Agency nurtured through relationships with and support from people around me

Misaki Araki
from Fukui Prefectural Wakasa High School, Japan

My Hometown

Takahama Town
Rural area
10,000 people

• The number of tourists is decreasing.

The local economy is declining.

I moved to Takahama when I was 6 years old.

People who live in Takahama Town welcomed us warmly, so I came to love them.

I am really disappointed to see Takahama Town is becoming deserted.

Wakasa High School has a class where students explore their inquiries as a research project.
In the class, the town hall staff explained that in old days, Takahama town was filled with the sounds of “geta”, the Japanese wooden clogs, all the time because there were many tourists throughout the year.

Today, this is not the case.

My theme is local revitalization.

Agency can be a small seed at the beginning, but it grows in time through various experiences.

Better health \times Tourism

I learned about my hometown.

With a town hall staff

An institution where people grow herbs

A book about health tourism

The idea of connecting health and tourism was developed more than one thousand years ago.

How I came up with the innovative idea

- Social science class → depopulation in rural areas
- Home economics class → nutrition and health

Knowledge such as key concepts and big ideas help us to connect dots and create new knowledge.

Meeting people outside school helped me to enrich my thoughts.
I researched the interest by age groups.

40s and 50s
Interested in health issues

20s
Interested in fashions

Teachers are necessary
Teaching, advising
Encouraging

I was able to think out of box.

I have enjoyed my inquiry-based learning, but it is also really tough.

I faced many difficulties
- It took more than two months to come up with the idea of health tourism.
- I had to think how we can attract more visitors to Takahama through health tourism.

No textbooks, no teachers had the answers.

I didn’t give up thanks to my grown agency, my strong will and belief that I want to make a change.

People helped grow my self-efficacy by acknowledging my efforts.

In conclusion

“Agency” does not have to be something big.
It can be a small step but it’s a real action for our common goods, our common future.
Don’t just think but act.

AAR cycle helps us to grow agency.
I hope to welcome you in Takahama with my tour plan.

Thank you!!