

**Chapter
3**

Online Exchange Program

1 Remarks by Director General for International Youth Exchange of the Cabinet Office

Ms. YUFU Wakako, Director General for International Youth Exchange of the Cabinet Office

I would like to extend a few words here at the opening of the 47th Ship for Southeast Asian and Japanese Youth Program.

The Ship for Southeast Asian and Japanese Youth Program is a joint project based on the Joint Statement issued in 1974 between Japan and member countries of ASEAN.

The total number of Participating Youths exceeds 13,000, and they are now playing important roles in the respective regions, countries, and globalizing society at large. I am convinced that the friendships forged beyond the border have played, and continue to play, a pivotal role in the peace and development of Asian countries.

For the past three years, the online-only program has been conducted due to the global pandemic of COVID-19, but this year, the program will be conducted in a hybrid format, combining the online exchange you are

participating in at this very moment, with a face-to-face exchange. The Commemorating event will also be held during the program as this year marks the 50th Year of ASEAN-Japan Friendship and Cooperation.

It is of great significance that you, who will take over the helm of the future, will deepen mutual understanding and challenge one another while living together through this program.

Last, but not least, I would like to conclude my remarks by hoping that the participants will understand and respect the histories, traditions, and cultures of one another, which leads to passionate discussion, and develop lifelong friendship and trust across borders.

November 12, 2023

Opening Ceremony

2 Schedule

Date	Time (UTC+9/JST)	Program
November 12 Sunday	14:00-14:45	Opening Ceremony <ul style="list-style-type: none">• Remarks by Ms. YUFU Wakako, Director General for International Youth Exchange of the Cabinet Office• Introduction of staff members of the Cabinet Office and Center for International Youth Exchange• Introduction of PYs• Introduction of facilitators• Explanation of SSEAYP 2023
	14:45-16:00	Keynote Speech Speaker: Ms. Pannaritsara Chuenjitrahbiramon
	16:15-18:00	Group Discussion I (by Discussion Group (DG))
November 19 Sunday	14:00-15:15	NL Session
	15:15-16:00	SG Meeting (by Solidarity Group (SG))
	16:15-18:00	Group Discussion II (by DG)

3 Keynote Speech

Ms. Pannaritsara Chuenjitrabhramon

I would first like to express my sincere gratitude to the Cabinet Office of the Government of Japan, the governments of the nine ASEAN member countries and Center for International Youth Exchange for this great opportunity to connect with all of you, the young leaders of ASEAN and Japan, who will be the great leaders of tomorrow and who will change the world for the better. Although 33 years have passed since I participated in SSEAYP in 1990 as a PY, I can still remember vividly the first day I stepped on Nippon Maru and the feeling of being a PY, just like all of you today. I am very glad and excited to be back to SSEAYP once again today to give this keynote speech.

Now, without further delay, I'd like to pass all my messages to all of you as a sister. I was a PY like yourself, but many years ago. We often say that "Once you are a PY, you are always a PY" and every PY is part of a SSEAYP family.

1. I have a dream!

Today, I started my session with a song, I have a Dream. It was a famous song by Abba and the opening song of a musical, Mamma Mia! I love the song and I think some of you know this song, too. Why did I start with this song? Because I have a dream and I believe you do, too. We all probably have a dream or many dreams. They can be big dreams or small dreams. Do you have a dream? Are you just a dreamer? I am sure that all of you have a dream, and I do, too. Today, I will share with you how you can change yourself from being a dreamer to a leader who changes the world.

Now let me share with you my dream when I was a kid.

At the age of 5 years old, I already knew what I wanted to do when I grew up. It is probably a bit too early and not very normal for a 5-year-old kid to know what she wants to become or do. So, when I told people what I wanted to do, they all thought that it was just a dream of a kid.

What was my dream then?

When I was a kid, my parents used to tell me a lot of good and bad stories which emerged from World War II. The war brought them together to share their destinies. They

went through different experiences and sufferings during the war. Every time they watched the news, documentary films, movies, or dramas on TV that were related to WWII, I could see tears in their eyes. Maybe, they shared something in common with those on TV and felt the suffering that they went through to survive. My mom could not go to school because there were no schools due to the war. She said that all the schools were destroyed by bombs, and she was in first grade when the planes dropped the bombs and damaged her school.

As I listened to all the stories, I wondered why people had to kill each other, what they wanted, and how we could stop this. War and Peace are two sides of the same coin. Since I dreamed of a world where nobody, especially children, have to go through the same experience that my parents and many people, who lived through WWII, went through, I was determined to find a way to create PEACE.

My dream since I was a kid was to create a peaceful world. This sounds like a big and impossible dream but what do we need to do to make an impossible dream come true? The answer is you need to have a passion and all the necessary jigsaws to make your dream come true. Now, let me talk about the passion first and I will get to the jigsaws later.

2. I have a passion!

What is a passion?

A passion is a strong feeling of enthusiasm or excitement for something or about doing something. A passion is something that you truly want. It does not necessarily have to be what you are doing right now. It can be anything from dancing, singing, painting, coding, sports, programming, or marketing. It is something that you really enjoy doing and you will not stop doing it until you can achieve the goals. It is also something that makes you feel excited, happy, and challenged.

My dream was to create peace and my passion was to find ways to create peace. I was challenged to find ways to create peace. If my passion is too difficult to understand, let's see an example of someone else's passion. (PYs watched the video of the audition TV program)

Ning: Hello. How are you today?

Team: I am well, I am really excited because this is the first session today.

Ning: What is your name and what do you do?

Team: I am Treephum Kraisornthongsri or you can call me Team. I am working as a government officer positioning as a community development specialist at Nakhon Pathom city municipality.

Ning: Are you also a singer?

Team: Yes, but for sometimes, as an additional jobs. I'm with the center for a cultural promotion of the Demonstration School of Silpakorn University that I work at the field of arts and culture. So, I have many chances to perform to have a cultural exchange in Thailand and international stage.

Ning: Can you tell me about what you were doing in the video clip?

Team: That's about a few years ago when I was in TV program called playing a season two singing contest on Thai Broadcast channel and I am the one who was selected from hundreds and thousands of contests and around the countries from that episode. All the judges have to give me at least two passes for entering the next round and I've got four passes. That was very lucky.

Ning: Why did you join a singing contest?

Team: I would like to do it because of my passion that is following my first dream career that I want to be a singer since I was four or five years old.

Ning: What singing means to you and how do you feel when you sing?

Team: I have to say that singing and music are like my heart and soul. I just feel it that I love music, arts and culture. The most important thing is I love to be a happiness giver that like spreading happiness through sound, voice, and emotion to the audience. When they're happy, that happiness reflects back to me too. In just one life, if I haven't done my dreams, I would be sad for all of my life. The time to start to do your dream is not important but the most important thing is to do it whenever you want in just one life.

Ning: Thank you Team, for sharing your passion with me and everyone else today.



I think you can see what a passion is and I would like

you to take a moment to think about what you are passionate about when you have a free moment and share with me after the program. I will now tell you how I will make my dream come true and how you can bring your dream and passion to help make my dream come true as well.

3. Follow your dream by collecting the jigsaws

Earlier, I mentioned that to make your dream come true, besides having a passion, you need to collect the necessary jigsaws. What jigsaws am I talking about?

Let me show you this diagram and explain each piece of a jigsaw. To follow your dream, you need to collect the jigsaw. First of all you need to find your dream and then after you find your dream you need to follow your passion. The next step is after you have a dream and you have a passion, you need to obtain education and knowledge inside and outside school.

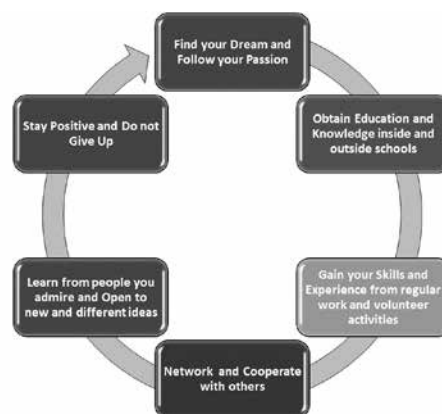
The first piece of jigsaw that you must collect is the knowledge.

The second piece of jigsaw is your experience and skills. You need to gain skills and experience from regular work and volunteer activities. It can also be school extracurricular activities.

The third piece of jigsaw is your network.

The fourth piece of jigsaw is learning from the people you admire and open to new and different ideas.

The fifth piece of jigsaw is stay positive and do not give up when you are faced with challenge.



3.1 Create a road map and collect the necessary jigsaws to make your dreams come true

Now, let me share with you how I created a road map and collected all the necessary jigsaws to make my dream come true. Since my dream was to create peace, I started my road map with gaining knowledge.

When I was a kid, of course, I did not know what education I needed to create peace. I talked to my parents, brothers and sisters, and teachers of what I wanted to do when I grew up and asked what kind of education or subjects that I needed to take to equip myself with the knowledge. My parents could not help me much in this area since they were not highly educated, so I spent a lot of time talking with my schoolteachers. They guided me about the courses, subjects, and majors that I needed to take to gain the necessary knowledge. I was very determined to study political science and international affairs since I was in high school. I also realized that understanding English and French would equip me with the skills that I would need to connect with foreigners. I was told that these were the official languages that were being used at the United Nations and that I should pursue my dream of creating peace by working with like-minded colleagues at the U.N.

3.2 Study the subjects that will help me gain knowledge to create peace

After graduating from high school, I chose to study political science and international affairs at Thammasat University, in Thailand that was very active in politics and the university and professors there were quite liberal. I studied full-time and worked full-time to pay my school tuition and living expenses so that I did not have to bother my parents. I went to work as a Thai language teacher for foreign students who studied at the Asian Institute of Technology, a graduate school which was like an MIT of Asia, and the institute was just next to my university when I was a freshman. Then, I went to work as a front desk officer for a local hotel that my friend's father owned, so that I could get a chance to practice my English language with overseas guests. I worked full-time for four years in college to support myself until I graduated. I also chose all the subjects and engaged myself with extra-curricular activities that I believed would equip me with the knowledge, skills and experience to create peace.

3.3 SSEAYP as the big piece of jigsaw to make my dream of creating peace come true

One of the extra-curricular activities that changed my life and became an important foundation, experience, and a springboard for me to come up with an initiative that would help bring peace to this world, was the Ship for Southeast Asian Youth Program or SSEAYP, the program that brought all of you here today.

When I was 21 and a senior student at the faculty

of Political Science, Thammasat University, I heard of an international cultural exchange program, the Ship for Southeast Asian Youths Program. The Program was very popular among all the Thai youths because the ones selected would serve as “young diplomats” to represent their country. The Program was initiated by the government of Japan with cooperation from all the ASEAN member countries. In 1990, there were only 6 ASEAN member states, Brunei Darussalam, Indonesia, Malaysia, the Philippines, Singapore and Thailand, and only 35 youths from each country were selected by their respective governments to participate in the program each year. I applied for SSEAYP in 1990 and was selected by the Thai government as an official participating youth to join the program. I was just like all of you today, the young diplomats of our countries. I mentioned earlier that SSEAYP was an important piece of jigsaw to make my dream come true, which is to create peace.

What did SSEAYP do to me?

First, the program provided extensive knowledge of all participating countries and fostered our skills through different activities and experiences. To successfully participate in all the activities and serve as a young diplomat for my country, I went through extensive training during the pre-departure program, which provided me an opportunity to learn about all the participating countries' cultures. It also made me understand Thai culture and history better and see the beauty, the strength and weakness, and the upside and downside of my own country. During the program, SSEAYP provided me the opportunity to experience diplomatic protocol through the flag hoisting ceremony, courtesy calls to heads of states and eminent persons, and how to give speeches and address government leaders.

Second, participating in SSEAYP was a privilege for all the youth since it provided a big opportunity for all PYs to see the world outside their home countries, learn to co-exist with others from different backgrounds and cultures peacefully and respectfully, and most importantly, foster friendship and leadership among all the PYs as they worked and played together onboard Nippon Maru. This created a strong network among all the future leaders of ASEAN and Japan, and I learned how to cooperate with others and be open-minded and respectful to different opinions during the discussion program. The exhibition and national presentations allowed me to see and experience tangible cultures and traditions of each participating country. It also sharpened my cultural skills through traditional

performance.

Third, the local program of SSEAYP engaged local youths in each country and provided rare opportunities for the PYs to learn about the way of life and culture of people in different participating countries by giving them an opportunity to live with host families in each of the countries Nippon Maru visited.

Forth, after the program, PYs became alumni members of SSEAYP in their countries. SSEAYP Alumni serves as a platform for all the ex-PYs to interact with one another after the program to carry on their friendship, interaction, and social contribution.

The program structure was thoroughly thought out and designed to foster friendship and network after the program ended. Ex-PYs are encouraged to bring their experience to share with the people who they interact with on a daily basis and make contributions to their local communities and create opportunities for those who do not have an opportunity to participate in the program directly.

The experience that I gained from SSEAYP was certainly a significant piece of the jigsaw when I created the Millennium Town project, which will be the first global sustainable city that aims at achieving all the 17 UNSDGs. I will share with you about what the MT project is later.

What did I do after SSEAYP?

I continued to collect the jigsaws. I went back to Thailand to finish my bachelor's degree at Thammasat University and went to study in Japan on a scholarship. I lived in Japan for 8 years. During those 8 years, I learned Japanese language at Nanzan University, went to get my first master's degree at the University of Tokyo, researched and studied international migration and human-trafficking. I also taught Thai language to Japanese and worked as news announcer for Radio Japan, Thai Section, at NHK. This experience equipped me with the skills to gather and analyze facts and report or present to other international partners. At the same time, my research background made me realize that intensive and comprehensive research or feasibility study is very important when conducting a mega-project that requires big investment funds.

After studying, working and living for 8 years in Japan, I went to New York to enroll in the second master's degree at the School of International and Public Affairs (SIPA) at Columbia University. From international migration and human trafficking, I continued to broaden my knowledge and understanding in the fields of human rights and international organizations.

After graduating from SIPA, I took an internship

at the UN and volunteered to work without pay first for the UN to engage myself with different works that the organization was handling and to get hands-on experience. I was assigned to work on different areas but mainly on the review, analysis, and evaluation of all the UN members' country reports, which reported on and assessed their achievement on Agenda 21. It was a blueprint and outcome of the 1992 Rio Earth Summit and in 2002, the UN was organizing the World Summit on Sustainable Development in Johannesburg, South Africa, which we call 2002 Johannesburg Summit, to evaluate the achievement of each UN member country on Agenda 21. The 2002 Johannesburg Summit brought together tens of thousands of participants, including heads of State and Government, national delegates and leaders from non-governmental organizations (NGOs), businesses and other major groups to focus on the world's attention and direct action toward meeting difficult challenges, including improving people's lives and conserving our natural resources in a world that is growing in population, with ever-increasing demands for food, water, shelter, sanitation, energy, health services and economic security.

This 2002 Johannesburg Summit became a blueprint for me to put together the MT project that was based on SSEAYP's conceptual foundation, which was a "practical road map to peace." The MT is in fact a spin-off project of SSEAYP on a global level since it combines the concepts of international cooperation and friendship with sustainable development to create actual peace in a practical way. When I was working at the UN, I also worked with investment bankers and financial investors in Wall Street, which expanded my network of investors and enhanced my knowledge of investment and fund raising when I needed to raise funds to do mega projects.

After almost 20 years of studying different majors and working in different fields to gain experience and skills, which were all the necessary jigsaws to make my dream come true, I returned to Thailand with a concrete plan to develop the first world sustainable city in Thailand. I engaged myself with a construction company for 5.5 years to gain first-hand knowledge in the construction field by working with engineers and architects since my sustainable city will feature a smart city. I also started to look for experts in city development and other fields since it is a mega-project and we need to get cooperation from people in different sectors and career fields. To attract the right experts and people in the city development field, I went to introduce and present the MT project at the Smart Cities New York event and at the UN. The presentations gained

a lot of interests. We have secured all the right experts and partners who can help me create my first sustainable city and we have investors lined up to provide seed funding that we need to pull off this project.



3.4 Here come the challenges!

Then a few months before we planned to publicly promote the project, here comes the COVID-19 pandemic. Before I share with you how I see opportunity in a crisis, let me share with you about someone who is my role model and who I look up to whenever I face with challenges.

3.5 Learning from the people whom you admire!

I shared with you my dream, passion, education, work experience, and other activities in the past a half hour. Since my purpose was to show you that in order to make your dream come true, you need to strategize and work out a road map, collect all the necessary jigsaws and have the determination and passion to make your dream come true even if sometimes, you might fail or encounter a setback or challenge. Also, when you talk about your dream which might make people think that you come from different planets, and they rolled their eyes, thinking that you were crazy, how do you deal with that? For me, I just smiled and continued to collect and connect my jigsaws.

Today, I'd like to introduce to you a man who is my inspiration for. He made all the impossible possible.

Let me share with you some photos of my hero. He was King Rama 9, the late King of Thailand who ruled Thailand for 70 years, and he worked very hard to bring the better quality of life to the Thai people. King Bhumibol has been my hero in almost everything that he did and the way he taught his people to be self-sufficient. From these photos, you can see that he was riding a horse, holding a map, talking to the villagers, demonstrating to the villagers of how to grow rice and so on. When I was a kid, I saw him working and working and how much he devoted to his people. His self-sufficient economic philosophy was

praised by the UN, and it goes hand in hand with the UN Sustainable Development Goals.

When I came up with the Millennium Town project which I plan to dedicate to Thailand and leave a legacy for all mankind, I cannot deny that I was inspired by the work of King Rama 9 of Thailand and his devotion to the Thai people. Also, whenever I was faced with obstacles and challenges as I tried to follow my dream of creating peace, I think of King Rama 9 and his royal commands, speeches, statements and guidance. As you work on a road map to follow your dream and passion, and this dream of yours happen to be beneficial to your country, do not give up too soon if you encounter a challenge or obstacle. Also, learn from the people who you admire and your hero of how they got through all the challenges. For 70 years, King Bhumibol led Thai people by example, and he showed us that if you want to get to your goals when you are faced with challenges, you must keep perseverance and do not give up.



4. What is the Millennium Town Project and how can it make my dream of creating peace come true?

I mentioned earlier that Millennium Town project was a spin-off project from SSEAYP. It is a branch of SSEAYP because I created and initiated this project based on SSEAYP's concept. I collected all the jigsaws along the way for 50 years. Before I could make my dream come true to create piece, I had to connect all the jigsaws. What did I do?

After participating in SSEAYP, I continued to collect a lot more necessary jigsaws to make my dream come true by gaining knowledge and working in different fields. After I collected all the necessary jigsaws, it was time for me to connect all the jigsaws. The MT project was a big picture of all the necessary jigsaws that I collected and connected.

So, what is the Millennium Town or the MT project? The MT project is a sustainable city development project that I initiated 20 years ago. It is my attempt to create the first world sustainable city that will be based on the

blueprint of UN's Agenda 21. It features a smart city that strives to meet the 17 UNSDGs, but the focus is not just on the technology and infrastructure or property. The MT was created to promote sustainable development, economic development, and most importantly human development, cooperation, and peaceful co-existence of people from different backgrounds and cultures, and between humankind and nature.

All the activities in the MT project have been carefully designed to meet with the 17 UNSDGs. The town targets all global citizens, regardless of their ages, but with a focus on retirees who look to work again after their retirement from different developed countries, who look to bring their experience, skills and knowledge to share with and make contribution to the local society in the less developed countries to help with human, economic, and social development through international cooperation, friendship, discipline, teamwork, love and respect for people of different backgrounds and with the locals. All town activities are created to provide a learning experience and foster knowledge sharing and provide technology transfer opportunity from people of developed countries to people in the developing countries, and all of the activities are aimed at achieving the 17 UNSDGs.

The MT project aims to become an actual model for creating peace because I believe that peace can be created through friendship, respect, and love, and by putting food on every family's table and by providing education and jobs that allow people to earn sufficient income to live their lives with quality and dignity. Most importantly, the project will focus on human development in developing countries, starting with Thailand since human capital is the foremost foundation for economic and social developments that will eventually lead to the sustainable development goals of the UN. Just like the UN that emerged from the ashes of the World War II, the MT will emerge from the

virus war or COVID-19 to help turn around the struggling global economy since it will provide massive hiring, create jobs, and income to Thais and other professionals from different countries because of its mega size. The MT will be a new platform to help bring unity and peace to all and provide solutions to the current global economic and social challenges. That is how I find an opportunity in the crisis.

5. Carpe Diem!

Last but not least, I am sure that you can see that I have spent almost 50 years collecting and connecting my jigsaws to make my dream come true even though it seems impossible at the beginning. Collecting all the necessary jigsaws is important but what is more important is connecting the jigsaws, which means that you must take actions and get cooperation from others to make your dreams come true. Participating in SSEAYP was indeed a once in a lifetime opportunity for me that helped me get this far. Nippon Maru did not just take me to see the world outside Thailand. It also took me to the destination that was once just a dream.

2023 marks the 50th years of ASEAN and Japan Friendship and Cooperation and you all are very lucky to be part of this very important history. After half a century of ASEAN and Japan cooperation, the future is in your hands, and I hope that you all will write a new chapter of history by making the cooperation between ASEAN and Japan even stronger. I do believe that the cooperation between ASEAN and Japan can change the world to a better place because you are going to be the leaders of tomorrow who will promote sustainable development and peaceful co-existence among all humans and between humankind and nature. Carpe Diem! Seize the Days! and I wish you all success and fruitful experience in your active participation in SSEAYP this year! Thank you.

4 NL Session

NL Session was held by NLS in order that PYs get to know each other and the participating countries well.

In NL Session, each country introduced their own country by video and music. PYs also enjoyed quiz by



Introduction of NLS of each country

using game-based learning platform “Kahoot” to deepen their understandings and learnings about ASEAN and Japan.



Quiz of the participating countries

5 SG Meeting

As local program is conducted by SG, SG Meeting was held in order to foster communication and strengthen the bonds among PYs in the same SG before the face-to-face exchange in Japan.

PYs were divided into the breakout rooms by SG and

under the planning and facilitation by NLS, PYs had the opportunity to get to know each other by introducing themselves, sharing the expectations towards the Program, etc.



Answering the questions by tapping the numbers (SG-A)



Sharing the expectations for the local program (SG-E)