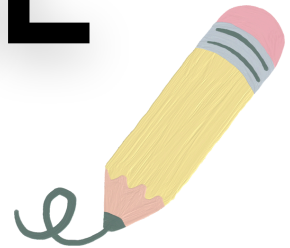


APCC

JUNIOR AMBASSADOR'S



My Daily JOURNAL



This Journal belongs to...

Name

From

Room No West • East #



APCC / BRIDGE KIDS PROGRAMS 2026



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NOTE

Everyone gets **only one journal.**

Please do not lose yours and take good care of it !



Schedule of BRIDGE Summer Camp

Date	Day	Schedule	Note
7/10	Fri	Arrival / Orientation Day 1	Fukuoka Airport ↓ Marine House
7/11	Sat	Arrival / Orientation Day 2	
7/12	Sun	Orientation Day 3 19:15~20:15 ... BSC Opening Ceremony *Dress code: APCC T-shirt	
7/13	Mon	Orientation Day 4	Marine House
7/14	Tue	Leave Marine House → One-day School Visit / CSR Activity (PM) Meet with Host Family → Homestay Day 1	Marine House ↓ Homestay
7/15	Wed	Homestay Day 2 / Attend school	Homestay
7/16	Thu	Homestay Day 3 / Attend school	
7/17	Fri	Homestay Day 4 / Attend school	
7/18	Sat	Homestay Day 5 APCC Festival 2026 (Performance Event)	(Event Venue) Teriha Sekisui Arena
7/19	Sun	Homestay Day 6	Homestay
7/20	Mon	Homestay Day 7 / Departure ※National Holiday in Japan (Marine Day)	Homestay ↓ Fukuoka Airport
7/21	Tue	Homestay Day 8 / Departure	
7/22	Wed	Departure	

BRIDGE PROMISES

Here are 6 ground rules (BRIDGE Promises) we all need to follow.
Please always keep them in mind!

B

BE POSITIVE

Always join with a big smile.
Let's challenge yourself to new things positively!



R

RESPECT EACH OTHER

Everyone has different native language, culture, etc.!
Discover what is the same and different!



I

INTERACT WITH OTHERS

Let's share lots of ideas and opinions with your friends!
Communicate with as many friends as possible!



D

DON'T BE SHY

Don't be afraid to speak out!
Never mind making mistakes!



G

GOOD COMMUNICATION

Not everyone speaks English very well,
but try to listen and understand each other.



E

ENJOY YOURSELF

Have fun and enjoy BRIDGE Summer Camp!



PART 1

ORIENTATION

in Marine House

.....
2026.7.10(FRI)-7.14(TUE)
.....

APCC Participants & My Roommates

This year we have invited **172** children (=Junior Ambassadors, JAs) from **37** different places around the world to attend the BRIDGE Summer Camp, BKP 2026.

Let's find JAs from the below countries/regions and make new friends!

No	Country/Region	No	Country/Region	No	Country/Region
2	Korea	16	Lao	35	Myanmar
3	Hong Kong	17	Nepal	38	Tahiti (France)
4	Taiwan	18	Mongolia	40	Maldives
5	Singapore	19	Sri Lanka	41	Tuvalu
6	Philippines	20	Australia	46	Cambodia
7	Thailand	21	New Zealand	51	Ipoh (Malaysia)
8	Malaysia	22	Hawaii (USA)	52	Oakland (USA)
9	Indonesia	23	Fiji	54	Atlanta (USA)
10	Vietnam	24	Kiribati	59	Peru
11	Bangladesh	26	Papua New Guinea	60	Ho Chi Minh (Vietnam)
12	Bhutan	28	Palau	61	Kyrgyzstan
14	Pakistan	29	Vanuatu	Total: 227 participants	
15	India	34	Micronesia		

Details : 172 JAs + 37 Chaperons + 15 PAs + 3 BCIO members

	My Roommates' Name	She/He is from...
Room Leader		
JA		
JA		
JA		
JA		
JA		
Other		
Other		

5 RULES FOR ORIENTATION IN MARINE HOUSE

To enjoy your stay, please follow these 5 important rules!

01

Become a good friend with everyone!

There are **172** JAs from **37** countries / regions.
Let's find new friends!

02

Take care of your own things!

Let's do everything by yourself and look after
your own belongings.

03

Take good care of your body!

It's very hot and humid in summer! Do not forget
to drink water! And get enough sleep at night.

04

Keep the room clean!

NO snacks and sweets in the room! Let's keep
it neat and tidy.

05

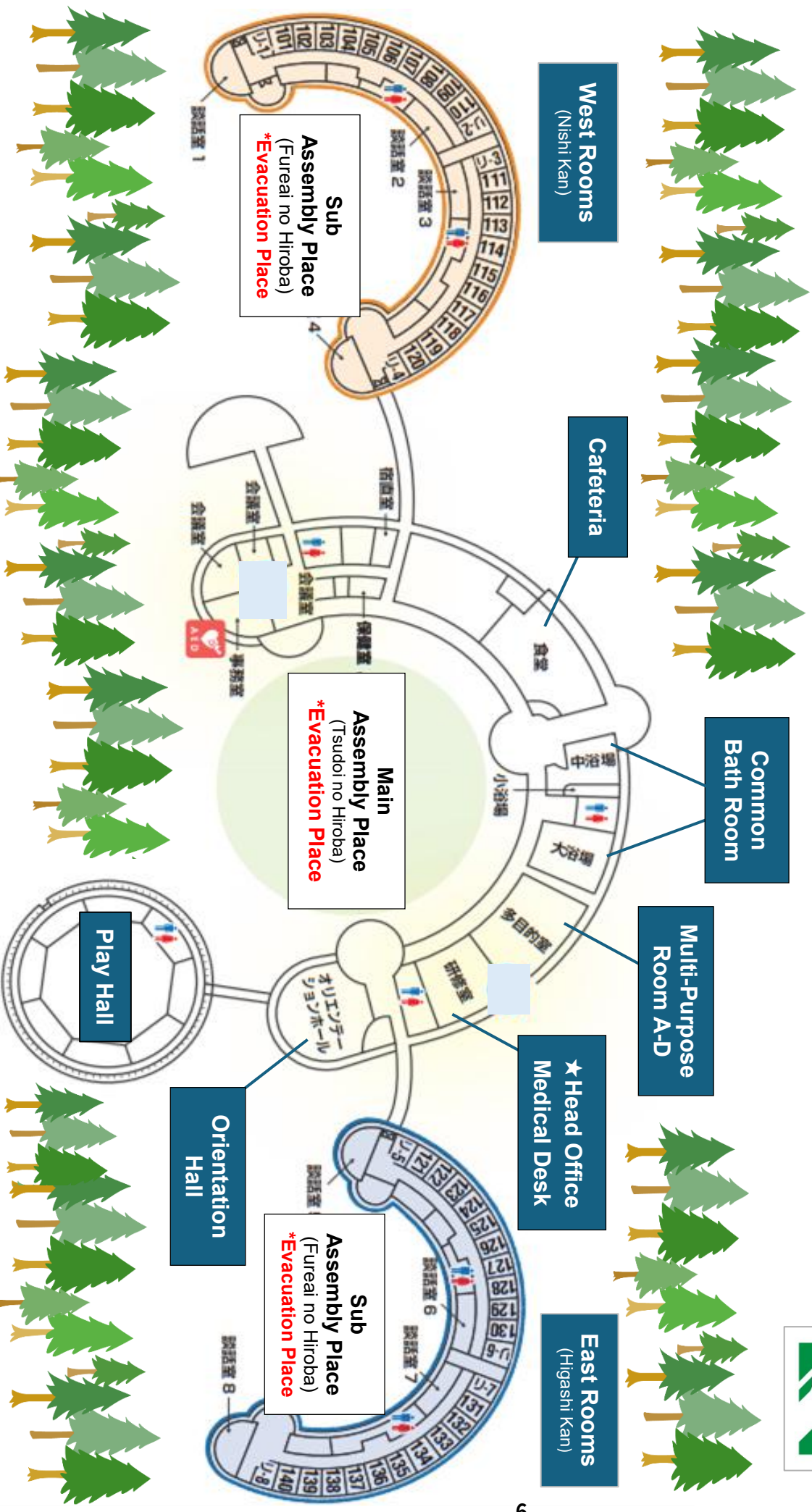
Share troubles with your Chaperon!

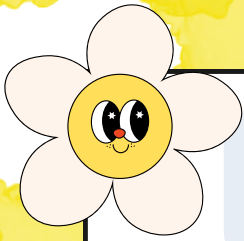
If you have any troubles, tell your Chaperon
right away and let's solve them together!

Map of Marine House & Emergency Evacuation Place

When you arrive at Marine House, look at the map and find your room.

In case of emergency, keep calm. Follow the right **green signs** and go to the nearest evacuation place!
Do not look for your bags. Safety first!





ALL ABOUT ME



PORTRAIT

(draw your face)

MY NAME

BIRTHDAY

FROM

MY FAVORITES

FOOD :

COLOR :

ANIMAL :

SEASON :

DRINK :

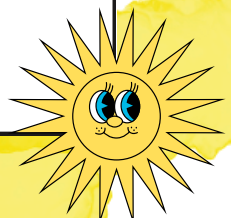


FUN FACT ABOUT ME

WHEN I HAVE TIME, I OFTEN...

(favorite free time activities)

WHEN I GROW UP (dream)



Let's make new friends!

There are over 170 Junior Ambassadors from 37 countries / regions.
[Attention!] ① Do not enter other friends room without asking!

1

was born
in July.

Name

From

2

can speak
3 languages.

Name

From

3

is good at
dancing.

Name

From

4

has
a little
sister or brother.

Name

From

5

has a name
starts with **A**.

Name

From

6

comes from
a country / region
starts with **K**.

Name

From

7

can play
the
piano.

Name

From

8

has been
a APCC volunteer
more than 5 years.

Name

From

9

has
a pet
animal.

Name

From

Find someone who...

Please try to make new friends as many as possible!

② You must write different name in each box.

10

is
an only child.

Name

From

11

is good at
drawing.



Name

From

12

comes from
a country / region
starts with **P**.

Name

From

13

loves
reading
books.



Name

From

14

can play
basketball.

Name

From

15

lives
near the sea.



Name

From

15

loves maths.

Name

From

17

comes from
a country / region
starts with **M**.

Name

From

18

can swim well.



Name

From

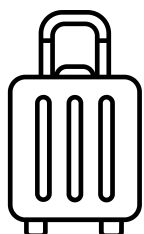
Before you leave Marine House

C H E C K L I S T



① Pack your suitcase neatly.

Don't just throw things in, or your suitcase won't close!
Pack everything neatly!



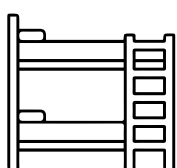
② Pack all your things.

Return borrowed things.
Don't take your friend's things by mistake!



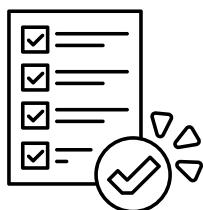
③ Put tomorrow's things on top.

Check what you need for tomorrow and put them on top.
Then you can find it easily!



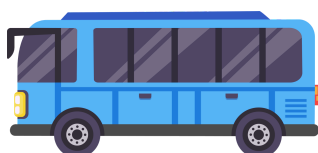
④ Check under the bed, sheets, pillow, blanket and bed matless.

Look closely! Something might be hiding.



⑤ Check again before you leave the room!

Are you sure you didn't forget anything?
Check one more time!



**No turning back to Marine House
once the bus leaves!**

PART 2

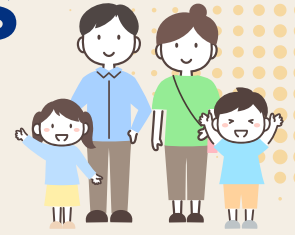
HOMESTAY *and* SCHOOL VISIT

with your host friend

.....
2026.7.14(TUE)-7.22(WED)
.....



6 Important Rules for Your Homestay



A step-by-step framework
to build a good relationship with your host family!



You are a member of the family!

You are NOT a guest!
If you have any problems, just ask them for help!

1



Go to school with your host friend.

Explore a Japanese elementary school!
Be curious and find something interesting!

2



Follow the family rules.

Every home has its own rules. If you don't know what to do, let's ask your host family "What should I do?".

3



Be a great buddy to your host friend.

You can always count on your host friend!
Cooperate and help each other!

4



Do not forget to say "Thank you!".

Your host family welcomes you with a big heart.
Always show them your appreciation!

5



Do your own shopping by yourself!

If you want something, buy it with your own money.
Please do not ask your host family to buy.

6

Hello!

About My Host Friend

Draw his/her face here!

His/Her Name

Birthday



School

Elementary School

His/Her
Dream



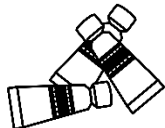
Interview your Host Friend! He / She likes...



COLOR

FOOD

ANIMAL



SUBJECT

SPORTS / PLAY

HOBBY



Before you leave your homestay

C H E C K L I S T



When you finish packing, check this list and tick the boxes! Make sure you don't leave anything behind!



CHECK ✓

☐

Did you put **EVERYTHING** into your suitcase?

☐

Did you return everything you borrowed from your host family?

☐

Don't leave any clothes in the laundry!

☐

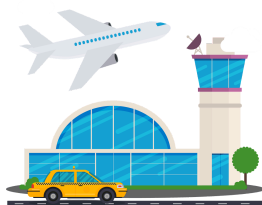
Make sure you don't take your host family's things by mistake!

☐

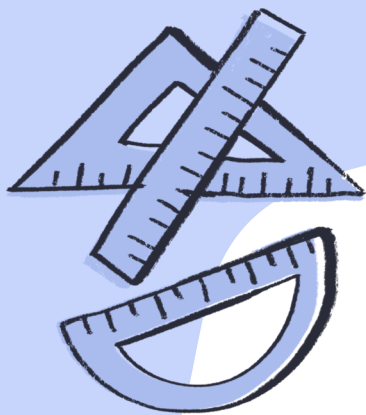
No liquids or scissors in your carry-on bag!
(Remember to empty your water bottle, too!)

☐

Double-check everything with your host family one last time before you go!

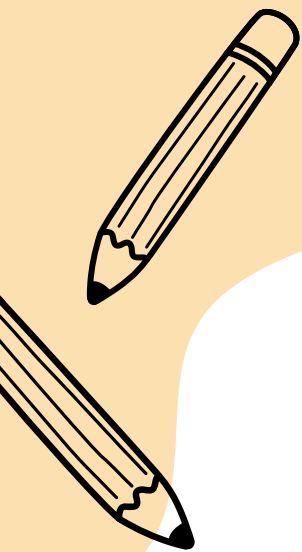


**ONCE YOU HEAD TO THE AIRPORT,
YOU CAN'T TURN BACK! BE CAREFUL!!**



July 10-22

DIARY PART



Write down your memories and experiences in this part!

What did you do today?
Any new discoveries?
How did you feel? ... etc.!



Day 1
July 10(Fri)

Orientation (Day 1)



Morning Part

Check this part with your roommates and Room Leader after Room Cleaning.

Time	Schedule	Time	Schedule
6:30	Wake-Up / Morning Routine		Dinner
	Get Ready / Room Cleaning		Bath Time
	Breakfast		Snack Time
	Free Time	21:00	Journal Time
	Lunch	21:30	Lights out / Good Night !
Memo			

My Challenge for Today!

I will



Evening Part

Reflect your day with your roommates and Room Leader in Journal Time.

I felt...



The weather was...



The Best Thing About Today:

Day 2
July 11(Sat)

Orientation (Day 2)



Morning Part

Check this part with your roommates and Room Leader after Room Cleaning.

Time	Schedule	Time	Schedule
6:30	Wake-Up / Morning Routine		Dinner
	Get Ready / Room Cleaning		Bath Time
	Breakfast		Snack Time
	Free Time	21:00	Journal Time
	Lunch	21:30	Lights out / Good Night !
Memo			

My Challenge for Today!

I will



Evening Part

Reflect your day with your roommates and Room Leader in Journal Time.

I felt...



The weather was...



The Best Thing About Today:

Day 3
July 12(Sun)

Orientation (Day 3)



Morning Part

Check this part with your roommates and Room Leader after Room Cleaning.

Time	Schedule	Time	Schedule
6:30	Wake-Up / Morning Routine		Dinner
	Get Ready / Room Cleaning		Bath Time
	Breakfast		Snack Time
	Free Time	21:00	Journal Time
	Lunch	21:30	Lights out / Good Night !
Memo			

My Challenge for Today!

I will



Evening Part

Reflect your day with your roommates and Room Leader in Journal Time.

I felt...



The weather was...



The Best Thing About Today:

Day 4
July 13(Mon)

Orientation (Day 4)



Morning Part

Check this part with your roommates and Room Leader after Room Cleaning.

Time	Schedule	Time	Schedule
6:30	Wake-Up / Morning Routine		Dinner
	Get Ready / Room Cleaning		Bath Time
	Breakfast		Snack Time
	Free Time	21:00	Journal Time
	Lunch	21:30	Lights out / Good Night !
Memo			

My Challenge for Today!

I will



Evening Part

Reflect your day with your roommates and Room Leader in Journal Time.

I felt...



The weather was...



The Best Thing About Today:

Day 5
July 14(Tue)

Homestay Day 1

I felt...



The weather was...



The Best Thing About Today:

Day 6
July 15(Wed)

Homestay Day 2

I felt...



The weather was...



The Best Thing About Today:

Day 7
July 16(Thu)

Homestay Day 3

I felt...



The weather was...



The Best Thing About Today:

Day 8
July 17(Fri)

Homestay Day 4

I felt...



The weather was...



The Best Thing About Today:

Day 9
July 18(Sat)

Homestay Day 5

I felt...



The weather was...



The Best Thing About Today:

Day 10
July 19(Sun)

Homestay Day 6

I felt...



The weather was...



The Best Thing About Today:

Day 11
July 20(Mon)

Homestay Day 7

I felt...



The weather was...



The Best Thing About Today:

Day 12
July 21(Tue)

Homestay Day 8

I felt...



The weather was...



The Best Thing About Today:

HELLO!! NEW FRIENDS

Happy to
meet YOU 🎵



Keep Your New Friends' information here!

NAME

SIGN HERE!

.....

FROM

.....

.....

NAME

SIGN HERE!

.....

FROM

.....

.....

NAME

SIGN HERE!

.....

FROM

.....

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NAME

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SIGN HERE!

MEMORY PAGE

Let's paste your memories here! Friend's name cards, stickers, event tickets, and more!

How to submit “My Treasured Memory”

(1) Write your information

... Please write your name, country/region, and APCC ID.

(2) Write your essay

... Write the title and your story about your “Treasured Memory”.

(3) Add a picture or photos

... Draw a picture of your memory or paste some photos.

(4) Digital option

... If you want to use a PC or tablet, please download the digital file of the handout.

【Digital File】

... To download the digital file, please scan the QR code or click the URL link below.

【URL / QR code】

<https://apcc.gr.jp/my-treasured-memory/>



【Deadline】

August 20th, Thursday

... Please send a photo or PDF file of your handout to your Chaperon or Liaison Officer.

SAMPLE

My Treasured Memory

Name: Anne Green

Country / Region : Canada

APCC ID: 270042

Title : Fun memories with my host family!

(Picture or Drawing)



(Essay) My treasured memory is homestay.

I stayed with Suzuki Family'.

We went ice skating together.

It was my first time, but I enjoyed it so much! We also went to see fireworks.

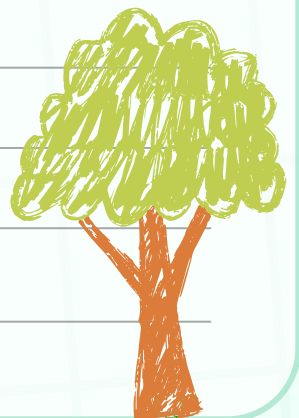
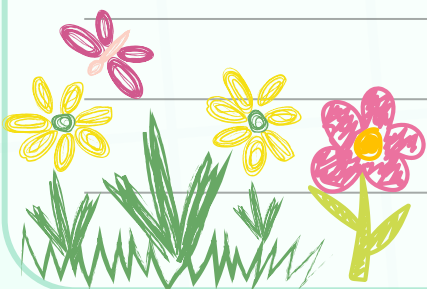
It was so beautiful!

My Treasured Memory

Name:	
Country / Region :	APCC ID:
Title :	
(Picture or Drawing)	
(Essay)	



NOTES



APCC's Theme Song "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**



You can listen to the music
on APCC's Official  **YouTube!**
(@APCCoffice)
Please subscribe to our channel!

We are the BRIDGE

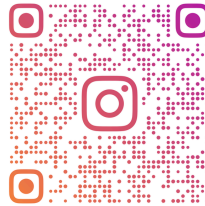
APCC

Asian-Pacific Children's Convention in FUKUOKA

1-4-13-6F, Maizuru, Chuo-ku, Fukuoka-shi, FUKUOKA, 810-0073, JAPAN
TEL: +81-(92)-710-6102 E-mail: info@apcc.gr.jp



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