

# Reflection

## Findings from the programme

I got a glimpse of the benefits of instilling a common philosophy, such as Happy Learning and Buddhist values

I felt that there have more in common with Japanese pupils/students than differences. I thought I could collaborate in many ways, such as in lessons and in coming up with problem-solving ideas.

Through the communication between the participants, I was able to see my own issues and what I need to work on. The connections made through the programme were the most valuable asset.

## Changes in myself after the programme

... increased interest in the different schools in Japan.

I have more things I want to 'try' and I feel more excited about future classes

...increased interest in Thailand and a desire to have a long-lasting connection, both educationally and personally

...a greater awareness of taking action to share thoughts and feelings, rather than thinking alone.

**– Connected with Thailand and participants and become energised for tomorrow –**

# Action Plan

Target/period	March (already implemented)	April - May	Within the academic year 2025	Long term
<b>students</b>	Call on the whole student body to see if there are anyone who would like to focus on exchanges with Thailand in their "Integrated Studies".	<ul style="list-style-type: none"> <li>• Setting a specific themes for integrated research and liaise with Thai counterparts</li> <li>• Report on the programme (in class).</li> </ul>	<ul style="list-style-type: none"> <li>• Implement exchange activities in the integrated research class.</li> <li>• Present the outcome at the comprehensive research presentation at the end of the year.</li> </ul>	<ul style="list-style-type: none"> <li>• Continue to engage in exchange activities at a new school.</li> <li>• Try to arouse students' interest in international exchange, including in Thailand.</li> </ul>
<b>School teachers/ staff</b>	<ul style="list-style-type: none"> <li>• Submit reports</li> <li>• Hold a debriefing session</li> <li>• Propose future activities</li> </ul>	<ul style="list-style-type: none"> <li>• Issue a report with a set theme and get new teachers to read it.</li> </ul>	<ul style="list-style-type: none"> <li>• Hold a collaborative class with welfare studies/family studies/social studies, etc.</li> <li>• Hold an on-the-job training in relation to cooking Thai food.</li> </ul>	<ul style="list-style-type: none"> <li>• Call for cooperation in international exchange activities.</li> </ul>
<b>Region</b>	<ul style="list-style-type: none"> <li>• Issue/publish a programme report by using PR magazine to the surrounding junior high schools and communities</li> </ul>	<ul style="list-style-type: none"> <li>• Compile answers to questionnaires in the PR magazine and reply to the answers as required.</li> </ul>	<ul style="list-style-type: none"> <li>• Participate in the debriefing meeting of the Sakaki Town and present the programme.</li> <li>• Reach out to the media to get them to cover our integrated research initiatives</li> </ul>	<ul style="list-style-type: none"> <li>• Actively participate in the local international exchange activities and offer to help.</li> </ul>

-Convey my thoughts and increase the number of collaborators.