



BBA STUDY TOUR

By: *Wai Phone Maung, Aeronautics Year 1*



On Monday, November 24, 2025, first-year students from the Faculty of Business Administration majoring in Aeronautics (AR), Air Traffic Control (ATC), Airline Business (AB), International Business (IB), Logistics Management (LG), and Hotel and Tourism (HT) participated in a study tour at Suvarnabhumi International Airport and Airport Museum. Leading the group were lecturers Dr. Malee Damasiri and Dr. Alfredo Espejo Jr. from the Airline Business Department, Ajarn Willard Jeff Pada from the English for Business

Communication Department, and of the Royal Thai Air Force. Ajarn Amornteb Intasorn from the Air Traffic Control Department.

The group departed their campus at 11:00 a.m. and arrived at the airport after a one-hour journey, disembarking at Gate 8. Upon arrival, students toured the terminal while awaiting entry to the Airport Museum. Once inside, they were greeted by museum staff, who provided an informative session covering the history and construction of the airport, including facts about Thailand's first pilot, Field Marshal Prince Chakrabongse, and the roots

of the Royal Thai Air Force.

Students viewed exhibits illustrating the evolution of aviation in Thailand, notable historical figures, and model structures of airport terminals. The educational program concluded with a visit to the observation deck. Before returning to campus at approximately 4:10 p.m., students were provided with refreshments. The day offered valuable insights into airport operations and the significance of aviation in the development of modern Thailand.



By: Chayada Jannok,
Education English Year 3

LOY KRATHONG EVENING CELEBRATION AT TRSU



On November 5th, the Loy Krathong festival was held from 19:00 to 22:00 at the Nursing Building Area, bringing together students, teachers, and community members for a memorable cultural celebration.

The event featured a variety of engaging activities. Each academic department participated in a Krathong-making competition, where

creativity and teamwork were highlighted. A special award was presented to the team that achieved first place. Before the official opening ceremony, guests enjoyed a graceful traditional Thai dance performance, showcasing the beauty of Thai culture.

One of the highlights of the evening was the Thai traditional costume contest, often referred to as the “Miss Songkran” competition, where participants proudly wore elegant Thai attire. Throughout the venue, numerous food stalls offered delicious and affordable local dishes, creating a festive and lively atmosphere for

everyone.

The celebration concluded with a meaningful moment as participants gathered to float their krathongs together, symbolizing gratitude and an apology to the river for providing water and sustaining life. This tradition reflects a long-held belief in Thai culture and serves as a beautiful reminder of the importance of nature and community.

Overall, the event was a joyful and culturally enriching experience that brought our community closer while honoring one of Thailand’s most cherished festivals.



BANGLADESH STUDENTS VISIT TO TRSU’S AVIATION PROGRAMS

On November 16, 2025, TRSU proudly welcomed a delegation of 65 teachers and students from Military Collegiate School Khulna, Bangladesh, for an engaging academic and cultural exchange focused on the university’s aviation programmes. The visit began at the Joseph Marie Auditorium, where the group was warmly greeted by Dr. Chaipat Wattanasan, Vice President for Academic Affairs. His remarks emphasized the importance of global educational partnerships and the value of providing students firsthand exposure to modern learning facilities. After the welcome session, the delegation toured the Business Administration Faculty’s specialized aviation laboratories, gaining a comprehensive understanding of TRSU’s hands-on, industry-focused aviation education. The

visit gave students a rare opportunity to explore real training environments used by aspiring pilots, flight attendants, and air traffic controllers.

Next, the group experienced the Cabin Mock-Up, an essential training space for the Airline Business Program. Here, students learned about the key duties of airline cabin crew, including safety demonstrations, emergency procedures, in-flight communication, and passenger service skills. The mock cabin provided a realistic environment where visitors could walk through aircraft aisles, observe seat layouts, and understand how cabin crew are trained to maintain safety, professionalism, and service excellence. This part of the tour offered valuable insight into the aviation service industry and the behind-the-scenes responsibilities that make air travel safe and comfortable.

One of the most exciting parts of the visit was the Aerodrome Control Service Room, which showcased how TRSU trains students in Air Traffic Control (ATC) operations. Visitors observed how air traffic controllers coordinate aircraft in the air and on the ground, manage communication with pilots, monitor radar screens, and maintain safety within controlled airspace.

The demonstration allowed students to appreciate the critical role of ATC professionals and the precision required to ensure smooth, safe air travel. They gained an understanding of how controllers make split-second decisions, manage multiple aircraft simultaneously, and contribute to the global aviation system. Throughout the tour, students from Bangladesh engaged actively with TRSU

instructors, asked thoughtful questions, and expressed genuine enthusiasm for aviation careers. The visit served not only as an educational experience but also as a bridge of friendship and intercultural understanding between TRSU and the Military Collegiate School Khulna.

By showcasing its aviation programs, TRSU hopes to inspire young learners to pursue aviation-related fields, whether in piloting, airline services, or air traffic control. The hands-on exposure provided students with a clearer picture of the academic pathways and professional opportunities available within the aviation industry. The university expressed its heartfelt appreciation for the visit and extended its hope that this memorable aviation experience will guide students toward future dreams and academic aspirations in the aviation sector.

INTERNATIONAL STUDENTS A.Y. 2025



AUNG SENG

EDUCATION - MATH

My name is Aung Seng Lar, and I am from Myitkyina, a city in northern Myanmar. I chose TRSU because its Bachelor of Education program offers excellent opportunities to gain real-world teaching experience through internships. Since my dream is to become a qualified teacher, TRSU is the perfect place for me.

I am Tun Thant Ko Ko, also known as Kayden, an 18-year-old first year Aeronautics student from Myanmar. My interest in mechanics developed through my hobby of playing simulator games, which inspired me to understand the inner workings of real-world systems. After seeing a Facebook post about St Teresa International University shared by my father, I was drawn to its lively and welcoming environment. I chose TRSU because it offers a perfect balance of academic growth and a vibrant student experience, fulfilling exactly what I envisioned for my university years.



KAYDEN

AERONAUTICS

My name is La Min Thet Ko Ko, though I usually go by Louis. I am originally from Mandalay, Myanmar. I have a background in Business Management, but after earning my Higher National Diploma, I felt a strong desire to pursue a more challenging and technical field. While researching universities that offer an Aeronautics major, I discovered TRSU through my online newsfeed. I enrolled shortly after, and I am now a first-year Aeronautics student, eager to take on this new chapter.



LOUIS

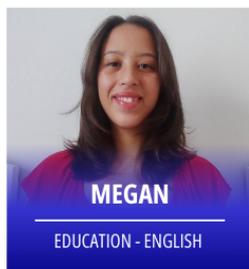
AERONAUTICS



JOSH

EDUCATION - SCIENCE

My name is Yaw Sep Galau, though I also go by Josh. I am originally from Myitkyina in Kachin State, Myanmar. I chose TRSU because it offers my preferred major, Science Education, and because I already have a relative studying here. My brother highly recommended this university for its strong career prospects, effective teaching methodologies, and its well-regarded international program. I look forward to developing my skills as a future educator within this supportive community.



MEGAN

EDUCATION - ENGLISH

My name is Megan Kruger, and I am a third-year Education major specializing in English, originally from Cape Town, South Africa. While teaching wasn't my initial career choice, my love for travel eventually led me to the classroom. After completing my first internship in South Africa, I discovered a genuine passion for teaching English. I chose St. Teresa International University after my family relocated to Thailand, as TRSU luckily offers my degree program in English. I am excited to continue growing as a future educator while embracing the new cultures and opportunities available here.

Hello, my name is Nang Su Su Aung, but you can also call me Su Su or Grace. I am from Taunggyi, Shan State, Myanmar. I chose this university because it offers a strong academic program with a practical learning approach that perfectly aligns with my future career goals.



GRACE

PUBLIC HEALTH

My name is Theint Thiri, though I am also known as Laurel. I am originally from Myanmar. I joined St Teresa International University for the 2025 academic year and am a first-year student majoring in Mathematics Education.



LAUREL

EDUCATION - MATH



NATALIA

EDUCATION - ENGLISH

My name is Natalia Martinez, and I am a third-year English Education major. After a rewarding 15-year teaching career, I decided to begin a new chapter in Thailand. Because my previous qualifications were not fully recognized by the Thai Ministry of Education, I chose to pursue a degree that meets the country's legal requirements for educators. Fortunately, TRSU offers the exact program I need to formalize my standing. I am grateful for this opportunity to continue my professional journey, grow as an educator, and build a stable, long-term future here in Thailand.



PAING

AERONAUTICS

My name is Myint Paing Soe, but you can call me Paing. I am originally from Kyonpaw, Myanmar. I chose TRSU specifically for its Aeronautics program, as it is a field I have been passionate about studying for a long time.

My name is Htoo Aung Lin, but most people simply call me Ren. I am from Myanmar, a country celebrated for its warm hospitality, diverse cultures, and stunning landscapes. Moving to Thailand for my studies marks an exciting new chapter in my life. I chose TRSU because I was seeking a strong academic foundation within a supportive environment tailored for international students. The vibrant campus atmosphere, the approachable faculty, and the wealth of extracurricular activities gave me the confidence that this is where I belong. I look forward to developing new skills, growing personally, and connecting with a global student body. I hope to share the beauty of my heritage while embracing the diverse perspectives of my peers as we grow together.



REN

INTERNATIONAL BUSINESS

Hello everyone! My name is Wai Phone Maung, but you can call me Kriss. I come from Yangon, Myanmar. I love helping people and am passionate about learning about different cultures and languages. I chose TRSU because I believe this university will help me achieve my dreams.



WAI PHONE

AERONAUTICS



OREON

AERONAUTICS

My name is Linn Thit Kyi, though my friends call me Oreon. I am originally from Taunggyi, Myanmar, a peaceful city nestled among the mountains. I chose TRSU because of its reputation for a supportive international environment and its rigorous academic programs. For a student like me, who dreams of growing on a global scale, TRSU offers the perfect combination of opportunity and community. I am eager to begin my studies, build new connections, and fully immerse myself in the vibrant student life here.

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NS SIMULATION AND NURSING EDUCATION

By: *Sujjitra Duangchan,
Nursing Science, Year 1*

On November 6, 2025, the Faculty of Nursing Science at TRSU proudly hosted a significant academic event aimed at enhancing teaching quality and advancing the future of nursing education. The university's leadership — including Dr. Piyada Wattanasan (President), Ajarn Suwat Benjatammatorn (Vice President for Administrative Affairs), and Ajarn Vipa Pengsa-ium (Dean, Faculty of Nursing Science) — together with faculty members and administrators, warmly welcomed Professor Dr. Jennifer Weller-Newton, Head of School, Nursing & Midwifery, Faculty of Health, University of Canberra, Australia.

Prof. Weller-Newton was invited as a distinguished international guest to deliver a special lecture and knowledge-exchange session on the topic "Simulation and Nursing Education." Her presentation

highlighted the global shift toward competency-based nursing training and emphasized how simulation methods can transform both teaching strategies and clinical skill development.

During the session, nursing lecturers and participants learned about various levels of simulation, including low-fidelity task trainers, medium-fidelity scenario-based learning, and high-fidelity manikin simulations that recreate authentic patient conditions. Prof. Weller-Newton also discussed the growing relevance of virtual and digital simulations, which are becoming essential in modern health education programs worldwide.

Simulation not only enhances psychomotor skills, such as administering injections or performing emergency procedures, but also strengthens

cognitive and affective competencies, such as clinical reasoning, communication, empathy, teamwork, ethical decision-making, and leadership — all of which are key components of safe patient care.

The knowledge-exchange session created a collaborative environment where faculty and participants shared questions, insights, and teaching experiences. Many nursing lecturers expressed excitement about integrating more simulation into their classroom practices, recognizing that simulation-based learning helps students:

- apply theory in real-world contexts,
- gain confidence before entering clinical rotations,
- learn from mistakes without harming patients,
- improve rapid decision-

making in emergency scenarios,

- work together effectively as a healthcare team.

TRSU's decision to host this international academic event underscores its commitment to adopting global best practices in nursing education. By learning directly from an internationally recognized expert, the faculty took an important step toward strengthening teaching methodologies and ensuring that nursing students receive high-quality, future-ready training.

The event also highlighted the university's dedication to international partnerships, academic exchange, and faculty development — demonstrating TRSU's ongoing efforts to uplift educational standards and produce competent, compassionate, and globally competitive nursing graduates.

TRSU HOSTS SEMINAR ON EXTERNAL QUALITY ASSURANCE READINESS

St Teresa International University (TRSU) recently hosted an academic seminar titled "Readiness for the 5th Round of External Quality Assurance in Higher Education", to strengthen faculty and staff understanding of current quality standards and assessment criteria." The event was held on Thursday, 13 November 2025, from 9:00 a.m. to 12:00 noon in Room 312, 3rd Floor, Administration Building, and

brought together participants from various faculties and academic support units.

The seminar began with registration from 9:00–9:15 a.m., followed by an opening session on the key concepts, criteria, and indicators used in the 5th round of external quality assessment for higher education institutions. Asst. Prof. Dr. Vichian Puncreobutr, Vice President of the Planning and Research Office, highlighted the importance of systematic preparation, accurate evidence collection, and continuous improvement to ensure that TRSU not only meets but surpasses national quality benchmarks.

From 9:45–10:20 a.m., Asst. Prof. Dr. Vichian Puncreobutr and Dr. Annop Phothisuk, Director of the Quality

Assurance Office, discussed practical strategies for compiling documentation, aligning program learning outcomes with institutional goals, and responding effectively to external reviewers' expectations. The discussion emphasized the central role of administrators, program chairs, and faculty members in fostering a culture of quality, transparency, and accountability across teaching, research, and student services.

In the final session, from 10:20 a.m. to 12:00 noon, Mr. Prasong Pansri and Mr. Chaipon Kritong from the IT Department focused on the use of the university's Management Information System (MIS) to support data collection, analysis, and reporting for quality assurance. Participants learned how accurate and timely data

entry in the MIS can streamline preparation for external reviews and provide decision makers with reliable information for planning and institutional development. A question-and-answer segment allowed attendees to clarify procedures and share experiences from their respective units.

Through this seminar, TRSU reaffirmed its strong commitment to educational excellence and ongoing quality enhancement. The Office of Educational Quality Assurance, which organized the program, encouraged all participants to apply the knowledge and tools gained in their faculties and departments as the university prepares for the upcoming external quality assessment cycle.



TRSU JOINS THE SAOWAPA CHURCH ANNIVERSARY

PH Community Service By: *Thanakit Noithanom,* *Public Health, Year 3*

On November 29, 2025, students from the Faculty of Public Health at St Teresa University conducted a health service outreach during the celebration event for the priest and the Christian religious ceremony, with support from Aj. Suwat Benjathamatorn (Vice-President for administrative Affairs) and Dr. Piyada Wattanasan (University President). The team provided blood pressure screening and basic first aid services, under the close supervision of Aj. Jun Norkaew and Dr. Yi Myint Swe. The participating Year 3 public health students included Miss Thipnarin Inluesri, Mr. Thanakit Noithanom, Miss Thanyachanok Lamyai, Mr. Kitsada Kaewtawee, and Miss Christine Rutsu. Throughout the event, they measured attendees' blood pressure and offered basic health advice, such as tips for

preventing hypertension, healthy dietary choices, and general self-care practices. This outreach not only promoted community health but also enhanced the students' practical skills and strengthened their experience in collaborating with the community.

TRSU Catholic Joins the Saowapa Church Anniversary

Administrators, students, lecturers, and alumni of St Teresa International University (TRSU) joyfully participated in the recent Saowapa Church Anniversary celebration, which highlighted the strong partnership between the university and the local faith community, as well as their shared commitment to service, fellowship, and spiritual growth.

This year, the Faculty of Humanities and Social Sciences (HuSo) was represented by Ajarn Leo Anthony Flores and Ajarn Willard Jeff Pada, who attended together with students, Wassana from the International Business

Department and Thitisak and Nathanan from the Faculty of Nursing Science. Their participation showcased the active engagement of diverse academic programs in both community outreach and church-based activities.

The celebration began with a shared breakfast, giving parishioners and university representatives time to interact and strengthen relationships. Throughout the morning, various booths offered religious items and souvenirs, adding a vibrant and festive atmosphere to the anniversary.

The Eucharistic celebration commenced at 10:30 a.m., followed by a solemn procession in honor of the Blessed Virgin Mary. After the Mass, all participants were invited to a communal lunch, providing another meaningful opportunity for fellowship and heartfelt conversation among students, faculty, alumni, and members of

the Saowapa Church community.

Alumni also played a significant role in the celebration. Ms. Rebecca from the Faculty of Education, Mr. Thanawin Swasdee from the Airline Business Department, and Mr. Chaiya Lachantuek from the International Business Department joined the festivities, with Mr. Chaiya and Mr. Thanawin serving as choir pianists and supporting the musical worship throughout the program. Their contribution demonstrated how TRSU graduates remain closely connected to the university and continue to give back to both the campus and the wider community.

Through this meaningful participation, TRSU strengthened its bonds with Saowapa Church and provided an opportunity for current students and alumni to serve together, build friendships, and live out the university's values beyond the campus.



TRSU AND SWU ACADEMIC COOPERATION

On November 27, 2025, Dr. Piyada Wattanasarn, President of St Teresa International University, together with Mr. Suwat Benjathamathorn, Vice President for Administration, Dr. Anop Phothisuk, Director of the Office of Quality Assurance, and Asst. Prof. Dr. Sahataya Rattanajorana, Dean of the Faculty of Public Health,

welcomed Asst. Prof. Dr. Thanomsak Senakham, Dean of the Faculty of Physical Education, Srinakharinwirot University, along with his management team and lecturers. They gathered for a signing ceremony of an academic cooperation agreement between the Faculty of Public Health, St Teresa International University,

and the Faculty of Physical Education, Srinakharinwirot University. The collaboration aims to develop academic work in the field of occupational health and safety, link teaching and learning in public health, strengthen good relations between the two institutions, and ultimately provide maximum benefit to students.



HUSO MORAL AND ETHICS ACTIVITY

On November 20, 2025, the Faculty of Humanities and Social Sciences (HuSo), TRSU, successfully organized the Moral and Ethics ‘Leadership’ Activity 2025, an engaging three-hour program designed to cultivate responsibility, teamwork, confidence, and moral awareness among students. The event was proudly led by 3rd-year English for Business Communication and Communication Arts – Digital Media students, who demonstrated exceptional organizational skills, creativity, and leadership throughout the programme.

The event opened with warm, encouraging remarks from Dr. Ubon, Dean of HuSo, who emphasized the role of ethical leadership in shaping responsible

global citizens. Her message reminded students that leadership is not defined only by authority or position, but also by one's integrity, compassion, and ability to uplift others. This was followed by a short but powerful leadership presentation delivered by Miss Wanwipha and Miss Panthita. Their session highlighted essential moral principles such as accountability, respect, effective communication, and ethical decision-making — all of which are vital skills for professionals in both business and communication fields.

Participants then rotated through three interactive, well-planned activities, each with a unique purpose and learning outcome: The three activities

together helped students develop key leadership skills. In “Follow the Silent Leader,” they learned how leaders can guide through actions and non-verbal cues, strengthening observation, patience, and unity. The “Marshmallow Challenge” encouraged teams to innovate, plan strategically, manage limited resources, and adapt quickly as they built structures under time pressure. In the “Blindfold Challenge,” students practiced trust and clear communication as blindfolded participants relied on teammates’ guidance, highlighting empathy, responsibility, and the ethical dimension of leading others.

Throughout the event, the atmosphere was lively and supportive. Students encouraged

one another, celebrated successes, and reflected on how each task connected to real-life leadership. Beyond the games, the activity promoted moral growth, emotional intelligence, respect for diversity, and the ability to work harmoniously with others.

The program closed with smiles, applause, and distribution of small prizes and snacks, rewarding participants for their enthusiasm and teamwork. The Year 3 organizers received well-deserved praise for their dedication, creativity, and professionalism — demonstrating that leadership is most meaningful when driven by service, responsibility, and a commitment to community.

TRSU HEALTH SERVICE



Blood Donation Drive

By: Nattanan Sutti,
Nursing Science Year 1

On November 11, 2025, St Teresa International University (TRSU), in collaboration with a partner hospital, organized a campus blood donation drive at the Joseph Marie Building (JMB) from 12:00 noon to 5:00 p.m. The activity aimed to encourage voluntary blood donation among students and

staff while promoting awareness of the importance of safe and regular blood supply for patients in need.

Prior to the event, student volunteers were advised to prepare their bodies properly by getting adequate sleep, drinking plenty of water, and avoiding excessively oily or fried foods. On the day of the drive, donors first registered at the venue, then underwent initial screening, including blood pressure

measurement and blood typing, to ensure that they were medically fit to donate.

After passing the screening, each qualified donor was guided to a donation bed, where trained medical personnel collected approximately one pint of blood following standard safety and infection-control procedures. Once the donation was completed, participants were asked to rest for at least five minutes to prevent dizziness or fainting. Finally, donors were provided with sweet drinks and light snacks to help restore their energy and support recovery before they left the area.

detection of potential health risks.

Before the event, participants were reminded to fast for at least eight hours and to get sufficient sleep to ensure accurate health screening results. Upon arrival, they completed the registration process and then underwent basic physical measurements, including height and weight.

These initial checks were followed by blood pressure measurement and the collection of blood samples for laboratory examination. Participants then received an eye examination and a chest X-ray as part of the standard screening package.

Annual Health Check Up 2025

On November 22, 2025, St Teresa International University (TRSU), in collaboration with Ladprao Central Hospital, organized an annual health checkup for university administrators, lecturers, and staff at the St. Mary Building (SMB) from 7:00 a.m. to 12:00 noon. The activity aimed to promote preventive healthcare, monitor the well-being of personnel, and encourage early

Administrators, Lecturers and Staff members aged over 40 years were provided with additional tests appropriate to their age group, such as urinalysis and stool sample analysis, to further assess kidney function, metabolic health, and possible gastrointestinal issues. This comprehensive program helped the university community become more aware of their health status and encouraged them to adopt healthier lifestyles.

ED INTERNSHIP EXPERIENCE

By: *Somying Phetphan,
Education English, Year 3*



During my teaching observation, I had the privilege of observing and teaching at a small primary school with only 97 students and 7 dedicated teachers. Although the school building was made of wood, the environment was warm, welcoming, and full of charm. The sense of community and simplicity made the experience truly special.

I was not only an observer - I also had the opportunity to teach

English classes. At first, the students were surprised by my teaching style and were quite shy when asked to speak in front of the class. To help them feel more relaxed, I incorporated real-life examples and visual prompts so they could understand concepts more easily. Over time, both the students and I adapted to each other, and the learning atmosphere became much more enjoyable.

Many students later shared that they no longer felt bored with English when they saw me walk into the classroom, which was incredibly encouraging.

One of the moments that touched me the most was discovering that some students did not have enough money to buy snacks during lunchtime. Wanting to help, my friend and I gathered pandan leaves from behind the school and made fresh sweet pandan juice for everyone. Seeing the children's excitement - their bright smiles, their grateful "thank you"s -

reminded me of the deeper meaning and emotional impact of being a teacher.

Another highlight was being entrusted by the teacher to train students for an inter-school running competition involving 11 schools in the district. With determination and teamwork, our students achieved outstanding results, winning first place in four events and advancing to the next level of competition. Their hard work and success were a proud moment for all of us.

This observation experience gave me invaluable insight into the heart of teaching - beyond academics, it is about connection, care, encouragement, and creating opportunities for students to flourish. I am deeply grateful for the lessons I learned and the memories I made at this wonderful school.

Wat Sawang Arom
(Sriwattananukul) School

REFRESHING TREATS AT JMB: CP GROUP SHARES JOY



On November 28, the CP Group, in coordination with Dr. Montien Chomdokmai, a lecturer in the Faculty of Education, generously sponsored complimentary drinking yogurt at the façade of the Joseph Marie Building (JMB) from 12:00 noon to 1:00 p.m. Students, lecturers, and staff of St Teresa International University (TRSU) gathered to enjoy this special treat, turning the JMB frontage

into a cheerful hub of activity as members of the academic community lined up to receive their drinks. The initiative not only offered a refreshing break in the middle of the day but also fostered a sense of camaraderie and gratitude among participants, who expressed appreciation for the CP Group's continued support and Dr. Montien's efforts in making the event possible.

ANNUAL FESTIVAL AT CHAO PHO ONGKHARAK SHRINE

From 31 October to 13 November, the community gathered for the beloved annual celebration at Chao Pho Ongkharak Shrine - a time of respect, tradition, and vibrant festivities.

What the Shrine is & Why the Festival Matters

Chao Pho Ongkharak Shrine

is a historic and sacred site in Ongkharak, Nakhon Nayok. According to local legend, the shrine commemorates a royal guard who died while protecting the king during a royal journey in the reign of the late monarch. Over time, the shrine has become a symbol of community identity, respect, and cultural heritage.

The annual festival serves not only as a religious and spiritual observance, but also as a communal event - bringing together locals, visitors, families, and friends to honor tradition, enjoy cultural practices, and

strengthen bonds.

Festival Highlights & Activities

The festival featured a lively fair with many stalls and vendors offering food, souvenirs, and local goods. The atmosphere was bustling, festive, and full of life. Many people visited the shrine for prayers and merit-making, honoring the shrine's sacred history and spiritual significance. Over several nights, the

festival included music, concerts, and live performances, drawing crowds from near and far, and creating cheerful community gatherings under festive lights.



TRSU JOINS THE SUSTAINABLE DEVELOPMENT GOAL COMPETITION

By: Jira Holim, International Business, Year 3



I, Ms. Jira Holim, a 3rd Year University Bangkok. The International Business student decided to participate in the Sustainable Development Goal (SDG): Future Beyond 2030 Competition which was slated on November 26, 2025 at Raktakanit Hall, Suan Dusit

challenge myself. In the elimination round, though initially hesitant, I chose the topic “Zero Hunger” as it resonated with my personal experiences. Preparing for the video for the first round was intense, requiring over a hundred recordings to achieve perfection. Despite the hard work, I felt proud of my final submission. I passed through the semi-final round. In the semi-finals round, the topic was SDG 18: The goal of the world is missing. While the emcee was calling on my turn, mixed emotions existed while walking to the huge stage with hundreds of audience. On the stage, I was nervous and spoke quickly, though I delivered my speech fluently. The question-and-answer segment was

challenging, but I managed to provide relevant answers. Although I didn't advance to the next round, I have no regrets, as it was a valuable experience. The less than two weeks of practice upon approval of the organizer on my speech was a short period of time for me. For the semi-final round with my teacher, whose guidance was invaluable made me feel proud of myself saying “win or lose at least I tried”. I feel relieved, knowing I won't be facing the pressure of the impromptu speeches in the final round. Hopefully, this is just the beginning for more nervous breakdown but challenging and exciting competition.

PRESERVING THE PAST: CA STUDENTS EXPLORE THAI PHUAN HERITAGE

By: Supaluk Pathanang, Education English, Year 3



NAKHON NAYOK — On November 19, 2025, the Communication Arts Department (Digital Media Program) under the Faculty of Humanities and Social Sciences (HuSo) at St Teresa International University (TRSU) embarked on an immersive cultural journey to the Thai Phuan Cultural Learning Center

in Pak Phli District. The educational field trip was designed to move beyond the classroom, offering students a firsthand look at the rich cultural tapestry and traditional lifestyle of the Thai Phuan community. By engaging directly with local history, students gained a deeper appreciation for the heritage that defines the Nakhon Nayok region.

A Day of Immersive Learning

The program featured a diverse range of hands-on activities led by local

community experts:

- **Language & Identity:** Students were introduced to the Phuan language, exploring how its unique linguistic roots reflect the community's history.
- **Culinary Wisdom:** The group gained insight into traditional Thai Phuan cuisine, learning about indigenous ingredients and cooking methods passed down through generations.
- **Art & Agriculture:** The visit highlighted the significance of traditional attire and local wisdom, alongside a look at agricultural occupations that remain the backbone of the community's livelihood.
- **Interactive Traditions:** To round out the experience, students participated in

traditional games, fostering a sense of camaraderie and interactive learning.

Digital Storytellers as Cultural Guardians

For Digital Media students, this visit served a dual purpose. Beyond gaining personal enrichment, the experience provided them with raw inspiration for future storytelling and content creation. By understanding the nuances of traditional clothing, games, and language, students are better equipped to value and preserve Thailand's diverse cultural identity through digital platforms.

The trip left a lasting impression on all participants, successfully bridging the gap between modern education and ancient heritage.

TRSU SPORTS GAME PRELIMINARY

From October to November, the Student Affairs Office (SAO), in collaboration with the Student Organization (SO) and the Sports Club, organized the preliminary competitions leading up to TRSU Sports Day 2026, scheduled for January 14, 2026. To build excitement and encourage campus-wide participation, the student body was divided into four vibrant teams: yellow, blue, red, and green.

The preliminary round featured a diverse lineup of events, including basketball, volleyball, football, handball, table tennis, and pétanque, giving students multiple opportunities to showcase their athletic talents and school spirit. These games not only served to determine rankings for the main Sports Day, but also strengthened camaraderie, teamwork, and healthy competition across the university community.

Games	Finals	3 rd Place	4 th Place
Table Tennis (Singles) M	G—B	Red	Yellow
Table Tennis (Singles) F	G—R	Yellow	Blue
Table Tennis (Doubles) M	R—B	Green	Yellow
Table Tennis (Doubles) F	R—G	Blue	Yellow
Basketball (M)	R—G	Blue	Yellow
Basketball (F)	R—B	Yellow	Green
Volleyball (M)	R—Y	Blue	Green
Volleyball (F)	R—B	Yellow	Green
Handball (M)	R—B	Green	Yellow
Handball (F)	B—G	Red	Yellow
Pétanque	Y—G	Blue	Red
Football	B—R	G—Y	