

Ship for World Youth Program

Post-Program Activities Promotion Programs

February 18 - 24, 2012



Ship for World Youth Program Post-Program Activities Promotion Programs

Dispatched Representatives

- Masaharu Koge Ex-PY, SWY3 Chief, Chugoku region in the International Youth Exchange Organization of Japan
- Naoko Nakamura Ex-PY, SWY18 President, International Youth Exchange Organization of Saga
- Maiko Tsutsui Ex-PY, SWY22 Member, Chiba International Youth Exchange Organization

Schedule for the Dispatched Representatives

Date	Schedule
Sat, Feb, 18	Dispatched representatives depart from Japan Dispatched representatives arrive in Colombo, Sri Lanka Join the 24th Ship for World Youth program
Sun, Feb, 19	Departure from Sri Lanka Preparation for the Post-Program Activities Sessions
Mon, Feb, 20	<p>【Post-Program Activities Session 1】 14:15 - 17:00</p> <p>Session 1-1 14:15 - 15:35</p> <ul style="list-style-type: none"> • Introduction of Post-Program Activities Sessions • Ice Breaking (Quiz on SWY/Ship for World Youth Alumni Association) • Introduction of SWYAA and activities in each countries • Introduction of ex-PYs on board SWY24 • Presentation to all PY of personal post-program activity <ul style="list-style-type: none"> □Tupendane-Supporting Kenyan primary school Maiko Tsutsui, Representative of Post-Program Activities Sessions <p>(15min Break)</p> <p>Session 1-2 15:50 - 17:00</p> <ul style="list-style-type: none"> • Introduction of Post-Program Activities done by personal in small groups <ul style="list-style-type: none"> □Ex-PY introduce their post-program activities in 13 different small groups
Tue, Feb, 21	Preparation for Post-Program Activities Session 2
Wed, Feb, 22	<p>【Post-Program Activities Session 2】 9:35 - 12:20</p> <p>Session 2-1 9:35 - 10:55</p> <ul style="list-style-type: none"> • Wrap up of the Session1 and explanation of Session 2 • Presentation to all PY of SWYAA post-program activities <ul style="list-style-type: none"> □Post-Program Activities of SWYAA Peru Hiroshi Hironaka, National Leader of Peru and Jose Sano Takahashi, Facilitator □Post-Program Activities of Saga International Youth Exchange Organization Naoko Nakamura, Representative of Post-Program Activities Sessions □Post-Program Activities of Sri Lanka, One More Child Goes To School National Leader of Sri Lanka, Chamil Nishanthe Samarasinghe <p>Session 2-2 11:00 - 12:20</p> <ul style="list-style-type: none"> • Group work divided into National/Regional (JPY) <ul style="list-style-type: none"> □Planning Post-Program Activities in their Country/Region • Summary of the sessions
Thurs, Feb, 23	The 24th Ship for World Youth program arrives in Singapore Dispatched representatives depart from Singapore
Fri, Feb, 24	Dispatched representatives arrive in Japan

Program Contents

Objectives

The Post-Program Activities sessions were implemented with the following aims in mind:

- To enable the participating youth (hereafter PY) of the SWY24 to have deeper understanding of the international youth exchange program implemented by the Cabinet Office, the International Youth Exchange Organization of Japan (hereafter IYEO) and the Ship for World Youth Alumni Association (hereafter SWYAA).
- To introduce examples of post-program activities by Ex-Participated Youth (hereafter Ex-PY) as National Leader of each countries, Administration and Advisor in order to PY can understand how to take action of post-program activities through IYEO or SWYAA after the SWY.
- To tell the importance of utilization and cooperation with the network of SWYAA and organizations which ex-PY belong to enrich post-program activities.
- To understand there are many different ways of get involved and take action of post-program activities so PY will not regard doing post-program activities is too difficult.
- To enable PY to get an image of what they want to do after the program through listening to ex-PY's story.
- To give PY an advice of activities on board and exchange an idea of post-program activities as the ex-PY and the representative of IYEO.

In SWY24, there are 29 ex-PYs on board including us, so we want to show as many post-program activities as possible done by these ex-PYs. This is the reason why we make former sessions.

On the first day of session, we made 13 different small groups which enable to introduce personal post-program activities done by ex-PY. Thus PY choose one interested group and make a chance of start to thinking about their post-program activities.

On the second day of session, we introduced post-program activities run by SWYAA/IYEO. Therefore PYs consider about chance of doing post-program activities with their SWYAA/IYEO.

Relation of Leadership Seminar which is installed from SWY24, we didn't let PY fill in an action plan sheet but let them brainstorming have many ideas to develop their ideas and spread the image of post-program activities.

Our goal was make many youth think "I can do that" and take action even very small steps. Moreover, grab an

image of post-program activities through 2 days of session.

Activities

<February 20, Post-Program Activities Session 1>

Session1-1 14:15 - 15:30

Aim: To enable PY to understand whole image of post-program activities and feel familiar with. To introduce PY about there are many ex-PY get involved in this program and make PY have interested in post-program activities.

Contents: We started the presentation overview of post-program activities sessions, quiz on SWYAA, introduce of ex-PY on board SWY24. Then one of representative members of post-program activities sessions; Maiko Tsutsui made a presentation to all PY about post-program activity started during SWY22, "Tupendane" which support Kenyan primary school.

Remark: We successfully made PYs interested in next small group session through the introduction of ex-PY on board SWY24 and PYs notice there are many ex-PYs joined in SWY24. The presentation on "Tupendane" at the second half attracted PYs very much since the presenter is from the same generation as PYs.



Session1-2 15:45 - 17:00

Aim: To make PYs have wider and deeper image of post-program activities by listening to ex-PY's personal stories in this small group session. To enable PYs who do not have specific ideas, to have positive attitude towards post-program activities, they feel positively of post-program activities.

Contents: Totally 13 workshops were organized. Each PY select a topic that they are interested in.

<Small Groups>

1. Education for all
2. SWY network in Natural disaster
3. Promotion of SWY
4. International Cooperation (Japan International Cooperation Agency, JICA)
5. Home coming: how to come back to the SWY program
6. International Cooperation (personal)
7. Leadership and community development
8. Lifelong learning and networking
9. Fundraising supporting for SWYAA/IYEO
10. SWYAA Projects and Global Assembly (or Reunion)
11. How to maintain the SWY spirit
12. Peace building
13. Entrepreneurship (based on SWY experiences)

Remark: In order for PYs not to see the post-program activities are challenging, we organized workshops to share ex-PY's rich experience. The contents of the workshop are closely related to the ex-PY's lifework, and we hope PYs got tips on their post-program activity and/or life plan. PYs did brainstorming, shared and shaped their individual image on their post-program activity through the workshop, and widened their ideas for the post-program activity.

<February 22, Post-Program Activities Session 2>

Session 2-1 9:35 - 10:50

Aim: To think doing post-program activities as a member of SWYAA/IYEO by introducing post-program activities done by SWYAA/IYEO.

Contents: Three cases were introduced as alumni association post-program activities.

- (a) Presentation of post-program activities in Peru and case of activate of post-program activity organization
SWY24 National Delegation Leader of Peru, Hiroshi Hironaka
Administration (Facilitator), Jose Sano Takahashi
- (b) Presentation of post-program activities in Saga IYEO
President of Saga IYEO, Naoko Nakamura
- (c) Presentation of supporting Sri Lankan school "One More Child Goes To School"
SWY24 National Delegation Leader of Sri Lanka, Chamil Nishanthe Samarasinghe

Remark: We were able to introduce the post-program activities as SWYAA. (a) was about the approaches towards strengthening partnership with the Embassy of Japan and organization reinforcement. (b) was about organizational activation through community based post-program activity. (c) was about the post-program activity in cooperation with other countries SWYAA (such as IYEO). Each reported the above mentioned activities, and we successfully delivered the significance of activities with SWYAA.



Session 2-2 11:00 - 12:20

Aim: To think detail plan of post-program activities in SWYAA after they go back home, especially focus on aim for example of "For what, for who, what will you do?"

Contents: OPY were divided into each delegation and JPY were divided into regions and discussed and shared their post-program activities based on the cases introduced by ex-PYs. We focused on communication rather than finishing presentation paper, asked them to think not only simply act, but what kind of aim they have and what should be done to achieve the aim. At the end of the session, PYs were asked to bring their presentation paper to the stage and to submit them. After the session, we posted the papers on the entrance. Beside the papers, we put sticky note so that PYs can leave a comment or message. As for the action plans, we collected and typed them into digital format and printed them for PYs so that they bring it back have and refer to it.

Remark: Time was limited so it looked difficult to make a plan in detail but especially for JPY they had

first time to discuss in local group so it was very good opportunity to talk with them. We hope our session led to think about post-program activities for all PY in SWY24.



Accomplishment

We thought that the aim has been achieved for 2 days post-program activities sessions.

We especially wanted to tell PY these two things. Firstly doing post-program activities are wonderful things if you do more post-program activity, more you will get worth of it. Secondly PY can start post-program activities whenever and whatever when they think doing post-program activities are not difficult. Now we can say PY understood and felt these points certainly through contents of this sessions and communicated with us and staff of ex-PYs on board.

In session 2-2, we asked PY to brainstorm the possible ideas of post-program activities after they back to their countries. Hereinafter we introduce some of ideas which are original and remarkable.

1. Publication and activity report of the SWY program

- Share the SWY experience by the online radio program (Egypt)
- Publication at the university seminars (New Zealand)
- Publication to the embassy, NGO and university (Russia)
- Organize an event across Canada on the SWY day (Jan, 18) (Canada)
- Information sessions: Introduction of the SWYAA and Japanese culture (origami, sushi, Anime, Japanese language, Aikido, Japanese drum, Kimono, Dances and Calligraphy) at the university, cultural facility, school and so on. (Turkey)
- Reporting session for the media, sponsors and alumni association (Spain)
- Reporting session at the each prefecture (Japan)

2. Pass on the SWY experience to the children

- Provide the necessary information to motivate the youth (Sri Lanka)
- Open the English school for kids (Hokkaido Tohoku region in Japan)
- Talk about SWY experiences to the children at the school on the integrated studies. (Chugoku Shikoku region in Japan)

3. Strengthen the ex-PY's network

- Reunion of ex-PYs (India)
- Camp for World Youth (Bahrain)
- Ship for Nile Youth (Egypt)
- Voluntary international reunion (Peru, Canada, Venezuela, Turkey and Kyushu Okinawa in Japan)

4. Organize an exchange program

- Homestay at the participating countries of the SWY program (Egypt)
- Exchange program which combines homestay, volunteer activity and sightseeing: Siberian train project (Russia), Bus for World Youth (Peru), Homestay plus one (Canada, Venezuela, Turkey, Spain)
- Mt. Fuji clean up camp (Hokushinetsu Tokai region in Japan)
- Farming experience (Hokkaido Tohoku region in Japan)

5. Strengthen the relationships with Japan

- Strengthen the bonds with Japanese embassy: Reporting about how SWY program has changed PYs (Peru)
- Build a relationship with Japanese embassy (Brazil, Spain)
- Build a relationship with JICA (Venezuela, Turkey)

6. Social contribution activities to resolve the specific issues in each country

- Personal coaching for improving literacy rates in slum area (India)
- Promotion of the health management (Mental health, AIDS, Cancer) (India)
- Local environmental project for the youth (New Zealand)
- Build a more empowered, strategic and dynamic youth to contribute the development of the country (Sri Lanka)

- Elimination of the abuse of drugs (Venezuela)
- “Engawa” café which make victims of the Great East Japan Earthquake cheer up (Hokkaido Tohoku region in Japan)

7. Social contribution activities for the local foreigners

- Organize an exchange program with local foreigners (Kanto region except of the Tokyo and Yokohama)
- Support the local foreigners by donation and charity event (Kanagawa pref.)

Difficulty due to the second chance of the representative for the post-program activities promotion program

Masaharu Koge

This post-program activities promotion program was second time next to SWY22 held 2 years ago. When I receive the offer to be a representative, to be honest I hesitated to accept it or not. 2 years ago, I accepted to the offer without hesitation, because I was very excited to onboard again. However this time I already knew how hard to held this sessions and also I felt pressure of owing responsible to success of this session.

Difficulties of post-program activities sessions are similar to bring component from Japan and set it up in foreign factories. That is because it is very important to fit contents of session and SWY24 itself ongoing the ship. Even we, rest of 2 members of representative and CENTERYE staff, have to make contents in Japan. If this session overlap any program in SWY24 or irrelevant it isn't make any sense. Therefore, we need to consider relationship between this session and other programs on board. Moreover if the situation of PY is very different from our guess, it might need to change the way to tell. When I was in SWY22 we talked with PY and we found new needs so as a result we changed and re-make post-program activities session. So I was very nervous of the same thing will happen too.

When we arrived the ship we need to confirm how much fit this session to original ongoing program. We didn't have much time to do that and also we needed help from all 26 ex-PYs as well. We explained about the aim of our session and asked taking leadership of small group session. I felt like there was no time for breathing time. But every time we had a meeting with ex-PYs I didn't feel nervous very much and it was getting disappeared then I

could have confidence of success of this session.

Time had come to have session, 2 years ago I was too nervous to talk naturally but I wonder why this time was nothing like that. I motivated myself and went up to the stage.

In this session I wanted to tell PYs “Doing post-program activities are not so difficult. There are many different ways so let's try when you have time and something what you can do by your own pace,” “There are many very lively ex-PYs through doing post-program activities in the world. So it's worth to do that.” That's why we asked ex-PYs to enable PY to touch as many cases of post-program activities as possible.

It was the most important key, but before we were on board we couldn't iron out enough then asked suddenly after we arrived. But all ex-PYs were didn't say any complain. Then they did their best in small group sessions. I felt this is what we call “SWYer” spirit if fellow need help they help without hesitation. Thank you very much all ex-PYs.

I'm 43 years old much older than PYs in SWY24. There were more than 20 years gap between me and PYs which might face difficulty to communicate in ordinary society, however I didn't feel big gap very much that is because we are both “SWYer” in common. We share the same feeling on base as SWYyer, but it was very fresh to talk with them. Maybe for PYs it was also fresh to talk with me. This time was also amazing experience.

I'm very happy to finish this session with my wonderful team mate. Lastly I'd like to say thank you to all who I met through this session. Thank you very much.

Post-program activities teach us to continue to connect and to continue to challenge

Naoko Nakamura

On March 5, 2012, the 24th Ship for World Youth (SWY24) program arrived back in Japan safely after finishing the total program. I am sincerely glad that I was able to take part in the program as an ex-PY for several days along with the participating youth in this year's program, who were from various countries and various backgrounds.

We, the representatives of the post-program activities promotion programs only had a few days on board and in that short time we prepared four sessions about post-program activities. We were moved by the sparkle in the PY's eyes when they talked about their dreams for the future, as well as their willingness to talk about their anxieties, too. They were honestly looking at themselves. Now the program has finished, it is time for them to challenge those ideas and plans. I want to support them in their endeavors and want to continue to be connected as an ex-PY.

This year, there were 29 ex-PYs on board in the staff management unit. The age difference between us was 21 years! The programs and routes we participated in, the countries we visited, the number of PYs and the time spans were all different. Even so, I am happy to say through SWY24 we are able to expand our network even more, throughout the world.

The preparation period for the post-program activities promotion programs were limited but the ex-PYs were able to work together towards the same mission. I think that the reason why we could do it, was because we all have the same SPIRIT from when we were participating youth.

To create the most interest and affinity toward to the post-program activities, we wondered how to organize the four sessions. Three of us seriously thought about it and started preparation before departure. In doing so we had recollections of when we were PYs and our thoughts, or lack thereof toward post-program activities at that time. As a result, we wanted to introduce as many examples and styles as possible of previous post-program activities. In

doing so, we needed the help of many ex-PYs to help the PYs find their niches and create opportunities.

For the PYs at the beginning of the sessions, it was way over their heads, but I think as the time progressed on day 1 and day 2, the PYs became more confident and their ideas turned into concepts and concrete hopes for their future activities in their home countries. After the session, not only OPYs but also JPYs started to approach me and talk about their ideas. Some of them don't have fellow PYs in their hometowns and many said they wanted to start out close to home and on a small scale. In order to smooth over anxieties and create opportunities, the role of the International Youth Exchange Organization (IYEO) in each prefecture and Ship for World Youth Alumni Association (SWYAA) in each country is very important. If you need help or want discuss ideas, of course it is OK to contact your fellow PYs but also it is beneficial to contact ex-PYs of IYEO and SWYAA of all ages and nationalities. We can help each other! Post-program activities should not stop at the end of the program and we should remember that experiences and encounters are not be all and end all either. Surely, each one is preparation for the next step. Post-program activities shouldn't be tiresome but should be activities that you can manage and enjoy. Then the next step moves on from there. I think that it will lead to something big.

My relationship with "Ship for World Youth" has been one when at each juncture, I had the opportunity to look back on myself and re-evaluate what I have been doing. If you honestly look at yourself just as you are, then you should be able to see what is missing. For me, the SWY SPIRIT is the chance to continue to challenge myself and also to continue to expand myself. I think that even when I am working and in my daily life, I will continue to be thankful for the SWY SPIRIT and for the wonderful SWY friends I am blessed with.

“Ship for World Youth” is a program that does not end once we step off the ship; that’s when it really begins.

Maiko Tsutsui

“Hi everyone. I’m two_two from SWY22,” this was the first sentence I spoke during my presentation in the post-program activity session for SWY24. At that time I felt both nervous and excited about the big challenge ahead.

Only 2 months before I boarded the ship, I had received a call asking me to be a representative for the post-program activity sessions for SWY24. When I heard the news I was very excited to join the SWY program again. I originally participated in SWY22, so I had never imagined that I’d be given the chance to re-join this amazing program only two years after my first experience of it. This time however, I was invited as a member of staff.

It was a few days later that the size of the task ahead began to sink in: I would be in charge of organizing four sessions and would give a presentation to the whole ship in English! My heart began beating loudly in my chest and I must admit that I did feel the pressure and felt a little nervous about it.

We, a team of three representatives, had many things to prepare before we boarded. Since we come from different parts of Japan (Chiba, Hiroshima and Saga), we had all only met in person twice before. It was really good, both to get to know my team, and to create a session from scratch. This experience was a good chance for me to reconsider the question: “what is post program activity?”

Before I knew it, we were leaving from Japan to Sri Lanka. When we arrived in Sri Lanka, the FUJIMARU was there, just as I remembered her. She was resting on the ocean, calm and silent and beautiful.. Once I saw the vessel I had a sudden flashback to my days in SWY22; the emotion got the better of me and tears began to well up in my eyes.

Finally, the day of our sessions arrived. Our objective was to explain what the “Ship for World Youth Alumni Association (SWYAA)” is; as well as what “post-program activity” is; also, introduce ex-PYs on board serving as staff. For the participating youth of SWY24, their time on board the ship and on the program had just begun as the FUJIMARU elegantly left the port of call behind to sail the ocean. They’d barely had time to digest their experience in India and Sri Lanka when suddenly we came on board saying: “Let’s think about post-program activity!” Of course I saw some looks of confusion.

Year by year, SWY program is getting shorter. Will this trend continue? Who knows. I think the participants

don’t have enough time between sessions, time to allow the experiences to settle before moving onto the next session or program immediately. In other words they are constantly playing catch-up. I think that’s how a shorter program can slightly distort the experience, especially when I compare it with my own.

Back on board the ship, I gave a presentation about “Tupendane,” a project I started after SWY22 program. “Tupendane” is an organization which supports Kenyan primary schools in Dandora slum in Nairobi. A few seconds before I went up onto the stage I was very nervous but once I got up there I noticed many strong and curious look son people’s faces. Then I said to myself: “I’ll just give it my best shot for the next twenty minutes. I want to tell them my story!”

It was my first time to gave a presentation in English, especially in front of 260 people from all over the world! But if I did it, I knew that it would give me more self-confidence. During my presentation I was happy to hear the silence of an attentive audience. After I finished, I was so relieved and happy to have people come up to me and tell me how they enjoyed my presentation and that it had inspired them. Hearing “You impressed me. I start to feel let’s start something!” was music to my ears. I was really pleased with the reception I received and the effect I had on some of them.

After that presentation we had some small group discussion sessions arranged by theme. For the PY, this was the first opportunity to think about their own post-program activities. The majority of them had no idea what to do after getting off the ship, but had the chance to listen to the stories and advice of ex-PY, like myself.

I think it’s extremely difficult for people to decide what they want to, and can do, as post program activity. That is because the aim of our session was not to hand them a plan for their projects but rather allow and encourage them to imagine life the day after getting off the ship and think about how they can use this special experience to improve their own lives and society at large.

One of our representatives, Mr. Koge, said in session: “Of course it is great to start any kind of post-program activity right after this program. But it’s not necessary to start right now. It’s OK to start something five years or ten years later, after this program. What we are trying to share is how we matured by doing post-program activities

and what a great thing doing any kind of post-program activity is in itself. That’s the reason why we came here.” I strongly agree with him. I personally gained many valuable experiences: holding events and visiting slum schools in Kenya through “Tupendane.” If I hadn’t started “Tupendane” I never would have met those kids in Kenya. There are many things not taught in school or at work, things that we however, can do, as people who participated in this program. If you haven’t come up with any ideas about what you’ll do as post-program activity, please take a chance to think about it during your days on board the ship and perhaps share your ideas with one another. What

was the most memorable idea you heard? What was most the shocking one? Who do you want to share them with?

The SWY program is just the beginning of the rest of your life. I hope the many participants will feel how wonderful it can be to have a real go at a post-program activity in their new voyage, the one that begins after the ship has returned to port, and feet are back on terra firma.

I would like to take this opportunity to say thank you to Mr. Koge and Ms. Nakamura (the other representative in my team), as well as everyone in charge of SWY24 program. Thank you very much.

Comments from the SWY24 Participating Youth

- I was satisfied with the action planning session. It showed me that this program is not just an exchange program but also create the partnerships among the PYs.
- It's good to encourage people to think about what's after this program, plus it was sort of a wake up call for the PY to bring them back to reality and provoke their minds to reflect on what's before the ship and encourage them to contribute to the society after the ship.
- The brainstorming sessions with delegation members was very useful and satisfying. However, it would have been a good idea to see more examples of ex-PY’s projects to motivate the PYs. They should also be venue for sharing with other delegations.
- It was great to have a time to think about what we can do for the each community. I was able to have a specific image of the post-program activities by listening to what ex-PYs have done in the past.
- I could learn about the ex-PY’s post-program activities. Also, we could share our goals among the PYs and think about our goals after the program.
- It was still too difficult for PY to understand post-program activities. There had been similar contents to the past programs. The common activity such as "Promoting the SWY program" which has been considered in the past years should be delivered to PYs on handouts with more details. It is better to let PYs know the current issues and challenges which the post-program activity is facing, so that PYs would be able to think about solutions.

