

SPECIAL PA PROGRAM 2022

R E P O R T



BCIO

BRIDGE CLUB INTERNATIONAL ORGANIZATION

We are the **BRIDGE**

APCC Vision



**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 a spirit of “Respect and Understanding”.*

Special PA Program Schedule

Date	Day	Program Content	Accommodation
Oct 24	Mon	Arrival	Hotel
Oct 25	Tue	Arrival	Hotel
Oct 26	Wed	Arrival Courtesy call to the Fukuoka Prefecture Office and Fukuoka City Office (early arrival PA only)	Hotel
Oct 27	Thu	Online Ice breaking activity: APCC theme song dance Zoom chat with APCC families	Hotel
Oct 28	Fri	Virtual PA program I Orientation on Global BRIDGE Leader Program Medical check up	Hotel
Oct 29	Sat	Global BRIDGE Leader Program, part 1 (APCC X Kids art project) Virtual PA program II	Hotel
Oct 30	Sun	Virtual PA program III Global BRIDGE Leader Program, part 2 (APCC X Global Startup Center) Shopping time (Daiso shopping)	Hotel
Oct 31	Mon	Team Bonding Activity: Race around arena Halloween themed activities *	Global Arena
Nov 1	Tue	Exchange program with Munakata city students Overcoming Obstacles within BCs: A Solution Driven Discussion	Global Arena
Nov 2	Wed	Strengthening Inter BC Collaboration & Support Recreation program by PA Program Division **	Global Arena
Nov 3	Thu	BCIO 5 years plan I Exchange program with BCJ MEET & GREET with HF/APCC volunteer*** BCIO 5 years plan II	Global Arena
Nov 4	Fri	Summary of PA Program Departure (Evening)	Hotel
Nov 5	Sat	Departure	Airport
Nov 6	Sun	Departure	Airport



BCAD
Management Team

SPECIAL PA PROGRAM 2022



umarir



yukino



rana



divas



raia



mishuki



swaraji



faathin



tshering



nilu



betsy



martha

2022 Special Peace Ambassadors

Peace Ambassadors Name list 2022

Country	Name	Sex	JA Year
Bangladesh	Rana Projjal Sarkar	M	2012
India	Suraji Govindarajan	F	2009
Bhutan	Tshering Peldoen	F	1997
Philippines	Raia A.T.Gallardo	F	2010
Sri Lanka	Nilukshan Krishnaram	M	2009
Maldives	Aishath Faathin Maseeh	F	2012
Hawaii	Betsy Wo	F	2011
Nepal	Divas Bashyal	M	2011
Pakistan	Umair Ahmed	M	2012
PNG	Martha Ame Okoa	F	1996
Japan	Mizuki Yasuoka	F	2016
	Yukino Oda	F	2016
Peru (only virtual)	Marianna E.G.Sebastina	F	2014
Russia (only virtual)	Khelga Lesnikova	F	2009
Taiwan (only virtual)	Szu Pin Huang	M	1992

Representing Members from BCIO management team for Special PA Program

Country	Name	Sex
Indonesia	Arief Adinoto	M
Myanmar	Tsu Yamin	F
Pakistan	Md. Moiz A. Qazi	M

Virtual PA Program Organizer Team

Country	Name	Sex
Australia	Erin Maitland	F
Nepal	Garima Khakurel	F
Pakistan	Md. Moiz A. Qazi	M
Pakistan	Fatima Tuz Zehra	F
India	Ashima Agarwal	F
Atlanta	Stephanie Tan	F

BCIO Management Team Members

	Name	Sex	Country
General Manager	Arief Adinoto	M	Indonesia
Assistant Manager	Erin Maitland	F	Australia
Assistant Manager	Nidhi Parekh	F	India
Assistant Manager	Tsu Yamin	F	Myanmar
APCC Secretariat	Karuna Shrestha	F	Nepal

Message from the BCIO General Manager

This year's PA Camp brought higher responsibilities upon the PAs. With triple of the cost of inviting individual regular PA due to Covid-19 precautions and regulations, the PAs carry high expectation from APCC and BCIO, to strengthen and develop the organization.

Although the rules applied to all participants were very strict this time, I saw that it does not obstruct the building of friendship and the strong bond between PAs. The relatively small number of PAs in the camp, 12 PAs, made them interact each other intensively and bonded as one almost in every moment. I felt, this PA Camp was the most intimate over teens of PA Camp I experienced.

I am confident, most of these PAs will play strong leadership role in their respective BC, and even some will rise to the BCIO leadership.

Apart from the PAs, the ones who deserve the appreciation most were the APCC Coordinators and Volunteers. They are not involved as much as the BCIO members and PAs in the activities, and more importantly in the building of bond of friendships among participants. However, they are the ones who made it happen, the ones who provided the opportunities and moments, by arranging, preparing, and servicing all participants excellently. All the participants' unforgettable memories are actually precious gifts, from these sincerest people, that we will keep forever in our heart.

Our highest appreciation addressed to the Board of Directors, who decided to undertake the real PA Camp this year. Facing the risks of the Covid-19 infection and its consequences, the Directors, along with the APCC Coordinators, arranged the plan with very detailed precaution and anticipation. It was proven that the plan worked, the Camp went smoothly, and the participants came and returned to their homeland safely.

Despite of the very high average cost spent; this PA Camp was extremely needed. During the pandemic, many BCs became dormant. Only 15 BCs out of 45 established had done activities in the past 3 years. The PA Program this year was intended to re-motivate the active members in the BCs to reactivate their BC.

I am sure, the cost spent will pay-off. New programs await to be executed with all BCs support. The programs which will take BCIO and BC into further stage of realizing APCC dreams.

We are the BRIDGE! We connect dreams around the world.

Arief Adinoto

BCIO General Manager



Message from BCIO Assistant Manager

It was a great pleasure to be a part of the organizing team for the Special PA Program 2022. Although there were only 12 Special PAs this year (in contrast with over 20 during past PA camps), focusing on quality over quantity led to outstanding results. The Peace Ambassadors from strong and active BRIDGE CLUBs are truly talented and passionate professionals. Their teamwork and affection for APCC and BCIO brought a great number of amazing ideas for the future. My teammates: Arief, Karuna and, Moiz are very supportive and caring people, which made decision-making easy. It was a memorable experience, and I am looking forward to continuing the APCC journey together with these inspiring leaders. Amidst the pandemic, APCC directors, coordinators, and volunteers managed to organize a successful PA camp which left me in awe. I cannot find words to express how thankful to the organization which changed my life since I was a Junior Ambassador 16 years ago. I am excited to work together with all BRIDGE CLUBs for this year's common activity and BCIO's new program, the Japanese Language Course which will reconnect APCC family members from all over the world and build a stronger BRIDGE that we can be proud of. Just like the lyrics from the APCC theme song,



*“We are the BRIDGE of love from heart to heart
We have a dream for everyone to share, all our tomorrows bright and new
Starting here and now, me and you, The bridge we build will take us there.”*

Tsu Yamin

BCIO Assistant Manager

Message from BCIO Team Member

COVID-19 gave us all a tough time, while the countries were recovering and bringing things back to normal, it was highly needed to have an in-person PA Camp. It had a variety of reasons, the biggest one being inactive participation from members of the BRIDGE CLUBS. There is something about the bonds formed when you get to meet people, you can't do that virtually. Being a Head Office Member for the past two years and organizing the PA Virtual Camp in 2020 with



Garima and Virtual Camp 2021 with Garima, Fatima and Ameya taught us that a lot can be achieved virtually. But we kept wishing, if and only if, it was held in person, the impact and the bounding would have been on a completely different level and this camp proved that.

I had the pleasure to work with amazing people, everyone from the APCC Directors, Coordinators, Volunteers & BCIO members put their heart and soul into this camp. There was this energy that was felt throughout the camp that we'll make it happen, we'll set an example. It was a great responsibility for us all, to be able to conduct an in-person camp to pave way for the future. And we achieved it, it's a huge relief. It makes us believe that all those sleepless nights finally paid off, it was all worth it.

Working with Karuna, Arief and Yamin was a charm, we instantly connected. I'll admit, I was kind of nervous cause it was my first time implementing the PA camp. Of course, we planned it back in 2020 too (before COVID) but being able to implement the camp in person was a breeze, thanks to all the supportive people on the team. Special mention goes to Garima, Shanna, Fatima, Stephanie, Ashima & Erin for coming in to help us out with the virtual camps for the first 3 days. Everything made the camp special, from great accommodation to lots of snacks, an amazing recreational trip, and a meeting with the Vice-Governor and the Mayor. All these combined set the precedence for the future camps so high, that it's actually an interesting challenge for future HOMs and BCIO Team members to top it off. I can't wait to see what the future holds.

Lastly, my appreciation goes to the PAs. Thank you for joining the camp and for following the safety guidelines. This year we re-invited the past PAs as well as the new ones, and the experience showed itself. The number 12+3 seems pretty small for a PA group, but the bonding, teamwork, and efforts were remarkable. Everyone listened and reached a consensus in a matter of minutes, what brilliant teamwork. I hope you guys continue to grow and strengthen your friendships/networking and keep giving back to the APCC & BCIO.

Kudos for doing an amazing job. May you prosper well, wherever you go!

M. Moiz A. Qazi

BCIO Team Member

Courtesy Visit to Fukuoka Prefecture Office

26th October 2022

The PAs from Pakistan, PNG & Sri Lanka and BCIO members from Pakistan had a courtesy visit to Fukuoka Prefecture Office. They had the pleasure to meet with Miss Akie Omagari (Vice Governor of Fukuoka Prefecture). Martha from PNG gave a short speech about her experience and how she continues to teach and practice the Omoiyari Spirit and how APCC has enabled her to do so.

In an open discussion, PAs shared their experience about coming back to Fukuoka City and their journey from being Junior Ambassadors to Peace Ambassadors and also gifted cultural souvenirs to the vice governor.

Miss Akie San was glad to hear about the experiences and encouraged the PAs to continue to promote and follow the Omoiyari spirit and act as a bridge between Fukuoka and their countries. It's a rare opportunity, to be able to interact with the Vice Governor which will be a memory for the participants.



Courtesy Visit to Fukuoka City Office

27th October 2022

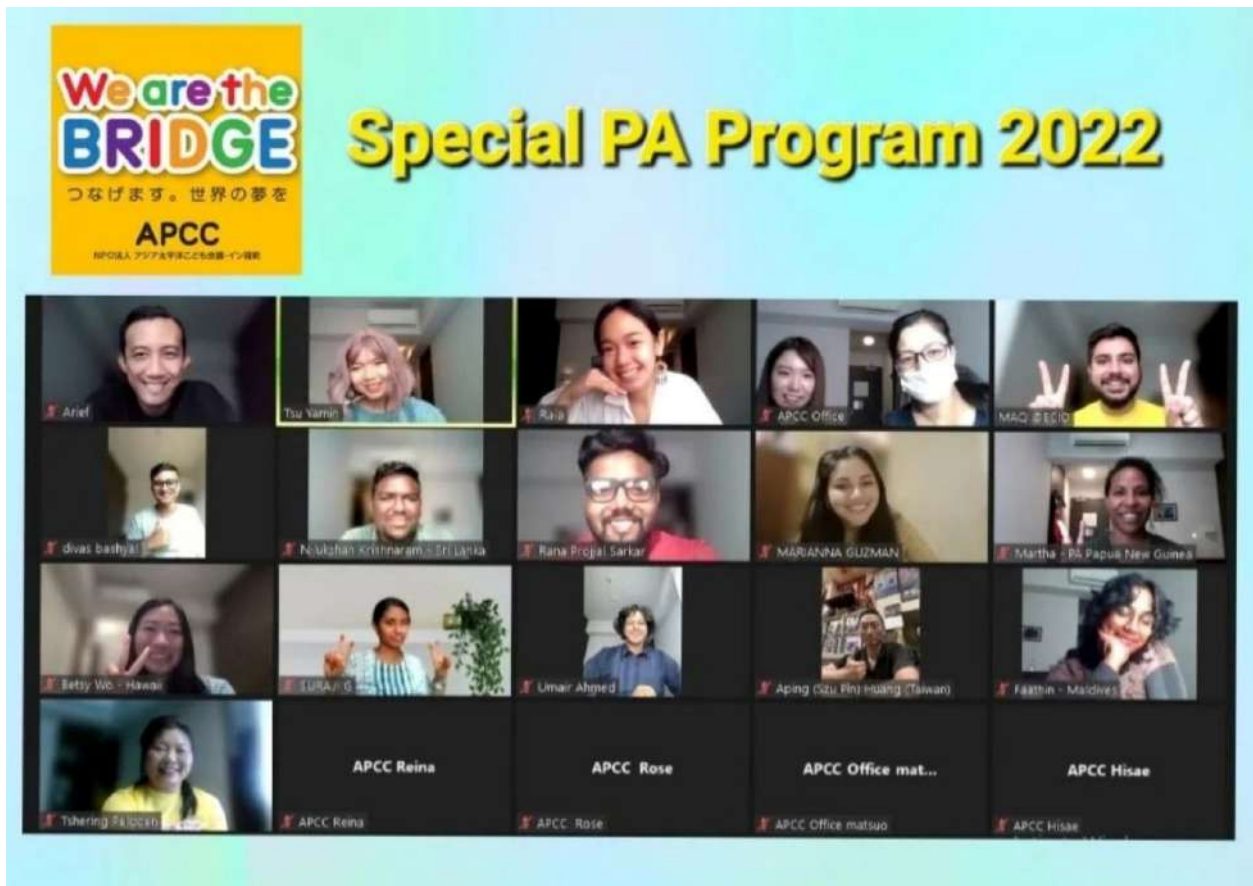
It was an extraordinary privilege and honor for nine Peace Ambassadors and BCIO Management Team members to meet the Mayor of Fukuoka, Mr. Soichiro Takashima. Peace Ambassadors were nervous to be at the Fukuoka City Office at first, but the Mayor's warm welcome and kind speech made the PAs feel relaxed and comfortable in the conference room. Firstly, Peace Ambassador Representative, Betty from Hawaii, gave a speech in Japanese on how APCC changed her life as a Junior Ambassador. The Mayor was surprised by how she continued to study Japanese after coming back from Fukuoka and praised her for her splendid speech. Secondly, Tshering from Bhutan gave a short speech on how the APCC experience enabled her to adapt to different environments; respect various religions, beliefs, and cultures; learn without discrimination, and work hard in all aspects. She also expressed her gratitude to those who established APCC, the ones who have been involved in the past, and all the members who are currently involved in its operation. She concluded her speech by saying, "I sincerely hope that the APCC will continue for many years to come!" Finally, on behalf of the peace ambassadors, Yamin, a BCIO Management Team member from Myanmar, gifted the commemorative tapestry, and Mayor Takashima gave her a Hakata-ori pencil case as a commemorative gift. Although it was a short meeting, the PAs could have a meaningful conversation with the Mayor of Fukuoka, which will be a remarkable memory for all of them.



Online Ice-breaker Activity and APCC Theme Song Dance

27th October 2022

All 15 Peace Ambassadors and 3 BCIO Management Team members safely arrived in Fukuoka after long flights. This online ice-breaker activity was organized so that all PAs and Management Team members could introduce themselves and get to know each other. Each PA talked about a few interesting points about themselves and showed their favorite dance moves during this activity. Raia from the Philippines and Betsy from Hawaii led the APCC theme song dance session. The PAs were shown various dance moves and all participants had a great time listening to the 'We are the BRIDGE' up-tempo version and danced along happily. Afterward, Moiz, one of the BCIO Management team members gave a presentation on 'How to update the BCIO website'. PAs learned how to update the blogs and post photos on the website so that everyone around the world could read the latest news about the BRIDGE CLUBS. It was a productive, fun, and memorable evening for all the participants.



Virtual PA Program I: Utopian BRIDGE CLUB (Stephanie and Erin)

28th October 2022

Overall, all PAs were enthusiastic about discussing ideas and sharing unique perspectives on considering a “Utopian BRIDGE CLUB ” where there were no limits in thinking about their BC. The purpose of the presentation was to be able to provide a supportive environment to discuss and share ideas across BCs. The creativity of idea discussed included:

- Taking trips with BC members anywhere in the world and having relationship/bonding time
- Having an unlimited amount of money
- Turning time back to where everyone met as PAs and reuniting the “OMOIYARI” spirit

Next, current BC projects were discussed with BCs helping the community by volunteering and having different membership events that were shared.

Ultimately, the discussions led to challenges in different BCs that were noted including:

- Budget restrictions
- Starting a BC/resource limitations
- Maintaining membership/interest
- Activity ideas

Members were able to discuss shortly in detail their challenges and share ideas that could resolve the issues that their BCs were facing. Resolvent of issues included ideas on:

- Finding sponsorship from being in the community
- Discussing ways to involve members based on their job or passion with the foundations of learning
- Continuing to be connected to other BCs to share more ideas and to discuss other challenges to share support

In conclusion, the takeaway and outcome of the presentation was a shared interest of continuing to reach out and be supportive of one another through the challenges of having either an established BC or starting one. Everyone felt connected and would like to continue these discussions so that they can continue to relive these memories that were felt during their JA/PA experience and be able to bring the valuable information back to their own BCs.



Global BRIDGE Leader Program I (APCC x Fukuoka Kids Art Project)

29th October 2022

APCC organized a memorable program for the Peace Ambassadors to interact and work on an art project together with elementary school students at Fukuoka Foreign Language College (FFLC). All the young participants brought their own t-shirts, and the APCC provided yellow t-shirts to the PAs. Although communication was not easy at first, all ambassadors and elementary school students tried their best and worked together. As a result, new colors were mixed, colorful paintings on the t-shirts were created, and a beautiful friendship was born between the Japanese children and PAs. Although the young Japanese children were nervous to use the English language at first, they could present their paintings well, which made the parents and PAs proud. Both parties will remember this extraordinary experience for the rest of their lives.



Virtual PA Program II (Ashima and Garima)

29th October 2022

The Day two session was an interactive session to understand the challenges of BRIDGE CLUBS to attain the “UTOPIAN Version” of our dreams. The session comprised revisiting creative ideas that were listed in session one such as an unlimited flow of money, having a boat party, and humanitarian works. The real meaning of the Utopian version was explained to all the members that it is all about having a sufficiency of resources to ensure all the members are active and meet often. To reach our desired goal we need to know where we are and thus all the PAs participated in quick live polls and shared their BRIDGE CLUB establishment progress with others. This was also necessary to understand where we are today and how much time it will take to reach our utopian version. As all the BRIDGE CLUBS are on different timelines of their journey thus each BC has its own challenge to achieve the utopian version.

The most interesting part was the breakout room discussions. All the PA participants got a chance to share their best practices with other members while they were discussing their challenges. For Ex: There is a challenge for BC Taiwan to keep the young kids motivated whereas other BC such as India, the Philippines, and Pakistan have already addressed this by organizing activities that target different age groups.

A lot of insightful actionable came out during the discussion which helped all members to learn from each other. This session helped all the PAs to reflect on shortcomings in BRIDGE CLUBS and take away best practices from their fellow friends. The findings assisted APCC’s mission to understand the challenges in BRIDGE CLUBS to support and guide PAs to have active utopian BRIDGE CLUBS all over the globe.



Virtual PA Program III- BCPN (Moiz, Shaana & Fatima)

30th October 2022

An interactive session was arranged by BRIDGE CLUB Professional Network for PAs on the third day of the Special PA program 2022.

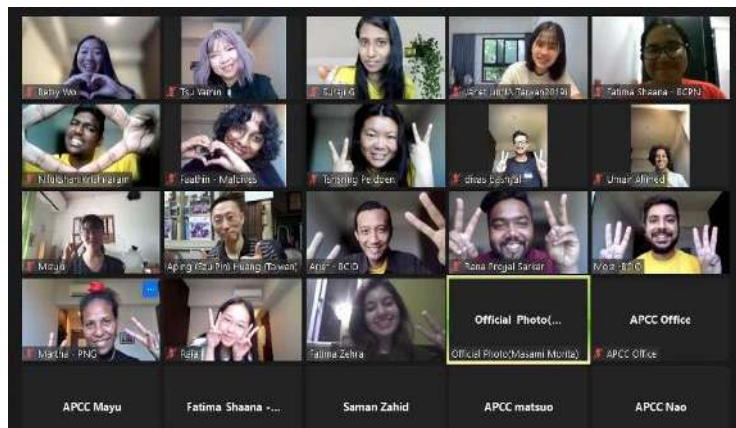
The session, titled “Sowing Seeds”, started with an ice-breaker where participants were asked to write whatever came to their mind after reading a few words, one of the words was BCPN. The idea behind this activity was to get a bigger picture of the perspective the PAs have about the BRIDGE CLUB Professional Network. Starting with an introduction of BCPN, its management team, and activities, the focus was diverted towards the critical analysis of where BCPN stands in each BRIDGE CLUB and necessary action items that need to be taken to make it further strong.

The introductory session was carried out by Fathimath Shaana where she started with a metaphor of *Sowing Seeds today and having the Cream of Crops tomorrow*.

A brief journey of BCPN was presented- starting from its inauguration in 2015. The BCPN management team 2022-2024 was introduced and PAs were briefed about the Purpose, Mission, and Vision of the BRIDGE CLUB Professional Network. Major projects arranged under the umbrella of BCPN were shared with the introduction of the new project called “BCPN Stars Project”, which concluded the first session of the day.

The second session was completely interactive with PAs, led by Fatima Tuz Zehra, in which a roundtable discussion was carried out. The discussion revolved around the current standing of BCPN in each BRIDGE CLUB where the PAs were asked to share the status of BCPN in their respective BCs with activities performed and challenges faced by them. These discussions gave an idea of the common challenges that need to be overcome in order to foster the growth of BCPN. After the round table discussion, the PAs were sent into breakout rooms for the SWOT analysis of BCPN. 4 breakout rooms were formed, and each breakout room discussed one of the aspects from the S.W.O.T. analysis. A second breakout room discussion was carried out, following an Energizing activity for the PAs. The second breakout room discussions were a continuation of what was discussed and shared in the SWOT analysis where PAs focused on how they can use the opportunities they have to improve the growth of BCPN and how they can overcome the threats faced.

After the interactive sessions, Shaana shared what is expected of the PAs in regard to BCPN growth followed by a Way Forward elaborated by M. Moiz Qazi. In the last session, the PAs were explained and guided about what action items they can take that will help in the growth of BCPN. This session was focused on the utilization of opportunities and reducing the threats that hamper the growth of BCPN. The main idea behind this session was to provide the PAs with important key points and guidelines for better execution of whatever had been discussed.



Meeting with the APCC Board of Directors

30th October 2022

BCIO Management Team members Arief from Indonesia, Karuna from Nepal, Yamin from Myanmar, and Moiz from Pakistan had a meeting with the APCC Board of Directors: Mr. Hitoshi Iwamoto, Mr. Hirokazu Suemastu, Mr. Masomi Fuji, Mr. Masayuki Yamshita, Ms. Kanae Kimoto and Ms. Satoko Rose Ohkuma. Arief, the General Manager of BCIO presented a proposal for the new BCIO Program to the directors, which we are pleased to announce has been approved. This exciting new education program will be released soon which will connect APCC participants from all over the world.



Global BRIDGE Leader Program (APCC x Global Startup Center)

30th October 2022

The PAs and BCIO members visited Global Startup Center based in Fukuoka Growth Next(FGN). They were given a tour of the center and facilities available for different startups incubated with FGN. Japanese high school and university students also accompanied the PAs during the entire session, the participants were given a presentation on the basics of how the program works while the founders of some startups also shared their experiences of their journey in Fukuoka.

The participants were later divided into different groups which were rotated, which allowed them to interact with Japanese students and the Global Startup Center team. It was an enlightening experience for the PAs because it allowed them to learn about the different opportunities that Fukuoka city has to offer.



Color Personality Test

31st October 2022



A session was delivered to the PAs on exploring one's personality by Moiz. The session involved PAs undertaking a Color Personality Test having a list of different questions. The PAs had to answer what they most relate to in different circumstances, each answer contributed to a particular color that resonated with their overall personality.

It was a refreshing activity after the virtual sessions since that was the first time PAs were physically present for their sessions. Overall, it was a great experience for the PAs because they were not just able to learn about themselves but the personalities of others as well.

Race Around the Arena

31st October 2022

Based on the results from the color personality test, the participants of different personalities were grouped into a total of 4 groups. Race Around the Arena was held after a gap of 4 years, it has ended up becoming a signature activity for a PA Camp, which allowed the PAs to explore the Global Arena and build on their teamwork while bonding.

The groups had a complete number of tasks hidden throughout the Global Arena, some had clues, and some were to be found by exploring. The tasks were both challenging and fun (might call them hilarious). But one thing is for sure. This Race Around the Arena will remain a memory for all the PAs like the previous ones.



Halloween-themed activities

31st October 2022

For the first time in APCC history, Peace Ambassadors had a chance to celebrate Halloween on their first night in Global Arena after having a special barbeque dinner with the APCC Board of Directors. The first activity was to exchange traditional candies brought from their home countries. Each participant shared an interesting fact about their countries and the candies. The next activity was "Head, Shoulders, Knees and Cups," in which PAs had to grab the cups on commands. Afterward, PAs had an enjoyable time doing 'The Mummy Wrap' activity. Two participants were chosen from each team to be 'the mummy' using creative ideas. The next activity was 'Balloon Centipede', followed by 'Musical Chairs'. All these activities brought team spirit to the 2022 Peace Ambassadors.



International Exchange Program at Munakata Junior High School

31st October 2022

A program namely "WORLD TRIP with APCC Peace Ambassadors" was held at Fukuoka Prefectural Munakata Junior High School. Peace Ambassadors were warmly welcomed by teachers and junior high school students from Munakata on an early autumn morning. Firstly, the students were introduced to the APCC by the Japanese Peace Ambassadors, Mizuki, and Yukino. Then the PAs waited at their designated booths decorated with posters, displaying famous landmarks from their respective countries. Each PA prepared a presentation file and quizzes for the Japanese students. When a group of 6-8 Japanese students visited their booths, they gave a short introduction about their countries, famous cuisines, interesting landmarks, and traditional clothing. The Japanese students had an opportunity to interact in English with the PAs by asking questions about the country and getting signed on the stamp rally form after visiting each booth. They were excited to learn about the traditions and cultures of 12 countries. The PAs were also asked questions such as favorite food, anime, and place in Fukuoka; the reason for coming back to Fukuoka as Peace Ambassadors, and the benefits of being APCC participants. The representatives of each grade gave comments and heart-warming speeches at the end of each session, which left the PA in awe.



Common Activity Discussion

1st November 2022



As Common Activity has been playing a major role in all BRIDGE CLUBS since 2008, Peace Ambassadors were first introduced to the importance of the activities and were given a quiz on how much they had read about it on the BCIO website. PAs were delighted to be awarded souvenirs after getting the correct answers for the Common Activity Quiz given by Yamin. PAs also sang along to ‘We are the BRIDGE’ song for the Smile Support Streaming Concert in 2020 which brought them memories and gave all of them a passion to work for APCC and BCIO. Afterward, they were divided into two teams to discuss a common activity idea.

Surprisingly, both teams proposed ideas regarding sustainable development goals and how APCC members can use SDGs to create DIY project videos. The PAs were again divided into a technical team and a marketing team to create the logo, plan out the general idea for the activity, and note down details on objectives, process, performance, and report. Both teams came up with brilliant ideas to organize the common activity for 2022–2023.

Key Skills

Paired with Obstacles within BRIDGE CLUBS, the participants needed to be aware of some key skills that would facilitate smooth workflows within their BCs. Participants were taught about communication, accountability, and teamwork, which seem like basic skills but are highly important. The session was given by Moiz, and the PAs delved deeper into understanding how these key skills worked. They explored various stages of team development, learned the basics to communicate effectively along with types of communication, how to communicate non-violently, and learned how to hold themselves and others accountable.



Overcoming Obstacles within BCs: A Solution Driven Discussion

1st November 2022

Peace Ambassadors had a productive day, discussing Common Activity, but the day did not end there. It was followed by a short presentation on how to overcome obstacles that each BC has been facing during the past few years. For instance, it has been hard to collect membership fees and organize physical activities as all members are comfortable with online activities. Therefore, PAs were encouraged to organize outdoor activities to have more members' involvement in the future. A new project namely “#ArigatouAPCC” has been introduced by Yamin in this session. PAs were asked to reminisce about the APCC memories and write down short messages to a special person in the APCC family to whom they are thankful. PAs wrote messages to their host families, APCC directors and coordinators, volunteers, and BCIO head office members. It was heartwarming to read messages written from the heart. These messages written on colorful origami papers were stuck on the board so that APCC family members could read them on ‘Meetup with Host Families and Volunteers’ on November 3rd. PAs uploaded their photos holding #ArigatouAPCC sheets and posted them on social media to show their appreciation towards APCC, an organization that changed their lives since they were Junior Ambassadors.



Leadership Development

1st November 2022

PAs are expected to take the leadership role in their respective BCs after the PA Program. Leadership skills are necessary to train. However, despite any leadership skill or character, the most fundamental condition, not only for a leader but for everyone indeed, is to have inner peace. For some people, hard past experiences leave trauma and bad memories deep inside their subconscious mind. For example, someone keeps disappointment, anger, and hatred inside, every time any of these memories are triggered their emotion fluctuates, and sometimes out of control. The worst thing is, they do not know how to release these traumas.

During this Leadership Development session, Arief Adinoto explained the mental vibration and emotional energy within humans. His long experience as a motivational speaker let him understand how mind-emotion-body work. All participants, including the APCC Coordinators, did some simulation guided by Arief and experienced how their mind and emotion affect their bodies instantly. Moreover, the participants proved human energy interaction that their mind and emotion towards someone affect how that person's energy. At the end of the session, Arief helped release PAs' trauma and bad emotion kept within, with his energy control ability.

According to Arief's experience practicing this psychological therapy, people who are free from trauma and bad emotions will get inner peace. They become happier, and wiser, have more patience and empathy, also having more confidence, and realize their purpose in life. Those are the most fundamental qualities to have as a leader.



Strengthening Inter BC Collaboration & Support

2nd November 2022



A session was delivered by Moiz to explore various ways BCs can collaborate and discuss problems associated with them while focusing on solutions. It was pretty unique since it not only explored ways for different BRIDGE CLUBS to interact on paper, but PAs were able to come up with activity ideas live during the activities. Since the activities allowed them to find ways to collaborate with others to complete them successfully while overcoming the problems. The PAs did a great job and had fun while working. Hats off to Yamin for coming up with brilliant activity ideas to make learning more fun.

Recreational Program by PA Program Division

2nd November 2022

The PA Program Division of APCC organized a fun day for the PAs. The day started with PAs visiting the Miyajidake Shrine, there was a great hiking track at the back of the shrine which went up a hill. For someone of the PAs, it was the first time they ever hiked in their life, it was a good experience to reflect and appreciate the diversity of experiences among different participants. The trek ultimately reached a viewpoint where the participants were able to see the beach. They spent some time, ate refreshments, and took lots of photos, and hiked back down.

After the hiking, the participants reached Camellia Hall for the Japanese Tea Ceremony. The facilitator was a jolly fellow who made the experience relaxing and fun for the PAs. They were able to learn the etiquette of being invited to tea, how to sit, how to hold and eat sweets and drink tea. The participants were divided into two groups, one group served, while the other one acted as guests and the groups were rotated.

It was an action-packed day, everyone hurried back to the bus to reach the Miyajihama beach to watch the sunset. Upon reaching the beach, the participants ran to the beach to take photos of the sunset. From the top of the mountain to watch the sunset at the beach in a single day was a unique experience that made this year's PA Camp a step ahead, worthy of the 2 years wait time.



Exchange Program with BRIDGE CLUB Japan

3rd November 2022

BRIDGE CLUB Japan members organized a special activity for the Peace Ambassadors in Medium Board Room. Although most of them are high school students, they were very creative in planning team-building activities. Peace Ambassadors had an enjoyable time participating in the activities and interacting with BCJ members. All of them enjoyed the balloon volleyball activity, pairing up with teammates and racing to the finish line, and getting awards in the end.



Meet and Greet with Host Families and APCC Volunteers

31st November 2022

This reunion was a truly heart-warming moment for all host families and Peace Ambassadors. ‘We are the BRIDGE’ background music was turned on, and each PA reunited with their host families after a long period of time. Many of them were in tears because they were very happy to meet their beloved families. PAs, host families, and APCC volunteers were overjoyed to see each other and talked about their current career paths, situations in their respective countries and reminiscence of APCC memories. It is amazing how the APCC connected people who come from different lands and created beautiful families around the world.



Make Your Own Accessory (Pin Brooch) Using Braided Cord (Kumihimo)

3rd November 2022

During the PA Camp, the APCC PA Program Division also prepared an activity to learn Japanese handy craft making, Pin Brooch using Kumihimo (braided cord). Kumihimo is a traditional Japanese art form, literally meaning “gathered threads”, made by interlacing reels of yarn.

In this session, PAs were taught to create a pin of a flower. The petal of the flower was made



of kumihimo. 5 petals were needed to form a flower. The petals were then glued onto the pin, then a pearl was added in the center.

The making of pin brooch using kumihimo was not as simple as it looked when it is finished. Some PAs had difficulties in the making. The unexpected thing was that the quickest PAs to learn and finish the pin brooch were a few male PAs. Well, it proves “you cannot judge a book by its cover”; the boys with firm looks have some soft sense of art making inside.

BCIO 5 YEAR PLAN

3rd November 2022

The session of BCIO 5 Year Plan was divided into 2 parts, with another activity undergone between the parts. In the 1st part, the BCIO General Manager, Arief Adinoto explained about his vision of the future of BCIO, the direction and the program he had established along his role as BCIO Manager. PAs were then asked to brainstorm their ideas for BCIO 5 years ahead. They were grouped into 3 and had a lively discussion.

In the 2nd part of the session in the evening, each group presented their ideas for BCIO. After that, Arief shared his proposed program to be undertaken 5 years ahead. The program was to establish BRIDGE University at the 40th Anniversary of APCC in 2028. The form of university planned to establish is an open or cloud university where students can have distant learning through virtual class, and students can learn in different countries / culture throughout their course of study. To make it realized, BCIO will commence the program with one subject, Japanese Language.

This program had been proposed to the BCIO Board of Directors prior the PA Camp. On November 30, Arief, with the BCIO Assistant Manager Tsu Yamin, and Moiz Ashraf Qazi, presented the plan to the Board of Directors. It was a happiness to see the Directors were also excited to the program, and the approval to execute was given.

BCIO will collaborate with the Fukuoka Foreign Language College, a school owned by the former BCIO Managing Director, Hitoshi Iwamoto, for the Japanese Language Course.

BCIO Japanese Language Course



Timeline for the BRIDGE University establishment:

1. 2023 Japan Language Course
2. 2024 Subject addition
3. 2025 Open for non APCC students
4. 2026 Cooperation with other institution / organization
5. 2027 Preparation for establishment
6. 2028 BRIDGE University establishment

Summary of PA Program

4th November 2022

The sessions of the PA Camp were closed by the Summary of PA Program on the final day at Global Arena.

1. APCC For Education

An APCC Coordinator, Satoko Kanki, explained about the APCC For Education, a program which allows anyone to learn about various culture through virtual exchange and videos. There had already been several virtual exchange activities between students of Japanese schools and students of APCC member countries. The students interacted through teleconference, and learn each other's culture in some topics such as school activities, daily life, food, etc.

PAs were encouraged to support this program by looking for potential schools and students to have the virtual exchange, not only with Japanese school, but also possible to conduct between other countries.

2. Common Activity 2022-2023

Summary of the decided Common Activity "Sustainability in 60 Seconds" was announced. The title and the logo were officially launched in this Summary session.

3. Japanese Language Course Program

The execution of realizing the dream to establish BRIDGE University was officially launched, with initial program the Japanese Language Course.

4. BCPN Stars

The BCPN Stars Program is the intended to encourage members to empower their potential into concrete action in the form of project that may deliver benefits to APCC, BCIO and its members. PAs were expected to encourage their BC members to propose and participate in this program.

5. Announcements

At the closing remarks, the BCIO General Manager announced the succession of BC leadership will take place in 2023, hence each BC has to nominate its President for the term of 2023-2025. A meeting with all current Presidents was scheduled in the end of November or early December 2022.

Photo Gallery



Special moments!



ARC

Halloween

SPECIAL
Peace Ambassadors
PROGRAM



HALLOWEEN
ACTIVITIES

MIYAJIDAKE SHRINE

PA RECREATION PROGRAM
• HIKING ADVENTURE •



MIYAJIHAMA BEACH





Common Activity

Overcoming obstacles within BCs



Leadership Development



Strengthening BRIDGE CLUBS

Discussions & Presentations





Family 

Our special memories will last forever!



THE END