

## Kenya Motivates Me

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I have a little confession to make. If you are senior, probably you have experienced this kind of situation. I was the oldest student among participants of this summer tour in 2013. This tour has so many activities, that I sometimes played a role as a chairman or a leader as a senior which I'm not very accustomed to being. What is worse, my English is not so good. Other younger participants have better capability and I often just follow them. In fact, I may have a lower ability of speaking English than resident of slum in Kenya who have another mother tongue. However, I sometimes should give a short impromptu speech to show my appreciation in front of a panel of people who took care of us. I was stressed out. To be honest, it was terrible. My heart was pounding. I was breathing faster and was breaking out into sweat.

Usually, we interpret these changes as signs that we're not coping well with the pressure. Now, I glad to reveal that a recent study has shown another interpretation on the physical stress responses. A study has shown that people who experienced a larger stress have relatively longer life expectancy if they think the stress is not harmful. It means that if you just change your mind about the stress, you will be healthier. We should view the physical stress responses instead as the signs that our body is energized. That pounding heart is preparing your action. If you're breathing faster, it's getting more oxygen to your brain.

I have experienced frustrated but valuable incidents in Kenya. These memories strengthen both my mental and physical. After I have been to Kenya, I began to think my English ability is shameful. I have studied for four years at a university however I don't speak in English well. On the other hand, not many people who I met in Kenya take high education however they use more than two languages. Now, what I learned and I felt during the study tour helps me to motivate myself.

I wrote not so happy things above, however I want to say the activities of this trip are totally joyful and exciting. All people who I met in Kenya welcomed us warmly. I had no time to feel homesick. Foods were delicious and strengthen my body. I was very impressed by the policy of FIST and thank for their hospitality. Great nature of Maasai Mara overwhelmed me. What Kikumoto-san taught us was quite valuable. I would like to take this time to thank you all of support and assistance. I also truly feel grateful for Matumoto-san and Sakai-san for organizing and arranging this tour. Thank you.

