



Sophia GED / Sophia University ASEAN Hub Center presents:

1-Day Online Cultural Exchange Program



October
2026



WAKU WAKU THAILAND

CULTURAL EXCHANGE



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

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



E-Certification
provided
upon
completion!

- **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:

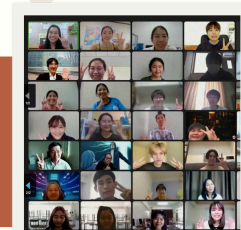
- 🌐 en.sophia-ged.com
- ✉ info@sophia-ged.com
- 🏢 Sophia Global Education and Discovery Co., Ltd.

Organizer: Sophia Global Education and Discovery Co., Ltd.

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 *Program details are subject to changes.
18 October (Sun)	10:00 – 11:00	Explore Thailand's Multi-layer with the Locals [Introduction] Welcome to the program and basic guidance + ① Ice Breaking Activity. [Interactive Lecture] Introduction to Thailand : Learning while discussing various topics. [Meet New Friends] ② Ice breaking Activity and free talk with new friends [Exchange Lunch] Enjoy your meal while talking freely with new friends. [Cultural Activities] Cultural exchange, discussion & activities to boost interpersonal and language skills . [Reflection] Activity to combine what you have learned throughout the program and deliver short presentation .
	11:00 – 12:00	
	12:00 – 13:00	
	13:00 – 14:00	
	14:00 – 16:00	
	16:00 – 17:30	

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

13,000 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:
25 September 2026

Brief Program Timeline

**Now >
25 Sep**

Register by filling out each section in the **Google Form**
and provide all required information for us to contact you.

**29
September**

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.)

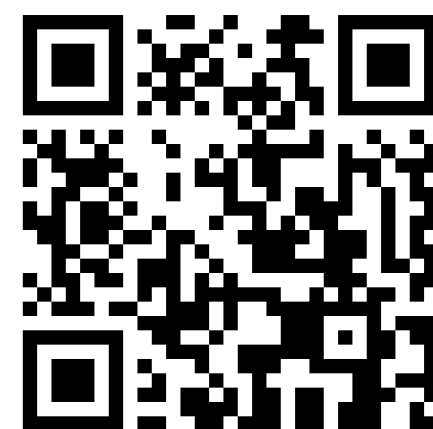
**14
October**

After **completing payment**, the **program instruction and information** will be send for you to prepare in advance.

**18
October**

Join our program **via Zoom** from anywhere!

SCAN ME



<https://forms.gle/S3qjmC2noVpNs6pG8>

APPLY HERE!
Limited Seats Available!

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

