Chapter 4 Peer Learning Sessions

1 Outline of Peer Learning Sessions

- Every PY is involved in all the sessions of Peer Learning Session either as an organizer or a participant. One particular PY shall not become an organizer for more than one session.
- The Peer Learning Sessions focus on sharing and discussing organizers' knowledge and experiences with a relatively small number of participants in the peer learning style, and are designed for the following purposes:

  [Organizers]
  - 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, implementation and feedback from participants

  [Participants]
  - To get to know backgrounds of the organizers through sharing their knowledge and experiences with others
  - To learn effective methodologies of workshops, lectures and discussions from how the organizers manage and organize their sessions
  - To evaluate properly and provide meaningful feedback
- The contents are not limited to organizers' 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 their own cultures may also be options.

- The number of the Peer Learning Sessions allotted to each participating country is minimum two to maximum three, which shall make 22 – 33 sessions in total. In principle, all submitted Peer Learning Sessions shall be held unless the session theme is against the spirit of the program.
- Organizers do not have to be professional in the field of session themes. Experiences and knowledge to share could be at a general level, not an academic level. Instead, the organizers should make research in the field of session themes to deepen the session contents.
- Each session is organized by organizers, and participants also need to provide some assistance in order to achieve smooth organization of its session.
- Organizers should choose effective methodology that suits the theme: this may include but not limited to workshops, lectures and discussions.
- Organizers should consider making a session interactive and creative in order to enhance participants' curiosity and make the session experience valuable.
- One session (75 minutes) must include, (1) Main Activities (60 minutes) and (2) Feedback Session (15 minutes). "(2) Feedback Session" is a space for organizers to receive feedback by participants of session management, contents and others. Feedback includes the perspectives from what organizers should maintain or need to improve.
- Each PY (except organizers) shall decide which Peer Learning Session he/she would like to join.
- Attendance at each session is compulsory for all PYs. All PYs must answer feedback form after each session.

2 List of Peer Learning Sessions

* 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

(1) Peer Learning Session I (December 5, 2021)

	Country	Title of Peer Learning Session	Organizers *	The goal and aim of Peer Learning Session	Activities
1	Cambodia	Education in COVID-19 Scenario: Challenges, Opportunities, and Solutions	C41, C42, C43, C71, C72, C73, C92	To share common issues in the education system during COVID-19, promote innovation in education, and raise effective future directions	• Overview of Cambodian education system (Education system before and during COVID-19 pandemic) • Educational challenges and opportunities during COVID-19 pandemic • Solutions
2	Indonesia	SSEAYP's Believe it or not! Unique Indonesian tradition that will hypnotize you	I12, I22, I31, I41, I51, I62, I71, I83, I92	To introduce Indonesian culture, culinary, and tourism by inviting the youths to have a virtual tour to major islands in Indonesia	• Each organizer will give explanations regarding special and unique things from their own provinces.
3	Japan	Express Onomatopoeia!	J11, J12, J13, J93	To give the opportunity to learn language varieties by introducing onomatopoeia in each country and Japan	• Introduction (Experience of Miscommunication) • Theater Game (Impersonation Quiz, Story Telling) • Onomatopoeia Game (Onomatopoeia Quiz and Expression) • Discussion (Unique Expression Example) • How you can make use of expression to overcome miscommunication

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4	Lao P.D.R.	Safe trips, safe travels in Lao P.D.R. - Dealing with tourist attraction, culture and dos and don'ts	L62, L63, L81, L91, L93	To learn about preparing and promoting tourism of Lao P.D.R. during COVID-19 in various forms such as: 1. Natural adventure tourism, 2. Cultural, historical and tribal livelihood tourism	• Overall introduction about Lao P.D.R. and tourist places and the video of the Northern part, the Central part, and the Southern part (the Jewel of Mekong) of Lao P.D.R. • Telling "Dos and Don'ts" in Lao P.D.R. • Questions (Where is the place do you want to visit in Lao P.D.R. and why?)
5	Malaysia	Thoranam Weaving	Ma33, Ma52, Ma63, Ma82, Ma83	To share with other PYs about Thoranam, an auspicious hanging decoration which is part of our Malaysian Indian culture. Besides, it is to show our participants about the multiracial culture in Malaysia	• Presentation (Indian Culture, What is Thoranam?) • Practice (Thoranam weaving and decoration workshop, Auspicious Thoranam experience sharing)
6	Myanmar	Myanmar Traditional Dress (Longyi)	My11, My12, My13, My31, My62, My63, My71	To know about Myanmar traditional dress (Longyi). To express the changes in Longyi during four eras and how people modify it to value existing Myanmar culture. We would like to give a message to them that valuing own culture is in the hand of youths.	• Presentation • Group Activities (Discussion) • Group Activities (Presentation)
7	Philippines	OUR LEADERSHIP CIRCLES (Journey of Creating Impacts: Leadership Enhancement and Advocacy Development - JCI LEAD)	P93	To share the four leadership circles, namely: 1. Leadership of the Self, 2. Leadership with Others, 3. Leadership to the Community, and 4. Leadership for the Society, that affect everyone in finding their greater purpose in life and to make a significant change in their communities	• Define LEADERSHIP based on their experience • Discussion of Four Leadership Circles (During the discussion, personal experiences will be incorporated in relation to the Philippine Youth Development Plan, SDGs and other relevant youth plans that champion empowerment and community development.) • Sharing Session

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8	Singapore	Startups & Ecosystems	S52, S62, S92	To systematically examine the intrapersonal, interpersonal, group, systems and whole systems factors that allowed Singapore to forge a vibrant startup ecosystem from scratch	• [Intrapersonal] Youth willingness to start on their entrepreneurship journey • [Interpersonal] Show how inspiration and support by others is a key ingredient for ecosystem success • [Group] Support for infant start-ups • [System] National-level factors such as funding, policies / regulation, and education • [Whole System] Since successful startups will be able to grow globally, there is a need to look towards the whole global start-up infrastructure and global problems.
9	Thailand	Be a Little More of a Responsible Consumer for the Sustainable Future	T82	To share some overlooked or unacknowledged information I've ever come across about our consumption behavior and some particular products	• Introduction (What we usually buy vs. what we actually need in our life to live) • Information Sharing (Some effects of our consumption behavior) • Discussing and Exchanging Ideas (How to buy products in the most sustainable way possible, What we can do to restrain our wants)
10	Viet Nam	Vietnamese Cuisine, Made Vegan	V11, V12, V22, V23, V73, V82, V91	To give participants a look into Vietnamese foods with a vegan twist, making them attracted to our culture and aware of how beneficial and interesting veganism is	• Brief look into Vietnamese culinary world • Veganism - A new lifestyle • Vietnamese dishes made vegan: Our suggestion on Vietnamese dishes, Live cooking show

(2) Peer Learning Session II (December 12, 2021)

	Country	Title of Peer Learning Session	Organizers *	The goal and aim of Peer Learning Session	Activities
1	Brunei Darussalam	Youth Perspectives: Living Consciously and Intentionally	B33	To understand the resolve of living intentionally and consciously. To explore best practices in each country. To delve into undeveloped ideas and expand them to be implemented into a community. And, to make data-driven improvements from participants about their own experiences.	• Introduction to Youth Perspectives • Breakout Room Discussion (A: Creative Industry, B: Youth Empowerment) • Main Room Sharing
2	Indonesia	The Delicacy of Indonesian Cuisine	I13, I21, I32, I42, I52, I63, I73, I82, I91	To introduce the diversity of Indonesia, especially in its cuisine, as one of the largest archipelagos in the world with various cultures, languages, and traditions	• Indonesia 101 / introductory session • The delicacy of Indonesian cuisine • The main event will consist of the demonstration of Indonesian traditional culture, what Indonesians eat in their daily life, the nutrition facts of the foods, and simple demonstration of how to make Indonesian favorite foods.
3	Japan	Seeing a Potential in the Fermentation for SDGs	J73, J81, J91	The objective of this session is to provide the knowledge about fermentation to improve our lifestyle and protect the environment. The leader focused on the Koji mold. I plan to share the effects of the Koji mold with ASEAN participants. Then, we want to discover new ways of using the Koji mold in any field (not only about food).	• Organizers introduce topics, a potential in the fermentation and the power of Koji mold. • Discussion in groups • Organizers provide a core question "How can we use the fermentation technique and the Koji mold for attaining SDGs?" • Share ideas
4	Lao P.D.R.	Mindset (Positive thinking)	L43, L53, L71, L73, L92	We strongly believe that a good mindset can transform our life. In this session, the participant will learn to be a positive person and check how positive they are.	• Presentation (1. What is positive thinking?, 2. The benefits of positive thinking, 3. Characteristics of a positive mindset, 4. Ways you can practice positivity) • The Castle Test (Personality test)

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5	Malaysia	Chinese Paper Cutting	Ma12, Ma41, Ma42, Ma81, Ma91	We aim to share with other PYs about a rare form of art in our Malaysian Chinese culture - Chinese Paper Cutting. Besides, it would be a highlight of the multiracial culture in Malaysia.	• Presentation (What is Chinese Paper Cutting?, Types of design for paper cutting arts) • Practical: Paper cutting art making and decoration workshop • Chinese Paper Cutting experience sharing
6	Philippines	Through the Grassroots Lenses: Empowering Communities in the Local Decision-making Process through Photos	P11	To introduce the participatory action research tool, Photovoice process, as an instrument to enabling meaningful participation from community members in governance processes	• Photovoice Presentation (Why photos?, What are the goals and objectives of a Photovoice Process?, Examples of Photovoice process used in development work, Sample outputs of community members in the Project) • Interactive activity
7	Singapore	Are you coming home for dinner?	S13, S21, S33, S91	To share with participants from other countries a lived experience of Singapore through our housing and food. To have a deeper understanding of the layout of Singapore's Public Housing and how it has an impact on relationships between races and cultures. And, to be more aware of the food, coffee and tea culture in Singapore.	• Town Planning in Singapore I (Introduction to the neighbourhood concepts and size of neighbourhoods; 'What is an HDB?', Reason for Town Planning, Different architectures in neighbourhoods) • Town Planning in Singapore II (List of facilities that covers different needs, Playgrounds, Childhood games) • Quick game of 'Match your drink' (kopi-c, etc.) • Sharing of Cuisines and Drinks • Fostering neighbourly relations

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8	Thailand	EMOTIONAL FREEDOM: Liberate Yourself and Transform Your Life	T11, T12, T13, T23, T61, T63, T83	To improve emotional awareness skills, especially during the pandemic situation. To increase self-esteem, clear-thinking, positive feelings, and a sense of greater peace. And, to provide the tool and technique for emotional management.	• Check the wheel of emotions and see which one you are feeling during today's activity and talk about what we can do with our feelings. • Emotional Free Technique - Tapping • Identify the problem on which you want to focus.
9	Viet Nam	WHEN WILL YOU GET MARRIED?	V32, V41, V72, V81, V83	To define, face and solve problems related to love and marriage, apply to real life experience and form the basis to evaluate, analyze, predict and link towards other values / aspects about sexuality, family, human rights, etc.	• Song associations challenge to bridge to the discussion about factors that are affected to the decision of getting married • Discussion (Factors / elements influencing before marriage and after getting married • Introducing "Wife-Stealing" custom of Hmong ethnic group and "the predestined relationship" way-of-thinking in Viet Nam

(3) Peer Learning Session III (December 19, 2021)

	Country	Title of Peer Learning Session	Organizers *	The goal and aim of Peer Learning Session	Activities
1	Brunei Darussalam	Ways To Avoid Lockdown Burnout	B41, B42, B44	To demonstrate the importance of mental health during lockdown. Strategies that can be done to overcome the circumstances / difficulties faced during lockdown.	• Introductory presentation: Ways to practice self-care during lockdown, introduction to burnout and its symptoms • Demonstration: Demonstrating strategies such as yoga through the aid of videos compiled from sources • Sharing session: Asking other peers on what they have been doing to cope with the stress and anxiety experienced during lockdown
2	Cambodia	LGBT in Cambodia: The Domestic Violence Against LGBT Persons	C13, C22, C51, C52, C62	To raise up our concerns that domestic violence on LGBT has still remained as a major, pervasive, and troublingly unresolved problem in developing countries, especially Cambodia. To build awareness to society that discrimination against LGBT is not only a personal issue, but also a social problem. And, to be a voice of all LGBT as a vulnerable group.	• PYs engagement (voting polls and answering questions about LGBT) • Presentation about LGBT in Cambodia (Overall view on domestic violence happened with LGBT persons in Cambodia, Literature review and terminologies, The lacks of LGBT right in Cambodia, The key challenges and types of domestic violence, The case studies) • PYs sharing LGBT situations in their own countries
3	Indonesia	Experiencing Indonesian Traditional Spa (Stay Young and Healthy)	I11, I33, I43, I61, I72, I81, I93	To increase knowledge by introducing the traditional spa of Indonesia which is an effort to achieve healthy skin by simple action and would be useful for the participants for relaxation and energy restoration after exhausting activities using traditional ways	• Sharing Session: Introduction to the Indonesian spa including facial massage and essential oils used for therapy • Practice of the spa: Facial massage and/or foot spa • Closing: Restating the benefits of spa especially face massage and essential oils
4	Japan	Virtual Japan Tour - Explore the possibility of traditions in the future	J21, J31, J32, J63	To introduce Japanese culture to members from ASEAN member countries. And, to discuss what we can do to preserve the unique culture and tradition of each country.	• Presentation by organizers (Explore Japanese culture): Food, Performing art, Sento, Festival • Discussion: What is the best way to solve the lack of successors of traditional cultures?

	Country	Title of Peer Learning Session	Organizers *	The goal and aim of Peer Learning Session	Activities
5	Lao P.D.R.	Time to Be Aware, Care and Share	L11, L31, L42, L61, L72	The goal of our session is to "Be Aware, Care and Share." During COVID-19 Pandemic, a lot of people encountered difficulties such as quarter-life crisis (study and job), social isolation, financial security, etc. These lead to mental health problems such as Burn Out syndrome, Brown Out or Depression and so on. Therefore, it is essential that we all take care our mental well-being.	• Definition of mental health • Root causes that lead to mental issues • Mental health during pandemic • Question: What is your coping strategy that you overcome from bad situations? • Coping strategies • Active listening • Meditation
6	Myanmar	The relation between education standard and job opportunities in Myanmar	My41, My42, My43	To help our peers understand the impact of education on the job opportunities for the youths in Myanmar. And, to learn how youths in Myanmar can find their life career in different fields and how important the educational standard in the respective country is to enrich the country's all-round development.	• Presentation about the topic • Group Discussion (1. How important it is to have quality education for a good job, 2. Which kind of job opportunities can be created for those who have poor education background?, 3. How can high schools, institutions and universities can practice the students to be ready for the job opportunities?)
7	Philippines	Vocal Dynamics - Pitch, Pace, Volume and Voice Techniques	P81	To enable PYs to minimize fear and anxiety in public speaking, and to allow them to learn and practice spoken / voice techniques which are very imperative and helpful in their speaking engagements	• Activity: INTONATION / EMOTION • Discussion (1. Face-to-face communication vs Non-face-to-face communication, 2. Statistics, 3. Vocal Delivery) • Key Points
8	Singapore	Humanising the Smart Nation (and Artificial Intelligence in Singapore)	S12, S23, S42, S53, S93	To share our knowledge and experiences relating to the Smart Nation and AI with others. To share effective and engaging methodologies of workshops, lectures and discussions with the use of interactive tech tools. And, to learn from participants' experience and knowledge of Smart Cities in their countries as well as initiatives to ensure digital readiness across all demographics.	• Emphases the focus on inclusivity and advancing at an appropriate pace • Showcasing of some demos and applications • Discussion on Data Privacy

	Country	Title of Peer Learning Session	Organizers *	The goal and aim of Peer Learning Session	Activities
9	Thailand	MUTELU: How can spirituality promote local economic tourism?	T22, T31, T32, T33, T42, T51, T52, T53, T62, T71, T81, T93	To utilize "Spiritual Economy Tourism'' as a concept to strengthen local economy in ASEAN member countries and Japan. To co-create tourism route map linking tourist destinations in ASEAN member countries and Japan. To explore multiculturalism in ASEAN member countries and Japan. And, to revisit one's own countries' beliefs.	• Breakout Rooms Session (Participants will be divided into three rooms with a different topic discussion and there will be a spiritual route map created after the session.) • Shearing Session (Brainstorming to create a spiritual tourism route map)
10	Viet Nam	Vinagames	V11, V13, V21, V22, V31, V33, V51, V53, V62, V71, V73, V82, V91, V92	To introduce traditional Vietnamese games and its similarity in game nature to Japan-ASEAN community. And, to preserve and promote the culture of playing through traditional Vietnamese folk games in the time of digital culture.	• Ice-breaking game • Lô tô game