

Chapter 4

## **Cruise (Onboard Activities and Country Programs)**



# 1 Sailing Schedule and Route

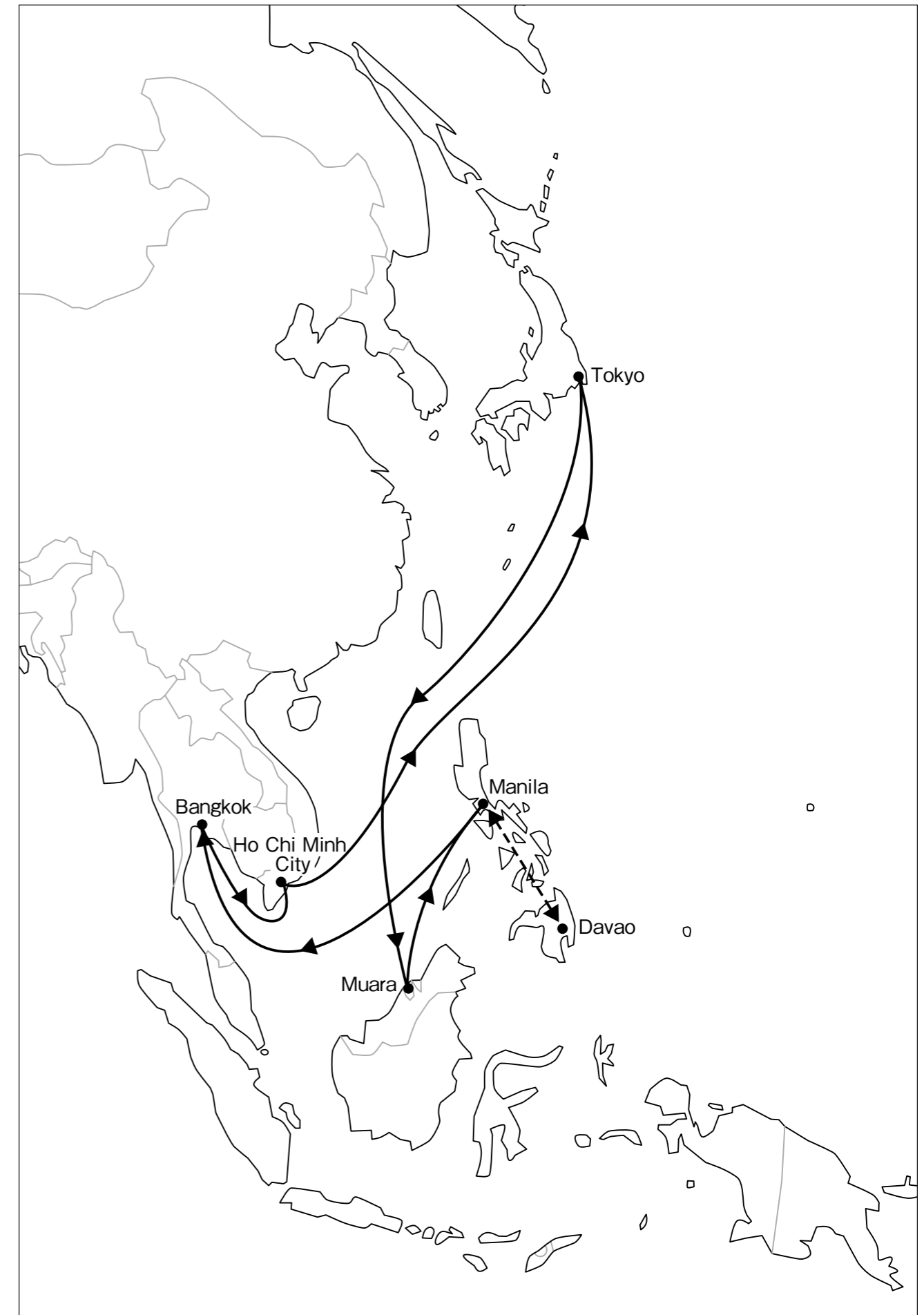
## (1) Sailing Schedule

	Arrival	Departure
Tokyo (Japan)		November 2
Muara (Brunei Darussalam)	November 10	November 13
Manila (Philippines)	November 17	November 20
Bangkok (Thailand)	November 24	November 27
Ho Chi Minh City (Viet Nam)	December 2	December 5
Tokyo (Japan)	December 12	

Note:

- National Leaders (NLs) and Participating Youths (PYs) of ASEAN member countries assembled in Tokyo, Japan on October 23. After joining together with Japanese NL and PYs on October 24 and engaging in the country program in Japan, all participants embarked the ship on November 1.
- Facilitators arrived in Tokyo, Japan on October 28, disembarked the ship and returned to the respective countries on December 5 from Ho Chi Minh City, Viet Nam.
- A delegation of the representatives visited Davao (November 18 to 19) during the country program in the Philippines (Manila).
- NLs and PYs from ASEAN member countries disembarked the ship and returned to the respective home countries on December 13.
- Japanese NL and PYs disembarked the ship on December 13 and disassembled on December 14 after the post-program training.
- Representatives of Alumni Associations assembled in Ho Chi Minh City, Viet Nam and embarked the ship on December 3. After engaging the activities onboard and in Japan, they returned to the respective countries on December 15.

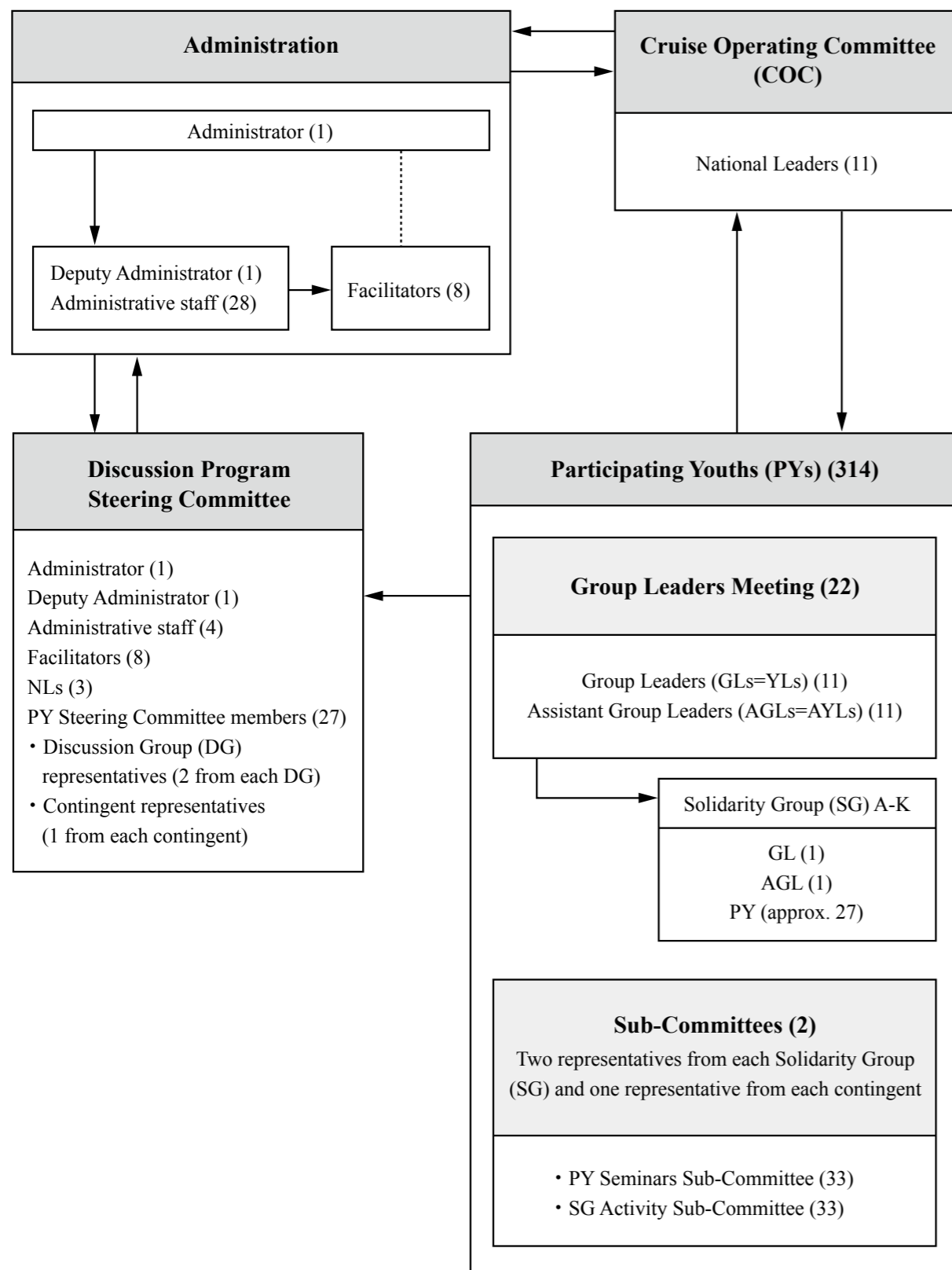
## (2) Sailing Route



## 2 Organization Onboard

### (1) Organizational Chart

The organizational chart of the 45th SSEAYP is as follows:



### (2) Cruise Operating Committee (COC)

The COC consisted of 11 NLs, who discussed and decided on the fundamental matters concerning the discipline and onboard activities. It also gave guidance

and advice to GL Meeting, Discussion Program Steering Committee, Sub-Committees and PYs.

The Administrator was authorized to give guidance and advice to the COC when necessary.

#### [List of NLs]

Country	Name	Gender	Meeting/Committee in Charge
Japan		F	Discussion Program Steering Committee
Brunei Darussalam		M	GL Meeting
Philippines		M	PY Seminars Sub-Committee
Thailand		F	SG Activity Sub-Committee
Viet Nam		M	PY Seminars Sub-Committee
Cambodia		M	SG Activity Sub-Committee
Indonesia		F	GL Meeting
Lao P.D.R.		F	SG Activity Sub-Committee
Malaysia		F	PY Seminars Sub-Committee
Myanmar		F	Discussion Program Steering Committee
Singapore		M	Discussion Program Steering Committee

### (3) Solidarity Group (SG)

PYs were divided into 11 groups called “Solidarity Groups” (SGs) with letter names from A to K. The SGs, consisted of approximately 29 PYs with the nearly same number of males and females from each contingent, functioned as the basic unit for activities both onboard and in the countries visited.

Each SG was led by a Group Leader (GL) and an Assistant Group Leader (AGL), who were also the Youth Leader (YL) and Assistant Youth Leader (AYL) of their respective contingents. In this regard, the assignment of YLs and AYLs to the SGs was arranged in such a way that no YL and AYL from the same contingent would go to the same SG.

For smooth operation of activities and the dissemination of information, PYs from the same SGs were assigned to the same cabins onboard to the extent possible.

### (4) Group Leaders Meeting (GL Meeting)

The GL Meeting was comprised of 11 GLs and 11 AGLs, with two NLs of Brunei Darussalam and Indonesia acting as advisors. The body mainly discussed onboard activities and could forward its collective views to the COC when necessary. It also functioned as an information intermediary between the COC, the Administration and PYs as well as conduit of information among SGs.

Various voluntary activities proposed by PYs were discussed and coordinated through the GL Meeting to implement when necessary.

**[List of GLs and AGLs]**

SG	Name of GL	Gender	Contingent	Name of AGL	Gender	Contingent
A		M	Singapore		F	Lao P.D.R.
B		M	Indonesia		F	Thailand
C		M	Japan		F	Viet Nam
D		M	Brunei Darussalam		F	Japan
E		M	Malaysia		F	Brunei Darussalam
F		M	Philippines		F	Malaysia
G		M	Lao P.D.R.		M	Cambodia
H		M	Myanmar		F	Singapore
I		M	Viet Nam		F	Indonesia
J		M	Thailand		F	Philippines
K		F	Cambodia		F	Myanmar

**(5) Discussion Program Steering Committee**

The Discussion Program Steering Committee was formed for the planning and smooth implementation of the Discussion Program. It comprised of the Administrator, Deputy Administrator, four Administrative staff members,

eight Facilitators, three NLs and 27 PY Steering Committee members.

The Facilitators carried out the group discussions and related activities of the Discussion Program under the Administrator's instruction.

**[List of Discussion Program Steering Committee members]**

\*Contingent with underline shows contingent representatives.

	Discussion Group	Name	Gender	Country / Contingent
Administrator			M	
Deputy Administrator			M	
Administrative staff			M	
			F	
			F	
			F	

	Discussion Group	Name	Gender	Country / Contingent
Facilitators	Good and Bad Aspects of Globalization		M	United Kingdom
			F	Thailand
			M	Indonesia
			M	Australia
			F	Japan
			M	Indonesia
			M	Philippines
			M	Brunei Darussalam
NLs			F	Japan
			F	Myanmar
			M	Singapore
PY Steering Committee members	Good and Bad Aspects of Globalization		M	<u>Japan</u>
			F	<u>Brunei Darussalam</u>
			F	Viet Nam
			M	Cambodia
			M	Philippines
			F	Cambodia
	Information and Media		M	<u>Lao P.D.R.</u>
			M	Thailand
			F	Cambodia
	International Relations (ASEAN-Japan Cooperation)		F	<u>Malaysia</u>
			F	<u>Singapore</u>
			M	Brunei Darussalam
			F	Lao P.D.R.
	Quality Education		M	Brunei Darussalam
			F	Viet Nam
	Resilient and Sustainable City Design		M	<u>Indonesia</u>
			M	<u>Philippines</u>
			M	Cambodia
		M	Indonesia	
Soft Power and Youth People-to-People Diplomacy		M	<u>Thailand</u>	
		M	<u>Cambodia</u>	
		F	Cambodia	
		F	Indonesia	
Use of Affordable, Reliable and Sustainable Energy Services		M	Viet Nam	
		F	<u>Viet Nam</u>	
		F	Lao P.D.R.	
		M	<u>Myanmar</u>	

**(6) Sub-Committees**

Sub-Committees were formed by PYs with NLs as advisors. They discussed and decided the details of the respective onboard activities.

PY Seminars Sub-Committee and SG Activity Sub-Committee were comprised of 33 members respectively,

represented by two PYs from each SG and one PY from each contingent. The NLs of the Philippines, Viet Nam and Malaysia were in charge of the PY Seminars Sub-Committee, while the NLs of Thailand, Cambodia and Lao P.D.R. were in charge of the SG Activity Sub-Committee.

**[List of PY Seminars Sub-Committee members]**

\* Contingent with underline shows contingent representatives.

SG	Name	Gender	Contingent
A		M	Brunei Darussalam
		M	Lao P.D.R.
B		M	Japan
		F	Lao P.D.R.
C		M	Japan
		F	Thailand
		F	<u>Cambodia</u>
		M	<u>Lao P.D.R.</u>
		F	<u>Malaysia</u>
D		M	<u>Singapore</u>
		M	Thailand
E		F	Lao P.D.R.
		M	Japan
F		M	Cambodia
		F	Indonesia
		M	Thailand
G		M	<u>Indonesia</u>
		F	Indonesia
		F	Brunei Darussalam
H		M	Thailand
		F	Lao P.D.R.
		M	<u>Myanmar</u>
		M	Philippines
I		F	Cambodia
		F	Thailand
J		F	Brunei Darussalam
		F	Singapore
K		F	Brunei Darussalam
		M	<u>Philippines</u>
		F	<u>Thailand</u>
		M	<u>Viet Nam</u>
		M	Malaysia

**[List of SG Activity Sub-Committee members]**

\*Country with underline shows contingent representatives.

SG	Name	Gender	Contingent
A		M	Thailand
		M	<u>Viet Nam</u>
		M	Indonesia
		F	<u>Indonesia</u>
B		M	<u>Malaysia</u>
		M	Viet Nam
C		F	Indonesia
		M	Thailand
		F	<u>Myanmar</u>
D		F	<u>Japan</u>
		F	Lao P.D.R.
		F	Singapore
E		F	Japan
		M	<u>Cambodia</u>
F		M	Malaysia
		F	Thailand
G		F	Viet Nam
		M	Malaysia
H		M	Japan
		M	<u>Brunei Darussalam</u>
		M	Viet Nam
I		F	<u>Singapore</u>
		M	Japan
		M	<u>Philippines</u>
		F	Philippines
J		F	<u>Lao P.D.R.</u>
		M	Cambodia
K		M	Indonesia
		F	<u>Thailand</u>
		F	Viet Nam
	M	Indonesia	

### 3 Cruise Operating Committee (COC)

The discussions in the COC covered a wide range of topics including discipline, onboard activities, country programs, etc. The first COC meeting was held during the NL Meeting in Tokyo. Thereafter, the meetings were basically held on the last day of each country program after the ship's departure.

The decisions made at the first COC meeting were compiled and disseminated to each PY through the Program File.

Other day-to-day information was relayed through the daily Morning Assembly, the contingent meeting and / or the ship's bulletin board.

#### [Agenda of the COC Meetings]

##### Meeting 1 (September 20, Cabinet Office)

Refer to Chapter 2. 6. NL Meeting

##### Meeting 2 (November 2, COC Room onboard)

1. Review of country program in Japan
2. Onboard activities and onboard life

### 4 Onboard Activities

#### (1) Life Onboard

##### a. Time

The daily life and activities during the cruise, except for the country programs, were conducted based on the following timetable:

Time	Activity
7:00	Rising (morning call)
7:30 - 8:00	Morning exercise
8:00 - 9:00	Breakfast
9:15 - 9:45	Morning assembly
10:00 - 12:45	Activities
12:45 - 14:15	Lunch
14:15 - 17:00	Activities
17:00 - 18:00	Free
18:00 - 19:30	Dinner
19:30 - 20:45	Activities
20:45 - 23:00	Free
23:00	Lights-off (night call) Night patrol

##### Meeting 3 (November 13, COC Room onboard)

1. Review of country program in Brunei Darussalam
2. Onboard activities and onboard life

##### Meeting 4 (November 20, COC Room onboard)

1. Review of country program in the Philippines (Manila and Davao)
2. Onboard activities and onboard life

##### Meeting 5 (November 27, COC Room onboard)

1. Review of country program in Thailand
2. Onboard activities and onboard life

##### Meeting 6 (December 6, COC Room onboard)

1. Review of country program in Viet Nam
2. Onboard activities and onboard life

#### b. Details of Each Activity

##### • Morning call and night call

Each SG took turns in making the morning calls scheduled at 7:00 through the onboard public announcement system. The calls were made creatively with morning greetings, music, etc.

The same SG also made the night call on the same day at 23:00.

##### • Morning Exercise

PYs joined the scheduled morning exercises from 7:30 to 8:00 held in the Dolphin Hall or at the Sports Deck. Each SG took turns in running the activities using music and dances, etc. Attendance in the morning exercises was optional.

##### • Morning Assembly

Morning Assemblies were held every day from 9:15 to 9:45 in the Dolphin Hall. After the roll call and health check by SG or by contingent, the NL in charge delivered the schedule of the day and would make important announcements.

##### • Activities onboard

The onboard activities were scheduled in three timelines: morning, afternoon and evening. The detailed schedule of activities is contained in the latter part of this report. The morning and afternoon sessions were used mainly for Discussion Program, PY Seminars and SG Activity,

while the evening session for National Presentation and Voluntary Activity.

##### • Night Patrol

After the night calls, NLs conducted night patrols. The night patrols were meant to maintain security onboard and to check for any trouble.

#### (2) Structure of Onboard Activities

Activities	Period	Contents
Discussion Program • Introductory Program • Group Discussion • Introduction to post-program projects design and implementation • Workshop for post-program projects design and implementation • Wrap-up • Preparation for presentation and DG report making • Presentation of discussion results • Self-evaluation	<b>26</b> (2) (10) (2) (2) (2) (2) (4) (2)	Under the common theme of "Youth Participation in Social Activities," eight different group themes were set to be discussed with instruction of Facilitators.
Post-Program Sessions	<b>4</b>	Introduction of SSEAYP International and Alumni Associations of respective countries Discussion on possible social contribution activities to implement after the participation in SSEAYP
PY Seminars • Introduction of PY Seminars • PY Seminars	<b>10</b> (2) (8)	Activities coordinated by PY Seminars Sub-Committee to focus on sharing and discussing PYs' knowledge and experiences with a relatively small number of PYs in peer learning style
SG Activity	<b>6</b>	Activities coordinated by SG Activity Sub-Committee to deepen mutual understandings and promote friendship among SG members
National Presentation	<b>11</b>	Activity to introduce the culture, tradition, history, nationality, current situations surrounding the youth, etc. of each country by contingent
Lecture • Lecture by Administrator • Lecture by Captain	<b>2</b> (1) (1)	Lecture by the Administrator Lecture by the Captain on cruise experiences
Free Day	<b>14</b>	No official activity was scheduled on Free Day, in order to allow PYs to have personal space and time to maintain their health condition as well as to interact with other participants through spontaneous and voluntary activities.
Voluntary Activity	<b>12</b>	Activities to be voluntarily planned and organized by the PYs with clear purposes and objectives such as events and seminars
Committee Meetings	<b>7</b>	GL Meeting, Discussion Program Steering Committee, Sub-Committees, Press Liaison Meeting
Contingent Meeting	<b>6</b>	Reflect activities onboard and in the countries to be visited
Reflecting country program by SG	<b>4</b>	Reflect activities and experiences gained at country programs by SG
Orientation by the Administration	<b>1</b>	Explanation of onboard activities, Administration counter, lending articles, venue reservation for activities, etc.

Marine Affairs / Customs • Ship orientation / lifeboat drill • Ship tour, photo session	8 (1) (2)	Basic information of the ship facilities/safety exercise Observation tour to the ship bridge, official photo session for the report book
• Explanation of disembarkation • Baggage up and baggage down	(1) (4)	Explanation of disembarkation and immigration processes Baggage up, baggage down and cabin cleaning
Preparation for Farewell Festival	1	
Farewell Festival	1	Farewell event planned and organized by GL Meeting
Preparation for Debriefing Session	1	
Debriefing Session	1	Presentation of possible post-program activities by contingent
Farewell Ceremony	1	Presentation of certificate of participating to the NLs and PYs
<b>Total</b>	<b>116</b>	

Note: Some numbers in the column of period are rounded off.

### (3) Schedule of Onboard Activities

Date	10:00~11:15	11:30~12:45	14:15 ~15:30	15:45~17:00	19:30~20:45
Nov. 1 Thu				Embarkation	Baggage up
2 Fri	Lifeboat Drill	Embarkation Procedure	Open Ship	Send-off Ceremony	Contingent Meeting COC Meeting Voluntary Activity
3 Sat	Orientation by ADM	GL Meeting / Discussion Program Steering Committee / Sub-committee Meeting / Press Liaison Meeting			Voluntary Activity
4 Sun	GL Meeting / Discussion Program Steering Committee / Sub-committee Meeting / Press Liaison Meeting		Photo Session (by SG) Ship Tour		Voluntary Activity
5 Mon	Lecture by Administrator	Lecture by Captain	Discussion Program (Introductory Program)		Voluntary Activity
6 Tue	Free Day (Half day)		Discussion Program (Group Discussion I)		National Presentation (Japan)
7 Wed	Discussion Program (Group Discussion II)		SG Activity I		National Presentation (Cambodia)
8 Thu	Discussion Program (Group Discussion III)		Voluntary Activity		National Presentation (Indonesia)
9 Fri	Discussion Program (Group Discussion IV)		Introduction to PY Seminars		National Presentation (Brunei Darussalam)
10 Sat	Country Program in Brunei Darussalam				
11 Sun					
12 Mon					
13 Tue				Contingent Meeting	COC Meeting Voluntary Activity
14 Wed	Free Day (Half day)		Reflecting Country Program by SG I		Voluntary Activity
15 Thu	Discussion Program (Group Discussion V)		SG Activity II		National Presentation (Lao P.D.R.)
16 Fri	Discussion Program (Introduction to post-program projects design and implementation)		Discussion Program (Workshop for post-program projects design and implementation)		National Presentation (Philippines)

Date	10:00~11:15	11:30~12:45	14:15 ~15:30	15:45~17:00	19:30~20:45
17 Sat	Country Program in the Philippines (Manila) Country Program in the Philippines (Davao) by the Representatives (November 18-19)				
18 Sun					
19 Mon					
20 Tue					
21 Wed	Free Day				Voluntary Activity
22 Thu	Discussion Program (Wrap-up)		GL Meeting / Discussion Program Steering Committee / Sub-committee Meeting / Press Liaison Meeting		National Presentation (Malaysia)
23 Fri	Discussion Program (Preparation for Presentation, DG report making)		PY Seminar 1	PY Seminar 2	National Presentation (Thailand)
24 Sat	Country Program in Thailand				
25 Sun					
26 Mon					
27 Tue					
28 Wed	Free Day (Half day)		PY Seminar 3	PY Seminar 4	Voluntary Activity
29 Thu	Discussion Program (Presentation of Discussion Results)				National Presentation (Myanmar)
30 Fri	Discussion Program (Self-Evaluation)		Reflecting Country Program by SG II		National Presentation (Singapore)
Dec. 1 Sat	SG Activity III		PY Seminar 5	PY Seminar 6	
2 Sun	Country Program in Viet Nam				
3 Mon					
4 Tue					
5 Wed					
6 Thu	Free Day				COC Meeting
7 Fri					
8 Sat	Post-Program Session I (Introduction of AA Activities by Contingent)		PY Seminar 7	PY Seminar 8	
9 Sun					
10 Mon	Post-Program Session II (Finalization of project, Preparation for Debriefing Session)		Preparation for Farewell Festival	National Presentation (Viet Nam)	Farewell Festival
11 Tue	Explanation of Disembarkation	Contingent Meeting	Baggage Down		
12 Wed	Immigration procedure		Preparation for Debriefing Session	Debriefing Session	Farewell Ceremony
13 Thu	Disembarkation				

**(4) Discussion Program, Post-Program Session**

The Discussion Program is intended to encourage PYs from different backgrounds to promote mutual understanding, to improve the skills in exchanging views with other participants, and to enhance the abilities in presenting their own ideas in public, through a free-flowing and active exchange of opinions.

Meanwhile, Post-Program Sessions intend to utilize the results of the Discussion Program, to encourage the PYs' active participation in social activities after the participation in SSEAYP and to strengthen networks of Alumni Associations.

The details of the Discussion Program and Post-Program Sessions are contained in Chapter V of this report.

**(5) PY Seminars**

The PY Seminars focus on sharing and discussing PYs' knowledge and experiences with a relatively small number of PYs in peer learning style, and are designed for the following purposes:

**[Participating PYs]**

- To get to know backgrounds of their fellow PYs through sharing their knowledge and experiences with others

**[Organizing PYs]**

- To develop the presentation skills through telling own ideas and experiences to others
- To develop the project management skills through experiencing a series of processes of project design and implementation

The activities were run by the members of the PY Seminars Sub-Committee, who worked together under the guidance of the NLs in charge, namely the Philippines, Viet Nam and Malaysia, in accordance with the following principles:

- The contents should include the intellectual learnings under the theme of "Action Taken for the Betterment of the Society." However, it is not limited to the theme as long as it is in line with the objectives of SSEAYP.
- The contents are not limited to PYs' own experiences and knowledge built through their previous / current

study and activities, but may be a report of the activities in their countries that is worth spreading to other countries. Sharing own cultures may also be options.

- Each individual PY may plan his / her own seminar and / or a group of PYs may organize one in cooperation.
- PYs should choose effective methodology that suits the theme: this may include but not limited to lectures, workshops, and discussions.
- As a general rule, one PY Seminar should be completed



[S4] "Bamboo in Viet Nam's traditional handicrafts" by Viet Nam

in one session (75 minutes) or two consecutive sessions (75 minutes x 2).

First, PYs who organized PY Seminars made a plenary presentation to introduce the contents of the activities of each PY Seminar on November 9. Then, each PY chose to be either a participant or an organizer of one of the PY Seminars in all the 8 PY Seminar sessions.

The PY Seminars organized during the 45th SSEAYP were as per the following table.



[S20] "Charming yourself, Champa" by Lao P.D.R.

**List of PY Seminars**

Seminar ID	Contingent	Title of PY Seminar	Organizers	What was the goal of your PY Seminar?
S1	Brunei Darussalam	Do you miss Brunei Darussalam already?		To bring back the wonderful memories during the Country Program in Brunei Darussalam. Sharing Bruneian culture and unique identity through clothing and traditional game.
S2	Viet Nam Japan Indonesia	Sayonara Disease		- Having knowledge about the probiotic product. - Enhance PY insight to aware more on body fitness through traditional drink and remedies. - Introducing influenza and some preventive methods.
S3	Philippines	PAROL: A Symbol of Filipino Christmas Spirit		For the participants to know about Filipino Christmas Culture and to create their own parol.
S4	Viet Nam	Bamboo in Viet Nam's traditional handicrafts		- Introduce about Viet Nam's traditional handicrafts - To learn more about the diversity of culture in ASEAN's handicrafts

As organizers, what did you gain from this experience?	What do you think the participants gained from attending your PY Seminar?	Were you able to accomplish the goal of your PY Seminar?
Great opportunity of sharing Bruneian culture with other PYs, and also working together as a team to run the seminar onboard the Nippon Maru.	Gained more insight on Bruneian culture as they experienced wearing Bruneian traditional garments first-hand. Participants also had fun playing Bruneian traditional game called "Kaki Tiga."	Yes. The seminar went very smoothly with full attendance. Participants were able to demonstrate their ability to wear Bruneian traditional garments during the competitions and everyone enjoyed playing the traditional game.
- Learning the technique to present and communicate - Learning about public speaking - Learning about presenting skills	- Having a basic understanding about the probiotic product. - They experience themselves to drink several Indonesian drinks and remedies. - Overall information about influenza and prevention.	Yes, but I had to have more interactive activities and give more facts about the influenza.
The organizers gained happiness and an understanding not only an art but as well as views by other PY's in the Christmas.	They gained a sense of accomplishment through their own works parol, and developed cooperation.	Yes, the participants not only enjoyed creating a parol but also felt the Christmas spirit with the songs and having knowledge on why is the parol a symbol of Christmas spirit. They were also able to create their own parol with a small lantern inside.
- Event organizing skills - To consider between the content and the location, because Lido Terrace was very hot	- Know that ASEAN member countries still have so many similarities in handicrafts - Kinds of traditional handicrafts in Viet Nam	Yes, but not totally satisfied because we wasted so much time on fixing the air-condition at Lido Terrace so we faced lack of time to share all the content.



Seminar ID	Contingent	Title of PY Seminar	Organizers	What was the goal of your PY Seminar?
S5	Indonesia	Experience A Day In Keraton Kesultanan Yogyakarta		<ul style="list-style-type: none"> <li>- Giving the real experience of the royal kingdom activities, behavior, and attitude.</li> <li>- Mutual understanding</li> </ul>
S6	Singapore	Reviving Our Disappearing Cultural Heritage		This PY Seminar aims to raise awareness about disappearing cultural heritage and share how youths can play an important role in reviving them.
S7	Cambodia	Khmer Martial Art: Bokator		<ul style="list-style-type: none"> <li>- Details about Cambodian Martial Art.</li> <li>- Teaching defensive skill to PYs.</li> </ul>
S8	Viet Nam Philippines	The life you save may be your own (First-aid skill)		Provide basic knowledge about First Aids skills especially about choking.
S9	Singapore	Be empowered and give back through entrepreneurship and community service		<ul style="list-style-type: none"> <li>- For youths to reflect on their personal values from life experience</li> <li>- For youths to learn how they can create more impactful community service projects</li> </ul>
S10	Japan	Japanese Calligraphy		To tell PYs Japanese Calligraphy
S11	Lao P.D.R.	No Gym No Weight No Problem		<ul style="list-style-type: none"> <li>- Know the self-metabolism</li> <li>- Know what to consume while not going to the gym</li> <li>- Share personal strategies and tips</li> <li>- Do exercise and work out</li> </ul>
S12	Myanmar	Sport of Team Spirit, Chinlone (Myanmar Caneball)		<ul style="list-style-type: none"> <li>- To promote Myanmar National sport (Chinlone)</li> <li>- To share and explain the basic rules used in Chinlone</li> <li>- To broaden PY's (attendees) knowledge of Myanmar tradition</li> </ul>

As organizers, what did you gain from this experience?	What do you think the participants gained from attending your PY Seminar?	Were you able to accomplish the goal of your PY Seminar?
<ul style="list-style-type: none"> <li>- How to organize activities to cover people coming from different countries.</li> <li>- How it feels to share about the culture and learn together.</li> </ul>	They will understand and feel the real experience on how people live in Keraton (royal kingdom) Kesultanan Yogyakarta, Indonesia.	Yes, because after all session finished, we give them questions and they can answer it, and we also ask the audience about the activities, the responses are positive.
Learning that disappearing cultural heritage is a common issue in ASEAN and Japan.	Disappearing cultures in Singapore and how youths are starting initiatives to save it.	Yes, there was a lot of positive feedback from the participants that they found the seminar relevant and helpful in raising their awareness about disappearing cultures.
<ul style="list-style-type: none"> <li>- How to control the crowd.</li> <li>- How to prepare the planning paper.</li> <li>- How to become a good leader and flexible.</li> <li>- Known the real meaning of the word "work."</li> </ul>	<ul style="list-style-type: none"> <li>- Learn a defensive skill.</li> <li>- Well know about Cambodia Martial Art.</li> <li>- Deepen understandings on Cambodian history.</li> </ul>	Yes, because my seminar was run smoothly and all PYs really enjoyed that moment. Even training time, the presentation they are so interested in my seminar.
How to organize, how to work with other PYs from different countries.	Basic knowledge about choking	Yes, I do think my PY Seminar can help PYs to get the most basic skill.
A chance to share knowledge and experiences with fellow PYs, and discover communities in youth's struggles and needs.	Tips and insights on their entrepreneurial journeys, as well as an opportunity to reflect on their personal values from life experiences. New perspectives and framework for youths as they embark on community service projects.	Yes, because PYs were open and engaged, and had enough English capability to comprehend the content. However, more time could have been allotted for a greater depth of learning.
How to manage the schedule and how to teach people something in interesting way	Japanese Calligraphy culture and how to write Japanese letters	Yes, we could provide everything we prepared to PYs.
<ul style="list-style-type: none"> <li>- I learned how to manage the time.</li> <li>- I learned how to control the participants and draw their attention.</li> <li>- Teamwork is very important and the key to lead to success.</li> <li>- Flexible</li> </ul>	<ul style="list-style-type: none"> <li>- They might gain some strategies to keep a diet.</li> <li>- Way to do exercise without going to the gym</li> <li>- Learn how to balance their consuming</li> </ul>	<p>Yes.</p> <ol style="list-style-type: none"> <li>1. PYs had fun during the seminar.</li> <li>2. They got some tips and technique in exercising.</li> <li>3. They know their own goal regarding diet.</li> <li>4. They got new friends during the PY Seminar.</li> </ol>
<ul style="list-style-type: none"> <li>- The way how to organize well and presentation.</li> <li>- The way how to make PYs interested in activities.</li> </ul>	<ul style="list-style-type: none"> <li>- General knowledge of Chinlone (background / technique / rules)</li> <li>- Abilities / skills to play Chinlone</li> </ul>	Yes, because after the seminar, they could play the ball well and they knew the techniques how to play the ball. Then, they looked happy and fun.

Seminar ID	Contingent	Title of PY Seminar	Organizers	What was the goal of your PY Seminar?
S13	Philippines Thailand	Gender and Development (GAD)		At the end of the PY Seminar; * PYs know the basic concept of sex and gender. * Gain understanding on Gender and Development as a practical perspective that recognizes gender bias that may impede development. * Develop knowledge on gender mainstreaming as a strategy to integrate gender perspectives in institutional policies, programs, and activities.
S14	Lao P.D.R.	Awesome photo is easy to take		Sharing some tricks of taking photos by using smartphone, and also perspectives of photographers.
S15	Viet Nam	Vietnamese Weddings		- Give a brief introduction about Vietnamese Weddings. - Get to know more about the traditions of Weddings in Japan and ASEAN member countries.
S16	Philippines	Pinoy Sayawitan		To let the PYs experience the Filipino living traditions through dancing and singing.
S17	Cambodia Indonesia Malaysia Brunei Darussalam	CIMB Dance		1.To let PYs know more about traditional dances of Cambodia, Indonesia, Malaysia and Brunei Darussalam. 2.To create fun experiences through the process of learning.
S18	Cambodia Philippines	#No Thanks: let's love at the right time		1.Raise awareness on sex education: safe sex and abortion. 2.Understand about a contraceptive method.

As organizers, what did you gain from this experience?	What do you think the participants gained from attending your PY Seminar?	Were you able to accomplish the goal of your PY Seminar?
Widen understanding on gender gaps and challenges of ASEAN and Japan context.	* PYs learned the basic sex and gender concepts. * Learned to recognize everyone's practical and strategic gender rules. * PYs developed deeper understanding as catalyst and agents developing healthy and nurturing culture and environment created for everyone. * Libertarian from stereotype images * Became an advocate for equal access to opportunities and inclusive participation regardless of gender.	Yes, but it would be more effective if we get to settings for the topic of bigger space to cover 30 PYs. Vista Spot as a venue is too small for the game and workshop we wish to execute for the PYs to enjoy and make their gender journey a learning fun experience.
The management skill, and public speaking skill	Some ideas and creativity of taking photos, and also an aspect of photographers.	
- The way to organize an activity for around 40 attendees. - Understanding about Japan and ASEAN member countries through traditions in Weddings. - How to facilitate the activity. - How to attract the attendees.	- Basic understanding about Vietnamese Weddings. - Experience Vietnamese traditional costumes. - Get information about important gifts presented in Vietnamese Weddings. - Enjoy the atmosphere of a simulation of Vietnamese Weddings.	- Yes, because there were combinations between knowledge sharing and interactive activities. - PYs were keen on trying Vietnamese traditional wedding costumes and follow the steps in the real events, such as tea ceremony, gift giving activities.
We enjoyed teaching our dances and we learned that even with the language barrier, we can still understand each other by dancing and singing (using movements and producing sounds).	They gained skills especially that the dances are technical and they also gained skills in knowing how to sing properly. Mostly the participants gained the Filipino culture and tradition.	Yes, the PYs understood the activities and even had a recital where they performed the newly gained skills.
We got to know more about how to interact with other PYs and got to know more about PYs. At the same time, we learned more about leadership, presentation skills, and public speaking skills.	1.PYs got to know four countries' traditional folk dances. 2.PYs made new friends. 3.PYs understood more about the countries culture through dances.	Yes. Everything went well accordingly the plan and it processed smoothly with just minor technical problems. We were able to deliver the message that we wish to deliver when planning.
1. Time management 2. Audience engagement 3. Conducting various learning methods 4. Creating an open discussion space	Participants gained knowledge regarding teenage pregnancy, contraceptive method and abortion. They also are more open to discuss about issues regarding sex education with surroundings.	Yes, we did the evaluation at the end of the session by asking participants to group up and discuss what they have learnt from the seminar. All the group reflected all the main points and they truly got the messages we wanted to convey.

Seminar ID	Contingent	Title of PY Seminar	Organizers	What was the goal of your PY Seminar?
S19	Lao P.D.R. Singapore	Hello me, I am me!		To encourage self-reflection and sharing for PYs to foster a sense of companionship between themselves and make them understand themselves more.
S20	Lao P.D.R.	Charming yourself, Champa		To give PYs mutual understanding about Lao culture and Champa and to teach them how to make Champa flower.
S21	Thailand Singapore	Inclusive society and aging gracefully		<ul style="list-style-type: none"> <li>- Raising awareness about inclusive society</li> <li>- Teaching PYs how it feels like to be old</li> <li>- Raising awareness about dementia</li> </ul>
S22	Thailand	Yoga, Meditation, and Mindset Training for mental power		To get everyone participated and to develop mental power.
S23	Malaysia	Be Creative & Let's Upcycle		The goal is to create awareness of the higher number of plastic thrown into the ocean.
S24	Myanmar	The Colorful Southern Shan State of Myanmar		<ul style="list-style-type: none"> <li>- To learn and share culture and experiences about Shan culture</li> <li>- To let other PYs have fun while learning new cultures</li> </ul>
S25	Malaysia	What did I do for Society?		<p>a) Increase the awareness of youth in regards to the current development of youth and youth-led initiatives in Malaysia.</p> <p>b) Practicing soft power in forging relationships and taking into account initiatives carried out by other ASEAN member countries and Japan.</p>

As organizers, what did you gain from this experience?	What do you think the participants gained from attending your PY Seminar?	Were you able to accomplish the goal of your PY Seminar?
<p>Organizers experienced:</p> <ul style="list-style-type: none"> <li>- flexibility to adapt</li> <li>- compromises</li> <li>- gain a better perspective of PYs for the personal connection</li> </ul>	<ul style="list-style-type: none"> <li>- A deeper understanding of themselves.</li> <li>- The emotional freedom of connections with other.</li> <li>- A better understanding of their positive and negative aspects.</li> <li>- Make them recognize about their goal and passion for their future.</li> </ul>	Yes! PYs were able to share their thoughts about themselves and realize that others share similar fears. Moreover, they also wrote a letter which is the thing that they can't talk to other people to themselves.
Share my culture which is the flower of my country to everyone.	Fun and enjoy the time with other PYs.	We can only teach them how to make Champa. It was really hard to organize because there were too many people in our seminar. There were more people than our request. And some participants didn't have chances to make it by themselves. But most of them were enjoying the time.
How to facilitate and conduct a seminar with different nationalities	<ul style="list-style-type: none"> <li>- Awareness of inclusive society and dementia</li> <li>- Planning for old age</li> </ul>	Yes, PYs learned from the activities and were engaged.
More connections with those who have the same interests as well as great experiences about sharing good things like happiness with others.	More happiness and method to stay calm and relax.	Yes, the seminar succeeded. Everyone got to do yoga, meditation, breathing work, and word affirmation for self-love and most of them loved it.
We gain a lot especially in how to manage and plan the event well and to make sure it is interactive.	They gain how to upcycle the plastic bottle into something useful.	Yes, as they were able to do the object that we asked.
Feels happy because people actively participated in our PY Seminar	<ul style="list-style-type: none"> <li>- Shan martial arts</li> <li>- Shan culture and traditions</li> <li>- Shan attires</li> <li>- Shan dance moves</li> </ul>	Yes! Because I can see that they really enjoyed our PY Seminar and they got knowledge and messages that we wanted to share.
<ol style="list-style-type: none"> <li>1. My presentation skills were improved.</li> <li>2. How to deliver messages in a fun way.</li> <li>3. Know more about ASEAN and Japanese youths interested in the topic.</li> </ol>	<ol style="list-style-type: none"> <li>1. Knowledge about IYRES (Institute for Youth Research Malaysia)</li> <li>2. How Malaysian startup experience with success.</li> <li>3. Voluntary work done by Malaysian in Malaysia and ASEAN member countries.</li> </ol>	Yes, we got some questions in the PY Seminar and we did handle it very well. One of the speakers was planning some collaboration among other country youths as well.

Seminar ID	Contingent	Title of PY Seminar	Organizers	What was the goal of your PY Seminar?
S26	Indonesia	Symphony under the stars		To share the experiences and tell the story of some instrumental music from Indonesia and have bonding with other PYs to sing a folk song from Indonesia.
S27	Cambodia	Be the master of your day		- PYs can manage their time better by knowing what to prioritize. - PYs value their time more as time will not come back to you.
S28	Thailand Singapore	Life Reflection: Through Self-introspection and Deep Listening		Encourage participants to 1. strengthen self-awareness and through self-reflection exercise 2. practice a deep listening
S29	Thailand	The beauty of hijab and martial art		To understand the reason of wearing hijab.
S30	Brunei Darussalam	Content Creation		To share knowledge on content creation (offline) → photography → graffiti making → doodle making
S31	Malaysia	Amazing Race (Malaysia Truly Asia)		Our goal of this PY Seminar is to introduce our Malaysian traditional game to all the PYs, and at the same time to create mutual understanding and also bonding between them.
S32	Viet Nam	Awake your senses with Vietnamese Coffee		Inspire and share the passion for coffee. Share the process of making coffee from farm to cup. Share the brewing techniques: phin filter and pour-over.
S33	Brunei Darussalam	H.A.P.P.Y. (HIV Awareness Program For Participating Youth)		Goal of the seminar is to raise awareness on HIV/AIDS

As organizers, what did you gain from this experience?	What do you think the participants gained from attending your PY Seminar?	Were you able to accomplish the goal of your PY Seminar?
a) experiences to organize some events b) time management c) friendship d) mutual understanding	a) experiences of feel and play the instruments b) learn about Indonesia culture and music c) mutual understanding	Yes, because we can see from the attendance and report comments from PYs and participants they really like it.
Hearing stories from PYs when they share what they've been through from 5 years ago	- More appreciation of time - Can better manage their tasks into different schedule	Yes. PYs spend more time to reflect their past stories and their future goal, so that they can feel more appreciation of the time they have and take time management more seriously.
- Learn how to be a good facilitator: create an atmosphere that participants could engage, ask thought-provoking questions and consolidate the learning for them - Life Long Friend - Understanding the commonalities of conducting training across countries / backgrounds, such as the fundamental principle of training: doing grounding, two-way communication	- They had a newfound experience of self-reflection and deep listening, and the value of it in their everyday lives - Opportunities to connect deeply with those in the same group / pair - Personal revelations on their own life experiences	Yes. 1. There was a safe space created among organizers and PYs. 2. The PY Seminar was well-prepared in its objectives and messages. 3. The organizers worked brilliantly as a team and there was mutual trust throughout the session.
I never knew before that lots of PYs are interested in this topic until I hold this PY Seminar.	1) The styles of wearing hijab 2) The knowledge to protect themselves from learning Pencak Silat	Yes, because I got to explain the reason why Muslim women have to wear the hijab and they seem into it.
- Able to share knowledge with the participants - Got feedback from the participants - Create circle on photography, graffiti, and doodle	- Knowledge from the seminar - Experiencing the making of the content and the importance of knowing the basic concept	Yes.
As organizers, we have achieved our target to introduce our games to them and also create bonding.	They gained on how to play different types of Malaysian traditional games and also gained more friends they had never talked onboard the ship.	Yes, because all the PYs enjoyed all the traditional games and also asked us whether we will conduct more activities like this or not. We think this is already a great achievement.
Facilitating skills and presentation skills New network of coffee lovers	- Knowledge of the process of making coffee from farm to cup - Know how to brew coffee with two techniques, which are phin filter and pour-over - Share the passion for coffee	Yes; we asked the participants and they said they were inspired and what to discover more about coffee art.
From organizing a seminar and to manage a team	From the feedbacks of participants, they find the seminar very informative.	Yes, I achieved the main objective of my seminar.

Seminar ID	Contingent	Title of PY Seminar	Organizers	What was the goal of your PY Seminar?
S34	Singapore	Art of conversing		To share my journey of opening up to the people I disagree with the most. To inspire people to have difficult conversations with people they care about but disagree with.
S35	Indonesia	To the Maritime and Beyond		Our goal is to share about experiencing maritime in Indonesia and share about sea survival in order to raise awareness about saving lives and mitigations.
S36	Cambodia	The big day of Cambodian Naga		The goal is to showcase Cambodian traditional wedding ceremony to PYs and let them involved directly with the traditions by simulation of actual events.
S37	Myanmar	Wear us		The goal was to know about the various ethnic groups of Myanmar and their traditional costume.
S38	Lao P.D.R.	Shine my beauty out		The goal for this PY Seminar is to teach or share about the beauty tips to other participants who cannot do make up for themselves.
S39	Malaysia	Harmony in Diversity		<ul style="list-style-type: none"> <li>- To introduce the diversity in Malaysia</li> <li>- To introduce how Islam promotes harmony in a diverse society</li> <li>- To introduce that Islam is a peace-loving faith</li> <li>- To introduce about hijab and why Muslims are told to wear hijab</li> </ul>
S40	Singapore	Inclusive Circles		Encourage dialogue and innovations to create with people with disabilities in mind.
S41	Thailand	Startup Warrior		<ul style="list-style-type: none"> <li>- Connect PYs who has similar interests to discuss and build or create some startup ideas / projects together.</li> <li>- Share and encourage people to do startup by sharing our experiences / games.</li> </ul>

As organizers, what did you gain from this experience?	What do you think the participants gained from attending your PY Seminar?	Were you able to accomplish the goal of your PY Seminar?
<ul style="list-style-type: none"> <li>- Deeper relationships with PYs</li> <li>- The confidence of sharing my personal story</li> <li>- Support amongst PYs going through similar situations</li> </ul>	<ul style="list-style-type: none"> <li>- Tools to tackle difficult conversations</li> <li>- Strength from sharing of other PYs</li> <li>- Deeper understanding of other PYs life situations</li> </ul>	Yes, but I would have preferred a longer time.
This is our first experience to make a event in international attendant and onboard the ship.	I hope and I believe participants gained some new experiences about marine life and technique for basic sea survival.	Yes, for some lesson. Just lack of time to demonstrating all the technique and some participants didn't go to the swimming pool.
I learnt that cultural differences are interesting to some extent because PYs were interested in our culture of the wedding.	They now understand Cambodia that a complex way of getting married and they are all interesting to witness.	Yes, because PYs were attracted to all of our activities and they actively participated and followed all the instructions told by the organizers.
PYs are very eager to know, learn and wear other cultures' costumes.	They have a chance to wear Myanmar costume and gain knowledge about the ethnic groups and their uniqueness.	Yes.
We gained some tips of beauty from participants and exchanged the methods.	At least they can learn how to do the basic makeup and do it as daily life and know how to skincare.	Yes, we're totally accomplished the goal of PY seminar because all of the participants really paid attention to what we taught them and we also did a practical not only the theory.
<ul style="list-style-type: none"> <li>- The art of managing an event</li> <li>- The skills to deliver a heavy subject</li> <li>- The know-how in getting their attention</li> </ul>	<ul style="list-style-type: none"> <li>- Understanding on the diversity of Malaysia</li> <li>- Islam is a faith that promotes peace and harmony</li> </ul>	Yes, people were enthusiastic about knowing more about the subject as they were keen on interacting more and asking more questions based on the subject.
New thought, inspirations	More informed and exposed to the purpose	Yes - projects were tried. No - time was too short.
<ul style="list-style-type: none"> <li>- Meet interesting PYs who has similar background and interests, and learn by discussing their ideas.</li> <li>- Learn how to organize an event / seminar.</li> </ul>	<ul style="list-style-type: none"> <li>- Gain some ideas / experiences we shared.</li> <li>- Enjoy startup games we played.</li> </ul>	<ul style="list-style-type: none"> <li>- Yes, PYs have created many new interesting ideas from their problems / solutions with other PYs who have similar interests.</li> <li>- PYs knows more new people / friends with similar background and same interest to connect or create a project together in the future.</li> </ul>

Seminar ID	Contingent	Title of PY Seminar	Organizers	What was the goal of your PY Seminar?
S42	Brunei Darussalam	Unemployment: a growing epidemic		1)To create awareness about unemployment in Brunei Darussalam 2)To gather solutions from other PYs on how to get out from unemployment
S43	Philippines	Reviving a Dying Tradition: The Modernization of Hablon Industry		The goal of this seminar was to instill the appreciation towards cultural gems that face gradual disappearance through showing the case of the almost-forgotten tradition of wearing of the local textile Hablon in Iloilo, the Philippines.
S44	Indonesia	Adoring Indonesia Cultural Heritage: Experience the Local		To provide insight and knowledge, demonstration of practical values of Indonesian culture and tradition and first-hand experience for PYs to learn about Indonesia cultural heritage.
S45	Cambodia	More than a tree but a part of life		To demonstrate Cambodian palm tree to all participants about the benefits of the tree as well as the chance to taste food made from the tree.
S46	Myanmar Singapore	One Beat, One Love, One Journey		The goal of the PY Seminar is to raise awareness, to educate our participants on the various love languages, to encourage participants to speak up on their past experiences and share with everyone on a safe space.
S47	Japan	Introduction of Customs and work experience		Through our PY Seminar, we would like PYs to know and learn about Customs itself, their features and the relationship between Japan and ASEAN member countries.
S48	Viet Nam	The Journey Inside You		To help PYs have a chance to understand more about themselves and know about mindfulness.
S49	Myanmar	Pathein: Untold Beauty of Myanmar		To share our culture of Pathein umbrellas and painting on them

As organizers, what did you gain from this experience?	What do you think the participants gained from attending your PY Seminar?	Were you able to accomplish the goal of your PY Seminar?
I learnt how to plan and manage a program. (create program flow)	They learnt how to be independent and know how to create your own job. (first by selling your skills and assets)	Yes, PYs knew the problems in Brunei Darussalam and offered solutions.
I learned the many efforts, initiatives, and projects done by other countries to preserve their culture of local textiles through PY sharing during the discussion. It also made me gain experience in handling a class with different cultural backgrounds.	I think they gained the cultural appreciation for Filipino textiles especially Hablon. They also gained insights on how the Philippines are approaching cultural preservation especially in terms of policymaking, partnerships, youth involvement, and social entrepreneurship.	I think yes because after the lecture the participants asked more details about the projects that were discussed and expressed much appreciation for the gifts made of Hablon that were given to them.
I gained about managing the team and audience for coordinating the PY Seminar.	They got the experiences about the knowledge and insight of Indonesian culture and traditional way.	Yes, because our PY Seminar combining about the life experiences becoming a local.
PYs liked souvenirs and got to feel the products made from the tree rather than just listening to presentation.	They knew about the tree in Cambodia that is very useful. They got souvenirs made from the tree and keep it as a gift from Cambodian contingent.	Yes, because many PYs enjoyed it and I have gotten my message across.
As organizers, we have gained insights on how to facilitate discussion among the participants.	Participants gained knowledge on the various love languages and the courage to share openly in a safe space.	Yes, participants enjoyed the session, 4 participants step up and come to the stage to share.
We gained the following things. - Organized skill - Way of presentation - Communication skills - Perspective on Customs from PYs	We think the participants gained the following things. - Roles of Customs - Importance of passengers' baggage inspection - Experience of Customs officer	Yes, PYs actively made questions and did a role-play, so I think they can understand and learn about Customs.
Presentation skills, how to communicate and listen to others	- Self-awareness - Self-compassion - Listening skills - Sharing skills - Compassion and acceptance to themselves - Knowledge about mindfulness	Yes, because people give me good feedbacks and also we have more talks after this PY Seminar.
- Know how to conduct a seminar - Share the tasks among organizers	- Gain knowledge about Pathein umbrellas - Know about Kanote painting	Yes, because they've got knowledge about how to make Pathein umbrellas and painted on umbrellas.

Seminar ID	Contingent	Title of PY Seminar	Organizers	What was the goal of your PY Seminar?
S50	Japan	Life with Rice is Nice through eating and pounding rice		To understand what is pounding rice, tell Japanese rice. Through eating Mochi, spreading Japanese culture.
S51	Japan	The Power of Japanese Makeup		To share Japanese culture and learn participants' culture through makeup

### (6) SG Activity

SG Activity is designed to deepen friendship and mutual understanding among PYs. These included recreational and cultural activities undertaken by the SGs and with all PYs' attendance. These activities were managed by the SG Activity Sub-Committee members, who worked together under the guidance of the NLS in charge, namely Thailand, Cambodia and Lao P.D.R.

SG Activity Sub-Committee planned activities that were deemed to deepen solidarity and friendships among the PYs as well as to invigorate their minds and bodies. The camaraderie among PYs within and outside of their own SGs was strengthened through these activities.

<Details of SG Activity>

[SG Activity I (November 7)]

- SG Cheers
- SSEAYP Games (5 Questions!, Gathering Money!)
- SG Games (Web of Hands, Molecule, The Followers, "Hands, Butts, Feet on Floor")
- Zumba Dance

[SG Activity II (November 15)]

- SG Games (Kicking Shuttlecock & Jumping Rope, Magic Stick, Charades, Choreography, Basketball)

[SG Activity III (December 1)]

- SG Performances
- SG Games (Catch the Thumbs, Perfect Match, People to People)
- Reflecting the 45th SSEAYP
- Writing messages to all the PYs



SG Activity (November 7)

### (7) National Presentation

National Presentation (NP) is an activity where the PYs introduce indigenous traditions, cultures, history, national character, current situations surrounding youth in the country, current situation of the youth, etc. of their countries through musical performances, dances, skits, explanations, video clips, etc. in order to further deepen the understanding of each country.

The time for preparation was also set in such a manner that does not interfere with other onboard activities. The PYs prepared all the performances including sound effects, lighting, stage decorations, etc. Through NPs, the PYs had an opportunity to see the diversity and similarities among the cultures in ASEAN member countries and Japan while enjoying the good presentation.

In addition, in order to promote understanding on food culture of the respective countries, 2 typical dishes of each country were served during lunch on the day of the NP.

As organizers, what did you gain from this experience?	What do you think the participants gained from attending your PY Seminar?	Were you able to accomplish the goal of your PY Seminar?
If I want to tell something, I have to think about the listener side.	Other countries also have sticky rice culture, but it's different like how to make sticky rice and how to eat with. Everything is interesting.	No. If it's possible, we wanted everyone to eat Sekihan, which means glutinous rice with red beans, but we couldn't make it because of the kitchen system.
Participants are interested in Japanese makeup, and some of them know Japanese cosmetics, so we learned Japanese products are kind of famous in Asia.	I think that they learned Japanese makeup trend and Japanese traditional acting.	No, because there was not enough time to share each culture through makeup.

### [Outline of NP]

Japan	Theme: Unity The NP of Japan is designed to showcase the spirit of Unity which is penetrating Japanese people in the social and cultural aspects by telling a fictional story of time-travel and looking back to our history. The NP is divided into 5 parts; autumn of 1500, winter of 1700, spring of 1900, summer of 2018 and the present. Japanese PYs perform traditional dances and music such as Noh play, Koto, Japanese drum, Shinobue flute, Awa Dance, Yosakoi Dance, Sansa Dance, Soran Bushi, and introduce some pop culture, sharing how Japanese people overcome difficulties with unity. Also, in the last part "Present," a video with narration explains problems Japan is facing now, such as aging society.
Brunei Darussalam	Theme: Our Legacy, Our Culture, Our Future (Legasiku, Budayaku, Masa Depan) Brunei Darussalam – A Kingdom of Unexpected Treasures, rich with its cultures and tradition. This NP aims to introduce all PYs the legacy, identity, cultures and traditions of Brunei Darussalam by showing the significances and specialties from four districts of Brunei Darussalam. The glory days and history of Kampong Ayer, our very own Venice of the East, the Dusun cultures and community in Tutong as well as Murut in Temburong – some of the seven ethnic groups in Brunei Darussalam. Aside from Bruneian cultures and tradition, this NP also showcased the economy, resources and the development of Brunei Darussalam after its independence in 1984 up until H.M. Sultan and Yang di-Pertuan Haji Hassanal Bolkiah's Golden Jubilee Celebration in 2017 as well as what our country is doing for the youths such as in "Program Khidmat Bakti Negara" (PKBN) where youths are being trained to become better individuals by improving their disciplines, mental and emotional strengths which correlates with our vision 2035 that aims to provide better youths as the leaders of tomorrow. Hence, despite rapid development and globalization, Brunei Darussalam still remains as a country that is full with its cultures and tradition to be maintained and passed down to the future generation. This NP not only introduced Brunei Darussalam's cultures to other PYs, but also educated and gave insights to what Brunei Darussalam aims to achieve in the future in line with our vision 2035.
Philippines	Theme: Hinirang; The Hero Within The NP of the Philippines tells about the quest of a little girl in finding a perfect hero with the help of her grandfather and the magic box, they traveled back in time. They witnessed and experienced different music and colorful dances of various cultures in the Philippines. Upon going back to reality, the grandchild listened to the performances of famous celebrities who helped victims of typhoons. She also listened to the stories of survivors of typhoons. The NP also featured the story of Overseas Filipino Workers who miss their families but remain strong. At the end of the play, the little girl then realized that heroes are everywhere. Heroes who died for this country, heroes of talents who showcased God's gift to them to the world, heroes of their own culture who make sure that their way of life will never be forgotten and those who inspire others to do well. The Philippine contingent wanted everyone to realize that we can be heroes by doing small things and that we do not need to be perfect. We just need a heart that cares and always willing to serve. There's heroism within us all. We are all called to be heroes and it is just for us to respond.

Thailand	<p>Theme: Journey of Thainess</p> <p>The NP of Thailand is to cherish the differences. We combined the traditional contents along with contemporary under the theme of magical. Bring PYs experiences into the land called “Thailandia” with the spells casting all over Dolphin Hall. Beginning with the last final exam in the school of wizardry and witchcraft. Students got the exam to define Thainess. Journey begins with the hint of wisdom master to listen to the whisper and follow the star and all students transported to the festival whereas Thai traditional show are presented. They helped the locals and got starlight to transport to another place. Journey continues to somewhere on stage of Thailandia got talent. Many show happened on stage and they involved. With a long journey they got tried suddenly their teacher appear and transform to wisdom master. The answer of this exam is not to define but to understand the differences.</p>
Viet Nam	<p>This is the story about a modern girl who forgot her Vietnamese soul. Once upon a time, a land with S-shaped formation has been formed from four elements: as calm as water, as forceful as fire, as elegant as wood and as witty as metal. Altogether, they create a country named: “Viet Nam.” Following her journey to the period of its inception, the nation of Viet Nam was founded with the mythical stories about “the sun of Fairy-and-Dragon.” This is the origin of the Vietnamese. With her journey, through thousands of years of history, Viet Nam, as a nation, has forged an impressive range of diverse culture, notably of dances that feature the imperial’s lifestyle. She then witnessed serving the shadow is a ritual practiced in Vietnamese religion of “Mother Goddesses,” in which followers become spirit mediums for various duties. It includes music, singing, dancing and costumes. In 2016, the shadow was recognized as UNESCO’s World Intangible Cultural Heritage. She then found out that Viet Nam is a multi-ethnic country with over 50 distinct groups. Each of them has its own language, lifestyle, cultural heritages and traditional clothes. With her journey continuing, a glorious new day starts again over the yellow rice paddy fields. For generations, grains and rice have become an indispensable part of Vietnamese. We treasure rich and fragrant rice products as gems and gold from nature. With coastline that stretches 3,260 km long, Viet Nam enjoys having fish-catching as one of its various typical cultural values. Therefore, songs and chants that are sung to encourage the sailors during their catch gradually catch on. Through many historical ups and downs, silk weaving is constantly evolving, not only by hand weaving, but also by silk made from industry. The beauty of Vietnamese women from ancient times is always attached to the image of silk dress. Finally, she treasured every single traditional values, such as “Ao Dai.”</p>
Cambodia	<p>Theme: Dynamic Cambodia</p> <p>The NP of Cambodia illustrates, through a strong story line, both classic and modern life style of Cambodian people. Starting with an introductory video that introduces all Cambodian PYs through various forms of Cambodian way of lives including everyday ordinary activities, religious practices, ethnic group, youth’s social contributions as well as some of the country’s famous tourist attractions. The story line was inspired by Khmer’s literature Reamke or Ramayana. It depicts a love story of a couple that is shown through everyday life of Cambodian farmers and their connection to nature and culture. Various classical and popular dances are shown including Golden Mermaid dance, Rice Harvest dance, as well as Cambodian Martial Arts Labokator. The NP was concluded by a batch song called “The Last Smile.”</p>
Indonesia	<p>The NP of Indonesia brought the five values as the foundation of Indonesia, known as the “PANCASILA” – the Five Verses; these five values being simplified into five terms: Faith, Humanity, Unity, Wisdom and Equality – and each presentations resembles these values. The first scene Faith: some PYs singing a Papuan song “Neno” while marching forward to the stage where an altar being set up by a priest as a worship to a Deity. Soon after that, a girl showed up singing an Acehese song “Saleum” as a greeting to welcome people to the NP. The first scene describes how Faith becomes the first foundation of Indonesian, with various backgrounds of religious faith and beliefs. The second scene Humanity: two PYs walking down the stage while reading the poet about how the disasters have ruined some part of Indonesia, while one PY playing the traditional guitar from Kalimantan. This second scene shows that despite the disastrous events, people of Indonesia still resiliently survives and help each other. The third scene Unity: a run-through dances from different parts of Indonesia; E Mambo Simbo from Papua, Ondel-Ondel from Jakarta, Pisok from North Sulawesi, Ngotum from Kalimantan and Tari Piring from West Sumatra. This scene portrays the diversity of culture of Indonesia that still grows in Unity. The fourth scene Wisdom: eight PYs performing “Orlape Sahureka-reka” from Maluku. After that three PYs performing “Tari Pencak Silat,” a traditional martial art. The scene is closed by the coming of the King that being symbolized by the “Kuda Lumping” dance. This scene shows the wisdom of leaders in leading the country. The fifth scene Equality: one PY sing “Pancasila Rumah Kita (Pancasila our home),” while two other PYs walk in reciting the five verses of Pancasila. After that, all PYs walk in with traditional costume from each province, singing “Indonesia Jaya.” This scene concludes that even though Indonesians are vary in culture and beliefs, everyone gets treated equally and fairly.</p>

Lao P.D.R.	<p>The NP of Lao P.D.R. resonates the uniqueness of each part throughout Lao P.D.R. In this presentation, we allow Khaen (national musical instruments) and Champa flower (national flower) which are the symbols that unite Lao people to narrate our cultural story. Moreover, the presentation also illustrate the beauty of Lao culture and traditions for instance, The End of Buddhist Lent, the opening act, which is one of the biggest celebrations of Lao people to worship the god of earth, water, wind and fire. In addition to our cultural celebration, we also exhibit the way of living and simple lifestyle of Lao silk weaving. The handicraft has been passed on from generation to generation. For our final act, we featured the dance of Khaen music, which was recently declared as UNESCO World Intangible Cultural Heritage of Humanity in December 2017.</p>
Malaysia	<p>Theme: The Timeline of Malaysia</p> <p>The Malaysia Contingent portrayed the beautiful multiracial culture through the timeline of the beginning of Tanah Melayu until the Independence Day. The NP started with the story of “Zaman Kesultanan Melayu Melaka” and continued by Sewang dance as the opening of the show where it portrays the early ethnic in Tanah Melayu which is indigenous people. The Malacca sultanate was blessed with all kinds of crops and its strategical position made it as the international trading port. The migration of traders from India and China to the Tanah Melayu resulting in the cross marriage such as “Baba and Nyonya.” The colonization of Tanah Melayu begun when the Portuguese attacked. The oppression from the Portuguese made the people to live in their own ethnic ways and made them to stand together as one and claim independence in 1957. Our NP mainly focuses on various dances by different races which are Malay, Chinese and Indian that were being spread to Tanah Melayu.</p>
Myanmar	<p>Theme: Mingalarbar</p> <p>The NP of Myanmar portrays the theme “Mingalarbar” which is common greeting word meaning “May auspiciousness be upon you.” With the theme “Mingalarbar,” we proudly present our NP with three major features: the great artistic and cultural history of Myanmar, diversity and union of ethnic groups, and the rural sociocultural background revealing beautiful behavior and tradition of Myanmar people. Early civilizations in Myanmar started in Pyu era and then developed in Bagan era. Pyu dance and Bagan dance display the highest standard of arts and culture in these eras. Basically there are eight main ethnic groups in Myanmar which is home to a total of 135 ethnic groups. Ethnic dance highlights the union of Myanmar, showing the strong friendship, mutual respect and understanding, and peaceful coexistent among various ethnic groups. Myanmar has an ethnically diverse population of approximately 51.5 million of which 70 percent lives in rural areas. “Nwe Oo Anyar” drama depicts the rural lifestyle in Myanmar illustrating the friendly, warm atmosphere with interesting traditions of courteous people. It also conveys famous rural dance and fascinating novitiation ceremony called “Shinpyu” referring to the celebration marking the monastic ordination of a boy under the age of 20.</p>
Singapore	<p>Theme: Singapore Through The Age</p> <p>The NP of Singapore is a celebration and commiseration of the story of Singapore told through shakers of each era, using time-specific relies in performance to showcase what consumed and concerned people through events that define Singapore. The performance includes traditional art forms such as bharanatharyam (multi classical dance), silat (Malay wedding performance), wushu martial arts and a getai performance (Chinese performances). It also includes contemporary art forms such as a movement piece illustrating the culture of modern Singapore, and a well-loved national song about our idea of home. The narratives and performances serve to illustrate the honest struggles of our generation of Singaporeans in defining who we are in a rapidly developing country but ultimately drive home the message that the search for identity is never easy but always a fulfilling and meaningful one.</p>



**(8) Voluntary Activity**

Voluntary Activity (VA) is an activity which a PY or a group of PYs can freely organize, call for participation and carry out. Through organizing voluntary activities, the PY can develop ability to transmit his / her own thoughts and ideas, to plan and implement activities. Furthermore, they can actively exchange each other beyond the contingents, SGs or DGs.

The following voluntary activities were organized during the 45th SSEAYP:

- Deepavali
- Thai Massage Workshop
- Fashion Night
- Dance Battle
- Mr. and Miss “Aphone Lao” Contest
- “The Voice of Nippon Maru” Singing Contest
- Movie Showing
- Board Games
- “Shikoku” Introduction
- Japanese Sake Festival
- Pounding Rice
- Japanese Tea Ceremony
- Beautiful Sounds from Japan (Japanese Traditional Instruments – Koto)
- “Suika-wari” (Split Watermelon)
- Yukata Try
- Quran Recitation
- Paper Crane Making for Peace Building
- SSEAYP’s Got Impact

**(9) Reflecting Country Program by SG**

PYs reflected experiences gained during the country programs and share them with other participants within the same SG. This session is to help PYs review the meaning of their intercultural experiences and learn more about themselves as well as cultures and people that they encountered throughout the program from the different point of view.

**(10) Free Day**

Free Day, in which there was no official activity, were scheduled five times; half free day for three times and whole free day for twice, in order to allow PYs to have personal space and time to maintain their health condition during the tight schedule of the activities. It is also to provide opportunities for PYs to interact with other participants through spontaneous and voluntary activities. On Free Day, there was no morning call nor morning exercise, but the morning assembly was held from 12:00 to 12:30.

**(11) Others****a. Lifeboat Drill (November 2)**

PYs had a briefing in the Dolphin Hall by the ship crew, then they were asked to return to their cabins for the simulation exercise. At the given signal (onboard paging system and emergency bell), all passengers put on life jackets and gathered along the deck according to their pre-designated escape routes. At the deck, additional instructions were given.

**b. Ship Tour (November 4)**

PYs were taken to a tour to the bridge of the ship. In the bridge, the ship crew in charge explained the newest machines and gadgetry of the ship and how they work.

**c. Lecture by Administrator (November 5)**

Upon departure, Mr. Yamatani Hideyuki, the Administrator, gave a talk to the PYs. He explained the historical background of Japan-ASEAN relationships and the significance of exchange activities onboard the ship. He also told PYs to be always aware that this Program was supported by many people involved, and encouraged PYs to reciprocate those people’s assistance by showing the own development.

**d. Lecture by Captain (November 5)**

Mr. Ninomiya Satoshi, Captain of Nippon Maru, explained the ship facility and equipment. In addition, he explained the special knowledge for the ship and a cruise followed by Q&A session to raise awareness of PYs.

**5 Activities in the Countries Visited**

Country programs, or the activities in the countries visited, were organized and conducted by the respective governments and the Reception Committees (RCs). RCs generally included members of the Alumni Associations in the respective countries. Ex-PYs played an active part in the implementation of the country programs, often accompanying the PYs to various venues.

The duration of the visit to each country was 4 days.

The country programs included homestay, courtesy calls on high ranking government officials, interaction with local youth and institutional visits to industrial, educational, cultural and social welfare facilities. During the country program in Brunei Darussalam, the institutional visits were arranged according to the eight discussion group themes.

The schedule of each country program is shown below:

**(1) Brunei Darussalam**

Date	Time	Activities
November 10 Saturday	7:30-8:00	Flag Hoisting Ceremony by Brunei Darussalam (in Dolphin Hall)
	9:00	Berth at Muara Port
	9:30-11:30	Briefing on Country Program in Brunei Darussalam by RC in COC
	12:00-12:30	Press Conference (at Lounge “Umi”)
	12:45-13:15	Orientation for PYs by RC (in Dolphin Hall)
	13:30-17:30	Institutional Visits by Discussion Group DG1: Institute for Leadership, Innovation and Advancement (ILIA), Universiti Brunei Darussalam DG2: Information Department, Prime Minister’s Office DG3: Ministry of Foreign Affairs DG4: Centre of Senior Citizens Activities under Control of Community Development Department, Ministry of Culture, Youth and Sports DG5: Ministry of Education DG6: Kampong Ayer Water Village, Ministry of Development DG7: National History Centre and the Department of Language and Literature, Ministry of Culture, Youth and Sports DG8: Ministry of Energy, Manpower and Industry
	20:00-21:30	Welcome Dinner (at International Convention Centre) • Gift Exchange • Speech by Mr. Awang Haji Zafri bin Haji Mohamed, Acting Director of Youth and Sports Department, Ministry of Culture, Youth and Sports • Speech by Mr. Yamatani Hideyuki, Administrator • Speech by Mr. Kato Motohiko, Ambassador Extraordinary and Plenipotentiary of Japan to Brunei Darussalam • Speech by Major General (Rtd) Dato Paduka Seri Haji Aminuddin Ihsan bin Pehin Orang Kaya Saiful Mulok Dato Seri Paduka Haji Abidin, Minister of Culture, Youth and Sports
November 11 Sunday	8:30-9:00	Briefing on Homestay for PYs (in Dolphin Hall)
	11:40-12:40	Homestay Matching (at Indoor Stadium) • Speech by Ms. Hajah Rosmawariniyah PA Haji Ibrahim, President of SSEAYP International Brunei Darussalam (BERSATU)

Date	Time	Activities
November 12 Monday	14:00	<PYs> -Homestay- <Administrator and NLs> Audience with H.M. Paduka Seri Baginda Sultan Haji Hassanal Bolkiah Mu'izzaddin Waddaulah, Sultan and Yang Di-Pertuan Negara Brunei Darussalam (at Istana Nurul Iman)
	19:00-21:00	Reunion Onboard (at Dining Room)
November 13 Tuesday	12:00-13:00	PYs return from homestay
	14:00-15:00	Open Ship
	15:30-16:30	Send-off Ceremony (at Muara Port) <ul style="list-style-type: none"> <li>• Flag Cheers by PYs</li> <li>• Speech by YL of Myanmar</li> <li>• Speech by Datin Paduka Dr. Hajah Norlila binti Dato Paduka Haji Abdul Jalil, Permanent Secretary, Ministry of Culture, Youth and Sports</li> <li>• Gift Presentation</li> </ul>
	17:00	Set sail

**(2) Philippines (Manila)**

Date	Time	Activities
November 17 Saturday	7:30-8:00	Flag Hoisting Ceremony by the Philippines (in Dolphin Hall)
	9:00	Berth at Manila Port
	9:30-11:30	Briefing on Country Program in the Philippines by RC in COC
	14:30-15:00	Orientation for PYs by RC (in Dolphin Hall)
	16:00-17:00	Press Conference (at Makati Shangri-La Hotel)
	17:30-20:30	Welcome Ceremony and Dinner (at Makati Shangri-La Hotel) <ul style="list-style-type: none"> <li>• Speech by Mr. Manuel Monsour Del Rosario III, Representative</li> <li>• Speech by Mr. Yamatani Hideyuki, Administrator</li> <li>• Speech by Mr. Kuwabara Atsushi, Minister and Consul General, Embassy of Japan in the Republic of the Philippines</li> <li>• Introduction of the Keynote Speaker by Undersecretary Ronald Gian Carlo L. Cardema, Chairperson and CEO, National Youth Commission</li> <li>• Keynote Message by Ambassador Junever M. Mahilum-West, Assistant Secretary of Foreign Affairs</li> <li>• Photo Session</li> <li>• Gift Exchange</li> </ul>

Date	Time	Activities
November 18 Sunday	7:00	<Administrator, NL of the Philippines and all YLs> Departure for Davao (5J-963)
	8:45-9:00	Briefing on Homestay for PYs (in Dolphin Hall)
	10:00-13:00	Institutional Visits by SG <ul style="list-style-type: none"> <li>SG-A: Far Eastern University</li> <li>SG-B: National Museum of the Philippines</li> <li>SG-C,D: Metropolitan Manila Development Authority</li> <li>SG-E,F: Dangerous Drugs Board</li> <li>SG-G: JICA Project in Rizal Experimental Station and Pilot School for Cottage Industries (RESPSCI)</li> <li>SG-H,I: Lyceum of the Philippines University</li> <li>SG-J,K: Philippine Information Agency</li> </ul>
November 19 Monday	14:30-16:30	Homestay Matching (at GSIS Gym) <ul style="list-style-type: none"> <li>• Speech by Asec. Paul Anthony M. Pangilinan, Commissioner-at-large of National Youth Commission</li> <li>• Speech by Mr. Yoshida Tetsuya, Deputy Administrator</li> </ul>
	14:20	<PYs> -Homestay- <Administrator, NL of the Philippines and all YLs> Arrival at Manila Airport (PR-2814) <YLs>
November 20 Tuesday	16:00	Homestay Matching (at Gilligan's)
	18:00-21:00	Reunion Onboard (in Dolphin Hall and at Dining Room)
	12:00-13:00	PYs return from homestay
November 20 Tuesday	14:00-15:00	Open Ship
	15:30-16:30	Send-off Ceremony (at Manila Port) <ul style="list-style-type: none"> <li>• Flag Cheers by PYs</li> <li>• Speech by Ms. Daphne Purnell, Host Family Representative</li> <li>• Speech by YL of Japan</li> <li>• Gift Exchange</li> <li>• Speech by Asec. Paul Anthony M. Pangilinan, Commissioner-at-large of National Youth Commission</li> </ul>
	17:00	Set sail

**(3) Philippines (Davao) (Delegation: Administrator, NL of the Philippines and all YLs)**

Date	Time	Activities
November 18 Sunday	9:00	Arrival at Davao Airport (5J-963)
	11:00-13:00	Welcome Lunch (at Marco Polo Davao) <ul style="list-style-type: none"> <li>• Speech by Ms. Maria Clara Belen Sunga Acosta, City Councilor of Davao City</li> <li>• Speech by Mr. Yamatani Hideyuki, Administrator</li> <li>• Gift Exchange</li> </ul>
	13:30-14:30	Visit to Public Security and Safety Command Center (911)
	15:30-17:30	Visit to Malagos Park
November 19 Monday	18:30-20:30	Dinner and Fellowship Night (at Amiya Resort Residences) <ul style="list-style-type: none"> <li>• Speech by Dr. Jetty Jet R. Lu, Member of SSEAYP International Philippines - Region XI</li> <li>• Speech by Mr. Steve Laurence M. Arquiza, Member of SSEAYP International Philippines - Region XI</li> <li>• Speech by YL of Singapore</li> </ul>
	7:00-9:00	Farewell Ceremony and Breakfast (at Marco Polo Davao) <ul style="list-style-type: none"> <li>• Gift Exchange</li> </ul>
	12:30	Departure for Manila (PR-2814)

**(4) Thailand**

Date	Time	Activities
November 24 Saturday	7:30-8:00	Flag Hoisting Ceremony by Thailand (in Dolphin Hall)
	9:00	Berth at Bangkok Port
	9:00-11:00	Briefing on Country Program in Thailand by RC in COC
	11:00-12:00	Press Conference (at Lounge “Umi”)
	13:15-13:45	Orientation for PYs by RC (in Dolphin Hall)
	14:00-15:00	Welcome Ceremony (in Dolphin Hall) <ul style="list-style-type: none"> <li>• Speech by Mr. Porametee Vimolsiri, Permanent Secretary of Ministry of Social Development and Human Security</li> <li>• Speech by Mr. Yamatani Hideyuki, Administrator</li> </ul>
	17:30-18:00	Courtesy Call on Minister of Social Development and Human Security (at Vayupak Convention Center) <ul style="list-style-type: none"> <li>• Report of the 45th SSEAYP by Mr. Porametee Vimolsiri, Permanent Secretary of Ministry of Social Development and Human Security</li> <li>• Speech by General Anantaporn Kanjanarat, Minister of Social Development and Human Security</li> <li>• Speech by Mr. Yamatani Hideyuki, Administrator</li> <li>• Gift Exchange</li> <li>• Photo Session</li> </ul>
	18:00-20:00	Welcome Dinner (at Vayupak Convention Center) <ul style="list-style-type: none"> <li>• Performance by Local Students</li> <li>• Performance by PYs</li> </ul>

Date	Time	Activities
November 25 Sunday	8:30-9:00	Briefing on Homestay for PYs (in Dolphin Hall)
	10:00-12:00	Interaction with Local Youth by SG <ul style="list-style-type: none"> <li>SG-A,B: International College, University of the Thai Chamber of Commerce</li> <li>SG-C,D,E: Chandrakasem Rajabhat University</li> <li>SG-F,G: Bangkok Thonburi University</li> <li>SG-H,I: Faculty of Arts, Thammasat University</li> <li>SG-J,K: Suan Dusit International Culinary School, Suan Dusit University</li> </ul>
	13:30-14:30	Homestay Matching (at Bangkok Metropolitan Youth Center (Thai-Japan))
	18:00-21:00	Reunion Onboard (in Dolphin Hall and at Dining Room)
November 26 Monday		<PYs> -Homestay-
November 27 Tuesday	12:00-13:00	PYs return from homestay
	14:00-15:00	Open Ship
	15:30-16:30	Send-off Ceremony (at Bangkok Port) <ul style="list-style-type: none"> <li>• Flag Cheers by PYs</li> <li>• Speech by General Anantaporn Kanjanarat, Minister of Social Development and Human Security</li> <li>• Speech by YL of Brunei Darussalam</li> <li>• Gift Exchange</li> </ul>
	17:00	Set sail

**(5) Viet Nam**

Date	Time	Activities
December 2 Sunday	9:00	Berth at Cat Lai Port, Ho Chi Minh City
	9:30-11:30	Briefing on Country Program in Viet Nam by RC in COC
	13:30-14:15	Press Conference (at Lounge “Umi”)
	14:15-14:45	Orientation for PYs by RC (in Dolphin Hall)
	15:00-16:00	Welcome Ceremony (at Cat Lai Port) <ul style="list-style-type: none"> <li>• Flag Cheers by PYs</li> <li>• Speech by Mr. Nguyen Ngoc Luong, Permanent Vice Chairman of the National Committee on Youth of Viet Nam</li> <li>• Speech by Mr. Yamatani Hideyuki, Administrator</li> </ul>
	18:00-19:15	Welcome Dinner (at Ho Chi Minh City Meeting Hall) <ul style="list-style-type: none"> <li>• Speech by Mr. Huynh Cach Mang, Vice Chairman of People’s Committee of Ho Chi Minh City</li> </ul>
	19:30-21:00	Cultural Exchange (at Ho Chi Minh City Meeting Hall) <ul style="list-style-type: none"> <li>• Performance by local youth</li> <li>• Performance by PYs</li> </ul>

Date	Time	Activities
December 3 Monday	8:15-8:45	Briefing on Homestay for PYs (in Dolphin Hall)
	10:00-11:30	Institutional Visits by SG SG-A: Student Cultural House SG-B: University of Social Sciences and Humanities, Viet Nam National University Ho Chi Minh City SG-C: Ho Chi Minh City University of Pedagogy SG-D: Sai Gon Tourist Corporation SG-E: Ho Chi Minh City University of Technology and Education SG-F: Ho Chi Minh City Department of Transportation SG-G: Nguyen Thi Minh Khai High School, Ho Chi Minh Communist Youth Union of District 3 SG-H: Tuoi Tre Newspaper SG-I: Ho Chi Minh Communist Youth Union of District 2 SG-J: Ao Dai Museum, Ho Chi Minh Communist Youth Union of District 9 SG-K: Ho Chi Minh City University of Technology
	14:00-15:00	Homestay Matching (at Ho Chi Minh City Meeting Hall)
	18:00-20:00	<Administrator and NLS> Dinner hosted by Mr. Nguyen Viet Que Son, Vice Permanent Secretary of Ho Chi Minh Youth Union, President of Union of Students of Ho Chi Minh City • Gift Exchange
December 4 Tuesday		<PY> -Homestay-
	9:00-9:45	<Administrator and NLS> Courtesy Call on Vice Chairman of People's Committee of Ho Chi Minh City (at Ho Chi Minh City Hall) • Speech by Mr. Huynh Cach Mang, Vice Chairman of People's Committee of Ho Chi Minh City • Gift Exchange
	18:00-21:00	Reunion Onboard (in Dolphin Hall and at Dining Room)
December 5 Wednesday	12:30-13:30	PYs return from homestay
	14:00-15:00	Open Ship
	15:45-16:30	Send-off Ceremony (at Cat Lai Port) • Speech by Mr. Nguyen Viet Que Son, Vice Permanent Secretary of Ho Chi Minh Youth Union, President of Union of Students of Ho Chi Minh City • Speech by YL of the Philippines
	17:00	Set sail

## 6 Farewell Ceremony

On December 12, Farewell Ceremony was held from 18:00 in the Dolphin Hall onboard Nippon Maru.

First, Mr. Fukuta Masanobu, Director General for International Youth Exchange, Cabinet Office, handed the certificates of appreciation to all NLS. The certificates were also handed to YLs of each contingent as representatives of

all PYs. Lastly, Mr. Fukuta delivered a speech, and YL of Thailand and YL of Viet Nam made a speech on behalf of all the participants.

The scheduled Farewell Party was cancelled due to the outbreak of influenza among participants.

## 7 Disembarkation and Departure

On December 11, starting at 9:15, all NLS and PYs received instructions on disembarkation. After contingent meeting, they moved their luggage to the designated area by contingent.

On December 13, starting at 6:00, NLS and PYs from

ASEAN member countries assembled at the Dining Room by contingent. After they bit farewell to one another, they proceeded to Narita Airport or Haneda Airport by bus and flew home

## 8 Post-Program Training of Japanese PYs

The Cabinet Office conducted a two-day post-program training for 37 Japanese PYs on December 13 and 14 at the National Olympics Memorial Youth Center in Tokyo. Japanese PYs reflected on the Program and engaged

in further discussion on the reporting session as well as post-program activities projects which were drafted and presented at the Debriefing Session onboard.