

Peace through Identity and Kindness

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“World peace.” Is our society really considered a peaceful world? When we hear these words, we often imagine a world with no war, adversity or competition for money. Before living in America, that was exactly how I understood peace. Although this is not incorrect, my experiences abroad have taught me that peace has a deeper meaning to me.

Instead, it means to live in a society where everyone, no matter who they are or where they come from, does not need to hide their own identity and feel free. For instance, having the ability to walk in a room without feeling the weird, uncomfortable sensation of people staring at you.

When I first moved to America, I felt that feeling of people glancing at me, thinking I was standing out because of how I looked or what I brought to school for lunch. However, I soon realized that they weren’t judging me. They were interested in my culture and experiences instead. This was my first step toward shaping my perspective of the word world peace. In America, I realized how international the community was, with many students from other countries. I met students from Mexico, India, China, Japan and many more countries. There were some events at schools that allowed us to show our country’s background and express it through food, music, games and performances. After I felt that peace in myself, not needing to hide who I was, I also gained an interest in learning and getting to know other countries to travel to.

As I have lived in both Japan and America, I have seen the reality of both countries. In Japan, I believe society is more homogeneous however is a developed stage of society. In America, diversity is more open, and is established in some parts, including having an international community and donation events which I hope will spread even more in Japan. Furthermore, an example of how I understood what peace has meant to me has been through volunteering. Recently, I have volunteered at local events and hosted a home stay family and met many people from different backgrounds. This taught me how even small actions can create kindness in this world.

To conclude, I believe that difference is not something that should be hidden but rather a strength. World peace is not only what we think but also how we act and spread it. I believe that connecting by telling stories, identity, and kindness is one step closer to creating a peaceful world. This is the kind of peace I hope to see grow not just in America and Japan but all around the globe.