

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

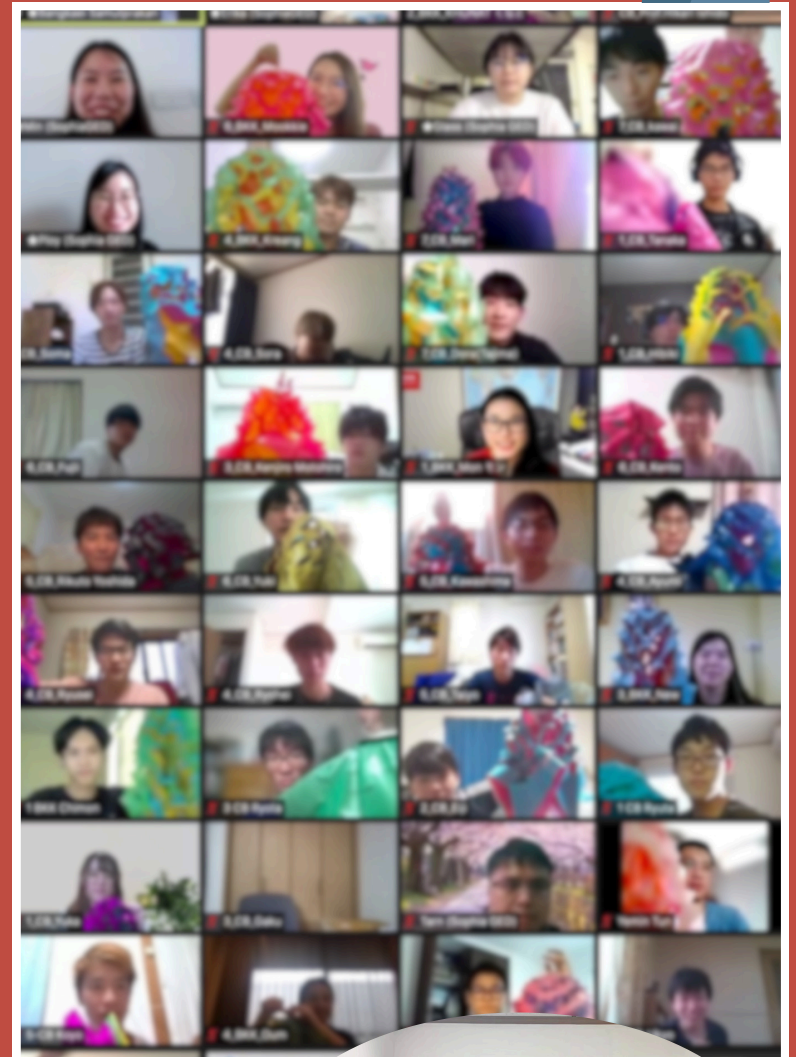
→ Build skills to live and collaborate effectively in diverse cultural settings by immersing in the setting.

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:

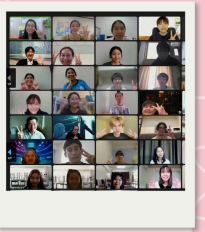
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- ✉ info@sophia-ged.com
- 📍 Sophia Global Education and Discovery Co., Ltd.

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

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!

SCAN ME



<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!

