

SSEAYP NEWS

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OFFICIAL PUBLICATION OF THE SHIP FOR SOUTHEAST ASIAN AND JAPANESE YOUTH PROGRAM



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SSEAYP ROUTE

National Leaders (NLs) and Participating Youths (PYs) from 10 ASEAN member countries and Japan joined the 45th SSEAYP from October 23 to December 13, 2018. After the inauguration ceremony in Japan, they departed to country programs in Japan, and other 4 ASEAN Ports-of-Call with a variety of activities run by host countries, including Institutional Visits and Homestay. Onboard the ship Nippon Maru, PYs engaged in different activities, such as Discussion Program (DG), Solidarity Group (SG) Activities, PY Seminars, Voluntary Activities and National Presentations, through which the PYs had opportunities to create new friendships, enhance mutual understandings between participating countries and widen their knowledge.



- Arrival of participants
Orientation, Inauguration
Country Program in Japan
- Sets sail from Tokyo
- MUARA, Brunei Darussalam
Country Program in Brunei Darussalam
- MANILA, Philippines
Country Program in the Philippines
Davao, Philippines
- BANGKOK, Thailand
Country Program in Thailand
- HO CHI MINH CITY, Viet Nam
Country Program in Viet Nam
- Arrival in TOKYO
Departure of Participants

MESSAGES



Mr. YAMATANI HIDEYUKI
Administrator of the 45th SSEAYP 2018

FROM THE ADMINSTRATOR

This is my very first experience to participate in the SSEAYP and it made me realize how it is so loved in each country. We received the warmest welcome in each port of call. For instance, we had an audience with His Majesty the Sultan and YangDi-Pertuan himself in Brunei Darussalam. In other countries, Ministers hosted the reception party. I realized how highly SSEAYP is loved by talking with ex-PYs from earlier batches at reunions, or even during institutional visits. It has such a long and rich history.

I wish the friendship between Japan and ASEAN member countries using the network and experiences will prosper and grow. With the valuable insights, I hope all the participants will demonstrate their leadership in their respective countries and continue GO & GROW.

FROM THE CAPTAIN

I am very pleased to join for the second consecutive year, Nippon Maru as Captain for the SSEAYP. What I enjoyed so much about this year are the National Presentations. It is impossible to select just one but I very much enjoyed and was so impressed by the National Presentations of each country.

For all the participants of the 45th batch, I would be very pleased if you use all your learnings and experiences gained on MS Nippon Maru during our 52-day voyage to contribute to the future of ASEAN and the world. As Captain, nothing makes me happier than having the ship become the mother ship of each of you. And I really hope this voyage was an enjoyable one and will forever be in our hearts and memory until the end of time.

Mr. NINOMIYA SATOSHI
Captain of Nippon Maru



SIGA 2018 2019

SIGA 2018 | BANDUNG, INDONESIA



SSEAYP International General Assembly (SIGA) is an annual event for SSEAYP alumni and friends and families to reunite and have some activities together for four days. SIGA is also where Council of President meeting is held every year. In 2018, SIGA was held in the heart of West Java, Bandung - Indonesia. With the theme of Spirit of Art, Heritage and Youthpreneurship, all participants spent their memorable days to activities and workshops such as Bandung Heritage Walk, Coffee Processing, Leather Products Making, Clothing Production, Creative Food Workshop, and Wood Crafting. By bringing the SSEAYP spirit, SIGA Bandung was also place for the participants to involve in social activities such as waste education, recycling activities, making bio-pore, and creating mural with SSEAYP message.



SIGA 2019 | BRUNEI DARUSSALAM

Brunei Darussalam will host the 31st SIGA from 26-29 April 2019. The SI award will also be one of the main activities. We would like to invite all ex-Pys, host families and friends to visit Brunei Darussalam and have a grand reunion. We have upcoming fun activities planned and are eager to welcome everyone to our Abode of Peace.



PERSATUAN BERSATU (SI BRUNEI DARUSSALAM)

JANUARY BERSATU and 43rd BPYs conducted a SSEAYP Rehab for the 44th BPY 2017 on 7th January, at Berakas Beach. The half day activity was to welcome the new BPYs to the ex-PY community.

FEBRUARY 2nd-4th Feb: The Embassy of Japan in Brunei Darussalam, together with the Japan Foundation and Times Square, co-organized the "Japanese Language and Culture Week" at Times Square.

24th Feb: 40 ex-PYs represented BERSATU at the 34th Brunei Darussalam National Day parade and celebration.

'Buy 1 Donate 1' Project: BERSATU collaborated with Pusat Bahagia, Brunei-Muara for 'Buy 1 Donate 1' Project. The project aims to help fund Students and trainees of People with Different Abilities (PWDs) through the purchase of their sport T-Shirts.

MAY "Dine with US : Empathy not Sympathy" project: Guests were treated to a dinner where they are blindfolded upon arrival and during their meal to have a hands on feel on how Individuals with different abilities go through daily life. It was a successful event.

JUNE: BERSATU organised a "Tahlil" and breaking of fast with orphans at BERSATU House. Families of the orphans and BERSATU members were invited to the function. Cash donations were among the highlight of the evening.

JULY: BERSATU participated in a Get-together with His Majesty Haji Hassanal Bolkiah in conjunction with His Majesty's birthday.

AUGUST: OBSC candidate, Diana Ang organized her one day charity project at the National Youth Centre. The project aimed to raise money to donate to the Japanese flood victims.

SEPTEMBER: BERSATU was invited by Department of Youth and Sports to meet and share valuable information to the 45th batch at the Games Village, Hassanal Bolkiah National Stadium. The new contingent underwent their training from 17-24 September 2018.



SSEAYP INTERNATIONAL CAMBODIA (SIC)



FEBRUARY: Cambodia Participating Youths of the 44th SSEAYP 2017 implemented their Project DEW at Coconut school located in Kompong Speu Province. For the pre-project, 1,000 books, stationeries and water filters were collected. During the project, all the collection were distributed and a workshop was run for the local students to introduce them reading club and to run the first reading club activity. Last but

not least, there was a monitoring and evaluation to communicate with the reading club volunteers once a month to monitor the progress.

AUGUST 25th August: "Your Choice Can Change Lives" was a mini project in collaboration with Cambodia Participating Youths of the 45th SSEAYP 2018 on 25th August, 2018. After acknowledging the information about the inadequate blood sacks, SIC with CPYs 2018 had initiated the Blood Donation to donate the blood to National Blood Transfusion Center.

SEPTEMBER 1st-3rd September: CPYs 2018 have succeeded their first Social Contribution Activity (SCA) in Kompong Kes Village, Trapang Sangke Commune, Kampong Speu Province under the environmental theme named "Green City". They have taught the local kids about the effects of waste on the environment. Since the Trapang Sangke Commune is the eco-tourism spot for the local and international guests,

the local kids were explained and taught about the waste reduction and segregation in their own community to help it stay green as long as possible. Moreover, since 2015, the project of promoting mangrove restoration has been followed up annually by our new family members with the ex-committees. 2018 is the fourth year that SIC has planted the mangroves to help sustain community. Up until now, we have planted more than 500 mangrove trees.

OCTOBER 18th October: SIC and CPYs 2018 with the Union of Youth Federation of Cambodia and the National Cancer Center had implemented successfully the "The Crane for Kid" Project at Phnom Penh International University (PPIU). The project was conducted to raise awareness to the public on cancer which in kids and on treatment. Moreover, 6,000\$ had been raised during the event to support the poor families with their children suffering from cancer and receiving the treatment at the center.

SSEAYP INTERNATIONAL INDONESIA (SII)

Throughout 2018 -The Hoax Buster project is the program initiated by IPY2017 as their Post Program Activity after SSEAYP 2017. The project aims to raise the awareness and to reduce the spread of fake information through social media. The participants aimed were the school students. The project is to provide education to the students on how important information is and how bad fake news can impact the society. Throughout 2018, IPY2017 conduct Anti Hoax Buster projects in 21 provinces and involved more than 1,100 students all across Indonesia.

AUGUST -15th: SSEAYP International with SI Disaster Relief Fund resulted two 6x14 meters tents which serve as emergency shelter and school the people affected by Lombok Earthquake in August 2018. In addition, the public donation which was collected by SII, amounting approximately USD 2,000 was also distributed to affected areas. In collaboration with Indonesian Youth Exchange

Program Alumni (PCMI) of Central Sulawesi, SII collected public donation as much as approximately USD 700, and use this fund to provide basic needs for the shelter. SII distributed 100 blankets, 40 sleeping tents, underwear and 110 packages of stationery for students.

In 2018, SSEAYP International Indonesia launched the program of SSEAYP Indonesia Alumni Grant Activity (SIAGA) with the aim of encouraging alumni to put their ideas into action and create meaningful impact in the society throughout Indonesia. SII called for proposals for activities in the field of Education, Health, Employment, Youth Participation, Gender, SDGS, and ASEAN-Japan cooperation. After the selection process, SII finally announced 10 activities who are granted seed funding and outreach assistance from SII. Those 10 activities will take place in 7 provinces in Indonesia.

Among those 10 programs, these are 3 programs that has been successfully done:

1. Healthy Islamic Student Movement (9 November 2018). Organized by Citra Fitri Agustina (IPY2006) and Riko Pambudi (IPY2016).
2. We are Able Project (November 2018). Organized by Dery Marsan (IPY2017).
3. Possible Work Goes To School (1 December 2018). Organized by Nazaruddin Malik (IPY2014).



INTERNATIONAL YOUTH EXCHANGE ORGANIZATION OF JAPAN (IYEO)



International Youth Exchange Organization of Japan (IYEO) 2018 activities were characterized in two main areas. IYEO projects for Disaster Relief and Support, and the formation of Working Groups.

Disaster Relief and Support

IYEO disaster relief fund supported the following projects. For domestic disasters, International Youth Exchange Organization of Hiroshima

implemented "Tsunagu Café," that provided café and music to the survivors of the catastrophic flooding in West Japan following the 2018 Japan Floods. International Youth Exchange Association of Okayama, in cooperation with NPO Katariba, conducted emergency support by providing school electric dictionaries and bicycles for those who lost their stationery. IYEO was also engaged in relief/reconstruction efforts following the 2018 Hokkaido Eastern Iburi earthquake. IYEO collected and sent contributions from its members to be utilized in the affected areas. Hokkaido IYEO is planning to hold a disaster prevention seminar in 2019. For the overseas disasters, IYEO collected donations from all over Japan and sent relief funds, via SI Indonesia, for the survivors of the 2018 Sulawesi earthquake and tsunami.

Working Groups

IYEO members were provided the opportunity to initiate Working Groups to strengthen the function of IYEO. This year, 9 working groups were formed. One group created LINE stickers for sale, with the objective of raising awareness of the International Youth Exchange Programs by the Cabinet Office. Another working group, called Club Wai-Wai-E-O, organized monthly get-together sessions to promote networking and mutual understandings among ex-PYs from different batches and programs, as well as with new candidates.

KABESA (SI MALAYSIA)

MARCH 10th March: SSEAYP International Malaysia Annual General Meeting 2017 and Election of New Executive Committee 2018-2010. Mr. Che Mohamad Nordin Bin Ismail was newly elected President for term 2018-2020. He is former President of SI Malaysia.

APRIL 13th-15th April: Selection Camp organized by Ministry Youth and Sport Malaysia for Youth of Malaysia to undergo final selection stage after preliminary process (essay writing & psychometrics test) prior to attending the camp.

SSEAYP International Malaysia has been appointed as a strategic partner with Ministry Youth & Sport Malaysia and Malaysia Youth Council. Few members and committee have been nominated as Facilitators and Panels in this Camp.

20th-22nd April: The highlight of SIGA Bandung 2018 is implementation of PROJECT 30/50 - Social Contribution Activity (SCA) mission throughout ASEAN and Japan in conjunction of 50th Anniversary ASEAN.

SI Malaysia has initiated 30/50 Fund raising campaign: 20K Kit of Hope and managed to donate 2000 hygiene kits to AHA Centre on 5th March 2018.

20K Kit of HOPE is a bag prepared with:

- Sanitized Wet Wipes
- Shampoo
- Soap
- Face Towel
- Toothbrush & paster
- Sanitary Pads
- Plastic comb

OCTOBER 19th October: Press Conference SSEAYP 44/2018 with Minister of Youth & Sport Malaysia, YB Syed Saddiq Syed Abdul Rahman and Japan's Ambassador to Malaysia, H.E. Dr. Makio Miyagawa.

20th October: Post Program Activity (PPA) Debriefing and presentation by MaPY 44/2017 by Mr. Iqbal Rosly

and Mr. Ahmad Syazwan in presence of Mr. Masnoor Mohamad, Ma OBSC 44/2017. Project called "Rangers of Goodwill (ROG)" in collaboration with Global Environment Centre (GEC).

PPA 44 Series held on :

PPA 1.0 [3rd March 2018] , PPA 2.0 [1st July 2018], PPA 3.0 [8th July 2018]

PPA 4.0 [21st - 23rd September 2018] - Finale



SSEAYP INTERNATIONAL MYANMAR

AUGUST-SEPTEMBER In the Pre-Departure Training of the PYs, they were camped at the Yangon University. In the two camp periods (17-8-2018) to (18-9-2018) and (01-10-2018) to (21-10-2018), our president and Executive Committees took turns according to their time-table to give lectures on ASEAN, SSEAYP, SSEAYP International, SI-Myanmar, orientation of the Program, current international and local affairs that PYs should know, culture and traditions of ASEAN member countries and also the "do's and don'ts" during the trip (onboard as well as in country programs). Desmond Boey, exNL and EC of SIS, voluntarily came and

helped the PYs with onboard activities and preparation for the trip. Our AA and 45th contingent benefited from this sharing session.

AUGUST 5th August: Our AA implemented our first PPA and Social Contribution Activities together with the 45th contingent in urban and rural areas of Bago, so that the PYs could have experience for their future PPAs.

OCTOBER 27th October: The second PPA and SCA of our AA was implemented in Taunggyi, the capital city of Shan state under the guidance of our Patron and ECs from that State. The ex-PYs, all ethnic races of State took actively

participated in the activity. We render our profound gratitude for their SCA and AA which was implemented on AA's behalf.



SSEAYP INTERNATIONAL PHILIPPINES



JUNE June 28th to July 1st: National Leader, P-OBSC and exPYs of the 44th Batch led the PARAIISO (Paradise) Project in Brgy. Calaparan, Iloilo City. Day 1 was HEALTH DAY which gave free medical consultation and medicines to 302 patients, mostly senior citizens and children. Day 2 was FUN DAY with children and guardians of the community. Day 3 was EARTH DAY where 28 youth volunteers planted mangroves and did coastal clean-up at Esplanade 2, Iloilo City.

JULY July 15th: SIP sponsored the Perpetual Trophy for this year's All Star Volleyball League at Pateros, Metro Manila. On its 29th year, the tournament aims to foster camaraderie among the youth and develop their potential to become top-notch players. SIP President also did a talk on basic HIV awareness. He discussed status of HIV/AIDS in the country and modes of transmission and prevention to 588 attending youth.

AUGUST August 25th-26th: Project SHINE led by the 43rd Batch integrated various projects and activities for the children, youth, parents and skilled-women of Ati Indigenous community in Naga City. It included scholarship grants to 5 high school and 2 college students, construction of toilets, marketing and promotions of TAMVA's livelihood program, donation of chairs and a desktop computer with printer for the Tribal Office and Hall, sponsorship of sports equipment and also led planting of mangroves.

NOVEMBER November 30th: SIP conducted ALAY DUMAGAT in Antipolo to address the medical and dental needs of the indigenous people of Sito San Ydelfonso. The mission gathered donations of clothing, food, gift and dental packs and medicines. Volunteer medical and dental professionals and 26 military personnel assisted the team of volunteers for the outreach activity.

APRIL April 12th-13th: Mountain Dreamers Summit led by 43rd Batch was held to inspire and empower 50 sophomore and junior high school students of Tan-awan National High School, Kabankalan City, Negros Occidental to actualize their dream. The talk emphasized the rights of the child, rights of indigenous people. Kits composed of notebooks, ballpens and solar lamps were distributed.

SSEAYP INTERNATIONAL SINGAPORE (SIS)

SSEAYP International Singapore (SIS) enjoyed yet another year of meaningful alumni engagement and community service activities.

Lunar New Year Celebrations with SWAMI Home

SIS partnered with the Sunshine Welfare Action Mission (SWAMI) Home to organize a morning of enthralling performances and activities in celebration of the Lunar New Year for more than 40 elderly residents. SIS also donated foodstuffs and daily necessities to the homes, and gifted mandarin oranges to all its residents. SIS volunteers had the opportunity to interact with the elderly, and we certainly put a smile on their faces.

Through a multi-party collaboration with the Tanjong Pagar and Radin Mas Grassroots organisations, the performers trained with each other over several weekends, and finally put up a stellar performance witnessed by almost 3000 people, including Ambassadors and Embassy representatives from the 10 ASEAN member countries.

SIS, in coordination with the various ASEAN embassies, organized booths showcasing the cultures, practices and norms of each ASEAN member state. Visitors were treated to an evening of fun and insight, where they left with a better understanding of the peoples and cultures that make what ASEAN is today.

- Networking sessions for Homestay Families and Year Reps
- Recruitment Drive for the 45th SSEAYP Participants



PassionArts Festival: We Are Unity Performance and ASEAN Cultural Booths

SIS recognized the importance of fostering an inclusive society for people with disabilities.

Other activities SIS organized through 2018 include:

- SIS Biennial General Meeting

ASSOCIATION OF THE SHIP FOR SOUTHEAST ASIAN YOUTH OF THAILAND

Thailand-Fukushima Program: Since 2007, the excursion with local youths and homestay activities had strengthening bond of two countries. This year, ASSEAY team to join Thailand-IYEO Fukushima Exchange Program in Japan in March 2018.

Navy Ship and established new friendship for caring society.

In the same month, PPA of TPY2017, the World camp, was held successfully in Nakhon Prathom province. (more information at the PPA section)

Pre-Departure Training: PDT in Thailand was organized in 2 rounds which were 14-day PDT 1, 7-16 July 2018 and 4-day PDT 2, 20-23 October 2018. The PDTs were designed to transferred not only insightful knowledge that necessary onboard but also pass real experiences to TPY2018. Ex-TPYs were invited as speakers and facilitators in the sessions. This was a chance for TPY2018 to create teamwork and to plan their activities onboard together.

in 2019-2020 session.

Last but not least, to keep up SSEAYP spirit, in July 2018 ASSEAY donated to relief devastating flood in Japan and Lao P.D.R as well as to Indonesia through earthquake in Palu, Indonesia in October 2018.

Keep Sharing Smile: It has been 28 years, since 1991, that Fund for Friend and Royal Thai Navy had co-hosted the "For Hopeful Children Project" for underprivileged children. Last 24-26 March 2018, a camp set scene at a beautiful beach in Sattahip, Chonburi province. More than 1,100 children and 100 of Thai and international volunteers from 28 organizations enjoyed 3D2N playing on the beach, sailing in a Royal Thai

Reception of Nippon Maru: Thailand was a third port of call for SSEAYP 2018 during 24-27 November 2018. At a special meeting onboard the ship MS Nippon Maru on 25 November 2018, ASSEAY members elected a new president, Mr. Jakraphun Thanateeranon,



LAO SSEAYP ALUMNI ASSOCIATION (LaoSAA)



We conducted this project for PDP in a school which is located at Khamjalern Village, Hatxayfong District, Vientiane Capital, Laos. The purposes are to build a fence and renovate the school building; to raise awareness on education, improve skills and transfer knowledge about hygiene and recycling.

JULY 20th-22nd July: LaoSAA and ExLPYs have organized the 3-Day Pre-Departure Training Camp in Vientiane Province for new LPY2018. The aims of camp are help them to effectively prepare for Group Discussions and enhance their understanding of different lifestyles and cultures on board the ship.

Late July After floods hit Attapeu Province, Lao PDR, The LaoSAA has mobilized the members by assigning LPY 2018 to be the main organizers of such activities. LPY2018 came with a campaign "SSEAYP Family for Floor" which aimed at providing donation or mobilizing the budget, necessities for the victims.

MARCH 16th-17th March: LaoSAA and LPY2017 have implemented a volunteering activity under the project called "SSEAYP of Change" at Stella Center, Vientiane Capital, Lao P.D.R. The purpose of this activity is to share knowledge and experience which specifically focusing on a current society where there is a lack of people who undertake social activities, especially those from the young generations.

JUNE- JULY 30th June - 1st July: LaoSAA and LPY2018 organized a volunteering activity under the theme "We Care We Share".

AUGUST 11th August: LaoSAA and LPY 2017 implemented a seminar with Ex-PYs under the topic "LPY Talk, Life is a Journey" at Lao Youth Union, Vientiane Capital, in order to exchange lessons and past experiences in participating in the SSEAYP program. The purpose was to create more incentives for young people to work and participate in more social activities.

SEPTEMBER 1st September: LaoSAA together with LPY 2013, LPY 2014 and LPY 2015 organized a meeting to conclude and report all activities in 10 years done by LaoSAA and summarize the activities of the Executive Committee of the 2nd set.



VIETNAM ALUMNI CLUB OF YOUTH FRIENDSHIP EXCHANGE PROGRAMS (VACYF)

DECEMBER December 18th-19th, 2017: VPY2017 conducted the first PPA - "Empowering ASEAN Citizen" for over 200 students at Kim Dong Elementary School (Duong Dong, Ha Noi) aiming to empower Vietnamese future generations. The one-day project focused on (1) fostering an awareness of J-ASEAN community; and (2) cultivate necessary skills for the integration era through 4 interactive seminars on J-ASEAN Cultural Quiz, Creativity, Media Literacy and Public Speaking. One laptop was also given to the school library to facilitate further skill training.

The main activities of the event included an institutional visit to Vietnam Waste Solutions, where students aged 8-10 learned about waste treatment process and the life cycle of plastic

and ran a training session on hand hygiene for all students. They also gave 2 water purifiers and 10 clocks to the school, together with 350 gift sets to the students.

August 26th: Project "Summer Revives" was conducted by VPY2015 and VPY2017 to give underprivileged children in Don Village, Dak Lak Province a chance to experience an enjoyable summer. Over 300 children in the village enthusiastically engaged in educational activities like an art workshop, a fun training on personal hygiene. Over 150 gift sets of rice, washing detergents were provided to families in the area.

September 22nd-23rd: VPY2017 and VPY2018 organized "Embracing Moonlight" Project for over 200 children in Finando Orphanage (Ha Noi) and the patients at Blood Transfusion Hematology Hospital (Ho Chi Minh City), giving 1200 noodle sets, 80 moon cakes and 240 milk bottles to the participants.

MARCH-APRIL VPY2017 hosted their second PPA - a SSEAYP tour to 4 major universities in Ho Chi Minh City and Ha Noi.

SEPTEMBER September 22nd: VPY2012 conducted their 5th PPA in No.1 An Ninh Primary School (Quang Binh). In order to raise the awareness among the students about hand, foot and mouth disease, health protection, VPY2012 helped renovate the school's toilets



AUGUST August 15th: "Plastic Art" was a project organized by VPY2017, with the support from VPY2018, to foster environmental awareness among children.



The Post Program Activity of SSEAYP International is now rebranded as GO & GROW. The Post-Program Activity centers on the strength and dynamism of a united SSEAYP community across the Japan-ASEAN region. The new logo is represented by a traditional origami Japanese crane or orizuru (折鶴 ori- "folded," tsuru (zuru) "crane"). Go & Grow aims to inspire hope and change across communities where the former participants of the SSEAYP are making ripples of change. Legend has it that those who fold a thousand paper cranes will be granted their hearts' wishes, with good luck, or safety from injury. Paper cranes have also served as a symbol of resilience from disasters induced by natural hazards in the past. SSEAYP Go & Grow's crane is also donned in the colors of Japan and ASEAN (red, blue and yellow) and is set across two hexagons which have twelve sides in all. These 12 sides represent the 11 SSEAYP participating countries and SSEAYP International as the mother organization.



SSEAYP GO & GROW®
Designed by SSEAYP International Philippines
under the expense covered by SSEAYP International

||——— CABIN MATE ———||

The cabin, small but fully-equipped with 3 beds, a bathroom and 3 of us from different countries, backgrounds and cultures together we shared almost everything. All the ups and downs and no matter what we know we will always have each other's back. Having pillow talks, sharing different snacks and even our shampoo. Because of SSEAYP, we're like sisters not just best friends.

Tang Bee Ying MaPY

In cabin 110, it was all about fun and laughter. My cabin mates were Kaung from Myanmar and Nabili from Brunei Darussalam, who were also my SG mates. They were the best SG mates. We promised each other to meet again soon after the program.

Jeremia Fakdawer IPY

||——— VOLUNTARY ACTIVITIES (VA) ———||

Hosting VA had become one of my valuable life lessons and it improved my organization skills. It provided opportunities on what I have never done before. What made VA more meaningful was that our participants gained memorable moments and shared their happiness through our various events on cultures, food, games, and other enjoyable activities.

Xayaphone Antyka LPY

Myanmar Contingent presented 2 Voluntary Activities which were Thanakhar and Tea Culture. With Thanakhar, we promoted our traditional cosmetics by allowing other PYs try it on and also enjoyed tea leaves which can both be drunk as green tea and eaten as a salad. This year's various VA could be classified into culture-based (Yukata, Traditional Foods and Instruments) and interaction-based (the Voice of Nipponmaru) allowing PYs to take part and enhance mutual understanding.

Pyae Sone Ko MyPY

||——— HOMESTAY ———||

The homestay experience have become invaluable memories that I will cherish forever. To have been so lovingly welcomed into their homes as family, I got the privilege to see the values that they hold dear reflected in their smallest actions. I would pick these homestays over any shopping or sightseeing trip over and over again.

Nasri Sadi SPY

Homestay program gave us another mom and dad. Staying with them we could truly be ourselves. Our perspective of the country we visited had totally changed toward a better understanding of their way of life. Also, deep conversations with homestay mates allowed us to become true friends.

*Siriwat Rittapai,
Maythaya Preeyanon,
Atipat Suwan chawee, TPYS*

||——— NATIONAL PRESENTATION (NP) ———||

For JPYs, National Presentation was the first challenge in SSEAYP because we only have 10 days training camp before being onboard. Each JPY has a talent in different perspectives and was assigned as coach for each cultural performance along with their experience and skill. The theme of our NP is "Unity" and the successful night with huge applause was brought by the unity of JPYs' talents and efforts.

Nakano Kosuke JPY

I am amazed by the uniqueness of each culture and realized how similar most Southeast Asian nations are despite the differences but my most favorite part is when NP is over, all PYs from the audience cheer so loud for the performers, dance all together, take pictures with their friends, and congratulate them for a job well done. I'm touched to see some PYs crying and hugging each other.

Oasin, Jonaly Gumatay PPY

||——— LIFE ONBOARD ———||

Life on Nippon Maru is full of unique experiences that cannot be found elsewhere. We start the day hearing good morning messages and end it with good night announcements from fellow PYs. Our cabin mates became an important part of our lives onboard. We celebrated happy moments and unforgettable memories through late night snacks, tears, and even seasickness. Every little thing counts. Life onboard will always stay in our hearts.

Chum Mollika CPY

After being onboard for more than a month, Nippon Maru has become a part of our daily lives, it has become what most of us call, home. Apart from all the fulfilling schedules and activities that we have on board, we are starting to get used to living without the Internet and instead we are getting used to each other's company, and this is what we call SSEAYP family.

Jeffrey Leong Hian Shen MaPY

||——— SOLIDARITY GROUP (SG) ———||

It was through the Solidarity Group (SG) that I was able to experience the true meaning of unity in diversity. Even though we come from different countries, speak in different tongues, have different beliefs and practices, all these differences no longer matter when we are together. Friendship were forged and beyond that, I gained one more family. To my SG, thank you for all the unforgettable memories. I love you guys!

Andrea Qyeow Quek SPY

The first time I knew that we would be combined with other PYs from 11 countries, I was a bit afraid. I feared we would have miscommunication and awkwardness but I was wrong. I felt like I found a new family with a lot of incredible moments. Thank God, because after Yamanashi Prefecture, our bond became stronger. I will miss all the memorable things from this journey.

Anissa IPY





||————— PY SEMINARS —————||

It was not just the knowledge and experiences that were shared by PYs in peer-learning style. But it has become a venue for everyone to have deep conversations to introduce their own identities through their impressive cultures, admirable backgrounds, and fascinating interests. All these happened in PY Seminar Sessions during the 45th SSEAYP. These sessions would not be successful without the amazing PY Seminar Sub-committee, organizers, administrators, NLs, ship crew, and all PYs.

Angkhanhack Keomanivong LPY

In SSEAYP 45th, Myanmar has proudly presented 5 PY Seminars which include sharing of Shan ethnic culture, Myanmar Sport, Chinlone, Myanmar Traditional Costumes, Deeper Understanding to eradicate bullying & discrimination and embracing Patheingyi Umbrellas of Myanmar. By attending these seminars, the PYs acquired better communication skills and more understanding in the perspectives of our diverse cultures. We also found that our presentation and organization skills improved when we attended the seminars.

Ye Wint Aung MyPY

||————— COUNTRY PROGRAM —————||

Brunei Darussalam exerted a lot of effort to make sure everyone gets a good homestay family and will have fun during the stay. They made cheers for everyone to participate at the start of homestay matching. All in all, the impression I got is that Brunei is a close-knit community. Despite of the small size of their country, they made us feel their biggest heart to welcome us all in their homes. Indeed, Brunei is a place of unexpected treasures.

Gozon, Serafin Candido Jr. Olinares PPY

Two days in Davao was a really good experience for us YLs of 45th SSEAYP as it was like a short getaway from responsibilities as the Youth Leaders for our contingents. The local committee were really welcoming; we were served with delectable local cuisines during the welcoming breakfast and farewell dinner. We were brought to visit few places in Davao and we enjoyed the trip, the country program was one of the best for us YLs as we always said, "what happens in Davao, stays in Davao".

Nabil Fikri BPY

||————— DISCUSSION ACTIVITIES —————||

DG sessions are considered to be the heart of SSEAYP. I have learnt a lot of from these sessions by gathering new perspectives, information, statistics, and coming up with solutions for my discussion topic. My facilitator and DG mates are a team of friendly, helpful individuals who contributed so much for the discussion and were very open to explore new ideas for the betterment of ASEAN and Japan.

Muhammad Zulfadhli Bin Abdul Rahman BPY

DG was our favorite activity onboard. First, every activity was meaningful and had great objectives, even a 3-min icebreaking game. We love the simulation activity when we could learn the topic by interactive games with DG-mates. Moreover, our Facilitator cared about all the PYs in our DG.

Pichaya Charoonpongsakdi,

Pornthip Sawangwarekul,

Kanyachan Aekkomchodthana, TPYs

||————— SELF REALIZATION —————||

They say SSEAYP is the turning point of your life, to me SSEAYP is the beginning of a new and a more exciting journey. SSEAYP is a turbulent journey that reflects our adolescent life in our 20s, the experiences and all sort of emotions from where we first met, awkward conversations, we come together, we worked hard and played hard, we hanged out, we hugged, we cried and then we say good bye.

Khek Loreine CPY

SSEAYP changes me. In SSEAYP, I open my eyes, my heart and my mind to embrace all the beauty, differences and let it become love. SSEAYP helps me define myself. The blue sky tells me who I am in this life, while the ocean whisper to me who I want to become in the future. SSEAYP gives me the direction, which is created by the sun and the wave of the water. They guide me to who I truly want to be.

Tran Danh Tuyen VPY

||————— CONTINGENT —————||

All of JPY are really good friends. We trust each other and have been making strong bonds that will last long even after getting off the ship. Sometimes we talk about our future, dream, job, and love. We appear calm but each one of us has passion toward contributing to the society. We're forever 39. I hope my brilliant friends will keep seeking their dreams and achieve them in near future.

Kudo Sayaka JPY

When I feel weak, VPYs are there. When I feel sick, VPYs are there. When I feel the love, VPYs are also by my side. They are the most important and amazing puzzle pieces to complete my beautiful memories pictures in this once-in-a-life-time journey. With VPYs besides me, I can do everything with power and strong hope. And I believe that whenever I get SSEAYP sick, VPYs are always there for me.

Tran Danh Tuyen VPY



DG1| Good and Bad Aspects of Globalization: We looked at globalization from social aspects and the challenges faced in their countries. How we define social challenges, the kind of local challenges-gender migration, fair trade,etc. PYs also introduced some of their own topics. They worked well with each other and I am very proud of them. [Mr. Syed Zain Ali]

DG2| Information and Media: The DG operated smoothly due to energy of the PYs. We touched on communication, media literacy and how the media is perceived as well as who is sending the message and especially on spotting fake news. The PYs not only gained knowledge on information and media, effects, media in ASEAN information and media literacy in their findings as well as concrete practical solutions to strategic communication. [Ms. Nantaporn Wongchetha]

DG3| International Relations (ASEAN-Japan Cooperation): PYs focused on the framework of ASEAN and Japan and participated well in group discussions. Not only were the PYs active in pitching ideas, they were also open minded in learning about the relations of other countries. I am pleased to work with an interesting group of youths. [Mr. R.Budidarmo P. Kuntjoro-Jakti]

DG4| Living in a Longevity Society: We concentrated on the issues on ageing society as well as discussed the economics of social security unemployment and social isolation. Throughout the DG sessions, PYs were very active in learning about how the elderly are represented and the social stigma surrounding them for instance not being capable of being independent when they are actually capable. PYs are eager to change the mindset and encourage youth participation with the elderly to empower them and raise awareness about the ageing society. [Mr. Berzenn D.Urbi]

DG5| Quality education: I would like to appreciate all the PYs in DG5 for their contributions, tolerances and smiles. I was inspired by each PY's creativity, passions and talents. The presentation of discussion sessions were creative and contentful. I found that PYs cared for each other in this DG and that is very special to me. [Ms. Kimura Ayumi]

DG6| Resilient and Sustainable City Design: I would like to commend the PYs active participation in the DG sessions. They shared many good ideas and were inspired from the institutional visits and applied them to their discussions. They have worked hard and I am proud of their outcome. [Mr. Evan Ferdian]

DG7| Soft Power and Youth People-to-People diplomacy: Exploring ideas for future actions. In this DG, we defined soft power in a peace building approach by using story telling and what makes cross cultural understanding difficult. I have noticed that the DG this year has taken a stronger approach and the intensity of discussions is reflected in the assignments and reading provided.[Mr. Nery Nuyda Ronatay]

DG8| Use of Affordable, Reliable and Sustainable Energy: In our DG, we focused on finding other alternatives to sustainable energy as well as defining what affordability and sustainability means in each society. PYs were able to share their views on alternative sources other than fossil fuels and generating cleaner energy for the future. They participated well during discussion sessions and gave good ideas for their projects. [Mr. Awg. Abdul Aziz Hj Mohamad Taha]



From left: DG1 | DG2 | DG3 | DG4 | DG5 | DG6 | DG7 | DG8



POST-PROGRAM ACTIVITIES

BRUNEI DARUSSALAM

The 44th BPY launched "ILMU Project" which focused on education through literacy and numeracy. The PPA helped ten male students with difficulty in English from one public school. Ten sessions were held for an hour (twice a week) with guided reading to build the students confidence. Story books were also shared with the students as many did not have books at home to read.

CAMBODIA

CPY2017 conducted a Project "DEW" (Donation for Education and Water) aiming to advocate for inclusive and quality education through providing study materials, improving study-related facilities and enhancing school environment at Coconut School in Kirirom Natinal Park, Kampong Speu Province. Workshop for the local students was implemented. All the students were introduced reading club with the first reading club activity and promoted healthy lifestyle with the use of clean water.

INDONESIA

IPY2017 initiated "The Hoax Buster project" as their PPA. The project aims to raise the awareness and to reduce the spread of false information through social media. The participants come from school students, and aims to give education to them on how important information is and how bad false information can impact the society. Throughout 2018, IPY2017 supervised by SII conduct Anti Hoax Buster projects in 21 province and involved more than 1,100 students nationwide.

JAPAN

JPY2017 conducted "SYNERGISER". The awareness of the issues behind "SYNERGISER" mentions 2 points. (1) Although social contribution based on PPA activities is strongly encouraged, it has only been in name but not in reality in many batches. (2) A great variety of characters within SSEAYP network has not yet been resuscitated in Japan. To solve these issues, we carried out 3 actions; operating Facebook group for all batches, gathering interviews through different batches, conducting the offline event.

UPCOMING: LEGASIKAMI:A SSEAYP FESTIVAL, will be a year long project consisting of series of mini projects that will lead to the finale in December'19. The festival aims to raise awareness on the positive impact of SSEAYP programme and to promote ASEAN and Japan. The 4 days project will highlight the development on cultural appreciation and embracing individuality from all walks of life.

UPCOMING: After implementing project "CRANE For KIDS 1.0" to raise awareness on the issues about the cancer on kids in Cambodia, CPY2018 realized that the specialists in curing cancer is in needed. Hence, would like to utilize the lessons gained from the program to execute another continuous project, "CRANE For KIDS 2.0", in order to encourage medical students to take specialization in this field and to raise fund to support nutritious food for patients whose families struggle financially.

UPCOMING: As the result of discussion activity onboard, IPY2018 will conduct a project "Remember Me Project". Based on age group, the number of senior citizens in Indonesia has reached 85.89 million people and approximately 4 million of them have Dementia. Thus, this project will be conducted as support to society in raising awareness of young generation towards Dementia through workshop and seminar. In addition, IPY2018 actively campaign through social media to reach more communities online.

UPCOMING: This project, targeting the students aged 13-18, aims to provide opportunities to discuss the idea of peace. Based on the SG-J session with the local students regarding peace during Japan local program, PYs folded paper cranes, a symbol of hopes and peace, on-board. We'll expand this program with 2 activities; 1) Bring cranes to the local schools 2) Request schools to bring to Peace Memorial Park and to write letters to deliver to the PYs.

LAO P.D.R.

LPY2017 organized 2 project volunteer activities called "SSEAYP of Change" at Vientiane Capital, Lao P.D.R. Its purpose is to share knowledge and experience on a current issue: the lack of people who undertake social activities, especially the youth. The second project is called "LPY Talk, Life is a Journey" at Vientiane Capital, Lao P.D.R. They organized the seminar with Ex-PYs to exchange lessons and past experiences gained during SSEAYP. It also created more incentives for young people to work and participate in more social activities

UPCOMING: LPY2018 came up with "We Care We Share2" this project aims to continuous our goal that we desire the students to have the brighter future. This project mainly guided the high school student to decide the major or courses effectively, especially in order to promote the unwell-known majors which have been providing in Laos. Besides from that the project also aims the students to realized how important of vocational skills which is very helpful for their future career.

MALAYSIA

MaPY2017 conducted Ranger of Goodwill which emphasized on creating awareness regarding restoration of the environment. It was monthly conducted in 4 series with different venues. Each activity revolved around environmental issue, ex: deforestation and river pollution. The project created the awareness by conducting early pollution prevention such as planting trees and river management. The acidity level of the river was the KPI for the program, measured before and after the program.

UPCOMING: MaPY2018 would be carrying out our Post Program activity at the Orang Asli Village in Sungai Buloh. We have planned to build them a mini library and equip them with LED lights to reduce electricity consumption. In addition to that we have also made arrangements to get the village a set of recycle bins which will be collected in an orderly manner.

MYANMAR

MyPY 44th and 45th conducted five activities including Donation of cookery supplies for 6 flood villages on Aug 5th,2018. On 27th Oct 2018 donation at "Home for Aged Poor "with cash and food. On 8th Jan 2018, MyPY 44th visited a public school in a rural area to raise health awareness in the community. On 29th July 2018, MyPY 44th collaborated with JPY 2017 and IPY 2017 for youths from each country to exchange " Culture capsule, parcel, which contain culturally relevant item. On 28th Oct 2018, they volunteered in myME (Myanmar Mobile Education Project).

UPCOMING: The PPA of 45th Myanmar contingent, "GIFT45 (Green, Information, Friendship, Transportation safety)", aims to enhance awareness for social security and environmental impact as well as to promote friendship among ASEAN and Japan Countries. This is a six-month project that includes trash awareness in Mandalay, traffic safety awareness in Yangon, fake news prevention and friends without borders on the social media.

PHILIPPINES

PPY2017's PROJECT PARAIISO (PARADISE) was organized to conduct a yearly three-day camp which will focus on sharing the learnings gained from SSEAYP in three coastal communities. The objectives of the project are 1. to impart knowledge on climate change, sustainable lifestyle, and disaster resiliency; 2. to increase knowledge and understanding of JASEAN communities; and 3. to promote healthy lifestyle through medical and dental missions and workshops.

UPCOMING: PPY2018 will organize in various areas within the country HERO in YOUTH LEADERSHIP SUMMIT series. 30M Filipino youth lacks participation in youth programs, voting in elections and membership in socio-civic organizations. Apathy is growing. They are not concerned about issues regarding young people. This program aims 1. to activate the youth in creating programs for their respective communities; 2. to capacitate youth leaders in creating results-oriented social programs, and 3. To transform youth active communities for nation-building.

SINGAPORE

SPY2017, with People's Association and Kebun Baru Community Club, organised a tele-match segment at their annual intergenerational sports day. This activity saw more than 400 elderly residents, grandparents, young children and families participate in fun and exciting sports activities that promotes well-being, friendship and community bonding. The activity provided opportunities for social interaction and relationship building with segments of community (e.g. elderly, children etc.) that extended beyond persons with special needs.

UPCOMING: SPY2018 will organize a "Walk of Life" project that seeks to promote (1) Intergenerational understanding between the young and old, (2) Promote a Healthy lifestyle, (3) Conversations on Race and Ethnicity. With youth volunteers and Non-Profit Organisations, the SPYs will be bringing the elderly and youth volunteers on a walk around places of heritage, while facilitating conversations between the two groups. Project outcomes include youth being more proactive in engaging the elderly on their own.

THAILAND

TPY2017 led their own initiative PPA camp in Nakhon Prathom province with support from ASSEAY. There were 260 students, age 14-16, participated at Ngew Rai Boon Me Rang Sarit school between 27-29 May 2018. The World camp activities were fun way of learning English, got to know ASEAN & SSEAYP and guidance to future careers. Students were motivated to pursued higher education, chose professional as their won interests and explore the world through English study.

UPCOMING: TPY2018 "Goal & Grow" was initiated on pain point identified of Thai youth to be unclear of tangible life goals and plans necessary to reach them. It might be because of no practical experience to inform life decisions. The project is designed based on the premise of What, How, and Confirm: What is a goal, how to achieve it, and Confirm by turning ideas into actions. Learned life skills from SSEAYP 2018 would be applied as activities at the project to meet the objectives.

VIET NAM

VPY2017 conducted "Empowering ASEAN Citizen" Festival at Kim Dong Elementary School (Duong Dong, Ha Noi). The aim of the project was to inspire and strengthen skill development among Vietnamese students. The one-day project focused on (1) fostering an awareness of J-ASEAN community; and (2) cultivate necessary skills for the integration era through 4 interactive seminars on J-ASEAN Cultural Quiz, Creativity, Media Literacy and Public Speaking.

UPCOMING: VPY2018 will organize an education project in Ba Vi, Hanoi for students in a primary school and a secondary school. VPY2018 plan to donate over 400 books to the schools' libraries and organize activities to promote reading culture among the students, such as quiz, storytelling, fun experiments, etc. 20 gift sets will be presented to underprivileged students in each school.

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The National Leaders felt impressed by the PY's creativity in coming up with fresh ideas for activities on board. They observed how the PYs bonded quickly within the first few weeks, showcased their talents during cultural activities such as the National Presentation, and engaged each other in meaningful discussions. The NLs are confident that the PYs will 'Go' forth and 'Grow' their society for years to come.

From Left:

Kobayashi Akiko - Japan NL | Md Iqbal Fakhri Damit - Brunei Darussalam NL | Lee, Sidney Rabanzo - Philippines NL | Makee Petai - Thailand NL | Le Hong Hoang - Viet Nam NL | Nay Semnarorth - Cambodia NL | Desy Marlita - Indonesia NL | Phakphomma Siththisone - Lao P.D.R. NL | Fazulia Binti Zulkifli - Malaysia NL | Ei Ei Mon - Myanmar NL | Andy Iskandar Ajes - Singapore NL

OBSC 2018

Onboard Ship Conference (OBSC) representatives were all in high spirit when they converged and met in Ho Chi Minh City, Viet Nam. Four OBSC Representatives were particularly excited to board and set sail on Nippon Maru the first time since they joined SSEAYP between 2010-2012, the time when Fuji Maru was the ship used. The OBSC team enjoyed their interaction with local youth and former participants during the Reunion and the Send-Off Ceremony of the Viet Nam port of call. They also had so much fun watching the Viet Nam National Presentation.

The first official activity of OBSC was a joint meeting with the eight Discussion Facilitators to gather the summarized results on this year's Program. The insights collected from this exchange provided a take-off point to introduce the newly branded SSEAYP GO & GROW post-program activities.

OBSC Representatives breezed into action to introduce SSEAYP International and their respective alumni associations by contingent. They led the discussion and design of various post program activities. The SSEAYP GO & GROW adapted this year by the OBSC Representatives energized this batch of future leaders of ASEAN and Japan to aspire and create more impact in their communities specially with the use of pervasive technologies and various social media platforms.

SSEAYP GO & GROW reports were presented by contingent during the Debriefing Session last December 12, 2018 just before the Farewell Ceremony.



- Diana Ang Pei Cheng (DEE) | BPY 2016
- Seng Moonpanha (JI MOON) | CPY 2012
- Noviyanto (PIYAN) | IPY 2011
- Nakayama Tomoo (TOMOO) | JPY 2016
- Litthiphone Silileuxay (BAY) | LPY 2014
- Wan Mohd Husni Bin Abdullah (THERE-BAB) | MaPY 2002
- Moe Moe Ei (MONA) | MyPY 2000
- Dennis Lawrence T. Sebastian (DENNIS) | PPY 1994
- Muhammad Riduan Bin Samad (RIDUAN) | SPY 2012
- Tanwan Topoklang (TAN) | TPY 2010
- Pham Thuy Tien (TIEN) | VPY 2014

MOTHER SHIP FUN FACT



NIPPON MARU

Length: 166.66 m
 Width: 24 m
 No. of cabin: 202
 Capacity: 524 passengers
 Start sailing 1990



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