

DAILY REPORTS

Day 1, 17th January, 2026 Summary – Arrival & Welcome of ASEAN Youth Peacebuilders

The ASEAN Youth Peacebuilders Programme officially began with the arrival of participants from across the ASEAN region, marking the start of a transformative journey grounded in dialogue, service, and friendship.

From the moment the peacebuilders arrived in Malaysia, there was a palpable sense of excitement and anticipation. Participants were warmly received and smoothly admitted into their residences, where they settled in, met their roommates, and began forming the first bonds of what would soon become a close-knit regional cohort. Despite coming from diverse cultural, social, and national backgrounds, the shared purpose of peacebuilding created an immediate sense of belonging.

The day culminated in a welcoming dinner, thoughtfully organised to ease participants into the programme in a relaxed and joyful setting. The evening was brought to life by an engaging ice-breaking activity, “Human Bingo,” facilitated with great energy and creativity by the Rotaract Club of Sunway University. Laughter, curiosity, and conversation filled the room as participants moved around discovering common interests, unique experiences, and unexpected connections with one another.

More than just a game, the activity served as a powerful reminder that peace begins with human connection — listening, understanding, and celebrating diversity. By the end of the evening, strangers had become friends, and the foundations of trust and camaraderie were firmly laid.

Day One closed on a high note, setting the tone for the days ahead — a programme not only about learning peacebuilding concepts, but about living them through fellowship, empathy, and shared experiences.

Day 2 18 Jan 2026 Summary – Orientation, Resilience & Community Building

Day Two of the ASEAN Youth Peacebuilders Programme focused on orientation, trust-building, and strengthening the bonds within the cohort, creating a strong foundation for the journey ahead.

The day began with arrival and registration, followed by an opening and welcome address that set clear intentions for the programme. An engaging icebreaker session quickly brought energy into the room, encouraging participants to connect openly and embrace the diversity within the ASEAN cohort. Throughout the morning, the sessions were guided by the dynamic and engaging moderation of Mahendren Daniel, whose warmth and enthusiasm kept the programme flowing seamlessly and participants fully engaged.

A key highlight of the morning was a deeply motivational session on resilience and breaking barriers by Siva Kumar. Drawing from personal experience and lived realities, his message challenged participants to confront limitations—both external and internal—and to view resilience as a conscious daily choice. His address resonated strongly with the peacebuilders, reinforcing the belief that meaningful change begins when courage meets purpose.

Following a tea break, participants were introduced to Rotary and its global commitment to peacebuilding, service, and youth leadership. Trust-building and teamwork activities further strengthened collaboration, helping participants appreciate the power of collective effort across cultures and borders.

After lunch, the programme continued with high energy as the afternoon sessions were led by the charismatic Martin Scott from Mediators Beyond Borders International. Through interactive and reflective exercises, participants explored resilience more deeply, mapping personal and community resources while connecting these insights to real-world peacebuilding contexts.

A lively dance and energiser break refreshed the group before participants moved into a vision board exercise, articulating their intentions and aspirations for the week ahead. The day concluded with guided reflections and preparation for the next phase of the programme, leaving participants energised, inspired, and increasingly united as a community.

Day Two marked a powerful shift—from individuals gathering together to a collective of emerging peacebuilders grounded in trust, resilience, and shared values.

DAY 3 LAUNCH OF PEACE POLE

On the first day of the **Rotary ASEAN Youth Peacebuilders Programme (RAYPP)** training, a deeply symbolic moment set the tone for the journey ahead: the **launch of the Peace Pole** by **Tunku Zain Al-'Abidin ibni Tuanku Muhriz**, together with all **43 youth participants** from across ASEAN.

Gathered as one community of emerging peacebuilders, the unveiling of the Peace Pole marked more than a ceremonial beginning—it was a collective commitment to the values of dialogue, dignity, and peaceful coexistence. Bearing the timeless Rotary message, **“May Peace Prevail on Earth,”** the Peace Pole stood as a universal call that transcends borders, cultures, and beliefs, reminding participants that peace begins with intention and is sustained through action.

The setting of the Peace Pole at **Sunway University** added profound meaning to the moment. Known as a **“Campus with a Conscience,”** Sunway University embodies the integration of academic excellence with ethical leadership and social responsibility—making it a fitting home for a symbol dedicated to nurturing principled, purpose-driven youth leaders.

The presence and partnership of **UNFPA** further reinforced the significance of the occasion. Echoing the spirit of **“Peace in Action,”** the Peace Pole underscored UNFPA’s belief that peace is built through inclusion, empowerment, and the protection of human dignity—especially for young people and future generations.

In his remarks, Tunku Zain inspired participants to see peace not as an abstract ideal, but as a daily practice—rooted in listening, empathy, and courage. As the 43 participants stood united around the Peace Pole, they symbolically affirmed their shared responsibility to carry its message back to their communities, transforming values into impact.

The Peace Pole launch thus became the moral compass of RAYPP—anchoring the programme in Rotary’s enduring vision, Sunway University’s conscience-driven education, and UNFPA’s call for peace that is lived, led, and sustained through action.

Day 3 19th January, 2026 Summary – Conflict Literacy, Emotional Awareness & Peacebuilding

Day Three of the ASEAN Youth Peacebuilders Programme marked a deep and meaningful dive into conflict literacy, active listening, and emotional awareness—core competencies for effective peacebuilding in complex and diverse societies.

The day opened with a reflective circle and review of the previous day, allowing participants to ground themselves and reconnect with the shared learning journey. This was followed by intensive sessions on conflict literacy and listening, facilitated by Mediators Beyond Borders International (MBBI). Through interactive discussions and practical frameworks, participants explored how conflict arises, how it is often misunderstood, and how intentional listening can transform tension into understanding and opportunity for dialogue.

After a tea break, the sessions continued with deeper exploration into listening as a peacebuilding tool—emphasising empathy, presence, and the ability to hear what is unsaid. These sessions challenged participants to move beyond reactive responses and develop the discipline of reflective, compassionate engagement in moments of disagreement.

A defining highlight of the day was the powerful address by Tunku Zain Al-‘Abidin ibni Tuanku Muhriz, Patron of Rotaract Clubs in Malaysia. His speech was both intellectually rigorous and deeply relatable, offering profound insights into conflict, leadership, and the responsibilities of young changemakers. What truly distinguished the session was his remarkable ability to thoughtfully and candidly respond to a wide range of questions posed by participants—spanning identity, governance, social divides, and the realities of peacebuilding in today’s world. His openness, clarity, and respect for differing perspectives left a lasting impression on the cohort.

Following lunch, participants engaged in group activities focused on emotional awareness and peacebuilding, examining how emotions influence conflict dynamics and decision-making. These experiential sessions encouraged self-awareness, emotional regulation, and the recognition of emotions as both signals and resources in peace processes.

A lively dance and energiser break refreshed the group before continuing the emotional awareness sessions, allowing participants to integrate learning through reflection, movement, and dialogue.

Day Three concluded with participants more attuned to themselves and others—equipped not only with conceptual tools for understanding conflict, but with the emotional literacy necessary to navigate it with empathy and integrity. The day reinforced a powerful truth: sustainable peace is built not just through knowledge and policy, but through listening hearts, emotional courage, and thoughtful leadership.

Day 4 – 20 January | From Principles to Practice, with People at the Centre

Day 4 of the RAYPP training represented a pivotal moment in the programme, deepening participants’ practical understanding of peacebuilding while firmly anchoring it in lived realities, community engagement, and human dignity.

The day was strongly anchored by the diverse and in-depth sessions facilitated by **Mediators Beyond Borders International (MBBI)**. These sessions expanded participants’ skills in conflict analysis, dialogue,

and transformation, encouraging them to see conflict as a space for growth, relationship repair, and systemic change. Through participatory methods and reflective dialogue, participants strengthened their capacity to listen deeply, navigate complexity, and collaborate across differences—essential competencies for peacebuilders operating in the ASEAN context.

A major highlight of the day was the **comprehensive and courageous session led by UNFPA**, which provided an in-depth exploration of **Gender-Based Violence (GBV)**. This session unpacked GBV not only as a social and legal issue, but as a critical peace and human rights concern. Participants examined root causes, power dynamics, intersectionality, and the long-term impact of violence on individuals, families, and communities. The discussion challenged participants to recognise GBV as both a consequence and a driver of conflict, reinforcing the message that sustainable peace cannot exist without gender equality, safety, and dignity for all. The session was both sobering and empowering, calling participants to move from awareness to advocacy and action.

The day also included a detailed briefing on the **Mentari Community**, which will be the focus of the upcoming onsite visit. Participants were introduced to the community's background, needs, and aspirations, enabling them to contextualize their peacebuilding work within real social and economic settings. This session ensured that the forthcoming field engagement would be grounded in empathy, respect, and responsible action rather than assumption.

Adding a powerful dimension of creativity and innovation, professors from **Sunway University** facilitated an experiential learning session using **LEGO** as a tool to understand peace. Through hands-on model building and storytelling, participants translated abstract concepts such as trust, power, conflict, and cooperation into tangible forms. The exercise demonstrated how creative methodologies can unlock deeper reflection, shared understanding, and inclusive participation in peacebuilding processes.

By the close of Day 4, participants emerged more grounded, reflective, and prepared—equipped not only with tools and theories, but with a deeper moral clarity. The integration of MBBI's practical expertise, UNFPA's human-centred lens on GBV, the Mentari community briefing, and Sunway University's innovative pedagogy reinforced a defining insight of RAYPP: **peacebuilding is most powerful when it is skilled, inclusive, creative, and rooted in compassion for real people and real communities.**

Day 5 Summary – ASEAN Youth Peacebuilders Programme (AYPP) 17th till 29th Jan, 2026 @ Sunway University, Malaysia – 43 youth from 11 ASEAN Countries

Wednesday, 21 January – Positive Peace in Action

Day 5 of the ASEAN Youth Peacebuilders Programme marked a transformative shift from understanding conflict to **building sustainable peace**. The day began with a reflective Opening Circle, where participants revisited insights from Day 4, deepening their awareness of how conflict literacy and emotional intelligence shape peacebuilding journeys.

The core focus of the day was **Positive Peace**, facilitated by the Institute for Economics & Peace (IEP). Participants explored the concept that peace is not merely the absence of violence, but the presence of strong institutions, inclusive societies, equitable opportunities, and resilient communities. Through interactive discussions and practical frameworks, the young peacebuilders examined the eight pillars of Positive Peace and connected them to real-world challenges across ASEAN.

As the sessions progressed, participants moved beyond theory into application—mapping how Positive Peace principles could guide their post-training projects in their respective countries. The conversations were rich with insight, empathy, and vision, reflecting the growing maturity and confidence of the cohort as emerging leaders of peace.

The day concluded with an energising visit to 42KL which is a tuition-free, future-proof computer science school with a peer-to-peer learning environment that does not involve teachers and lectures. It is an innovative education model that was designed to develop the skills needed to develop technical and people skills that match the expectations of the labor market using a project-based learning approach.

By the end of Day 5, the ASEAN Youth Peacebuilders had not only learned what Positive Peace means—they had begun to embody it, transforming ideas into purpose and dialogue into action.

Day 6 – Cultural Competency & Social Cohesion

ASEAN Youth Peacebuilders Programme (AYPP) 17th till 29th Jan, 2026 @ Sunway University, Malaysia – 43 youth from 11 ASEAN Countries

Thursday, 22nd

Day 6 marked a powerful shift from classroom learning to lived experience, as participants explored cultural competency and social cohesion through reflection, dialogue, and immersion in the rich social fabric of Kuala Lumpur.

The day opened with a **Day Five Review and Opening Circle**, allowing participants to reconnect, reflect, and center themselves for the learning ahead. Facilitated by **MBBI**, the morning sessions delved into **Cross-Cultural Conflict and Learning**, examining how cultural misunderstandings, identity, and historical context can both divide and connect communities—and how conscious listening and humility are essential tools for peacebuilders.

Following the tea break, the focus turned to **Gender and Structural Systems**, where participants unpacked how social norms, power dynamics, and institutional structures influence inclusion, equity, and peace. The session challenged participants to look beyond individual behaviour and consider how sustainable peace requires addressing deeper systemic realities.

In the afternoon, learning moved beyond the training room through a **Cultural Experience Trip and Field Lessons**, offering participants firsthand exposure to Kuala Lumpur's diversity and everyday expressions of culture, identity, and coexistence.

The day culminated in the **Peacebuilders Cultural Explorace**, an interactive city-wide journey that transformed the city into a classroom. Working in teams, participants navigated challenges that required collaboration, intercultural communication, creativity, and trust—bringing theory to life through shared discovery and meaningful interaction.

The Explorace concluded at the **iconic Royal Selangor Club**, where participants gathered for a warm wrap-up session, **prize-giving**, and fellowship dinner. In this historic setting, stories were shared, laughter flowed, and achievements were celebrated—reinforcing the idea that peacebuilding is as much about relationships and shared moments as it is about skills and frameworks.

Day 6 closed with a deepened sense of connection—among participants, across cultures, and with the city itself—leaving peacebuilders reminded that social cohesion is built not only through dialogue, but through shared experiences that unite people in purpose and understanding.

Day 7 Summary – Friday 23rd

Conflict Mapping & Assessment (MBBI / IEP / Sunway University)

ASEAN Youth Peacebuilders Programme powered by Rotary ASEAN

17th till 29th Jan, 2026 @ Sunway University, Malaysia – 43 youth from 11 ASEAN Countries

Day 7 of the ASEAN Youth Peacebuilders Programme marked a powerful shift from understanding conflict to actively mapping it — equipping participants with the tools to assess challenges in their communities and design pathways toward sustainable peace.

The day began with a reflective **Day Six Review and Opening Circle**, facilitated by **MBBI**, grounding the cohort in shared learning, emotional awareness, and renewed commitment to the journey ahead. This created a thoughtful space for participants to connect personal experiences with the broader frameworks of peacebuilding.

Following the morning sessions, participants engaged in an insightful **Positive Peace Framework** workshop led by **Bas from the Institute for Economics & Peace (IEP)**. The session deepened understanding of peace not merely as the absence of violence, but as the presence of strong systems, inclusion, resilience, and social cohesion.

A highlight of the day was the compelling guest lecture by **Toh Nyon Nyin**, who spoke on: **“Youth, Hate Speech and Atrocity Prevention: From Early Warning to Early Action.”**

Her message underscored the urgent role young leaders play in countering divisive narratives, recognising early signs of harm, and transforming awareness into meaningful preventative action.

After lunch, the programme moved into highly interactive work on **Conflict Mapping and Analysis**, where participants applied frameworks to real-world contexts — identifying root causes, stakeholders, power dynamics, and community needs. The afternoon continued with sessions on **Community Assessment**, reinforcing the importance of listening deeply, gathering local insights, and designing peace interventions grounded in lived realities.

A particularly moving aspect of Day 7 was the resilience displayed within the cohort. A few participants fell ill during the day and were taken for medical attention. Yet, despite their discomfort, they returned and continued to participate — demonstrating exemplary dedication and an inspiring commitment to the programme’s mission. Equally heartwarming was the compassion shown by fellow peacebuilders, who stepped forward with care, encouragement, and support, reflecting the true spirit of solidarity and community that the programme seeks to cultivate.

With a refreshing **dance break** bringing energy back into the room, Day 7 concluded as a meaningful blend of rigorous learning, courageous perseverance, and deep human connection — a reminder that peacebuilding is not only about frameworks and analysis, but also about empathy, mutual care, and collective strength.

Day 8 Summary – 24th Jan, Saturday

Mediation, Dialogue & Citizen Assembly

ASEAN Youth Peacebuilders Programme powered by Rotary ASEAN

17th till 29th Jan, 2026 @ Sunway University, Malaysia – 43 youth from 11 ASEAN Countries

Day 8 carried a vibrant mix of deep learning and rising excitement, as the cohort immersed themselves in mediation and dialogue skills while eagerly anticipating the much-awaited Cultural Night.

The day opened with a reflective **Day Seven Review and Opening Circle**, led by **MBBI**, allowing participants to process lessons from conflict mapping and community assessment while preparing for the next phase of skill-building. The morning sessions focused on **Mediation & Negotiation**, where participants explored practical tools for navigating disputes, building trust, and finding common ground in complex community settings.

Following the tea break, the energy shifted into **Facilitation Training**, equipping participants with techniques to guide difficult conversations, manage group dynamics, and create safe spaces for dialogue. After lunch, the programme introduced the foundations of **Dialogue practices** and the concept of **Citizen Assemblies**, an opportunity presented to the participants to be part of a worldwide network focusing on issues such as environment.

Throughout the day, there was a noticeable buzz in the air. During every break, corners of the venue came alive with **fierce rehearsals and spontaneous practices** — participants refining performances, coordinating costumes, in anticipation of the evening's International Understanding and Cultural Night. The excitement itself became a powerful form of bonding, strengthening friendships and team spirit across cultures.

The afternoon continued with **practice and application sessions**, allowing participants to test mediation and facilitation skills in simulated environments, followed by a short window of free time before the evening celebrations.

The **International Understanding and Cultural Night**, organised by the Rotaractors, was nothing short of astounding. The venue transformed into a celebration of ASEAN's rich diversity, with **country-by-country performances** showcasing traditional dances, music, and storytelling in vibrant traditional attire. A lively **photo booth**, beautifully arranged spaces, and **sumptuous traditional cuisine** added to the festive atmosphere.

The performances carried a spirit of **friendly yet spirited competition** — energetic, passionate, and deeply respectful. Cheers echoed across the hall as participants supported one another, celebrating not only their own cultures but those of their peers. The camaraderie in the room reflected the essence of the programme: unity in diversity, pride without division, and joy rooted in mutual respect.

Day 8 ended on a high note — a perfect harmony of rigorous peacebuilding training and cultural celebration — reminding everyone that dialogue, mediation, and understanding often begin with shared laughter, music, and the courage to celebrate one another.

Day 9 – 25th Jan, 2026, Sunday

ASEAN Youth Peacebuilders Programme powered by Rotary ASEAN

17th till 29th Jan, 2026 @ Sunway University, Malaysia – 43 youth from 11 ASEAN Countries

Day 9 Summary – Community Visit to Desa Mentari (Sunway University Community Project)

Day 9 brought the learning journey out of the classroom and into the heart of community realities, as participants visited the **Desa Mentari Community Project**, a long-standing initiative supported by Sunway University. The visit offered a powerful, ground-level understanding of how sustained partnerships, education, and community engagement can transform lives.

The 43 ASEAN Youth Peacebuilders were accompanied by Sunway University lecturers, alongside programme facilitators and management teams. Participants were divided into **four groups**, each guided by a dedicated Sunway University representative, allowing for deeper engagement, observation, and dialogue with the community.

Despite the **hot and humid weather**, the enthusiasm remained high as participants explored the various areas supported by Sunway University. The visit highlighted the university's holistic approach to community development, including:

- Educational support and youth development programs
- Health, nutrition, and wellbeing initiatives
- Livelihood and skills training opportunities
- Environmental and community improvement projects
- Ongoing mentoring and outreach by Sunway staff and students

For many participants, the experience was a genuine **eye-opener**. It moved peacebuilding from theory into reality — demonstrating how structural inequalities, access to education, and social cohesion intersect at the community level. Conversations with residents and program leaders reinforced the importance of empathy, sustained engagement, and locally driven solutions.

Upon returning to Sunway University for lunch, the learning continued with an **engaging dialogue session involving youth from the Mentari community**, who had been invited to campus for deeper interaction. This exchange allowed participants to hear first-hand perspectives on social challenges, aspirations, barriers, and the lived realities of young people navigating community issues. The conversation was candid, thoughtful, and at times emotional — creating a safe space for mutual learning, reflection, and shared understanding. Rotaractors and the Malaysian delegates were on hand to act as translators and the local youth conversed in Bahasa Malaysia.

The field visit and dialogue together strengthened participants' grasp of **community assessment and participatory engagement**, directly linking to earlier sessions on conflict mapping and Positive Peace. Witnessing the impact of sustained institutional commitment by Sunway University, and then engaging

directly with community youth, provided a powerful model of how partnerships can uplift communities and build resilience.

Day 9 concluded with a deep sense of reflection. Under the heat and intensity of the day — and through honest conversations with community members — participants walked away more grounded and more determined, reminded that meaningful peacebuilding begins by listening, learning, and standing alongside communities in their everyday realities.

Day 10 – 26th January, 2026 Monday - Country Project Planning

ASEAN Youth Peacebuilders Programme powered by Rotary ASEAN

17th till 29th Jan, 2026 @ Sunway University, Malaysia – 43 youth from 11 ASEAN Countries

Day 10 marked a pivotal transition from learning to action, as participants focused on shaping the peace initiatives, they would implement upon returning to their home countries. The day centered on **Country Project Planning**, facilitated by MBBI, IEP, and Sunway University, reinforcing the programs commitment to translating knowledge into real-world impact.

The morning began with a reflective **Day Nine Review and Opening Circle**, allowing participants to process insights from the Desa Mentari community visit and connect those lessons to the needs within their own societies. This set the tone for a full day of purposeful planning and collaboration.

Participants then revisited their **conflict mapping exercises**, working in three groups to refine their understanding of root causes, stakeholders, and intervention points. This review flowed into **Guided Team Planning**, where participants began shaping concrete project ideas grounded in local realities and aligned with Positive Peace principles.

Participants worked intensely in country and cross-country teams, discussing:

- Key social and peacebuilding challenges in their communities
- Feasible interventions and partnerships
- Target beneficiaries and expected outcomes
- Sustainability and long-term impact
- Alignment with SDGs and local priorities

The energy throughout the day was purposeful and collaborative. Conversations were animated, thoughtful, and solution-driven, as participants shared experiences from their home contexts and supported one another in refining ideas. The planning sessions reflected a strong sense of ownership — these were not hypothetical exercises, but real commitments participants intended to pursue upon their return.

Discussions continued informally, with teams refining strategies, seeking feedback, and strengthening their proposals. The environment was one of collective encouragement, with peers offering insights, challenging assumptions, and celebrating each emerging idea.

By the end of Day 10, the room was filled with a sense of momentum and responsibility. The group discussions had evolved into **clear project pathways** — ranging from community dialogue platforms and youth-led peace campaigns to education, social cohesion, and grassroots resilience initiatives. Participants were no longer just learners; they were emerging practitioners preparing to carry the spirit of the program back to their countries.

Day 10 stood as a defining moment — the bridge between training and transformation — where ideas took shape, partnerships formed, and the commitment to building peace at home became real, personal, and actionable.

Day 11 – 27th January, 2026 Tuesday

ASEAN Youth Peacebuilders Programme powered by Rotary ASEAN

17th till 29th Jan, 2026 @ Sunway University, Malaysia – 43 youth from 11 ASEAN Countries

GRADUATION CEREMONY!