

Agency nurtured through relationships with and support from people around me

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My Hometown

Takahama Town  
Rural area  
10,000 people

2

• The number of tourist is decreasing.

The local economy is declining.

Year	観光客数 (Tourists)	海水浴客数 (Swimmers)
H15	700	400
H16	750	450
H17	800	500
H18	850	550
H19	900	600
H20	950	650
H21	1000	700
H22	1050	750
H23	1100	800
H24	1150	850
H25	1200	900
H26	1150	850
H27	1100	800
H28	1050	750
H29	1000	700
H30	950	650

3

I moved to Takahama when I was 6 years old.

4

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.

5

Wakasa High School has a class where students explore their inquiries as a research project.

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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.

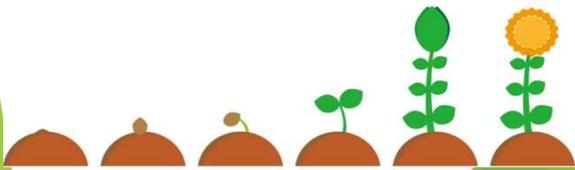


geta

My theme is local revitalization.

7

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



8

Better health × Tourism

I learned about my hometown.



With a town hall staff

An institution where people grow herbs

ヘルスツーリズム  
による  
地方創生

西村典秀

健康増進がビジネスを創造し、地域活性化にもつながる。いま注目を集めるヘルスツーリズムが手に取るようにわかる1冊。

A book about health tourism

9



×

"Toji."

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

10

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.

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Meeting people outside school helped me to enrich my thoughts.



12

I researched the interest by age groups.



40s and 50s  
Interested in health issues

20s  
Interested in fashions

13

Teachers are necessary

Teaching, advising



Encouraging



I was able to think out of box.

14

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



15

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.

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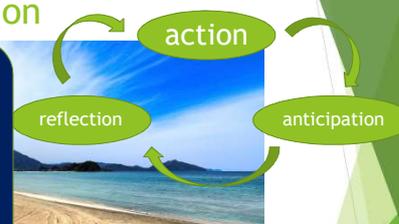
I didn't give up thanks to my grown agency, my strong will and belief that I want to make a change.



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

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In conclusion

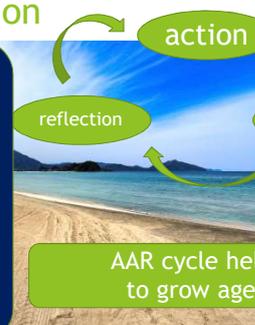


"Agency" does not have to be something big.

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.



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