

Alexa Dominique Pascual

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ACTIVISM / POLITICS

Delegate and speaker for the NATO Youth Summit 2023 Washington DC-

I represented American youth and Hallmark USA the US branch of Hallmark International Youth Club at this summit. I got to participate in discussions about youth relations within the alliance, security, women's rights and humanitarian aid. I was also a speaker at a panel discussion with officials from the US Department of State and US Department of Homeland Security. I discussed how diplomacy is involved in our everyday lives and how it affects every citizen, not just people who are in the diplomatic field. I also got to discuss the importance of diversity and multi-culturalism, and how the proper understanding of different cultures can prevent conflict.

Link to discussion:


<https://www.dropbox.com/s/qsxq4s6v1c88r68/Alexa%20at%20the%202023%20NATO%20Youth%20Summit%20in%20DC.mp4?dl=0>

Or

Home page: www.alexapascual.com

<https://www.alexapascual.com/about-5-11>

To watch the full discussion

 [The Everyday Practice of Democracy | 2023 NATO Youth Summit](#)

Delegate for The World Bank Youth Summit

I was a delegate for The World Bank Youth Summit. I represented Hallmark USA the US branch of Hallmark International Youth Club and American youth. I was able to negotiate policy with my international counterparts on how to better women's empowerment worldwide and what The World Bank and our governments can do to fund more women's rights organizations. I also got the opportunity to talk about the importance of bettering the access for education for all youths, and to build more programs for a free education system. I also took part in discussions involving conflict and violence, and how our nations can help vulnerable countries and how we can increase military support.

Delegate for the UNGA (The United Nations General Assembly) -

I was a delegate for MGCY and UNA-USA at the "UN General Assembly" where I got to interact with other youth delegates from around the world about the importance of human rights and on improving the SDG Agenda. I also got to take part in discussions with UN Officials and Foreign Ministers about the importance of youth involvement in preventing climate change, the improvement of human rights, peace and justice and infrastructure.

SKILLS

Acrobatics

Acting

Dance

Creative Writing

Singing

Song Writing

Public Speaking

Broadcasting

Journalism

LANGUAGES

English

Speaker at the “International Youth Conference” -

I had a panel discussion with other young leaders about the importance of human rights and the improvement of the SDG Agenda. The conference was a UNGA side event that highlights the importance of youth leadership.

Link to discussion:

https://drive.google.com/file/d/1l81qM67ZIR_tOXZNU1VpK2MfkIPDVTqN/view?usp=sharing

Delegate for the High Level Political Forum on Sustainable Development at the United Nations -

I was a youth delegate for the HLPF Summit and the Global Climate and SDG Conference. I got the chance to collaborate and negotiate with international advocates on the importance of increasing resources for women’s rights, climate finance and climate education. I also got to take part in meetings with International Ministers , UN Officials and Scholars on policy development for the UNGA and the SDG agenda.

Ambassador for the "United To Beat Malaria" Campaign

-I am the ambassador for Indiana University and the 12th Congressional District of New York on the campaign on the prevention of malaria. I am currently collaborating and finding different solutions with my fellow ambassadors from across the United States, on preventing the spread of malaria. We are also in contacts with our member of congress we will be meeting them on March at capitol hill, to give out policies to prevent the disease from spreading.

International Unity Movement-

I am the co-founder of International Unity Movement. My organization focuses more on women’s rights and support for refugees. I will be heading the US branch . I aim to showcase the importance of women’s representation in leadership and diversity in our society.

Link: <https://www.instagram.com/internationalunitymovementt/>

United Nations Association of The United States of America-

Delegate for the "Global Engagement Summit"

-I was able to negotiate with my youth counterparts and UN officials on how to better enhance the feminist foreign policy. I also took part in discussions on how we can contribute to international security and what our countries can do to support nations that are in crisis in terms of humanitarian aid, military and

economic development. I was also able to take part in discussions on what we can do as an alliance to help Ukraine.

United Nations Association of The United States of America

-Delegate at the UNA-USA Leadership Summit, Washington DC June 4 2023.
I will be participating with other young leaders from UNA-USA in the leadership summit, where we will be lobbying U.S. Congress about different policies, from women's rights, climate change, economy and finance.

Women's Empowerment Advocate via social media through Instagram-
My Instagram username is *alexadominique.8* (91K followers)

Hallmark International Youth Club

-Youth Member

-Facilitator for the HIYC Leadership and International Development Program.

- I was able to participate and discuss different issues on the struggles of development in different countries.
- I was able to coordinate and share like minded ideas with other youths from around the world, on how to improve foreign policy.
- Delegate for the "World Bank Youth Summit" at May, 25, 2023 with Hallmark USA (our US branch) I will have the opportunity to collaborate and share like minded ideas with youth from around the world, on how to improve each nation's foreign policy and development.
- Delegate for the "Noble Prize Summit" 2023
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Youth Delegate for LCOY 2023 at Washington DC-

At the Local Conference of Youth which will be managed by "YOUNGO" (Youth and Children's Constituency to the United Nations Framework Convention on Climate Change) I will be able to participate in policy discussions with other young advocates from around the country, about the prevention of climate change. We will also be making policy recommendations to the US delegation to COP 28 and the Biden-Harris administration. We will also be correlating policies on human rights with policies on climate change, in order to improve climate education across the United States for all Americans.

The Atlantic Forum NATO- Political Writer for Foreign Affairs and International Security

-The Atlantic Forum seeks to educate and promote cooperation among youth in NATO Allied countries and EU Member countries. In an effort to create responsible future leaders who understand foreign policy and are committed to the values of the North Atlantic Treaty and the Euro-Atlantic Community at large.

-I wrote the article "Is China a threat to NATO?" (2022)

I talked about

- The alliance between Russia and China
- Disinformation in the Chinese government
- How China spreads disinformation to the west.
- How China is a threat to our national security and economic well being.
- EU trade relations with China.
- How we can prevent China from winning over the west

<https://www.atlantic-forum.com/atlantica/is-china-a-threat-to-nato>

United Nations Association in Canada- Youth Member

COP 15

-I helped out all journalists and reporters in COP 15 Biodiversity Conference including CBC News, Radio Canada, The Guardian, BBC, CTV News, China Global TV, La Presse, Toronto Star etc. I assisted journalists in press conferences when International Environment Ministers and dignitaries were speaking.

- I was part of the “Bilateral meeting” team. I assisted International Environment Ministers and Dignitaries all throughout their meetings at the conference.
- I contributed to taking part in this Bilateral meeting event by accommodating International Environment Ministers on what they needed for the day.

Digital Equity Program (Youth Mentor)

As a youth mentor I wrote the article "The Political Struggle of Afghan Women: An Ongoing Struggle. This article focuses on why gender equality is important and how it can improve a nation's economy. This article also educates the youth via social media on what is happening in other countries. My goal is to spread awareness of the importance of women's empowerment. To help empower the next generation and to help create future leaders.

Link: <https://www.alexapascual.com/about-5-2>

Plastic Free Fridays (Under the Center of International Environment Law) -
Social Media Advocate

Young Liberals of Canada

-Volunteered for Cabinet Ministers and MP's
I helped out in campaigns for

Hon. Marc Miller (Minister of Immigration)

Hon. Melanie Joly (Minister of Foreign Affairs)

Hon. Steven Guilbeault (Minister of Environment and Climate Change)

Hon. Justin Trudeau (Prime Minister of Canada)
Hon. Mary Ng (Minister of International Trade and Export Promotion)
Hon. Pablo Rodriguez (Minister of Heritage and Quebec Lieutenant)
Rachel Bendayan (Member of Parliament for Outremont)
Emmanuela Lambropoulos (Member of Parliament for Sainte-Laurent)

Young Professionals For Foreign Policy- Youth Member

Voice In Sport- Women Empowerment Activist

-I collaborated with female athletes from around the world to preach about women empowerment internationally and locally.

-I share how we handle women's rights in North America and how our allies can adopt this strategy in their own country.

- Advocate via social media to bring awareness to the youth.
- I participate in meetings and seminars about how we can increase women's rights in our government and the artistic and athletic industry.
- Wrote the article "Women Empowerment in sports and arts."
- Wrote the article "Title IX the Federal Civil Rights Law of The United States of America. How Can This Benefit The American Feminist Foreign Policy?"

Link : <https://www.alexapascual.com/about-5-3>

EDUCATION

Indiana University East Online - B.S. Political Science and Government (**In progress**)

Marymount Manhattan College - International Relations and Public Affairs , Dance and Acting(**2016-2019**)

House Of Actors - Acting for film(**2020-2021**)

The Circus Arts City La TOHU (Private coaching) (**2019-Present**)

Non- politics (Extracurricular Activities)

Television(I was invited as a contortionist and dancer on these TV shows) (Managed By Chantale Buron and Francesca Nicassio)

La semaine des 4 Julie- Noovo (Quebec) (2021)

Breakfast Television Toronto - City TV (2021)

Masked Singer Canada - TVA (2022)

Link to talent profile:

<https://chantaleburon.ca/fiches/alexa-dominique-pascual/>

Dance Competitions (2020-2021)(I participated in national dance competitions in the Acro Dance Category. Representing “Academie de Danse de Montreal”)

IDANCE Dance Competition- Best technique Acrobatic Dance Category

Reprezent Dance Competition Événements Prima Dance- Dancer

Hit the Floor Dance Competition- Dancer (Acro Dance)

The View Dance Competition - High Gold (Acro Dance)

PROJECTS AND PERFORMANCES (I performed in various corporate events. In Montreal, all my performances are choreographed by my coaches from Cirque Du Soleil)

Performed in Montreal Completément Cirque (Contortion Aerialist) (2019)

Performed in St. John's International CircusFest (Contortion Aerialist) (2019)

Performed in Cirquantique (Contortion Aerialist) (2019)

Performed in Le Nouvel An Chinois s'en vient à grands pas. In “Place Des Arts” (Contortionist / Dancer) (2019)

Performed in the Chinese Foundation Gala (Contortionist) (2019)

Performed in the Chinese Orchid Ball YCPA for Asian Heritage month (Contortion Dancer) (2020)

Women Empowerment dance project (Contortion Dancer) (2021)

Featured in “Le Droit” newspaper and nominated for “Antoine - Desilets Awards in Daily Life Category” for contortion and dance. With photographer Patrick Woodbury. (2021)

Asian Festival “ L’ete tous de les festivals” (2022)

US Figure Skating (2003-2016)

Le Petit Cirque LA - Contortion Aerialist (2018-2019)

Broadway Dance Center- Dancer (Ballet, Hip Hop, Contemporary and

Jazz) (2016-2018)

Circus Warehouse (New York) - Contortion Aerialist

Academie De Danse De Montreal- Dancer

Fight Training

Academie Ness Martial trained by Ali Nestor- MMA and Kick Boxing