



# Thailand AUN・国立六大学合同 サマープログラム

六大学の学生と共に、タイで未来を切り拓く2週間  
～国際機関・企業訪問、文化体験で、多様性と創造力を養う～

【研修テーマ】 *DISCOVERY - DIVERSITY - DYNAMICS (3DS):  
Heritage Reimagined: Resilience, Cultural Continuity,  
and Sustainability*

## ■研修の概要

- ・研修先:タイ
- ・使用言語:英語
- ・渡航期間:2026年8月23日(日)～9月6日(日) 約2週間
- ・募集定員(六大学合計):20名(最少催行人数:10名)  
※岡山・千葉・新潟・金沢・長崎・熊本大学の学生が参加予定
- ・滞在方法:現地大学宿舎/ホテル(未定)
- ・研修費:約24.2万円(為替等により変動の可能性あり)  
※参加人数によっては、参加費が下がる可能性があります。  
【含まれるもの】授業料、空港の送迎、現地での移動・宿泊・活動中の食事・  
訪問先・文化活動・フィールドワークなどの費用  
【含まれないもの】自由時間の食費、往復航空券代、海外留学保険料など

プログラム  
紹介動画



## ■過年度参加者の感想 (渡航時) 岡山大学 法学部2年 Iさん

タイの文化や政治に関心があった私にとって、国際機関での講演や、現地の遺跡・歴史に関するチュラロンコン大学での講義は、どれも興味深かったです。また、他大学や現地の学生との交流も本研修の醍醐味の一つです!食事やショッピングと一緒に満喫し、現地の学生からはタイ語を教えてもらいました。特に印象に残っているのがムエタイのワークショップで、丁寧な説明のおかげで初心者でも楽しむことができました。ほかに、魅力は書ききれないほどあります!

皆さんも、東南アジアを多角的に学び異文化交流もできる研修で、刺激的な経験をしてみませんか?



【参考】2025年度の研修スケジュールです。研修先機関の都合などにより、今後変更となる可能性があります。最新の情報が届き次第お知らせいたします。

# PROGRAMME SCHEDULE

Date: 31 August - 13 September 2025  
Location: Bangkok, Ayutthaya, Chonburi

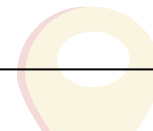
Date/Time (Bangkok Time)	Organization/place	Activities
<b>Day 0: (Sun) 31 August 2025</b>		
04:40	<ul style="list-style-type: none"> <li>• <b>Nagasaki University</b> <ul style="list-style-type: none"> <li>◦ Nagashima Aki</li> </ul> </li> <li>• <b>Chiba University</b> <ul style="list-style-type: none"> <li>◦ Uno Mizuki</li> </ul> </li> </ul>	Pickup students from the airport
21:30	<ul style="list-style-type: none"> <li>• <b>Okayama University</b> <ul style="list-style-type: none"> <li>◦ Ishiguro Sawa</li> <li>◦ Sanuki Yuto</li> <li>◦ Sekiyama An</li> <li>◦ Miyamoto Haru</li> </ul> </li> <li>• <b>Nagasaki University</b> <ul style="list-style-type: none"> <li>◦ Nakano Reiji</li> </ul> </li> <li>• <b>Niigata University</b> <ul style="list-style-type: none"> <li>◦ Hasegawa Aoi</li> <li>◦ Tomioka Hikari</li> </ul> </li> <li>• <b>Chiba University</b> <ul style="list-style-type: none"> <li>◦ Tomioka Chiharu</li> </ul> </li> </ul>	Pickup students from the airport
Flexible	Hotel check-in at Sasa International House & Dinner (as preferred)	
<b>Day 1: (Mon) 1 September 2025</b>		
Dress code: Smart casual		
08.15 - 08.30	Travel to 7th Floor, Chamchuri 10 Building	
08.30 - 10.00	Welcome remark by Assoc. Prof. Dr. Thanapan Laiprakobsup, AUN Executive Director	
	Group photo	
	Programme introduction & Ice breaking activities by AUN Intern & Secretariat	
10:00 - 10:30	Break	
10:30 - 12:00	Lecture on "As an ASEAN" by Asst. Prof. Tanonrat Naktang	
12.00 - 13.30	Lunch Box	
13.30 - 15.30	Hand-on Workshop: "A Letter to my Future Self"	
16.00 - 17.00	Return to hotel	
17.00 onwards	Dinner (as preferred)	

Date/Time (Bangkok Time)	Organization/place	Activities
<b>Day 2: (Tue) 2 September 2025</b>		Dress code: Smart casual
07.45 - 09.00	Travel to Yum Yum Factory by Van	
09:00 - 12:00	Wan Thai Foods Industry Co., Ltd. (Yum Yum instant noodles factory)	Industry Visit
12:00 - 13:00	Lunch at Restaurant	
13:00 -14:00	Travel to JSPS by Van	
14:00 - 15:30	Japan Society for the Promotion of Science (JSPS)	Japanese Organization Visit
16:00 - 17:00	Return to Hotel	
17:00 onwards	Dinner at Restaurant	
<b>Day 3: (Wed) 3 September 2025</b>		Dress code: Casual Skirts must cover the knees
08.30 - 09.00	Travel to Wat Pho by Muvmi	
09.00 - 11.00	Wat Pho Wat Arun	Cultural Exposure/Visit
11.00 - 12.30	Lunch at Restaurant	
12.30 - 13.00	Travel to Museum	
13.00 - 15.30	National Museum Bangkok	Cultural Exposure/Visit
15.30 - 16.30	Return to hotel by MRT / BTS	
16.30 onwards	Debrief / Dinner (as preferred)	
<b>Day 4: (Thu) 4 September 2025</b>		Dress code: Casual
07.30 - 08.00	Hotel Check - Out	
08:30 - 09:30	Travel to Ayutthaya	
09:30 - 11:30	Ban Khlong Sa Bua Community	Hand-on Workshop: Pottery Workshop
11.30 - 13.30	Lunch at Restaurant & Hotel Check-in at Krungsri River Hotel	
13:30 - 14:00	Travel to Ayothaya Fight Gym	
14:00 - 16:00	Ayothaya Fight Gym	Cultural Workshop: Muay Thai
16:00 - 18:30	Dinner at Restaurant & Depart to the Hotel	

Date/Time (Bangkok Time)	Organization/place	Activities
<b>Day 5: (Fri) 5 September 2025</b>		Dress code: Casual Skirts must cover the knees
08.30 - 09.00	Hotel Check-out	
09.00 - 09.30	Travel to Ayutthaya Historical Park	
09.30 - 12.30	Ayutthaya Historical Park	Cultural Exposure/Visit
12.30 - 13.30	Lunch at Restaurant	
14.00 - 17.00	Travel to Chonburi	
17:00 onwards	Hotel Check-in at Nana Chat Bangsaen Hotel and Dinner at Restuarant	
<b>Day 6: (Sat) 6 September 2025</b>		Dress code: Casual
08.30 - 09.30	Travel to Local Community	
09:30 - 12:00	Takhian Tia Community	<b>Hand-on workshop</b> <ul style="list-style-type: none"> <li>• Puang Mahot Hom (Traditional Thai fragrant hanging garland)</li> <li>• Painting coconut-shell soap holders</li> </ul>
12:00 - 13:00		Lunch
13.00 - 14.30		<b>Hand-on workshop</b> <ul style="list-style-type: none"> <li>• Cooking Dok Maprao coconut flower dessert</li> </ul>
14.30 - 15.30	Return to hotel	
17.00 onwards	Dinner (as preferred)	
<b>Day 7: (Sun) 7 August 2024</b>		Dress code: Sunsixer T-shirt
07:30 - 08:30	Travel To Marine Science and Conservation Camp	
08:30 - 09:30	Marine Science and Conservation Camp, Sattahip Beach	Lecture on coral reef biology, problems, impacts, and coral restoration
09:30 - 10:00		Introduction to snorkeling equipment and basic surface diving techniques
10:00 - 12:00		Snorkeling activity or glass-bottom boat tour to observe successful coral restoration areas, impacts, and the crisis following coral bleaching
		Coral Planting at the beach near Luang Pho Dam Pavilion
12:00 - 13:30	Shower, personal time, and lunch	
13:30 - 14:30	Return to the Hotel	
14:30 onwards	Free time for Self-reflection	
	Dinner (as preferred)	

Date/Time (Bangkok Time)	Organization/place	Activities
<b>Day 8: (Mon) 8 September 2025</b>		Dress code: Casual
08.30 - 09.00		Hotel Check - out
09.00 - 11.00		Return to BKK
11.00 - 12.30		Lunch Box & Hotel Check - in at Sasa International House
15.00 - 16.00		Meet at the hotel for debriefing
16.30 onwards		Dinner (as preferred)
<b>Day 9: (Tue) 9 September 2025</b>		Dress code: Appropriate Attire
08:30 - 09:00		Travel to Sabieng Thai Cooking School by Van
09.00 - 12.00	Sabieng Thai Cooking School	Cultural Workshop: "Team Building Thai Cooking"
12.00 - 13.00		Lunch at Sabieng Thai Cooking School
13.00 - 13.30		Depart to UNESCO Regional Office in Bangkok
13.30 - 15.30	UNESCO Regional Office in Bangkok	Organization Visit
15.30 - 17.00		Dinner at Restaurant
17.00 onwards		Return to Hotel
<b>Day 10: (Wed) 10 September 2025</b>		Dress code: Casual
08:15 - 09:00		Travel to 8 <sup>th</sup> Floor, Chamchuri 10 Building
09:00 - 11:00		Lecture by Asst. Prof. Patiphol Yodsurang
11:00 - 12:30		Lunch Box
12:30 - 13:30		Travel to Bank of Thailand Museum by Van
13:30 - 15:30	The Bank of Thailand Museum	Cultural Exposure/Visit
16:00 - 16:45		Return to Hotel by Van
16.45 onwards		Dinner (as preferred)
<b>Day 11: (Thu) 11 September 2025</b>		
Free Day		





Day 12: (Fri) 12 September 2025		Dress code: Sunsixer T-shirt
08:00 – 08:30	Travel to 7 <sup>th</sup> Floor, Chamchuri 10 Building	
08:30 – 12:00	Discussion and preparation for group work	
	Go to the Post Office to conclude the activity: <i>A letter to my future self</i> by walking	
12:00 – 13:30	Lunch Box	
13:30 – 15:00	Group work presentation	
	Presentation of certificates	
	Closing	
15:00 – 15:30	Return to Hotel	
16:30 onwards	Farewell Dinner at Restaurant	
Day 13: (Sat) 13 September 2025		
18:30 onwards	Hotel Check-out	
	Departure to Suvarnabhumi Airport	
	Flight	
	<b>Flight: 21:40</b> Okayama Ishiguro Sawa Okayama Sanuki Yuto Okayama Sekiyama An Okayama Miyamoto Haru	
	<b>Flight: 21:35</b> Chiba Uno Mizuki	
<b>Flight: 22:10</b> Chiba Tomioka Chiharu Niigata Hasegawa Aoi Niigata Tomioka Hikari		
<b>Flight: 00:25</b> Nagasaki Nagashima Aki Nagasaki Nakano Reiji		

