

Chapter 4 Workshop Session

Workshop Session was hosted by the PYs from the same delegation to introduce their history, culture, traditions and lifestyle. Every aspect of the Workshop was organized by the PYs, and both organizers and participants deepened their understanding and friendship through the sessions. There were 11 Workshop Sessions held in total on Day 2 and Day 3. PYs presented what they have learned and the outcome of the workshop to all participants at the Presentation of Workshop Results on February 12, 2022.

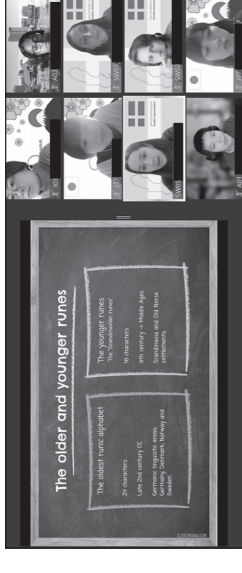
1. List of Workshop Sessions

Delegation	Title of Workshop	Organizers*	What was the goal of your Workshop Session?	Brief summary of your Workshop
Australia	Tucker Tuck into Australian Food!	A01 A03	To educate the participants about Australian food culture with a particular focus on iconic foods as well as traditional foods which will tie into Australian history.	Food culture introduction to deepen historical and cultural insights while making iconic foods. Our session covered several topics including bush-foods, iconic Australian foods and the impact of migration to Australia on the food landscape of the country. We ran two interactive sessions which aimed to engage the participants in an activity, where we made damper bread and fairy bread! We wanted them to leave the session with an understanding of how the large diversity of cultures throughout our country, how Australian landscape and the traditional owners of the land and our vast history has had an impact on the foods we eat.
Japan	Let's write your name in Japanese characters!	J16 J21 J31 J40	Sharing Japanese culture, Kanji (Chinese character) and Katakana (Japanese character), to participants. Writing Kanji and Katakana is one of the easiest ways to touch Japanese culture. Learning how to write their names in Kanji or Katakana.	In the introduction part, we explained that Japanese characters have 3 types (Hiragana, Katakana, and Kanji). After that, we explained how Kanji is made and told them that each one has meaning by using the organizers' names as examples. In the practical part, participants enjoyed writing their own names in Kanji and Katakana. The meanings of Kanji used in their names were also explained. In the last part, we took photos of participants with their names written in Japanese characters.

* ID of PYs are listed in the column of Organizers



Poland: Volunteering organizations across Poland



Sweden: Learn about Sweden and the old Scandinavian runic alphabet through writing and games!

As organizers, what did you gain from this experience?	Participants' feedback
<p>We learnt about how to engage participants and how to ensure that everyone was able to feel comfortable to ask questions and make comments. We tried to speak slowly and clearly so that participants were able to understand our presentation. Even when introducing food, we can play a part in explaining social issues and features of a multicultural country in Australia through history and migration trends. We had to add contents because we decided to prepare a completed version of the food to save cooking time and present more information to participants. We learned how to think on our feet, improvise and work together as a team.</p> <p>We gained the method for organizing workshop, such as management and PPT skills. It was a valuable opportunity to hold the workshop with participants from various countries online. We learned how to tell Kanji in English that we use without thinking about its meaning in daily life. We also learned how to deal with unexpected situations as there were more participants than we expected who were not pre-registered, and the internet conditions of some participants were not always stable. Even in such a situation, we tried to organize our workshop while entertaining the participants as much as possible.</p>	<p>Participants learned things not commonly known about Australian food and Australian history, but also enjoyed seeing and learning about iconic Aussie foods they were already familiar with (e.g. Vegemite, Tim Tam).</p> <ul style="list-style-type: none"> • They learned about bush-tucker and the traditional foods from the land. • They enjoyed cooking demonstration. <p>Participants enjoyed writing their names in Japanese characters and learned about their meanings.</p> <ul style="list-style-type: none"> • They learned about the history of Kanji. • They enjoyed using both Kanji and Katakana, regardless of whether or not they had pre-registered (Pre-registered participants: used Kanji, Non-registered participants: used Katakana).

Delegation	Title of Workshop	Organizers*	What was the goal of your Workshop Session?	Brief summary of your Workshop
Japan	Let's try martial arts!	J01 J10 J15 J19	To enjoy Karate together with participants. To learn about 4 kinds of martial arts: Judo, Karate, Naginata and Kendo and traditional Japanese spirit that goes into them. We hope that the participants will visit Japan with some good knowledge of Japan!	<ul style="list-style-type: none"> Explanation of the traditional Japanese spirit in martial arts and four kinds of martial arts; Judo, Karate, Naginata and Kendo Introduction of the basic of Karate practice (Tsuki/Punching and Keri/Kicking). Practice basic Karate movements and teach tips on how to use them.
	Encourage the world with online chorus ~sing from SWY~	J04 J13 J35 J36	People can't sing together recently because of Covid-19. So, we aimed to introduce Japanese music culture and talk about music with participants. The main song of this workshop was "Ue Wo Muite Arukou" (literally, let's walk looking upward; known for Sukiyaki). We wanted to cheer up the world and all participants. We planned to make a chorus video together to show it at the presentation of results.	<p>The main thing we did was to introduce Japanese music culture and the famous Japanese song "Ue Wo Muite Arukou". Then, we sang the song together and at the end we talked about everyone's favorite music. After the workshop, we created a chorus video by getting videos and images from SWY Online members, and we showed it at the presentation of results.</p>
	Why Japan? path to understanding Japanese business culture	J12 J22 J32	<ul style="list-style-type: none"> To understand diverse cultural background of business customs to ensure inclusion in this globalized society. To get insights of various business customs to develop international career. 	<p>We started the workshop by exchanging words representing the business culture in each participants' country. Then, we started exploring Japanese business culture from three perspectives; job hunting, career development, and daily customs. During the presentation, we had chances to share our opinions on a job application, job changing, and communication between managers. After introducing a case study, we discussed similarities and differences of the idea of overwork and shared our own experiences.</p>

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As organizers, what did you gain from this experience?	Participants' feedback
<ul style="list-style-type: none"> Project management skills (team management, time management, project planning, task management). We could manage the schedules in an organized way to develop the workshop. Presentation skills in English (how to convey Japanese culture to overseas participants). The skills to utilize online tools (Zoom, canva, YouTube, google slide). 	<ul style="list-style-type: none"> Participants didn't know about martial arts at all before joining this workshop, but they learned about the different types of them and the basics of Karate practice. It was difficult for them to do a high turning kick, but they learned how to do a front kick. They were able to refresh themselves by moving their bodies.
<p>Through the experience of creating a project with members from different backgrounds, we became friends and gradually understood each other in the process of preparing for the workshop. We were also able to make the session a better place through the interactive relationship with the participants. We learned teamwork and it was fun to work with new friends. We also learned music can be a good communication tool instead of the language, even though we speak different languages, we can communicate through singing, dancing and playing the instruments.</p>	<ul style="list-style-type: none"> Learning about Japanese music was enjoyable. The different kinds of music and the songs we sang were so wonderful. Music is the most terrific ways to do the international exchange without language. Learning about music education overseas, and feeling delighted that Japanese masterpieces are known overseas as well.
<ul style="list-style-type: none"> Understood the history of and the reasons for the Japanese employment system and working style. Learned attitudes towards a career change and overwork from the participants in Oman and Russia. During the presentation, closed questions were more suitable to interact with participants quickly. 	<ul style="list-style-type: none"> The presentation was very helpful for my job as a career counselor. I am dreaming about working in Japan, so this session was a great opportunity to know the reality. What I did like the most was some of the content that I could not find on the internet, like the Japanese company's tendency to value the potential of the employee over skills.

Delegation	Title of Workshop	Organizers*	What was the goal of your Workshop Session?	Brief summary of your Workshop
New Zealand	An experience down-under Aotearoa New Zealand	N01 N03	To provide all delegates an experience down-under, through history, culture and traditions of Aotearoa New Zealand in an informative but also engaging way.	We did an activity where all participants got to pick sites from around NZ that they'd like to visit and share with the group, it was an example of how we could get participants to learn about NZ. We shared a 101 history on New Zealand, which talked about our historical foundations and iconic points such as NZ being first country to give women right to vote. The final activity was all participants gave their pepeha, which is their personal introduction in Te Reo Maori, the indigenous language of Maori in New Zealand.
Oman	Arabic Culture	O01 O02 O04	<ul style="list-style-type: none"> To learn about Arab culture. Since the program related to cross-culture, we would like to share our culture with others. We would like the participants to know our Arab customs and the beauty of Arabic language. 	<p>The program related to cross-culture, so we shared our culture with the participants through showing Arab customs and the beauty of Arabic language. We started with showing the Omani dress then talked about the customs of welcoming way of Arab people and wrote names in Arabic. Last of the workshop, they learned how to make bookmarks by Arabic decorations.</p>
Poland	Volunteering organizations across Poland	P01 P02 P03 P04 P05	To share Polish experience of help for people in need and compassion with the participants. To see how much we have in common with people from all around the world. To raise awareness about different types of humanitarian actions and discuss them.	During our workshop session we first decided to present different organizations in Poland. Many of them are engaged into humanitarian actions that target different environments - schools with children that come from families with difficulties, homeless people that are often left alone etc. Our member shared her experience of helping the others with the action of "noble gift." The second part of the workshop consisted in discussion. Many people talked about the humanitarian actions in their countries, which was fruitful for our perspective and divagations.

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As organizers, what did you gain from this experience?	Participants' feedback
I gained the experience of doing a presentation for the first time on zoom, which was really different. It was a great chance to learn how to interact with different people who you do not know. It was my first workshop being delivered to an international audience, but I think we hit the mark as we made it engaging and enabled participants to learn about achievements. We achieved our objectives in reflection.	We asked everyone if they liked the presentation and everyone gave thumbs up and said they enjoyed the presentation. We had a lot of engagement throughout the presentation which was really fun.
By exchanging our culture with the participants, we are hoping to invite them to Oman someday.	<ul style="list-style-type: none"> Liked how we write names in Arabic. Loved Oman culture. Liked Omani dress.
As organizers, we were pleased to hear how volunteering looks like in other countries. It was very enriching to discover the similarities and differences in humanitarian actions all around the world. We believe that the fact that we had the chance to hear different opinions and see different perspectives will contribute to elaborate some projects in order to help people in the best way.	The participants were interested in the topic. In fact, the majority of them were engaged into different actions and they were very pleased to have the possibility to talk about it. They enjoyed the opened character of the session, the fact that every person was open-minded in terms of discussion. They found it interesting to see how many things we have in common. They found this experience is fruitful.

Delegation	Title of Workshop	Organizers*	What was the goal of your Workshop Session?	Brief summary of your Workshop
Russia	Russian culture features via modern and traditional tools	R01 R02 R03	To aim at familiarizing the participants with some of the most important/well-known features of the Russian cultures, history, and lifestyles as well as with the country in general.	First, R01 greeted the participants and thanked them for coming, briefly explaining what parts the workshop included. Then R03 told the participants about Cheburashka, which is a famous cartoon and book character. Then R02 conducted a quiz featuring interesting questions about Russia, after the submission of answers, she commented on the answers, elaborating on their topic. Subsequently R01 told the participants about two types of Russian alphabet, R02 typed participants' Russian names into the chat box for them to write it. Finally, we took a mutual screenshot with everyone holding papers with their names in Russian.
Sri Lanka	"SRI.LANKA" The Miracle Island of Asia	SL01 SL02 SL03 SL04 SL05	<ul style="list-style-type: none"> • To introduce Sri Lankan culture to members of other countries. • To exhibit the uniqueness of Sri Lankan cuisine and eating practices. • To exchange our culture through language introduction. • To familiarize our country among other nations and build a friendship among other participating SWY members. 	It was commenced by a hearty welcome by SL03. Next we clearly introduced the ingredients/methods to the participants in the video recording of the cooking session. After that, they raised a lot of questions about the food item which was introduced by video and we clarified their questions. Then, SL02 commenced the language classroom session, 10 main words usually used in Sri Lanka were introduced and they practiced pronunciation. They were so curious to know about more words and we taught them. We also contributed in providing Q&A raised by them. Overall, it was a great success and as a team we are so glad to have conducted it.
Sweden	Learn about Sweden and the old Scandinavian runic alphabet through writing and games!	SW01 SW02 SW03 SW04 SW05	To share Swedish culture and heritage in a fun way and to create a discussion around the protection of minority groups rights, allowing the participants to contribute with their own ideas and thoughts.	We started the workshop by presenting a brief plan for the order of the activities and then started with our first activity, the quiz about Sweden. For the quiz, we used the platform Kahoot which the participants seemed to enjoy a lot. We then went on to talk about the protection of minority rights in each country of the participants in breakout rooms, which each Swedish member afterwards presented for the whole group gathered in the main room. Thirdly, we held a presentation about the Scandinavian runic alphabet and let the participants write their own names, finishing the workshop with a few minutes for feedback.

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As organizers, what did you gain from this experience?	Participants' feedback
Workshop taught me to find a way in any situation. I have learned the magic behind people and the connection we all share as human beings. My insight was that people memorize information best when it is delivered as a joke (there are 11 time zones in Russia, so we can celebrate the New Year 11 times).	<ul style="list-style-type: none"> • It enabled the participants to learn a lot about Russian culture, especially about the local customs and traditions. It was amazing to discover the wealth of this beautiful country, as well as its language. • Participants learnt how to write their names in Russian and also made a little quiz about Russia, which was wonderful. Big thanks for the Russian delegation! • Russian letters are a little different from English, so, it was difficult for me. But it was a valuable experience because my name was expressed in a slightly different way of writing and I could feel a special feeling. I wrote my name in Russian in my diary note. • I really enjoyed writing my name in Russian as I always wanted to be able to write it. Also, the quiz was fascinating that I learned a lot about your culture! Thank you so much for organizing it.
It was a great opportunity for us to work as a team. We understood on how to work as a team to achieve the goal. Working together as a team increases likelihood of accomplishing a task; it is very well witnessed and experienced by us during the workshop session. As a team we realized the importance of respecting everyone's idea and of planning the work before we start a work. We also had different talents and realized the importance of giving the right place to the right person to match the talent of each. Therefore the experience that we got is worthy for the lifetime.	<ul style="list-style-type: none"> • It was really a fun session to join. Didn't know much about Sri Lankan food but it seemed so spicy and tasty. Would definitely try at home. Thank you for Sinhala language class! • The language class was amazing! Would definitely visit Sri Lanka after COVID! The words/phrases that you taught would be really useful. • Learnt a lot about Sri Lankan eating practices. I love spicy stuff so I hope to visit Sri Lanka one day! • Sri Lanka is more than what I had been thinking and really a marvel. The dish you prepared watered my mouth. The video was nice.
It was fun as we put in a lot of effort and received a great response from the participants! We found time management to be important as well as being well-prepared and having a good presentation structure. This experience was a good opportunity to improve our leadership and organization skills through presenting and engaging the participants. It was fun to see how participants enjoyed the activities, showing the importance of fun ways in engaging others, for instance through games such as the quiz. We noticed that it was very good for all members to have access to the presentations and slides so that we could adjust for one of us got illnesses.	<ul style="list-style-type: none"> • Amazing workshop full of content • Amazing time management • Good variety of content • Great use of breakout rooms • Smooth transitions between activities • Great teamwork • Fun to write own names • Fun and interesting to learn about Sweden and minority groups • Increased the participant's interest in Sweden • Enjoyable workshop