

Portfolio





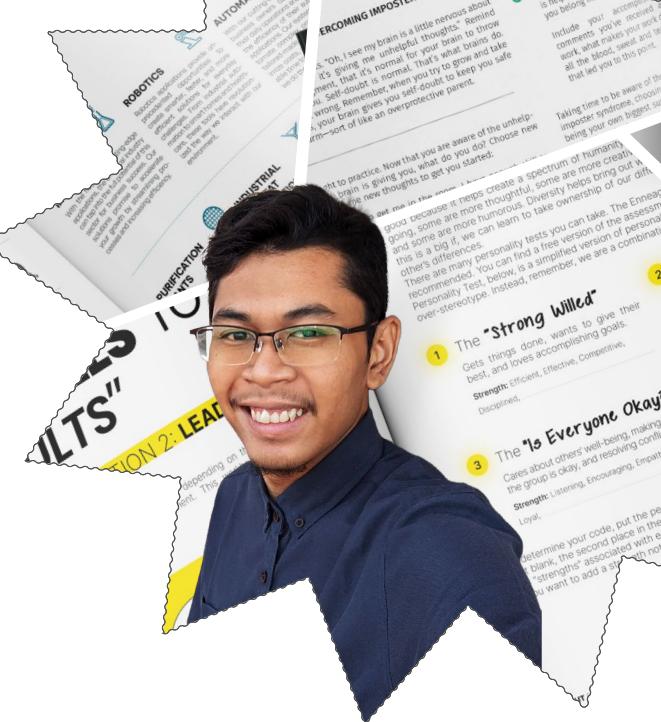
My name is,

Arif C.

Arif Cendekiawan, also go by the name Necra

b. Blitar, 13 Desember 1999

I'm a creative individual with a deep passion for design, art, and technology. With 6+ years of experience in the general graphic design field and 2+ years specializing in Editorial Design, collaborating with diverse clients and projects globally. I describe my works as a minimal, classy and simple but aesthetically appealing. I really like playing around with typography, composition, and sometime unique lines and shapes. I still continuously learning, expressing myself creatively, and staying current with trends.



EDUCATION

• Aug 2018 - Aug 2022

Universitas Brawijaya

Desain Komunikasi Visual

Successfully graduated with **3.73**/4.00 GPA (Cumlaude)

EXPERIENCE

• Aug 2020 - presents

Layout Designer

Self Employed/Freelance

Designing booklet/magazine/
publishing, formatting and layouting.

• Aug 2021 - Dec 2021

3D Illustrator

Slab! Design

Creating 3D Illustrations, Icons,
and Asset Designs

SKILL

Editorial Design · Adobe InDesign

Document/publishing design, formatting, layouting.

Advertising Design · Adobe Illustrator

Promotional design, digital/print campaign/ads, etc.

Photo Editing · Adobe Photoshop

Digital imaging, retouch/enhancing, manipulation.

CERTIFICATION

2021

Junior Graphic Designer

Badan Nasional Sertifikasi Profesi (BNSP)

2022

Microsoft Office Desktop Application

Trust Training Partners

OWN IT Workbook

2023

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A LEADER'S JOURNEY

"FROM CHARACTER TO SKILLS TO RESULTS"

SECTION 1: CHARACTER

CHARACTER TRAITS

Mark an X beside whether a trait comes naturally to you or not. List someone you know and a character from a story as your role model for that trait.

TRAITS	NATURAL	STRUGGLE	FRIEND ROLE MODEL	CHARACTER ROLE MODEL
courageous				
loyal				
generous				
honest				
kind				
sincere				
self-controlled				
peaceful				
patient				
determined				
perseverant				
open-minded				
fun				
cooperative				
optimistic				
one				

BUILDING CHARACTER

Mark an X beside what you think each character trait means.

SECTION 2: LEADERSHIP SKILLS

LEADERSHIP SKILLS / SELF-AWARENESS

WHAT DO YOU WANT

my community

	more	less
1	ex peace	ex crime
2		
3		
4		
5		
6		
7		
8		
9		
10		

my school

	more	less
1	ex inclusion	ex division
2		
3		
4		
5		
6		
7		
8		
9		
10		

my home

	more	less
1	ex joy	ex stress
2		
3		
4		
5		
6		
7		
8		
9		
10		

myself

	more	less
1	ex clarity	ex confusion
2		
3		
4		
5		
6		
7		
8		
9		
10		

LEADERSHIP SKILLS / TEAM-CREATING

RESULTS

BRAINSTORM BUBBLE

BUILDING CHARACTER

Surround yourself with people of character. (List 3 people who make you better and why.)

1. _____
2. _____
3. _____

HOW DO WE BUILD CHARACTER?

Practicing character daily makes us better leaders. Practice daily, show yourself and be patient. It's never too late to be honest with your past. Reflect on what has happened, and yesterday, and show respect to someone else.

Stand back up when you fall. (Explain, Reflect, Start!)

other

Character cannot be developed in ease and quiet; only through experience of trial and suffering can the soul be strengthened, success achieved, and genius developed.

—Ralph Waldo Emerson

BUILDING CHARACTER

What is the Difference Between Empathy, Compassion, and Kindness?

- Empathy is seeking to understand someone else's feelings.
- Compassion is feeling the desire to help.
- Kindness is the act of caring, being friendly, or being generous.

Love = empathy + compassion + kindness

"One is Leader" is leading, and love starts with empathy, moves to compassion, and ends with kindness. The more we practice these qualities the people who we then can serve, the greater the act of love is. Draw a line on the spectrum below to indicate your current ability to love others.

for many
only if they deserve it
only if they
deserve it
honor roll
burden in my
spirit or mind

Loving Wisely

What happens if you have love but not wisdom?

Are there situations in which we try to be kind, but we make things worse because we helped ourselves? Can you give an example?

How do we love others wisely?

The best and most beautiful things in the world cannot be seen or even touched; they must be felt with the heart.

—Helen Keller

ORGANIZING

Being organized increases clarity and efficiency. The exercise below proves what happens when you're disorganized vs. organized.

The Eisenhower Box

URGENT	IMPORTANT	NOT URGENT	NOT IMPORTANT
DRAFT	DEAL WITH	IMPLEMENT	DISMISSE
improving data	marketing	reporting dive	spare sales
marketing	customer	customer	unecessary
reporting dive	customer	customer	unnecessary

LEADERSHIP SKILLS / COMMUNICATING

RESULTS

BRAINSTORM BUBBLE

HOW DO WE COMMUNICATE THROUGH CONFLICT WITHOUT LOSING COMPASSION

1. Utilize positive body language
2. Utilize re-affirming feedback
3. Manage emotions
4. Find common ground
5. Practice silence and understand that sometimes the best thing you can always show respect to each other

LEADERSHIP SKILLS / COMMUNICATING

3 LESSONS I LEARNED FROM THE OWN IT STUDENT LEADERSHIP CONFERENCE

1. Why I applied to this?
+ What I did about it?
+ What I did about it?

2. Why I applied to this?
+ What I did about it?
+ What I did about it?

Additional Tip: Keep the Eisenhower Box in mind when you're organizing.



The Art of Serenity: Navigating Anger With Grace

2023

@scout5812 · fiverr.com

COVER + CONTENT
LAYOUT/FORMATTING
DESIGN



Requests can bypass aggression

For example, instead of yelling, "Give me that book right now!" you could say, "I'm sorry I took that book, but I'll give it back when I'm done reading it." This is a request, not a command. It shows respect and asks for cooperation rather than demanding or threatening.

In short, making requests allows you to express your needs without sounding aggressive or disrespectful. If you help others see the value of what you're asking, they're more likely to listen and respond respectfully and specifically.

Here's why:

When you have something you want or need, there are two ways to get it: You can demand it, or you can make a request. It means ask for something you want or need in a considerate, polite and respectful way, while considering the other person's needs and feelings.

When you make a request, you respect your self and kind and clever manner. You remind the other person that you care about them and gratitude. In doing this, you create a more positive atmosphere where the other people are more likely to listen and respond to your needs.

Get rid of negative energy

It's important to be aware that your culture can have a negative effect on you. It can surround you, causing emotional stress and strain on your relationships. It's important to be aware of this and to let go of the negative energy in your life.

At what level of consciousness is anger?

By addressing the issue directly, seeking constructive solutions, and taking effective steps to manage anger, you can better manage challenges and prevent future conflicts from your personal and professional life.

COPING STYLES:

Avoid, surrender, or attack

When faced with challenging situations, people often cope by avoiding or bypassing them. These coping styles are linked with different communication styles:

- Avoid:** Some people cope by avoiding or ignoring the problem altogether. They may feel overwhelmed and powerless, as though they have no control over the situation. Instead of facing the issue head-on, they may feel overwhelmed and powerless, as though they have no control over the situation.
- Surrender:** Others cope by surrendering to the situation. They may feel like they are giving up or losing control. While this coping style can be useful in certain situations, it can also lead to self-doubt and a lack of personal growth. Additionally, surrendering to challenges can result in a lack of personal growth and a lack of personal responsibility.
- Attack:** Some individuals cope by attacking or confronting the issue head-on. They may feel like they are fighting for their rights or defending themselves. While this coping style can be useful in certain situations, it can also lead to conflict and damage relationships.

It's important to note that these coping styles may not always be effective. Instead, it's beneficial to develop healthy coping strategies that focus on addressing the source of the negative energy and reducing its impact on your life.

Signs of the need for anger management

If you're wondering whether you might have an anger management problem, there are a few common indicators:

- Feeling angry often:** If you feel angry most of the time, it's a sign that you may need to address your anger.
- Getting angry easily:** If you find yourself getting angry quickly or easily, it's a sign that you may need to address your anger.
- Having trouble controlling your anger:** If you have trouble controlling your anger, it's a sign that you may need to address your anger.
- Modeling easygoing and calm individuals:** If you're around individuals who seem to handle their anger well, it's a sign that you may need to address your own anger.

Why are you easily triggered to become angry?

There are many reasons why you might be triggered to become angry. Some common triggers include:

- Physical symptoms:** Some people experience physical symptoms when they become angry, such as a racing heart, sweating, or muscle tension.
- Difficultly controlling your anger:** If you find it difficult to control your anger or if your anger affects your behavior in negative ways, it's a sign that you may need to address your anger.
- Problems in your relationships:** If you're experiencing problems with your family, friends, or coworkers, it's a sign that you may need to address your anger.
- Frequent arguing:** If you frequently argue with others, it's a sign that you may need to address your anger.

3. Understand your feelings: Explore why you are feeling resentful. Consider how your past experiences have shaped the way you feel and react to anger.

4. Practice self-care: Take time to reflect on the other person's perspective. Try to understand where they are coming from, or for your understanding that they have their own set of beliefs and values.

5. Set boundaries: Set clear boundaries to go off any unrealistic expectations you have of the other person. This includes setting limits and making mistakes, and holding yourself accountable for your actions.

6. Express your feelings: Find a healthy outlet for your anger. Whether it's talking to a trusted friend, family member, or counselor, expressing your emotions can help release tension and end in your relationship with the other person.

7. Practice forgiveness: Forgiveness doesn't mean forgetting or condoning the other person's behavior. Instead, it means releasing the negative emotions it creates and moving forward with a sense of peace and harmony.

8. Focus on self-care: Prioritize self-care to reduce stress and improve your mood. Take care of your physical and emotional health through exercise, healthy eating, and relaxation techniques.

9. Set boundaries: It's necessary to establish boundaries with the other person to protect your health and well-being.

10. Let time heal you: Understanding that healing takes time. Be patient with yourself and allow time for the anger to subside.

Modeling easygoing and calm individuals: People who model easygoing and calm individuals can have a positive influence on your behavior. They may be able to teach you new ways of responding to anger.

While you are working on the above steps, there is something else you can do: Occasional moments of anger are normal and even okay. They may speak more about your personality than your mood. They are a natural part of life, and it's important to accept them as they come.

OUTLETS FOR FEELINGS OF ANGER: a new mindset

By returning expectations, individuals can do a variety of things to move away from the negative cycle of anger. One way is to practice suppressing emotions or denying their validity. Instead, it's better to embrace your feelings and find healthy outlets for expressing them.

It's important to recognize that these beliefs may not always be accurate or helpful. By challenging these beliefs, individuals can start to better manage their anger effectively.

It's also important to remember that everyone has different ways of dealing with anger. Some people may feel more comfortable expressing their anger openly, while others may prefer to keep it inside.

It's important to note that these beliefs may not always be accurate or helpful. By challenging these beliefs, individuals can start to better manage their anger effectively.

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Beliefs behind mindsets

Sometimes, we have negative beliefs about the other person. These beliefs can hold us back from addressing our anger effectively.

Individuals can challenge these beliefs by questioning their accuracy and validity. For example, if you believe that the other person is always trying to hurt you, it's important to question this belief and consider alternative possibilities.

It's important to note that these beliefs may not always be accurate or helpful. By challenging these beliefs, individuals can start to better manage their anger effectively.

It's also important to remember that everyone has different ways of dealing with anger. Some people may feel more comfortable expressing their anger openly, while others may prefer to keep it inside.

How to handle anger: There are several ways to handle anger effectively. One way is to take a break from the situation. This can help you cool down and gain perspective. Another way is to practice deep breathing or progressive muscle relaxation. These techniques can help reduce the intensity of your anger and increase your sense of control.

For example: If you feel that something about the other person's behavior is unacceptable, you should always agree with them. It's important to remain calm and focused when you do this.

Victim mentality: Avoiding a fight that you feel you are losing can be tempting. However, it's important to remember that you are not a victim. You have the power to choose how you respond to the other person's behavior.

It's important to note that these beliefs are not necessarily accurate or helpful. Recognizing and challenging these beliefs can help individuals start to better manage their anger effectively.

It's also important to remember that everyone has different ways of dealing with anger. Some people may feel more comfortable expressing their anger openly, while others may prefer to keep it inside.

4. Use positive self-talk: Remind yourself that getting angry may not be helpful and that there are better ways to handle anger. Phrases like "I can handle this" or "I'm strong" can help individuals to feel more confident and capable.

5. Focus on relaxation: Practice relaxation techniques such as breathing exercises, progressive muscle relaxation, or guided imagery. These techniques can help reduce stress and tension, which can contribute to anger.

6. Express yourself: If you need to express your anger, it's important to do so in a safe and appropriate environment. This might involve talking to a friend or family member, or writing in a journal.

7. Seek support: Talk to someone you trust, such as a therapist or friend, about your feelings. This can help you gain perspective and reduce your anger.

8. Feeling angry often: If you feel angry most of the time, it's a sign that you may need to address your anger.

9. Getting angry easily: If you find yourself getting angry quickly or easily, it's a sign that you may need to address your anger.

10. Model trouble: If you notice that you are easily triggered to become angry, it's a sign that you may need to address your anger.

Signs of the need for anger management

If you're wondering whether you might have an anger management problem, there are a few common indicators:

- Feeling angry more often than not:** If you feel angry most of the time, it's a sign that you may need to address your anger.
- Getting angry easily:** If you find yourself getting angry quickly or easily, it's a sign that you may need to address your anger.
- Having trouble controlling your anger:** If you have trouble controlling your anger, it's a sign that you may need to address your anger.
- Modeling easygoing and calm individuals:** People who model easygoing and calm individuals can have a positive influence on your behavior. They may be able to teach you new ways of responding to anger.

Why are you easily triggered to become angry?

There are many reasons why you might be triggered to become angry. Some common triggers include:

- Physical symptoms:** Some people experience physical symptoms when they become angry, such as a racing heart, sweating, or muscle tension.
- Difficultly controlling your anger:** If you find it difficult to control your anger or if your anger affects your behavior in negative ways, it's a sign that you may need to address your anger.
- Problems in your relationships:** If you're experiencing problems with your family, friends, or coworkers, it's a sign that you may need to address your anger.
- Frequent arguing:** If you frequently argue with others, it's a sign that you may need to address your anger.

the resonant. It could be an event, action or person that you're

letting go of resentment. Celebrate small victories and remember that progress is a journey.

Psy.D.
ologist
11660

THE ART OF SERENITY: NAVIGATING ANGER *with* GRACE

— DR. CLARE ALBRIGHT, CLINICAL PSYCHOLOGIST

A PRACTICAL GUIDE

*What research says
about managing anger
successfully?*



If you're looking to manage your anger more effectively, research findings might be helpful. Two key findings:

Cognitive behavioral therapy (CBT) can be an effective treatment for anger management. Research has shown that CBT, a type of therapy that focuses on identifying and changing negative thought patterns, can be an effective treatment for managing anger. CBT can help individuals learn to identify triggers for their anger, develop new coping skills, and reframe negative thoughts in a more positive way.

Mindfulness practices can help reduce anger and stress. Research has also shown that practicing mindfulness, such as through meditation or deep breathing exercises, can help reduce feelings of anger and stress. Mindfulness practices can help individuals learn to be more

present in the moment, regulate their emotions more effectively, and develop a greater sense of self-awareness.

Remember, everyone's journey with managing their anger will be different and what works for one person may not work for another. It's important to be patient and persistent in finding strategies that work for you, and seeking support from a mental health professional can be a helpful step in that process.*

Mindfulness techniques for mana- ging anger successfully

You have absorbed the reasons for your anger and the role of anger management. If you're looking for mindfulness techniques to help manage your anger, here are five techniques that might be helpful:

1. Deep breathing: Taking deep breaths can help regulate your emotions and bring your attention to the present moment. Try inhaling for four counts, holding your breath for four counts, and exhaling for four counts, repeating as needed.

2. Body scan: A body scan is a mindfulness practice that involves focusing your attention on different parts of your body, starting from your feet and working your way

up to your head. This can help you come more aware of physical sensations and release tension in your body.

3. Visual imagery: Visualization techniques, such as imagining a calm scene or visualizing yourself letting go of anger, can help shift your focus away from negative thoughts and emotions.

4. Mindful walking: Mindful walking involves paying attention to each step you take, the feeling of your feet on the ground, and your surroundings. This can help you become more present in the moment and reduce feelings of anger and stress.

5. Loving-kindness meditation: Loving-kindness meditation involves sending well-wishes and positive thoughts to yourself and others. This can help cultivate feelings of compassion and empathy, which can in turn help reduce feelings of anger and resentment.

Remember, mindfulness techniques can be helpful tools for managing anger, but they are not a substitute for seeking support from a mental health professional. If you're struggling with managing your anger, don't hesitate to reach out for help.*



Sterlin City Diary

2023

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8th July 2020 SOULFUL ECHOES: UNVEILING THE RHYTHM AND BLUES OF LONDON

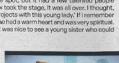
MUSICIAN

Dice Phoenix



LOCATION: VAUXHALL STATION TIME: 19:00PM

On my go-to I have you ever heard this young queen? Her stage performance had me feeling like I was in the background – trust me, I was in a throng. LOL. I went to see Dice Phoenix perform at Vauxhall Station and I was blown away by her performance that night. When Dice Phoenix took the stage, it was all over. I thought, "You've got to be kidding me! What's he doing with this young thing?" I remember clearly. I confronted Dice Phoenix after the show and asked her what she was doing. She had the looks and everything. It was nice to see a young sister who could share her talent.

After making a few playlists, I had an idea. Dice had already started mix a few tracks like we do on our media platform. So, I decided to create a few music videos for her to put on our social media platform.

Then I thought, "What about a music video at Vauxhall Station on the river Thames. It had nice scenery and lots of restaurants and landmarks, especially landmarks nearby." I then wrote too much and I'm sure you can guess where this is going. She accepted my idea and we began shooting and finding our identity. It did rain that evening, but we were determined and never phased her one iota, and she continued performing despite the foolish weather.




I was in "my element" as she opened up and shared her beautiful, creative writing. She has a natural gift. I hope that one day, we have worked on a few other collaborations. I am sure that she will be able to work again soon. Stay blessed, young sister, and stay safe. She will be the queen of UK soul for sure.

STYLING: 8

PHOTOGRAPHY: DICE PHOENIX

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DYNAMIC FUSION: SHOWCASING CREATIVE PIONEERS AT THE CREATIVE HUB

THE BIG CHALLENGE.

LOCATION: CINEVIEW STUDIOS,
UNIT 4, BROOMMARSH INDU-
STRIAL ESTATE, SE10

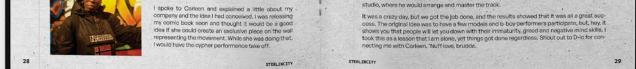
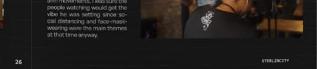
On this deck, there was a day job. After work, I'd go to the studio and do what I wanted. I'd make music or whatever. I'd have a little bit of money but not enough. That's when I started thinking about how to make more money. I started performing at one local spot, and it went well. I could profit more there, so I thought, 'I'm going to do more of that.'

Say no more. I spent a few days thinking about what I wanted to do with my music. I had some ideas, but the marketing part was really hard. I didn't know what to do. I was definitely jumping into it with the desire to make it happen, but I didn't know who to approach or whom to contact for the brand.

The plan was complicated, and I couldn't figure out how to make it work. I thought, if I could just get a job, I would save money and move in the long term. I applied for a few jobs, but I didn't get them. I thought, "Well, I can't get a job, so what can I do?" Certain clubs do声乐和舞蹈表演，所以我就去唱歌跳舞。我开始在一些小地方表演，赚点钱。我开始意识到，我可以通过表演赚钱，而不是只是做一天的工作。我开始在Cineview Studios表演，那里的灯光师是创意中心的成员，他们帮助我制作了音乐视频。我开始在YouTube上发布我的表演，逐渐积累了一些粉丝。我开始接到一些演出邀请，甚至在一些大型活动中表演。现在，我已经成为了一个知名的街头艺人，我的音乐也得到了更多的认可。

人们经常问我，你是如何做到的。我的回答是：坚持梦想，不断努力，寻找机会，抓住每一个可能。我相信，只要你有梦想，就一定能够实现它。无论遇到什么困难，都要坚持不懈，相信自己，你一定能够成功。

COVER + CONTENT LAYOUT DESIGN



people watching would get the idea that I was a bit of a weirdo. I did a lot of distancing and face-masking. I had to make sure I was safe and that the cameras were safe at that time anyway.

STERLING CITY

SterlinCity

DIARY

Journeying Through Cyber-Energy and Digital Dreams

9 781234 567897

11th March 2020 **ENVISIONING THE BRAND: PAVING THE WAY FROM DAY ONE**

VIDEOGRAPHER MONIKA | PHOTOGRAPHER ZEK.SNAPS

LOCATION

Kings Cross

13:00 pm - 15:00 pm

DONE

HANNIECITA MODEL/ACTRESS **NEL MARIE MODEL/PRESENTER**

ANTHONY ALI 2 COMEDIAN **MELANIE Q MODEL/ACTRESS** **CHRISSY Q MODEL/ACTRESS**

The shoot took place at the beginning of March 2020, during a time when the world was becoming increasingly aware of the emerging COVID pandemic. The streets were already starting to become deserted, and I couldn't help question the rapidity and relentlessness of the situation.

Despite the circumstances, my very first video shoot turned out to be a great success. Everyone involved acted professionally, and the results spoke for themselves. I made sure to pay each person in cash, expressing my gratitude by including a small letter of appreciation along with the payment. This gesture of appreciation would become a recurring practice throughout my journey, as it represents our identity and sets us apart from others.

As the world seemed to be on the brink of chaos, I felt like I was just beginning to truly live. I realized that as long as my heart kept beating, it was never too late to pursue my purpose. It was time to start the next chapter, and I was ready for it.

Facing difficulties in securing dates with established photographers, I decided to switch things up and started working with new, young talents who were eager to learn and collaborate on our project as photographers and videographers.

STERLING CITY

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KA International Post

2021-2022

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PEOPLE / Spotlight / Mika Tofukuji

SPOTLIGHT

Mika Tofukuji

I have been and raised in a little town called Tofukujii, located in Yamanashi prefecture. Yamanashi is famous for fruits, especially grapes. If you've ever traveled to Yamanashi by train, you might have seen the train tracks that line the train tracks. Yamanashi has lots of mountainous areas there is an oxymoron joke for this. "Yamanashi is a mountainous area". (I kindly warn you not to tell it because nobody laughs), and sunlight and apparently the climate is also optimal for growing grapes.

However, Kofu is a basin of land full of hills. It gets so extremely hot and humid in summer that you feel as if you were a steamed dumpling, but on the other hand, Kofu is a very dry place. That might sound like it's not the best place to grow grapes. Actually, Kofu used to be a place that was used to grow vegetables and rice a long time ago. But one day, at the request of the local government and cooperative and Satoyoshi people, they came to an agreement to start growing grapes and to grow grapes as a town business. Everybody started building grape trellises from scratch and the town was created. That was about sixty years ago.

3

PEOPLE SPOTLIGHT Mika Tofukuji

PEOPLE STORIES Alison Bell
Blogging on About Tokyo

WELLNESS
Puya Ninomura
A Personalized First Aid Kit

BOOKS
Andrew Chandler Nudge

KA INTERNATIONAL POST

MARCH ISSUE 2021

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MARCH ISSUE 2021

PEOPLE SPOTLIGHT
Clementine Nutall

PEOPLE STORIES
Dominic Shelton

WELLNESS
Your Recovery
Your Physical Space
is Your Mental Space

MEDIA
Jordan Coyle
Charlie Mackesy

PEOPLE / Spotlight / Clementine Nutall

SPOTLIGHT

Clementine Nutall

KA INTERNATIONAL POST

JULY ISSUE, 2021

Clementine Nuttall

Adventures in Materials

Section One: Japan and Material Culture

Japan has an extraordinary ability to connect material to culture, and respect for tradition through so much that remains. The materials of life—whether it's tea, timber, lacquer, clay or cloth. A curiosity about these materials, and the people who spend their days honoring 'the beauty of everyday' is what led me to Japan. After my first trip to the UK, I visited three times, helped along by research scholarships to study the art, tools, and techniques unique to Japan—and on the last, did not return home.



2 KA International Post

Section Two: Kintsugi and Material Cycle

My background is in the crafts, working in art and architectural conservation. I trained as a carver and restorer, worked on the historic timber and stone of many old buildings in the South of England, like Winchester Cathedral and the Bodleian Library of Oxford University. We rarely had a dry day at Westminster Abbey. I also worked on the reconstruction of the tomb of a long forgotten monk, at Windsor Castle; I designed a new sarcophagus for him, which was beyond recognition, at 10 Downing Street! I fashioned a replacement for the ornate wooden canopy that Prime Minister didn't take a tumble when delivering his morning address.

During conversations in the tea room we talked about how to care for those historic spaces, seeking justification for our interventions and a rationale to keep them open to the public. Funds were tight. All buildings that have lain in the same place for hundreds of years develop a history of repair. The contributions of successive generations, and part of the reason why they read as beautiful is thanks to their patination, layers, variations and flaws.



These discussions about conservation philosophy are what led me here. In Japan, the Japanese art of repairing ceramics (Kintsugi) takes a broken object, which is melted or smothered to pieces—and uses urushi lacquer to transform it through repair. It is first cleaned with a mixture of rice wine and wheat paste, then filled using lacquer and rice glue, before additional layers of lacquer are applied. Finally, a microbead of gold is dusted across the surface, and then polished. This ancient history is rooted in the tea ceremony, the teaching of Sen no Rikyū and the development of the Japanese aesthetic in the 16th century.

To learn more, I joined the Department of Urushi Lacquer at Tokyo University of the Arts in 2011. The lacquer itself is drawn from beneath the bark of the mountainous urushi tree—seeping slowly from the scars scratched across the surface that it may yield only 300ml of sap a year. It is not the only rite to cross my workspace over the last four years. I have used burning tools to melt the lacquer, and then apply it to a piece of wood, then strip it off and strand it from the tail of a cat. We used burning tools made from the ruby teeth of sea bream and polluting common coal from powdered charcoal to open up the pores of the open frog egg shell, and once opened up, open palm in expensive oysters, only to receive a handful of indecent beetle shell. I came to Japan a vegan, I'm afraid I'm far from it: any more I politely turned down whale bone, but damn near lost my cool at elephant tusks.

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JULY ISSUE 2021

PEOPLE / Spotlight / Kate Ikuma

SPOTLIGHT

Kate Ikuma

Let's Go Ibaraki!
(茨城に行きましょう。)



When I first moved to Japan, I was placed in the middle of nowhere in Japan's long-neglected prefecture of Ibaraki (茨城県). When some of my friends found out where I worked, they asked if I was still there. Three years later and I do not regret one part of that experience because it is one that can never be replaced or recreated. In many English travel books, only a quarter of a page is dedicated to Ibaraki. Ibaraki is a hidden gem. Today, I am going to show you why.

Everyone told me the best way to get around Ibaraki is by car—which is true. It is a must. But I spent three years in the country without a car and was just fine. If you don't have a car, you can always take the train. Ibaraki is not always the easiest option in the countryside. Google Maps or Apple Maps have a tendency to lead drivers, namely country roads with cliffs on one side and mountains on the other, so be careful of the options available. Roads in Ibaraki are not well-maintained, and locals tend to treat these roads fast and treat one-lane country roads as two-lane roads. Don't worry. It's not that you today have no main highways to them, just main roads with stoplights.

Let's start with two of Ibaraki's most popular places, which you might already know about: Kairaku-en (偕楽園) located in the city of Mito (水戸市). It is one of the great three gardens (the other two being Kenrokuen in Kanazawa, Ishikawa prefecture, and Kōraku-en in Okayama, Okayama prefecture). The best time to go is plum blossom season, which is in full bloom between March, and there are over 3,000 plum trees in a variety of colors. You can pack a picnic and do so. In the summer, there is a plum blossom season so the Ibaraki line stops right at a special stop right in front of the park, and you can get off and walk to the garden. It's the second most popular spot is Hitachi Seaside Park (日立ひたち海浜公園). It's expansive and you can get on foot, but if you're not much of a walker you can always rent a bike to get around.

Its many attractions change each season, but I absolutely recommend going in spring when the park is carpeted with blue nemophila. The fields and fields of this beautiful flower make for a great photo opportunity. In the middle of the park is a lake. During this time the lake also sells blue curvy which is enough doors to climb out of the water. Please note that I do not recommend driving to either of these spots in peak season as traffic is a nightmare and parking is crazy. Both are accessible by train and bus, and in peak season a multitude of signs and people will tell you where to go.

Now let's leave Mito and head on the unbeknownst track north. There's one game in town when it comes to traveling to the darkest northwest of Ibaraki via public transportation: the JR Sujun Line (JRすくじん線). The line only has four cars at most. Since it is a single, country-side track train, it only comes about once an hour, so I highly recommend getting a Suica card when planning your trip. Among the Sujun line's charmingly analog features is the limited Suica. I can assure you that you will not need to buy a physical ticket. If your Japanese is more hindrance than help, then the easiest option is to exit at Mitomo Station (三富駅) and ask for directions. Once your Japanese is functional, you can switch onto the Sujun train at Mitomo station, and ask one of the many staff members to scan your Suica card before reaching your desired stop.

PEOPLE / Spotlight / Kate Ikuma



PEOPLE
SPOTLIGHT
Kate Ikuma
Autumn Leaves
(秋の葉)

PEOPLE
KA EVENTS
Winter Writing Competition
冬の文部コンペティション

WELLNESS
Autumn Leaves
Find Content Through Self-Regulation
秋の葉
自分自身で内容を見つける方法

FITNESS
Autumn Leaves
Redefine Your Workout Preparation
秋の葉
あなたのトレーニング準備を再定義する

KA INTERNATIONAL POST

MARCH ISSUE, 2022



Just as a warning before we start, the more you go the more space English becomes. I recommend having some basic knowledge (read Japanese and understand Japanese culture). At any rate, just be prepared to get into miscommunication situations, and if you do, just smile and nod. Japanese do live in northern Ibaraki, there aren't many. And if you look a certain way or dress a certain way, you will get stared at, pointed at, or yelled at. But people aren't doing this to see if you are weird; they are doing it out of naivete and curiosity. Students will probably stare at you to see if you are weird. A2



If you picked a クルマ train with a conductor, then you can speak to the off-board manager of the train station, get off at the ride. When I lived in Kyoto, I used to take the train every day. You'll pass many cute small villages, and in the fall you'll be able to see the leaves changing color, while in winter the mountains are sometimes capped with snow.



PEOPLE
SPORTS/OUT
Glen Royce
It's Never Too Late To Develop
Competitive Skills
With Two-Legged Foot

WELLNESS
How to Stay Healthy
What Does Your Foundation for Success Look Like?

FITNESS
Join Us for Our Mountain
Office-Friendly
Stretches for Quick
Relief

KAIS LIFE
Summer Camp Information
A Look at KAIS,
KA's International School

KA INTERNATIONAL POST

MAY ISSUE, 2022

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Wellness : What Does Your Foundation for Success Look Like?

What Can You Do to Be Someone Else's Safety Net?

If you've picked a クルマ train with a conductor, then you can speak to the off-board manager of the train station, get off at the ride. When I lived in Kyoto, I used to take the train every day. You'll pass many cute small villages, and in the fall you'll be able to see the leaves changing color, while in winter the mountains are sometimes capped with snow.

Children are dependent on the trusted adults around them to meet their needs. This puts a different kind of pressure on parents and teachers alike:

- What can you do as a teacher or staff if you see irregularity in one of your students?
- How do you know when it's actually time to say something?

There is such a thing as too late. If you notice any change or irregularity in a student, please don't hesitate to contact yourself to notice and report it to your manager as soon as possible. See guidelines in KA's Child Safeguarding Policy and Sexual Harassment Policy for more details.

Connecting with a Trusted Health Service Provider

Thanks to the wisdom of the KA community, we have a growing list of health professionals who can speak English in and around Tokyo.

Whether it is for regular check-ups or a health concern you have been putting off, there is undoubtedly a needed level of comfort in knowing that you can speak to a health professional in a language you feel comfortable in.

Finding a primary care doctor or a *sekaiyaku* (family doctor) is key in setting up a foundation for your health. If you are new to Japan, or even to Tokyo life in Tokyo or you've been here for over 10 years, having a primary care doctor could mean that they can give you the right connection and guidance you need for seasonal allergies, or if you're moving to a new city to work, to have packed by the referral letter they write. Even if you don't have any standing health concerns, an internal doctor or naikatsu physician would want to build trust with you.

Are you set up with a trusted doctor? Please submit a response to the "English-Speaking Service Providers" questionnaire on the dashboard and share with us! Your experience could be the lifeline that a colleague needs now or in the future.

20 KA International Post

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Omme Gears - Gearboxes & Gear

2023

@emanueleba · fiverr.com

COVER + CONTENT
LAYOUT DESIGN



WHAT WE DO

"We design and manufacture cycloidal and planetary gearboxes and both standard and customized gears, to give reliability and flexibility to your projects"

Annual hours production	Average order size	New prototypes per year	Percentage of product test quality assurance	One-time delivery	Export quota
9000	20 pcs	12	0.23 % Time from project to first functional product	80 % 95 % 99 % 99.9 % 99.99 % 99.999 %	75 %

EXPORT ORIENTED COMPANY

In 2016, Omme began a journey made up of very specific stages aimed at sustainably increasing turnover by focusing almost exclusively on exports.

Eight years ago the company achieved 29% of its turnover abroad, in particular towards foreign markets. In 2019, after eight years later, in 2022 exports reached 75%.

An important acceleration then came from the decision to participate in international fairs, determined by the participation in the Hanover fair but even before this, the removal of the website and the creation of a LinkedIn page, also of LinkedIn which has become an indispensable tool with enormous potential.

CONFAPI **MAR** **IGNET** **ZIGQ**

LET'S TALK ABOUT YOUR NEXT CUSTOM PROJECT.

DO YOU HAVE A PROTOTYPE?
We follow designs and prototyping based on your specific needs, starting from what we are able to design, from the size and engineering of single parts to simple or complex machines.

YOU DON'T HAVE THE PROTOTYPE?
We do everything for you for the same prices as the production, without any stratospheric surcharges. This way you can see the reliability of our products.

We are here to empower companies with unique competitive advantage, to stay ahead of competitors and maximize productivity.

sales@omme.net **+39 071 918409**

APPLICATIONS

CHEMICAL INDUSTRY
With the help of our cycloidal technology, the chemical industry can move from the traditional sector to business success. Our products are designed to make your gears by streamlining processes and increasing efficiency.

ROBOTICS
Robotics applications provide unprecedented opportunities to business owners to streamline operations and increase efficiency. The efficiency of their automation systems is key to success. From motion to smart homes and healthcare, these tools have revolutionized the way we interact with our environment.

AUTOMATION
With our cutting-edge technologies, business owners can streamline their operations and reduce costs. By automating complex processes, with the help of our solutions, you can free up valuable time to focus on your valuable business.

PETROCHEMICAL & PLASTIC INDUSTRY
Our products will help this industry produce more efficiently. We offer top-of-the-line solutions that are tailored to the needs of each individual industry.

GEARBOXES
Discover the complete range of Omme cycloidal gearboxes, designed for various application sectors, such as centrifugal separation, planetary, cycloidal, and planetary. Industries complete with high reliability over time and dedicated assistance from our staff.

Gears
Discover our complete range of gears, for various application sectors, such as centrifugal separation, iron and steel, chemical and automation industries, with high reliability over time and dedicated assistance from our staff.

PURIFICATION PLANTS
Our products provide a competitive advantage over Purification Plant equipment. Our innovative, competitive, cost-effective solution. Our unique design allows us to respond to any challenging issue or terrain, always with superior safety, clean purifying solutions.

INDUSTRIAL OIL & FAT EXTRACTION
Our solutions can help you optimize your operations and increase efficiency, increased safety and reduced costs. We offer various processes while cutting unnecessary costs.

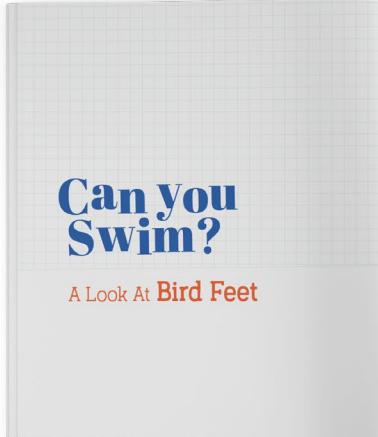
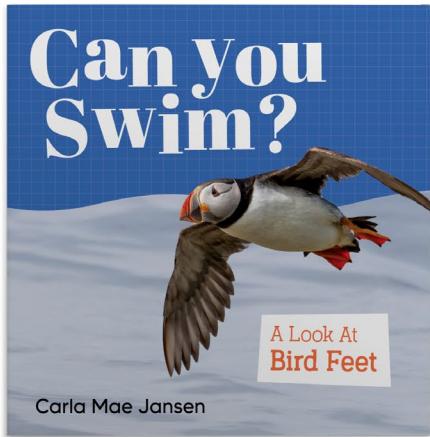
DRILLING PURIFICATION
Our solutions can help you optimize your operations and increase efficiency, increased safety and reduced costs. We offer various processes while cutting unnecessary costs.

Can You Swim?

2022

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LAYOUT DESIGN

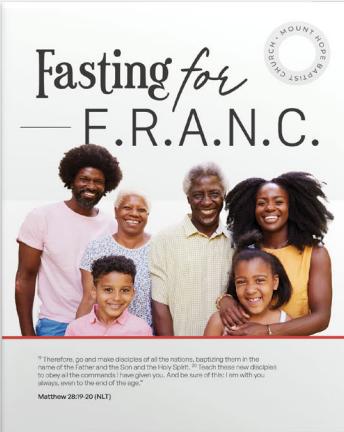




MBHC - Fasting for F.R.A.N.C

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Diabetics



Foods To Avoid

1. ALL MEAT & ANIMAL PRODUCTS
 2. ALL DAIRY PRODUCTS - butter, cheese, cream, milk, yogurt, etc.
 3. ALL SWEETENERS - agave nectar, artificial sweeteners, brown rice syrup, can juice, honey, molasses, raw sugar, stevia, and sugar
 4. ALL LEAVENED BREAD & YEAST - baked goods and Ezekiel bread (if containing yeast and honey)
 5. ALL REFINED & PROCESSED FOOD PRODUCTS - artificial flavorings, chemicals, food additives, preservatives, white flour, and white rice
 6. ALL DEEP-FRIED FOODS
 7. ALL SOLID FATS - lard, margarine, and shortening
 8. BEVERAGES - alcohol, carbonated drinks, coffee, energy

LOW GI FOODS (90-10)

BREAKFAST CEREALS:

- | | |
|---------------------------------|--------------------------|
| All Bran | Fiber One |
| Oat Bran | Oatmeal
(not instant) |
| FRUITS AND FRUIT JUICES: | |
| (Limit 1-2 Fruits/Day) | |
| Apples | Apple Juice |
| Apricots | Blackberries |
| Rhubarb | Cherries |

Remember to select foods on the low end of the glycemic index (see chart below). For prepackaged foods, check the ingredients list to ensure there are no added sugars, chemicals, or preservatives.



FASTING FOR FRANCE

- 10

1

- 9)

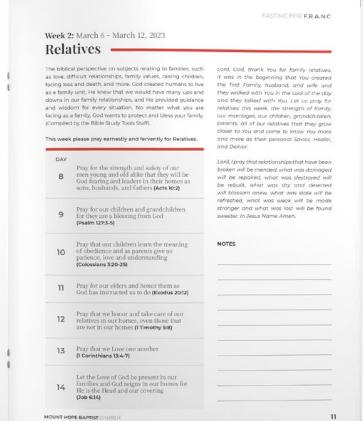


FASTING FOR F.R.A.N.C

A person who you know well and who you like a lot, but who is usually not a member of your family. Friendship requires intentionality, authenticity, respect, and forgiveness. Being a friend requires sacrifice, trust, honesty, respect, and forgiveness. Friendship is truly one of God's blessings to mankind. With honest and wholesome friends, we can better endure the hardships of life and rejoice in the wonderful moments. However, we must know how to choose friends and how to be a good friend ourselves. Therefore, we can look to the Bible for guidance.

This week please pray earnestly and fervently for friends and friendships.

- 1 Friends encourage us to our highest goal (1 Thessalonians 5:8)
 - 2 Friends forgive and help each other in difficult times (Colossians 3:13; Ecclesiastes 4:14)
 - 3 Friends do not gossip or listen to gossiping stories; it is hurtful to friendship (Proverbs 24:20)
 - 4 Friends stick around even when things get tough (Proverbs 17:17)
 - 5 Friends give pleasant, sincere advice, seeking our highest good (Proverbs 27:25; Proverbs 12:26)
 - 6 Friends love each other the same way (John 13:34-35)
 - 7 Friends never withhold kindness and



Lexique de 365 Prénoms Kamites

2022

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COVER LAYOUT DESIGN



Interviews Mit Klassikstars

2022-2023

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COVER + CONTENT
LAYOUT/FORMATTING
DESIGN





Internazionale

Graziella Contratto

Graziella Contratto

**«Fälschungstypen erarbeiten sich
Charisma»**

Graziella Contratto vertritt eine junge Generation von Operngesangern, die den Menschen und Opernabenteuer gleichermaßen lieben. Sie ist eine der wenigen Künstlerinnen, welche klassische Lieder und eine eigene Komposition verbinden können.

Die sieben Veröffentlichungen des „Musiker und Opernabenteuer“ sind mit dem Preis für die beste CD des Jahres 2009 ausgezeichnet worden.

Ein Interview mit ihr über ihre Erfahrungen als Sängerin und die Arbeit mit dem Komponisten und Pianisten Michael Schmid sowie über ihre Pläne für die Zukunft.

„Ich habe mich sehr angestrengt, wobei ich Schlagwörter wie „Kreativität“, „Eigentümlichkeit“ und „Kontinuität“ nicht auslassen möchte. Das Ziel war es, dass die Hörer die Künstlerin selbst entdecken.“

„Ich habe mich sehr angestrengt, wobei ich Schlagwörter wie „Kreativität“, „Eigentümlichkeit“ und „Kontinuität“ nicht auslassen möchte. Das Ziel war es, dass die Hörer die Künstlerin selbst entdecken.“

dann verhinderten Eingriffe, die sich im Klang ausdrückten. Ich schaute auf die Noten, fand Fehler, korrigierte sie, hörte wieder, hörte wieder, bis das Gebrüder, Lachen und Überraschung überwogen.“

Lernen auch von den Wirkungs-
scheinen aus von Wirtschaft für Ihre
Musik?

„Ja – Beispiele gebe ich natürlich! – und zwar
aus unterschiedlichsten Bereichen. Ich kann Ihnen
die Präsentation von Produkten oder Dienstleis-
tungen nennen, die auf einer klaren Identität beruhen,
die allerdings im ersten Anblick etwas zweigleichen.
Doch wenn man sich mit dem Produkt beschäftigt,
findet man in diesem einen zweigleichen
Eindruck nichts, sondern eine wahre Identität.“

„Was ist Ihnen dabei wichtig?“
„Ich denke, es ist wichtig, dass man
eine klare Identität hat, die nicht nur
eine Fälschung ist, sondern eine
echte Identität.“

„Ihre Charaktere und Ihre Kompositionen.“

„Ein gewissen Maß an Grandiosität ist sicher
angebracht und manchmal, wenn Gitarre spielt,
ist es auch gut, wenn man etwas kleiner ist.
Aber ich denke, es ist wichtig, dass man
jedermann im Klavierklang seinen persönlichen
Identitätsmerkmale erkennen kann, sei es
schwungvoll oder lyrischen Charakter auf-
weist. Ich denke, es ist wichtig, dass man
seine Identität hat.“

„Für mich muss es während eines Konzerts
immer eine klare Identität sein.“

„Dann füllt sich Ihnen also ein empfohlener
Raum, in dem Sie Ihre Identität ausarbeiten
können, die ja nicht eben einer Art
großer Freiheit entspricht.“

„Ja, ich denke, es ist wichtig, dass man
einen breitkreisenden, vielseitigen Repertoire
hat, um dann in einem bestimmten Raum
seine Identität ausarbeiten zu können.“

„Sie gehen mit Ihrer klassischen Discografie
auf Konzertreisen.“

„Ja, das ist richtig. Ich habe mir
gewünscht, dass ich meine klassischen Werke
auch in den Konzertsaal bringe.“

„Sie haben sich darüber Gedanken
machen müssen, ob es nicht besser
ist, die Hörer durch Ihre eigenen
Kompositionen weiter zu unterhalten.“

„Ja, ich habe mich sehr angestrengt, wobei ich Schlagwörter wie „Kreativität“, „Eigentümlichkeit“ und „Kontinuität“ nicht auslassen möchte. Das Ziel war es, dass die Hörer die Künstlerin selbst entdecken.“

„Ich habe mich sehr angestrengt, wobei ich Schlagwörter wie „Kreativität“, „Eigentümlichkeit“ und „Kontinuität“ nicht auslassen möchte. Das Ziel war es, dass die Hörer die Künstlerin selbst entdecken.“

„Sie sind als erste Frau in Frankreich Chefdame
eines städtischen Orchester, geworden.
Wie ist Ihnen das Gefühl?“

„Wissen Sie noch ein paar Dinge, die Ihnen diese
Würde soviel erfüllt haben? Ich kann Ihnen sagen,
dass es mir sehr wichtig war, dass ich mich
als Chefdame in Frankreich etabliere.“

„Machen Sie es als repräsentatives
Symbol für die Stadt?“

„Ja, ich denke, dass es ein Symbol für
die Stadt ist, dass es ein Symbol für
die Stadt ist.“

„Was gibt es für Möglichkeiten, das Orchester
zu unterstützen und zu entwickeln?“

„Ich denke, es ist wichtig, dass man
verschiedene Förderungen erhält, ob
es nun vom Stadtrat oder vom Ministerium
oder vom Konservatorium.“

„Sie sind sehr aktivisch. Ist es Projekt
oder Förderung, die Sie am meisten interessieren?“

„Ich denke, es ist wichtig, dass es Projekt
oder Förderung ist.“

„Ein Wagnis auf dem Vomawinkel.“

„Sie sind neugierig, was Sie machen.“

„Ich denkt, es ist wichtig, dass es Projekt
oder Förderung ist.“

„Die drei Kinder sind das Dreieng-Potpourri.“

„Sie haben sich sehr engagiert.“

„Das Dreieng-Potpourri ist seit bald jetzt
ein Jahr ein Projekt, bei dem drei Kinder
Naturwissenschaften, vor allem von Astronomie
und Biologie, lernen.“

„Sie haben sich sehr engagiert.“

Internazionale | Graziella Contratto | Vladimir Ashkenazy

Vladimir Ashkenazy

„Ich bin immer offen für Neues.“

Vladimir Ashkenazy, geboren in Groß-Rosenburg, Russische Sozialistische Sowjetrepublik, lebt in New York. Seit 1992 ist er Chefdirigent des Royal Concertgebouw Orchesters Amsterdam. Er ist einer der bedeutendsten Klaviersolisten unserer Zeit.

„Als Kind habe ich bei meinem ersten Konzert in Berlin eine Karte mitgebracht, auf der steht: „Ich will kein anderer Pianist als Sie.“ Ich habe sie mir aufbewahrt.“

„Als Kind habe ich bei meinem ersten Konzert in Berlin eine Karte mitgebracht, auf der steht: „Ich will kein anderer Pianist als Sie.“ Ich habe sie mir aufbewahrt.“

„Ich habe mich sehr engagiert.“

2012/2013 | interview von Peter Schir

classicalpoint.net

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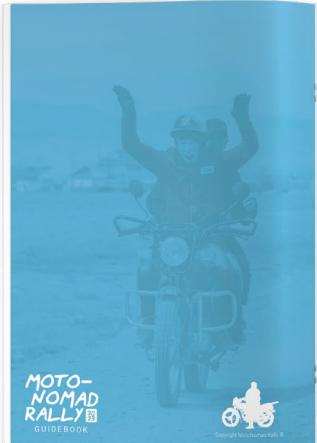
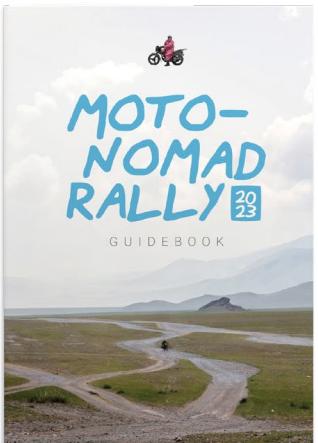
Editorial Design 2020-2023

MotoNomad Rally 2023 Guidebook

2023

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LAYOUT DESIGN



MOTONOMAD RALLY 2023

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SOS Medica Mongolia Emergency	1146 4225	
WhatsApp Group	MotoNomad Rally 2023	

Rally participants contacts.

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3 Tyler Smith,	4 John Wright,
5 Nathan Napoletano,	6 Alan Maguire,
7 Philip Hanrahan,	8 Philip Kendall,
9 Warren Hanrahan,	10 Keith Harle,
11 Rhys Haydon,	12 Andrew Hull,
13 Patrick Mathews,	

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British Embassy Ulaanbaatar +976 1145 8113

MOTONOMAD RALLY 2023

Motorcycle maintenance and repairs.

While all our Shineray 200cc motorcycles are brand new by mechanics. You are still responsible for maintaining it over the course of the rally.

Before a simple check, you should be aiming to complete this to keep an eye on what will be loose nuts and bolts. Otherwise, the motorcycles are rugged and have a fair life if a mechanical failure cannot be fixed locally contact And the driver/mechanic will do everything they can to help.

DAILY CHECKS

Chain tension	Oil level	Tyre pressure	Nut and bolts	Brakes in service
✓	✓	✓	✓	✓
✓	✓	✓	✓	✓
✓	✓	✓	✓	✓
✓	✓	✓	✓	✓
✓	✓	✓	✓	✓

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GUIDEBOOK

Welcome to the MotoNomad rally.

We are excited to welcome you to Mongolia for the inaugural MotoNomad rally. Thank you for trusting us with your all-important holiday time. We have been working hard to make the event an adventure to remember.

Format of the ride

The MotoNomad Rally is a self-supported navigation event. Where you are free to explore each days planned routes at your own pace, in small groups or solo. You will be provided with maps and find your own unique camping spots along the way. The support van will sweep the rear and provide support to the rally route. We will not be there often but please update the MotoNomad Rally WhatsApp group with how you are travelling and share your photos so we can all follow along. If you have any questions about the rally, just message us on WhatsApp. Andy the guide or Will the organizer and we will do everything we can to help out.

Tracking

The live tracking portal with all participants and support vehicles positions mapped, can be found at the below link.

motonomadrally.com/tracking/

GUIDEBOOK

Schedule

Day 1 (19th of July)

LOCATIONS	AM	PM	W	T	W	TH	F	S	TH	F	S	AM	PM	FUEL	ACC
Ulaanbaatar	0													405	
Bayan-Uulgal	125		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	125	
Zorgd Khashtaa Mts.	140													140	
Adasaaq	205		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	80	205
Baga Gazin Reserve	242		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	242	

Day 2 (20th of July)

LOCATIONS	AM	PM	W	T	W	TH	F	S	TH	F	S	AM	PM	FUEL	ACC
Baga Gazin Reserve	0													242	
Delgernogii	32		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	274	
Mongolgovi	75		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	917	
Khotii	164		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	89	406
Delgerkhangai	222		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	464	
Balgan-Uulgarai Rural	232		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	474	

Day 3 (21st of July)

LOCATIONS	AM	PM	W	T	W	TH	F	S	TH	F	S	AM	PM	FUEL	ACC
Delgerchanga Rural	0													103,48	403,08
Merdii - Ovo	92		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	160	566
Bal - Jolt	161		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	65	

Day 4 (22nd of July)

LOCATIONS	AM	PM	W	T	W	TH	F	S	TH	F	S	AM	PM	FUEL	ACC
Khorghorii Els Sand dunes	0													762	
Bojd	124		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	237	866
Altan-Uul Gobi (local route)	175		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	14	438

Day 5 (23rd of July)

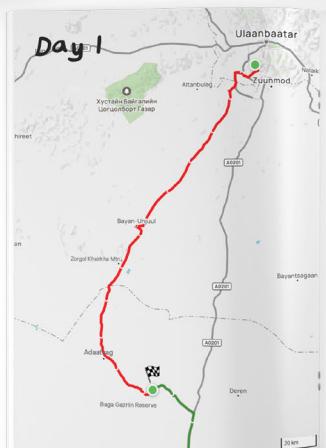
LOCATIONS	AM	PM	W	T	W	TH	F	S	TH	F	S	AM	PM	FUEL	ACC
Hotorchin Gobi (rural area)	0													938	
Guchin - Us	41		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	93	979
Anzhaleer	152		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	111	1,000

Day 6 (24th of July)

LOCATIONS	AM	PM	W	T	W	TH	F	S	TH	F	S	AM	PM	FUEL	ACC
Orkhon waterfall	0													1,029	
Balgan-Uul	43		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	1,133	
Bal - Jolt	95		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	95	1,185
Balgan-Uul	119		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	120	

Day 7 (25th of July)

LOCATIONS	AM	PM	W	T	W	TH	F	S	TH	F	S	AM	PM	FUEL	ACC
Anzhaleer	0													1,090	
Balgan-Uul	43		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	1,133	
Bal - Jolt	95		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	95	1,185
Balgan-Uul	119		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	120	



How did you get started with it?

Q: At what point did you move your artwork into a business?

A: After selling out of the One-Off greeting cards, I had other clients requesting more cards, so I had to find Black Creative to represent my clients.

Q: What's the best part about running your own business?

A: I was honored to start business with clients who wanted to do something different than what I was doing. It's exciting to see how people react to your work.

Q: How do you define success for yourself?

A: Success is having clients who appreciate my work and continue to work with me.

AJ: I know
I people who
I people we spent
in neighborhood or
in books or
AJ: What's our
neighborhood?

You can say the right thing about
nobody will listen. You've got to
make people feel it in their gut.
If you don't feel it, nothing will happen."

The image shows a whiteboard with handwritten text organized into two main columns separated by a vertical line.

Left Column (Top):

- 1. **Med:** Likes to give their polishing goals. Competitive.
- 2. **W:** Enjoys having fun, socializing, others, and making people feel strong, sociable, engaging, positive.

Right Column (Bottom):

- 1. **Dup:** Enjoys details, deeper issues, strength, reflecting, problem-solving.
- 2. **Okay!:** Making sure things are okay.

Everyone

- Promoting others' well-being, making up others' and resolving conflicts
- Being okay, and encouraging, empathizing
- Listening, Encouraging, Empathizing
- Determining your code, put the personality number you most associate with in the second blank, and so on. All
- Blank, the second place in each personality type above.
- Strengths' associated with each listed.
- Strengths' associated with each listed.
- To add a strength not listed.

my code

Portfolio

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