

Sophia GED / Sophia University ASEAN Hub Center presents:

## 2-Day Online Cultural Exchange Program

**25-26**  
(Sat) (Sun)  
**July 2026**



# WAKU WAKU THAILAND

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E-Certification  
provided  
upon  
completion!

Explore various aspects of Thailand  
in **online lecture** and  
**make friends** with Thai students.  
**Connect and have fun from anywhere!**



### What You'll Do & Gain...



- Joining a short **lecture classes** about Thailand.
- Engage in **talk session** with local Thai students.
- **Summarize** your learning and **reflection**.

Which will help you gain the following:

#### 1. Cultural Understanding

→ Learn about Thai culture, language, and daily life to understand cultural differences.

#### 2. Global Mindset

→ Explore Thai society and various aspects while developing critical thinking and solution-based ideas.

#### 3. Adaptability in Multicultural Environments

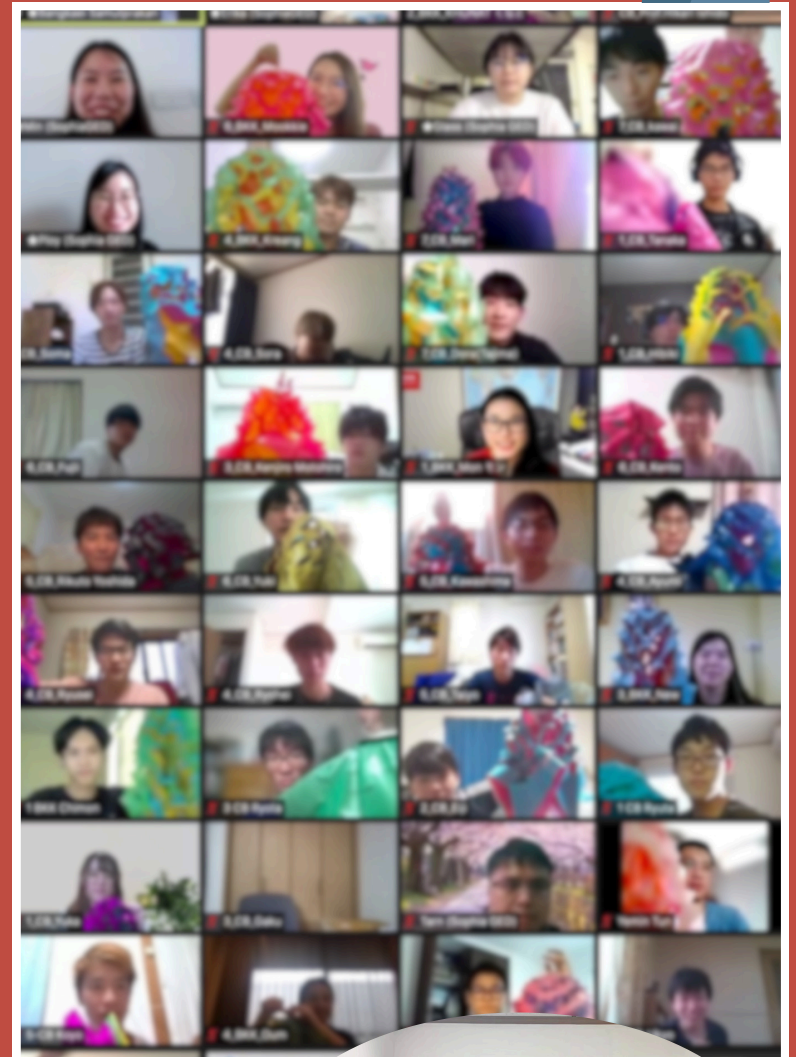
→ Build skills to live and collaborate effectively in diverse cultural settings by immersing in the setting.

#### 4. Social & Communication Skills

→ Interact and collaborate with international peers to enhance interpersonal abilities.

#### 5. English Proficiency

→ Practice English through lectures, activities, and communication to build confidence and boost fluency.



**Sophia GED Team**  
(Organizer in Thailand)

#### Contact Us:

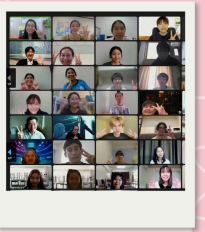
- 🌐 [en.sophia-ged.com](http://en.sophia-ged.com)
- ✉ [info@sophia-ged.com](mailto:info@sophia-ged.com)
- 📍 Sophia Global Education and Discovery Co., Ltd.

**Organizer: Sophia Global Education and Discovery Co., Ltd. (Sophia GED)**

An overseas education office originating from Sophia University.  
We specialised in developing educational programs based in Bangkok, Thailand.



# Program Highlights



DATE	TIME (Japan time)	CONTENTS/ACTIVITIES <small>*Program details are subject to changes.</small>
25 Jul (Sat)	10:00 - 10:40	<b>Day 1 : Introduction &amp; Cultural Exchange with Thai Students</b> <b>[Introduction]</b> Welcome to the program and <b>basic guidance</b> + <b>Ice Breaking</b> Activity. <b>[Interactive Lecture] Introduction to Thailand</b> : Learning while discussing various topics. <b>[Cultural Exchange Lunch]</b> Enjoy your meal while talking on topics with new friends. <b>[Lecture &amp; Activity]</b> Lecture on <b>Thailand's Lifestyle</b> + activities to boost <b>language skills</b> .
	10:50 - 13:00	
	13:00 - 14:00	
	14:05 - 16:00	
26 Jul (Sun)	10:00 - 11:15	<b>Day 2 : Lecture on Issues &amp; Society of Thailand + Idea Sharing</b> <b>[Lecture]</b> Learning about <b>Tourism</b> in Thailand and the <b>social issue of Overtourism</b> . <b>[Special Guest Lecture]</b> Topic of Social Issue in Thailand: <b>Poverty and Slum Area</b> . <small>*Lecture in Japanese language</small> <b>[Online Lunch]</b> Eating together and gathering idea for next session. <b>[Workshop + Reflection]</b> Activity to combine what you have learned throughout the program and deliver <b>short presentation</b> .
	11:20 - 13:00	
	13:00 - 14:00	
	14:05 - 16:00	

- Channel** Zoom Online session  
Connecting using device with **stable internet connection** and **microphone + camera**.
- Language** English as main language (Lecture, Exchange, etc.)  
with supplementary Japanese
- Who Can Apply** High school students in Japan who are open to multicultural learning.  
Having basic English communication skills would be recommended.
- Fee** 16,000 JPY (VAT Included)  
Price Include: Educational program fees (activities fees, learning materials) and **E-Certificate** upon completion issued by Sophia GED!



## Application Instruction

**Application Deadline:**  
**3 July 2026**

**SCAN ME**

### Brief Program Timeline

- Now > 3 Jul** Register by filling out each section in the **Google Form** and provide all required information for us to contact you.
- 4 Jul > 17 Jul** We will send a **confirmation email** to participants, including **payment information**. Participation will be confirmed upon payment. (If applications exceed certain capacity, a lottery may be conducted.)
- 18 Jul > 24 Jul** After **completing payment**, the **program instruction and information** will be send for you to prepare in advance.
- 25-26 Jul** Join our program **via Zoom** from anywhere!



<https://forms.gle/XNdHSR4YC4TQiHxu9>

**APPLY HERE!**  
**Limited Seats Available!**

**Take your first step toward becoming a global citizen!**  
Connect, learn, and grow through international exchange!

