12TH ASIA PACIFIC YOUTH CONFERENCE
23 - 30 JULY 2006, QIPANAS, WEST JAVA - INDONESIA

Healing the Past, Hope for the Future:
Creating a Culture of Peace

Initiatives of Change Indonesia
The 12th Asia Pacific Youth Conference brought together 156 young people from 30 countries in Pondok Villa, Lembah Sukanagalih, West Java, Indonesia. It was held from the 23rd to the 30th July, 2006. The conference was the first in Indonesia to bring young people together from the Asia Pacific region. 34 Indonesians attended along with delegates from Cambodia, Vietnam, Japan, South Korea, Taiwan, India, Malaysia and Sri Lanka. Other delegates came from as far away as Australasia, the Americas and Europe.

The themes of the conference explored the past, and the future of the next generation of Asia Pacific youth; how to create a culture of peace by healing the past and bringing hope for the future. The conference was planned and facilitated by young people. Each day started with a time of quiet and reflection. Plenary sessions were held each day, which focused on the main issues of today's world. Smaller discussion groups met to discuss these issues while family groups gathered to share more deeply. Participants joined a variety of creative workshops and the evenings came alive as members of each country gave presentations aimed at sharing their culture with the other participants. A one-day field trip took us to Bandung, the city that hosted the first Asia Africa Conference for the non-aligned nations of the world.

This was the first APYC to be held in Indonesia, and it emerged out of the conviction of the young Indonesians who attended the 11th APYC that was held in Cambodia in 2004. Special thanks have to be given to the organizers, Initiatives of Change-Indonesia and Action for Life 3, for making it happen in Indonesia after the earthquake struck our previous venue in Yogyakarta. Through their dedication and patience, they found a new venue. We are all grateful for having this precious time together, to meet and share the experiences of young people in the Asia Pacific region, so that we can build a network of peace, with a sense of brotherhood among the participants so that together we can find answers for our individual lives and also regionally.

“We realize that God is doing through us what we can not alone”. Laurrete Gomez, Malaysia

“I've discovered a whole new world that I didn't know existed. A whole of people I've fallen in love with”. Sheila Damodaran, Singapore

“I have been so many conferences, but this one might be unique. It is based on the inner voice.” Ajarn Sulak Sivaraksa, Thailand
KEYNOTE SPEAKER
Ajarn Sulak Sivaraksa, Thailand

The inner voice can be tricky. If you are selfish it will tell you to be violent. Our minds are controlled by hatred, greed, fear and illusion. They are foremost in our mind. If we cultivate inner peace, we realize we are less selfish. The inner voice can tell you that the seeds of killing can be embraced by seeds of loving; seeds of greed by seeds of giving. These will help transform us with love. We have to open ourselves to suffering if we want to know real truth. We can have a wonderful week together but outside this room there is suffering no shelter, no medicine, and people are dying. If we are aware of that, the truth will be clearer. This suffering can be overcome if we cultivate this peaceful place in ourselves. We can overcome all the negative things in ourselves. When we become less selfish we can see things as they really are. All humans are brothers and sisters. We keep thinking we cannot manipulate and use them. We must listen to other people share their suffering. Do not just give to share their suffering. If you share this, you will feel repressed by the same feelings.

Peaceful reconciliation cannot be made through hatred and fear, but only with peace and the inner voice.

You do not need to believe me, just try to practice it, breathing in inner peace and loving kindness. With that, perhaps you can really construct this culture of peace. With good friends you can challenge the mainstream culture to build a new culture of peace. The youth are not only the future but also the present. With inner peace and good friends, you can seek truth non-violently. I am sure you will all be successful and we will have the future of peace we all need.

With Commitment
We Can Change the World

Rajiv Goenka, India
I have discovered the roots of my problems. I need to love and heal myself. The first step I have to take is to reconcile with myself. Then I can take other steps more naturally. I have hope for the future and I feel peaceful within myself.

Waira Alberich, Brazil
Since January 2003 I haven’t seen my father. Two weeks ago, I called him for the first time in two years. As soon as I go back to Brazil we will meet. I hope to have an afternoon with both my parents, who are divorced. To have the first family time together in my life.

Chu Yin Hsiang, Taiwan
I bring my heart here. Earlier I brought clothing to Cambodia and scarves back to Taiwan. Would you like to share clothing with people? I have things I want to share with people. If I can share them with others, I will become closer to people in my heart. So if you have clothing to share, please do it. Your heart will feel good.

Chivak, Cambodia
Four or five years ago, I borrowed a book from a monk and I have not returned it yet. When I go back home I will find him and return the book.

Yeon-Yuk Jeong, Korea
It took six months for me to say sorry to the Japanese for my hatred, after meeting one Japanese senior man who was constantly asking why I could not speak Japanese. Japan colonized Korea for 36 years. Until the moment I apologized, everything was blocked in my heart including having quiet times. At that time, I was trying to have a quiet time to listen in silence to the inner voice or voice of God or truth.

When I faced the issue honestly, which was dominating my heart, I had the courage to apologize because I could see my part in the issue. When I apologized to the Japanese and Japan for my hatred I got an inner freedom, which I had never experienced before. I was asked to talk about how we find the voice in our hearts, which we should follow and I find it is not so easy to explain. I often find that I am in the wrong place or I make the wrong decisions when I am full of my own will and my own interests, and my small self, instead of following the voice within. When I take one-step, there is another step to follow. My faith was growing and my sensitivity to find the inner voice, which I need to follow, was growing too. I still have a long way to go. Compared with the time I started my spiritual journey, I am more sensitive to the voice and I need to follow it even if I find it is difficult to follow.

Adi Vesikula, Fiji
Thanks to my family group for giving me space to share my story. I am a victim of family violence. I will do my quiet time every day and will talk to my parents. I have taken them for granted. I will spend more time with the family.
Diversity: Source of strength or conflict?

Rozy Munir, Vice Chairman of Nahdlatul Ulama (NU)*

It is obvious that we live on this planet in diversity. We cannot run away from this reality. Therefore, to live in harmony and peace, we need to work together to lead our hearts, our minds and our actions to work for change and to reach our goal and purpose. Actually, the diversity that we have, such as languages, tribes, cultures, traditions and religions provides us with great richness. So our duty is how to unite these diversities and integrate them into one set of human values. Remember, the best among you is the one who gives more benefit to others.

According to Islam, the Holy Quran says in Al Hujarat:13, Allah said,

Oh mankind! We have created you male and female, and have made you nations and tribes that you may know one another. The noblest of you, in the sight of Allah, is the best in conduct. Allah is all-knowing. Be Aware.

*Lahdlatul Ulama is the largest Moslem organization in Indonesia

Lusiana Rumintang, Indonesia

When I was in school, I felt rejected and humiliated because I was not Muslim. The same thing happened in my third year in university. Students were supposed to take the "Implementation Subject" usually in a remote village before taking the advanced specialty class. I went to a village in Central Java and stayed there for a month. I could not find a church there, and I felt improper to ask about it. One day, I felt a sudden need to pray. I had not been to church for three weeks. Since I could only find a mosque, I decided to enter it. To me, church, mosque, temple, etc are all the same. They are man-made places built for people to pray to God. I thought about these two incidents for a year. I assumed that to be accepted into a community I should be 100% like every else or 100% different. I imagined that it would probably be better if the whole world had the same religion, needs, knowledge, etc then everybody would always get along. But that would be so boring and monotonous. I think, being different is not that bad as long as there is understanding, tolerance and good will. Being different means we can help each other to fulfill everything. I can help you and you can help me.

Abdullah al Wazin, Indonesia

At the last APYC in Cambodia there were three people who had a conviction to improve the relationship between the Chinese and the indigenous people in Indonesia. I was asked to stand up to show we were all ready to bring reconciliation to our society on this issue.

Two years later, destiny brought me to a program called Action for Life. In AIL I was chosen to be in a Chinese country. In the beginning, I was quite OK about it, I would just go there, but one day, my first day in Taiwan, and I felt a real stranger there. Nobody understood my language, and there were many strange people. I saw the same kind of people in my country but they speak my language.

But in Taiwan they spoke another language. Since that day, my feelings about the Chinese came back again. I just could not live with that. I felt that all the Chinese thought I was just an with that. Indonesian speaking this Bahasa language, wearing these clothes; the stereotypes that people have about each other. One month later I was in a Chinese family and they showed me great hospitality. They were so hospitable, and it was amazing to see the way they treated me. I wondered why should I keep this kind of feeling about the Chinese people? I felt so guilty of having a negative attitude towards the Chinese.

Rob Wood, Initiatives of Change-Australia

Things become difficult when we have a spirit of blame towards others. When I think I am right and when someone else is wrong, we cannot move ahead. But when we look honestly at ourselves, and look for what is right, then we begin to make progress. We have a song, which talks about blame and how to deal with it. It's called, "When I point my finger at my neighbor, there are three more pointing back at me." When you try this, and point your finger at your neighbor, notice what happens!

Diana Damsa, Romania

My journey has taken me to Malaysia where I stayed for one month with four different families Christian, Muslim, Buddhist and Hindu. They were all very welcoming; they looked after me, and made me feel at home. I stayed in the Indian, Chinese and Malay communities. They asked how I felt in Malaysia, and not how I felt in the different ethnic communities. Speaking with people on this journey about their lives and expectations, dreams and failures, I realized how much we are the same. Their struggles were my struggles; their problems my problems, their expectations were so familiar to me. I heard different life stories from different parts of the world, but there was nothing new they all had failures, dreams for the future, and we are also afraid of it. I joined Muslim friends in Indonesia for prayer. It was my first time in a mosque. The spirit I had in a church was the same as they had when entering the mosque. They are looking for a higher power, God, cosmic energy. We all need the same thing - a spiritual life. I enjoyed the Muslim prayer and I felt as if I was again in the presence of God. My journey through Asia and India has taught me that we have a lot in common; a lot to share together and I do not see this other world. We are in the same old world and I can take it in my heart to carry with me.
Peace is at the centre of all Islamic teachings. The word "Islam" means "peace" and "complete surrender to the Will of God." Linguistically, it comes from the Arabic words salima-yaslamu-salaaman which means peace or safety, and the active form aslama-yuslimu-islaaman which means to bring peace or safety. From these words, it is understood that peace exists at two levels: one level is passive and talks about looking inward; the second level is active or outward looking. Islam sees peace in a comprehensive and holistic way, and includes four inter-related dimensions.

The first is peace in the context of human relations with God as the Creator. The second is an inner peace within individuals. The third is peace in social life, which can be achieved if human beings live in a society free from war and discrimination, and where the principles of justice are present in daily life. The fourth is a peace which comes from harmony with the environment, where natural resources are utilized not only for the sake of human needs but also preserved and sustained for the needs of the future generation. This is the basic essence of humanity.

The ideal moralities described above are being challenged in the present fast-changing world. We are living in a world full of injustices and intolerance arising out of human selfishness and greed for power and wealth.

Maria Ulfa, Indonesia

It is more important to try to understand people than to hope that they understand us. But then, mutual understanding is better.

The biggest challenge is realizing my own selfishness. A deep experience of peace has started in my heart because I have started to look at my inner peace. This is the key which has led to personal change. In the Creators of Peace Conference in Uganda and the peace outreach program into Rwanda I learnt lessons that transformed me, by my starting to spread the initiative of peace into the larger community and to care for the world community.

Miftahul Huda, Indonesia

I spent six years in a boarding school where all my friends were Muslim and we lived like a community – living together, working together and respecting each other. Now I'm at the Islamic university all my friends are Muslims. I never had problems with my friends. I know the history of Islam is supposed to be one of peace. We should agree to live united in diversity.

Islam in this country is respectful of the local culture. Islam is different here – we wear traditional dress such as the sarong; this is a local custom rather than an Islamic custom. I am very proud to be Muslim and Indonesian. We are diverse in so many ways – religion, race, culture.

“Peace” a word of salutation from the Lord Merciful (Q.S. Yaasiin/36:58)

The idea of justice has a special emphasis in Islam, because there will be no peace without justice.

Peace will not exist without Justice

Abdul Mu’ti, Central Board of Muhammadiyah, Indonesia

Islam is a universal religion of peace. The name of the religion, Islam, is derived from the word ‘Salam’ which literally means “Peace.” (Hanafi, 2000: 232). The teaching of Islam is not specified for certain ethnic race or community, but aimed at creating peace and prosperity for all mankind all over the world.

There are three steps for the creation of a culture of peace. First is theological. A culture of peace is based on tauhid: believe in the Oneness of God. Because God is One, submitting one’s will to God’s Will is submitting all human wills to one Principal.

The second step is internalization of peace in soul and mind. Peace is not a mere utterance, but internal conviction and internal action. Peace is not merely talking, but first it is a feeling, followed by action. Peace in the individual comes before peace in society.

The third step is implementation of a peaceful mind into action. Once peace in the soul becomes real, peace in the world will automatically follow.

Islam is a global religion. Muslims live in almost every corner of the world. About one billion Muslims dwell in the land from Morocco in Africa to Indonesia. With such a large number, Muslims have an important role in the creation of a culture of peace. The Muslim contribution to a peaceful world starts from their strong commitment to tauhid and submission to the Will of God (Islam). A culture of peace is likely if people respect one another, treat others fairly, avoid double standards or hypocrisy and work hand in hand on the basis of mutual prosperity and humanity.
Human Security

"You are as close to God as you are to the person you are most separated from"

God is never a part of violence, even though people commit violent acts in the name of God

Habib Chirzin.
The Indonesian National Commission on Human Rights.

Personally I'm deeply involved in human security, especially with the war in Aceh where I was involved in the investigation of war crimes done by both sides; the military and the people demanding the autonomy or separation through military actions. There were wars for over 30 years which caused the death of mostly women, children and other innocent people. In most conflicts these people, plus the elderly, become victims. I met a girl of 16 who came to our hotel in Aceh and said that her father was killed three days earlier when he went to the stream to wash his clothes. This kind of thing happened almost every day the killing of innocent people, mothers and children. That is human insecurity in conflict.

A few days ago I was in a university speaking about human security after a disaster I spoke about post disaster relief. Even in a disaster human security applies. It talks about the security of people and putting people in the centre of everything. It is not dealing with revolution, rifles and armaments. In a disaster our security is being stolen. Human security deals with human freedom. Everyone should be free to participate in the electoral, political activities in a free election, to participate freely. They should be free to talk, write and participate in all public affairs. Human security is to secure everyone’s human wellbeing, survival and freedom. I'm here to celebrate human security especially during the disasters in our country. I would end by suggesting that in our IOFC training we should include human security as an element of peace. There is no peace without human security. Inner peace is inner security. Human security is freedom from war and fear. It's in every religion. Human security; peace, sustainable development is part of

K. Haridas is the Vice-Chairman of Initiatives of Change-Malaysia and recently elected member of International Council of Initiatives of Change

Recently, I met two Palestinians; one a Jew and the other an Arab. They run a broadcasting company and are trying to broadcast to both sides. When situations polarise around the world, there are no easy answers. When I look at television I see people in Lebanon and what is happening to them. When my daughter asks me what is happening, I find it hard to answer. People are being compelled to lose the peace they have in their society. I want to concentrate on bringing about a multi racial and ethnic society. I want to ensure that divisive situations do not erupt into violence. People talk about Lebanon, the issue is not Lebanon, but it is the Palestinian issue and the Middle East. We live in a world where there are a lot of brilliant people but they are not using their values and beliefs to solve these issues. We need to bring political pressure on our leaders so that a dialogue of the heart can really take place, because people are afraid; they fear being bombed etc. No matter who we are, or where we are, we can all play an effective role in making this a better world.

Alison Hayes, New Zealand

When I was in Thailand with AFL I met factory workers who were suffering from a disease due to breathing in the dust created in cotton factories. They were seeking compensation. The founder of this group worked for 12 years in a clothing factory before her illness forced her to get medical attention. She learnt she had this terrible disease.

She decided to take her employee to court to get compensation. The owner offered her extra pay to drop the case. She refused. It was not only her suffering; other workers suffered from the same disease and they were determined to prosecute the owner. One lady was fired, along with family members and friends; some of these people weren't even involved in the court case.

Without any financial support she continues to fight. This organization has over 1000 volunteers and they provide assistance and moral support to those suffering from work related illnesses. In Thailand 80% of factories have dangerous working conditions. Owners will not improve the conditions, as the costs are too high. Listening to these women I couldn't help feeling a sense of injustice. How could the owners turn a blind eye to the suffering? Do not they feel guilty or feel responsible? I had heard a lot about these cases but here in front of me was an example of it. This was an inspiring moment for me. It made me think about my role in the suffering of these women. I noticed that my shirt was

As a purchaser I could do my part by not buying from particular companies. I realize now I could do more, I could help.
The most important ingredient in the context of human security and social justice is leadership.

Human security and social justice go hand in hand, because the economies of all the countries in the world depend on the rest of the countries.

I have worked in the corporate world myself and for me bringing change means finding ways to work alongside others to make the right decisions. Companies want to make a profit and this involves individuals. If these corporate people’s hearts could be with the workers rather than profits, we would have hope for the workers in Thailand.

Friends from Cambodia
In 1970 during the Lon Nol period, the people had nothing to eat because of war. They move from the countryside to the city. They faced discrimination between rich and poor. Then we had a war because Pol Pot took over the country. He encouraged the poor to start a revolution, to fight against the rich, but this did not solve anything. Today in Cambodia we lack security and social justice. We live with fear every day. We lack food and other basic needs. This problem is not just because of conflict, but a cause of conflict.

“Human injustice caused war”

Jose Carlos Leon Vargas, Mexico
My first experience of loving the other, as a way of achieving social justice, started a year ago. In my local newspaper I started writing about indigenous people and the way we Mexicans have treated them. I apologized for the things I used to say about them, and I apologized for that part of my culture which is based on racist thoughts and feelings. I know that there is still much more to do, to bring human security to the poorest of the poor. For myself, accepting who I am, and respecting the other, has brought me a sense of dignity and belonging that I have not had before. Today I am discovering that we all have to thing together if we want to be fulfilled.
Choi Gamboa, Philippine
I have been to several international conferences involving different cultural backgrounds, but this is the first time I have met people and established relationships with them in a “real” way. Knowing them deeper in a short time, sharing my inner thoughts and secrets that I cannot share so easily with my family and the friends I’ve known since childhood.

Sheila Damodaran, Singapore
I came to do some work on anti-corruption but I have discovered a whole new world that I didn’t know existed. A whole bunch of people I have fallen in love with.

Alex Birnberg, Australia
My decision is to find my father in Europe. I need to talk to him and apologize. I really need to clear up my past with my family and my friends, starting with my father. Last year I started to call my dad, ‘Dad’. I always called him by his name. I’d always blamed him and pointed my finger at him. I never saw the fingers pointing back at me. I now need to find him and apologize. This is a leap of faith for me.

Lily Zakiah Munir, Indonesia
I have decided to reconcile with myself, with my relations with my husband and children. Maybe I’ve been too selfish focusing on myself and my work. After I’ve reconciled with myself I’d like to be involved with my neighbours, my women friends. We’ve focused on rituals and worship but now I want to explore more on the spiritual side by reflecting on the real meaning of Islam. I have started this already with others and we were surprised about how helpful it was.

Sin Liva, Cambodia
My first commitment is to write a letter to my brother. We have no connection with each other for a long time. I have to share honestly with my friends what I’ve done here in APYC and the experiences I’ve gained from all of you. If I can, I’d like to start a small project in my university, to gather friends around so we can share from our heart. I promise to be involved in IoFC more than before. I was always busy but now I can work in the afternoon for IoFC in Cambodia.

Wendi Wijawardi, Indonesia
I am inspired by this conference. The thing I need to do after this is about my life in my university. In our university, when we want to make our candidate as the president, we do bad things such as manipulation of people and their votes. Thinking about Solomon Islands and Taiwan I’m inspired by the Clean Election Campaign. I will try it in my campus. For 10 years I haven’t kept in touch with my stepbrother and stepsister as we are from different mothers. I need to keep in touch with them.

A. Hairul Umam, Indonesia
My mother and auntie haven’t talked for many years. Three months ago my grandmother passed away and my mother and auntie were there together for the first time in a long time. I would like to know how I can start the reconciliation between them. Before she passed away I had tried to bring them together. I’d like to sit with them, to have a special dinner, so we can share with each other.

Lily, Vietnam
Something has changed inside me. After the Life Matters Course, Rob always encouraged me to take quiet time seriously but I didn’t. Now after spending time in APYC, I know that quiet time is very important to me. I will go home and spend more time with my family. I promise myself I will try hard to make my dream come true.

“We must learn to be quiet and cheerful.
It not only helps us, it helps others.”
Anonymous
With commitment
we can change the world

Ren Jou Liu, Taiwan
I'm grateful to an Indonesian friend for the way she looked at me directly and told me how her family had suffered in business because of a crooked Taiwanese business partner. I saw myself as Taiwanese and how, as a nation, we are often arrogant and selfish towards others. I have decided to commit my life to change this image.

James Mangte, India
I have to say sorry to my little brother. I've always disciplined him and he's always afraid of me. I've never had a good conversation with him nor shared our feelings. I will go home and say sorry to him.

Arvind Kumar, Malaysia
It's been an amazing journey of discovery for me. It's been an honour to be a part of APYC. I've been struggling with being born in a country where making money, having big cars thinking only of your family and yourself it's not about society. This APYC has opened up my eyes. There's a lot more I could do to open people's eyes back home. My personal commitment is to practice my quiet time and I will join the initiatives in Malaysia by participating each week to see how I can help to promote APYC and IofC. Quiet time is the best tool I've come across. The smiles I've received from the heart have been wonderful.

Sman Norany, Cambodia
I would like to build up my family relationships. I want to be open to my friends and family about my feelings. I'm going to apply two activities - the quiet time and family group sharing - into my peace building programme back home.

Dadan Nugraha, Indonesia
I am a teacher in a Jakarta school. I only come to school and teach I don't care about my teacher friends. My first commitment is to have a lunch with them to share about school matters and also their personal matters. I would like to say thank you to the Indonesian team. I'm proud of each one of you. I have decided to help the Indonesian team to find the next step after this conference.

Ouk Vichet, Cambodia
In Cambodia we are mainly Buddhist and the second religion is Muslim. Most of the people never care about Muslim people in the country. We look down upon them. After being in APYC I have learnt that Muslim/Islam is the word of peace. My roommate is Muslim and I've shared with him. Back home we don't see the real person inside each Muslim. Something should happen after this APYC. I want to say I'm committed to devoting myself to try my best to make discrimination disappear in my country.

Thok Bun Rorn, Cambodia
In my family there is problem between parents and children. When I go back I will say sorry to my parents.

Him Sokhrey, Cambodia
I am a Cambodian Muslim. I would like to share my heartfelt feelings for the great time I've had with everyone. I've enjoyed the family times with you all. Before coming to APYC I didn't know about quiet time. What encouraged me to come here was the theme of the conference. In Cambodia I also work in peace building and that's why I'm glad to be here. Earlier I thought quiet time was a part of meditation in Christianity. When I tried it, it brought back to me my life of suffering and great pain. After this conference I have gained a new concept of quiet time and it helped me to reconcile my relationship with my friends.

Olka Hudz, Ukraine
I want to say to my friends of Russian origin, I am sorry for not seeing you as sacred human beings the same as we are everywhere. I always shift my feelings from the past onto my relationship with you. I'm sorry for putting my personal pain into my relations with you. I want to learn more about our history, to express my real feelings and to express the pain we have but to respect you and not to hate you.

Nicolas Don, India
I have a poor relationship with my dad. I have to go home and do something about it. I will tell my friends about IofC, and about hope for the future. Each one of us has a mission and it's just starting. Every drop of water makes a mighty ocean.

Joung Suk Ryu, South Korea
The Korean IofC situation has a conflict/struggle. It means a lot to me and for our young people to host APYC. It will encourage us and increase our commitment to work together.

Helena Rijoli, Indonesia
APYC taught all of us and especially me that the root causes of all the problems and conflicts in this world actually begin within ourselves. I realize that I cannot regret what had happened to me in the past. I cannot blame GOD for the kind of environment and family HE put me in. For I believe as the Bible says that “God has never given you any challenges that HE know you cannot handle”. In other words, GOD knows how tough you are and that challenge will not put you down but instead will help us to rise up if we are able to overcome it. Therefore, the only thing we can do is to start by healing ourselves. Accept what GOD had given us as a blessing and always try to see things from its positive way. It will give you peace of mind and strength to go forward. To summarize things I can say that to be able to heal my past, to find hope for my future and continue to create a culture of peace in the world, we have to take some steps: Acknowledge the past, Face it, Let go of it, Conquer it and Move on.
Healing the past and acting for the future

Listen to the others friends...

Chu Jui Yi, Taiwan
I am blind so I can’t see well. I can see a little shape and the colour of your shirt. To participate here has been a little bit difficult for me. Thanks to my friends from Taiwan, they have helped me a lot. Thanks also because you tried to understand my poor English and to be a friend.

Dock Virak, Cambodia
I couldn’t participate in the APYC in Cambodia so I’m grateful to be here. I want to express my feelings towards our Muslim community. I’m Buddhist and we feel fearful of the Muslim community. When I feel that I am hated by Muslims I feel something like needles inside me. We can read the newspaper or watch TV and we see that the terrorists are Muslim. After our sessions here I’ve talked to Muslims and my feeling towards them has changed. When I first became a teacher in 2000, I hated my neighbouring countries. In my classes I created a culture of hatred against these countries by encouraging my students to hate our neighbours the way I did. For 3 or 4 years this was in my mind. In the last years it’s become a bit lighter. After joining APYC, and having our regional meeting, I have decided to change my feeling to one of peace rather than hatred.

Chun Yi Fang, Taiwan
I was suffering from my relationships with my parents. When I graduated from senior high school I could enter the top university but I gave up. Tuition was free but my father wanted me to work and earn money for the family. I’m police officer now. There is a lot of corruption in my job environment and I don’t know what to do. I now hope I can have quiet time every day and to keep up sharing with my friends. I shared my life story with my roommate. This helped her to face the hurts in her own life. This year I began to write a book about sexual harassment. When I leave here I hope I can use my life experiences to help others in the future.

Bunkheng Sreng, Cambodia
When I was in India with Action for Life Asia Plateau I thought I should write to my mother to say happy birthday to her and to apologize for stealing money from her. I wrote the letter and sent it to her. When I went back home, my mother was in tears. She loves me more than before. Changing is always a process of life to become a man. In another quiet day I thought I should write and apologize to Vuth (who also works for IofC) as we’d had conflict since early in IofC in Battambang. Our small argument was still ongoing. I wrote the letter to say I was sorry. During this APYC I have forgiven people who hurt me. I found trust and patience through APYC.

Ameto, India
Small problems get the better of us all the time. Complaining about the food; complaining about the dog doing something. All these are small things, but they pull us down. It’s the big things I’ve learnt here that can drive us so that small things don’t matter any more. Issues that are small, such as at home, should be dealt with quickly but we must always remember they are small things and we have bigger things to think about. I’ve learnt to take time to think and not to do things in a hurry. I will also try to be consistent and not to spare myself and to keep at it, and honour it. It’s so easy to do the wrong thing. It takes courage, falling down and picking oneself up again. I must go back to the past, to the people I’ve hurt and mistakes I’ve made. I must go back and talk to the people and apologize. This is an important tool in healing the past otherwise we will always be carrying the scars many years from now.

William Nguyen, Australia
Before I came here I had a fight with my younger brother. Every challenge is as great as the one before it. I’ve been hiding from quiet time and avoiding thinking about the conflict I’ve got. I now know that my relationship with my brother has to be more than it is at the moment. I have to set aside my pride and have a chat with him when I go home.

Erwan, Indonesia
At first I didn’t expect that this conference would change my life so much, but it did. I was an introvert and selfish guy. I never share my stories before. My family stories have been haunting me for several months lately, but through the incredible family group I could share it. I decided to forget my hatred to my brother in law and forgive him. I learnt to be a good listener as well which is developing good relationships among us. Now, God has been my closest friend and I will never betray Him anymore.
Hearing from the teams
Presentation from each region

Indonesia
We discussed our young team, which we are still trying to strengthen. We have youth group, student group and working group. We now have a bank account but no permanent centre to run the programme. We are still searching for our role in the community. We need leadership skills. IoF Indonesia is intended to provide a safe space to discuss women’s issues. We need to improve relationships between our different faiths.

Thailand
Only two of us came and I would like to share my feelings. I’m grateful to participate in this conference. I’ve met very special people. Thanks to the Indonesians for caring for us. Thanks for helping me see the real picture, looking into my life. I want my community to know about this group. I want to have friends who are like real brothers and sisters where we can share deeply. I want to organize this in my country. I’m interested in the regional cooperation between our countries, and to be a part of Cambodian-Vietnamese Dialogue. I want to help to clean up the history of our area. Personally, I’ve not felt anything against the people from the other countries in our area. I hope you will pray for Thailand keep us in your mind and help us in some way to build our community.

Philippines
IoF movement started in the 1970s with the singing group Song of Asia. They conduct mini youth camp in October to do follow up after the visit of AFL this year. To bring the idea of APYC to Asian people by allowing Asian people to run this programme fully. To tackle corruption, which is one of the biggest problems in our region. Our region will try to support each other; to be personal, national and regional.

Laos
We are happy to be here and a part of APYC. We are new here and in IoF. It’s a challenge for us to face this idea of change for the world, especially this group of young people to bring peace to the world. I hope you will allow us to build a network of people in my country. Let’s see how far we can get with this. I want to see APYC in my country, so I hope that the 15th or 16th APYC will be in my country. First I want to learn more about the experiences you have had in IoF. In the future I hope there will be IoF Laos. I feel at home here; things are similar to my country.

Malaysia
Sharing time in different homes, working with different NGOs, a new centre in Kuala Lumpur which will be the hub of the training for IoF people for Asia.

Cambodia
We are involved in the Cambodian-Vietnamese Dialogue. In the next one we hope that our friends from Thailand and Laos can join us. We want to give them space to be involved. We have projects such as a feeding programme with the poor people, distribution of books and school material to students in a poor school, programmes in schools and universities, taking care of the environment and teaching young people how to protect it. We have a small office in Battambang, doing things in the community and providing training. In Phnom Penh they meet every two weeks for sharing and quiet time.

Fiji
We have IoF conference in November. We have a new multi racial cabinet system, which is the first ever for Fiji. We are still a nation in transition with issues between the different ethnic communities. For us a commitment we have made as representatives of Fiji youth, we will invite other youth from Fiji to join IoF, to create an IoF youth, to join other IoF groups in our area.

Taiwan, Japan and Korea
There is a need for us to have dialogue. First step is personal connections to build up a team. Secondly we need to research the issues in our area – relationships between countries in our area. Colonization in our region during the past 200 years; regional contributions do we bring to the world apart from our economies; social responsibilities. These three countries have a lot in common and we influence each others a lot. What societal issues can we work on – family dysfunction etc. What action plans can we have? What are the needs of this region? For the next APYC we will bring new practical ideas. We want more communication with the internet by creating a platform for networking. We also need regional meetings on a regular basis.

Solomon Islands
Ongoing programmes for the people in the rural areas – the Heart of Transformation. We have a connection with Papua New Guinea and we will help them with the Clean Election Campaign in their country next year. We have an invitation from Kenya for some of our volunteers to have training with the Clean Africa group. We still need approaches from other countries to help and work with us – environment, family groups etc to strengthen our network. We are committed to the Asia Pacific countries regarding exchanges of people and programmes.

New Zealand
How do we live together and work together with people from different ethnic backgrounds? How to give hope and direction to youth as we have a high suicide rate? To have more people involved in IoF which will mean having more activities. Most of the time for the national team is spent helping the regional conferences, but we need local initiatives. One AFL participants is training in the UK and she will return in February. Diana from Romania will join her and they will create a schools’ programme.
The conference also attended by friends of Initiatives of Change from India, Sri Lanka, Europe and Australia. In this conference they also shared their condition and the programs they had.

The points we have discussed so far:

**Personal Change, Building networks, Responding to a need in Asia, Learning to Serve Others, Healing the past, Using methods that are effective and Lifting our thinking.**

**India and Sri Lanka**

We learnt how IoFC started half a century ago. There was a team of 60 youth who took a countrywide journey through India to inspire and spread the IoFC message to India’s youth. It was called The Nation is Marching, with the theme of a Clean, Strong, United India. We identified these needs – there are very few full time workers. We need more full time volunteers. We have a good team and we have elders and they have their own focuses, but we don’t have a strong link between the youth and elders. This will affect our future. They cannot pass on their vision without this link. We have regions throughout India that are disconnected with IoFC work – distance is a problem. AFL has played an important role to help bring about more unity with these regions. We need to work with other countries connected to the Indian subcontinent – Bangladesh, Bhutan etc. All solutions begin with daily listening and taking individual responsibility. Change should start from ourselves. By doing a small bit we can still affect the bigger picture.

Asia Plateau is in western India and so people in other parts of India can’t go there. In Jamshedpur a centre is coming up, which is for eastern India. Tata, a large company, is sponsoring it. This will help us be able to take care of other parts of India.

**Australia**

We have an interfaith initiative. We have a national centre in Melbourne. With the interfaith we have a women’s peace circle – people from different faiths and cultures meeting together. We have a Christian – Muslim dialogue. In Sydney the second language is Arabic. We have corporate good governance workshops to tackle corruption and good practices in government. We have the Life Matters Course in Melbourne which runs for 10 days and it aims to help young people to find direction in their lives. In January 2007 we are holding a conference in Melbourne. We hope to achieve bridging family relationships starting with ourselves. Bridging integrity divided – fighting corruption and a sound business culture. Bridging religious divides. Bridging national divides between communities, ethnic groups and between our neighbouring countries. We need to reach out to young people and to interest them enough so they continue with IoFC. The next APYC should have more Australians, especially indigenous peoples.

**Europe**

Europe has a long history with IoFC. After 1991 a new part emerged – east and central Europe. It has many young people who are dynamic and with lots of energy. They don’t have IoFC ideas. We were thinking of bringing together east and west Europe. We thought of Europe being small and it’s easy to get around so why not visit each other from time to time. Only from strong friendships can we bring action. We thought about within AFL 3 we have an idea about Action in Europe. It would happen in May and June next year – AFL graduates, to test AFL and IoFC’s ideas in Europe. It will be multi faith, generational etc. We will meet before leaving here to create an action plan. The European IoFC will meet later this year. We will all be there so how can we help and contribute to this meeting? We would like to take a core team of Action for Europe and to make a follow up visit through Eastern Europe, visit I of C teams, run workshops with them, test Action for Life in Europe ideas with them.

Asia Pacific is a very big area. It’s not easy for all of us from different parts of Asia to meet on a regular basis. Sometimes it is very difficult for us to meet for any specific problem or a conference like APYC. In the past friends in different Asian countries have been trying to network and cooperate with each other, to work together in a very informal network, and that’s how the first APYC was started in Taiwan and later on to move to different Asian countries. For that we have to thank all of the senior IoFC friends who have dedicated their time and energy to make sure that conferences such as APYC were available for young people in Asia.

But young people must take on the responsibility, to take on this network and to try to provide new opportunities to develop our new teams and network so that we can provide better service to all people concerned. In 2005 the Under 40s gathering took place in Kenya to bring together young people who have been actively involved in the IoFC networks around the world, to get to know each other to start the process of team and community building. Many of us from Asia met and had several chances to share our dreams and visions for IoFC work in this region. From those meetings we came up with the network of Action in Asia. This Action in Asia aims to provide a caring community comprising of all young people, and those who are young at heart, to engage ourselves in this process of providing better networking of IoFC activities across the Asia Pacific region. After the Under 40s meeting we’ve been trying to keep in touch with each other by email, but we still felt that personal contact is very important for team building. In March 2006 some of us met again at the global consultation in Malaysia and there we had another chance to renew our commitment and to look at what we really want to achieve in this effort. We tried to remind ourselves that we would make it a priority to make ourselves available for important international gatherings so that we can meet and share and support each other’s initiatives. So this year’s APYC has brought us together again. Among us are several people who are now ready to commit ourselves to develop this new network of young committed IoFC members in this region.

We have also talked about our common vision and mission for our network. One of our aims is to support national teams and national initiatives. We work for better coordination of international programmes. We want to share information of our national teams by writing monthly newsletters to keep each other informed. We also want to encourage more exchanges between national teams, starting with human resources. We have started to make APYC a priority of our networking to make sure it takes place and is organized smoothly and successfully in the coming years. We would like to thank our Malaysian friends who have taken on being the Action in Asia secretariat.

**Action in Asia**

**personal change lead to national change**
The approach of “linking the intimate and the global” can be understood in four dimensions:

CHANGE YOURSELF
If you want to change the world or anything in it, the best place to start is with yourself. As Mahatma Gandhi said, “Be the change you want to see in the world.”

CHANGE OTHERS
Engaging others in the task of world-changing requires us to move from just being advocates for transformation to being agents of transformation.

CREATE ANSWERS
For finding practical leading for the day ahead, for our living and our relationships.

GIVE HOPE TO HUMANITY
As Mother Teresa put it:
“In the silence of the heart, God speaks. And to hear God, we need a clean heart. The essential thing is not what we say to God but what God says to us – and through us.”

So how to start?
An effective way is to take some time for an honest look at one’s life using the four principles above as guides – to face our own ‘integrity gap’ – and to listen for the inner voice of conscience, of God, about how to make things different. Apology and forgiveness are powerful healers.

ENGAGE OTHERS
Engaging others in the task of world-changing requires us to move from just being advocates for transformation to being agents of transformation.

Transformation happens when any person faces, names and disempowers the destructive habits and attitudes that have control in their lives. Healing and release follow as love and forgiveness are empowered instead and new relationships are built.

The keys to engaging another: care genuinely, share honestly, question sensitively, listen attentively, learn humbly, challenge wisely, respect fully, commit jointly.

CREATE ANSWERS FOR THE WORLD
There is an inspired plan for every situation.

This is where teamwork and partnerships are essential, first in committing together to the ongoing practice of the tools of transformation, then in identifying the needs in the community and being led to those who are key to the answers. Building a team of integrity takes time and imagination, all the time modeling the trust, honestly and care in dialogue and relationships out of which answers can be born. With the team, in listening together to the inner voice, a strategy and plan start to emerge.

The purpose of our ‘action’ is always to create encounters with people, where transformation of attitudes and motivations can begin. And so it flows on as a continuous process – new energy, new life.

GIVE HOPE TO HUMANITY
The changes witnessed, the new life being created, the new relationships forged, the impact on larger community and social issues, the shift in entrenched attitudes and systems… all will give hope.

News of practical answers sweeps across the community. It is infectious – and motivating. To be part of making a difference, be the hope you want to see.
Outcomes: Creating a culture of peace in terms of building mutual understanding among young Indonesian people:

1. Build a network for the Indonesian friends who are not living in Jakarta.
2. Create an IofC Indonesia community as a pilot community in Indonesia.
4. Participation in the Action in Asia and building a network in the Asia Pacific Region.

Thank you

We are grateful for the support we received. The budget allowed modest seed funding for ongoing initiatives which developed during the conference, so the APYC is the starting point for Initiatives of Change Indonesia.

We also would like to thank the friends who contributed so much time and energy to make this conference happen. It was a big opportunity to have the conference in Indonesia. Most of the participants came from developing countries in the Asia Pacific region. The APYC would not have been possible without the financial support of many individuals around the globe and with specific grants from:

The Minister of Youth and Sport of the Republic of Indonesia

The international IofC network of Australia, Holland, Malaysia, UK and IofC teams from around the world. Action for Life participants who helped to create and facilitate the conference.
The Asia Pacific Youth Conference is a place where young people from the Asia Pacific region can shape their vision for the future. It is a time for young people to meet and share their personal lives, ideas, and the problems they face in their own countries. Initiatives of Change is a global network for people who are fully committed to personal and global change starting with themselves “From the personal to the global” has become a way of life for IofC.

The participants spent one week at the conference. During this time, the participants spent time in small family groups to have a quiet time and to share in the mornings. They also had a time in plenary sessions to discuss global issues, and to meet afterwards to discuss these issues relating to the themes presented by keynote speakers.

The themes of plenary session were:
"Inner Voice and Inner Healing; searching for the truth", by Ajarn Sulak Sivaraksa (Thailand) and Ren Jou Liu (Taiwan).
"Diversity; a source of conflict or strength", by Rozy Munir (Indonesia) and Rob Wood (Australia).
"Islam and Universal peace", by Lili Zakiyah Munir and Abdul Mu'it (Indonesia) and Niketu Iralu (India).
"Human Security and Social Justice", by Drs. Habib Chirzin (Indonesia) and K Haridas (Malaysia).

The plenary sessions were followed by discussion in small groups.

Afternoon workshops were:
Family Workshop with Ren Jou Liu (Taiwan). Conflict Resolution with Juan Carlos Leon Vargas (Mexico), Imtiyaz Ahmad (India) and Tuan An (Vietnam). Anti-Corruption Workshop with Binsar Pakpahan (Indonesia), Ryan Feinstein (USA) and Zaskia Reijnders (Holland). Art Therapy Workshop with Nigel Heywood (Australia) and Olka Huds (Ukraine). Yoga Workshop with Jyoti Subramanyan (India). Indonesian Traditional Dance Workshop run by a local team. Environment Workshop with Tony Amar (Canada). Music Workshop with Rob Wood (Australia) and Obas Ukoko (Nigeria).

The conference also gave time for all of the participants to show their country and cultural presentation.

The conference was coloured by the diversity of the participants. All the programs have enabled the people to discover and express themselves in a new way.

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What they learnt...
I want to do everything to start this process in my own country
we are not right, we are not wrong, we are just difference
I am inspired by this conference
I bring my heart here

What they decided...
I believe I should have more love to have stronger relationships with the people around me
I have decided to change my feeling to one of peace rather than hatred
I will go home and apologize for the hurts I gave
I am excited that I could be someone who could bring change for my community

What they found most valuable...
I have discovered the roots of my problems and I need to love and heal myself
I have hope for the future and I feel peaceful within myself
It's been an amazing journey of discovery for me
Something has changed inside me

Being different is not that bad
as long as there is understanding, tolerance and good will.
Being different means we can help each other to fulfill everything.
I can help you and you can help me.