

REPORT

2014 - 2015



Initiatives of Change Indonesia

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Office Bearers 2014 – 2016

Initiatives of Change Indonesia

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IofC Indonesia Core Team

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Message From The President

Assalamualaikum wr.wb

Hello Agents of Change!

First of all, I would like to give thanks to Allah who always gives us time, health and opportunities in life. Also thanks to the Core Team of lofC Indonesia 2014-2015, advisors, seniors, all the supporting team and lofC members who have given their time and energy to be change makers through lofC Indonesia. On behalf of Initiatives of Change Indonesia, let me thank and welcome all change makers with this report.

Initiatives of Change (lofC) is a world-wide movement of people of diverse cultures and backgrounds, who are committed to the transformation of society through changes in human motives and behaviour, starting with their own. In lofC, we learn four absolute moral standards that will be part of our positive guide for our future life. We learn about diversity, being open minded, and to think internationally. Also, we learn the importance of personal responsibility, ethical leadership and building trust across the world's divides.

So, I am sure that all of us will have a happy and well balanced life through these values of lofC. Each of us will not only learn how to be agents of change but also take action in the future. Furthermore, let's support lofC to be better, to be lofC Golden 2020. Finally, I believe your contribution will give positive impacts for yourself and people around you. Thank you.

Walaikumsalam wr.wb



Asia Pacific Youth Conference (APYC) Taiwan, 2014



I was so happy because this was my first time joining an annual international lofC program.



Dinnie Hijri Firdausi on APYC Taiwan 2014

On the first day the conference started in the evening and was opened by the Taiwanese team who played Taiwan's traditional music. For this event all the participants wore their own traditional costume. It was fantastic because it was my first time to see other traditional costumes. On the following day, I followed all the sessions; open space, plenary session, family groups, workshops and others.

From this conference I learned about respect, love, healing my past, forgiving myself, and for sure I learned more about my English. I forced myself to talk and not to be quiet because I need to be active in English. I tried to have conversations and friendships with anyone there. Finally, I am really thankful for the lofC Indonesia team who entrusted me to go to APYC 2014 in Taiwan. This was one of my wonderful experiences.

Reported by Dinnie Hijrie Firdausi

School Visit Program

Japan, 2014

My two-month trip in Japan gave me lots of experience. During two months, we visited 30 schools from kindergarten to university level. We interacted with the students, presented our own countries, played with them and shared about our personal experiences. I was amazed when the team visited elementary schools in cities. I could see the importance of Japanese education and the excellent facilities. The activities held in school are also varied and interesting. Students have lunch together with friends in the class. Teachers choose students to be the server for the day. They eat healthy food including rice bowl, fruit, vegetables, and a small box of milk. After drinking their milk, they collect the small boxes to be recycled. And they do it by themselves!

At the end of our program, we had an International Forum attended by 13 countries and some international friends including the President of Initiatives of Change International, Dr. Omnia Marzouk. We had a 3 day forum, "Celebrating Diversity", in which we discussed issues relating to diversity. The theme means we have already understood and accepted diversity and that is why we celebrate it.

This two-month experience enriched my knowledge of Japan and its culture. It taught me how I live in diversity. Although I was minority, they respected me very well as a person who comes from different background and religion. When I had my fasting in Japan, my host family took care of me very well. It touched me how they served a person whom they don't know beforehand. Finally, this journey has given me a good experience and I was very lucky being part of this program.

Reported by Yudi Septiawan



School Visit Program Japan, 2014

Inner Growth Companionship Program (IGCP)

The Inner Growth Companionship Program (IGCP) is a program designed for inner self-discovery. For two years IGCP has been successfully carried out 10 times in different cities in Indonesia and Australia. This training is very intensive, sensitive and deep. By doing quiet times and sharing, the family tree (geonogram) for 3 generations, and writing letters, participants learn a lot about their families and their past and they experience healing. Participants discover the answer to critical questions; who truly am I? How am I doing in life? How do I want to live my life and how do I want to be better in the future?

The past and our family history is the main resource in the training which helps to unfold hidden parts of our family history. Unconscious wounds, scars or unfinished business might be the reason for the way we are living our life today, so participants learn that these experiences need to be understood in order for us to live our lives fruitfully. Our experiences in the past are the best teacher for our future life.

Apart from the main activities, some light and creative activities were also created to provide space for participants; these were such things as life story sharing, watching movies with a message and discussions, along with cooking for healing.

The feedback from participants is amazing and surprising. One participant said, "IGCP is about family illness and to find the roots of these family problems, to know who we are from the family tree, to heal disappointments and sadness, to see ourselves as human beings and to become our true selves.

Reported by Nur Hayati Syafii



We wrote letters in a therapy session which is awesome because we see that we can heal ourselves. "I hope to complete the entire session so that I can send the letters and complete the IGCP training of IGCP". Another participant said, "During this training, I wanted to reconnect with myself and with my mother. I am not afraid any more of the things I hated. If you hate or dislike something, you need to find the reasons by confronting the hatred so you can deal with it and have a peaceful life".

Youth Leadership Camp

Yogyakarta,
2014



Youth Leadership Camp Yogyakarta, 2014

Everyone wants to be happy. Everyone wants to have a peaceful life. However, we tend to blame our surroundings instead of doing self-reflection. Self-reflection is aimed at knowing ourselves and listening to our inner voice. We need space and time to do self-reflection. Therefore, I participated in a Youth Leadership Camp which is annually held by Initiatives of Change Indonesia. The camp was attended by 25 participants from Yogyakarta, Semarang, Jakarta, Medan, Pekanbaru, Australia, and Canada. It is my fourth time joining the camp.

Each camp is meaningful for me. I can understand more about absolute honesty, purity, unselfishness, and love. Life is a learning process. During the camp, I learnt lots of things through having a quiet time, sharing with other participants, listening to other's opinions, discussing life issues, and many more topics.

During the camp, there was a plenary discussion in which some speakers were invited to share their actions in their community. One of them was Rina Utrini, an inspiring woman who teaches English in her village voluntarily. As an Adventist, she was challenged to teach Moslem students since some parents did not warmly welcome her. As Rina does everything with her heart, she can wisely face the challenges. Her motto is "I have the right to choose and I choose the right."

The Youth Leadership Camp is also filled with workshops. Each participant can only join one workshop. The workshops are Inner Growth Companionship Program (IGCP), Healthy Lifestyle in a Modern World, Art Therapy, and National Character Building.



Youth Leadership Camp Yogyakarta, 2014

This year's camp was also attended by lofC international volunteer, Peter Heyes. Peter stated that being quiet is an action. It can be applied through quiet time. Tony, an Australian participant shared his personal experiences in the forum. Aria, one of the participants said this camp was great since each participant learnt more about the inner world. The participants inspired one another.

Habib Chirzin, one of lofC's advisor shared his experiences when attending a conference in Caux. He was invited to talk about Human Rights.

"Dreams don't work unless you do". Before the closing ceremony, each participant wrote down and expressed the commitment in achieving his or her dreams. As the theme was "Real Action for Better Life", each participant was encouraged to do real actions for themselves and their community. Real actions can be applied through simple things such as keeping the environment clean, saying no to corruption, being disciplined, saving energy, giving contributions for social activities.

Reported by Yofrina Octika Gultom

I arrived at Jakarta airport on the evening of March 26th, after 5 days travelling from Brazil to Indonesia.

My first impressions were positive; I saw a safe country and nice and curious people. Jakarta is overwhelmed by traffic – probably the worst in the world, it's hard not to be annoyed by it. Dodging such traffic is an art.



After spending time in Indonesia I can say that I found it to be a complex society, with friendly people. Religion plays a huge role in the social relationships in society, yet they coexist in a democratic and peaceful way that is unique.



Yofrina, Joao and Desy at Kota Tua Jakarta

My Time With Initiatives of Change Indonesia

Throughout the months of March and April, the IofC Indonesia team organized several outing activities to show me a little more of Indonesia, such as to Kota Tua (old city), Situ Gintung (lake), “No-car day” in the center of Jakarta, and eating out at restaurants and street food carts. The team was excellent in providing me with an introduction to Indonesian culture.

Our first outreach as a team was at the Green Montessori School in Jakarta with two classes of children aged from 5 to 9. This was part of the School Leadership Program designed to bring IofC values into schools by presentations to children of all ages. During the month of May, I was more adjusted to living in Indonesia and had found myself settled well in my accommodation. The main shortcoming I faced was regarding the language. Many Indonesians try hard to help you when you talk in English, but fall short in communication skills. When I became more familiar with the social and economic situation of Indonesia, I began reshaping the project to fit the needs of IofC Indonesia and their country's context. The new project fits better with the needs of IofC.

Report by Joao Felipe Elias

Trust Building for Muslims and Adventist Bandung, 17-19 April



Trust Building Camp, Bandung 2015

Fifty young Muslim and Adventist leaders got together in Bandung to learn from each other, to listen to their life stories and also to learn to build trust between Islam and Christianity. The three-day camp brought young leaders together to learn about diversity and to break the prejudices through dialogue and games which helped to create trust and friendship.

Every morning there was a session on scriptural reasoning which involved reading the Holy Quran and the Holy Bible; participants read a topic which is shared both in the Quran and Bible. For some participants this was a new experience, reading the books and then interacting with the people about the same topic.

Ayi, a lecturer at the State Islamic University, Bandung, explained Islam and what is being understood about Islam and Muslims, especially the message of Islam, that Islam

is a blessing for all. This means that as a Muslim we need to be peaceful and to create peace around us. The meaning of Jihad was also discussed and we learned that the meaning of Jihad is not a violent concept but a struggle for peace within ourselves, for self control and betterment.

Here are some comments from participants about the trust building camp:

“I used to have prejudices toward Muslims but, through this camp, I now have a better understanding and perspective about Islam and Muslims”. “I feel that this camp will help us grow as Indonesians to be more united and peaceful”.

Reported by Miftahul Huda



Asia Pacific Youth Conference Cambodia, 2015

Asia Pacific Youth Conference Cambodia, 2015

The Asia Pacific Youth Conference began on August 1st, at the Green Park Hotel in Phnom Penh, the capital of Cambodia. After the opening ceremony, we experienced a very large rainfall with flooding of the streets. The next day the conference participants travelled to the main venue of the conference in Sihanoukville, a seaside resort in Cambodia.

During our introduction meeting, tragedy struck us all. The child of one of the organizers drowned in the swimming pool, and was quickly taken to the hospital. We attempted to continue the conference, and later we learned that he had not survived. It was the most difficult moment most of us have ever experienced, yet in spirit to the family who gave all our commitment to APYC, and we carried on the conference, praying and sharing our feelings.

The following days we learned and worked on inner development, lofC's four absolute standards, a family workshop, healing the past, stories of success, and making a commitment to do follow-up action. We also made good friends in the conference and learned from our seniors their personal stories. I was impressed about the capacity and logistics of the Cambodian team to put everything together. It was truly amazing that such a small team had so much will.

Finally, I saw my experience in Southeast Asia in a different way after having attended APYC. I was especially touched by the family workshop and inner development. It was important for my efforts to develop lofC Indonesia's fundraising capacity to attend APYC, as we learned there are several techniques to ask for sponsorship that allowed the Cambodian team to succeed in their logistics for the conference. Moreover, it gave us ideas how to model lofC Indonesia's activities towards a social enterprise model. The conference inspired everyone to develop a great Youth conference for next year's APYC in Indonesia.

Reported by Joao Felipe Elias

Pari Island Trip

Kepulauan
Seribu,
2015



Pari Island Trip, 2015

On the 6th and 7th of June, 2015 Initiatives of Change (lofC) Indonesia organized an outing weekend to a paradise-like island called Pari. It is in the group of islands off the coast of Jakarta. We had several bonding activities such as planting new mangrove trees, snorkeling, starfish exploration, swimming and playing on the beach.

For me, the most fruitful activity was planting trees to encourage the growth of more mangroves. With human activity on the island, the growth of the mangrove is an important part of the preservation of the local environment.



This is an important reminder that lofC's mission worldwide is also the promotion of sustainable living which involves humans and nature living in harmony. We are reminded that nature can recover itself; it just needs time. If we take more from nature than it can give, we might kill the very source of our life and subsistence.

Reported by Joao Felipe Elias.



Family Gathering Ciputat, 2015

Family Gathering, Situ Gintung Ciputat 2015

Let's reunite! Initiatives of Change (IofC) Indonesia held a Family Gathering on 12th April 2015. The program was attended by 35 participants, who came from Jakarta, Bandung, and Garut. This gathering was aimed to reunite IofC Indonesia members, to publish IofC Indonesia programs, and to listen to the participants' input.

Iskandar, the president of IofC Indonesia, stated that the IofC Family Gathering would be a great occasion for the participants to share with one another. Miftahul Huda, an Asia Pacific Regional Gathering (APRG) member led the family group in the family gathering. During the family group session, each participant answered questions from participants, namely what attracted the participants to attend the IofC Family Gathering and to share their life stories. Each group had a quiet time, deep sharing, and quality time during the session.

Agus Mulyana, an IofC Indonesia Senior advisor, encouraged the participants to keep their friendship, apply the four absolute standards namely purity, honesty, unselfishness, love in daily life, to create peace, and to make people around happy.

During the gathering, IofC committee did fundraising by selling yoghurt, clothes, accessories, tumblers, stickers, and T-shirts. The core team of IofC Indonesia led the world café, in which the participants were divided into groups and gave their suggestions for IofC Indonesia. Ferry, one of the participants, said that IofC Indonesia has many great programs such as Saturday Gathering, Inner Growth Companionship Program (IGCP), School Leadership Program (SLP), and Youth Camp. Therefore, the IofC Indonesia team should be more active spreading the programs to society.

Umam, the 2nd president of lofC Indonesia, had an opportunity to share about his personal experience with lofC. He said that the moral standards help him to work professionally in his working place. Eep, one of the participants, said that he changed to be a better person through lofC values and by having a quiet time. He said that everybody deserved to dream and reach what their dream is. At

the end of the program, all the participants were encouraged to keep updating and to contribute to lofC programs.

Reported by Yofrina Octika Gultom



Family Gathering, Situ Gintung Ciputat 2015

Family Gathering Ciputat, 2015

School Visit Program (SVP) Japan, 2015



Aisyah Annas on School Visit Program Japan, 2015

In 2015 I was selected to be a volunteer with the Japan School Visiting Program which is an annual event organized by lofC Japan. It was designed to strengthen the Japanese youths' spirit in maintaining and preserving their culture and to build good relations with Indonesia, Malaysia, Vietnam and Taiwan. It was also a part of a leadership training program for both the delegation and the students as well. The most important thing was to spread lofC values through the schools.

The visit was held from May to June last year and fifteen schools were visited during this program including kindergarten, primary school, high school and college. The team did cultural presentations that represented their own country and shared lofC values through playing skits and singing a song. At the end of the presentation there was a question and answer session where students had a chance to give comments. We had a very interesting time and the spirit and enthusiasm of the students impressed us. Students' feedback showed that the presentation had touched them. This is how lofC values could become tools to solve unhealthy relationships among family members. Some students committed themselves to apply these values in their daily life after going home.

During our school visits we had time to explore tourism places and tried a lot of Japanese food. Once, we had an occasion to put on a kimono and yukata with the designers. At the same time, they showed us how to serve macha, green tea powder, complete with Japanese cake. At the end we also showed our traditional customs. It's a sort of cultural exchange that could build better understanding among the countries.



We stayed for a month with a host family. Like other families, we spent our leisure time having chit- chats, cooking, and doing housework. I felt at home because the atmosphere was comfortable and the host families were very kind and helpful; it was really enjoyable being with them. Four weeks were quite enough to explore many things and we also learnt about the Japanese philosophy of life. The houses were made of wood which represents humility, simplicity and closeness to nature. The Japanese tend to live a healthy life style by consuming healthy food and exercises such as going to work on foot. The

Japanese characteristic is to be disciplined, generous and passionate. With these personalities the Japanese can live in peace and harmony. So my question was probably answered as to why Japanese live longer than any other country in this world.

My last impression was having an opportunity to learn about teamwork and leadership from many different countries. It was also a great time to inspire and engage each other based on lofC values through story sharing. Last but not least, it was a part of trust-building training in real life about how we can work and walk together with different people but still provide care and support to create peace and a better future. Arigatho gozaimasuta! Thanks a lot to the lofC Japan Team and JSVP Team 2015.

Reported by Aisyah Annas



Nenden Vinna Mutiara on Saturday Gathering

Saturday Gathering

Talk About Life is abbreviated TAL, a weekly gathering of lofC Indonesia. This program is an interactive sharing activity with lofC fellows. Nenden, as a speaker shared about her life stories in lofC since joining in 2009. She spoke about the change she made since then.

After coming back from APYC in Melbourne in 2011, she went home and met her father. She said that she wanted to forgive her father who had left her family since she was child. "It was not so easy to forgive my father for what he had done to me and my mother, but I thought I had to do something." "I learn from lofC that I can not change the past, all I can do was to change myself and forgive my father."

"I had a chance to join IGCP (Inner Growth Companionship Program) where I learned more about family life." By doing quiet time regularly with four moral standars, she made decision and moved to Jakarta where her husband was working for. "I want to be a

good wife". It was such a big decision for her. However, it was such a calling so that I could break the chain of family disfunction once my parents experienced. I also get involved in lofC as full timer volunteer. Now I keep learning on living my life with lofC values

Reported by Aisyah Annas



Youth Camp, Malang 2015

Youth Leadership Camp

Malang, 2015

What is the purpose of your life? How do you find happiness? To find the answers, we need to listen to our inner voice. Young people from Initiatives of Change (IofC) Indonesia held the 12th International Youth Leadership Camp in Malang, East Java Province. The theme of the 6 days camp was 'Rediscover Your Life Purpose.' The participants came from Indonesia, Malaysia, Cambodia, Vietnam, The Philippines and Canada.

"There are no strangers in the world, only friends we haven't met." Some of the participants met for the first time. They learnt to share their ideas and thoughts, listened to others' stories and to get to know each other. The opening ceremony started with the Indonesia national anthem and multifaith prayers led by participants from different religions. Iskandar, the president of IofC Indonesia delivered his speech to welcome

all participants and thank the committee for their hard work and contributions. The singing team sang an IofC song, "Friends We Haven't Met". "One little smile can break all reservations and we are meant to be." This saying was meaningful for all participants telling them to enjoy the camp by giving a smile to one another.

After the opening ceremony, Miftahul Huda, one of the Asia Pacific Coordination Group (APCG) briefly introduced what IofC is and explained the camp orientation to the participants. At the end of the first day, the participants divided into family group; each group has a facilitator who led the group sharing.

On the second day we were introduced to Quiet Time by Nandor Lim, the CEO of Akasha Learning Centre in Malaysia.

Quiet Time is a time for us to grow still, examine our life choice and have self discovery. Through the Quiet Time, we listen to our inner voice and thoughts. We thought about the kind of life we want and how to live happily. After having Quiet Time, we shared our thought with each other. During the camp there were workshops in which the participants chose from: Heart to Heart Communication, Peace Generation, Inner Journey, CoP (Circle of Peace) and Music Workshop.

Peter Heyes, a Canadian volunteer stated that Indonesian young people have a strong faith yet real actions are also needed to make their life and their countries better. Bai, a Philippines participant shared about a journey to find identity. As a Moslem in a small town called Mindanao, she is a part of the minority. She is keen to engage her friends to create peace among the majority Muslims and minority Christian people in her area. "Be the Change", an IofC song, has lyrics which say, "When change starts within my heart, then I can show the way the world to go." Bai said that she could change her community when she could change herself.

Nandor Lim shared about the 4 moral standards; absolute purity, absolute honesty, absolute unselfishness and absolute love in the morning reflection session. "Committing yourselves to having moral values to measure your life needs disciplines." There are challenges applying moral standards in our life and having the willingness and commitment to be a better person. In this session, Nonie, an Indonesian participant shared how she had family reconciliation after healing the past in which she accepted her father's apology who had left the family after divorcing her mother.

Besides the plenary sessions, workshops, and the family group times the participants enjoyed a night market in which they could buy and sell souvenirs, T-shirts and handmade crafts. We had an outing in the morning on the third day where we visited an Eco Green Park located in a small town called Batu. Nandor Lim facilitated games and sharing in the Year End Celebration.

On the fourth day, we had an expression night session in which they expressed themselves singing, dancing, and sharing about each workshop. On the last day of the camp, the participants express their commitment after leaving the camp. We also continued looking at our "Circle of Live" in which we made commitments for our own lives, sharing them with the rest of the participants.

Reported by Yofrina Octika Gultom

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