



TRSU EMPOWERS STUDENTS THROUGH PERSONALITY DEVELOPMENT AND INTERNATIONAL ETIQUETTE TRAINING

BANGKOK – On June 17, 2026, St Teresa International University (TRSU) reaffirmed its commitment to holistic student development by organizing a special training program entitled “Personality Development, Social and Dining Etiquette” at the Rama Gardens Hotel, Bangkok. The event was designed to equip students with essential professional and social skills that will enhance their confidence and prepare them for success in both their personal and professional lives.

The program was officially opened by Dr. Piyada Wattanasan, President of TRSU, who emphasized the importance of developing a professional personality and practicing proper etiquette in

today’s highly competitive global environment. Joining the event were Ajarn Suwat Benjatammatorn, Vice President for Administrative Affairs, and Dr. Malee Dhammasiri, Head of the Airline Business Program, who accompanied and encouraged students throughout the training.

A highlight of the program was the insightful personality development session conducted by distinguished aviation professionals from Thai Airways International. Dr. Punpong Suwanvatin, Ajarn Thunthong, and Ajarn Patnarin Chutrchavech, an experienced Instructor and Inflight Manager, shared their extensive industry knowledge and practical experiences. Through

discussions and demonstrations, students learned the importance of professional appearance, effective communication, self-confidence, and interpersonal skills—qualities that are highly valued in the workplace.

Another memorable component of the training was the International Dining Etiquette Workshop led by Khun Thaipat Chanwarapat. During the session, students gained hands-on experience in proper table manners and international dining protocols. The workshop provided valuable insights into formal dining practices, enabling students to navigate social and professional dining situations with confidence and sophistication.

The training program offered students an enriching and unforgettable learning experience while fostering essential life skills beyond the classroom. By strengthening their professional demeanor, social awareness, and confidence, participants are now better prepared to apply international etiquette appropriately in daily interactions, social engagements, and future careers.

Through initiatives such as this, TRSU continues to cultivate well-rounded graduates who possess not only academic excellence but also the professionalism, confidence, and global perspective needed to thrive in an increasingly interconnected world.





TRSU COMMUNITY PAYS TRIBUTE TO HER MAJESTY QUEEN SUTHIDA ON AUSPICIOUS BIRTHDAY ANNIVERSARY

St Teresa International University (TRSU) proudly organized a ceremonial assembly to offer loyal greetings and best wishes on the auspicious occasion of the Birthday Anniversary of Her Majesty Queen Suthida Bajrasudhabimalalakshana, Queen of Thailand. The event reflected the university community's deep respect, unwavering loyalty, and gratitude for Her Majesty's dedication to the nation and the Thai people.

Held on Tuesday, June 2, 2026, at the Joseph Marie Building, the ceremony brought together university administrators, faculty members, staff, and students in a solemn and meaningful expression of unity and devotion.

The ceremony was presided over by Ajarn Suwat Benjatammatorn, Vice President for Administrative Affairs, who led the presentation of ceremonial floral offerings and the signing of a book of well-wishes in honor of Her Majesty.

Participants paid tribute and extended their heartfelt wishes for the Queen's continued good health, happiness, and prosperity.

The event was marked by an atmosphere of reverence and national pride as members of the TRSU community gathered to express their loyalty and appreciation for the Thai Royal Family's invaluable contributions. Through their participation, faculty, staff, and students reaffirmed their commitment to preserving the

cherished traditions and values that unite the nation.

As an institution dedicated to fostering responsible global citizens while upholding Thai cultural heritage, TRSU remains committed to nurturing respect, gratitude, and civic responsibility among its students and stakeholders. The ceremony served as a meaningful reminder of these values and strengthened the bonds within the university community through a shared expression of loyalty and national pride.

PRINCESS SIRIVANNAVARI RECEIVES PRESTIGIOUS FRENCH HONOR FOR STRENGTHENING THAI-FRENCH CULTURAL RELATIONS

PARIS, FRANCE — In recognition of her outstanding contributions to cultural diplomacy and the promotion of French arts and fashion, Her Royal Highness Princess Sirivannavari Nariratana Rajakanya of Thailand was awarded the distinguished Grand Officier de la Légion d'honneur on May 22, 2026, in Paris, France.

The prestigious decoration,

the second-highest rank of the Légion d'honneur, France's highest national order of merit, was conferred during a formal ceremony held at the Ministry of Culture of the French Republic. The award was presented by Catherine Pégard, France's Minister of Culture, in recognition of the Princess's remarkable efforts in promoting French culture, fashion, arts, and lifestyle in Thailand, while also fostering closer ties between the two nations.

The honor underscores Princess Sirivannavari's significant role as a cultural ambassador whose initiatives have strengthened mutual appreciation and cooperation between Thailand and France. Through her work in the fashion industry, artistic collaborations, and cultural exchanges, she has helped deepen the longstanding friendship and understanding

shared by the two countries.

The conferment of the award carries special significance as it coincides with the 170th anniversary of formal diplomatic relations between Thailand and France, a milestone being celebrated throughout 2026. The recognition serves not only as a tribute to the Princess's individual achievements but also as a symbol of the enduring partnership between the two nations.

Established by Napoleon Bonaparte in 1802, the Légion d'honneur is France's highest distinction, awarded to individuals who have demonstrated exceptional service and contributions to society. The rank of Grand Officier is reserved for those whose accomplishments have had a profound impact in their respective fields and in fostering

international cooperation.

Princess Sirivannavari now joins a distinguished group of Thai royals who have received the prestigious French honor, including His Majesty King Bhumibol Adulyadej The Great and Her Royal Highness Princess Maha Chakri Sirindhorn. Her inclusion among these esteemed recipients reflects the continued importance of cultural diplomacy in strengthening international relations and promoting mutual respect among nations.

The award ceremony marks another milestone in the flourishing relationship between Thailand and France, highlighting the power of culture, creativity, and shared heritage to bring people and countries closer together.

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AB AND AR Y3 AND Y4 STUDENTS GAIN INDUSTRY INSIGHTS DURING STUDY VISIT TO THAI AIRWAYS CARGO

By: **Arkar Min Hein,**
Aeronautics, Year 3



BANGKOK, On June 16, 2026, To strengthen the connection between classroom learning and industry practice, third-year students from the Airline Business, Aeronautics and Logistics Management program participated in an educational study visit to Thai Airways Cargo at Suvarnabhumi International Airport. The visit provided students with firsthand exposure to the dynamic operations of the air cargo industry and offered valuable insights into the critical role of aviation logistics in global trade.

The group departed from the university early in the morning and arrived at the Thai Airways Cargo facility, where they received a warm welcome from

the company's representatives. The host organization also provided breakfast before the day's activities began.

The visit began with an informative presentation delivered by the Thai Airways Cargo team. Students were introduced to the company's organizational structure, operational objectives, and strategic partnerships within the international air cargo sector. The speakers highlighted the significance of cargo services in supporting global supply chains and facilitating the efficient movement of goods across borders.

Following the presentation, students participated in specialized training sessions designed to deepen their understanding of

cargo handling procedures and aviation logistics. Through interactive discussions and practical demonstrations, they gained knowledge of industry standards, operational requirements, and the challenges faced by cargo service providers in today's competitive market.

After lunch, the students were given the unique opportunity to tour the actual cargo operations area at Suvarnabhumi International Airport. Guided by experienced industry professionals, they observed various stages of the cargo-handling process, including shipment acceptance, storage, processing, security screening, and transportation preparation. The tour also provided insights into the advanced equipment, safety protocols, and coordinated workflows that ensure the efficient and secure movement of cargo.

The study visit served as a valuable experiential learning opportunity, enabling students to witness real-world applications of concepts discussed in their courses. By interacting with industry experts and observing operational procedures firsthand, the participants gained a broader understanding of aviation logistics and the essential role of cargo

operations within the global transportation network.

The experience not only enhanced students' professional knowledge but also inspired them to pursue excellence in their future careers in aviation and logistics. Such industry engagement activities continue to play a vital role in preparing students for the demands of the modern workforce while fostering stronger connections between academia and industry.

The students expressed their sincere appreciation to Thai Airways Cargo for its generous hospitality, insightful presentations, and commitment to supporting the education and professional development of future aviation professionals.



AVIATION STUDENTS LEAD ENGLISH CAMP TO INSPIRE FUTURE AVIATION ENTHUSIASTS

By: **Chawalit Wongkhuenkeaw,**
Aeronautics, Year 4



NAKHON NAYOK - On June 17, 2026, Demonstrating their commitment to community engagement and educational outreach, students from the Department of Airline Business and Aeronautics of St Teresa International University (TRSU), under the guidance of Dr. Alfred, organized an interactive English Camp for Grade 9 students at Ban Na Nayok Pittayakhom School.

The one-day activity, held from 8:30 a.m. to 3:30 p.m., brought together approximately ten sections of Grade 9 students

for a dynamic learning experience focused on aviation knowledge and English language development. The camp aimed to introduce students to the aviation industry while enhancing their English communication skills through engaging and practical activities.

The program began with an introduction to essential aircraft safety equipment commonly found on commercial flights. University students demonstrated the proper use of seat belts, life vests, safety instruction cards,

and other onboard safety devices, emphasizing the importance of passenger safety in aviation operations.

Following the safety demonstration, the participants took part in vocabulary-building sessions featuring airline and aviation-related terminology. The facilitators taught students the correct spelling, pronunciation, and meanings of various aviation terms, helping them expand their English vocabulary while learning about career opportunities in the aviation industry.

To reinforce learning in an enjoyable way, the camp concluded with interactive games and group activities centered on the vocabulary introduced during the sessions. The energetic atmosphere encouraged active participation, teamwork, and enthusiasm among the students, making the learning experience both educational and memorable.

"Today, as one of the activity facilitators, I had the privilege of sharing my knowledge of aviation

terminology with Grade 9 students. Their enthusiasm, cooperation, and eagerness to learn made the experience truly rewarding. I was delighted to see their active participation and positive energy throughout the day."

The English Camp reflects St Teresa International University's ongoing commitment to academic service, community outreach, and experiential learning. By empowering university students to share their knowledge and skills with younger learners, the initiative fosters meaningful educational connections while inspiring future generations to explore opportunities in aviation and related fields.

Through activities such as this, the Department of Airline Business and Aeronautics continues to promote excellence in education, leadership, and community engagement, strengthening the university's mission of preparing globally competent and socially responsible graduates.

FRESHMEN BEGIN THEIR JOURNEY AT TRSU THROUGH INSPIRING ORIENTATION PROGRAM



On June 9, 2026, Excitement, anticipation, and optimism filled the atmosphere at St Teresa International University (TRSU) as the institution warmly welcomed its newest members during the Freshmen Orientation 2026, held at the Joseph Marie Building.

The orientation program officially marked the beginning of the academic journey for the University's incoming students. The event opened with a welcome address from Dr. Piyada Wattanasarn, President of St Teresa International University, who greeted the freshmen and introduced the University's administrators and faculty members. In her message, she encouraged students to embrace every opportunity for learning, personal growth, and professional development throughout their university years.

As part of the program, students attended a series of inspiring keynote presentations delivered by the deans of the TRSU's various faculties. The talks highlighted the importance of academic excellence, practical learning, leadership development, and the effective use of English as a tool for global communication and career advancement. Through these presentations, freshmen gained valuable insights into university expectations and the opportunities available to help them achieve their academic and professional goals.

The orientation also served as an introduction to the TRSU's commitment to producing globally competitive graduates. The university continues to empower students by equipping them with relevant knowledge, strong language proficiency, practical skills, and the confidence necessary to succeed in an increasingly interconnected world.

Beyond academic preparation, the event fostered a sense of belonging among the new students as they officially became part of the TRSU community. The gathering provided freshmen with an opportunity to familiarize themselves with the TRSU's vision, values, and educational environment while building enthusiasm for the

years ahead.

With the successful conduct of Freshmen Orientation 2026, St Teresa International University once again reaffirmed its dedication to nurturing future professionals, innovators, and leaders who are prepared to meet the challenges of the global workforce.

As the newest members of the TRSU family embark on this exciting chapter, one message resonated throughout the event: their journey of learning, growth, and future success begins now.

Building Connections and Creating Memories: Faculty Orientation Welcomes TRSU Freshmen

Following the University-wide Freshmen Orientation earlier in the day, members from different faculties warmly welcomed their new students through a series of intimate, engaging orientation activities designed to foster a sense of belonging and community.

Faculty deans, lecturers, staff members, and senior students came together to organize a heartfelt welcome for the newest members of their academic families. The faculty orientation programs provided freshmen with an opportunity to become familiar with their respective departments, meet their professors and peers, and gain valuable insights into university life within their chosen fields of study.

The afternoon was filled with warmth, excitement, and meaningful interactions. Senior students and faculty members shared words of encouragement, inspiration, and guidance, helping freshmen feel at home as they embarked on their academic journey. Small souvenirs and welcome gifts added a thoughtful touch to the occasion, reflecting the University's commitment to creating a supportive and caring learning environment.

Laughter and lively conversations filled the venues as students exchanged introductions, built new friendships, and connected with members of their academic community. The event also provided countless opportunities to capture memorable photographs, preserving

the special moments of a day that marked the beginning of a new chapter in their lives.

More than just an orientation, the gathering celebrated the spirit of unity, friendship, and belonging that defines the TRSU community. It was a memorable afternoon of creating lasting connections and cherished memories that freshmen will carry with them throughout their university years.

As the newest members of the St Teresa International University family, the freshmen were reminded that they are now part of a community that values excellence, compassion, and lifelong learning.

Welcome to the TRSU family, Freshmen of 2026. May your university journey be filled with growth, achievement, meaningful experiences, and unforgettable memories.

Faculty of Nursing Science Welcomes Freshmen Through Inspiring Orientation Program

On June 10 & 17, 2026, The Faculty of Nursing Science at St Teresa International University (TRSU) warmly welcomed its newest cohort of students through a comprehensive Freshmen Orientation Program held on June 10 and 17, 2026. Designed to help students transition smoothly into university life, the program introduced participants to the academic, professional, and personal expectations of their chosen field while fostering a strong sense of belonging within the nursing community.

The orientation program was officially opened by Ajarn Vipa Pengsa-ium, Dean of the Faculty of Nursing Science, who extended a heartfelt welcome to the incoming students. In her opening remarks, she encouraged the freshmen to embrace the challenges and opportunities that lie ahead as they embark on their journey toward becoming future healthcare professionals. She also shared valuable insights on the importance of dedication, lifelong learning, professional ethics, and compassionate patient care in the nursing profession.

Throughout the two-day

program, students were introduced to the faculty's academic structure, curriculum requirements, university regulations, and student support services. The sessions provided essential information to help freshmen navigate their academic journey and adapt successfully to campus life.

In addition to learning about academic expectations, the students had the opportunity to meet faculty members, interact with senior students, and build meaningful connections with their peers. These activities fostered a welcoming and supportive environment that reflected the spirit of the "TRSU Nursing Family," where collaboration, mentorship, and mutual support are highly valued.

The orientation also emphasized the vital role nurses play in promoting health and improving the well-being of individuals and communities. Through discussions and interactive activities, students gained a deeper understanding of the responsibilities and professional standards expected of nursing practitioners in today's rapidly evolving healthcare landscape.

The Faculty of Nursing Science hopes that this orientation experience will inspire students to pursue their studies with determination, resilience, and a commitment to excellence. As they begin their academic journey, the faculty encourages them to cultivate not only knowledge and clinical competence but also the compassion and empathy that define outstanding nursing professionals.

TRSU remains committed to providing a nurturing educational environment that supports students' academic growth, personal development, and professional success. Through programs such as the Freshmen Orientation, the university continues to prepare future nurses to become competent healthcare leaders who will make meaningful contributions to society.

The Faculty of Nursing Science extends its best wishes to all freshmen as they embark on this exciting new chapter of their lives and looks forward to supporting them every step of the way toward achieving their academic and professional aspirations.





PRACTICAL NURSING PROGRAM WELCOMES NEW STUDENTS THROUGH ORIENTATION AND PROFESSIONAL PREPARATION

On June 15, 2026, The Practical Nursing (PN) Program under the Faculty of Nursing Science at St Teresa International University officially welcomed its newest students through a Freshmen Orientation Program designed to prepare them for a successful

academic journey and future careers in healthcare.

The orientation served as an important first step in helping students transition into university life while providing them with a clear understanding of the expectations, responsibilities, and opportunities associated with the Practical Nursing Program.

The event was highlighted by an inspiring address from Ajarn Vipa Pengsa-ium, Dean of the Faculty of Nursing Science, who warmly welcomed the freshmen and shared words of encouragement as they embarked on their educational

journey. In her remarks, she emphasized the importance of continuous learning, personal growth, professional discipline, and compassionate service—qualities essential to healthcare professionals dedicated to improving the lives of others.

“Success in healthcare begins with a commitment to learning, self-development, and a genuine desire to care for people,” she noted, encouraging students to pursue their studies with dedication and integrity.

During orientation, students had the opportunity to meet the Practical Nursing Program nursing instructors, who introduced the curriculum, academic requirements, learning pathways, and the professional standards expected throughout the course of study. Faculty members also provided guidance on appropriate conduct, clinical preparation, and the essential skills needed to thrive in both academic and healthcare settings.

The sessions were designed to equip students with the knowledge and information necessary to navigate their studies confidently while fostering a strong sense of belonging within the Faculty of Nursing Science community. Through discussions and

interactive exchanges, the freshmen gained valuable insights into the role of practical nurses as vital members of healthcare teams and support personnel who contribute significantly to patient care and overall health services.

The orientation reflected the university's commitment to developing competent, ethical, and service-oriented healthcare professionals. By introducing students to the profession's values and expectations from the outset, the program lays a strong foundation for future academic achievement and career success.

As the new students begin this exciting chapter of their lives, the Faculty of Nursing Science remains dedicated to supporting their growth and development every step of the way. Through quality education, professional mentorship, and hands-on learning experiences, the Practical Nursing Program aims to prepare graduates with the knowledge, skills, and compassion to make meaningful contributions to the healthcare sector.

The Faculty of Nursing Science extends its warmest welcome to the new PN students and wishes them every success as they pursue their aspirations in the healthcare profession.



TRSU STRENGTHENS CULTURE OF QUALITY THROUGH ANNUAL SELF-ASSESSMENT REVIEW

June marks an important period at St Teresa International University (TRSU) as academic programs and faculties participate in the annual Self-Assessment Report (SAR) evaluation process, a key component of the University's commitment to quality assurance

and continuous improvement.

The SAR presentations provide an opportunity for each program and faculty to showcase their accomplishments, innovations, and outcomes from the previous academic year before a panel of invited assessors. Through this comprehensive review, the University evaluates its academic performance, identifies areas for enhancement, and recognizes best practices that contribute to institutional excellence.

Faculty members and program representatives dedicate significant time and effort to preparing detailed reports and presentations that showcase their respective units' achievements. Their commitment, professionalism, and teamwork are evident in their presentations of academic progress, student development initiatives, research activities, community engagement, and other significant accomplishments.

Beyond being an evaluation exercise, the SAR process serves as a valuable platform for reflection and growth. It encourages programs and faculties to assess their strengths, address challenges, and develop strategies for further advancement. The insights and recommendations from the assessors help guide future improvements and ensure the University continues to uphold high academic standards.

Over the years, TRSU has consistently demonstrated progress in its quality assurance

initiatives, with many programs and faculties achieving stronger outcomes and enhanced performance indicators. These improvements reflect the collective dedication of administrators, faculty members, staff, and students who work together toward a shared vision of academic excellence.

As the TRSU continues its pursuit of quality education and institutional excellence, the annual Self-Assessment Report presentations remain an essential mechanism for fostering accountability, innovation, and continuous development.

TRSU extends its congratulations and appreciation to all programs and faculties for their hard work, commitment, and outstanding efforts in this year's SAR presentations. Their dedication to excellence continues to strengthen the TRSU's mission to provide transformative, high-quality education for future generations.

STRENGTHENING AWARENESS AND INNOVATION: MY EXPERIENCE IN THE DRUG PREVENTION AND IMMUNITY BUILDING PROGRAM 2026

By: Jirapa Mahanin,
English for Business
Communication, Year 2



SAMUT SONGKHRAM - As a university student, I believe that learning extends beyond the classroom. One valuable experience that enriched both my personal and professional development was my participation in the Drug Prevention and Immunity Building Program for Higher Education Students 2026, held from June 18–20, 2026, at Ban Mai Tara Resort in Mueang District, Samut Songkhram Province.

The three-day, two-night training program brought together students from various higher education institutions to learn about drug prevention, personal development, and the responsible use of emerging technologies. Throughout the program, I had the opportunity to gain knowledge, develop practical skills, and collaborate with fellow participants

in a supportive learning environment.

On the first day, I attended informative sessions focusing on drug awareness and prevention. Experts discussed different types of drugs, their harmful effects on individuals and society, risk factors that may lead to substance abuse, and effective strategies for prevention. These discussions helped me better understand the importance of making informed decisions and becoming an advocate for healthy lifestyles within my community.

The second day introduced an innovative aspect of the program—the application of Artificial Intelligence (AI) in educational campaigns. I learned how to use AI tools to create educational materials,

digital content, and awareness campaigns designed to promote drug prevention among young people. This experience allowed me to explore how technology can be used creatively and responsibly to address social issues and support public education.

The highlight of the program was the final day, when my team presented our AI-based project. We shared our ideas and outputs with fellow students, university personnel, and representatives from various organizations. Presenting our work to a diverse audience was both challenging and rewarding. It provided me with an opportunity to enhance my communication and presentation skills while receiving valuable feedback from experts and peers.

Reflecting on the experience, I

can confidently say that the program provided much more than academic knowledge. It strengthened my understanding of drug prevention, improved my teamwork and leadership abilities, enhanced my confidence in public speaking, and expanded my skills in using AI for educational and social purposes.

Participating in the Drug Prevention and Immunity Building Program 2026 was a meaningful and inspiring experience. It reminded me that university students play an important role in promoting healthy communities and using technology responsibly to create positive change. I am grateful for the opportunity to be part of this program and look forward to applying the knowledge and skills I gained in future projects and community activities.



TRSU VISIT HOMEBOUND ELDERLY CATHOLICS IN ONGKHARAK BRINGING CARE AND COMPASSION

By: Siripaphapan Thamma,
Practical Nursing, Year 1



Ongkharak, Nakhon Nayok – On May 31, 2026, Demonstrating its commitment to community engagement and compassionate service, a delegation from TRSU, led by Dr. Piyada Wattanasan, University President, and Dr. Chaipat Wattanasan, Vice President for Academic Affairs, joined students in a meaningful outreach activity to visit

homebound elderly Catholics in Ongkharak District, Nakhon Nayok Province.

The visit was organized to provide companionship, encouragement, and spiritual support to elderly individuals who are unable to attend church services due to illness, limited mobility, or the absence of family members to accompany

them. Recognizing the challenges these senior citizens face, the university community sought to bring comfort, friendship, and a sense of belonging directly to their homes.

During the outreach activity, the students and university administrators spent quality time with the elderly residents, engaging in heartfelt conversations, listening to their life experiences, and offering emotional and spiritual support. The simple yet meaningful interactions brought smiles and renewed joy to the elderly participants while allowing students to gain valuable insights into the importance of empathy, respect, and service to others.

The initiative reflects TRSU's dedication to nurturing socially responsible graduates who are committed not only to academic excellence but also to

serving the wider community. Through acts of kindness and compassion, the university continues to strengthen its partnership with local communities and promote the values of solidarity, human dignity, and social responsibility.

More importantly, the activity served as a powerful reminder that every member of society deserves care, attention, and inclusion. By reaching out to elderly individuals who are unable to fully participate in community and religious life, the TRSU community helped ensure they remain connected, valued, and remembered.

This outreach program exemplifies the university's mission of fostering a culture of service and compassion, inspiring students to become leaders who make a positive difference in others' lives.



MY UNFORGETTABLE JOURNEY TO DA NANG, VIETNAM

**By: Chanokphan Wangdee,
Airline Business, Year 3**

VIETNAM - Traveling allows us to discover new places, meet new people, and create memories that last forever. In June 2026, I had the opportunity to visit Da Nang, Vietnam, with my friends. It was my first time traveling abroad and my first time flying. Looking back, the trip was filled with excitement, adventure, laughter, and unforgettable moments.

The Journey Begins

On June 19, 2026, my friends and I arrived at Suvarnabhumi Airport in Bangkok. We were all excited as we entered the massive airport filled with travelers from around the world. After checking in and passing through security, we waited for our flight.

Unfortunately, our flight was delayed due to weather. Instead of feeling bored, we used the extra time to explore the airport, take photos, and enjoy the experience together. The delay only made us more eager to begin our adventure.

When it was finally time to board, I could hardly contain my excitement. Since it was my first flight, everything fascinated me. I kept looking around and asking questions about how everything worked. As the aircraft took off, I felt a mixture of excitement and nervousness. The sensation of rising into the sky was unlike anything I had ever experienced before.

During the flight, the cabin crew served bread, cheese, fruit, and orange juice. Before I knew it, the one-and-a-half-hour journey had passed. Soon, our Emirates Airlines flight landed safely in Da Nang, Vietnam.

A Warm Welcome to Da Nang

We arrived in Da Nang after midnight and traveled directly to our accommodation, Eden Hotel. Although it was late, I was impressed by the beautiful hotel and comfortable rooms. After checking in, we rested and prepared for the adventures ahead.

The next morning, I woke up early and headed to the dining area while most of my friends were still asleep. I enjoyed a delicious breakfast before spending some time at the swimming pool and the nearby beach. The fresh

sea breeze, beautiful scenery, and relaxing atmosphere made the morning memorable.

Afterward, I returned to the hotel, took a shower, and prepared for our next destination—Ba Na Hills. Before heading there, our group visited a popular café where I tried a signature Vietnamese coffee. It was rich, flavorful, and one of the best coffees I had ever tasted.

Discovering the Magic of Ba Na Hills

Before reaching Ba Na Hills, we stopped for lunch at a luxurious restaurant. The food was excellent and gave us the energy we needed for the day ahead.

The journey to Ba Na Hills began with a cable car ride up the mountain. As we climbed higher and higher, breathtaking views of Da Nang unfolded beneath us. The mountains, forests, and cityscape created a stunning panorama that I will never forget.

As we approached the summit, I was amazed to see an entire city-like complex built high in the mountains. It felt surreal, almost as if I had entered a fantasy world straight out of a movie.

Our hotel at Ba Na Hills was even more impressive than the first one. After checking in, we set out to explore. One of the highlights of the evening was attending a live performance featuring talented international entertainers. The show was energetic, professional, and incredibly entertaining. I was pleasantly surprised to discover that two of the performers were from Thailand.

As night fell, we enjoyed a buffet dinner featuring a wide variety of dishes, including steak, shrimp, pasta, cheese, and desserts. The cool mountain air and beautiful nighttime scenery made the experience even more enjoyable.

The Famous Golden Bridge

The following morning, I woke up early once again because I was excited to visit the famous Golden Bridge. Traveling by cable car, we finally arrived at the iconic landmark that I had only seen in photos and videos online.

Standing on the bridge, looking out across the mountains, was an unforgettable experience. The giant stone hands supporting the bridge seemed almost magical. I stretched out my arms to feel the cool breeze and admire the breathtaking views. Of all the attractions at Ba Na Hills, the Golden Bridge was my favorite.

After breakfast, we also enjoyed the alpine coaster. The ride was fast, thrilling, and exciting. Before leaving Ba Na Hills, I spent a little extra time walking around and taking photos because I did not want the experience to end.

As the cable car carried us back down the mountain, I felt a sense of sadness. Ba Na Hills had captured my heart, and I wished I could stay longer.

Exploring Hoi An

Our adventure continued in the historic town of Hoi An. Before arriving, we stopped for lunch because, as every traveler knows, good food is an important part of every journey.

Hoi An was vibrant and charming, filled with colorful buildings,

traditional architecture, and bustling markets. I explored the narrow streets, admired the famous red gates, and purchased a new necktie as a souvenir. I also enjoyed another delicious Vietnamese specialty—coconut coffee.

Walking through the ancient town felt like stepping back in time. Every corner offered beautiful photo opportunities and fascinating sights.

A Unique Boat Adventure

One of the most exciting activities of the trip was riding the famous basket boats through the coconut palm forest. Although many visitors were waiting in line, the experience was worth it.

As local boat operators skillfully rowed us through the waterways, we enjoyed cultural performances and traditional music. I was pleasantly surprised when one of the Vietnamese singers performed a Thai song. The performance made me feel at home, and I happily offered a tip to show my appreciation.

A Memorable Farewell Dinner

On our final evening in Vietnam, we gathered for a farewell dinner. The highlight of the meal was the large lobsters served alongside many other delicious dishes. Every plate was beautifully prepared and full of flavor.

As we shared stories and reflected on our adventures, I realized how much I had learned and experienced during the trip. From my first flight to exploring new cultures, meeting people, and visiting world-famous attractions, every moment has become a cherished memory.

Returning Home with Wonderful Memories

Soon it was time to return to Thailand. Exhausted but happy, we boarded our flight home carrying souvenirs, photographs, and unforgettable memories.

This journey to Da Nang taught me that traveling is more than simply visiting new places. It is about experiencing different cultures, creating lasting friendships, and discovering new perspectives about the world. I will always treasure the memories of my first international trip, and I look forward to many more adventures.





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ข้าพระพุทธเจ้า คณะผู้บริหาร คณาจารย์ บุคลากร และนักศึกษา
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TRSU COMMUNITY UNITES TO SAVE LIVES THROUGH BLOOD DONATION CAMPAIGN

Demonstrating compassion, generous contributions, social responsibility, and a commitment to serving others, St Teresa International University (TRSU), in collaboration with Nakhon Nayok Hospital, successfully organized the TRSU Blood Donation Campaign 2026 on June 22, 2026, at the Joseph Marie Building.

The activity brought together university administrators, faculty members, staff, and students who willingly participated in the campaign, reflecting the university's strong culture of volunteerism and community engagement. Through their

generous contributions, participants helped replenish much-needed blood supplies for the Thai Red Cross Society and provided hope to patients requiring lifesaving transfusions. The campaign served as a meaningful reminder that a simple act of kindness can make a significant difference in others' lives. For many participants, donating blood was not only an opportunity to support the healthcare system but also a chance to contribute directly to the well-being of fellow human beings.

Throughout the event, the spirit of unity and generosity

was evident as members of the TRSU community came together with a shared purpose—to help save lives and support those facing medical emergencies.



Their participation highlighted the university's commitment to nurturing socially responsible individuals who actively contribute to society beyond the classroom.

The success of the TRSU Blood Donation Campaign reflects the power of collective action and the impact that educational institutions can have in promoting humanitarian values. Every donation collected represents more than a unit of blood; it symbolizes hope, compassion, and the possibility of a second chance at life for those in need.

TRSU extends its heartfelt appreciation to all donors, volunteers, healthcare personnel, and supporters who contributed to the success of this meaningful initiative. Through their generosity and willingness to give, they have helped strengthen the spirit of community service and reaffirmed that every donation is truly a gift of life.