

旅人

TABIBITO

TABIBITO
LEADERSHIP
PROGRAM

KYOTO | JAPAN

ABURRIDO



1. EXECUTIVE SUMMARY

TABIBITO by Aburrido is a one-week immersive leadership program in Japan designed for high school students. The program empowers participants to develop essential leadership and soft skills, with a focus on cross-cultural competence, personal growth, and global awareness.

PROGRAM HIGHLIGHTS

- **Leadership & Soft Skill Development:** Students engage in hands-on activities to build leadership, problem-solving, teamwork, and critical thinking abilities.
- **Cultural Immersion:** Through curated local experiences, participants explore the richness and nuances of Japanese culture, learning to navigate cultural differences with empathy and adaptability.
- **Experiential Learning Model:** Each day includes structured reflection sessions where students contemplate their values, aspirations, and personal takeaways, helping them align their experiences with future goals and achieve meaningful impact.



2. PROGRAM OVERVIEW



- Participant age: High school students (Grades 9–12)
- Duration: 7 days / 6 nights
- Location: Kyoto, Japan (or alternative locations upon request)
- Support Team: Program facilitators, local coordinators, and interpreters will accompany and support students throughout the program

PROGRAM ITINERARY

Sample Itinerary	
Day 1	Flight to Osaka (KIX), move to Kyoto Orientation & Welcome
Days 2 ~ 6	8:00–9:00 – Zazen meditation at a temple 9:00–10:00 – Breakfast 10:00–12:00 – Tea Ceremony Workshop 12:00–13:00 – Lunch 13:00–18:00 – Michi Quest & Leadership Challenges 18:00–19:30 – Dinner 19:30–20:30 – Reflection & Daily Checkout
Day 7	Final Reflection & Farewell Flight from Osaka (KIX)

3. PROGRAM STRUCTURE

The TABIBITO Leadership Program immerses you in experiences that combine leadership development, cultural exploration, and personal growth. Over the week, you will engage in three core pillars:

3.1 LEADERSHIP DEVELOPMENT THROUGH JAPANESE TRADITIONS

Rooted in centuries of wisdom, Japanese traditions offer powerful lessons in mindfulness, effective communication, and discipline, essential qualities for today's leaders.



This pillar of the TABIBITO Leadership Program invites you to explore practices that cultivate inner clarity and intentional action and communication. By deeply engaging in time-honored practices such as Zazen (seated meditation) and Sado (tea ceremony), students will discover how traditional forms can shape modern leadership through calm awareness, focused attention, and deep respect for process and people.

ZAZEN (SEATED MEDITATION): LEADING THROUGH SELF-AWARENESS



In a quiet temple setting, students experience *Zazen*, a traditional form of seated meditation rooted in Japanese *Zen*. *Zazen* invites deep observation: of one's thoughts, surroundings, and internal reactions.

Through this powerful practice guided by a monk, students begin to notice how their minds respond to distraction, emotion, and discomfort. In doing so, they build self-awareness - an essential leadership skill - and start uncovering deeper questions: Who am I? What drives me?

Zazen helps students reflect inward and begin leading from a place of clarity, presence, and purpose, which is essential for IB, IGCSE, and CBSE learners.

SADO (TEA CEREMONY): LEADERSHIP THROUGH MINDFUL HOSPITALITY

Sado, the Japanese tea ceremony, is more than a cultural ritual—it's a practice of mindfulness, empathy, and intentional communication. Rooted in harmony and respect, it teaches leaders to be fully present, deeply attentive, and considerate.

In today's digital age of 2025, where virtual interactions often limit opportunities for practical leadership and communication, *Sado* offers a rare, hands-on space for youth to practice these skills authentically. By experiencing and facilitating the tea ceremony, students learn to listen beyond words, design meaningful experiences, and lead with humility and care.

Sado nurtures leadership by cultivating self-awareness, empathy, and the ability to create inclusive spaces—essential qualities for effective, human-centered leadership.



WHY ZAZEN AND SADO DAILY ACTIVITIES?

Unlike programs that treat Zazen and Sado as one-off cultural activities or tourist experiences, TABIBITO intends to integrate these practices deeply into students' daily lives to foster lasting growth and leadership development. By practicing Zazen meditation and Sado every day, students move beyond surface-level cultural appreciation to internalize mindfulness, self-discipline, and relational leadership as ongoing habits.

Daily Zazen trains students to cultivate calm awareness, emotional regulation, and presence—skills critical for thoughtful leadership in a distracted, fast-paced digital world. Meanwhile, daily Sado immerses them in the art of intentional communication and relationship building, and together, these practices nurture holistic leadership capacities. This sustained, experiential learning contrasts with typical cultural programs and equips students with practical tools to lead with depth, humility, and care - qualities essential for today's youth navigating a fragmented, digitalized society.

3.2 MICHI QUEST: YOUR LEADERSHIP ADVENTURE

The Michi Quest is a dynamic, immersive challenge designed to cultivate practical leadership skills through real-world problem-solving and cultural engagement. Over the program, students will embark on missions that blend observation, strategy, and action, all while navigating the rich cultural landscape of Kyoto.

HOW IT WORKS

CHOOSE

Students select a quest card from the board, sparking curiosity and purposeful choices rooted in Japanese culture.

EXPLORE

Teams venture into Kyoto, solving clues, meeting locals, and embracing new experiences that build courage and adaptability.

DISCUSS

Groups reflect, share insights, and analyze their journey—sharpening collaboration and critical thinking.

COLLECT

Students gather their learnings, recognizing strengths, values, and leadership lessons that last beyond the program.

SAMPLE QUEST



TEMPLE TREASURE HUNT:

Decode clues hidden around a historic temple, requiring teamwork, observation, and strategy.

LEGACY LEADERS QUEST:

Visit iconic sites like Nijo Castle and explore the bold decisions of historical changemakers to reflect on your own next steps as a leader—building strategic thinking and vision-setting skills.

LOCAL LENS CHALLENGE:

Immerse yourself in Kyoto's everyday life through home visits, cooking, and interactions at local markets, strengthening your intercultural communication and empathy—key traits of globally-minded leadership.

WABI-SABI REFLECTIONS:

Interview locals about how Kyoto has changed over the past decade to uncover what truly endures, cultivating deep listening and the ability to identify timeless leadership values in a changing world.

CRAFTING IDENTITY QUEST:

Design your own Kyoto-style craft to explore personal aesthetics and core values, gaining clarity on authenticity and value-based leadership through self-expression and reflection.



WHAT YOU GAIN (FOR IB, IGCSE, CBSE STUDENTS)

Through real-time decision-making and problem-solving, students develop practical leadership and inquiry skills. Each quest builds cultural competence through empathy and communication—supporting CAS (IB), Global Perspectives (IGCSE), and CBSE's holistic goals. These cultural insights deepen self-awareness and reflection, empowering students to collaborate effectively, lead confidently, and thrive in diverse learning communities.

3.3 LEARNING SYNTHESIS: FROM EXPERIENCE TO LEADERSHIP GROWTH

At the end of each day, students pause to connect their experiences with real leadership lessons:

- **Group Dialogue:** Break down what each activity taught about leadership, teamwork, decision-making, and other qualities.
- **Journaling & Reflection Circles:** Capture personal insights and track how their leadership style evolves during the week.
- **Capstone Festival & Presentations:** Conclude with a collaborative showcase where students apply what they learned to design and present a leadership project.



OUTCOME:

Reflection turns experiences into growth—helping students move from self-awareness to collaborative action, and ultimately, to global leadership skills they can use in school and beyond.

4. UNIQUENESS OF TABIBITO AND LEARNING OUTCOMES

“TABIBITO IS A ONE-OF-A-KIND PROGRAM THAT YOU CANNOT FIND ANYWHERE ELSE”

Unlike typical student tours that treat Japanese culture as a checklist of experiences, this program immerses students in Zazen and Sado every single day - not as cultural sightseeing, but as transformational disciplines. Zazen cultivates self-awareness, inner calm, and emotional regulation—core traits of grounded leadership. Sado trains students in relational intelligence, presence, and attentive communication - skills vital for creating respectful, empathetic teams and communities.

Layered on top is the Michi Quest - a hands-on leadership adventure where students face real challenges in the cultural landscape of Kyoto. From decoding temple clues to interviewing locals and crafting personal artifacts, each mission pushes students to practice adaptability, empathy, creativity, and critical thinking in dynamic, unfamiliar settings.

Together, these elements form an integrated leadership journey that is introspective, relational, and action-oriented. In a digitalized world where young peers often lack tangible spaces to practice leadership with depth and purpose, this program offers not just knowledge about leadership, but a lived experience of becoming a future leader.

STUDENT LEARNING OUTCOMES:

- **Leadership Development:**

Daily reflections, mindfulness, and the TABIBITO leadership program in quiet Kyoto help students discover their leadership style, boost confidence, and develop emotional intelligence.

- **Personal Growth & Experiences:**

Team challenges, Michi Quest, and culturally-based activities build communication, resilience, critical thinking, and adaptability in global environments

- **Recognition:**

Participants receive a certificate that strengthens university applications, scholarships, and CAS portfolios.

- **Global Mindset:**

Tea ceremonies, Zazen sessions, and local leader interactions broaden perspectives and foster an international mindset.



SCHOOL PARTICIPATION OUTCOMES:

- **Enhanced Student Profile:**

Students gain standout experiences for university and scholarship opportunities.

- **Curriculum Enrichment:**

Offers meaningful off-campus learning aligned with IB/IGCSE/CAS without extra workload.

- **Partnership & Prestige:**

Schools can create repeatable programs, custom cohorts, and highlight international leadership initiatives, reinforcing their global reputation.

8. ABOUT THE COMPANY

Aburrido is a creative service-based company dedicated to designing experience-based educational programs that spark curiosity, cultivate global citizenship, and empower individuals to lead purposefully. Through initiatives like TABIBITO, Aburrido connects young people with meaningful learning journeys globally.

- Legal Entity: Aburrido LLC (U.S.-registered)
- Registered Address: 1207 Delaware Ave #1077, Wilmington, DE, USA
- Website: <https://un-aburrido.com/tabibito/>



8.1 KEY TEAM MEMBERS FOR TABIBITO LEADERSHIP PROGRAM

- **YUTA NITANAI – PROGRAM DIRECTOR**

Specialist in global citizenship education with 8+ years of experience in project management and training facilitation.

- **MIKA YONAHYA – CREATIVE DIRECTOR**

Expert in learning experience design, having led over 10+ innovative educational projects.

- **LAREESHA SAI – GLOBAL PARTNERSHIP SPECIALIST**

3+ years leading cross-border campaigns and partnerships.

- **AUJASWI MAURYA – GLOBAL PARTNERSHIP SPECIALIST**

3+ years of experience in international business development, strategy, and unlocking new markets through insight and execution.

CONTACT INFORMATION

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