



Chulalongkorn University  
Right Livelihood Summer School  
**“Healing Earth, Healing Society, Healing Self”**  
21 July – 4 Aug 2018

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# **Chulalongkorn University Right Livelihood Summer School (CURLS) 2018**

## **Healing the Earth, Healing Society, Healing Self *21<sup>st</sup> July – 4<sup>th</sup> August 2018, Thailand***

### **Organizing partners:**

Chulalongkorn University (CU), Bangkok, Thailand  
Royal University of Bhutan (RUB), Thimphu, Bhutan  
Right Livelihood College (RLC)  
Sathirakoses Nagapradipa Foundation (SNF), Thailand

### **Rationale:**

Healing is a very important process at the time when we are facing illnesses or certain unhealthy conditions. Considering on what we see in our current state of humanity, several illnesses roughly occur in three levels including in ourselves, in our society and on our earth. These three mentioned levels considered as essential substances of our holistic world cannot be separated with one another as they are connected and united as one. We are the cause and the result of society and the earth, in the same time; our society and the earth are the cause and the result of ourselves. We cannot talk about each thing without thinking about another two things.

According to what mentioned above, when one of the three things is facing an illness, inevitably, another two things will face illness in the same time or later. Therefore, it is very necessary to learn how to heal all of them.

What is the cause of illnesses? We may find that the world driven by Capitalism is getting destroyed time to time, both material world and spiritual world. For instance, using chemical stuff and inorganic process on producing products or exploiting people for increasing higher mass production and so on. We will see that we are living on the earth, which is nowadays becoming more chemical and people are getting into the condition where they cannot learn or understand themselves and society. These are completely the illnesses occurring in the essential substances of our holistic world. The Illness at self-level can be seen as suffering soul, lack of understanding towards oneself and others, having conflicts with oneself and others. Meanwhile, the illness at society level can be seen as chaotic society and the illness at the earth level can be seen as lack of good resources for humanity for their future development.

Therefore, the Chulalongkorn University Right Livelihood Summer School 2018: Healing the Earth, Healing Society and Healing Self will be a platform for participants to establish tools for healing self, society and the earth by getting into sessions in our programme. CURLS 2018 provides chances for participant to explore self and engage with reflection process as well as obtain academic session to reach the better condition of self, society and the Mother Earth.



## General background:

Since 1980 the work of outstanding activists, practitioners and visionaries is recognized with the **Right Livelihood Award** (known as the Alternative Nobel Prize) during an annual ceremony in the Swedish Parliament. **Sulak Sivaraksa** is a Right Livelihood laureate with his home base in Thailand. He founded the Sathirakoses Nagapardipa Foundation (SNF) in 1968. It grew into a lively umbrella for independent civil society organisations and social enterprises. Later a pioneering laureate, **Anwar Fazal**, consumer activist, Malaysia, founded the **Right Livelihood College** as an international network of universities and learning centre providing a platform for interaction and exchanges with Right Livelihood laureates.

In addition, the **Right Livelihood Summer School** enables laureates annually to multiply their transformative insights through informal personal contact and mutual learning processes. The Right Livelihood Summer School is organized by a partnership of **Chulalongkorn University**, Bangkok, Thailand (where it is based); **The Royal University of Bhutan**, Thimphu; the **Right Livelihood College** with its secretariat in Bonn and the **Sathirakoses Nagapardipa Foundation** (SNF), also based in Bangkok, Thailand. Together they shape a *Wellbeing Studies Programme*. In this framework we celebrate the annual **Chulalongkorn University Right Livelihood Summer School**, in brief **CURLS**.

### The videos of CURLS from previous year can be viewed here

Chula Right Livelihood Summer School 2015, Thailand

<https://www.youtube.com/watch?v=X5egmzx2TKo>

Part 1: The Commons, Compassion, and Communities, 10<sup>th</sup> – 24<sup>th</sup> July 2016, Thailand

<https://www.youtube.com/watch?v=jGDkU7B-QTU>

Part 2: PARTICIPATORY ACTION RESEARCH - EMPOWERING RIGHT LIVELIHOOD FOR SELF-RELIANCE 23<sup>rd</sup> July – 7<sup>th</sup> August 2016, Bhutan

<https://www.youtube.com/watch?v=wytMf6nrAmc&t=3s>

## **CURLS 2018, Thailand 21<sup>st</sup> July – 4<sup>th</sup> August 2018**

**Maximum number of participants of each group is 24 people**

*(Fluent English is a requirement)*

CURLS 2018 will start in **Bangkok at Chulalongkorn University**. The campus provides a platform for critical academic analysis and new impulses for civil society transformation; followed by an excursion to a rural area of interest. This year the excursion brings the group to **Chiang Dao region**, 70 km north of Chiang Mai city. It is a region of Limestone Mountains and protected forest. Here **Seven Arts Inner Place** of art therapist **Anupan Pluckpankhajee** and **Makhampom art and theatre centre** are situated offering challenging perspectives on self-education, social healing and reconnection with Mother Earth. The participants return to Bangkok and then go to **Wongsanit Ashram**, 80 km from Bangkok, for a short meditation and reflection retreat; and for preparation of their project presentations during the final session at Chulalongkorn University.

## Goal and overall objectives:

*“A pioneering group of new generation socially-engaged academics and activists co-create partnerships and recognize the dignity of mother nature by living lightly on the earth, understand the interconnectedness between the inner and outer realms of life and by promoting an economy of sharing, ‘mindful markets’ and Well-Being society”*

## **CURLS has the overall objectives to**

- Co-create a holistic (inter-disciplinary) approach to effectively address contemporary policy dilemmas as well as challenges to give direction to personal life and community building; articulating “happiness” and “meaning” in public policy development.
- Empower participants as individuals and as a group to become catalysts for change and to develop directions to find their vision towards a Well-Being Society.
- To strengthen movements aiming at a paradigm shift towards genuine sustainable development and an economy of sharing.
- Encourage Southeast Asia as a point of convergence for change and transformation where shared ideas and new discoveries can be used as a basis for future research and project initiation in order to generate *wellbeing impact for all*.

## **Overview Program of Right Livelihood Summer School 21<sup>st</sup> July – 4<sup>th</sup> August 2018, Thailand**

### **Module 1 Chulalongkorn University (July 21<sup>st</sup> – 25<sup>th</sup>)**

- The history of science and fragmentation of world view
- Neoliberalism and the politics of climate change
- Exploring the landscape of development in the 21<sup>st</sup> century –rights, equality, food, wellbeing movement etc. and post development agenda

### **Module 2 Chiang Dao region, Chiang Mai (July 26<sup>th</sup> – 29<sup>th</sup>)**

- Self-education, social healing and reconnection to Mother Earth

### **Module 3 Wongsanit Ashram, Nakorn Nayok (July 30<sup>th</sup> – August 1<sup>st</sup>)**

- Short meditation and reflection retreat
- Preparation for project presentations

### **Module 4 Chulalongkorn University (August 2<sup>nd</sup> – August 4<sup>th</sup>)**

- Project presentations
- Exhibition
- Sombath Somphone Public Lecture

## **Target groups:**

The Summer School 2018 is intended for **ca. 24 participants** who are independent academics, researchers, social entrepreneurs, potential “green” leaders, students, persons on sabbatical, responsible managers and business leaders, policy development officers, activists and agents for change.

Participant from Bhutan, as the programme is a joint activity of 4 partners Chulalongkorn University (CU), Royal University of Bhutan (RUB), Right Livelihoods College (RLC),

and Sathirakoses Nagaprafipa Foundation (SNF), we intend to invite **1 participant from RUB** to participate in this program to exchange and interact on **Healing the Earth, Healing Society, Healing Self and GNH Index**. We intend to build a strong foundation to have this joint activity expand in Bhutan and elsewhere.

Also the programme intends to encourage the Mekong region in South East Asia as a focal point, **fifty per cent of the participants will be from civil society organizations and partners in the Mekong countries**. The other fifty percent will be represented by participants from other sectors such as students, research institutes and social enterprises, and other regions. As the program is co-created by Chulalongkorn University, there is a quota of a minimum of **5 participants** from the university. Geographical diversity is crucial to the program as it brings in new perspectives to the learning experience of the program and therefore applicants from all backgrounds are welcome. Participants are encouraged to take on other roles apart from being a learner and engage in a process of co-teaching. Participants of the Summer School become a part of a “Right Livelihood Movement” as they will share their knowledge and vision within the group and for future action. It is through this pioneering process of human connectivity that we join a growing community and expands teachings, discoveries and creativity to others worldwide.

#### **Procedure and Criteria for Chula Right Livelihood Summer School Scholarship:**

**Period of Scholarships: 15 days**

**Provisions of the Scholarships:**

**The scholarships of USD 1000 will cover the following:**

1. Tuition fees
2. Accommodation and meal
3. Workshop material
3. Travelling expenses according to programme activities

**Eligibility of Applicants:**

1. Applicants must be full-time students of Chulalongkorn University
2. Applicants must have a grade point average for the last semester before applying of not lower than 2.50 for undergraduates, and not lower than 3.00 for postgraduates.
3. Applicants must have a good command of English.

**Documents Required for Application:**

1. Completed application form with a 3 cm x 4 cm size photograph.
2. Curriculum Vitae
3. Letter of intention describe what the applicants expect to gain and contribute by attending the programme
4. Transcript of Academic Record
5. Photocopy of passport.

### **Application Procedures:**

Applicants must send the completed application form and relevant documents directly to programme coordinator email, [towardsorganicasia@gmail.com](mailto:towardsorganicasia@gmail.com)

### **Expected outcomes:**

CURLS aims to pursue these following outcomes in 2018:

- The participants experience inter-cultural dialogue **clarifying concepts and transforming knowledge into practice.**
- The participants **culminate the ability of transformational leadership** and understand the relationship between inner and outer realms of life.
- The participants **learn new practical knowledge** that transforms ways of life towards a sustainable and balanced system, bridging the gap between humanity and nature.
- The participants find a common understanding of the diversity of the concepts of wellbeing and happiness and to **develop a direction to find their vision of development.**
- The participants gain practical knowledge from experiential learning in Southeast Asia, in which they **cultivate new discoveries used as a basis for future research** and project initiation in order to expand the knowledge in the field of right livelihood.

### **Material Output:**

- 1) Chula-Right Livelihood summer school handbook: background, purpose, context and visions
- 2) Final Report on Chulalongkorn University Right Livelihood Summer School (CURLS) 2018
- 3) Digital content from 2 public lectures to be published on Chula Global Network Website
- 4) Photos Stocks for CURLS 2018

**Chulalongkorn University Right Livelihood Summer School (CURLS)**  
**Schedule for CURLS 2018**  
**“Healing Earth, Healing Society, Healing Self”**

<b>DATE:</b>	<b>Friday 20 July Arrivals</b> <b>[Pre-CURLS Co-design workshop]</b>	<i>Chulalongkorn University (CU)</i>
<b>VENUE:</b>	<b>Meeting room 4<sup>th</sup> fl. CUSRI building</b>	<u>Accommodation</u> <i>Withayanivej</i>
<b>Time</b>	<b>Activity</b>	<b>Resource persons</b>
	CURLS 2018 participants arrive in Bangkok. Registration + Welcome dinner at Sasa International House	<i>CURLS team:</i> Narumon Paiboonsittikun (Mon) – Coordinator; Wipawee (Amp) + CU student volunteers; Wallapa and Hans van Willenswaard – CURLS facilitators, with colleagues from CUSRI (Social Research Institute) + Co-design
<b>DATE:</b>	<b>Saturday 21 July</b>	<i>Chulalongkorn University (CU)</i>
<b>VENUE:</b>	<b>am: Meeting room 4<sup>th</sup> fl. CUSRI building and football field</b> <b>pm: Chumbhot-Pantip Auditorium</b>	<u>Accommodation</u> <i>Withayanivej</i>
<b>Module I – Chulalongkorn University: academia – civil society dialogue.</b>		
09:00 - 09:30	Welcome and introduction to CURLS 2018 <i>learning journey</i> : Modules I to IV.	Prapart Pintobtang; Hans and Wallapa + CURLS + CUSRI team (CUSRI building fourth floor)
09:30 - 10:30	Start of group process: <i>You are therefore I am</i>	<i>Ryan Bestre</i> , Philippines; first of daily Body & Mind exercises
10:30 - 10:45	Break	
10:45 - 12:00	Sharing experiences / Expectations	CURLS team and Ryan Bestre
12:00 - 13:00	Lunch	CUSRI 4 <sup>th</sup> floor or garden
13:00 - 13:30	Public lecture registration	Chumbhot-Pantip Auditorium
13:30 - 14:00	Introduction to the Right Livelihood lecture 2018: the Right Livelihood Award (RLA) and Right Livelihood College (RLC): trends and challenges.	<b>Anwar Fazal</b> (Malaysia, RLA 1982), <b>Founder RLC</b> ; with Prapart Pintobtang, Hans van Willenswaard [Invited: Sulak Sivaraksa]
14:00 - 14:45	<b>Right Livelihood Public Lecture 2018 + Q &amp; A</b>	<b>Nnimmo Bassey</b> (Nigeria, RLA 2010); <b>Director Health of Mother Earth Foundation</b> (HOMEF); former chairperson, <b>Friends of the Earth International</b>
14:45 - 15:15	Break	
15:15 - 16:30	Panel discussion with <b>Nnimmo Bassey</b> , experts, <i>Michiyo Furuhashi</i> , and CURLS partners (to be invited)	Public dialogue with diversity of Thai and international activists, academics and NGO workers.
16:30 - 18:00	University Walk and Free Evening	



<b>DATE:</b>	<b>Sunday 22 July</b>	<i>Chulalongkorn University (CU)</i>
<b>VENUE:</b>	<b>Meeting room 4<sup>th</sup> fl. CUSRI building</b>	<u>Accommodation</u> <i>Withayanivej</i>
09:00 - 09:30	Mind & Body Activity	<i>Ryan Bestre</i>
09:30 - 12:00	<b>Workshop on Healing Earth, Healing Society, Healing Self</b>	<b>Nnimmo Bassey</b> and CURLS participants
12:00 – 12:30	Group recap	Hans and Wallapa
	Preparing for excursion; briefing	Amp + CURLS team
12:30 - 13:30	Lunch	
13.30 – 18.00	<i>Excursion</i>	
	Farms visit and hands-on activity with <b>Prapart Pintobtang</b>	
<i>Free Evening</i>		
<b>DATE:</b>	<b>Monday 23 July</b>	<i>Chulalongkorn University (CU)</i>
<b>VENUE:</b>	<b>Meeting room 4<sup>th</sup> fl. CUSRI building</b>	<u>Accommodation</u> <i>Withayanivej</i>
09:00 - 09:30	Mind & Body Activity	Ryan Bestre
09.30 – 10.30	<b>Dialogue on Global Transformation Q &amp; A</b>	Ajarn Sulak Sivaraksa* (RLA 1995) Facilitated by CURLS team
10.30 – 10.45	Break	
10.45 – 12.00	<b>Panel discussion and Dialogue “Understanding Neoliberalism and Post development”. <i>Diagnosis and Cure</i></b>	<b>Surat Horachaikul</b> Faculty of Political Science, International Relations (IR) / <b>Kittikhun Bhukhongkha</b> , Youth Representative / <b>Shalmali Guttal</b> , Focus on the Global South. Moderators: Wallapa & Hans
12:30 - 13:30	Lunch	
13.30 – 15.00	Workshop	<b>Michiyo Furuhashi</b> , Japan / <b>Montawadee Krutmechai*</b> , PhD RLC /
15.00 – 15.15	Break	
15.15 – 16.00	Sombath Documentary	A Best Documentary Award, The Buddha International Film Festival
16.00 – 16.30	Group recap	Hans and Wallapa
<i>Free Evening</i>		
<b>DATE:</b>	<b>Tuesday 24 July</b>	<i>Chulalongkorn University (CU)</i>
<b>VENUE:</b>	<b>Meeting room 4<sup>th</sup> fl. CUSRI building</b>	<u>Accommodation</u> <i>Withayanivej</i>
09:00 - 09:30	Mind & Body Activity	Ryan Bestre
09.30 – 10.30	<b>Dialogue on Gross National Happiness “healing society”</b>	<b>Dasho Karma Ura, Bhutan</b>
10.30 – 10.45	Break	
10.45 – 12.00	<b>Dialogue on Gross National Happiness “healing society”</b>	<b>Dasho Karma Ura, Bhutan</b>
12:00 - 13:00	Lunch	

13.00 – 15.00	Participatory Action Research (PAR) / Research methodology and preparing for stay at Karen village in Chiang Dao	Dr. <b>Amara Pongsapich</b> and CUSRI team
15.00 – 15.15	Break	
15.15 – 16.00	PAR / Research methodology	Dr. <b>Amara and CUSRI team</b>
16.00 - 16.30	Group recap	Hans and Wallapa
Free Evening		
<b>DATE:</b>	<b>Wednesday 25 July</b>	<i>Chulalongkorn University (CU)</i>
<b>VENUE:</b>	<b>Meeting room 4<sup>th</sup> fl. CUSRI building</b>	<i>Overnight Bus</i>
09:00 - 12:00	Mind & Body Activity	Ryan Bestre
	Conclusion of Module 1	CURLS team
Ca. 18.00	Travel to Chiang Mai	
	Dinner on the way	
<b>Module II – Chiang Dao: The Art of Healing</b>		
<b>DATE:</b>	<b>Thursday 26 July</b>	<i>Chiang Mai – Chiang Dao</i>
<b>VENUE:</b>	<b>7 Arts Inner Place</b>	<i><u>Accommodation</u> Makhampom</i>
Ca. 09.00	Arrive in Chiang Mai	
09.00 - 12.00	Travel to Chiang Dao Welcome by Makhampom; Introduction to Module II+III	<b>Makhampom team</b>
12.00 – 13.00	Lunch at “7 Arts Inner Place”	
13.00 – 14.00	Welcome with Singing	<b>Anupan Pluckpankhajee</b>
14.00 – 15.30	Painting and human interaction	
15.30 – 16.00	Break	
16.00 – 17.00	Observation exercise	
18.00 – 19.00	Dinner	
17.00 – 18.00	Free time	
19.00 – 20.00	Meditation through Artistic process	
<b>DATE:</b>	<b>Friday 27 July</b>	<i>Chiang Mai – Chiang Dao</i>
<b>VENUE:</b>	<b>7 Arts Inner Place</b>	<i><u>Accommodation</u> Makhampom</i>
09.00 – 10.00	Singing	Anupan Pluckpankhajee
10.00 – 10.15	Short break	
10.15 – 11.00	Observation exercise	
11.00 – 12.00	Elements painting exercise I	
12.00 – 13.00	Lunch at “7 Arts Inner Place”	
13.00 – 13.45	Movement	
13.45 – 14.00	Short Break	
14.00 – 16.00	Elements painting exercise II	
16.00 – 18.00	Tour	
18.00 – 19.00	Dinner	
19.00 – 20.00	Meditation through Artistic process	

<b>DATE:</b>	<b>Saturday 28 July</b>	<i>Chiang Mai – Chiang Dao</i>
<b>VENUE:</b>	<b>7 Arts Inner Place</b>	<u>Accommodation</u> Makhampom
09.00 – 10.00	Singing	Anupan Pluckpankhajee
10.00 – 10.15	Short break	
10.15 – 11.00	Observation exercise	
11.00 – 12.00	Elements painting exercise III	
12.00 – 13.00	Lunch at 7Arts Inner Place	
13.00 – 13.45	Movement	
13.45 – 14.00	Short Break	
14.00 – 16.00	Elements painting exercise IV	
16.00 – 18.00	Conclusion of Module II	
18.00 – 19.00	Dinner	
19.00 – 20.00	Meditation through Artistic process and Closure	
<b>DATE:</b>	<b>Sunday 29 July</b>	<i>Chiang Mai – Chiang Dao</i>
<b>VENUE:</b>	<b>7 Arts Inner Place and Karen Community</b>	<u>Accommodation</u> Karen Community
09.00 – 10.30	Travel to Karen Community	
<b>Module III – Participatory Action Research with Karen Community</b>		
10.30 – 14.00	Orientation; welcome lunch; settle in	Makhampom / CURLS team
14.00 - 16.30	Learning from Community	Makhampom / CURLS team
<b>DATE:</b>	<b>Monday 30 July</b>	<i>Chiang Mai – Chiang Dao</i>
<b>VENUE:</b>	<b>Karen Community</b>	<u>Accommodation</u> Karen Community
09.00 – 12.00	Learning from Community	Makhampom / CURLS team
12.00 – 13.00	Lunch	
13.00 – 16.30	Reflections and Learning from Community	Makhampom / CURLS team
18.00 – 19.00	Dinner	
19.00 – 20.30	Presentation preparation	Makhampom / CURLS team
<b>DATE:</b>	<b>Tuesday 31 July</b>	<i>Chiang Mai – Chiang Dao</i>
<b>VENUE:</b>	<b>Karen Community</b>	<i>Overnight Bus</i>
09.00 – 12.00	Reflections and Conclusion of the Learning; prepare presentations	Makhampom / CURLS team
12.00 – 13.00	Lunch	
13.00	Travel to Chiang Mai and back to BKK	Overnight travel

## Module IV – Synthesis, Presentations and Future Design

<b>DATE:</b>	<b>Wednesday 1 August</b>	Chulalongkorn University (CU)
<b>VENUE:</b>	<b>Chulalongkorn University Room 701 Chalermrajakumari building</b>	<u>Accommodation</u> Withayanivej
09:00 - 12:00	Arrive to Bangkok and rest	
12:00 - 13:00	Lunch	
13:00 – 16.30	Presentation preparation and Future Design; group dynamics	CURLS team
Free Evening	0	
<b>DATE:</b>	<b>Thursday 2 August</b>	Chulalongkorn University (CU)
<b>VENUE:</b>	<b>Chulalongkorn University Room 701* Chalermrajakumari building</b>	<u>Accommodation</u> Withayanivej
09:00 - 12:00	Preparing Exhibition; group dynamics	CURLS team
12:00 - 13:00	Lunch	
13.00 – 13.30	Registration	
13:30 - 15:00	<b>ASEAN week</b> <i>Sombath Somphone Public Lecture</i> <b>“ASEAN responses to historic and contemporary social challenges”</b> by <b>Laphai Seng Raw</b> , Myanmar, Founder, Metta Development Foundation	Introductions by Shui Meng Ng and Pracha Hutauwatra  Questions and Responding by Chantana Wung’aeo, Shalmali Guttal
15.00 – 15.15	Break	
15.15 – 16.30	<b>CURLS 2018 presentations and Public Dialogue</b>	Brings young academics, practitioners and social activists together around the theme: <b>"Healing Earth, Healing Society, Healing Self"</b>
16.15 – 16.30	Closing ceremony and Certificates	Sulak Sivaraksa; Suthipand Chirathiwat, Chair, Chula Global Network
17.30 - 19.00	Farewell Party	<b>Chula Narumittra Pavillion*</b>
<b>DATE:</b>	<b>Friday 3 August</b>	Chulalongkorn University (CU)
<b>VENUE:</b>	<b>Meeting room 4<sup>th</sup> fl. CUSRI building</b>	<u>Accommodation</u> Withayanivej
09.00 – 12.00	<i>CURLS Evaluation and Future Design</i>	CURLS team
12.00 – 13.00	Lunch	
Afternoon	Free time	
<b>DATE:</b>	<b>Saturday 4 August</b>	Chulalongkorn University (CU)
<b>VENUE:</b>	<b>Bangkok</b>	
	Departures	

### **Pre-CURLS Co-design workshop:**

**Future of the School for Wellbeing Studies and Research in light of the new status of “ninth campus” of the RIGHT LIVELIHOOD COLLEGE (RLC) - notes taken by Victor P. Karunan and Hans van Willenswaard**

20 July 2018, CUSRI Meeting Room, Chulalongkorn University



Prof. Suthipand Chirativath Ph.D., Chair of Chula Global Network, welcomed the workshop participants who introduced themselves. A special welcome to Dr. Till Stellmacher, Coordinator of the Right Livelihood College (RLC), University of Bonn. An MOU was agreed and signed between the School for Wellbeing and the Right Livelihood Award (RLA) Foundation, co-signed with the Sathirakoses Nagapradipa Foundation, Chulalongkorn University and the Centre for Bhutan Studies / Royal University of Bhutan.

In addition to campuses at University of Bonn, Germany; University of Lund, Sweden; Addis Ababa University, Ethiopia; University of Port Harcourt, Nigeria; Universidad Austral de Chile; University of California Santa Cruz, USA; Tata Institute of Social Sciences, India; National University of Cordoba, Argentina; the School for Wellbeing, Thailand, is now the ninth campus.

At present the School for Wellbeing comprises of four programmes:

- CURLS summerschool
- Towards Organic Asia (TOA) programme with core partners in the Mekong region; including the Mindful Markets programme (forum and social enterprise course)
- New Spirit (independently managed by Suan Nguen mee Ma social enterprise)
- Earth Trusteeship Platform

The School for Wellbeing/“RLC-Bangkok” is to become the “South East Asia partner” of the Right Livelihood College. The shared physical campus is located at Wongsanit Ashram, and its legal entity is the Sathirakoses Nagapradipa Foundation established by Sulak Sivaraksa. “Acharn Sulak” received the Right Livelihood Award in 1995.

#### **1. VISION, Key values and principles that will guide and inspire the work of RLC-Bangkok:**

- Local wisdom/Local Knowledge
- Spirituality
- Healing Earth, Healing Society, Healing Self
- Action research / academia – civil society collaboration



- Cultural context and diversity
- Alternative Development paradigms/worldviews

## 2. IDENTITY & ROLE

The identity of the School for Wellbeing Studies and Research continues to develop as “independent action-research platform”. It will present itself as “campus of the Right Livelihood College” and “RLC-Bangkok”. The School for Wellbeing will celebrate its 10<sup>th</sup> anniversary in 2019 with a publication in which collaboration with the Right Livelihood College will be highlighted. The Right Livelihood College will be presented as:

*“RLC aims to be five things: a hub, a catalyst, an incubator,  
a multiplier and an accelerator”*

- RLC-Bangkok will be an open and inclusive platform for academics, students, social activists, peoples movements and other stakeholders
- RLC-Bangkok will be meeting-point for diverse values, perspectives and experiences of people
- RLC-Bangkok will be a forum for young people to come together, share ideas and exchange experiences
- RLC-Bangkok will seek to influence policy-makers and decision-makers
- RLC-Bangkok will encourage and support critical thinking, innovative ideas/solutions, people-centered wellbeing and development

## 3. POTENTIAL AREAS OF WORK/ACTIVITIES

### 3.1 Chulalongkorn University Right Livelihood Summer School (CURLS)

- As in the previous 3 years, the CURLS programme will be organised every year by RLC-Bangkok in collaboration with partners.
- Invite participants from other RLC campuses in USA, Europe, Asia, Africa and Latin America

### 3.2 Annual Right Livelihood Lecture

- Organise Right Livelihood Lecture every year by a Right Livelihood Laureate

### 3.3 Inter-generational Dialogues

- Organise/facilitate inter-generational dialogues (elders – young people) on key topics related to the work of RLA laureates. Examples: Political leaders (decision-makers) and grassroots organisations; elders from indigenous communities and young people on climate change, Earth Trusteeship, The Commons, etc.

### 3.4 Young Ambassadors (an initiative of Victor Karunan)

- “Young Happiness Ambassadors” (YHAs) – proposed to be launched during the 8<sup>th</sup> International Conference on Gross National Happiness in Malaysia, November 2018
- Mobilise young people to follow footsteps of RLA laureates
- Networking with national, regional and international youth organisations and networks

### 3.5 Meetings/Conferences

- Organise periodically conferences, meetings, workshops on current topics in collaboration with other partners and networks in the Southeast Asia region

### 3.6 Research & Publications

- Encourage/support potential M.A. and Ph.D students to write their thesis on the life and work of the RLA laureates.
- To explore possibilities of securing scholarships
- To explore joint-participatory action research work with other RLC campuses (e.g., Role of China in Asia and Africa)
- Publication of research work in monographs, books, articles in journals, etc.
- Begin a “Change Makers Series” – a periodical publication that shares life histories and work of RLA laureates in various regions (RLC campus Bonn)
- Identify potential RLA laureates in the region whose life and work can be published

### **3.7 RLC Resource Centre**

- Establish resource centre on key topics/themes of work of RLA laureates in Southeast Asia – for use by academics, students, researchers and social activists
- Network with key national, regional and global resource centres, libraries and knowledge platforms to share information, exchange resources, etc.

### **3.8 Students Exchange**

- Facilitate students exchanges with other RLC campuses – for short courses or degree programmes
- Organise sharing of “life stories” and development solutions by young people – including social networking

### **3.9 Partnerships/Networking**

- Develop links with key partners and networks in the Southeast Asia region (e.g., Universities, organic farmers network (Towards Organic Asia – TOA), human rights organisations, inter-faith groups, etc.)

### **3.10 Other Ideas/Suggestions**

- Trainings for teachers in schools on selected topics on Right Livelihood: Example, organic food in school canteens, environment and school gardens, local wisdom and spirituality, wellbeing, etc.
- Involve stakeholders in Strategic Planning (VMGs, strategies, actions/activities) of RLC-Bangkok
- Engage with political decision-makers
- Create new narratives on current development issues
- SDGs: monitoring implementation, SDG-7 on health and wellbeing
- Right Livelihood Award for social entrepreneurs
- RLC Southeast Asia Fellowship programme
- South-South collaboration: RLC Bangkok and Mumbai; RLCs in Asia, Africa and Latin America
- Need Communication Strategy and staff/team to assist and support RLC-Bangkok
- Dialogue on “Sustainability” – involving governments, civil society, peoples movements and young people

**Welcome Dinner with CURLS 2018 Participants and Resource Person**  
20 July 2018, Sasa International House



20<sup>th</sup> July was the beginning day of CURLS 2018 as all the participants from different countries checked in to Withayanivej Hotel at Chulalongkorn University for accommodation. The only learning activity scheduled for 20<sup>th</sup> July was the Welcome dinner laid out at Sasa International House of Chulalongkorn University. The dinner was attended by CURLS coordinators Narumon Paiboonsittikun and Wipawee Teanleela; CURLS facilitators Hans and Wallapa van Willenswaard; four intern-participants from Chulalongkorn University and two from Princeton University, and other participants and resource persons. The participants and resource persons together represented over 15 different countries including Laos, Vietnam, America, Nepal, Thailand, Israel, and Indonesia. The resource persons attending were the Right Livelihood Award 2010 awardee Nnimmo Bassey from Nigeria; facilitator from the Philippines, Ryan Bestre; senior researcher at the Center of Development Research (ZEF) at the University of Bonn in Germany, Dr. Till Stellmacher; and various other professors and researchers from Chulalongkorn University. Participants ranged from age 18 to age 76 and their backgrounds ranged from recent high school graduates to experienced social researchers. The participants were greeted at a welcome dinner of traditional Thai food at the Sasa House. After dinner, the participants were formally introduced to the whole group, and CURLS 2018 was officially opened.

Welcome Dinner was held at the restaurant of SASA International House.

During most events at Chulalongkorn University the catering was cared for by Yarm-Yen green catering- caring, supporting, and selecting local, seasonal, and organic ingredients for cooking good and healthy food, from farm to table and people to people.



## An Introduction to CURLS 2018 Learning Journey

21 July 2018, Chumboth-Pantip Auditorium, Chulalongkorn University



The activities started with Hans, Wallapa, and the CURLS team welcoming the participants and providing an introduction to CURLS 2018. Hans and Wallapa provided introduction to the four modules of CURLS 2018 while explaining the objectives and aims of the program. Overall, the two-week program was divided into four modules: Module I, focusing on gaining more theoretical knowledge through lectures, panel discussions and workshops; Module II focusing on artistic activities like singing and painting; Module III focusing on practical action research at Karen community while Module IV focusing on reflection of the program, performances and conclusion. Hans introduced engaged Buddhist and social activist Sulak Sivaraksa, the Right Livelihood Award 1995 awardee from Thailand who is a major inspiration for the CURLS program. Hans also announced that the School for Wellbeing had been officially recognized as the ninth Right Livelihood College, joining the other campuses in Germany, Sweden, Ethiopia, Nigeria, Chile, America, India and Argentina.





The welcome and introduction was followed by Ryan Bestre's creative icebreakers. Participants were asked to group up according to various descriptors such as age, interests, hobbies, etc.

Participants also performed creative movement-actions and range of other similar activities. Then, the group transitioned to defining their personalities and their expectations for the course. The exercise was also a first taste at the art projects to come as participants split into pairs to draw each other's portraits while getting to know more about each other.

### **Right Livelihood Public Lecture 2018: Healing Earth, Healing Society, Healing Self**

21 July 2018, Chumppoth-Pantip Auditorium, Chulalongkorn University



The major event of the day was the Right Livelihood Public Lecture 2018 delivered by Nnimmo Bassey, the director of Health of Mother Earth Foundation and former chairperson of Friends of the Earth International. Nnimmo presented on issues surrounding oil extraction and oil spills in the Niger delta, specifically the sheer lack of concern about the environment from the oil companies and government institutions. While focusing on environmental problems caused by oil companies, Nnimmo tied this issue with other problems and concerns of the contemporary world as well as pressing for further activism.

*...It is time to gaze at the valleys and hills and re-connect and re-encounter Nature as a critical priority that cannot be postponed. We simply have to terminate models that situates humans as external to Nature. We are children of Mother Earth and it is time to wake up, regain our memory and return home. For healing to begin and be sustained we have to put a halt to the harms...*

*~ Right Livelihood Lecture by Nnimmo Bassey on 21 July 2018*

Nnimmo's presentation was followed by an international discussion and response to his speech by Dr. Till Stellmacher from ZEF, Germany, Norihiko Yoshioka from Japan Foundation, Chanthana Wung'aeo from Chulalongkorn University, and Michiyo Furuhashi from Konohana Family, Japan. Then followed a Thai-led panel discussion about Thai social and environmental issues. The panel was moderated by Wallapa and also included an indigenous Karen community representative. After the panel discussion, the participants were led on a tour of Chulalongkorn University by the Chulalongkorn interns and the group had free time for dinner.



**Workshop on Healing Earth, Healing Society, Healing Self**  
22 July 2018, CUSRI Meeting Room, Chulalongkorn University



In the morning, the participants were led by Ryan in a bonding exercise. The CURLS team had fashioned around 4 balls out of tape. Ryan had the participants stand in a circle and throw the balls to each other in a specified order, yelling out the names of the recipient of the throws. This was a great way to start to learn each other's names, as well as a way to practice balancing all the incoming and outgoing balls, which Kit Kit (CURLS participant from Myanmar), a participant from Myanmar, pointed out could be a metaphor for all the struggles in life we deal with.

The next activity was a workshop led by Nnimmo Bassey focusing on the power of healing, the challenges we must address for environmental justice, and self-reflection. First, the participants started by speaking with a partner for five minutes each, accessing their memories of nature and how it played a role in their lives.

Many of the participants recalled their childhoods and the different ways they interacted with nature. Peoples' experiences ranged from being farmers to playing in canals and rivers as a child to moving away from the peaceful rural area to a city. Most could noticeably feel a great contrast between city-living and the country lifestyle, commenting that it is sometimes quite difficult to feel connected with nature while stuck in the urban sprawl.

Many people felt that their relationship with nature and the natural world had deteriorated over the years, but that they also inspired to reconnect. Part of the workshop then focused on the traumatic passage of time concerning the health of the natural world.

Nnimmo asked each participants to reflect on their homes or hometown and to think addressing these questions: "What needs to be changed?" and "What can we do to see that change?". The participants then created an inspirational Post-It collection of their answers. People mentioned things like getting involved in tree planting projects, being more personally aware of the materials and resources we consume, or starting a bicycle campaign project. Nnimmo urged the group to be "big time dreamers, big time thinkers, and big time activists". The participants also composed haikus in groups based off the workshop session.

The world is at stake.  
How to solve all these problems  
Before we collapse

Disruptive actions  
Change Mother Earth's wellbeing.  
Improve connection.

We all really want changes  
Bringing beautiful landscape as natural state  
With our positive heartbeat

Pollution can make climate changes  
Organic Farming towards  
our sustainable development work  
Fresh air save your life

Collectively hope  
Makes sustainability  
Help keep the planet!

Preserve the nature.  
We need more changes and action.  
Inspire through teamwork.

Memories from Earth,  
We can live in harmony  
Only when I act

Even as trees fall  
And rivers from hell run black,  
We can plant a seed.



After lunch, the entire group headed outside of Bangkok on an excursion led by Chulalongkorn Professor Acharn Prapart Pintobtang. The participants visited the Klong Yong community of organic rice planters and spent the afternoon planting rice in the paddy fields. This was an opportunity to get real-time experience of being a farmer and working with the earth. Afterwards, they washed up and were served snacks and dinner with the community members and had a question and answer session with the group leader, Ms.Pornthip. The group then headed back to Chulalongkorn for the night.

**Dialogue on Global Transformation and  
Panel discussion “Understanding Neoliberalism and Post development”**

23 July 2018, CUSRI Meeting Room, Chulalongkorn University

The day started with Ryan Bestre’s daily mind and body activities. Ryan introduced a Filipino song commonly used in environmental advocacy groups. The song underscores the interconnectivity of every creature and every non-living thing. The song is written below:

*Lupa, laot, langit ay magkaugnay  
Hayop, halaman, tao ay magkaugnay*

Following Ryan’s activity was a dialogue on global transformation with Acharn Sulak Sivaraksa, Right Livelihood Award 1995 awardee. Acharn Sulak talked about the importance of self-healing – by disowning greed, hatred and delusion – before talking about healing the earth. He talked about Buddha’s selflessness and about how the values of Dhamma and Sangha can still, in a way, be incorporated in the modern world.



The discussion on global transformation was followed by a panel discussion on the theme ‘Understanding Neoliberalism and Post Development’. The panel was moderated by Hans and Wallapa and the speakers were Shalmali Guttal from Focus on the Global South, Kittikhun Bhukhongkha, a youth representative and previous organizer of CURLS, Acharn Surat Horachaikul from the Faculty of Political Science at Chulalongkorn University, and Dr. Till Stellmacher from ZEF, Germany. The speakers explained what neoliberalism means and how neoliberal policy is affecting the society today. A question and answer session with the participants followed and the panelists were invited to have lunch with the group.

**Workshop on Konohana Family (Healing Earth) and Sombath Documentary**

23 July 2018, CUSRI Meeting Room, Chulalongkorn University

After lunch was a workshop with Michiyo Furuhashi, an environmental educator and a member of the Konohana Family, Japan. Michiyo presented on how the Konohana Family lives a healthy lifestyle with positive energy in an environmentally sustainable way and it is a part/alliance of Ecovillage Movement around the globe.





The last session, CURLS participants watched an hour-long documentary on Sombath Somphone, a grassroots social activist from Lao PDR whose whereabouts are unknown after being disappeared. The session was attended by the inspirational Shui Meng Ng, Sombath's wife, who answered the questions and concerns of the participants after the documentary. She said that she will not lose hope and will always keep on raising her voice for Sombath and also urged everyone to tenaciously fight against all the social ills.

### **Dialogue on Gross National Happiness (Healing Society) and Participatory Action Research (PAR), Research Methodology** 24 July 2018, CUSRI Meeting Room, Chulalongkorn University



Dr. Dorji Penjore was presenting an insightful lecture on Gross National Happiness and how it is being used by the Bhutanese government.

Dr. Dorji stressed that GNH can be used successfully as a social thermometer to measure the health of society. GNH draws upon concepts of collective happiness and the Buddhist concept of sustainable rather than ephemeral happiness. It has only recently (the past 8 years) been implemented in Bhutan in the form of a general survey among the population.

Dr. Dorji shared with the group the organizational structure Bhutan hopes to have with the King as the central administrator and village representatives of the central government who will implement policies dictated by the results of the GNH survey.

In the afternoon session, Dr. Amara Pongsapich, a professor of Anthropology at Chulalongkorn University, presented on Participatory Action Research (PAR). This method of anthropological observation and research focuses on integrating into the community to discover their structural issues and then designing a solution for them. It is a relatively newer form of anthropological research that involves more emic investigation. The group was eager to pose questions about how to utilize PAR in their work in the Karen community.

### **Conclusion and Reflection of Module 1**

25 July 2018, CUSRI Meeting Room, Chulalongkorn University



The day started with Ryan Bestre facilitating a creative reflection on the conclusion of Module I. The participants were first asked to split into groups and create a frozen gesture that best represented what they learned from Module I. Some groups mimicked the smoke from the oil industries harming the local people while some groups pretended to teach about Gross National Happiness and Neoliberalism in the classroom.

Secondly, participants were asked to perform a creative one minute long performance that best reflected their learnings from Module I. The performances were varied: some made a skit on the importance of environment protection while some sang the song 'He Sa Ka Lu' introduced to them by Michiyo Furuhashi from Japan.

Thirdly, participants were asked to explicitly discuss their learnings from Module I in the whole group. They were also encouraged to pick an object that best reflected the learnings they got from Module I. Participants picked objects like drinking water in their bottle (to show that they got new perspectives from Module I and were refreshed just like we feel refreshed when we drink water), keys and holder (to show that everything is interconnected just like the keys and holder are to each other) and eyeglasses (to show that their vision towards the environment and the earth were bettered as a result of Module I just like eyeglasses help make the vision better for the eyes). Other objects they chose included books, the meeting room, clock, etc.



## Art and Healing (The Elements)

26 July 2018, Seven Arts Inner Place and Makhampom

Participants arrived in Chiang Mai in the morning and traveled to Makhampom and Seven Art Inner Place, the artistic neighborhood of Makhampom combined with the picturesque scenery with Mount Chiang Dao in the background succeeded in rejuvenating the energy of the participants. After a little relaxing and lunch, the participants were welcomed by Anupan Pluckpankhajee (Kruu Moss) with a poem recital. The poem is below:

*The Light of Sun penetrate my eye  
Spirit-light strengthen my soul  
Soul-force empower my heart*



After the poem recitation, Napat Chaisubunkanok (Kruu Mai) complimented the welcome by leading the participants in some singing exercises. Even participants who had never sung before opened up as a result of Kruu Mai's supportive energy. The group sang songs in Thai ('Kluay Buad Chee'), in English ('I like the flowers'), and a Congolese folk song ('Banaha'). The singing session was followed by a painting session facilitated by Kruu Moss. The participants were given painting materials and three colors: crimson red, ultra-marine blue, and lemon yellow. Since the painting style for the day was watercolor, Kruu Moss showed the participants how to first make the paper moist with the help of foam and water. The objective of the first painting exercise was for participants to have complete freedom to paint whatever they wanted. Some painted sceneries, some geometrical objects and some creative and abstract things. They were given ample time to do the painting. After the painting, participants were free to roam around in the beautiful surrounding of Makhampom.

To wrap up the day, the participants gathered in the evening and were asked to share what they painted, why they chose to do so, and how they felt doing that. The session was facilitated by Kruu Moss and Kruu Mai. Kruu Moss led the participants in a ceremony passing around a candle that was meant to induct the group into the culture of 7 Arts Inner Place. After the ceremony, the participants gathered again to discuss the upcoming final exhibition and two teams were created- the Play Writing team and the Exhibition team.

## Art and Healing (The Elements)

27 July 2018, Seven Arts Inner Place and Makhampom

The second day at 7 Arts Inner Place began with an hour of singing practice and learning some new songs like a Thai morning song, “Sang ta wan chai.” Afterwards, Kru Moss led the group in their first elements art exercise. Kru Moss explained about Anthroposophy and Rudolf Steiner’s teachings about stages of life and the concepts of Thinking, Feeling, and Willing.



According to this philosophy, the water element represents the life force, and so the group started their elemental journeys with water. Earth represents the physical, Air the Astral, and Fire represents the Self – over the next few days the group would get to explore all the elements. The participants were given three different shades of blue and followed Kru Moss’ explanation of how to paint a water scene with the watercolors. After lunch, the group was led in one hour of rhythm exercises by Kru Mai, where participants learned about body movement and coordination. Then, the participants moved on to working with Earth and the physical world. Each participant received a block of clay.

The first forty minutes were spent rolling the clay into a perfect sphere, whether by simply feeling the clay or by looking at it and trying to correct the shape. Once everyone had rolled their clay, the participants stood in a circle and passed their clay spheres around the circle until they felt that they had received their own sphere. This was an exercise in rhythm, respect, and realization of the connection between one’s self and the clay ball.

After dinner, the participants were invited to the local Buddhist temple for the celebration of Asalha Puja. Unfortunately, the group also met at their lodge to begin planning for the final CURLS exhibition in Bangkok.

## Art and Healing (The Elements)

28 July 2018, Seven Arts Inner Place and Makhampom

The third day at 7 Arts Inner Place began with delicious breakfast followed by an hour of singing practice. The participants learned a new song, “I’d Like to Teach the World to Sing,” and practiced some of the songs from the previous day. They were also led in a few rhythm exercises and sang in rounds. The later morning consisted of an art session where the participants explored the element



of air. Kru Moss led a discussion in how one can find balance with the elements by figuring out which ones are dominant. For example, someone dominant in air needs to bring more earth in their life. Air as an element has the potential to be unharmonious, but just as the participants created harmony in their singing session they must find the harmony in air. The medium for this project was four colors of chalk pastel- blue, red, green, and yellow. The participants used their hands to sweep the colored powders onto their papers. Many participants expressed freedom with this medium, while some felt more constricted by it, indicating the different dominant elements in each participant.



After lunch, there was another rhythm session learning a short scatting pattern and breaking into multiple groups to sing it. The last art session dealt with the fire element. Each pair of participants was given a lit candle and told to observe the flames. Using beeswax color crayons- a yellow, an orange, and two different reds- the participants drew their interpretations of the aura of fire. Kru Moss then asked us to reflect on our dominant elements. After lunch, the group focused on preparing for a mini exhibition for Kru Moss, Kru Mai, and Kru Ib.



The group worked together to decide the format of the exhibition, and to decorate the studio and set up. They had an exhibition of the artwork over the past three days. Then, everyone shared personal reflections of the past three days with Kru Moss, Kru Mai, and Kru Ib. After dinner, the group gathered at their lodge to continue sharing each of their personal reflections upon completing module two.

## Participatory Action Research in Karen Community

29 July 2018, Baan Pa Tung Ngam



In the morning, the participants were given a short introduction to the Karen community about the background of the community and the current situations by Yada, the co-founder of Makhampom.

After reaching the Karen community, the team was welcomed by the community Youth Group and the headman, Paw Luang. He gave some information on their community and the way of life in the area, as well as introducing some of the issues of natural preservation, land protection and ownership that the community had to deal with. This Karen community had been living in the area for over one hundred years and now stood at one hundred and twenty households. The community heavily valued the ideals of sharing and communal living.





In the afternoon, the group split into teams and rotated around three different locations in the community where the community leaders had organized some activities in order for the team to better understand the Karen lifestyle. At one place, women from the community demonstrated how they weave their own clothes. At another, Karen leaders displayed to the team the major crops and spices grown. In the third station, participants got the opportunity to make the popular Karen dish Khao Pook, sticky rice with sesame, by pounding the sticky rice and spices with a large pestle. After the activities, the participants moved in with their respective host families and had dinner.

Afterwards, everyone gathered at the headman's house for a question and answer session with the community leader. The participants asked the leader about the history of the Karen community, the issues and problems they have with the government, their language and script, and other things relating to their lifestyle. The day's activities ended after the discussion and everyone went to sleep in their respective host houses.

### **Community Study and Analysis**

30 July 2018, Baan Pa Tung Ngam



The morning started with the participants in their local village homestays. Each homestay family led their charges in different activities and tasks- one group harvested longan, many of the groups went planting rice with the community members, and one group went on an extended hike. The participants noted the extremely communal system of sharing labor as many families turned up to help plant one member's rice fields. The participants had lunch with their homestay families.



After lunch, all the participants gathered a house of a youth committee member. They broke into their designated research groups and drafted their research presentations. Many of the groups brought snacks and foods prepared by their home stay families. Each group, Cultural/Tradition, Social/Development, Environmental, and Economic presented their findings from conducting the research process. Each group also led the other participants in singing a song from 7 Arts Inner Place. They presented to the CURLS participants as well as some community members. Then, the participants worked on preparing for the final exhibition in Bangkok.

After dinner with the home stay families, the group gathered at Paw Luang's home. He spoke about his personal struggle being a leader of a Karen community and the discrimination he faces from other Thai people as well as from the government. He told the group that in earlier years, the Karen community had tried to assert their dominance over the existing Thai government, but that lately they had been focusing on cooperating more and working towards coexistence as that seemed the best solution for all.

Paw Luang's stories were quite inspiring and he ended his sharing by saying, "Victory lies in our thoughts. We win fights with words." The group subsequently reflected on how they had been affected by staying in the Karen community and what they had learned through the process of Module 3.

### **Travel back and Resting**

31 July 2018, Baan Pa Tung Ngam

In the morning, the participants packed their belongings, had breakfast with their host family, took some photos, and bid their host families good-bye. The group set off to Chiang Mai with bags of longkong from the Karen community as snacks and as a sign of appreciation and love for the group.

After a group lunch of traditional northern Thai style food, the group went to visit Doi Suthep and the Wat Phra That Doi Suthep, a historic temple on the mountain. The participants enjoyed the aura of the temple and the view from the top. The whole group traveled back to Bangkok by overnight bus.

### **Preparation for Final Presentation**

1 August 2018, Chulalongkorn University



The group traveled by night bus back from Chiang Mai to Bangkok and arrived early morning. The participants had the morning to take rest, catch up on sleep, and attend to personal business. In the afternoon, the group met at Withayanivej Hotel to prepare for the final exhibition the next day. There were two teams- Exhibition Team and Play Team- though every single member played a crucial role.



The Play Team had written a script about “Healing Earth, Healing Society, Healing Self,” drawing on all the concepts the group had learned throughout the course. The play discussed the modern world’s separation from nature, the structural violence engendered by neoliberalism, and the harmful practices like fossil fuel extractions that are destroying the environment.

Meanwhile, the Exhibition Team collected photos from the group members and selected which would be portrayed, as well as pieces of art from 7 Arts Inner Place. They also designed backdrops and scenery for the play and for the walls of the exhibition room. The participants had a group dinner at a nearby restaurant.

**ASEAN Week: Sombath Somphone Public Lecture**  
**“ASEAN responses to historic and contemporary social challenges”**  
2 August 2018, Chulalongkorn University



This day was the day of the final CURLS 2018 exhibition- a chance for the participants to display their learnings from the program- as part of the ongoing events of ASEAN Week 2018 at Chulalongkorn University. The day’s activities started at 9 am with the participants polishing both the exhibition gallery and the theatrical skit. The exhibition team put up selected artworks from the time in Makhampon, reports on the research work from the Karen community, and other pieces detailing the journey of CURLS 2018 and participants’ personal reflections onto the wall. The participants also rehearsed their skit several times.

CURLS participants attended with other ASEAN week participants and then gathered together for the start of their program. The program was inaugurated with the first-ever Sombath Somphone Public Lecture where Shui Meng Ng, the wife of Somphone, gave some brief background on Sombath’s life and how he had been disappeared. She then again expressed her commitment to not remain silent and urged the participants on the same thing too. The program was then followed by a keynote talk on “ASEAN responses to historic and contemporary social challenges” by Laphai Seng Raw, Myanmar, the founder of Metta Development Foundation.

There was also a question and answer session with the speakers that included Pracha Hutauwatra, a teacher and activist, and Chantana Wung’aeo, Professor of Political Science at Chulalongkorn University. Acharn Sulak Sivaraksa gave a poignant concluding speech.

**ASEAN Week: Presentation by CURLS 2018 participants**  
**“Healing Earth, Healing Society, Healing Self”**  
2 August 2018, Chulalongkorn University

After a short break it was time for the CURLS 2018 participants’ presentation. The exhibition team already had their display on the walls which the attendants of the event were asked to have a look at during the break.



The skit revolved around how different neoliberal corporations, policies, and politics are affecting people and the environment, and what people and governments can do to find solutions to heal society and heal the earth. It included a recitation of Nnimmo Bassey’s poem ‘We thought it was oil, but it was blood’, and several songs that the participants learned at 7 Arts Inner Place. There were also personal reflections from a variety of the participants on what healing self, healing society, and healing earth meant to them.

**CURLS 2018 cerification ceremony**  
**“Healing Earth, Healing Society, Healing Self”**  
2 August 2018, Chulalongkorn University

The presentation was followed by the certificate distribution to the CURLS participants and a concluding speech by Suthipand Chirathiwat, Chair of Chula Global Network. Acharn Suthipand emphasized how important it is that we organize exchanges among countries and cultures in Asia in the context of social and environmental movements facing global challenges. CURLS stands out as one of the truly holistic programmes where learning with the head, heart and hands are integrated.

After a huge success of the whole program including the final presentation, CURLS 2018 team had a farewell party at Chula Narumittra Pavillion.



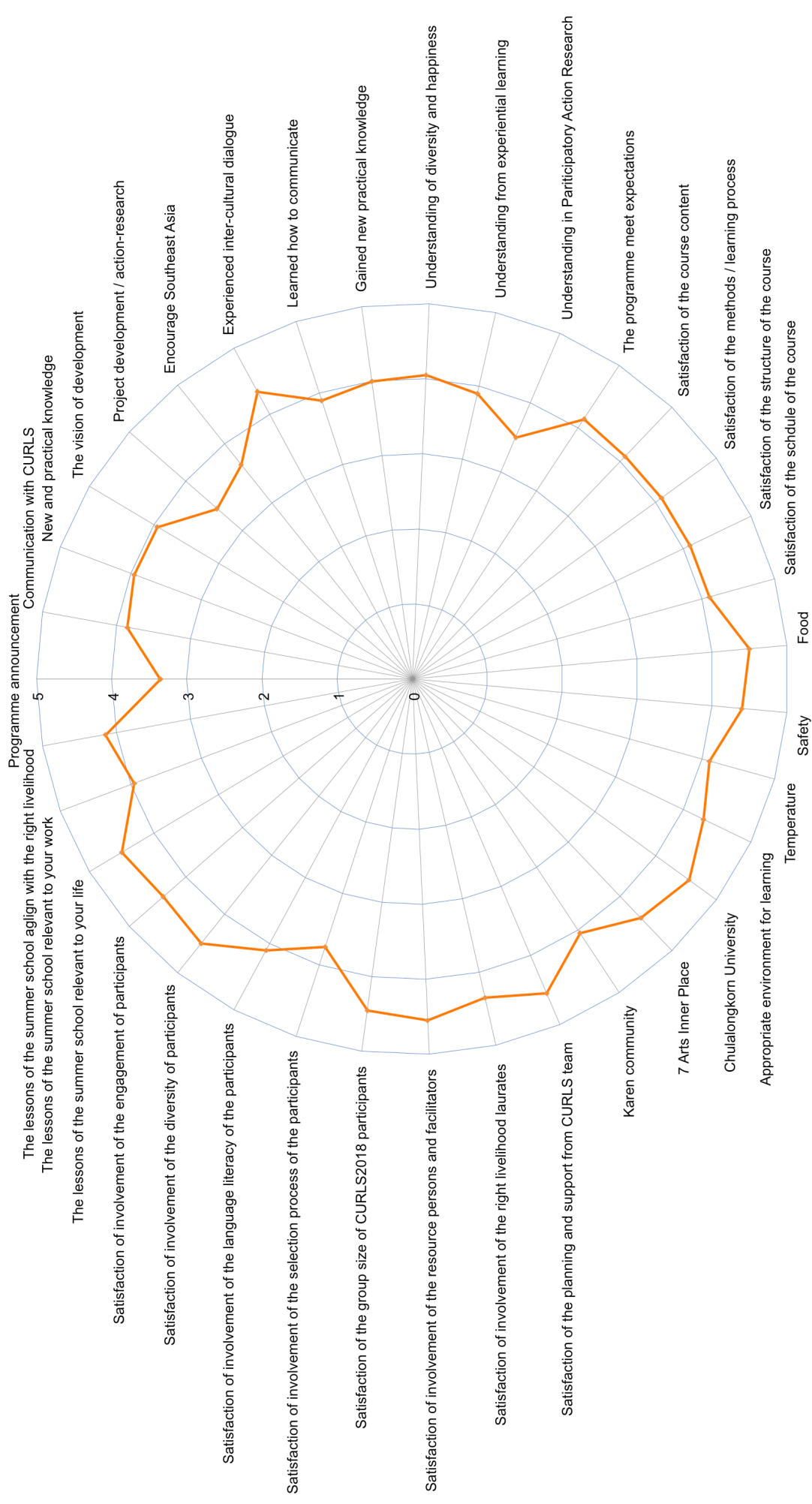
### **CURLS Evaluation and Future Design**

3 August 2018, Chulalongkorn University

In the morning participants gathered outside Withyanivej Hotel to complete evaluation forms about the course. Every participant filled out a form with feedback that would help the next CURLS programme improvements.

The next activity was a final partner appreciations and suggestions activity with all the CURLS participants. Every participant was paired with a partner and had one and a half minutes to offer positive reflection on their partner as well as some constructive criticism. Then, the second partner would do the same. Then, the partners would switch so that every participant eventually had an exchange with every other participant. This activity provided room for people to describe their appreciation for the other participants of the course personally and individually and potentially offering places for growth and improvement. The activity was liked by all and with the final pair CURLS 2018 officially was closed.

# CURLS 2018 Evaluation



## **APPENDIX**



## Participants' Personal Reflections on CURLS 2018.



### **Ryan Bestre (The Philippines)**

*Ryan currently works for the solar energy company: Solar Pacific and volunteers for Greenpeace as an ecological agriculture campaigner.*

*(Following piece is from a blog written by Ryan as his reflection on module 1 of CURLS 2018)*

“We have to be angry but humble... We have to fight joyfully.”

This statement came from 2010 Right Livelihood Award Laureate Nnimmo Bassey, an environmental activist from Nigeria, during one of the learning sessions of the Chulalongkorn University Right Livelihood Summer School (CURLS). Centered around the theme,

“Healing Earth, Healing Society, Healing Self,” CURLS is an experiential learning journey that aims to promote the concept of Right Livelihood by living rightly on earth. Plagued by neoliberalism, characterized by liberalization of trade and investment, privatization of goods and services, and changing of public regulation to support corporate interest, the earth has been treated as a commodity. The market considered as its very soul results to materialism and complete disregard of our impact to the environment. Changing this deeply rooted mindset can be frustrating. It angers me as an environmentalist. Yet “We have to be angry but humble...”

I do my part and expect others to do the same. At the expense of sounding preachy, paired with occasional bursts of exasperation, I point out how we’re not doing much. How we can’t even do the most basic things like segregating waste or refusing single-use plastic! We even reason how individual choices wouldn’t matter as long as corporations continue what they’re doing. Being angry and humble at the same time sure is becoming more challenging. During CURLS, learning about the disappearance of Laotian Sombath Somphone, a dedicated community and development worker, was heart-breaking. Environmentalists, activists, earth’s healers, those who fight for what is right, are being harmed for the work that they do. This elicits anger and fear but Sombath’s wife Shui Meng Ng encourages us to keep on fighting. And we have to fight joyfully in spite of it all. Sulak Sivaraksa, another Right Livelihood Award Laureate, said that before you heal the world, you should heal yourself first and be liberated from structural violence. Sulak mentions of an ideal society where there is equality, fraternity, and liberty from greed, hate, and delusion.

Perhaps we should learn from Bhutan which uses Gross National Happiness (GNH) as a measure of development, a departure from the usual Gross Domestic Product, or as Nnimmo refers to as “Gross Domestic Problem.” The fact that Bhutan has never been colonized, practicing Buddhist culture, made it easy to embrace the idea of GNH which is about holistic development and collective happiness. For GNH, there are nine interdependent domains being considered namely health, education, living standards, time use, psychological well-being, cultural diversity and resilience, community vitality, good governance, and ecological diversity and resilience. Another example worth emulating is the communal living of the Konohana Family, an eco-village in Japan. They practice sustainable agriculture, they follow the law of the universe, and everyone contributes to the community. Chulalongkorn University where trees abound, birds and squirrels freely roam about amidst busy students transported in electric buses, right at the center of a highly-urbanized city like Bangkok was the perfect learning environment for CURLS. It made me appreciate the idea of nature and modernity co-existing. In a predominantly selfish society, there are still those who fight joyfully. Those who remain connected to the earth. Through CURLS, I met some of these people. I also learned valuable insights that could help me towards my path to healing the earth, the society, and myself.





**Andrew G. Silver: Andy (America/Israel)**

*Andy is a retired epidemiologist doing volunteer work with the Karen department of health in Mae Sot.*

During my adult life, I have been an activist in the US and in Israel in the causes of peace, racial and economic justice, preventing and punishing war crimes and crimes against humanity, environmental protection, and anti-nuclear power. The CU Right Livelihood Summer School has given me an opportunity to focus holistically on the way in which my mind and feelings relate to my concerns about the world and other people. The greatest benefit to me of the course has been building friendships with the course participants from many countries of Asia.

The session on neo-Liberalism was particularly appealing to me. As a Marxist (but not a “Communist” in the sense of supporting so-called “Communist” dictatorships) I think that Karl Marx’s critique of capitalism has never been more relevant than today, with the ascendance of a particularly pernicious brand of capitalist ideology and the dominance of monopolistic corporations in the world economy. We need to continue to build more bridges among activists in all countries seeking a different and better path for humanity and the earth.



**Diamond Acharya (Nepal)**

*Diamond is a student intern and CURLS 2018 participant studying Computer Science at Princeton University.*

CURLS 2018 has changed my perspective on myself, my surroundings, and the world as a whole.

I knew about issues like climate change and environment degradation before, but attending this program made me able to listen to and talk to people like Nnimmo Bassey that made me more aware on how severely these problems are hampering our earth. Interacting with people like Sulak Sivaraksa made me more aware and concerned at the same time about problems like structural violence that has made me

wonder if we have set up our society the right way. I learned that any change we want to see in the world should first come from our own self, or as Sulak Sivaraksa said should first begin with our own individual selves getting rid of the greed, hatred and delusion we host within us.

The painting and singing exercises we did at Makhampom made me realize that self-healing is more than just an abstract thing – it can actually be felt. Similarly, living together with the Karen community for two days in their way of life, sharing their food, talking to them, and going to the fields to work with them is something I can never forget. All these wonderful activities combined with the beautiful souls of CURLS 2018 participants hailing from different cultural and country backgrounds and bringing in different perspectives made this program one of the best I have ever attended.

**Sanchoy Kumar Chanda (Bangladesh)**

*Dr. Sanchoy Chanda is a Public Health Physician and a Human Rights Activist.*

I learned a lot from CURLS 2018. It taught me about myself and about ourselves. It taught me about the importance of immediacy, beauty of impermanence, and togetherness. It showed me an age of being that we have prepared for by opening our hearts and getting to know our inner knowing. It has introduced us to so many new souls and given us so many beautiful moments, new memories that will cherish for a lifetime. The amount of devotion we brought to our practice, amount of joy we experienced in witnessing by living with people and nature is

overwhelming. It provided me a new strength through solidarity and victories for the sacred, where we realized the power of growing together and fullness of our collective potential. Thanks to you all.

**Pema Rinzin (Bhutan)**

*Pema is currently working as an Associate Lecturer in Department of Sustainable Development, College of Natural Resources, Royal University of Bhutan.*

Attending the CURLS program has taught me a lot. Firstly, getting to meet people from diverse cultures and of different ages and being able to share this learning journey together with all the participants was very memorable and enriching experience for me. Especially the module on healing self, wherein the moments of joy and laughter that I got to share with others was wonderful and educational. Secondly, being at the Karen community was an eye-opening experience for me.

Hearing about the struggles that the people of Karen community are facing to protect their way of life really made me reflect back a lot on my own community back home. Unlike Karen community, my community does not have to face any outside power that jeopardizes our rights, but the capitalistic power is slowly diluting our culture and threatening our traditional way of life which was more sustainable, and also preferable, considering all the ill-effects of capitalism. I was taken aback by this reality. Nevertheless, this experience challenged me to review my own life principles and reflect on what I think is right or wrong. The long and constant effort that Karen community put in to fight a powerful enemy, just to uphold their rights, and actually winning in the end conveyed so many meanings to me. To conclude, the CURLS program was not only educative, it also broadened my horizon. I feel very honored to have got this opportunity. Thank you so much.

KADRINCHELA

**Kolaka Bouanedaheuang (Laos)**

*Kolaka is 37 years old and has been working with PADETC since 2004 to serve his goal for social development.*

The word that I can say is thank you to you all to organize such a great experience for me and other people who are willing to do and change, to be the good person for the world. I got a lot of experience from this course and will bring back to my country and integrate into my works. Last but not least what made me feel we are connected are lecturers, panels people, communities where we lived and you all. Thank you in deep.



**Ar Kar Hein: Daniel (Myanmar)**

*Daniel recently graduated from the Yezin Agricultural University and is currently a Research Coordinator for the Climate Smart Village Project in Nyaung Shwe, Southern Shan State of Myanmar.*

After Module 1, I wanted to contribute all of my skills and knowledge to other. It enhanced my commitment to help our society and also to protect our environment as more than I can. I have a chance to thought about my environment in past years and feel upset. Another point is that we always want to heal other but we forget to heal ourselves either. And also know that having a community living well around that being unite and help each other would be a kind of healing so. Everyone has

ability to do something and when they all together, they can happen everything. Having a GNH concept really impressed me and rethink about our country situation. The art of healing, singing and drawing the elements really made me sweet and pleasant. It could happen to me something strange. I don't know exactly but I can feel mysterious for sure. Lastly, living in a Karen community really made my emotions because although we're not from the same country and also have many different cultures and traditions they were made me really warm and such a kind of love.



**Muhammad-iffa Madthing: Grace (Thailand)**

*Grace is a rising junior at Chulalongkorn University studying International Relations.*

The Chula Right Livelihood Summer School has been one of the unforgettable memories of my life. I came to the program without any actual awareness of the importance of the nature, without any interest in this field of work. Module 1 was not really a good impression for me since I was not really into the lectures or any academic lesson. Because of that I felt like I didn't want continue the program. I was bored and felt like I gained nothing to raise my awareness for me. However, since the beginning of Module 2, I started to feel something. I am honestly

kind of an artistic character, so Module 2 was one of my favorite part. I was impressed by the singing session and painting. Not only art skills I developed, but also I learned a lot about myself, about who I really am, I learned about how each element relate to human. I learned to be more calm, patient, and relax. Module 2 impressed me a lot and made me look forward to Module 3. Coming to Module3, I thought I would be tough at first but since the first meet with the Karen people, I would say it was a really good first impression. I spent a lot of time talking to my Karen host family and exchanging our differences. The Karen people took care of me really well and made me feel warm and special. I learned a lot of things from this Module. I learned to live a simple life and money is really not a factor. I learned the value of sharing, caring, and loving. Anyhow, what strucked me the most was that the kids in the community don't really have the same opportunity as me in education. I want to change that. I want to do something to ensure that those kids deserve or get good quality education as I have always got. It is because I believe that good education will help them in developing their community and themselves. I wish someday I would be able to contribute to this point. I would say that Module 3 was the best Module for me. I love meeting new people. I love sharing and talking to Karen people. Overall the program has been amazing to me in a way that I will never forget. And I'm really glad I met everyone in the program.





**Naspas Chansawang: L (Thailand)**

*L is a fourth year Computer Science student at Chulalongkorn University.*

Thank you to CURLS2018 ,I never go to countryside place such a Makhampom, Chaing Mai before or take action about environment or society seriously . I am live in Bangkok, which is a very rush place, busy life and traffic jam. So in CULRS, I can have slow life to thinking who am I?, To understand myself more through art, music and relax with nature. We have time with nature (I like that part). I knew some facts that I never notice. Sombath's case aware me how important of law is. I know that some government focus on happiness of their citizens called GNH more than GDP so I think it is very good idea to apply with our country and I will start with myself, my family.

For the last things, I can meet people around the world who are concern about the same issue. That is very amazing.



**Quynh Nguyen: Alex (Vietnam)**

*Alex is 22 years old and likes to work on alternative education and sustainable development.*

To me, the final aim of education is supporting the individual to understand themselves and finding their right position in the society they are living. And I have found that in CURLS 2018. More than 14 days at CURLS is a long journey to me, it has happiness to see other people sing or draw, it has difficulties to accept the ignorance of myself, but it also has challenge to find the answer for the next-step I need to do after CURLS. Every day is such a long day but it is fulfilled. I know that we cannot find the final answer for the question

“who I am” but after CURLS, I strongly believe that I have enough understanding to know who I am in this moment, what I should do and can find my right position in the unpredictable world.



**Kanchana Suppaso: Kimberley (Thailand)**

*Kimberley is a student intern and participant of CURLS 2018 studying Sociology and Anthropology at Chulalongkorn University.*

CURLS was the first project I attended and was shocked because most of the participants were foreigners, but I was proud to be part of the CURLS 2018. The activities that CURLS prepared for us, I thought it was fun and learning together. I am a person who is not good at speaking and listening to English. I am a person who is not good at speaking and listening to English. Sometimes I feel afraid that no one will talk to me. But now I feel so okay. Finally, Thanks to everyone who comes to enjoy this project and thank you CURLS 2018 for giving

me the opportunity.



**Ishanya Anthapur: Ishy (USA)**

*Ischy is a student intern and CURLS 2018 participant studying Ecology and Evolutionary Biology at Princeton University.*

Curls 2018 has given me the gift of impetus. While I've been a generally knowledgeable citizen about ongoing crises and world issues, I haven't always been the most active person. At one point in my life I thought, "I do not want to get involved in politics because it won't really affect me- I will just continue to live my life like a normal person." However, CURLS has really woken me up to the fact that I have not only the power but also the responsibility to shape and change the world for the better. It has re-inspired my commitment to live an environmentally friendly lifestyle by committing to participating less in

consumerism and trying to conserve as much as possible. I am motivated to be an active resident in the world and fight for rights and equality for all living and non-living things. CURLS has taught me the importance of community and teamwork to accomplish different tasks. Mostly, I enjoyed meeting so many new friends and hearing all of their truly admirable stories. This is a group of people that will stay with me for a lifetime.



**Apichon Inthawong: Kross (Thailand)**

*Kross is a student intern and CURLS 2018 participant studying International Relations at Chulalongkorn University.*

Curls 2018 has opened up space for me to learn topics that I am not fully aware of, environmental issues and myself. It has given me the floor to express my thoughts, my feelings and things that I have never intended to do so, and in turn I can learn from the answers I gave. I've also learned a great deal from participants by listening to their intriguing story. Some of them even inspired me to do something that I thought I was incapable of. Moreover, Curls somehow makes me

question myself in the way that I've never done before. And one thing that I've learned from this program and it is the most valuable thing in my life is friendship.



**Ramesha Naika (India)**

*Ramesha is an Integrated M Phil-PhD Scholar in Tata Institute of Social Science, Tuliapur Campus Maharashtra, India.*

The CURLS programme give me learn many things in my life, it was wonderful learning journey of my personal life here everything new for me like Painting and Singing exercise, Home stay in Karen Community. The resource persons talked on environment issues, it has given to me express my thoughts and ideas and also Nnimmo Bassey said four things I will adopt my life, in that what I can do my society it more help for me. The healing the earth means when I am planting farmer land I feel that reconnecting to the my mother earth, no one get

chance to do this kind of activities but CURLS given to me good opportunity for me thank you so much this is one of the best programme I my life.



**Chan Myae Kyi Phyu: Kit Kit (Myanmar)**

*Kit Kit is a Project Officer of Interfaith Youth Cooperative Action for Peace (IYCAP) project of Nyein Foundation.*

I could reflect who am I again and what am I thinking kind of if I don't know myself or if I have no idea or if I am afraid to figure it out. I got to realize that if we want to reconnect with nature, the important is one's own commitment. Healing Earth is also a process of rediscovering the connection of Dhamma and Real World. Bringing back heart is that I always wanted to mention to the systematic robotic society. And I could listen to the sound of nature and universe. And then I could feel that we are the eyewitness of justice. That's why we have right to rise our voice loud. In hand level action PAR is the tool to measure Gross National Happiness. It is very technical very professional and if we want heal the society; we should help people but help professionally. At 7 Art, if I recall my memories of reflection, I felt so free, fresh, peaceful and nearly forgot to reflect. I have a dream that I always want to create a workshop space for recycle and drawing painting art. The part of healing to self is most different as very starting point. Although it is too deep but it is amazingly refresh into the inner core. This module gives me may innovations to revised between my job healing and my dream art. Staying in Karen Community was too short but the experiences that couldn't really create by myself is really amazing. The landscape and senses are almost similar to my country. Nevertheless, the difference is that we are in the terms of healing. It went deeper and approaches for collaboration with government is in the way of wisdom. And about the PAR tools, we can be notice that the theory and the practices are very different like sky and ground. But if we could apply into realistic well planned or documented, it will be more experimental. According to the project circle, we only could do no likely to the Problem Identification in Context Analysis. It is also helpful for the future because I believe that the reason why we are gathering here is to proceed to the healing journey.

In conclusion, there is no doubt that this program, CURLS 2018, brings the chance of healing, experience, friendship, networking and collaboration. It is deserved that the feeling, which comes out from Heart is more than word 'Thanks so much'. This is the milestone and I won't never ever forget the people around here.



**Ahmad Fikri Arief (Indonesia)**

*Arief lives near Borobudur Temple and is involved in organizations that promote spirituality, culture, and environmental wellbeing.*

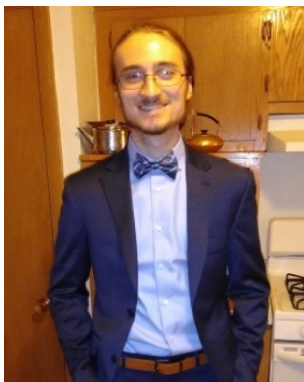
I made the best decision to participate in CU Right Livelihood Summer School 2018 and I won't ever regret it.

The programme helped me reconnect, memorize, recharge, reaffirmation of the human spirit and really hope giving to move out of my illusion of comfort zone, to think about what the world needs and how I can contribute to bring a positive changes.

The interactions we had with the change makers during CURLS were motivating. To me, ideas, values, wisdoms and philosophies shared in the program are worth living. They were deeply rooted into our religions, cultures and traditional values.

I believe that if a few of us commit to change and live by it, and engage others, the change we desire for will eventually come. I am now rich with ideas and inspiration to keep me moving in my life, to support our society, work for peace, social justice and care for the mother earth.





**Stephen Drena (USA)**

*Stephen is a second-year university student at University of Wisconsin Milwaukee at the School of Education. He also works as a student advisor at Wisconsin International Academy.*

I came to Thailand for the first time to participate in the Chulalongkorn University Right Livelihood Summer School, and I came not knowing what exactly to expect. For the past two weeks, I have spent every day with the other participants learning about complex global issues, new world perspectives, but most importantly about myself.

The message that I have taken most to my heart after spending time in this program is the importance of the human identity. Technological advances can be incredibly useful and meaningful to our society, but progress and development must be done the right way that does not produce suffering or increase inequality. Social media can be very meaningful in being able to see what is happening and communicate with our friends and family, but we should not become attached to superficiality as well as remember that maintaining close and real relationships with those we know and love is of the utmost importance to our well-being.

Reflecting on the past two weeks, I am grateful for the close and real relationships I have formed, those who shared with me their time, words, or home, and I believe that any problems we face as a society can be addressed by realizing the potential in our human ability.



**Dr. Rajendra Baikady PhD (India)**

*Rajendra is a social worker whose research examined impetus for social work education in a parliamentary democracy and in a communist regime – such as India and China.*

I was supposed to be a participant last year in CURLS but because of technical issues I could not make it last year. However, this year I am proud to be a part of this learning journey. The summer school has given me enough input on emerging issues and concerns related to the society, self and globe. Each day of program was a new learning, challenge to develop and become a better human. By the end of this 14 days exercise I have changed my perspective in many aspects and

developed more concern towards self, society and the earth. Thank you for all the members of CURLS 2018 for this unique opportunity and wish many more successful summerschool in coming years.



**Wipawee Teanleela: Amp (Thailand)**

*Amp is a freelance writer and she is in the coordinating team for CURLS 2018.*

CURLS 2018 is a really good practice for me. It guides me to learn how to be at the present and to focus on what we are doing in every moment rather than thinking of some other things that don't even happen right here and now. I have learned that all the anxiety could distract us and make us over thinking and feel depressed about ourselves, also everything around us. The intense time I spent with all my friends here help me a lot to know how to let go. This is a precious treasure I achieve and I will never forget.

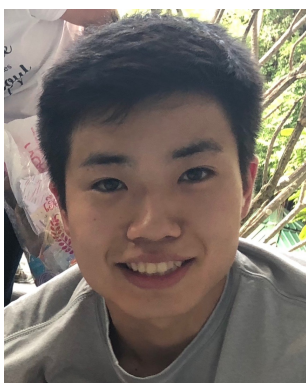


**Kanyanat Lertkhonsan: Kaem (Thailand)**

*Kaem is a student intern and CURLS 2018 participant studying International Relations at Chulalongkorn University.*

It's been such a blessing for me to be able to meet such interesting people. I was able to learn how to make new friends and compromise with them when it was needed. Going to the Karen village had made me realize what it is that I really want in life and who I really am. Nature has given me space to rethink and reprocess my own identity. I was spiritually healed for some reason. Arts and singing have provided me with a venue to express my feelings and portray them in a way that no one can understand. Altogether, I would want to come back to this

program and continue the process of healing.

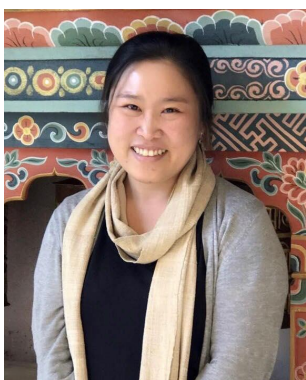


**Prannawat Munakata (USA)**

*Prannawat just graduated high school from the USA and is going to Japan for further studies.*

I recently graduated highschool in America this year. I am half Thai and half Japanese and was born in Virginia in America. I am part of three countries. I feel though that I am a little part of Thai, little part of Japanese, and a little part of American. Any of the countries I go to I feel like an outsider. So I question myself "Who am I?" Most my life time I felt like I was faking my personality and identity to fit in. I felt as I lost my identity. So I try to impersonate or act like someone else. However in Module 2 during art and singing seeing everyone in the group being themselves, expressing their true feelings and being proud

of their background and culture made me realize that it's okay to be proud, myself and different, because that's who I am. I am glad to had the opportunity learn during Curls 2018 about how important self healing is in order to heal others. I believe this program is my first step to achieve my dreams and become the ideal global citizen of this era.



**Narumon Paiboonsittikun: Mon (Thailand)**

*Mon is the Coordinator of Towards Organic Asia and the Director of Wongsanit Ashram Community. She is the leader and Coordinator for CURLS 2018.*

The CURLS 2018 is my third time to be involved in this programme. I feel grateful and gratitude to all participants and people who are being a part of it. In each year, I have learned differently and found out about right livelihood in diverse aspects. However, the key learning and the new experiences always brought back the old memories of people connections and the sense of communities which are really essential and meaningful for the group learning.

I observed that coming from different cultures we learned how to communicate and blend with each others, moreover, it could also help us to discover and understand ourselves and what we hold back, regarding our limitations and comfort zone.

To me, understanding, accepting, and honoring our true self is a part of nurturing our love and compassion, and more importantly to feel empathy for other...

The Mather Earth, societies, and ourselves need to be heal... the CURLS learning process is helping me healing myself. The learning journey gave me a deep peace and joy, I personally hope that all participants would experience the same in their own way.