



# **PEACE AMBASSADOR PROGRAM REPORT 2024**

## **Fukuoka, Japan**

**12-23 July 2024**

**BCIO**  
BRIDGE CLUB INTERNATIONAL ORGANIZATION

**APCC**  
Asian-Pacific Children's  
Convention in FUKUOKA

**We are the  
BRIDGE**

## THE APCC VISION

**We are the BRIDGE**

*We, as members of APCC, will become global citizens with an **OMOIYARI** spirit, Creating a more peaceful world where the smiles of children abound.*

*\***OMOIYARI** is the spirit of Respect and Understanding*

## THE BCIO PROMISE

**BCIO**  
BRIDGE CLUB INTERNATIONAL ORGANIZATION

*We, BCIO members, promise to achieve **PEACE and CO-EXISTENCE** throughout the world by promoting **Respect and Understanding** between all people and creating a bridge that joins us together.*

*We are the **BRIDGE**.*



# PEACE AMBASSADOR (PA) PROGRAM

Participants who came to Fukuoka as Junior Ambassadors returned to their home countries and engaged in various volunteer activities in their BRIDGE CLUBs (BCs), and Peace Ambassadors (PAs) play the role of leaders in such activities.

Among the past APCC participants who are willing to promote BRIDGE CLUB activities and active members or potential leaders, one member from each BC will be selected as a PA. The selected PAs will come to Fukuoka together with the Junior Ambassadors during the BRIDGE Summer Camp, where they will hold meetings and exchange opinions to promote the activities of each BC through leadership training and networking among the Peace Ambassadors.

Beginning its 15th Anniversary in 2023, the BRIDGE CLUB International Organization (BCIO) introduced a new arrangement to the Peace Ambassador (PA) Program— a Virtual PA Program followed by an in-person PA Program in Fukuoka, Japan during the BRIDGE Summer Camp. This new set-up equips the selected Peace Ambassadors with various sessions on leadership and ideation, encourages cross-BC collaboration, builds their friendship and connections, and motivates the PAs to lead their BCs and complete the PA tasks.

BCIO aims to cultivate a clearer vision by nurturing Peace Ambassadors and evaluating each BRIDGE CLUB before the PA Camp in Fukuoka, Japan.

# PEACE AMBASSADORS 2023-2024



**JAMIE**

Jamie Rivka  
McLaren Marlowe  
Atlanta | JA 2016



**CHLOE**

Chloe Rose Martin  
Australia | JA 2014



**TJ**

Thinley Wangchuk  
Bhutan | JA 2009



**LINDA**

Sok Chan Linda  
Cambodia | JA 2014



**JOANNA**

Joanna Alexa Sato  
Hawaii | JA 2018



**UNNATI**

Unnati Sitaram Rathi  
India | JA 2016



**ABEL**

Lula Yasminabel  
Indonesia | JA 2016



**RAEVEN**

Raevenkumar  
Selvakumar  
Ipoh | JA 2015



**KHAIMOOK**

Khaimook Pavarisa  
Phrasithideth  
Laos | JA 2018



# PEACE AMBASSADORS 2023-2024



**SULAV**

Sulav Neupane  
Nepal | JA 2016



**RAHUL**

Rahul Kumar Otwani  
Pakistan | JA 2017



**GLORY**

Glory Geoffrina Pokarop  
Papua New Guinea | JA 2018



**FABRICIO**

Fabricio Andres  
Apolaya Napa  
Peru | JA 2016



**ITO**

Benito Carlos  
Datiles Roberto  
Philippines | JA 2018



**MELANI**

Lakshani Melani  
Wijesinghe  
Sri Lanka | JA 2016



**CHUN**

Chun Cheng Yeh  
Taiwan | JA 2015



**DANNY**

Triet Minh Le  
Vietnam | JA 2017

# BCIO MANAGEMENT 2023-2025



**YAMIN**

General Manager



**GARIMA**

Assistant Manager



**MOIZ**

Assistant Manager

# BCIO HEAD OFFICE MEMBERS 2023-2024



**CHANEL**

BC Australia  
JA 2008, PA 2015



**MATTHEW**

BC Hong Kong  
JA 2011, PA 2016



**RAIA**

BC Philippines  
JA 2010, PA 2017

# Message from the BCIO Assistant Manager



**GARIMA**

**Assistant Manager**

The most beautiful aspect about PA Programs, to me, is bringing together driven and energetic members from BRIDGE CLUBS from different parts of the world and turning them into a tight knit group where they motivate, uplift and befriend each other while having the best time together. This year's PA program also reflected the uniqueness that each PA brought to the table, while also demonstrating how all the PAs were bound together by the OMOIYARI spirit in them and their urge to **create positive impact** both individually and through their BRIDGE CLUBS.

I want to express my utmost appreciation to the Head Office Members who, with their effort, dedication and excellence were able to make this PA Program a great learning opportunity for the PAs while still helping them create friendships and memories that last a lifetime. I'm also glad to have witnessed this proactive batch of PAs and their involvement in the PA Program with sincerity, which I appreciate highly. I am looking forward to witnessing further leadership and contribution of the PAs towards their BRIDGE CLUBS and the BCIO as a whole post PA Program.

Finally, expressing my deepest gratitude to the APCC and BCIO board of directors, staff, volunteers and sponsors whose continuous effort, support and dedication has made the PA Program 2024 **smooth, impactful and memorable**.

**GARIMA KHAKUREL**  
**BCIO Assistant Manager 2023-2025**



# Message from the BCIO Head Office Members



This PA camp we took a massive chance, doing something completely new, and it was a great success. I am so proud of all the hard work the HOM team has done to create the camp sessions, building the PA team morale and the professional relationships with BCIO management and the PA division of head office.

It was truly an honor working with everyone this year!

**CHANEL TIFFANY PARDOE**  
BCIO HOM 2023-2024



As a firm believer in how all as current and future leaders of APCC, should inspire each other as equals and grow together, I am most pleased to see all PAs participate proactively and even step up for higher responsibility. From taking over Zumba sessions to serving BCPN internships and proposing unique ideas in all the sessions, every PA has shown amazing potential. I owe my greatest thanks to everyone else in the APCC Head Office, BCIO, and my fellow HOMs for their unfailing support and, of course, to all of you PAs for bringing out the best of yourselves and everyone around you. Together, we will maintain strong BCs, and most definitely the APCC network at large!

**MATTHEW WONG**  
BCIO HOM 2023-2024



We are the BRIDGE– we are the beams, the pillars, the cables, and the concrete foundation– paving the way for many others to cross and connect with people from all corners of the world.

I am so proud of all of you! This batch of Peace Ambassadors, BCIO Management, and Head Office Members were an amazing bunch! Let’s continue to inspire each other and hold strongly the bridges we have built together.

**RAIA ALEXIS T. GALLARDO**  
BCIO HOM 2023-2024





# PA PROGRAM SCHEDULE

**July 14, 2024**

08:00 - 20:00 JST

8:00 AM	Arrival
6:15 PM	Opening Ceremonies
	Expectation Setting
	Ice breaking: Fashion show planning + Choreography



**July 15, 2024**

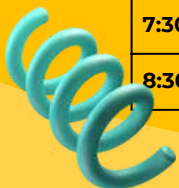
08:00 - 20:00 JST

8:00 AM	Exchange program
4:00 PM	Bubble Interactions
6:00 PM	<i>Dinner Time</i>

**July 16, 2024**

07:00 - 20:30 JST

7:00 AM	Breakfast	
9:00 AM	Arrival to Global Arena	
10:00 AM - 12:00 NN	Session 1	Global Arena Mini Orientation
		BCIO History & Updates (c/o Garima)
		Global Arena Tour
12:15 PM - 2:00 PM	<i>Lunch Break</i>	
2:00 PM - 5:00 PM	Session 2	How to create the best team Part I: Connection and Building Relationships, Delegation, Motivation)
		Three Phases of Team Development
		ESG (Environmental, Social engagement & Governance) in the Context of BCs and Beyond
5:00 PM - 6:00 PM	Check-in Time	
6:00 PM	<i>Dinner Time</i>	
7:30 PM - 8:30 PM	Fashion Show Rehearsal	
8:30 PM	Free Time / Social Media Time!	





# PA PROGRAM SCHEDULE

July 17, 2024

07:30- 20:30 JST

7:30 AM - 8:00 AM	Morning Zumba	
8:00 AM	Breakfast	
10:00 AM - 12:00 NN	Session 3	BRIDGE CLUB Professional Network Session
		BCIO Website Preview
12:15 PM	Lunch Break	
2:00 PM - 5:45 PM	Session 4	How to create the best team Part 2: SMART Goals and Celebration with Reporting
		Google Workspace to Maximize Productivity
		Omoiyari (思いやり) - Decomposing the APCC Bigword from a Japanese language perspective
6:00 PM	Dinner Time	
7:30 PM - 8:30 PM	Fashion Show Rehearsal	
8:30 PM	Free Time	



July 18, 2024

08:00- 21:00 JST

8:00 AM	Breakfast	
10:00 AM - 12:00 NN	Session 5	Inside Out! Know Yourself More
		Ikigai (生きがい) - What is the meaning of life?
12:15 PM	Lunch Break	
2:00 PM - 3:30 PM	Session 6	Work-Life Balance: Why Is It Important?
3:30 PM - 3:45 PM	Break Time	
4:00 PM - 5:45 PM	Closing Session	
6:30 PM - 8:30 PM	BBQ and Packing Time	
9:00 PM	Free Time	





# PA PROGRAM SCHEDULE

**July 19, 2024** 07:00- 18:00 JST

7:30 AM - 8:00 AM	Morning Zumba
8:00 AM	<i>Breakfast</i>
8:15 AM	Dress change for fashion show
9:00 AM	Room clean
9:45 AM	Check-out from Global Arena
10:00 AM - 11:30 AM	Orientation of 'We are the BRIDGE Festival'
	Fashion show final rehearsal
11:30 AM	<i>Lunch Break</i>
12:30 PM	Leave the Global Arena
1:45 PM	Reach the 'We are the BRIDGE Festival' Venue
2:30 PM	'We are the BRIDGE 2024 Festival' Opening Ceremony
	Junior Ambassadors' Performance
	Peace Ambassadors' Fashion Show
5:00 PM	Meeting of Host Families & Start of Home Stay



**July 20**   **July 21**   **July 22**

Home Stay with respective host families

**July 23, 2024**

Departure & Return Home



# INTRODUCTIONS & EXPECTATION SETTING

*BCIO Head Office Members and Assistant Manager*



The PA Program in **Fukuoka, Japan** kicked off with a fun Introduction and Expectation Setting session at the Marine House! Participants wrote down one fun fact about themselves and one expectation for the program on a piece of paper. The group then tried to guess who each fact and expectation belonged to, sparking laughter and bonding among the participants. This was followed by the first dance practice for the **We Are The BRIDGE festival** PA performance. The energy was high, and a small audience even gathered to watch from outside the practice room!



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# BCIO THEN & NOW: HISTORY & UPDATES

*Garima Khakurel, BCIO Assistant Manager*



The PAs had gotten a chance to understand the BCIO as an organization and its structure in the virtual PA camp. In order to further delve into the idea behind BCIO and to develop a deeper understanding of what it means to be a PA, this session was made a part of the PA program. The objectives of this session were also to encourage PAs to contribute to BCIO and BCPN in the future and to conduct team building activities for the PAs to **create stronger bonds** with each other.

The session began with a quick refresher on the BCIO history and introduction to the BCIO as an organization and its workflow. Having the understanding of how the BCIO works behind the scenes, the PA developed interest towards contributing to BCIO both within and beyond the duration of their tenures as peace ambassadors. Given the importance of understanding **what drives one to involve in and contribute** to any organization or a community, the session then moved towards discussion of what drove the PAs to apply to become the peace ambassadors.

The session also consisted of a group activity on identifying the essence and uniqueness of each BC. The outcome of the group activity shed a light on how each BRIDGE CLUB has its very unique strengths and how those unique strengths could be utilized to make the BRIDGE CLUBS more impactful, active and stronger. Followed by the group activity, the PAs enjoyed a refreshing team activity named **'Jump In, Jump Out'** that got everyone off their seats and challenged their minds to say one thing but do the opposite of that. The activity left everyone rejuvenated and filled the room with laughter. The session was concluded by announcing important BCIO updates about the 6th BC Presidents' Meeting scheduled to happen in 2026 in Ipoh, Malaysia. BCIO also presented the certificates to the winners of the common activity **'Sustainability in 60 seconds'**.

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# HOW TO BUILD THE BEST TEAM PART 1

*Chanel Tiffany Pardoe, BCIO HOM 2023-2024*

## How to build the best team Part 1

How to build the best team Part 1- Building teams as a “green” leader can be difficult to navigate. In these 2 sessions the PAs were given the skills to not only create the best team for their BCs but also learn about **interpersonal skills**.

**Ice Breaker:** As this was the first session from the HOM group I decided to create an icebreaker for the introduction of the HOM sessions. It was an **Australian slang game** where everyone had a few minutes to decode some of the Australian slang words shown on the screen. Once the time was up all of the teams scored points based on correct answers.



For a bonus round, each team could select a member to represent them to take on the final challenge. Each representative was then tasked to speak in an Australian accent using some of the slang words. This game was a lot of fun and the PAs really enjoyed the challenge while also bonding as a group.

**Connection:** In this session, the PAs were shown how to create connections with others in their teams and everyday lives. Empathy was one of the main topics of discussion, Empathy is such an important factor when it comes to building a team and is a pillar in the **OMOYARI spirit** that everyone in APCC embodies. PAs were tasked to create connection cards, each Bubble group were assigned a connection style and was asked to: define the connection type, describe what it would look like or how they could action it, advise of the benefits and also discuss any blockers that could arise. These connection cards were shared with the group and everyone was able to understand the different types of connections. The group was then tasked with a real-life scenario. Now knowing the different types of connections, they were able to positively solve the situation.

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# THREE PHASES OF TEAM DEVELOPMENT

*Raia Alexis T. Gallardo, BCIO HOM 2023-2024*



Team Building, Performing, and Closing – the Three Phases of Team Development – are key guides to successful teams and projects. The Three Phases are lifted from the **9-step Team Standards guide** of the international youth-run organization AIESEC. Each phase includes three more main steps that ensure a high-**quality team experience** and promote **personal growth** among team members.



The session began with an activity on on-word stories, where PAs had to create a story from a prompt using only one word each. Fun prompts included “Goldilocks and the Three Bears in Japan” or “Snow White and the Seven Samurai,” and the produced one-word stories were funnier!

The session then proceeded with likening the Building, Performing, and Closing phases of Team Development to the structure of a good story. In the **Team Building** phase, leaders focus on forming relationships, establishing trust, and setting clear goals to create a strong foundation. The **Performing** phase emphasizes collaboration and problem-solving, where the team works efficiently toward achieving its objectives. Finally, the **Closing** phase ensures the team reflects on its accomplishments, acknowledges individual contributions, and plans for future growth or transitions.

The discussion highlighted the importance of seeing through each team phase to maximize productivity, foster strong connections, and ensure proper conclusions. PAs also received practical tools in the form of diagrams, checklists, and guides for enhancing team dynamics in their own BRIDGE Clubs.

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# ESGS IN BC AND BEYOND

Matthew Wong, BCIO HOM 2023-2024



**Environmental, Social engagement & Governance (ESG)** has seen growing importance for professionals in different fields, including asset management, finance, consulting, engineering, urban planning, and of course, law (*being Matthew's home turf!*) among others. With the rise of BCPN in APCC, ESG was selected as one of the main topics, following voting from PAs, to give PAs a taste of the interface between APCC and their own professional development. The session first began with a series of questions to help PAs see the relevance of each of them, whether working or studying. After briefly introducing what each category entails and how it relates to BCs in general, the session turned to focus on **corporate governance issues** in commercial contexts as well as those that may be overlooked in BCs.

**Six main issues** were discussed: formal incorporation and registration of BCs, authorisation of decision-makers in BCs, financial matters, procedural fairness and transparency, data privacy, and intellectual property. **Best practices** were introduced to encourage BCs to pivot from self-regulation to rule-based governance. Questions were open to the floor for PAs to consider and debate what considerations may come into play in BC management, such as in hosting the BRIDGE Challenge Trip, running charity fundraisers, recommending future PA candidates, and authorising BC representatives for external correspondences. Finally, a sample extract of articles of association and a relevant fictional scenario (involving issues of insufficient notice period and conflict of interests in having a PA write a self-endorsing letter of recommendation for participation in a BC Presidents' Meeting) were provided to PAs as **food for thought**.



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# BC PROFESSIONAL NETWORK

*Garima Khakurel, BCIO Assistant Manager*



The **BCPN** session was organized by the BCPN Executive Board members and delivered by Garima Khakurel (BCPN Senior Executive Member, 2024-26), alongside Surhid Samyadip (BCPN Junior Executive Member, 2024-26) and Neemay Thakker (BCPN PR Team Lead, 2024-26) who joined the session virtually.



The first activity of the session was a group poster presentation to pitch about what BCPN is. The PAs came up with brief but informative pitches about BCPN with creative posters. This activity set the stage for the remaining part of the session by familiarizing the PAs with the **vision, missions and the projects** carried out by the BCPN.

The second activity, **'Find your tribe'** was designed for the PAs to find other fellow PAs having the similar career interests and paths as them. The PAs were divided into groups based on their areas of interest and they were given time to share about their professional goals and endeavors. This emphasized on how networking within BCIO and APCC can help **uplift each other's** professional journey by sharing of opportunities and ideas, guidance and mentorship.

Taking this into consideration, as a final part of the session, PAs worked in groups to generate project ideas that could help create more impact among the APCC and BCIO network through the BCPN STARs projects. The BCPN session successfully helped PAs understand BCPN better and amplified their interest in **creating greater impact** through this network.

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# HOW TO BUILD THE BEST TEAM PART 2

*Chanel Tiffany Pardoe, BCIO HOM 2023-2024*



How to build the best team Part 2- Building teams as a **“green” leader** can be difficult to navigate. In these 2 sessions, the PAs were given the skills to not only create the best team for their BCs but also learn about **interpersonal skills**.

**Delegation:** In this session, the PAs were shown not only what delegation is, and how to delegate but also why delegation is important to a team. The PAs were able to discuss their own experience with the delegation and then were able to connect the importance of it to a “green” team.

**Motivation:** In this block of the session PAs were shown the value of motivation in a team. First, they described what motivation was and how it can be represented in a team dynamic. Next, the PAs were explained about each of the **4 learning types** (Auditory, Read/write, Kinesthetic and Visual), how each learning type can be identified in people and how each learning type responded to motivation techniques. The PAs discussed how they felt they fit into each learning type and this then opened their mind to the thinking that each team is better with a different range of people.



**Reporting:** This was the biggest session for the PAs. They were tasked to build a report based on the outcomes of their Small and Big goals that were set at the virtual camp in August/September 2023. These reports were built using a SWOT analysis based on one letter from the **SMART goal system**. If the letter chosen was M- measurable, the PA would then write a report based on the strengths, weaknesses, opportunities and threats of that letter. The PAs either worked in groups or individually to create the report and then presented their reports to the group. The PAs then discussed the importance of reporting and how it can prevent a negative experience and promote growth in their BCs.



**Celebration:** The hard work is finally done, now it is time to celebrate! Celebrating your Peers is so important to a team and this was discussed at length. The PAs were shown different types of celebrations and how to structure it in a way that is **meaningful** and will have the most **positive impact** on a “green” team. Then it was time for an example, all of the PAs stood in a circle and one by one entered the middle of the circle. Each time they entered the circle they had to say out loud one thing they were proud of what they had accomplished. After the statement, the whole group clapped and cheered for their teammate. This activity had a 2 fold effect, not only did it show a way that teams can celebrate but it also gave each PA a **sense of pride and accomplishment** for the reports that had just been created and also for the camp as a whole.



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# GOOGLE WORKSPACE FOR PRODUCTIVITY

*Raia Alexis T. Gallardo, BCIO HOM 2023-2024*



The session was designed to teach participants skills on how to efficiently use Google's suite of tools to enhance their leadership and organizational skills. Key apps like Google Drive, Docs, Sheets, Slides, Forms, Calendar, Meet, Contacts, and Gmail were explored, with a focus on how these tools streamline collaboration, communication, and task management. Through interactive demonstration, attendees explored how to organize files in Drive, create real-time collaborative documents in Docs, and manage data with ease using Sheets, among others.



The importance of integrating these tools to increase productivity was emphasized, especially for young leaders managing multiple projects in their BCs. By the end, participants gained practical insights into using Google Workspace to stay organized, plan events, and collaborate with team members both locally and remotely.





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# OMOIYARI (思いやり)

## DECOMPOSING THE APCC BIGWORD

Matthew Wong, BCIO HOM 2023-2024



The "**Omoiyari**" (思いやり) spirit, roughly translated as "**respect and understanding**", is the core value of APCC. As an APCC big-word, it has been borrowed for extensive usage from "Omoiyari Points" in the APCC-exclusive Doors+ platform to "Omoiyari Bites", the 2023-2024 Common Activity designed by this very batch of PAs. But what is the true meaning of Omoiyari?

The session began with a refresher on the use of Omoiyari in APCC. Next, inspired by the increased responsibility-taking of PAs and HOMs in taking care of JAs in Marine House this year, a mini-game was conducted to invite PAs to consider how their role brought them to step in the shoes of volunteers and think from their position - a core quality of Omoiyari. Another game activity, "**The International Call**", was conducted where PAs could only speak in their mother tongue and use body language to try to convey an English word to others, to demonstrate how Omoiyari is about **two-way street communication**: making an effort to both express and listen to ideas. References were then made to features unique to the Japanese language to explain why Omoiyari is deeply embedded in Japanese culture and APCC accordingly. To show that Omoiyari is person-specific and is about **paying attention** to and remembering each other's feelings and thoughts, the session introduced the build-up of between speakers as the bedrock for omission of words in Japanese, otherwise impossible in other languages. The untranslatable Japanese word of "**yappari**" (やっぱり), which serves as a pointer to the common understanding among speakers, was also discussed. Finally, the forms of first-person "I" for different genders, politeness, and formality were introduced. They were compared with some of the PAs' native languages. These discussions highlighted that Omoiyari is also context-specific - different considerations and levels of respect apply towards even the same person as we "**do the right thing at the right time**".

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# INSIDE OUT! KNOW YOURSELF MORE

*Raia Alexis T. Gallardo, BCIO HOM 2023-2024*



Personality tests can be a helpful tool in discovering more about themselves and their peers. This session introduced the Johari Window framework, emphasizing the balance between what we know about ourselves and what remains unknown, both to us and others. This was related to the Peace Ambassador (PA) Program by reflecting on the journey from being a Junior Ambassador (JA) to a PA—what participants knew, didn't know, and are still learning.

Through an interactive sharing, participants shared their personal ChaRaThew (portmanteau of Chanel+Raia+Matthew) Windows, highlighting areas of growth and self-discovery. The session concluded with a discussion on how to move forward by fostering openness, continuing self-exploration, and building stronger team connections for future development.

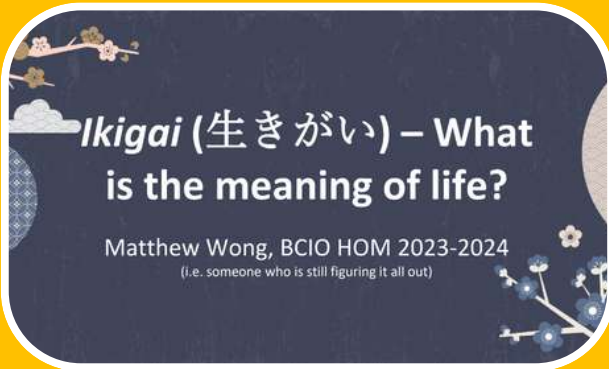
Ending the session, I shared my own moments through my old scrapbook as a PA in 2017 ,and encouraged everyone to journal their experiences to look back to and share with others also someday.

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# IKIGAI (生きがい)

## WHAT IS THE MEANING OF LIFE?

Matthew Wong, BCIO HOM 2023-2024



The Japanese theory of "Ikigai" (生き甲斐) theorises that the age-old question is answered as a pursuit of happiness by doing something that we are good at, that we like, that is needed by the world, and of course, that pays us. The session set out as a fresh take on activities on the same topic from previous PA camps.



References to a popular comics, "Dinosaur Philosophy", and a light-hearted stand-up comedy on the "career Venn diagram" were made as an introduction. The session centred around the "Ikigai Game" (by Matthew!), where PAs were given either "employee" or "employer" cards with narratives based on the four quadrants of Ikigai and were tasked to try finding matches between job-seekers and employers.

PAs shared how they managed to (or failed to) match. Follow-up questions were asked to invite PAs to consider the practical difficulty of finding the perfect intersection of these four quadrants.

Next, quick pointers from the leading book on the topic, "Ikigai: The Japanese Secret to a Long and Happy Life", were highlighted. Having established the concept that Ikigai is a goal to be aspired for rather than forced, the session invited PAs to consider the unique Japanese concept of "**Wabi-sabi**" (the beauty of imperfection) as compared with our conventional understanding of beauty. The message was brought across with a drawing activity. PAs grouped up to draw "beautiful weather", "beautiful trees", and "a beautiful house".





While everyone drew sunny days, evergreen trees, and pristine houses (along with lovely additions of the PAs and HOMs - most delightful to see!), the activity ended with comparisons with what the Japanese would consider "beautiful", such as falling cherry blossom petals and shrines of dull colours. The concept was used to show that Ikigai is about **accepting imperfections in life**.

Finally, the session wrapped up with the idea that Ikigai is also about resilience - **living in the moment** and **making the most out of things**. This was exemplified by JAs making collaborative art in the 23rd APCC in support of recovery from the 2011 Tohoku earthquake in Japan (being the year in which Matthew joined, which of course carried much personal bearing).



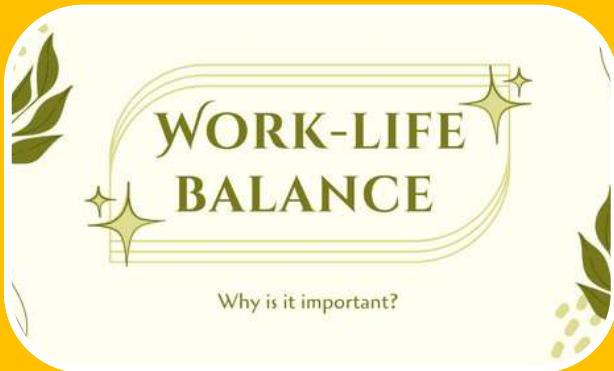


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# WORK-LIFE BALANCE

## WHY IS IT IMPORTANT?

*Chanel Tiffany Pardoe, BCIO HOM 2023-2024*



Work-life balance, It's important. This workshop was designed to enlighten and ensure the PAs understood where they were at with their work-life balance.

**Activity 1:** This was the opener to the session, everyone stood in the middle of the room to start. A statement was displayed on the screen and the PAs then had to decide how they felt about the statement and whether or not they agreed or disagreed i.e., I see my friends and family often. Based on their answer they would move to either the left or the right of the room. This was a calibration exercise for the PAs to see where they were at during this session with their work-life balance.

**Self Discovery:** After this exercise, it was important for the PAs to digest their answers as some of the answers may have been confronting. This was a solo activity that each PA completed in their own way. Each PA was asked to draw a **mind map** that featured how they felt during the activity. We then had an optional open discussion.

**Promoting balance:** During this part of the session balance was the main topic of discussion. The **3 points of balance** discussed were Self-care, Taking rest and time management. These 3 topics were then discussed at length.

- **Self-care**, each PA was helped to create a self-care plan through ideas and options given by the group.
- **Time management**, is one of the most important pillars of the balance triangle. The concept of rocks, pebbles and sand was introduced and explained. Each PA was able to identify what was a rock and why it was important in goal setting.

**Taking rest**, the topic of rest was an interesting one. The different types of rest were explained and why each can be useful. The benefits of rest were also explained and how each type of rest can be used in their self-care plan.

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# CLOSING PROGRAM

Matthew Wong, BCIO HOM 2023-2024

As the PA camp came to an end, the closing session saw recaps of each of the three sessions given by the BCIO HOMs. Everyone also had the benefit of concluding speeches from the APCC Office, which applauded PAs for their promising commitment shown in the short span of the PA camp.

Conventionally, the closing session has always been one of the emotional moments of the PA camp. This year, PAs participated in the **"warm and fuzzy cards"** activity, where PAs wrote each other personal messages for everyone to take home. Members of the BCIO - Garima, Chanel, Raia, and Matthew - each gave finishing remarks to encourage PAs to continue staying active in the APCC network and finding their own motivation.

As a comedic mockup of the reality TV show "America's Next Top Model", **"APCC's Next Top PAs"** was the thematic ending of the session, which drew inspirations from how PAs built up their enthusiasm and friendships quickly in their preparation for the traditional costume fashion show and dance performance among other things. The grand finale was a "special episode" of the TV show - a video dedicated to everyone, with footage captured and edited by Matthew during the PA camp. The "episode" ended with a snippet of the **"We Are The Bridge"** song, which everyone danced to when it was played on the harmonica by Mr. Muta Shinichiro, a long-time APCC volunteer and photographer of this year's PA camp.





# MARINE HOUSE PHOTO GALLERY





# GLOBAL ARENA PHOTO GALLERY





# WE ARE THE BRIDGE FESTIVAL PHOTO GALLERY





# omoiyari bites

## PHOTO GALLERY



# Select Messages from 2024 Peace Ambassadors



**DANNY**

Triet Minh Le  
Vietnam | JA 2017

The summer before turning 18 happens only once, and it was the perfect time for APCC to enter my life. In this serenity before adulthood, I felt both wise and clueless. At the PA camp, I met lifelong mentors in the three HOMs, who inspired me to keep dreaming and work hard to make my BC stronger and carry on this movement for the next generation. These mentors also made me look inside myself, helping me understand who I am and what truly matters in those sessions. But **the most important thing I gained from this PA camp was friendships with the PAs, HOMs, host families, coordinators, volunteers that will last forever.**



**LINDA**

Sok Chan Linda  
Cambodia | JA 2014

**PA Camp has been a wake up call to why APCC and running our BCs matter.** We got to understand the core values and why volunteers are willing to comeback and be active. PA camp also taught us skills that we didn't know we needed. Most importantly, it's a whole support system of people that are willing to help and motivate you into running your BRIDGE Club. **The best part is building an unbreakable bond with amazing people from different backgrounds and environments,** this bond makes me feel like I'm not alone in this as well as getting to have a life time mentorship from our fabulous HOMs. it changes your perspective and I'm grateful to be given the opportunity to join this PA camp!



**RAEVEN**

Raavenkumar  
Selvakumaran  
Ipoh | JA 2015

I really enjoyed this PA Camp hosted by Chanel, Raia, and Matthew. **All the sessions were effective and very relatable for my daily life.** This batch of PAs is very interactive. **I have made a lot of friends which was one of my own goal for this camp.** Thank you very much HOMs for giving me this wonderful experience as a PA.



# PEACE AMBASSADORS PROGRAM REPORT 2024 Fukuoka, Japan

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