

**Chapter
4**

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



Japan



Viet Nam



Singapore



Myanmar



Malaysia



Brunei Darussalam



Cambodia



Indonesia



Lao P.D.R.



Philippines



Thailand

1 Sailing Schedule and Route

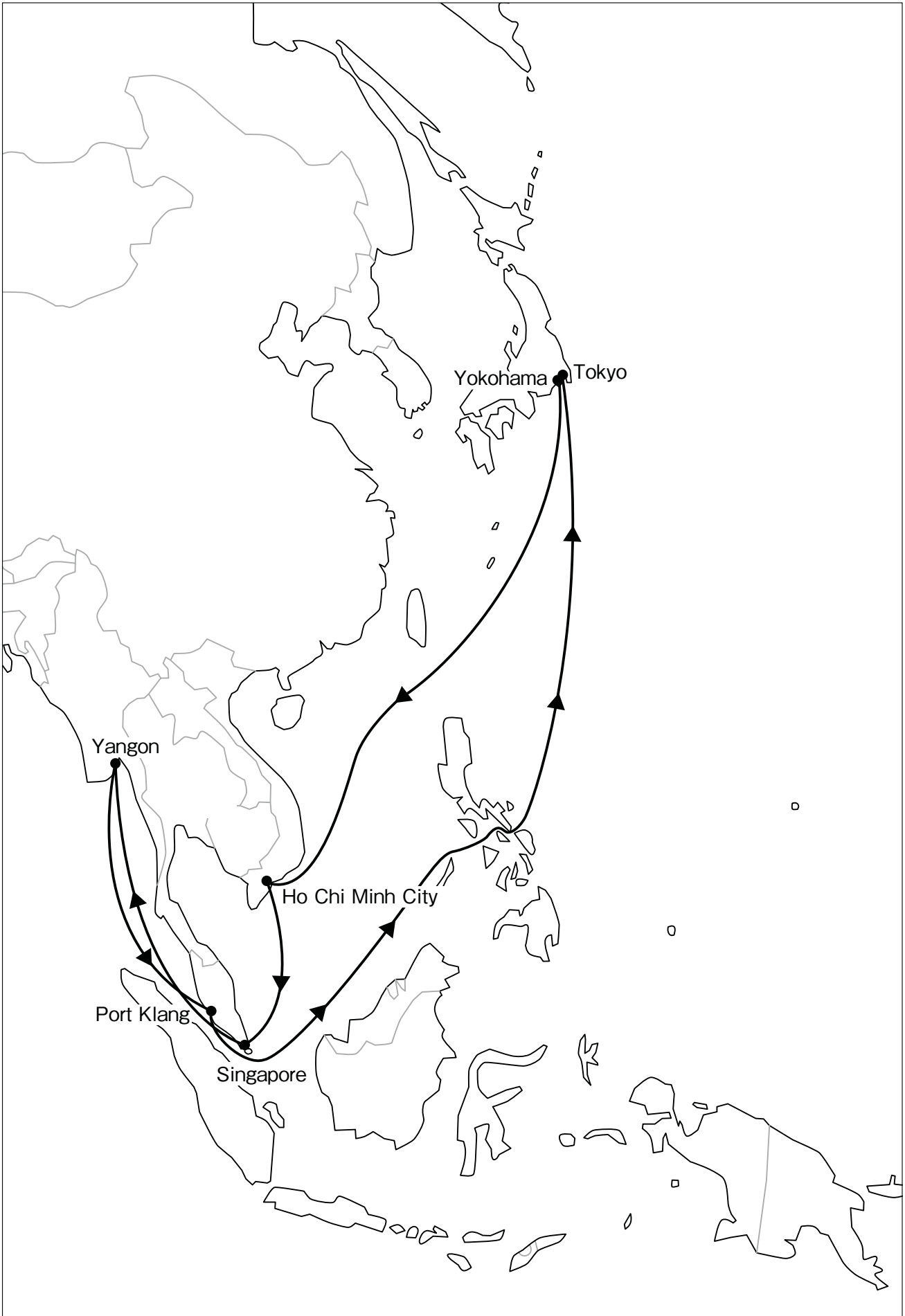
(1) Sailing Schedule

	Arrival	Departure
Yokohama (Japan)		November 3
Ho Chi Minh City (Viet Nam)	November 10	November 13
Singapore	November 16	November 19
Yangon (Myanmar)	November 22	November 25
Port Klang (Malaysia)	November 29	December 2
Tokyo (Japan)	December 12	

Note:

- National Leaders (NLs) and Participating Youths (PYs) of ASEAN member countries assembled in Tokyo, Japan on October 24. After joining together with Japanese NL and PYs on October 25 and engaging in the country program in Japan, all participants embarked the ship on November 2.
- Facilitators arrived in Tokyo, Japan on October 28. After engaging in the country program in Japan, they embarked the ship on November 2.
- Representatives of Alumni Associations arrived in Tokyo, Japan on October 28. After engaging in the country program in Japan, they returned to the respective countries on November 4.
- NLs and PYs from ASEAN member countries and Facilitators 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.

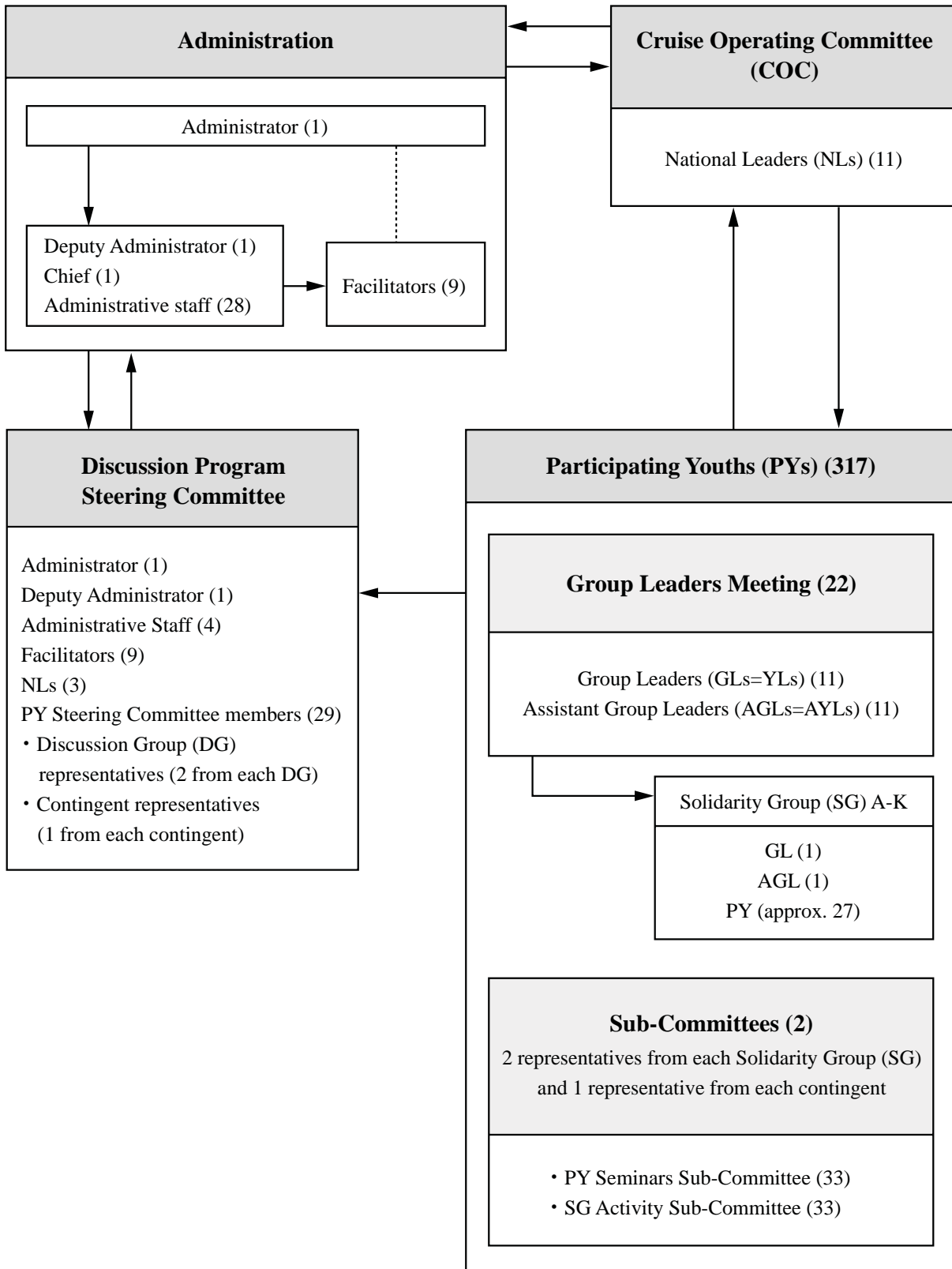
(2) Sailing Route



2 Organization Onboard

(1) Organizational Chart

The organizational chart of the 46th 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
Viet Nam		F	GL Meeting
Singapore		M	GL Meeting
Myanmar		F	Discussion Program Steering Committee
Malaysia		M	SG Activity Sub-Committee
Brunei Darussalam		M	Discussion Program Steering Committee
Cambodia		F	GL Meeting
Indonesia		M	SG Activity Sub-Committee
Lao P.D.R.		M	SG Activity Sub-Committee
Philippines		M	PY Seminars Sub-Committee
Thailand		M	PY Seminars Sub-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 three NLs of Viet Nam, Singapore and Cambodia 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	Philippines
B		F	Indonesia		M	Thailand
C		F	Myanmar		M	Malaysia
D		F	Cambodia		M	Indonesia
E		F	Lao P.D.R.		M	Viet Nam
F		F	Malaysia		M	Lao P.D.R.
G		M	Japan		F	Brunei Darussalam
H		M	Philippines		F	Japan
I		F	Viet Nam		M	Myanmar
J		F	Thailand		M	Cambodia
K		M	Brunei Darussalam		F	Singapore

(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,

nine Facilitators, three NLs and 29 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			F	
			F	
			F	
			F	
Facilitators	Disaster Risk Reduction and Recovery		M	Malaysia
	Diversity and Social Inclusion		F	Japan
	Education		M	Indonesia
	Employment and Decent Work		M	Philippines
	Environment and Sustainability		F	Philippines
	Good Health and Well-being		F	Indonesia
	Information and Media		F	Thailand
	Soft Power and Youth Diplomacy		M	Japan
	Youth Entrepreneurship		M	Singapore

	Discussion Group	Name	Gender	Country / Contingent
NLs			F	Japan
			F	Myanmar
			M	Brunei Darussalam
PY Steering Committee members	Disaster Risk Reduction and Recovery		F	Viet Nam
			F	<u>Myanmar</u>
			M	Indonesia
	Diversity and Social Inclusion		F	<u>Japan</u>
			M	Viet Nam
			F	<u>Singapore</u>
			F	Malaysia
			M	<u>Cambodia</u>
	Education		M	<u>Malaysia</u>
			F	Indonesia
			M	Lao P.D.R.
	Employment and Decent Work		M	Japan
			F	Philippines
	Environment and Sustainability		M	<u>Viet Nam</u>
			F	Indonesia
			M	<u>Lao P.D.R.</u>
			M	Philippines
	Good Health and Well-being		F	Viet Nam
			F	Malaysia
	Information and Media		M	Japan
			F	Indonesia
	Soft Power and Youth Diplomacy		F	<u>Brunei Darussalam</u>
			M	Cambodia
			F	Indonesia
			M	<u>Philippines</u>
			M	<u>Thailand</u>
	Youth Entrepreneurship		M	Malaysia
			M	<u>Indonesia</u>
			F	Indonesia

(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 and Thailand were in charge of the PY Seminars Sub-Committee, while the NLs of Malaysia, Indonesia 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		F	Japan
		F	Myanmar
		F	<u>Indonesia</u>
B		F	Viet Nam
		F	<u>Viet Nam</u>
		M	<u>Myanmar</u>
		F	Cambodia
C		F	Singapore
		M	Cambodia
D		M	Japan
		M	Viet Nam
		M	<u>Lao P.D.R.</u>
E		F	<u>Japan</u>
		M	<u>Malaysia</u>
		M	Brunei Darussalam
		F	<u>Brunei Darussalam</u>
		F	<u>Philippines</u>
		F	Thailand
F		F	Japan
		M	Malaysia
G		F	Japan
		M	Indonesia
		F	<u>Thailand</u>
H		F	Viet Nam
		F	Singapore
		F	<u>Cambodia</u>
I		F	Philippines
		M	Thailand
J		M	Singapore
		F	Cambodia
K		M	Japan
		M	<u>Singapore</u>
		F	Cambodia

【List of SG Activity Sub-Committee members】

*Country with underline shows contingent representatives.

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

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 19, Cabinet Office)

Refer to Chapter 2. 6. NL Meeting

Meeting 2 (November 3, COC Room onboard)

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

Meeting 3 (November 13, COC Room onboard)

1. Review of country program in Viet Nam

Meeting 4 (November 19, COC Room onboard)

1. Review of country program in Singapore

Meeting 5 (November 25, COC Room onboard)

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

Meeting 6 (December 2, COC Room onboard)

1. Review of country program in Malaysia

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

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 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	24 (10) (2) (2) (2) (2) (4) (2)	Under the common theme of “Youth Participation in Social Activities,” nine different group themes were set to be discussed with instruction of Facilitators.
Post-Program Sessions	4	Discussion on possible social contribution activities to implement after the participation in SSEAYP
PY Seminars • Introduction of PY Seminars • PY Seminars	10 (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	6	Activities coordinated by SG Activity Sub-Committee to deepen mutual understandings and promote friendship among SG members
National Presentation	11	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	2 (1) (1)	
Free Day	14	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	22	Activities to be voluntarily planned and organized by the PYs with clear purposes and objectives such as events and seminars
Committee Meetings	7	GL Meeting, Discussion Program Steering Committee, Sub-Committees, Press Liaison Meeting
Contingent Meeting	6	Reflect activities onboard and in the countries to be visited
Reflecting country program by SG	6	Reflect activities and experiences gained at country programs by SG
Orientation by the Administration	1	Explanation of onboard activities, Administration counter, lending articles, venue reservation for activities, etc.

Activities	Period	Contents
Marine Affairs / Customs • Ship orientation / lifeboat drill • Ship tour, Photo Session • Explanation of disembarkation • Baggage up and baggage down	8 (1) (2) (1) (4)	Basic information of the ship facilities/safety exercise Observation tour to the ship bridge, official Photo Session for the report book Explanation of disembarkation and immigration processes Baggage up, baggage down and cabin cleaning
Preparation for Farewell Festival	2	
Farewell Festival	1	Farewell event planned and organized by GL Meeting
Total	124	

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. 2 Sat				Embarkation	Baggage up
3 Sun	Lifeboat Drill	Embarkation Procedure	Open Ship	Send-off Ceremony	Contingent Meeting COC Meeting Voluntary Activity
4 Mon	Orientation by ADM	GL Meeting / Discussion Program Steering Committee / Sub-committee Meeting / Press Liaison Meeting			Voluntary Activity
5 Tue	Lecture by Administrator	Lecture by Captain	Photo Session (by SG) Ship Tour		Voluntary Activity
6 Wed	Discussion Program (Group Discussion I)		Voluntary Activity		National Presentation (Japan)
7 Thu	Free Day (Half day)		Reflecting Country Program by SG I		National Presentation (Brunei Darussalam)
8 Fri	Discussion Program (Group Discussion II)		SG Activity I		National Presentation (Cambodia)
9 Sat	Discussion Program (Group Discussion III)		Introduction to PY Seminars		National Presentation (Viet Nam)
10 Sun 11 Mon 12 Tue	Country Program in Viet Nam				
13 Wed					
14 Thu	Free Day (Half day)		GL Meeting / Discussion Program Steering Committee / Sub-committee Meeting / Press Liaison Meeting		National Presentation (Indonesia)
15 Fri	Discussion Program (Group Discussion IV)		SG Activity II		National Presentation (Singapore)
16 Sat 17 Sun 18 Mon	Country Program in Singapore				
19 Tue					
20 Wed	Free Day (Half day)		Reflecting Country Program by SG II		National Presentation (Lao P.D.R.)

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

(4) Discussion Program and Post-Program Sessions

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
- To learn effective methodologies of workshops, lectures and discussions from how the fellow PYs manage and organize their seminar
- To evaluate properly and provide meaningful feedback

[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 and Thailand, 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.
- Organizing PYs do not have to be professional in the field of seminar theme. Experiences and knowledge to share could be at a general level, not an academic level. Instead, the PYs should make researches in the field of seminar theme to deepen the seminar contents.
- Each PY Seminar is organized by organizing PYs, and participating PYs also need to provide some assistance in order to achieve smooth organization of its seminar.
- PYs should choose effective methodology that suits the theme: this may include but not limited to workshops, lectures and discussions.
- PYs should consider to make a seminar to be interactive and creative in order to enhance participating PYs' curiosity and make the seminar experience valuable.
- As a general rule, one PY Seminar should be completed in one session (75 minutes) or two consecutive sessions (75 minutes x 2).
- One session or two consecutive sessions must include, 1) Introduction, 2) Main Activities, 3) Feedback Session, and 4) Clean-up.
- The above-mentioned "3) Feedback Session" is a space for organizing PYs to receive feedback by participating PYs of seminar management, contents and others. Feedback includes the perspectives from what organizing PYs should maintain or need to improve. Organizing PYs must allocate the time for feedback at least 15 minutes.

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 46th SSEAYP were as per the following table.

List of PY Seminars

* B: Brunei Darussalam, C: Cambodia, I: Indonesia, J: Japan, L: Lao P.D.R., Ma: Malaysia, My: Myanmar, P: Philippines, S: Singapore, T: Thailand, V: Viet Nam

Seminar ID	Title of PY Seminar	Organizers *	What was the goal of your PY Seminar?	Activity Details
S1	Japanese Food Culture	J-06, J-07, J-10, J-13, J-54, J-55, J-68	We aim to tell about Japanese food culture to participants. We wanted participants to reconsider about their own cultural food.	<p>We have two workshops to make Miso-soup and Lunch box (Bento).</p> <ul style="list-style-type: none"> • Miso-soup <p>The history of “Dashi (broth)” and “Miso,” and how to make and use it. Explain about “Umami,” which is Japanese unique sense of taste. Participants can compare an “Umami” difference by tasting both Miso soup with and without Dashi.</p> <ul style="list-style-type: none"> • Lunch box (Bento) <p>Introducing Osechi and explain the meaning of it. Making their own lunch box using their countries’ cuisine considering nutrient balance, color schemes, and so on.</p>
S2	Let’s Know about CUSTOMS Jobs!!!	J-02, J-05, J-51, J-62, J-66, J-69	We wanted participants to know about various kind of Customs duty, variety of smuggling examples and fight against terrorism to raise awareness of export and import trade in the world.	<p>Sharing experiences and quiz and role playing (stop drug smuggling)</p> <ul style="list-style-type: none"> • Customs quiz: How much liquor can bring into japan without paying tax, etc. • Ask a volunteer to be a drug smuggler, then customs officer tries to find drug. (Customs officer doesn’t know where you hide it.)
S3	Journey to Inner Self	Ma-01, Ma-04, Ma-18, Ma-64	To raise awareness about the mental health continuum, reduce stigma associated with mental illness. Promote help seeking behaviors and emotional well-being practices. Prevent suicide through individual education and good self-control.	<p>Guided meditation to reason is to grab their attention and to re-center their thoughts.</p> <ul style="list-style-type: none"> • Meditation feedback. Ask them how they feel about the meditation, and ask them further on their mental health today • Provide them with an art related to psychological mental health field and ask them to paint it with their favorite color. And, they figure out their mental health through the color they choose to paint the art. • Group activity on psychological games where participants’ inner selves will be revealed through the fun games
S4	Mindfulness	S-06, S-59	Introduce mindfulness to participants and share with them some techniques to manage their emotions better.	<ul style="list-style-type: none"> • Introduction • Mindful breathing exercises • Content delivery (art and science of mindfulness, etc.) and sharing of experiences • Experiential learning (hands-on activities, booth format with multiple mindfulness-based activities (exercises, meditation, painting, slow eating))

Seminar ID	Title of PY Seminar	Organizers *	What was the goal of your PY Seminar?	Activity Details
S5	¡HALA BIRA! A Celebration of Filipino Folk Songs and Dances	P-08, P-14, P-56, P-57, P-59, P-61	The goal of this Seminar is to introduce to the participants about the traditional songs and dances of the Philippines. Having these songs and dances as a reflection of the nation's culture, having the participants experience such acts would somehow allow them to feel immersed into the nation's culture.	<ul style="list-style-type: none"> • Introduction and short lecture on Filipino festivals, songs and dances • Demo and workshop proper
S6	Playing Singapore Folk Songs with Ocarina	S-09	To share ocarina playing and learning some local folk music.	<ul style="list-style-type: none"> • Introduction • Basic music making • Pieces learning
S7	Puppet Master Crash Course	I-06, I-07, I-09, I-13	<ul style="list-style-type: none"> • To introduce Wayang and the art of Pedalangan to the participants • Showcase the art of Pedalangan to spread the knowledge of the now rare profession of Dalang • To teach the participants how to play the Wayang and give them the experience of playing one of the oldest puppet art form in Indonesia. • To perform Wayang play to the participants and showcase the art of puppet playing as well as voice acting • To invite the participants to invent their own Wayang play and encourage them to do improvisation • Building participants creativity and cooperation, also awareness towards all participants similar cultural root. 	<ul style="list-style-type: none"> • Presentation about Wayang and Pedalangan • Learning how to play Wayang: participants will learn basics rules, forms, and techniques to play Wayang. • Wayang performances from participants group
S8	The Charm of Vietnamese Coffee	V-01, V-11, V-51, V-57, V-60	Through our seminar, we want to introduce to other participants about Vietnamese Coffee – not only about its origin and how to make a cup of coffee, but also about the culture values and lifestyle represented through our coffee. We hope that participants can understand the process of making coffee from farm to cup, and learn the various types of coffee recipe that have become a part of our daily life. Participants can practice making their own cup of coffee, as well as enjoying them and having a great time in our seminar.	<ul style="list-style-type: none"> • A brief history of Vietnamese Coffee <ul style="list-style-type: none"> - When and who brought coffee into Viet Nam? - Different types of coffee beans and the processing of the beans - Variations of coffee in Viet Nam • What is a “phin” filter? How to make coffee using “phin”? How to make two Vietnamese popular coffee recipes <ul style="list-style-type: none"> - Iced milk coffee: traditional and delightful - Coconut milk coffee: trendy and refreshing

Seminar ID	Title of PY Seminar	Organizers *	What was the goal of your PY Seminar?	Activity Details
S9	Let's Craft "Kikik"	B-04, B-08, B-10, B-11	To introduce the participants about Brunei's Kite, Kikik and share knowledge about it	Making their own Kikik.
S10	Self-defense and Thai Martial Art	T-12, T-13, T-53, T-61, T-62	To introduce Thai martial art to participants	<ul style="list-style-type: none"> • Brainstorm image of self-defense from participants • Discuss ethical responsibility from self-defense action • Explain physical reaction when people facing unexpected events • Explain mindset of self-defense and level of awareness • Discuss "Expectation vs Reality" clip and state principles of self-training
S11	Rainbow Society	J-03, J-17, J-61, J-64, J-67, J-68	To create a "Rainbow Society" in Nippon Maru and after SSEAYP. "Rainbow Society" is a safe environment where everyone can safely express their own characters.	We focus on LGBTQ issues. The organizers first have a presentation about their own experience regarding gender and sexuality. After that, the participants discuss how they can achieve "Rainbow Society" where everyone expresses their own personality.
S12	Awaken your Warrior Spirit with Khmer Martial Art: Yuthakrom Khom	C-03, C-05, C-08, C-10, C-64	The goal of our Seminar is to introduce the Khmer ancient art of fighting, which is called "Yuthakrom Khom" to participants in a sense of preserving and promoting its existence among other cultures in the region. After the seminar, we expect them to know some basic techniques of Khom fighting, a brief history of Khom.	<ul style="list-style-type: none"> • Showcasing Yuthakromkhom technique: Kun Kru • History and the uses of Khom nowadays • Yuthakrom Khom practice (Group participants into small group and let them practice the movements and weapons with help from the organizers)
S13	How Entrepreneurial Are You?: Guide to Entrepreneurial Mindsets	C-11, C-53, C-54, C-58, C-63	<p>The seminar will allow participants to familiarize themselves with the right entrepreneurial mindsets and discover whether their passion and personality lie in entrepreneurship or not.</p> <p>Being entrepreneurial could help drive changes in the society with innovation, where new products and improved services could be developed. Thus, we believe that youths should be more proactive in entrepreneurship as it has huge impact to the economy. This seminar can also be for participants who are not in DG9, Youth Entrepreneurship, but want to discover the topic by joining our seminar.</p>	<ul style="list-style-type: none"> • Risk taking activities (group work) • Reflection on risk taking activity • Running business stimulation • Feedback

Seminar ID	Title of PY Seminar	Organizers *	What was the goal of your PY Seminar?	Activity Details
S14	Pathein Umbrella: A Shelter of Glory and Significance	My-02, My-05, My-12, My-51, My-54, My-58, My-61, My-62	Our goal is to properly introduce a unique part of Myanmar culture to the participants. We would like to offer participants with the experience to get a deep understanding of the Myanmar traditional umbrella and have fun while painting the umbrella by themselves. In this way, participants can get to know the process of making Myanmar traditional umbrella and will have a glance at how different the ordinary umbrella and Myanmar umbrella are.	<ul style="list-style-type: none"> • Introduction to Pathein Umbrella • Presentation about cultural background of Pathein Umbrella • Explaining about making, decorating and painting by showing video • Hands-on experience on painting umbrella
S15	Pinoy Handicrafts: Lantern Making	P-03, P-10, P-11, P-54, P-58	The goal of this Seminar is to introduce the Filipino culture of lantern making. At the same time, incorporating the idea of environmental education through recycling – making use of recyclable materials.	All participants are given their own set of art kit for one for lantern, one for weaving and be assisted by the organizers.
S16	The story of Vietnamese Artisans	V-03, V-08, V-51, V-52, V-59, V-62	The story of Vietnamese artisans is a workshop to introduce to participants about the Vietnamese traditional handicrafts including the Bamboo dragonfly - a traditional toy and conical hat - a traditional accessory. The workshop aims to open up a Vietnamese culture space which gives participants a change to emerge themselves in our culture and eventually gain more knowledge on our traditional handicraft villages, our and their products while making their own traditional handicrafts.	<ul style="list-style-type: none"> • A brief introduction of Vietnamese traditional bamboo dragonfly and conical hat • The story of the artisan and the Viet Nam handicraft villages • The origin of Vietnamese traditional bamboo dragonfly and conical hat • Meaning, usage and variations Vietnamese traditional bamboo dragonfly and conical hat • Bamboo dragonfly decoration and assembling • Conical hat decoration
S17	Experience Brunei	B-01, B-09, B-12, B-56, B-57, B-58, B-60	To give the opportunity for other participants to experience bits of Brunei's traditional culture such as wearing our traditional clothes and also tasting our traditional food.	Wearing ethnic attires and trying traditional foods.



[S2] "Let's Know about CUSTOMS Jobs!!!" by Japan



[S5] "¡HALA BIRA! A Celebration of Filipino Folk Songs and Dances" by the Philippines

Seminar ID	Title of PY Seminar	Organizers *	What was the goal of your PY Seminar?	Activity Details
S18	Body Messages in Interpersonal Communication (Emblem)	Ma-05, Ma-08, Ma-55, Ma-60	<ul style="list-style-type: none"> To describe the principles governing nonverbal messages through body messages To explain the channel through which nonverbal messages are sent and received through body gestures To use non-verbal messages with effectiveness in decoding and encoding the meaning of message delivered 	Gesture games and open discussion.
S19	SERVANT LEADERSHIP: A Mark of Character Not Skill	P-04, P-05, P-07, P-13, P-62, P-63	<ul style="list-style-type: none"> To introduce the idea of servant leadership on the context of self / community awareness and character development To help the participants gain leadership principles and values as means for service To engage in leadership team building activities that would help them develop understanding and camaraderie towards other youths from Southeast Asia and Japan To learn and get insights from other participants' leadership experiences as well 	<ul style="list-style-type: none"> Activity: Maze Runner Participants are blindfolded and are asked to enter a MAZE (made of chair blockings in a dark room). The activity will continue until all of them are out of the maze or for a time limit. Talk on the Servant Leadership Participants get to share their answers in small groups to this question: What am I most passionate about? Activity: ASEAN Circle Participants are asked to lay down on the floor, stand again and stay within the circle guide on the ground. Organizers don't mention that the participants must help each other. They just realize it on their own. Reflection
S20	#I am a peace warrior	J-03, J-17, J-56, J-58, J-62	The goals of our seminar were learning new things and getting new perspective through the discussion about peace.	After telling the A-bomb history of Hiroshima, we have group discussion about "what is the peace?" and "what can we do to keep the peace?" as an example and share their ideas.
S21	How to Be More Creative?	V-04, V-12, V-14, V-52, V-63	Help participants take ONE idea of creativity from the seminar to make their Personal Life or Professional Life or Both - BETTER!	<ul style="list-style-type: none"> Introduction: What is creativity? Examples of creativity? Why we need creativity? Activity: Groups of participants are given a challenge. Innovate a new pair of shoes from the available materials. Each group have five minutes to present about their new shoes. Digging deeper: Interacting questions with participants. What is the process of creativity? How can we be more creative?

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S22	Artificial Intelligence in a Data-driven Society	V-05, V-06, V-09, V-62, V-63	Artificial Intelligence (AI) is not only a buzz word, it is being used to boost profit, minimize operation cost and create powerful experience. People in various discipline need to understand the basics of AI in order not to be displaced by new technology and utilize it in professional contexts. Through this PY Seminar, we would like to provide participants with practical knowledge of AI application in real worlds, the negative aspects of AI technology and how to protect our own privacy in this data-driven society	<ul style="list-style-type: none"> • Lecture about AI and Data Science background • Discussion activities 1: AI in business • Discussion activities 2: Ethical aspects of AI • Presentation • Q&A, input from organizer
S23	Media & Design Beyond Branding #FANAtalks	I-04, I-12, I-52, I-53	<p>The goals of this seminar are audiences will be able to:</p> <ol style="list-style-type: none"> 1. Further understand towards effective communication and branding 2. Make the best out of their moment through photography 3. Use the correct combination of colors and typography to support a good design 4. Express their perspective about image branding through press release 	<ul style="list-style-type: none"> • Introduction about Social Media Maximization • Introduction of Photography • Design times: Typography and Colors Combination, Tips and Trick • Branding matters: The importance of branding for gaining the exposures. The great exposures will boost up the publication that will really help for image's branding.
S24	The Beauty of Champa	L-05, L-14, L-52, L-63	To learn and understand about national flower and how to do handmade flower	Introducing to the national flower of Lao P.D.R. with its meaning and shape, and learning how to make a beautiful D.I.Y. Champa.
S25	“MOTTAINAI” Japanese and Traditional Culture	J-54, J-57, J-69, J-70	Our goal is to get participants know Japanese “MOTTAINAI” through making a bag with Furoshiki and making your Japanese traditional hair accessory with Chirimen. In this world, there are no useless, everything is valuable thing. Japanese kimono culture is one of examples. We would like to share Japanese tips to make our life better with participants.	<ul style="list-style-type: none"> • Learning how to make Furoshiki bag • Learning how to make traditional hair accessory
S26	Cloth Pad: the Eco-friendly Menstrual Products. What It Is and How It Works?	C-55, C-61, C-64	This seminar is conducted to raise awareness of disadvantages of disposable menstrual products on environment and health, and introduce participants to eco-friendly alternatives available, such as cloth pads and menstrual cups. Participants are also informed about how to use and take care of the products.	<ul style="list-style-type: none"> • Presentation (environmental damage caused by disposable menstrual products, the drawbacks of disposable menstrual pads on health) • Demo session of what is cloth pads and how it is used • Question & Answer • Pop quiz

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S27	The Magic of Chemistry	V-02, V-07, V-14, V-52, V-55	<ul style="list-style-type: none"> • Provide participants a new insights into chemistry which always thought to be difficult to learn. • The workshop is expected to arouse the passion for chemistry of the participants and to help them understand the application of chemistry in life. • We also share the basics knowledge about crystal and guide how to create a crystal at home. 	<ul style="list-style-type: none"> • Enjoy knowledge about chemistry as well as crystal • Is the chemistry difficult to learn? Why is it difficult? Not seeing its application in practice? • Share the organizer's stories about increasing chemistry score in university entrance exams. Increased from 6 to 9 in one month. How did I do it? • Crystal theory: Why crystal have a fixed shape and color, why crystal can from and resist physical laws? Conditions to create a crystal. • Practice with crystal (Specific steps to create crystal, Practice decorating a real crystal)
S28	Art Therapy for All PYs!	T-10, T-52, T-61, T-63	To introduce participants about art therapy as a tool to reconnect, refocus on themselves as well as to reduce stress	<ul style="list-style-type: none"> • Introduction to stress (How watercolor can help you relieve stress? How to use water color?) • Painting section "What's on your mind?" Participants are given time to create their own painting. • Sharing section "Let's talk about your mind!"
S29	Change Your Body Language, Change Your Result.	L-04, L-07, L-10, L-53, L-56	To share the knowledge of body language that we have research, and to make the participant be aware about the body language in the different situation	Sharing body language in different type of situations and the relation between body language and subconscious.
S30	Myanmar Traditional Basic "Kabyar Lyut" Dance	My-03, My-04, My-09, My-13, My-52, My-59, My-61, My-64	To highlight the beyond priced age-old culture of our country by introducing, demonstrating and teaching basic Myanmar dance (Kabyar Lyut) to participants	<ul style="list-style-type: none"> • Introduction • Choreographic video • Dance Teaching and practicing • Challenge session
S31	The Unique Secrets behind Burmese Names	My-14, My-56, My-57, My-63	To know the procedure of Myanmar naming system	<ul style="list-style-type: none"> • Telling the background of Myanmar naming system • Introduce the organizers' Burmese name • Explaining the procedure of Myanmar naming system • Playing the naming game with small groups • Voting the best name in each group and explaining the meaning of the winner's name
S32	Passionista on Cruise	T-54, T-55, T-62, T-64, T-65	To encourage participants to identify their dream list (Bucket list) and to make those dream come true	<ul style="list-style-type: none"> • Introduction of the foundation (law of attraction) • Dream sheet workshop • Sharing / take home message

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S33	Craft In Art (C.I.A.)	I-02, I-58, I-59, I-63	<ul style="list-style-type: none"> To share new culture and allows it to be implemented in any kind of cloths because of the easy process To introduce one of the traditional script in Indonesia (Lontara Script) from South Sulawesi 	<ul style="list-style-type: none"> Introduction of Batik Jumputan consist of meaning, essence and history Making Batik Jumputan Writing the 23 symbols of Lontara Script and each participant write down their name on the dry fabric with Lontara Script. The organizers and participants enjoyed to learn the ancient script because we directly practiced together and also we sang the Lontara Script song and the last we made a game to guest several words by using Lontara.
S34	Tips and Tricks to Travel the World	C-14, C-57	The goal of the PY seminar was to inspire the participants that traveling is actually easy if they know the tips and tricks. And during the seminar, they were informed about those tips and tricks.	<ul style="list-style-type: none"> Drawing and dialogue: Participants draw their dream travelling destinations on paper and sharing about the places in the seminar Visualizing your own dream places: making PY visualize his / her amazing places The organizers share their amazing stories when abroad and a few participant volunteers to tell their stories. Shooting stars: Participants write their wishes containing the places they want to go and the people they wish to go with on a piece of paper. They then fold it into a star, put in a glass jar.
S35	Fifty Shades of Hijab	T-11, T-54, T-56, T-62, T-64	To open space for everyone especially those who have never worn hijab to experience trying on hijabs and those who usually wear hijab to share technique of wearing it	<ul style="list-style-type: none"> Introduction to Hijab and Hijab wearing style First try on Hijab for non-Muslim participant without instruction Demonstration of wearing steps and coach Photo taking Share impression and feeling Hijab styles from different cultures Hijab fashion and social contribution
S36	Perception of Beauty	T-52, T-57, T-59	To exchange each country's perception of beauty. To make they realize that beauty has a different dimension, no such absolute beauty in this world.	<ul style="list-style-type: none"> Perception of beauty in each country: Participants share an Instagram / Facebook account of their ideal "beautiful" person that represent beauty in their respective countries (screenshot of the account are taken prior to attending the session). Beauty tips: Participants exchange beauty tips and insights in each country with others. Makeup and makeover: Participants will pair up and take turn applying makeup that represents beauty in their respective country. The final show: Participants presenting finished makeup look with others.

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S37	#DisasterReady: Orientation on the Philippine DRRM System	P-51, P-53	To orient the participating youths on the basic information about the Philippines' Disaster Risk Reduction and Management System (PDRRMS) in a fun and interactive way	Through introduction, lecture and activity, (1) To orient participants on the Philippines' existing law for DRRM and the plan to amend it, (2) To brief participants on the history of DRRM in the Philippines, (3) To tell participants about the past major disasters that happened in the Philippines and the lessons learned from these devastation, (4) To give the participants some Earthquake Preparedness tips.
S38	Let's Jump, Fun and Scream!	B-01, B-55, B-59, I-04, I-07, I-10, I-61, My-04, My-52, My-53, My-60, My-63	To introduce the PYs about traditional games, to refresh the participant's mind and soul through fun games, strengthening togetherness of participants to win the game. These games also have the values of tradition that can be shared to participants to get know more about Indonesia, Brunei Darussalam and Myanmar.	Experiencing traditional games and learning about the values of the games. Each game is delivered through fun and competitive activity. There are nine games that would be introduced to the participants from three different countries.
S39	Kroma: The Fabric of Cambodian Life and Its Thousand Creations	C-06, C-13, C-51, C-59	The PY seminar was expected to allow participants to figure out the history of Cambodia traditional garment known as "Kroma," its hidden benefits, and the right way to use it advantageously. Most of the countries across the Southeast Asia region, similar kind of scarf has also been made and used. However, through this seminar, participants would be able to distinguish the differences and the similarities we share in this fabric between the Cambodian made and their respective countries.	<ul style="list-style-type: none"> • Presentation (The history of Kroma, the process of making it) • Group activity (Participants divided into groups given one Kroma each to think of the uses of Kroma within their creativities) • Presentation of the uses of Kroma (Showing and role play) • Kroma Fashion Show Challenge
S40	The Great Bagan	My-07, My-08, My-54, My-55, My-58, My-59	The goal of our seminar is to share about uniqueness of Bagan, the processes of making Myanmar lacquerware and to let them experience engraving their own lacquerware.	<ul style="list-style-type: none"> • Introduction to Bagan: The fresh UNESCO World Heritage Site of Myanmar, Bagan, where the unique style and long tradition of Myanmar lacquerware rooted. • Myanmar lacquerware making processes: Let's try making small lacquerware!



[S19] "SERVANT LEADERSHIP: A Mark of Character Not Skill" by the Philippines



[S31] "The Unique Secrets behind Burmese Names" by Myanmar

Seminar ID	Title of PY Seminar	Organizers *	What was the goal of your PY Seminar?	Activity Details
S41	Viet Nam's Immortal Lotus	V-13, V-53, V-54, V-57, V-58, V-62	Through this seminar, we want to showcase with participants an iconic symbol of Viet Nam – Lotus, through story of a traditional Vietnamese handicraft - making paper lotus flowers handicraft, and the Vietnamese cultural and spiritual value behind lotus, in general and specifically a paper lotus flower. Besides, we hope that participants will have hand-on experience about making paper lotus flower.	<ul style="list-style-type: none"> • Introduce the meaning and value of Lotus in Vietnamese spirit and culture • Story of paper lotus flower handicraft • The process of making paper lotus flower • Experience making paper lotus flower
S42	Wow!! Japan's Rural Areas	J-03, J-11, J-14	Organizers and participants understand rural areas each other.	<ul style="list-style-type: none"> • Introduction of three areas <ol style="list-style-type: none"> (1) Hokkaido: Mango is grown with snow and hot-springs. (2) Kagoshima: How do they live together with volcano? (3) Niigata: How they grow rice in harmony with nature and community? • Discussion for participants to choose one or two cases. • Sharing participants' rural areas using a map.
S43	Young Entrepreneur for Sustainable Tourism	T-06, T-09, T-63	To encourage young people to become entrepreneurs as well as to provide useful information related to sustainable tourism and entrepreneur tips.	<ul style="list-style-type: none"> • Introduction to entrepreneurship • A concept of sustainable tourism / marketing tips for businesses • Business Model Canvas (brain storming) / tips and tools for business • Pitching to friends
S44	Five Disco Dance Step to Save Your Life	S-05, S-51	To encourage physical and mental well-being through fun and engaging dance moves and socializing	<ul style="list-style-type: none"> • Introduction to disco rock and why disco rock • Teaching of steps to participants • Social dance
S45	Craft Station (The Making of Wau and Ketupat 101)	Ma-13, Ma-14, Ma-54, Ma-58	<ul style="list-style-type: none"> • To introduce the uniqueness of Malaysia craft primarily in the making of Ketupat and Wau • To emphasize the background of the Ketupat and Wau, and also gave the participants hands-on experience on how to craft their own Ketupat and Wau 	<ul style="list-style-type: none"> • The introduction of Ketupat, the historical background and how it developed • The introduction of Wau, the historical background and how it originated • Hands-on experience on the making of the Ketupat and Wau • The participants would showcase their final product of their Ketupat and the Wau, where it allows them to bring out their creativity on how to create their own Ketupat and Wau.
S46	Composting Your Way to a Healthier Gaia	S07, S58	To raise awareness about food wastage and how to make food waste into a great end product	<ul style="list-style-type: none"> • Introduction • Organic enzymes • Bakashi composting • Vermicomposting

Seminar ID	Title of PY Seminar	Organizers *	What was the goal of your PY Seminar?	Activity Details
S47	Life-Long Journey	B-13, B-14, B-52, B-58, B-59	For the participants to know their personality style and how to work with others as preparation for their life-long journey	<ul style="list-style-type: none"> • Introduction and personality test • Skill-honing activities
S48	Pinas 360: A Virtual Reality Tour in the Philippines	P-01, P-09, P-12, P-55, P-60	To inform participants about the applications of Virtual Reality (VR)	<ul style="list-style-type: none"> • Introduction to VR • Showcasing of Pinas 360 videos of tourist spots in the Philippines • Activity for VR integration to participants' culture / respective advocacies • Presentation of participants' outputs
S49	The Majestic Sight of Indonesia	I-01, I-04, I-51, I-56	Goals of the seminar are to increase understanding of the values of cultural diversity that exist in Indonesia and give a unique impression for the participants in the introduction of cultural insight.	<ul style="list-style-type: none"> • A catwalk by using five traditional dresses and headpieces as representative of five big islands of Indonesia (Sumatra, Java, Borneo, Sulawesi and Papua) • Demonstrating how to make Cendrawasih headpieces • Creating group fashion style and catwalk and parade of the style
S50	The Science of Sleep: How It Works and Why It Matters	My-07, My-11, My-14, My-53, My-55	<ul style="list-style-type: none"> • To share why having a sound sleep is crucial for everyone • To present the science of sleep, dreams and their hidden benefits to physical / mental health, well-being, learning and productivity • To convince participants to always have adequate sleep • To conduct an open discussion on sleeping habits of the youth based on participant's own experience • To exchange tips on getting better sleep quality 	<ul style="list-style-type: none"> • Presentation Part 1: The science of sleep (How it works, why it matters and its great benefits) • Open discussion by participants (Sleeping habits of participants and youth in general) • Idea exchange by participants (Exchange tips / ideas / experience for having a sound sleep) • Presentation Part 2: How you could sleep better (Tips and tricks to have a quality sleep, how we could embrace sleep in this age of digital obsessions)
S51	Hidden Exquisiteness: The Shan State Reimagined	My-08, My-09, My-52	Our goal is to share the participants the experiences of travelling in Shan state and want them to learn some tips and tricks while travelling in Shan state.	<ul style="list-style-type: none"> • Hidden gems (Travel destinations of Shan state) • Tips to travel in Shan state • Learning Shan language
S52	Signature Taste of Lao Food	L-06, L-14, L-58, L-61	To present and disseminate local ingredient, which widely used in Lao cuisine called Padaek or fermented fish, and to display a new innovation of local food.	<ul style="list-style-type: none"> • Introduction about fermented fishes and telling about the method of making dry fermented fishes cube and the method of packing • Making fermented fish cube and packing and food simulations. (Mango / cucumber salad - Jeo Padaek (Padaek sauce))
S53	Thnot (Palm Tree): We Bring A Tree into Your Palms	C-01, C-09, C-52	<ul style="list-style-type: none"> • Want the participants to know more about Thnot (sugar palm tree) (facts and advantages) • Introduction to a local famous company called "Confirel" 	<ul style="list-style-type: none"> • Presenting advantages of Thnot trunks • Making handicrafts: grasshoppers made from Thnot leaves • Introduction to Thnot products made by CONFIREL (a local company)

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S54	Charmed Greeting Ceremony of Laos	L-03, L-12, L-51, L-57, L-59	To make participants know about the greeting ceremony of Lao P.D.R. and also make them to know how to make Pha Kuan, the main item to hold the ceremony.	<ul style="list-style-type: none"> • Introduction about how important of Pha Khuan in every ceremony and the material • Teaching participants how to make Pha Khuan • Performing Baci Ceremony
S55	Healthy Life, Happy Life	S-53, S-57, S-64, T-55	To introduce healthy diets and simple exercises for participants to bring home and lead their own active and healthy lifestyle	<ul style="list-style-type: none"> • Interactive quiz time (beating myth on diet and fitness) • Exercises - Introduction to various types of exercises (aerobic, strength, balance, flexibility) and its benefit, introduction to key fitness terms everyone should know before stepping into a gym • Group HIIT - 5 minutes warm up + 20 minutes HIIT (High-intensity interval training) + 5 minutes of cool down stretching
S56	Kenali Bahasa Kitani	B-09, B-14, B-57, B-60, B-61, B-62	To give the opportunity for participants to experience bits of Brunei's Jawi's writings, language and cultures. Also, to revive back the childhood memories of every participant.	Introducing Brunei Jawi writing and having a workshop which can help raise awareness on preserving traditional dialects and language, starting from Brunei's Malay dialect and Jawi; an alternative form of writing for Malay language with Arabic letters.
S57	12 Amazing Etiquettes of Minangnese	I-10, I-55, I-62, I-64	Introduce and learn about the culture of minangkabau which is how minangnese women's life in society	<p>Introduction about the manners, performing mini drama and practicing the etiquettes</p> <ol style="list-style-type: none"> 1. Sumbang Duduak (Whenever you sit) 2. Sumbang Tagak (Whenever you stand) 3. Sumbang Bajalan (Whenever you walk) 4. Sumbang Bakato (Whenever you speak) 5. Sumbang Mancaliak (Whenever you see anyone) 6. Sumbang Makan (Whenever you eat) 7. Sumbang Pakai (Whenever you dress up) 8. Sumbang Karajo (Whenever you work) 9. Sumbang Tanyo (Whenever you ask question) 10. Sumbang Jawek (Whenever you answer the question) 11. Sumbang Gaua (Whenever you make a friend) 12. Sumbang Kurenah (Whenever you act)

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S58	Independency in Youth and Conflicts in Traditional Family Context	V-09, V-51, V-56, V-57, V-64	<ul style="list-style-type: none"> • Introduce six Hofstede cultural dimensions including definition, terms explanation and its application in family context • Create chances for participants to share about their own cultures as well as their family's stories 	<ul style="list-style-type: none"> • Brainstorming about possible situations and how to handle them • Discussion and providing information • Group reflection and sharing • Case study on the situations and analysis
S59	Burmese Cheroot: A Spiritual Stupor	My-04, My-05, My-06, My-08, My-11	To promote the culture of traditional cigarettes, to unite the participants by means of cheroot, to have fun with the participants	<ul style="list-style-type: none"> • Presentation on Burmese Cheroot: Brief explanation of its background history, how it is made, where it is made, how it is consumed and the ultimate advantages of it • Sharing personal experience of the cheroot
S60	Let's Learn Jawi	Ma-06, Ma-09, Ma-14, Ma-53, Ma-63	<ul style="list-style-type: none"> • To introduce the traditional Malay script of Jawi to the participants. The Jawi writing system had been dimming due to the rapid shift to Roman Alphabets system. Making it slowly being shrunk down only to a few pages that are being taught at school. However, Jawi script is still being widely used in the State of Kelantan in their day to day affairs. • To expose the participants of the Malaysian's culture, heritage and history in an engaging and interactive way • To introduce the beauty of Jawi's artistic stroke to other participants 	<ul style="list-style-type: none"> • Brief introduction on the Jawi script, how it is originated and how it differs according to regions on the usage of the script. The presentation also comprises on the history of Jawi, its application and the usage of Jawi in the present day. • Brief introduction on the Jawi alphabets and how there is a slight variation for the alphabets that are present in the Holy Quran. • Activity for participants on learning how to pronounce Jawi and write them as well.
S61	Let's Make Friends with Infrastructure	J-59, J-60, J-71	To let participants feel close to infrastructure	<ul style="list-style-type: none"> • Explanation about infrastructure • Creating safe water with traditional and latest means <ol style="list-style-type: none"> 1. Giving basic information of water through which path drinking water comes to you 2. Introducing water purifying system briefly 3. Showing both the latest water-purifying technology using Shindai Crystal and traditional means which is old but now getting popular again • Introducing trains established with Japanese technology
S62	Appreciate Culture through Flutes	S-09	To allow participants better understand and appreciate cultures through flute music	<ul style="list-style-type: none"> • Introduction • Brief introduction of various flutes via images • Music performance and demonstration

Seminar ID	Title of PY Seminar	Organizers *	What was the goal of your PY Seminar?	Activity Details
S63	Be Kind To Yourself	B-03, B-53, B-54, B-58, B-59	To introduce the concept of “Art healing” as a relaxation activity to encourage self-care	<ul style="list-style-type: none"> Lecture: What is self-esteem and why it is important Introduction: an activity called “art healing,” a term that is applied to the use of art in emotional and physical healing Sharing kind and encouraging words with others
S64	Khaen Music of Lao People	L-02, L-07, L-08, L-13, L-53	To share Lao culture especially the Khaen, one of the Lao’s musical instrument	<ul style="list-style-type: none"> Introduction of Khaen (history and origins of Khaen music, The meaning of Khaen, Khaen music of the Lao people, UNESCO World Heritage) The Khaen player’s move (Learning about Khaen: Khaen Notes, Instruction of how to play Khaen)
S65	How to Save a Life by Cardiopulmonary Resuscitation (CPR)	Ma-10, Ma-11, Ma-52, Ma-62	To teach the basic knowledge of CPR. Definition, importance, and how to perform it.	Sharing CPR theory and practice CPR with manikin.
S66	Paint of Own Memories and Souvenirs	C-02, C-04, C-11	The goal of my seminar is meant to create a memories among people through watercolor painting on a sheet of painting paper. The seminar was placed during PY Seminar 8, the last session, in order for participants to feel the sentimental value of once another memories, as well as relaxation while painting.	<ul style="list-style-type: none"> Color theory Painting practices Group activities: making the souvenirs
S67	Think Less Dance More on the Floor In the World	L-12, L-54, L-60, L-61, L-62	For participants to learn about Basalop, the traditional dance of Lao P.D.R.	Learn about Basalop and how to dance (Original tempo (Basalop Tempo) / Sao Xiengkhouang tempo)
S68	SSEAYP SALOON	J-04, J-18, J-53, J-59	To let participants understand and know about refugee, and experience what it is like to be a refugee	<ul style="list-style-type: none"> Learn and discuss own countries’ “MINORITY” Output: who are “MINORITY PEOPLE” in your country, what kind of situation they are suffering, (where you see them), how to achieve multicultural societies. Presentation and conclusion



[S55] “Healthy Life, Happy Life” by Singapore



[S57] “12 Amazing Etiquettes of Minangnese” by Indonesia

(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 Malaysia, Indonesia 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 8)]

- Fun Dance
- Name Game
- SG Cheers
- Secret Guardian Angels



SG Activity (November 8)

- Speed Dating
 - Bucket List
- [SG Activity II (November 15)]
- SG Games Rally (Games from 11 countries)
- [SG Activity III (December 6)]
- Human Domino
 - “Heart to Heart” Session with Cabin Mates
 - “Lovestagram” (Writing messages to all the PYs)
 - Secret Guardian Angels
 - Bucket List

(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, two typical dishes of each country were served during lunch on the day of the NP.

【Outline of NP】

Japan	<p>Theme: Pass on to the Future</p> <p>The goal of NP of Japan is that PYs will understand Japan from various perspectives, and came to like Japan. We introduced not only positive sides of Japan, but also social issues. The theme of NP is “Pass on to the Future,” with our message that we will execute our leadership with PYs from Japan and ASEAN member countries.</p> <p>The NP consisted of five parts: geography and history of Japan, pop culture, traditional culture, social issues, and messages from Japanese PYs. For example, the NP included explanation of local areas (Hokkaido, Tohoku, Kyoto, Hiroshima and Kagoshima), manga and Japanese anime, Shorinji Kempo, Kendo, Koto, summer festival and Soran-bushi dance. In the last part, we explained our messages as Japanese PYs that we will demonstrate leadership in international society by making use of experience from SSEAYP.</p>
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Viet Nam	<p>Theme: Disconnect to Connect</p> <p>The NP of Viet Nam tells the story of a married couple in the modern day. Their marriage had not been going on well for a while, as most of the time their eyes were glued to their phones. But then one day, they came across her old diary, in which telling their love story from the first day they met in high school to the day they married. It was at that moment that they found their love once again. Throughout their journey, different iconic cultural features across the country were highlighted.</p> <ol style="list-style-type: none"> 1. In the north: Contemporary dances representing the beauty of Vietnamese women in the delta area and the unique culture of the ethnic minorities in mountainous areas 2. In the central: The beauty of the old imperial citadel and the life of a fishing village through a traditional dance with conical hats and a modern acoustic song 3. In the south: Modern dances featuring the busy pace of life in Ho Chi Minh City <p>The NP ends with a grand finale performance of Vietnamese PYs' batch song named "Dear Viet Nam" – showcasing the beauty of the nature and the people of our country.</p>
Singapore	<p>Theme: Reconnect</p> <p>The NP of Singapore follows the lives of three Singaporean youths – Nathan, seeking to make his mark in the world. However, he and his girlfriend Alyssa must first overcome the challenges of growing up in a fast-paced city. Meanwhile, Megan returns home from abroad to find a changed Singapore. The NP featured the different iconic places, through the sound of the Singapore train system (MRT). This includes Stomp-inspired musical performance which showcases the popular local dishes; representing Singapore's multiculturalism - Foxtrot and Quickstep (Eurasian), Dikir Barat (Malay), Bollywood Dance (Indian) and Dragon Dance (Chinese). The narratives and performance illustrate the hopes and aspirations of youths in Singapore as they navigate the crossroads and they rediscover the special place that beats in their hearts which ended with a grand finale dance by the Singapore PYs.</p>
Myanmar	<p>Theme: One Union, Diverse Cultures</p> <p>The NP of Myanmar starts with the Bagan dance, which represents the greatness of the first Myanmar Dynasty. Then, it moved on to traditional opera dance (Hna Par Thwarr Duet Dance) which gives a fresh outlook on Myanmar plays. "Jinghpaw" dance showcases the cheerful nature of the Kachin people. The proactive performance of the Shan tribe is also presented. Then comes the skit which highlights a traditional Myanmar wedding ceremony. The puppet show emphasizes the subtle art of traditional marionette. The dance "Htarwara Thit Sar," the key point of the show, distinctly expresses how diverse ethnic groups in Myanmar stay together peacefully. "U Shwe Yoe and Daw Moe," somehow funny yet meaningful performance, catches the applause of the audience. The NP is concluded with Thingyan dance, which portrays the significance of the water festival, otherwise known as the Myanmar New Year festival.</p>
Malaysia	<p>Theme: Folk Dance</p> <p>The NP of Malaysia presented folk dances coming from different states and ethnic groups in Malaysia. Malaysia is full of diversity, and the NP portrayed how rich the tradition and culture of Malaysia is, combining 15 dances from different states such as Terengganu, Sabah, Sarawak and Negeri Sembilan. The NP also portrayed the culture from different ethnic groups such as Malay, Chinese, Indian, Iban, Kadazan, etc. Besides dancing, PYs also sang some songs from "irama tradisional" which are full of meaningful words showing the beautiful people in Malaysia. PYs also performed "tarian rampaian" or Zapin Pat Lipat from Johor. Zapin is one of the preserved dances in Johor. Through this, we would like to tell everyone that Malaysia is also preserving culture for the future generation. As the last performance, Malaysia Truly Asia, the beautiful song that describes the magnificent Malaysia and the uniqueness of Malaysia, was to invite everyone to Visit Malaysia 2020. This song brings Malaysian people together and to enhance the bond between us.</p>
Brunei Darussalam	<p>Theme: Pejuang Lestari</p> <p>The NP of Brunei Darussalam consists of three segments; welcoming performance, main highlight through sketch and the grand finale interactive performances, which all relates to the Brunei classic which includes; scenery, life, traditional games and wedding. The story revolves around young man, named Mateen who has been living far away from his homeland for a long time. The story is set during his studies in the United Kingdom. One day, he was informed by his cousins that he would receive a parcel from his parents. To his surprise, all this time he has already had that parcel all along. This was a special gift that would lead him to memory land of his past, his heritage and most importantly his family.</p>

Cambodia	<p>Theme: The Chapter of Kampuchea - Khmer Literature</p> <p>Through a strong story line, the NP of Cambodia is inspired by our Khmer's literature "Sob Seth," which focuses on the lives of Sob Seth and his wife in both their previous and present lives. In the first life, Sob Seth and his wife were once blessed with a happy marriage life and had two beautiful children. However, due to Sob Seth's negligence and underestimation, their children were faced with an unfortunate death. Faced with the unbearable emotion of loss and disappointment at the husband, Sob Seth's wife decided to commit suicide by swearing to cut all interaction with men in any of her next lives. Many years have passed and both Sob Seth and his wife were reincarnated into a son of farmers and a beautiful royal princess respectively. As promised from the past life, the princess never initiated any conversations with men, including her father, the King. Seeing this, the King ordered his elite knights to search for any potential male candidates from all over the kingdom that have the ability to make the princess talk to. After a long and fruitful journey, three talented candidates were finally selected; however, no matter what they did, the princess still did not talk. When the King almost lost hope in healing the princess, Sob Seth suddenly appeared and with the help of the love poem connecting from their past lives, the princess finally spoke and the King bestowed a grand marriage to the couple. The NP concluded with our batch song called "Night of Memories" that was performed together by all the Cambodian PYs.</p> <p>Characters in the literature were incorporated and made into an interesting story through the lively performances of both classical and popular dances such as Pestle dance, Chhaiyaim dance, Peacock of the Pursat dance, Neary Chea Chuor dance as well as Cambodian martial art, Yuthakrom Khom.</p>
Indonesia	<p>Theme: Ring of Fire</p> <p>Ring of fire has become issue among the ASEAN member countries and Japan since long time ago, Indonesia as one of the states who has a lot of natural disaster in the recent years concerning about the impact of the disaster. The NP of Indonesia emphasizing about the awareness of youth in their participation in resilient community. The concept of ring of fire has been disguised as a form of invitation for the youth, representing five biggest islands in Indonesia namely, Sumatra, Java, Kalimantan, Sulawesi, and Papua.</p> <p>The opening of the NP, "Kecak Dance" from Bali, providing the evidence of loving Indonesia and the motherland represented by the carnival costume of Indonesia from South Sumatra. The NP is divided into three parts, prologue, main content, and epilogue while using puppet master art and video as the transition between the parts.</p> <p>The prologue shows us that the disaster could be happened at any time and tells us about the condition pre and post disaster while people are not fully aware toward the disaster through "Genjring Dance" from Banten and West Java, theatrical performance of eruption, and sing "Ibu Pertiwi" song accompanied with poem reading. The national spirit of Indonesia has been disguised in a contemporary dance performance as an inducement to light up the spirit in each region by putting up the fire torch as symbolic.</p> <p>The main content shows us how each big region in Indonesia taking parts in becoming resilient communities through traditional dance from different regions namely, "Gondewa Dance" from West Java, "Kabasaran Dance" from North Sulawesi, "Enggang and Dadas Dance" from East Kalimantan and Central Kalimantan, "The Reception of Wondama Bay Dance" from Papua, and "Sonde Dance" from Riau. In the end of each dance, the performer will take one fire torch that shows that the regions made the efforts in order to become resilient communities.</p> <p>The epilogue shows Indonesia awareness toward Ring of Fire and becoming resilient communities. The fire torches that has been induced are awoken as one entity, Indonesia through "Reyog Dance" from East Java. After that the awoken Indonesian youth perform medley song of "A Million Dreams" and "Anak Garuda" to show the pride being resilient Indonesia.</p>

Lao P.D.R.	<p>Theme: Shape of the Khaen Sound</p> <p>The main purpose of the NP of Lao P.D.R. is to demonstrate the role of family institution, which is a key component in society as it is a place where youths are built to become the right hand of the Lao People’s Revolutionary Party and the backbone of the nation. Moreover, as our former beloved leader President Kaisone Phomvihane had said that Youths are as the eagles never afraid of the huge storm coming, youths are as the hero or “Xinsay” in our era.</p> <p>The NP has also valued the Khaen music which comes from traditional instrument. Khaen music is always involved in Lao people’s livelihood from the North to the South. It is our great pride when Lao Khaen music was inscribed as the world intangible cultural heritage of UNESCO on December 7, 2017. Lao Khaen music is described as the poem written as follows:</p> <p style="padding-left: 40px;">Khaen music tells the origin of Lao people As history was written Lao nation is united Having sticky rice, living at Lao style house we are unified as one Khaen music is playing loud this is truly Laos</p> <p>Besides, the Lao traditional dance indicates the livelihood of Lao multi-ethnic people, the beauty of natural resources where plenty of mountains, rivers and the green fields are. So that, the Party and Government has turned out those advantages into ecotourism and agro tourism to attract foreign tourists. Importantly, one of our famous tourist sights known as “the Plain of Jars” in Xiangkhouang province was also inscribed as the World Heritage Sites on July 6, 2019.</p>
Philippines	<p>Theme: Dyip: Byaheng Pinas</p> <p>The NP of the Philippines is a journey to the 7,641 islands of the Philippines through its main islands - Luzon, Visayas and Mindanao. Each major island showcases variety of dances and songs that is alive and very much celebrated in different regions. It highlights not only the festivities and culture, but also the social issues that is faced by the country. The NP displayed how Filipinos work 12 hours a day even not getting fair compensation and still burdened by loans; going to school with a hungry stomach, and not having bags and pencils for learning; getting misled by the fake information read online; and even being used to experiencing strong typhoons. The Philippine PYs showed that although this is very common to them, still it’s not okay to just say “okay lang sa amin.” They left the audience something to ponder upon their lives, struggles and dreams not only for themselves, but for their respective communities as well. They showed hope despite the struggles, love despite the differences, and dream despite the hardships.</p> <p>The journey isn’t only about the beauty of the Philippines but also what lies behind it. It is about how high and deep the Philippines is.</p>
Thailand	<p>Theme: Musical-cultural Performance</p> <p>The NP of Thailand, A Whole New World, presents a bedtime story of Princess Jasmine’s love barrier. Jasmine was a Princess in the land of dessert who was forced to marry a Prince from other Kingdoms, but all of them were not the ones she loved. Moreover, she has been cursed by Jaffa who wished to take the throne to be King of the land. Whenever she sneezes, her memories will be gone. One day, Aladdin, a prince from Thailand, visited her to purpose for a marriage. Nonetheless, she rejected his offer due to the curse she had. Fortunately, Aladdin got help from Genie, his buddy, who had supernaturally magic power to bless his wishes come true. At that time, Prince Aladdin wished for something to prevent Princess Jasmine from sneezing – what he got is a Magic Stick. Prince Aladdin then decided to ask Princess Jasmine to visit Thailand riding a magic carpet. Princess Jasmine accepted the Prince’s invitation because she believed in the Prince and the magic stick she got. Prince Aladdin brought her to all parts of Thailand. Both of them enjoy traditions, cultures, and people’s lifestyles throughout the beautiful country.</p> <p>In the Northern part of Thailand, they enjoyed various kinds of traditional umbrella dance, traditional Northern martial arts, Muay Thai (Thai Boxing – National Martial Art), and Loi Krathong Festival (A festival of worshipping the goddess of river). In the Northeastern part of Thailand, they enjoyed local dances, and a contemporary dance of the people. In the Southern part of Thailand, they enjoyed shadow puppet, Nora (Bird Dance), and Like Hulu (Thai-Muslim Dance). Lastly, in the Central part of Thailand, they enjoyed traditional games of children. Apart from those traditional performances, they also enjoyed Songkran Festival (Traditional New Year Festival), and spent colorful nightlife in Bangkok – the capital city of Thailand. Eventually, Prince Aladdin asked Princess Jasmin to marry him. Unfortunately, the Princess sneezed. Prince Aladdin was stunned and sadden because he thought that all her memories had gone. Anyway, those captivated memories in Thailand had deeply memorized in the bottom of her heart. No matter how evil the curse she got, it could not remove any of those precious memories from her heart. At the end of story, they got married, and lived happily ever after.</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 46th SSEAYP:

- Movie Showing
- Deepavali
- Introduction to Life in Viet Nam
- Introduction to Life and Culture in Myanmar (Thanaka, Foods, etc.)
- Thai Massage Workshop
- Paper Crane Making for Peace Building
- Board Games
- Live Lounge
- Back to School
- Recycled Fashion Night
- Mr. and Miss “Aphone Lao” Contest
- SSEAYP’s Got Talent
- “SG on Floor” Dance Contest
- Speech Contest
- Love Languages
- HIV 101 (World Aids Day Commemoration)
- Introduction to Japanese Sake and Local Foods
- Japanese Tea Ceremony and Japanese Traditional Instruments – Koto
- Postcards Making with Japanese Washi Paper
- Japanese Calligraphy
- Vietnamese Calligraphy
- “Do Nothing” Session (Mental Health Awareness)
- Name Cards Exchange
- Karaoke Night
- MC Workshop (Workshop to improve presentation skills and public speaking)
- Music Night
- Worship Night
- Quran Recitation
- Inspirational Talk on Volunteerism
- Ghost Story Telling Session
- Japanese Soran-Bushi Dance
- Basic Make-up
- “It’s all about Chair” (Chair Aerobic, Human Chair, Musical Chair, Chair Dance)
- Discussion on Social Entrepreneurship
- SSEAYP Bazaar (Trade and share pre-loved items)

(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 five times and whole free day for once, 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 3)**

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 5)

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)

Mr. Yamamoto Shigeki, the Administrator, gave a lecture 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. Senda Shoichi, Captain of Nippon Maru, explained the ship facility and equipment. In addition, he explained the special knowledge for the ship and a cruise 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 four days. The country programs included homestay, courtesy calls on high ranking government officials, and interaction with local youth, etc. During the country program in Viet Nam, the Discussion Program (Field Study) was arranged according to the nine discussion group themes.

The schedule of each country program is shown below:

(1) Viet Nam

Date	Time	Activities
November 10 Sunday	7:30-8:00	Flag Hoisting Ceremony by Viet Nam (in Dolphin Hall)
	8:00	Berth at Tan Cang - Hiep Phuoc Port, Ho Chi Minh City
	9:00-11:00	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 Tan Cang - Hiep Phuoc Port) <ul style="list-style-type: none"> • Flag Cheers by PYs • Speech by Mr. Nguyen Ngoc Luong, Permanent Vice Chairman of the National Committee on Youth of Viet Nam, Secretary of the Ho Chi Minh Communist Youth Union • Speech by Mr. Yamamoto Shigeki, Administrator
	18:00-19:15	Welcome Dinner (at Ho Chi Minh City Meeting Hall) <ul style="list-style-type: none"> • Speech by Mr. Vo Van Hoan, Member of Executive Committee of Party Committee of Ho Chi Minh City, Vice President of People’s Committee of Ho Chi Minh City
	19:30-20:45	Cultural Exchange (at Ho Chi Minh City Meeting Hall) <ul style="list-style-type: none"> • Performance by local youth • Performance by PYs
November 11 Monday	7:15-7:45	Briefing on Homestay for PYs (in Dolphin Hall)
	9:30-12:00	Discussion Program (Field Study) by DG <ul style="list-style-type: none"> DG1: Ho Chi Minh City University of Technology – Viet Nam National University of Ho Chi Minh City DG2: Ho Chi Minh City University of Social Sciences and Humanities (USSH) – Viet Nam National University of Ho Chi Minh City DG3: Ho Chi Minh City Pedagogical University DG4: Youth Employment Service Center (YES Center) DG5: University of Science – Viet Nam National University of Ho Chi Minh City DG6: University of Medicine Pham Ngoc Thach DG7: Ho Chi Minh City Newspaper Center DG8: University of Economics and Finance DG9: Sai Gon Innovation HUB
	14:30-16:00	Homestay Matching (at Ho Chi Minh City Meeting Hall)
	18:00-20:00	<Administrator and NLs> <ul style="list-style-type: none"> Dinner hosted by Mr. Pham Hong Son, Secretary of Ho Chi Minh Communist Youth Union of Ho Chi Minh City • Gift Exchange

Date	Time	Activities
November 12 Tuesday		<PY> -Homestay-
	9:00-9:30	<Administrator and NLS> Courtesy Call on Vice Secretary of Party Committee of Ho Chi Minh City <ul style="list-style-type: none"> • Speech by Mr. Vo Thi Dung, Vice Secretary of Party Committee of Ho Chi Minh City • Gift Exchange
	18:00-21:00	Reunion Onboard (in Dolphin Hall and at Dining Room)
November 13 Wednesday	12:30-13:30	PYs return from homestay
	14:00-15:00	Open Ship
	15:45-16:30	Send-off Ceremony (at Tan Cang - Hiep Phuoc Port) <ul style="list-style-type: none"> • Speech by Ms. Phan Thi Thanh Phuong, Vice Secretary of Ho Chi Minh Communist Youth Union of Ho Chi Minh City, President of Young Pioneer Organizations of Ho Chi Minh City • Speech by YL of the Philippines
	17:00	Set sail

(2) Singapore

Date	Time	Activities
November 16 Saturday	7:00	Berth at Singapore Cruise Centre CC02
	7:00-7:30	Flag Hoisting Ceremony by Singapore (in Dolphin Hall)
	7:30-9:30	Briefing on Country Program in Singapore by RC in COC
	9:30-10:00	Orientation for PYs by RC and Briefing on Homestay for PYs (in Dolphin Hall)
	12:00-12:30	Courtesy Call on Senior Parliamentary Secretary, Ministry of Transport, Ministry of Culture, Community and Youth (at Resort World Sentosa)
	12:50-14:40	Welcome Lunch and Homestay Matching (at Resort World Sentosa) <ul style="list-style-type: none"> • Speech by Mr. Yamamoto Shigeki, Administrator • Speech by Mr. Baey Yam Keng, Senior Parliamentary Secretary, Ministry of Transport, Ministry of Culture, Community and Youth • Gift Exchange • Photo Session • Performance by Local Youth
	18:30-21:00	<Administrator and NLS> Reunion Onboard (at Dining Room)
November 17 Sunday		<PY> -Homestay-

Date	Time	Activities
November 18 Monday	9:00-10:00	PYs return from homestay
	11:00-13:45	Interaction with local youths by SG SG-A: Home Team Academy SG-B: Singapore City Gallery (URA) SG-C: LIVINGSPACE & My Nice Home Gallery (HDB) SG-D: Institute of Technical Education West SG-E: Goodman Arts Centre (NAC) SG-F: Sustainable Singapore Gallery (Marina Barrage / PUB) SG-G: Creative SAY! Centre (SAMH) SG-H: National Design Centre (Singapore Design Council) SG-I: National Library Board SG-J: Our Tampines Hub (PA) SG-K: Launchpad @ One-North (ACE)
	15:00-17:45	Visit to Kallang Heritage Trail
	18:30-20:30	Visit to JEWEL Changi Airport
November 19 Tuesday	9:00-10:30	Visit to Singapore Maritime Gallery
	12:00-13:00	Open Ship
	13:30-14:30	Send-off Ceremony (at Singapore Cruise Centre CC01) • Flag Cheers by PYs • Speech by Mr. Darryl David, Member of Parliament for Ang Mo Kio Group Representation Constituency • Speech by YL of Thailand • Gift Exchange
	15:00	Set sail

(3) Myanmar

Date	Time	Activities
November 22 Friday	7:30-8:00	Flag Hoisting Ceremony by Myanmar (in Dolphin Hall)
	13:00	Berth at Port of Yangon
	14:00-16:00	Briefing on Country Program in Myanmar by RC in COC
	16:00-17:00	Press Conference (at Lounge “Umi”)
	17:00-17:30	Orientation for PYs by RC (in Dolphin Hall)
	18:30-21:00	Welcome Dinner (at Sule Shangri-La Yangon) • Speech by Dr. Myo Kywel, Chairman of National Education Policy Commission • Speech by Mr. Maruyama Ichiro, Ambassador Extraordinary and Plenipotentiary of Japan to the Republic of the Union of Myanmar • Speech by Mr. Khin Maung Yi, President of SSEAYP International Myanmar • Gift Exchange • Photo Session • Performance by Local Students • Performance by PYs

Date	Time	Activities
November 23 Saturday	9:00-9:30 10:00-11:00 12:00-15:30 16:30-17:30	Briefing on Homestay for PYs (in Dolphin Hall) Welcome Ceremony (at Port of Yangon) <ul style="list-style-type: none"> • Flag Cheers by PYs • Speech by Dr. Thein Win, Director General, Department of Higher Education, Ministry of Education • Speech by Mr. Yamamoto Shigeki, Administrator Interaction with local youths by SG SG-A,B: University of Yangon SG-C: National University of Arts and Culture (Yangon) SG-D: Yangon University of Education SG-E: National Management Degree College SG-F,G: Yangon Technological University SG-H: University of Medicine (1), Yangon SG-I: University of Information and Technology (Yangon) SG-J: Yangon University of Foreign Languages SG-K: Yangon University of Economics (Kamaywut Campus) Homestay Matching (in Diamond Jubilee Hall) <ul style="list-style-type: none"> • Speech by Dr. Tin Maung Tun, Rector, West Yangon University
November 24 Sunday	----- 10:00-10:30 18:00-21:00	<PYs> -Homestay- ----- <Administrator and NLS> Courtesy Call on U Han Tun, Minister of Agriculture, Livestock, Forest and Energy, Col. Aung Soe Moe, Minister of Security and Border Affairs, Daw Nilar Kyaw, Minister of Electricity, Industry, Transport and Communication, U Maung Maung Soe, Minister of Municipal Affairs, U Naing Ngan Lin, Minister of Social Affairs, Naw Pan Thinzar Myo, Minister of Kayin Ethnic Affairs, U Zaw Aye Maung, Minister of Rakhine Ethnic Affairs, Daw Moe Moe Su Kyi, Minister of Immigration and Human Resource, Yangon Region (at Office of the Government of Yangon Region) <ul style="list-style-type: none"> • Gift Exchange Reunion Onboard (in Dolphin Hall and at Dining Room)
November 25 Monday	9:30-10:30 11:00-12:00 12:45-13:15 13:30	PYs return from homestay Open Ship Send-off Ceremony (in Dolphin Hall) <ul style="list-style-type: none"> • Speech by Dr. Kyi Shwin, Rector, Yangon University of Foreign Languages • Speech by YL of Japan Set sail

(4) Malaysia

Date	Time	Activities
November 29 Friday	7:30-8:00 8:00 9:00-11:00 11:00-12:00 13:15-13:45 14:00-14:45 14:45-15:45 19:00-21:00	<p>Flag Hoisting Ceremony by Malaysia (in Dolphin Hall)</p> <p>Berth at Klang Port</p> <p>Briefing on Country Program in Malaysia by RC in COC</p> <p>Immigration Procedure (at Boustead Cruise Centre)</p> <p>Orientation for PYs by RC (in Dolphin Hall)</p> <p>Welcome Ceremony and Courtesy Call on Minister of Youth and Sports Malaysia (in Dolphin Hall)</p> <ul style="list-style-type: none"> • Speech by Mr. Oka Hiroshi, Ambassador Extraordinary and Plenipotentiary of Japan to Malaysia • Speech by Mr. Syed Saddiq Bin Syed Abdul Rahman, Minister of Youth and Sports Malaysia • Gift Exchange <p>Press Conference (at Lounge “Umi”)</p> <p>Welcome Dinner (in Jubli Perak Hall)</p> <ul style="list-style-type: none"> • Photo Session • Speech by YL of Viet Nam • Speech by Mr. Yamamoto Shigeki, Administrator • Speech by Mr. Mohd Azhari Bin Mohammad, Deputy Director General, Sports Development Division, Ministry of Youth and Sports Malaysia • Gift Exchange • Performance by PYs • Performance by Local Youth
November 30 Saturday	8:00-8:30 10:00-12:00 15:30-16:30	<p>Briefing on Homestay for PYs (in Dolphin Hall)</p> <p>Interaction with Local Youth by SG</p> <p>SG-A: EPIC Homes</p> <p>SG-B: Nation Building School</p> <p>SG-C: International Youth Centre (IYC)</p> <p>SG-D: Malaysian Agricultural Research and Development Institute (MARDI)</p> <p>SG-E: MaTiC</p> <p>SG-F: Forest Research Institute Malaysia (FRIM)</p> <p>SG-G: Mah Meri Cultural Village</p> <p>SG-H: Kompleks Kraf</p> <p>SG-I: Royal Selangor</p> <p>SG-J: Chocolate Museum</p> <p>SG-K: Aviation (MAHB) Malaysia Airports Holdings Berhad</p> <p>Homestay Matching (in Jubli Perak Hall)</p>
December 1 Sunday		<p><PYs></p> <p>-Homestay-</p> <hr/> <p><Administrator and NLs></p> <p>18:00-21:00 Reunion Onboard (in Dolphin Hall and at Dining Room)</p>
December 2 Monday	11:30-12:30 13:00-14:00 15:30-16:30 17:00	<p>PYs return from homestay</p> <p>Open Ship</p> <p>Send-off Ceremony (at Boustead Cruise Centre)</p> <ul style="list-style-type: none"> • Speech by YL of Singapore • Speech by Mr. Mohd Azhari Bin Mohammad, Deputy Director General, Sports Development Division, Ministry of Youth and Sports Malaysia • Flag Cheers by PYs <p>Set sail</p>

6 Farewell Ceremony and Farewell Party

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 Myanmar made a speech on

behalf of all the participants.

Farewell Party was held from 18:45 at the Dining Room. Mr. Eto Seiichi, Minister of State for Youth Affairs made a speech and YL of Malaysia delivered her speech in response on behalf of all the participants. Then, Mr. Nagasue Tatsuya, Vice President of International Youth Exchange Organization of Japan proposed a toast.

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 for Japanese PYs

The Cabinet Office conducted a two-day post-program training for 39 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.