



Spring Rotary Youth Leadership Award 2016

Supported by: JAPF- Japan Asia Promotion Foundation

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Since from April 29th to May 1st was my best memory that I've never had in my life so far especially with a international student like me in Japan. After had a good experience at JAPF (Japan Asia Promotion Foundation) by being a volunteer. I was supported by the representative director Mr.Matsuoka and had a chance to joined in RYLA (Rotary Youth Leadership Award) in Japan, Osaka city, 2660 District.



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This time RYLA combined with Japanese Red Cross Medical Center hold the seminar in 3 days. On all the time I



日本赤十字社医療センター
Japanese Red Cross Medical Center

stayed in one of the most beautiful hotel in Osaka, do activities, having buffets, play games and studying with a lot of amazing Japanese young people and international friends from all over the world.

- *Day 1 April 29th*

The program has started in the afternoon by a Rotary's traditional song. In the first day we listened to lectures about the shortage of blood in Japan and related problems we are facing through which the call blood donation among young people.



The games after that just helped us get to know each other and created challenges that we have to work together and pass in an excellent way. Everyone was so friendly and we had a good time even just met each other. After have dinner we went back to our room, take a bath and had a first sweet night in Japanese style room.

- *Day 2 [April 30th]:*

A good leadership is the must-have healthy and dynamic person to achieve good and effective results at work, specialy teamwork. So after a restful repose, we needed to wake up early and did the physical exercises then had a breakfast buffet with many dishes has brought to us the full of energy to active the day.





One of my favorite section was Trading Game taken palce in the morning on the same day. We had to work in groups, assigned work, collaborated with other groups to provide most effective for our team. I truly appreciated the careful organization and all of the organizers. Although our team ranked 3rd out of 7 teams competed but every single member did try hard and they have shown a very great way.

The afternoon activities were very interesting and rewarding. That was the first time I leanred and try to handle the emergency circumstances.

With the enthusiastic helps and supports of the professionals, we are practiced CPR (Cardiopulmonary resuscitation) on a mannequin and experienced using AEDs (Automated external defibrillator) in mergency case. A useful lesson rought a lot of knowledge in life that helped us become more conscious of the responsibilities of each person in the community.



After the end of the emergency unit, we enjoyed outdoor BBQ dinner and then returned to prepare the participation for the next activities.



Everybody got back to the room and listened to the lecture about the history of Rotary.



Then each group had a certain amount of time to dialogue with PaPa who is assigned to manage and follow up members in days of program.

We had a good time with each other about many things: life, social relationships, dreams, what has and has not done.

There by we understood gradually each other and more united.

- *Day 3 [May 1st] The Last Day.*

In the last day, a presentation performed by each group about the teamwork were taken place. That included the personal thoughts about the icon of a leadership. Each group had a wonderful and individual speech by their own.



I do admire the young people in early age but they have brilliant thought, conscience, awareness and mature personality, especially the confidence of presentation skills in front of crowd is something I am very

It is an honor for me to have received a certificate of completion of training prior to closing leadership program. Spending 3 days in the interesting operation, I learned a lot of useful things.





This program really encourage me as well as the participants with confidence in ourselves to become a future leadership .



I would like to thank the enthusiastic organizers supported for us the for almost all of thing in last meaningful moments and unforgettable time.

Finally I appreciate and sincerely thank the JAPF staff and especially Mr.Matsuoka who directly provided an opportunity not only for Japanese students but also for an international student like me.