

BRIDGE KIDS PROGRAMS 2024

BRIDGE Summer Camp

Junior Ambassador Handbook

Name	
Country/Region	
APCC ID No.	
Host Family's Name	

<What is APCC and BRIDGE Summer Camp?>

APCC is a NPO (Non-Profit Organization) that aims to foster international exchange among children, so that they will grow into adults who have a strong sense of their identity as a “**Global Citizen**”, someone who is aware of their social responsibility for people in every country or region.

APCC was founded by Fukuoka Junior Chamber in 1989 as part of the Asian-Pacific Exhibition. The 1st APCC was such a success that the organizers decided to hold it again the next year. In 2018, APCC renamed its program name to BRIDGE KIDS PROGRAMS (BKP). Under the BKP, the summer program to which the Junior Ambassadors (JAs) from various countries/regions are invited is called “BRIDGE Summer Camp”. You are one of the **Junior Ambassadors (JAs)** of BRIDGE Summer Camp, who will represent your country/region in Fukuoka.

<Who takes part in the BRIDGE Summer Camp?>

Every year, children from over 30 countries/regions participate in the BRIDGE Summer Camp. Since 1989, more than 10,000 JAs have visited Fukuoka, and now it's your turn!

JAs are chosen based on their belief in the APCC philosophy and their ability to spend approximately 2 weeks in Japan. **Your time in Japan will be challenging, but remember why you are here and make the most of every new experience.**

<Our Vision>

We, as members of APCC, will become global citizens with an “**OMOIYARI (Respect and Understanding)**” **spirit**, creating a more peaceful world where the smiles of children abound.

<Your duty as a JA>

Being chosen as a JA means embracing the APCC philosophy and committing to spending approximately two weeks in Japan. While challenging, this experience offers numerous new opportunities that you should wholeheartedly explore. **It is essential to form connections with your host family and make friends with other participants from diverse backgrounds.** Remember, you represent your country/region as part of an international family, so approach all program activities with genuine interest and active engagement. **Strive to make the most of your time, refrain from criticizing others, and embrace new experiences whenever possible.**

<Homestay>

During your stay, you will spend **nearly a week living with a Host Family. Each JA will have a different host family.** During this time, you are considered a member of their family. Please keep in mind that your **Host Family are volunteers**, and show gratitude for their hospitality. Enjoy learning about the Japanese way of life and culture from them.

To ensure a pleasant time together, please adhere to the following rules:

1. Please inform your Host Mother/Father or Chaperon if you have any concerns.
2. During the homestay period, almost all JAs will have the opportunity to attend Japanese school with their host friend. If your host family has arranged for you to go to school with your host friend, then you must go to school. And we would like you to take an active part in the classroom activities and interact with your new friends at school as much as possible. Please understand that attending school with your host friend will depend on the school calendar of your host friend.
3. Try to be more open with your Host Family. In addition, be active in interacting with people outside of your host family when you participate in local activities with your host family.
4. You can't pressure your Host Family to take you sightseeing or shopping unless they are willing to. Additionally, if you go shopping, you must pay for your own purchases. Please refrain from asking your host family to buy things for you.
5. You are not allowed to make phone calls to your home country or bring any mobile phones or communication devices. In case of an emergency, please communicate with your Chaperon.
6. Do not bring video games, mobile phones, iPhones, iPads, or any other communication devices. These items can distract from spending quality time with your Host Family. We encourage you to focus on communication with your host family and creating wonderful memories together.
7. Please adhere to your Host Family's rules and schedule.
8. Remember that NOT all Host Families may be fluent in English, so try to make the most of your exchange by overcoming language barriers.
9. Do not bring more than US\$200 in pocket money or any credit cards. Remember, the purpose of Homestay is not shopping.

<Volunteers>

Every year, over 500 volunteers wearing APCC yellow polo shirts assist in organizing APCC programs. Their role is to ensure the smooth running of the BRIDGE Summer Camp and to ensure that all JAs have an enjoyable time in Japan. Throughout the program, please follow their instructions. Keep in mind that they may not speak English fluently, but they are all friendly and caring individuals. When you spot volunteers in yellow polo shirts, greet them with a big smile and say "Hello" or "Konnichiwa".

<BRIDGE CLUB (BC)>

In 1998, on the occasion of the 10th anniversary of the APCC, we invited former JAs to Fukuoka as Peace Ambassadors (PAs). These participants came together to discuss the best way to establish an international network, leading to the establishment of BRIDGE CLUBs (BCs). Once you have experienced the APCC program as a JA, you will automatically become a member of your local BC. If there is no BC in your area, feel free to initiate one. For more information, visit the BCIO website at www.bcio.org

Objectives of BC:

- To foster leaders with a global perspective who will shape the world in the future.
- To build a network of “Global Citizens” free from religious, political and economic restrictions.
- To expand this network across the world, establish a circle of friendship and work towards creating a peaceful society.

<APCC Participants>

This year we have invited 172 children from 43 different places around the world to attend the BRIDGE Summer Camp, BKP 2024. Before you come to Fukuoka, see if you can find all of the participating countries and regions on the map.

Country No	Country/Region Name	Country No	Country/Region Name
1	People's Republic of China	24	Republic of Kiribati
2	Republic of Korea	26	Independent State of Papua New Guinea
3	Hong Kong Special Administrative Region	27	Solomon Islands
4	Taiwan	28	Republic of Palau
5	Republic of Singapore	29	Republic of Vanuatu
6	Republic of the Philippines	34	Federated States of Micronesia
7	Kingdom of Thailand	35	Republic of the Union of Myanmar
8	Malaysia	39	Kingdom of Tonga
9	Republic of Indonesia	40	Republic of Maldives
10	Socialist Republic of Vietnam	41	Tuvalu
11	People's Republic of Bangladesh	46	Kingdom of Cambodia
12	Kingdom of Bhutan	50	Guangzhou (China)
14	Islamic Republic of Pakistan	51	Ipoh (Malaysia)
15	India	52	Oakland (USA)
16	Lao People's Democratic Republic	53	Busan (Korea)
17	Nepal	54	Atlanta (USA)
18	Mongolia	56	Jiangsu (China)
19	Democratic Socialist Republic of Sri Lanka	57	Dalian (China)
20	Australia	59	Republic of Peru
21	New Zealand	60	Ho Chi Minh (Vietnam)
22	Hawaii (USA)	61	Kyrgyz Republic
23	Republic of Fiji		

Total : About 172 JAs + 43 Chaperons + 20 PAs + 4 BCIO members

<Schedule of BRIDGE Summer Camp>

As of February 2024

July, 2024	Day	JAs & Chaperon	PA Program
12	Fri	Arrival → Orientation at Marine House (MH)	Arrival → Orientation at Marine House (MH)
13	Sat		
14	Sun		
15	Mon	Orientation Camp (MH)	Orientation Camp PA Program in MH
16	Tue	One day School Visit/ CSR Activity* (pm) Meet Host Families	MH → Global Arena (GA) PA Camp
17	Wed	Homestay / Attend school with host friend	PA Camp (GA)
18	Thur	Homestay / Attend school with host friend	PA Camp (GA)
19	Fri	Homestay/ We are the BRIDGE Festival 2024	We are the BRIDGE Festival 2024 (evening) Meet Host Families
20	Sat	Homestay	Homestay
21	Sun	Departure (Evening) /Homestay	Departure (Evening) /Homestay
22	Mon	Departure/ Homestay	Departure/ Homestay
23	Tue	Departure	Departure

* About 25 delegations will join “One day School Visit Program” before meeting host family. Other delegations will join CSR activities or other activities in Fukuoka.

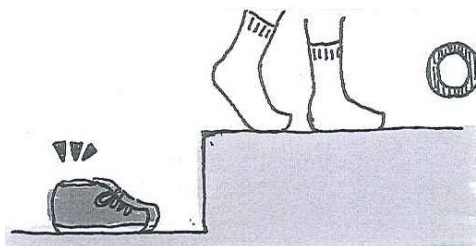
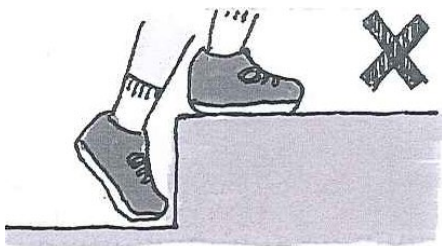


<Japanese Customs>

A few things that you might find difficult to get used to are shown below:

a) Taking your shoes off when you enter the house

Japanese people do not wear shoes in the house. Please remember to take your shoes off at the entrance!



b) Sleeping in a room with other family members

Japanese houses and apartments often have a special room with tatami mats on the floor. This room can be used as a bedroom by spreading out futons at night, and it's common for all family members to sleep there. You may be invited to sleep in this room by your host family.

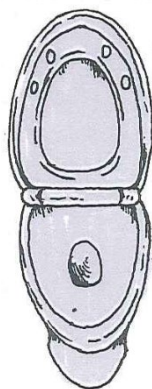
c) Using the different types of toilet

There are 2 types of toilets in Japan, Western style toilets, which have seats you sit on, and Asian style toilets, which you squat over.

Most houses now have Western style toilets, but public toilets are often Asian style. You can throw the used paper into the toilets.



Western Style



BOYS!
Don't forget
to lift the
toilet seat.

.....

Asian Style



d) Taking a bath with other people

Japanese usually take a bath with other family members. If your host family asks you to take a bath with some of the family members, you can try to do it in the Japanese way. There is no need to be embarrassed.

① Wash your body with soap and rinse it with warm water.



② Soak in the bathtub up to your shoulder and relax.



e) Eating cold or raw food

In Japan, especially during the hot and humid summers, many foods are eaten cold or raw. There are minimal health risks associated with eating any type of food in Japan, as everything is prepared in a hygienic environment.

<Shopping>

Please refrain from asking your host family for money. If they wish to give you something to take back to your family, remember to express your gratitude by saying "Arigato-gozaïmasu" (Thank you very much). It's important to note that **all host families are volunteers** who do not receive any monetary compensation from APCC. They cover all the costs of your homestay. Please appreciate their generosity.

<Homesickness>

If you feel homesick during your stay, don't hesitate to share your feelings with your host family. They are there to take care of you and help you. However, keep in mind that they are not allowed to let you contact your parents. This rule is in place because past experiences have shown that allowing JAs to contact their parents tends to worsen the problem rather than resolve it. We encourage you to be independent and focus on cultural exchange.

<Japanese Food>

Some of the food you may encounter in Japan might seem unfamiliar at first. However, your host family will prepare meals for you with great passion. We encourage you to try a little bit of everything! In Japan, it is common to eat with chopsticks and it's acceptable to pick up bowls or plates while eating. It's even fine to drink soup directly from the bowl.

* If there is anything that you CAN NOT eat because of your RELIGIOUS/ALLERGIC RESTRICTION, please mention it in your "Dietary Restriction Survey". Host Family and the staff will give careful attention to it. So, don't worry! Just enjoy your meal!

<Keeping Valuable Items>

You are responsible for your own belongings throughout the trip. Marine House is not a hotel, so there are no safes or lockers to store your valuables. Avoid bringing unnecessary valuable items and ensure you keep important items secure during your stay. We recommend using a suitcase with a number lock, and please hand your passport to your chaperone while in Japan.




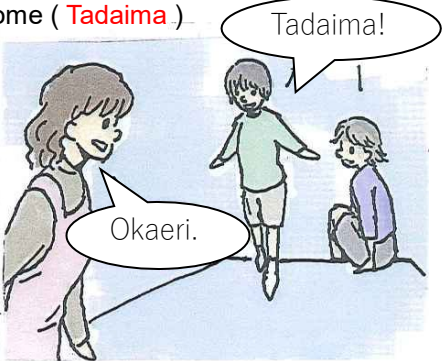



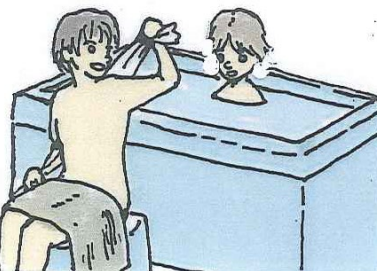
<Medicine>

Please bring the medicine you usually use in your country in case of sudden illness. (e.g. for headache, stomachache, fever, motion sickness etc)

<Phrase Book>

Why not practice some basic greetings in Japanese, such as "Arigato" (Thank you) and "Konnichiwa" (Hello), before your departure? Your host family would be pleasantly surprised if you used these greetings in their home. The more preparation you make, the more enjoyable your homestay experience will be.

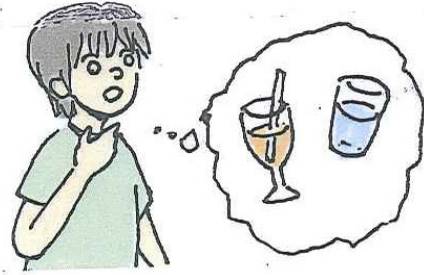
Here are some Japanese phrases (written in bracket) you should learn before you come.

<p>My name is</p> <p>(Watashi wa desu)</p> 	<p>Good morning (Ohayo gozaimasu) Hello (Konnichiwa) Good evening (Konbanwa)</p> 
<p>Leaving the House (Ittekimasu)</p> 	<p>Getting Home (Tadaima)</p> 
<p>Before Meals (Itadakimasu)</p> 	<p>After Meals (Gochisosama-deshita)</p> 
<p>Yummy! (Oishii)</p> 	<p>Bathtime (Ofuro)</p> 

I'm hungry. (Onaka ga sukimashita)
I'm full. (Onaka ga ippai desu)



I'm thirsty. (Nodo ga kawakimashita)



Let's play outside! (Soto de asobo)



Let's play indoors! (Ie de asobo)



Good Night (Oyasumi-nasai)



Good Bye. / See you again (Sayonara / Matane)



<Asking favors>

If you need a favor from your Host Family, feel free to ask. You came to Fukuoka to explore new things and experience Japanese lifestyles, so let's try to communicate with your host family and friends gradually! Your smile will always be helpful.

Please wash this.

Aratte kudasai.

OK!



Please help me.

Tetsudatte kudasai.

OK!



Food / Drink please.

"ju-su" kudasai

Tabemono/
Nomimono
kudasai.



Always remember to say **ARIGATO** (Thank you) to show your gratitude.

<Food>

Please feel free to use the phrases below with your host family during your homestay.

I like ~. (~ga suki desu)






















I don't like ~. (~ga kirai desu.)

I'm allergic to ~. (~ni arerugii ga arimasu)

I want to eat ~. (~ga tabetai desu)










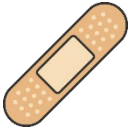
I want to drink ~. (~ga nomitai desu)

I can't eat ~. (~ga taberaremasen)

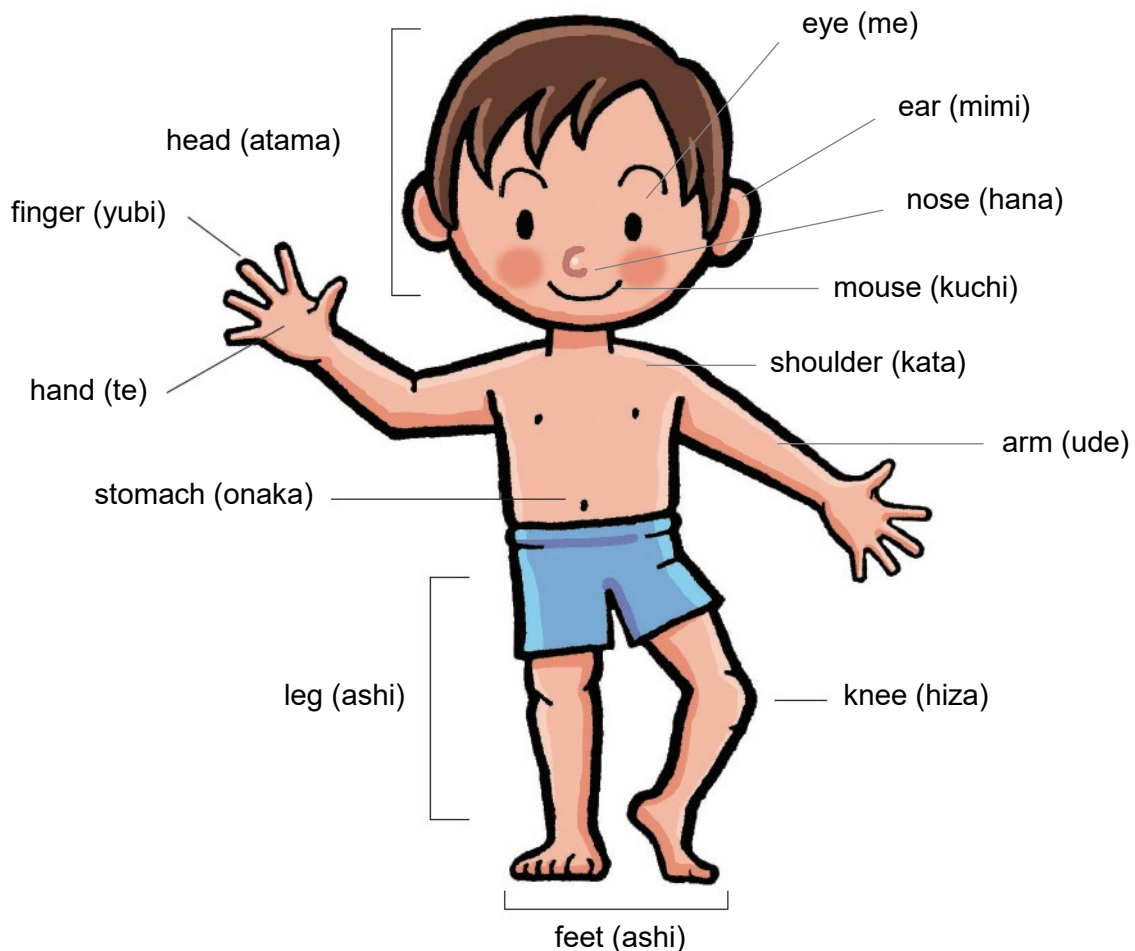
 <p>Rice (gohan)</p>	 <p>Rice ball (onigiri)</p>	 <p>Miso soup (misoshiru)</p>
 <p>Curry rice (kare raisu)</p>	 <p>hamburger</p>	 <p>Pasta</p>
 <p>Sushi</p>	 <p>Natto</p>	 <p>Nuts</p>
 <p>Egg (tamago)</p>	 <p>Meat (niku)</p>	 <p>Fish (sakana)</p>
 <p>Beef (gyuuniku)</p>	 <p>Pork (butaniku)</p>	 <p>Chicken (toriniku)</p>
 <p>Fruit (kudamono)</p>	 <p>Vegetable (yasai)</p>	 <p>Snacks (okashi)</p>
 <p>Water (mizu)</p>	 <p>Milk (gyuunyuu)</p>	 <p>Juice (jyuusu)</p>

<Feeling ill>

If you feel sick or hurt yourself while you are in Japan, please tell either your Host Family or one of the APCC Volunteers.

<p>I'm not feeling well. (kimochi ga warui)</p> 	<p>I have a fever. (netsu ga aru)</p> 
<p>I'm hungry. (onaka ga suitea)</p> 	<p>I'm thirsty. (nodo ga kawaita)</p> 
<p>Hot (atsui)</p> 	<p>Cold (samui)</p> 
<p>I have a headache. (atama ga itai)</p> 	<p>I have a stomachache. (onaka ga itai)</p> 
<p>Medicine (kusuri)</p> 	<p>Bandage please. (bansoko kudasai)</p> 

My ~ hurts. (~ ga itai)



<Things to bring>

July in Japan is very hot and humid (with an average temperature of 30°C), so you don't need to bring any warm clothes. While staying with your Host Family, you can wash your clothes. If you want to wash your clothes, please ask your host family.

- * Remember to put your name on all your belongings to avoid losing them among the many other children.
- * DO NOT bring video games, mobile phones, iPhone, iPad or any other communication devices.
- * Please make sure you bring your sports shoes. There will be a sports' activities during the BRIDGE Summer Camp and you will need to wear an appropriate footwear.
- * **Snacks time in Marine house:** During snack time in the Marine house, participants are allowed to bring their own food and eat it at the designated time and place. Some JAs may need time to adjust to Japanese meals, so we recommend bringing ready-to-eat food or snacks as a dietary supplement. Please note that there may not be hot water or microwave ovens available in the Marine house. You are not allowed to share your own snacks with any other JA. This is to prevent an unseen problem that may arise due to food allergy.

★ Let's use the checklist to keep track of your things! ★

Items	Before Departure	Leaving Japan
Passport		
Pocket Money (less than US\$ 200)		
Toiletries		
Towels		
Underwear		
T-shirts		
Shorts / Skirt / Trousers		
Notebook		
Pen / Pencil		
Name Cards (approx.50~)		
Sports shoes		
Hat/Cap		
Swimsuit		
Sun Block		
National dress or Items for the cultural presentation		
Medicine		
Snacks for Marine house		



<APCC Theme Song>

During the BRIDGE Summer Camp, you will have several occasions to sing our theme song, "We are the BRIDGE". Please practice singing the song at your orientation meeting for your preparation ♪

We are the BRIDGE

Sometimes
It's hard to make a friend
We talk
But words keep us apart
But with hope
And love and understanding
We find we speak
The same language in our hearts

This world has room for us all
And we could be one happy family
So let's stand hand in hand
And sing our song together
And we can make it better
Wait and see

☆ We are the BRIDGE
Of love from heart to heart
We have a dream
For everyone to share
All our tomorrows bright and new
Starting here and now, me and you
The bridge we build
Will take us there

★ We are the BRIDGE
Of love from friend to friend
A rainbow bright
When all the rain is through
And if we listen to our hearts
Keep our eyes upon a star
Then someday soon
All our dreams will come true

Sometimes
The road may seem so long
We walk
But there's so far to go
But each step
Will take us that much closer
So don't give up
We'll be there before you know

This world is home for us all
And we could be one happy family
So let's stand hand in hand
And join our hearts together
And we can make it better
Wait and see

★ Repeat

And when we're lonely
And we feel a little lost
If we just care for one another
You know there are no fences
And no borders we can't cross
When we are joined together

☆ Repeat

★ Repeat

And if we listen to our hearts
Keep our eyes upon a star
Then someday soon
All our dreams will come true

*Words and Music by Manabu Sakamoto
Vocals by Marlene
Produced and arranged by Yuji Toriyama*

APCC

Asian-Pacific Children's Convention in FUKUOKA