



Asia and Pacific Alliance of YMCAs  
Youth Participation and Leadership Development committee



# Youth Empowerment

Training for Lay Leaders & NGS



**5 March 2014 9:00 a.m. – 12:00 noon**

This training is prepared by Alvin KAN, Philip Damion and Mark Clester.

**09:00 - 09:15 (15 minutes)**

**Short Opening Worship and Prayer**

*Mark Clester*





# Introduction

In today's worship, we celebrate our beloved movement as an organization imbued with the principles of youth development and leadership. We come together to reflect on what and how YMCA can work with the world to promote this primordial aim of building a healthy body, mind, and spirit amongst our young people.

As we worship this morning, may we invite you to use this moment to further ponder on how we can contribute to having empowered young people who are ready to take roles and change the world. May we be able to reflect also as one body in Christ for the main reason why our movement was founded... the youth.

# Call to Worship



**Leader:** Christ is like a single body, which has many parts; it is still one body, even though it is made up of different parts.

**People:** God put every different part in the body just as he wanted it to be. There would not be a body if it were all only one part! As it is, there are many parts but one body.



**Leader:** And so there is no division in the body, but all its different parts have the same concern for one another.

**People:** If one part of the body suffers, all the other parts suffer with it; if one part is praised, all the other parts share its happiness.



**Leader:** All of you are Christ's body, and each one is a part of it.

**All:** O how beautiful to feel unity that we now share as we come to worship the Lord. We are all in one accord doing service to Him, meeting all the challenge, constantly rejoicing.



## Opening Prayer (Unison)

Almighty God, we gather here in your name. We thank You for this beautiful and wonderful session that You have allowed us to have. Bless us oh Lord so that we can transform into actions everything that we have here, which shall glorify Your name in this world through beloved movement. We ask this in the Name of our Lord Jesus Christ, **Amen**

# Sharing of Peace

Peace be with you!





09:15 – 09:20 (5 minutes)

- Welcoming Remarks
- Purpose of this training

*Mr Kohei Yamada*

*Philip Damion*



Photo : APAY Executive Committee Meeting 2013



Photo : YMCA Europe Prague Festival 2013



## Programme rundown

*Alvin KAN*

09:20 – 09:30	Youth reality Presentation
09:30 – 10:45	The 6 Questions
10:45 – 11:00	Break
11:00 – 11:45	Model board discussion
11:45 – 11:55	Feedback
11:55 – 12:00	Photo-Taking

# Let's start with some facts...



- Over **60%** of the world's youth live in Asia-Pacific = **750+ million** (United Nations 2012)
- **25 %** youth in Central Asia, **26 %** in East Asia and the Pacific, and **13 %** in South and West Asia enrol in **tertiary education**
- Regional Youth **unemployment** rate is 10%, **3 times** higher than adults. (UN ESCAP 2011)
- **1 out of 2** **new HIV** infection are those aged 10 – 24 in high risk of drug and health issue. (UN 2011)

# Youth Reality Presentation



09:20 – 09:30 (10 minutes)

*Philip Damion*

We will focus on 4 aspects of Youth Reality in Asia and Pacific.



This Youth Reality Presentation reflects the view of the presenter only and does not reflect the view of APAY and YPLD committee. (page 12 – 17)

# ENVIRONMENT



## Common environment issues in Asia-Pacific region

As in all countries of the world, there are a number of environmental issues facing the countries of the Asia-Pacific region as we move further into the 21st century. Environmental issues include those which relate to both the physical (natural) and human elements of the environment.

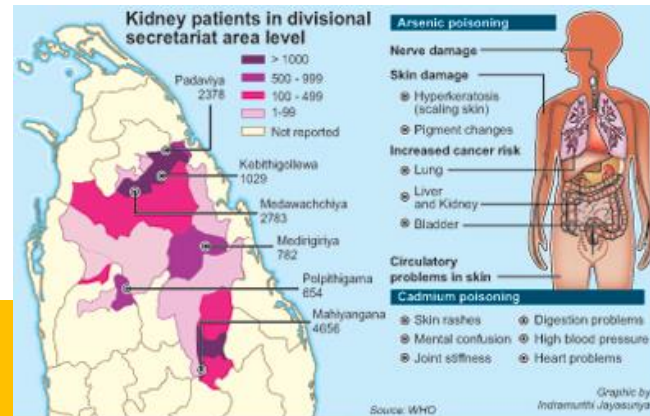
## Few issues faced in the region

### Achieving sustainable development

One of the overarching challenges faced by countries of the Asia-Pacific region is achieving sustainable development, without sacrificing the region's ecological sustainability. This means developing socially and economically, without compromising the integrity (quality) of the environment for future generations. Recycling and the management of waste in this rapid development is also becoming a serious issue. There are, however, currently a number of issues which need to be addressed before the region will be able to achieve this.

### Environmental degradation caused by agriculture and deforestation

Unsustainable agricultural practices and excessive deforestation have lead to problems such as soil infertility, erosion, land and water salination, loss of biodiversity and the degradation of many aquatic ecosystems. These problems have now become widespread throughout the region. In Sri Lanka, for example, Usage of chemicals has led to Chronic kidney disease (CKD), which is taking at least two lives a day in Sri Lanka's North Central and Uva provinces. It has already killed more than 20,000 people, mainly from poor farming families, over the past two decades.



Source: Internet & day today experiences working with youth

## Reversing global warming

Global warming, caused by the build-up of greenhouse gases in the atmosphere, has led to rising sea levels. Scientists have proven that over the past 150 years global temperatures have also slowly increased and many agree that this has been a human-induced change. Most scientists also agree that the overuse of fossil fuels is creating this build-up of greenhouse gases in the atmosphere. Urbanisation (the growth of cities and urban areas), which is increasing in the Asia-Pacific region has an adverse effect on the climate because cities have high energy output, a large surface area to hold heat, and are generally very compact areas.



## Reducing the greenhouse effect

In recent years, most countries in the region, including Australia, have not met their targets for greenhouse gas reductions. This seriously threatens the global environment. This is a particular concern for people who live on the Pacific Island nations and other coastal communities, as their homes will soon become directly threatened if current increases in sea levels continue. The highest point on all the nine islands which form the country of Tuvalu, for example, is currently less than five metres above sea level. If nothing is done to reduce the impacts of global warming, it is feared that islands such as these will disappear.



Source: Internet & day today experiences working with youth

# EMPLOYMENT



## What is youth unemployment?

**Youth unemployment** is the unemployment of young people, defined by the United Nations as 15–24 years old. An unemployed person is someone who does not have a job but is actively seeking work.

## Reasons for youth unemployment?

**Inflexible labour markets** - Older employees have more job experience and job security.

**Increased education expectations** - Youth are expected to have more education to compete for jobs.

*Example – In India there has been an increase in young adults remaining in school and getting additional degrees simply because there aren't opportunities for employment.*

**Temporary contracts** - Young people are more likely to have temporary forms of work such as internships, seasonal jobs, contract work, and graduate research assistantships.

## Consequences of youth unemployment

Youth unemployment has many long-term consequences for the individual and for their country.

**Individually** - Finding employment in unrelated or unfulfilling fields makes them confuse about there future.

**Countries** - It leads to youth used being used in political uprisings & revolutions. Many skilled young people get frustrated and leave their country to find employment in other countries/ regions. This is very high specially in countries like Sri Lanka, India in south asia. This leads to countries of our region getting poorer day by day by loosing all good skilled you people.

JOBS &  
EMPLOYMENT



Source: Internet & day today experiences working with youth

# HEALTH



## Health issues in Asia-Pacific region

**HIV/AIDS** is still a major killer in many developing countries of the Asia-Pacific region, which lack the health and public education infrastructure needed to overcome many diseases. Youth are the most vulnerable group when it comes to diseases of this nature. Improving sanitation standards and increasing access to healthcare and education on health are, therefore, imperative steps which need to be taken in order to overcome the HIV/AIDS crisis. Intense urbanisation in all parts of the Asia-Pacific region has led to problems associated with **overpopulation (which exacerbates poverty)**, **resource availability**, **unemployment and waste management**.



Poor access to SRH and HIV information, contribute to high levels of unplanned pregnancy and the spread of HIV and other sexually transmitted infections (STIs). **Child marriage** is common in parts of the region, often accompanied with family and community pressure to bear children at a young age. Teenage girls with unplanned pregnancies often seek abortion services from untrained practitioners in hazardous circumstances and unhygienic conditions due to limited access to safe and legal abortion in most of the region. One-third of unsafe abortions in the region occur in young women under age 25.

Due to the busy life schedule of young people they tend to eat fast food which are less health and clean. This leads to them getting **cholesterol and diabetes** at a very young age. Lack exercise is also another reason for this.



Source: Internet & day today experiences working with youth

# CIVIC ENGAGEMENT



**Civic engagement** is a very important part of the YMCA movement . It leads us to get involved Individually and collectively to identify and address issues of public concern.

## Participation in the Decision-Making Process of young people

In many countries of the region there is often the challenge of young people trying to make their voices heard because of some cultural barriers. In addition, in many settings youth are being frequently portrayed as activists for social change or troublemakers.

## Volunteerism of young people

Nevertheless, there has been considerable progress across the region in many regards and it is very likely to continue. Indeed, young people across Asia and the Pacific are getting actively involved in volunteerism to promote the development of communities, including relief efforts and reconstruction following natural disasters such as the 2004 Indian Ocean tsunami, which affected several countries, and the earthquake and tsunami of early 2011 in Japan.

**CIVIC  
ENGAGEMENT**



Source: Internet & day today experiences working with youth

# The 6 Questions

*Alvin KAN*



09:30- 10:45 (75 minutes)

After hearing from youth, **we want you to speak up.**

Here are 6 questions.

## Rules

- For each question, “NGS team” and “Youth team” will each have **5 minutes** to comment on each other. There will be 2 timers.
- You can raise any related comment/ questions at any time.
- If your team use up the team’s time, please stop.
- Please **keep it short and simple.**
- This is NO a debate but a dialogue. Please **respect each other.**

# Question 1:



(10 minutes)

Is the YMCA really **empowering**  
**young people?**

# Question 2:

(10 minutes)



What are the difficulties in  
setting up/ leading **Youth Club?**



# Question 3:

(10 minutes)

- As YMCA, what **opportunities** have you provided / would you provide to Change agents?
- As Change agents, how will you **contribute** to YMCA?

# Question 4:

(10 minutes)



How was your experience in  
**World Challenge 2012 &  
APAY Green Challenge 2013 ?**

# Question 5:



(10 minutes)

- As YMCA, how can the local/national YMCA involve the young people in the decision making?
- As Youth, what are the **difficulties** you face in organizing programs on different levels ?



## Question 6:

(10 minutes)

what are your expectations on  
**Youth Empowerment strategy**  
for the coming 2 – 4 years?



# Break

for 15 minutes (10:45 – 11:00)



**APAY Greeting cards Fund-raising**

**HK\$5 per card; HK\$30 per set**

The fund goes to Fellow for Youth and APAY exhibition in the World Council.



# Model board discussion

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11:00 – 11:10 (10 minutes to explain rules, settle down)

First, sit in groups according to your sub-region

- **North Asia**
- **Southeast Asia 1 & 2**
- **South Asia and Pacific**



Break into smaller groups of 8 -10 ppl,  
if necessary.



# Model board discussion

Second, each person will draw a paper written “Youth” or “NGS”.



**Some NGS may play the role as “Youth”;  
and Youth may play the role as “NGS”.**

**Think from the perspective of your role !**



# Model board discussion

11:10 – 11:45 (35 minutes)

The Task :



Imagine you are in a Board meeting to  
**prepare YMCA World Challenge 2014** in June...

**Plan together** an event in your YMCA (sub-region)

- **Remember the reality and difficulties** we have just mentioned in the dialogue.

# Feedback/Recommendation



11:45- 11:55 ( open floor)

We would like to hear about

1) your idea

2) your experience in role play

From model “Youth”

From model “NGS”



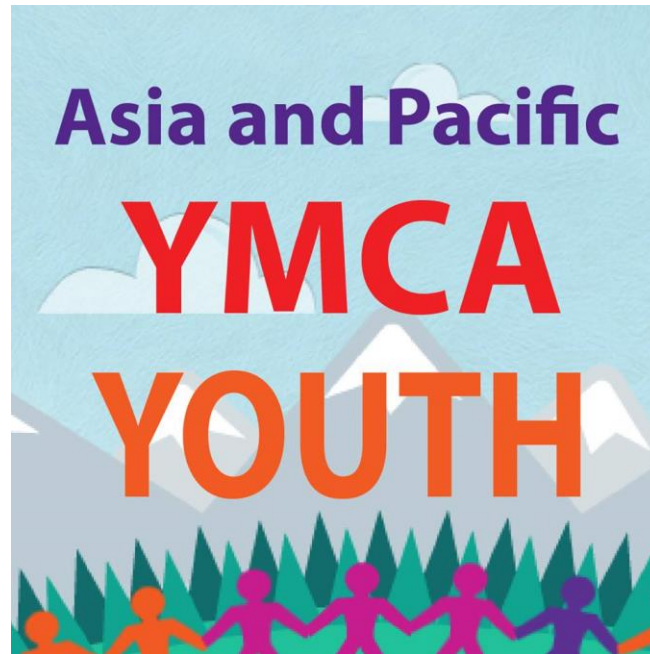
# Photo-taking

11:55 – 12:00 (5 minutes)





# Thank you.



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