



March 17th, 2023

GAKU Pte. Ltd.

Harrow International School Appi Japan

SEGA Corporation

Japan eSports Union

Harrow International School Appi Japan to host their first GAKU GAMES



After success at [Jinseki International School](#), CEO of GAKU Ptd. Ltd. (GAKU), Sayo Okamoto launched another esports program in Iwate. GAKU has collaborated with Harrow International School Appi Japan, providing a full boarding international education located in Iwate Prefecture, to host a new initiative called the "GAKU Games". The program has been tailored by GAKU to support the values and culture of the Harrow schools. The objective of the program is to educate and empower young students in the world of future technologies and esports as it incorporates nutritional, mental, physical and digital health classes to support students to create a balanced and active lifestyle, even with the increased use of technology in our current lives. The head organizers from Harrow International School Appi Japan were Amy Liversidge and Rachel Chicken. GAKU has co-organized this event with SEGA. SEGA was led by Masaru Igarashi as he shared his in-depth knowledge of the world of esports. The Japan Esports Union, Swatch, and Montblanc had kindly agreed to support the games as they provided technical support, watches, pens and stamps.





#### Details:

Participants: 81 Harrow International School Appi Japan students (11-14 year olds), teachers, and parents

Organizers: GAKU and SEGA

Supporters: JeSU, Swatch, Montblanc and volunteers from Keio University and Tokyo University

#### Program:

0: A lecture for teachers and parents (March 6th)

Guidance and lecture program was conducted by TJ Power (neuroscientist) on cyber wellness and the positive/negative impacts of technology on children and their developing brains. This lecture created a safe space and opportunity for teachers and parents to learn more about the impacts and dangers of the internet.

1: Nutrition Class (March 12th)

A class was conducted by Sayo Okamoto (GAKU CEO) on understanding nutrients and the importance of balance and moderation in a healthy diet. Activities included a blind taste test where students were asked to try one organic ingredient and one processed ingredient with blindfolds and guessed the healthier option. The foods used were all known to support better eyesight and blood flow.

2: Mental and Physical Health Class (March 12th)

A series of well structured activities and lectures were organized for students to get in touch with their mental and physical health, with technology at the center. This supported students to develop and elevate their transferable skills of problem solving, multi-tasking, communication, and more. Students were split into eight teams and as they went through the activities together to reach their goals. Highlights included using the pens and stamps provided by Montblanc to write letters to family and friends abroad. This encouraged students to learn about the various forms of communication, not as instant as technology but perhaps more thoughtful and meaningful. Furthermore, GAKU provided a motivational video from an Olympian about how



physical and technological health can come hand in hand along with another lecture by TJ Power.

### 3: Final Puyopuyo Esports Tournament Day (March 13th)

The students experienced an esports tournament on the second day of the GAKU Games. They competed in the same eight teams in the game of Puyopuyo published by SEGA and used the skills they practiced on the day before. Students were challenged to be aware of maintaining a balanced lifestyle whilst they take part in the esports tournament as they have technology at the center of this day. The Puyopuyo tournament promoted the creation of a safe environment for the students to use their technology, teachers to see first hand how their students interact with technology and for all to learn of the best way to create and maintain a healthy lifestyle even with technology becoming a larger part of our lives.

Comment by Sayo Okamoto (GAKU Ptd. Ltd., CEO // Founder):

This collaboration project between GAKU, Harrow Int'l School Appi Japan, and SEGA will ensure a safer environment for young students to learn more about the advancing technology focused world as well as the esports industry that is growing rapidly. GAKU's mission is to educate, elevate and empower the next generation within the digital world and utilize esports as an education tool to strengthen these values to inspire the youth. We are very proud to have worked with Harrow International School Appi Japan to carry out our first GAKU Games and very excited for more to come!

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Comment by Mick Farley (Headmaster of Harrow International School)

Our students are digital natives emerging from the pandemic, resulting in them being very 'attached' to their digital devices. One of the biggest challenges of the first year of the school has been guiding our children to a more balanced and healthy approach to their real and virtual worlds. The Gaku Games provided an exciting and child centered educational experience, allowing our students to socialize whilst gaming and better understand the importance of healthy life-style choices, whilst also having fun within the Esports format. We'll ensure the Gaku Games returns to Harrow!

Comment by Masaru Igarashi (Sega):

During the esports activity, students were in teams and then put into pairs amongst each other to play the 2vs2 game of Puyopuyo. During the tournament we had students experience the games but also the operational part of the esports scene. Students were chosen to MC the event, conduct athlete interviews, become videographers, and even be our puyopuyo mascot! The tournament brought the 81 students and teachers together as esports became a communication tool for everyone that participated. I hope that the students were able to have fun and enjoy their time together as they went through the various activities and challenges as they learnt more about technology and esports.



Comment by Hideki Okamura (Chairman of the Japan Esports Union):

The GAKU Games is a new and innovative educational program supporting all participants to develop new skills, find new interests, and educate everyone in the scene of esports and technology. Esports can be used for education but also has a lot of potential for the future as it becomes a common language, a tool in healthcare, a tool in society, and more. I truly hope and believe that students who have participated in the program will continue to develop their newly learnt skills and follow their interests, and perhaps become a part of the esports scene in the future.

About GAKU:

GAKU provides programs in future technologies and esports to inspire individuals to educate, elevate, and empower themselves for the future. We have a “by Youth for Youth” mindset to create customizable programs for all educational institutions as we promote safe digital environments, inclusivity, EQ skills and more. GAKU aims to promote a well-balanced lifestyle within our digital focused world.

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