20	Lunch	昼食
13:20-14:20	Simulation Game	シミュレーションゲーム
14:20-14:40	Break	休憩
14:40-16:10	Zazen & Japanese Cultural Experience	坐禅・日本文化体験
16:10-16:50	Reflection	振り返り
17:00	End	解散

