

# BRIDGE KIDS PROGRAMS 2026

## BRIDGE Summer Camp

### Junior Ambassador Handbook

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



## <What is APCC and BRIDGE Summer Camp?>

APCC is a NPO (Non-Profit Organization) that promotes international exchange among children. Its goal is to help children grow into adults with a strong sense of identity as Global Citizens—people who understand their social responsibility to communities around the world.

APCC was founded in 1989 by the Fukuoka Junior Chamber as part of the Asia-Pacific Exhibition. The first APCC program was very successful, so it has been held every year since then. Under **BRIDGE KIDS PROGRAMS (BKP)**, the summer program that invites Junior Ambassadors (JAs) from different countries and regions is called the BRIDGE Summer Camp.

You are one of the **Junior Ambassadors (JA)** selected to represent your country or region at the BRIDGE Summer Camp 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 selected as a Junior Ambassador means accepting the APCC values and committing to about two weeks in Japan. Although this may be challenging, it is a valuable experience full of new opportunities. **You are encouraged to build strong relationships with your host family and make friends with participants from different countries and backgrounds.**

As a Junior Ambassador, you represent your country or region as part of an international family. Take part in all activities with curiosity, respect, and enthusiasm. **Make the most of your time, avoid judging others, and be open to learning and trying new things.**



## <Homestay>

You'll live with a Japanese family for about a week. Each JA will stay with a different family. While you're there, you're part of their family. Remember, these families are volunteers, so thank them for their kindness. Enjoy learning about Japanese life and culture from them.



Meeting Day with Hostfamily



Watching a Baseball Game

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

1. Inform your Host Mother/Father or Chaperon if you have any concerns.
2. During the homestay period, 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.



Attending school in Fukuoka



Classroom activities in School

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 do not ask your host family to buy gifts or items for you and your family.

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 inform your host family that you need to contact 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. Follow your Host Family's rules and schedule.
8. Remember that NOT all Host Families are 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. And you may not have enough time for shopping.

### <APCC 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 see 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 <https://bcio.world/>



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.



BC Japan Introducing BC and BCJ during Challenge trip report session



BRIDGE OF HOPE - 2025



BC Sri Lanka organizing Medical camp 2025



BC Australia JA sleepover 2025



BC Maldives Maahefun activities 2025

## <APCC Participants>

This year we have invited about 200 children from 42 different places around the world to attend the BRIDGE Summer Camp, BKP 2026. Before you come to Fukuoka, see if you can find all the participating countries and regions on the map.

Country No	Country/Region Name	Country No	Country/Region Name
1	People's Republic of China	23	Republic of Fiji
2	Republic of Korea	24	Republic of Kiribati
3	Hong Kong Special Administrative Region	26	Independent State of Papua New Guinea
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	38	Tahiti (France)
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	Republic of India	52	Oakland (USA)
16	Lao People's Democratic Republic	54	Atlanta (USA)
17	Nepal	56	Jiangsu (China)
18	Mongolia	57	Dalian (China)
19	Democratic Socialist Republic of Sri Lanka	59	Republic of Peru
20	Australia	60	Ho Chi Minh (Vietnam)
21	New Zealand	61	Kyrgyz Republic
22	Hawaii (USA)		

Total : About 200 JAs + 42 Chaperons + 16 PAs + 4 BCIO members

<Schedule of BRIDGE Summer Camp>

As of February 2026

July, 2026	Day	JAs & Chaperon
10	Fri	Set up /*Arrival
11	Sat	Arrival → <b>Orientation Camp</b> at Marine House
12	Sun	Arrival → <b>Orientation Camp</b> at Marine House Opening ceremony of BRIDGE Summer Camp
13	Mon	Orientation Camp
14	Tue	<b>One day School Visit/ CSR Activity**</b> (pm) Meet Host Families
15	Wed	Homestay / Attend school with host friend
16	Thu	Homestay / Attend school with host friend
17	Fri	Homestay / Attend school with host friend
18	Sat	Homestay/ <b>APCC Festival</b>
19	Sun	Homestay
20	Mon	Departure /Homestay
21	Tue	Departure
22	Wed	*Departure

\* Delegations whose flight schedules do not match our official arrival and departure dates.

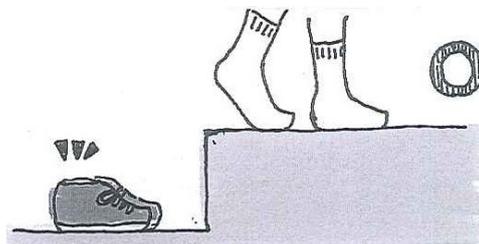
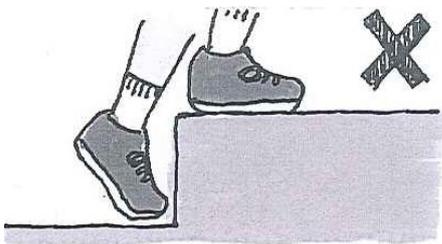
\*\* About 25 delegations will join "One day School Visit Program" before meeting host family. Other delegations will join CSR activities (sponsored company's activities) or other activities in Fukuoka

## <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.



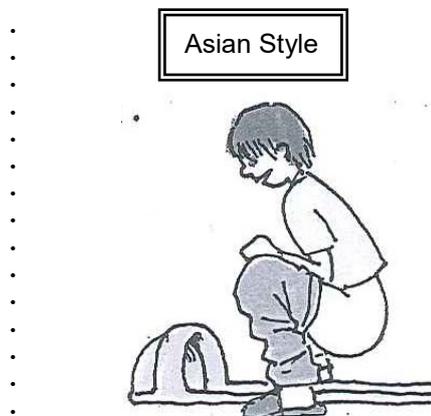
### b) Sleeping in a room with other family members

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.



### 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 do not ask your host family to give you 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 in Japan might look or taste different at first. Your host family will make meals with lots of care, so try a little bit of everything. In Japan, people often eat with chopsticks and it's okay to pick up bowls or plates while eating. You can even drink soup straight from the bowl.

If there is any food you **cannot eat** because of your religion or allergies, please write it in your "**Dietary Restriction Survey.**" Your host family and the staff will make sure you are safe. Don't worry—just enjoy your meals.

### <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.

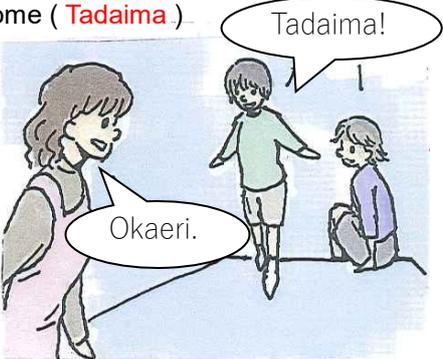
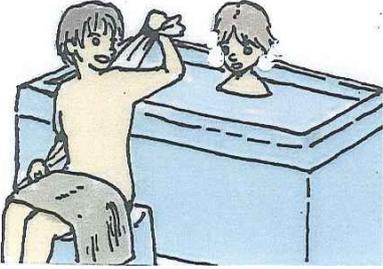
### <Medicine>

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.

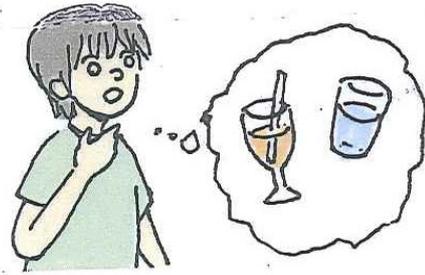
Here are some Japanese phrases (written in bracket) you should learn before you come.

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

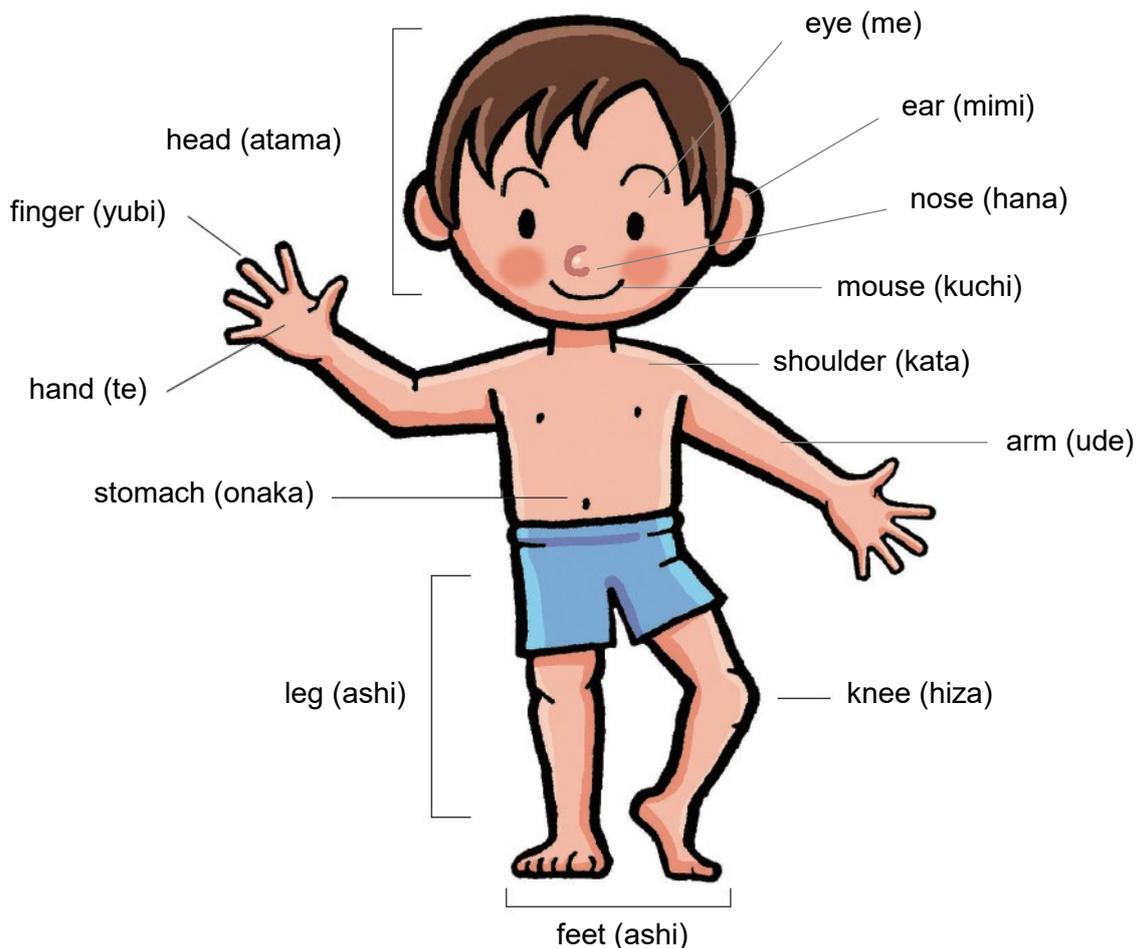
 Rice (gohan)	 Rice ball (onigiri)	 Miso soup (misoshiru)
 Curry rice (kare raisu)	 hamburger	 Pasta
 Sushi	 Natto	 Nuts
 Egg (tamago)	 Meat (niku)	 Fish (sakana)
 Beef (gyuuniku)	 Pork (butaniku)	 Chicken (toriniku)
 Fruit (kudamono)	 Vegetable (yasai)	 Snacks (okashi)
 Water (mizu)	 Milk (gyuunyuu)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

## <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, you can bring your own food and eat it in the snack area. Some JAs may need time to get used to Japanese meals, so it is a good idea to bring food or snacks that are ready to eat. Please remember that there may not be hot water or a microwave, so you should bring food that you can eat without heating. **Also, it is very important NOT to share your snacks with other JAs, because some foods can make people sick if they have allergies.**

### ★ 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 (for about 3/4 nights)		
T-shirts (for about 3/4 nights)		
Shorts / Skirt / Trousers (for about 3/4 nights)		
Notebook		
Pen / Pencil		
Name Cards		
Sports shoes		
Hat/Cap		
Swimsuit		
Sun Block		
National dress or Items for the cultural presentation		
Medicine		
Snacks for Marine house		
JA Handbook		



## <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*

Scan the QR code to listen to the song →



# APCC

Asian-Pacific Children's Convention in FUKUOKA