



# UP VOICE

The Official Newsletter of the University of Puthisastra (UP)

**CHANDIGARH UNIVERSITY**  
Discover. Learn. Empower.

**NAAC GRADE A+**  
ACCREDITED UNIVERSITY

**VIRTUAL GLOBAL EDUCATION SUMMIT 2021**  
11<sup>th</sup> - 12<sup>th</sup> October, 2021

Social Innovation For Sustainable Development Through Global Academic Partnerships

**50+ ACADEMIC LEADERS OF INTERNATIONAL UNIVERSITIES FROM 26 COUNTRIES**

To Join, Visit <https://bit.ly/3A2sZ11>

**PANEL DISCUSSION : 2**  
Timing – 9:15 A.M. – 11:30 A.M.

**NEW AGE UNIVERSITIES : ROADMAP FOR MEETING GLOBAL CHALLENGES**

**EXPERT SPEAKERS**

 Prof. (Dr.) Arshad Ahmad Vice-Chancellor, LUMS University, Pakistan	 Prof. (Dr.) Nanda Bahadur Singh Vice-Chancellor, Mid West University, Nepal	 Prof. (Dr.) Mouhamad Mpezomihigo Vice-Chancellor, Kampala International University, Uganda	 Prof. (Dr.) Mahmood Hossain Vice-Chancellor, Khulna University, Bangladesh
 Prof. (Dr.) Ian Findlay President & Vice-Chancellor, University of Puthisastra, Cambodia	 Prof. (Dr.) Reynaldo B. Vea President, Mapúa University, Philippines	 Dr. Sushila Chang Vice-Chancellor, The University of Fiji, Fiji	 Prof. (Dr.) Eduardo Vera Director, International Affairs, University of Chile, Chile

## UP PRESIDENT PROF IAN FINDLAY CHAIRS SESSION AT INTERNATIONAL EDUCATION SUMMIT

On the 12th October, UP’s President Prof Ian Findlay chaired a session at a major International Education Summit “Virtual Global Education Summit 2021” hosted by Chandigarh University, India. Prof Findlay was joined by over 900 delegates, and over 50 Academic Leaders including university Presidents and Vice-Chancellors from over 26 countries.

Participants acknowledged that COVID has ripped apart societies and industries, including education, across the globe. Many, including universities, face financial ruin. Many universities, with their fixed old-fashioned views of learning and engagement, general complacency, are facing an extremely challenging future – assuming they can even survive.

Prof Findlay chaired the session entitled “New age Universities- Roadmap for meeting Global Challenges” where a range of university challenges were discussed, particularly during COVID, and what universities can do across the world to adapt to the new normal.

Prof Findlay gave a presentation on “New age Universities- Roadmap for meeting Global Challenges – the UP experience” which focussed on what UP is doing to prepare our students and Cambodia for an uncertain future. The presentation said that whilst students and universities and students face many challenges, a sense of “belonging” or “family” where universities are student-centred and students and universities work together could be more important to students than just their qualification. The presentation went on to discuss the steps that UP takes to improve student engagement:

UP, despite many, many challenges of providing high-quality education in one of the poorest countries in Asia ravaged by genocide, makes a major commitment to student-centered student engagement under 5 main themes:

### »» 1. Student communication

Genuine two-way dialog with students is key. How can we shape our joint future if we don’t communicate?

<b>WHAT’S UP ON CAMPUS</b>	• 15 OCTOBER 2021   COMMEMORATION DAY OF FORMER KING NORODOM SIHANOUK
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- a. **Student Senate.** Each year of each major elect representatives to the Student Senate who then elect Student Leaders. These Student Leaders meet regularly with university management and President to discuss issues, student suggestions and concerns.
- b. **Direct Communication with President.** Should students feel that other channels of communication may not be working or fear reprisal. Especially important in countries where dissent is discouraged.
- c. **Welcoming Events – Big Launch, games festivals–UP** hosts an annual “Big Launch” fun event, welcoming new and existing students to the new academic year. Includes games, cultural dancing, etc
- d. **Modern Mixed learning models** — UP offers flexible learning models including synchronous and asynchronous delivery, problem-based and case-based learning catering to a wide variety of learning styles including for theory (online, hybrid, flipped), hybrid for practical classes and experiential hospital-based practice.
- e. **Orientation week–** an informal interactive welcome making that all important first impression a positive one.

## »» 2. *Training (UP has delivered more than 900 training courses in last 12 months)*

- a. **Dedicated Learning and Teaching Department** – focused on Student Outcomes. Leading annual reviews of both Curricula and Assessment of EVERY course across all faculties ensuring that content is relevant and modern, and assessment are appropriate.
- b. **Teacher training for new technologies/skills (12 courses)** – ensuring that teachers are upto date with contemporary andragogical practices & technologies—challenging in a country where many teachers don’t even use email.
- c. **Student training for new technologies/skills (13 courses)** - ensuring that students can effectively engage with modern educational practices & technologies—challenging in a country where many students don’t have access to internet.
- d. **Dedicated Learning facilitators (6)** - provide group and individual learning support—providing ongoing group and 1-to-1 support to staff and students
- e. **Customer Service training of all student-facing staff**—ensuring the very best, welcoming and friendly customer service
- f. **First Aid Training** – free training for all staff and students

## »» 3. *Student co and extra-curricular activities*

- a. **Student Clubs** (Yoga, football, debate, chess, guitar, running, fitness)
- b. **Student Program Clubs** – dedicated clubs specific to each program e.g. Pharmacy Career Club so that students not only “belong” to university but belong to smaller “family” groups
- c. **Student Missions**– regular (monthly) trips providing aid, health checks to underprivileged groups. Promotes a sense of purpose, reinforces teamwork and giving back to community

## »» 4. *Student Support*

- a. **Dedicated Student Support team** – dedicated to improving student experience, organize student events, solve student problems, etc
- b. **Dedicated Student Mental Health Counsellor** (free)
- c. **PASS** (Peer-assisted Student support), wider ranging than just PAL (Peer Assisted Learning) – scheduled drop-in support sessions run by senior students
- d. **Learning Lounge** – scheduled revision topics, run by senior students
- e. **E-learning Centre** – comfortable, learning area with free computers, laptops
- f. **UPOP** – University of Puthisastra Online Platform—built on Moodle—allowing 24/7 access to learning materials
- g. **Technology Support** – free, very fast, unlimited on campus Wifi
- h. **Campus Facilities**– coffee box, canteen, MiniMart, dental clinic, eye clinic, First Aid room

## »» 5. *Student outcomes– career readiness focus*

- a. **English lessons**– 4 years of free English tuition for international success. Challenging when many students don’t speak English
- b. **Scaffolded curricula.** Each year builds upon the previous year with common threads of critical thinking and soft skills, English. IT and research skills embedded within each course
- c. **Career Corner** – posting of jobs, CV & interview preparation support
- d. **Annual Careers Conference** –CV writing training, mock interviews
- e. **Alumni Club**– regular support network, connecting students and future employers



The summit session also identified 12 major challenges and made four predictions:

#### Challenges:

1. Financial Challenges. As a direct result of covid, governments and students have less money to spend on quality education, yet quality education is becoming increasingly important. Universities will need to do much, much more with much, much less.
2. End of university complacency, universities are often slow to react and are internally focussed. If they are not quick to adapt, then they will cease to exist.
3. Change. "Only change in certain" and "By changing nothing, nothing changes". Change is inevitable - we have to adapt.
4. Need to be more co-operative, more internationalisation to share best practice
5. Need to be more student-centred, more student engagement and personalised education to fit the needs of the student rather than needs of university
6. Need to balance online learning with face-to-face as neither system is perfect. Students (and staff) need social interaction.
7. Increased student support, including mental health. Many students have lost valuable education years and will need to catch up.
8. Need much more focus on competency/outcome based curricula rather than old fashioned content based curricula. To prepare students for jobs.
9. Increasing need for transferable generic or soft-skills as we don't know effects of Industry 4.0 or what jobs will be needed in future. Graduates need flexibility and adaptability.
10. Increased short-courses, micro-credentials, CPD linked to life-long learning that will be increasingly driven by industry demand
11. Universities have to move away from being "ivory towers" to being much more engaging with students, industry and community
12. Need to be more proactive and make the changes we want rather than be left behind. We cannot be dinosaurs.

#### Four predictions for education in the next decade

1. Universities will become more "local" and focussed on students. Choice will allow students to demand much more.
2. The rise of Asian universities leading to significant reduction of international students (and associated revenue) to "Western" universities.
3. Many universities will split their research and teaching functions. Many don't do both well so they will become research only or teaching only.
4. Many more small courses, CPD, micro-credentials driven by industry need. Many universities will not be able to adapt and financially struggle leading to mergers.

# BLOOD DONATION DAY AT UP

University of Puthisastra, in collaboration with the National Blood Transfusion Center, will organize Blood donation event that will take place on 26th November 2021 at the University of Puthisastra. Save a Life, Give Blood.

The purpose of the event is to raise awareness and encourage everyone to join in blood donations, and to set a good example of being a brave and compassionate blood donor to the general public. Looking forward to seeing you on the 26th November 2021!

Pre-registration for the donation via the following link:  
<https://forms.gle/zGzmU3tBi6n6m3rS8>

**ផ្តល់ឈាម**  
Give Blood

**Save a life**  
**Give Blood**

បរិច្ចាគឈាមថ្ងៃនេះ  
សម្រាប់នរណាម្នាក់នៅថ្ងៃស្អែក  
DONATE TODAY  
FOR SOMEONE'S TOMORROW

ថ្ងៃពុធទី ២៦ ខែវិច្ឆិកា ឆ្នាំ២០២១  
November 26, 2021

បន្ទប់ កូស្ពូ  
KOSPO Room

ចាប់ផ្តើមពីម៉ោង ៨.៣០ ព្រឹក  
Start from 8.30am

សាកលវិទ្យាល័យ ពុទ្ធិសាស្ត្រ  
UNIVERSITY OF PUTHISAstra

# MENTAL HEALTH & RESILIENCE VIRTUE TRAINING OF TRAINER PROGRAM

**HERO-SEA**  
Healing, Education, Resilience & Opportunity  
for Healthcare Workers in Southeast Asia

Implementing partners:  
ASSIST project HOPE

**Mental Health & Resilience  
Virtual Training of Trainers Program**

**Cambodia Leg**

HERO-SEA's overall aim is to **empower SEA healthcare workers and first responders as mental health heroes** to provide an additional lifeline of hope for themselves and others during this health crisis.

The HERO-SEA Master Training Course covers the following MH&R modules:

- Wellbeing, Stress, Trauma, Resilience
- Supporting Ourselves & Others
- Impact of Stress and Trauma on HCW's Wellbeing
- Building a Resilience and Wellness Program
- Personal and Professional Wellbeing

Through the HERO-SEA program, beneficiaries will be able to:

- Learn effective mental health & resilience strategies!
- Be certified to train others in your network!
- Receive high-quality content from MH experts from NYC Health + Hospitals!
- Have improved wellness through self-care plan!

Scan me to register! Scan me to learn more about HERO-SEA!

Co-organized with:  
ASSIST project HOPE  
UNIVERSITY OF PUTHISAstra

For partnerships, and to learn more how you can be a Mental Health Hero for your community, please contact the HERO-SEA team at [events@assistasia.org](mailto:events@assistasia.org)

University of Puthisastra, in collaboration with Asia Society for Social Improvement and Sustainable Transformation (ASSIST) and Project HOPE (PH) to host Mental Health & Resilience Virtue Training of Trainer Program.

As the health system's first line of defense, healthcare workers (HCWs) bear the brunt of the COVID-19 pandemic challenges physically, emotionally, and psychologically. While the physical demands of the job remain, a greater burden highlighted by the collective experience of fear and anxiety surrounding the virus, is affecting their mental health.

This is our privilege to represent Cambodia to cooperate with ASSIST- PH to promote mental health for our Cambodian health care workers who have been working so hard and overload for the past 24 months to combat Covid 19. It is time for frontline health care delivery to pay attention to their mental health and learn how to stay longer in the profession.

The training of the trainer program will be held on 23rd October and 30th October 2021 from 2pm to 5pm virtually.

Please join us by scanning the QR code in the flyer.

# THE FOUNDATION YEAR OFFICE TO WELCOME STUDENTS BACK TO CAMPUS

We are very excited in the Foundation Year Office to welcome students back to campus, and we would like to invite everyone to come visit us in the E Building, in room E11 (on the first floor). It has been a pleasure to engage with our students in online classes over the last four months, and we want to help you finish the semester strong and be ready for the new academic year.

Please come introduce yourselves and let us get to know you and support you in your current challenges and future opportunities. We hope to see you soon!

# THE FACULTY OF MEDICINE PARTICIPATED IN THE “CONSULTATIVE WORKSHOP WITH TRAINING INSTITUTIONS” ORGANIZED BY THE MINISTRY OF HEALTH

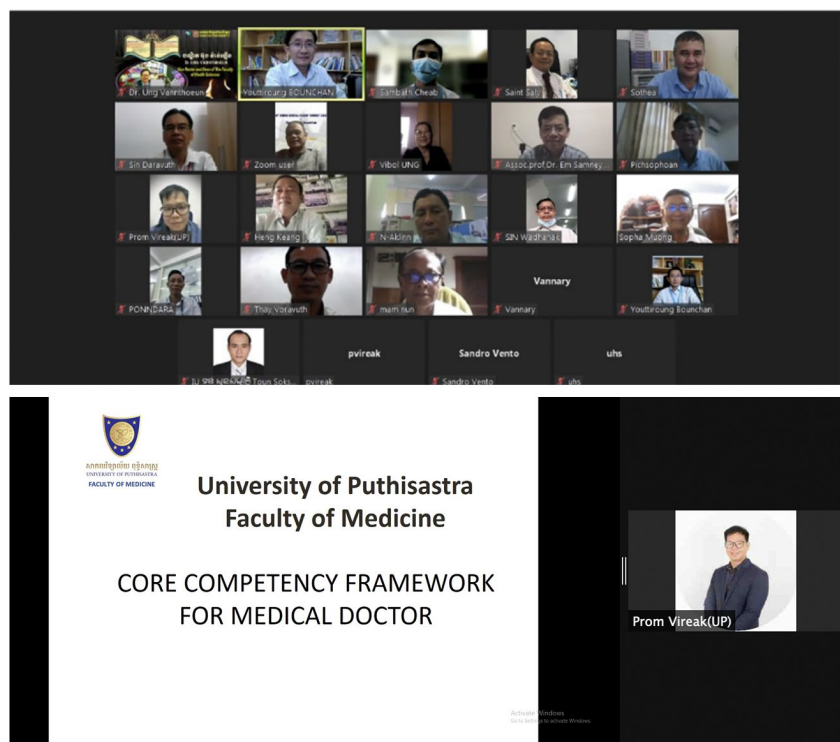


**ព្រះរាជាណាចក្រកម្ពុជា**  
**ជាតិ សាសនា ព្រះមហាក្សត្រ**

**ស្រុកសុខាភិបាល**

**កម្មវិធី**  
**សិក្ខាសាលាពិគ្រោះយោបល់ស្តីពីការកែសម្រួលក្របខណ្ឌមគ្គុទ្ទេសក៍វេជ្ជបណ្ឌិត**  
**ថ្ងៃទី ១២ ខែ តុលា ឆ្នាំ ២០២១**

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១៧:០០	បិទសិក្ខាសាលា	ឯកឧត្តមនាយកគម្រោង ឬតំណាង



On 12th October 2021, the Dean, the Deputy Dean for Clinical Affairs and the Assistant Dean for Education of UP Faculty of Medicine participated in the online Workshop in Khmer about “Core Competency Framework for Medical Doctor”, organized by the Ministry of Health and sponsored by the World Bank.

H.E Prof. Thea Kruey, Secretary of State, highlighted that it is crucial to seek opinions and feedback from public and private universities providing medical training in Cambodia. He also mentioned that the final draft of the core competencies will constitute the basis for the national MD curriculum that should be reviewed next year. The update is prompted by the modernization of medical training around the world.

The core competency framework consists of 7 areas that will allow medical doctors in Cambodia to be able to be excellent, after completing their internships, in: (1) Patient Care, (2) Family and Community Health Care, (3) Professionalism, (4) Collaboration, (5) Leadership, (6) Communication/Education, (7) Clinical Research.

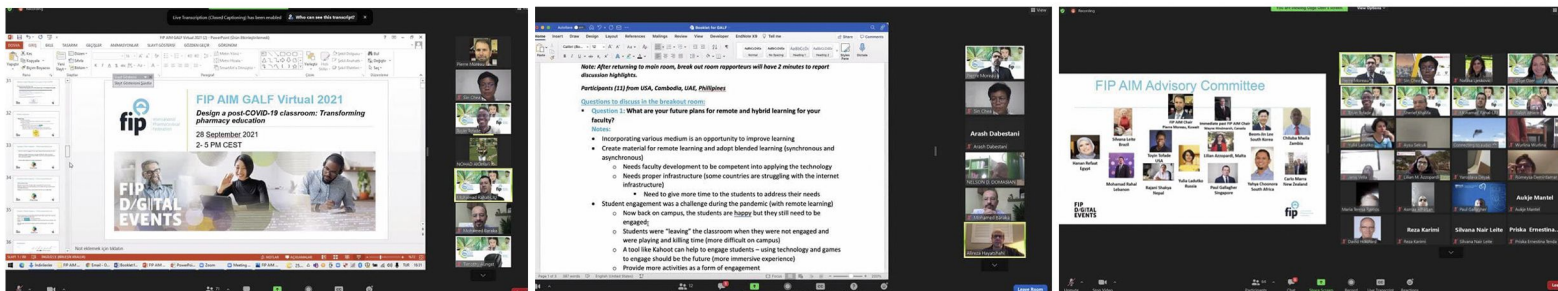
Dr. Prom Vireak, Deputy Dean for Clinical Affairs of the Faculty of Medicine, presented the UP Faculty of Medicine’s observations on the draft. All the other universities also provided their inputs. The MoH will consider these feedbacks in an eventual modification of the draft and will call other workshops in the coming months.

# DR CHEA SIN, DEAN OF FACULTY OF PHARMACY, REPRESENTS CAMBODIA TO JOIN GLOBAL ACADEMIC LEADERS FORUM (GALF) 2021

FIP AIM GALF 2021 Virtual took place on Tuesday, September 28, 2021, from 14:00 to 17:00 CEST (Amsterdam time). FIP AIM GALF 2021 Virtual was designed to answer the developing world’s needs in innovative and collaborative ways and this year’s topic is “Design a post-COVID-19 classroom: Transforming pharmacy education”.

Keynote speakers were giving educational perspectives to provide leadership teams an opportunity to get together in the GALF workshop’s virtual breakout rooms. As the only one member of International Pharmaceutical Federation from Cambodia, Dr Chea Sin was invited to join this important forum to discuss the way forward together to improve pharmacy education around the world.

This forum gave an opportunity for Dr Chea Sin to contribute to two workshops. One workshop was held to discuss how to plan for remote and hybrid learning after COVID 19 for faculty of pharmacy and the options to move forward by adapting face to face and or online learning which called hybrid flexible or HyFlex. The other workshop was held to discuss about leading change to improve pharmacy education. The participants are deans of faculties of pharmacy from all over the world. Dr Chea Sin is happy that UP is moving in the right direction as other developed countries in term of teaching and learning during COVID 16 and plan for teaching and learning after COVID 19.



## WHAT IS QLTS?

The Department of QLTS (Quality, learning, teaching and Students) consists of a diverse team of individuals who are enthusiastic about education. Our teams include Learning and teaching, Student Services, Learning Centre, and Engagement and Partnership. While we often work in the background we would like to introduce you to our Learning and Teaching team today and how we are here to support UP and how we hope to support you!

### LEARNING AND TEACHING

#### *The team*

The Learning and Teaching team consists of two individuals Boy Vibol our coordinator and Nguon Serey our Learning and Teaching officer.

#### *What we do*

Our team in Learning and Teaching work with teachers to improve the overall quality of teaching at UP. We conduct training and delve into the latest scientific research of teaching and learning to bring that information back to our lecturers. We also work one on one to help lecturers create powerpoints, lessons and strategies for teaching students.

#### *When to contact us*

If you have any questions we are happy to answer, but more specifically you contact us if you are having trouble teaching a subject, looking for more innovative ways to teach, or have any questions related to teaching and learning.

#### *How to contact us*

Contact Vibol at: [bvibol@puthisastra.edu.kh](mailto:bvibol@puthisastra.edu.kh)



# UP PHARMACY IS READY FOR LAB REOPENING

COVID-19 has been a difficult and challenging issue across the world. Many people, particularly in tourism, trade and hospitality have lost their jobs and their hopes for the future. Many universities too across the world and in Cambodia are facing extreme financial difficulty. Anyway, University of Puthisastra has run its functionality smoothly even during the COVID-19.

Although, UP is closed, teaching and learning has transferred to online learning. Anyway, the practice activity is postponed nearly one semester. After UP members both lecturers and students were all vaccinated, the choice of lab reopening was considered. Now, it becomes in reality. All pharmacy laboratories are reopened to welcome students to finish all courses which were delayed around 5 months.

Lab practices are conducted in lab and via online. All students and lecturers must respect guidelines of COVID-19 health measures by keeping social distancing, wearing masks, and washing hands and respecting the existing lab rules.

Lab program is also shortened to only focus important competencies which the market currently needs. All lab reagents and materials are well prepared in advance for students to practice by lab technicians. During the covid pandemic, learning and practicing activities in UP is functioning normally by focusing the quality as the priority.



# WHO ARE UP STUDENT SENATE S 2021?

To get your voices heard and your problems solved, we are here to help our UP-ers to reach the destination.

- CHUONG CHANBOROMEY - President
- HUON MARADIN - Vice President
- NUT SO PHEAP Secretary & Treasurer

DON'T HESITATE TO CONTACT OUR REPRESENTATIVES via the following email address: [upstudentsenate@puthisastra.edu.kh](mailto:upstudentsenate@puthisastra.edu.kh)

## HOW TO CONTACT OUR REPRESENTATIVES? FOUNDATION YEAR

- NOP Saknessa: [nsaknessa.student@puthisastra.edu.kh](mailto:nsaknessa.student@puthisastra.edu.kh)
- HOUR Lenghuy: [hlenghuy.student@puthisastra.edu.kh](mailto:hlenghuy.student@puthisastra.edu.kh)

## MEDICINE

- ATH Christina: [achristina.student@puthisastra.edu.kh](mailto:achristina.student@puthisastra.edu.kh)
- YEN Chheanghong: [ycheanghong.student@puthisastra.edu.kh](mailto:ycheanghong.student@puthisastra.edu.kh)

## PHARMACY

- KHAI Pechpisey: [kpechpisey.student@puthisastra.edu.kh](mailto:kpechpisey.student@puthisastra.edu.kh)
- PHALLY Panha: [ppanha1.student@puthisastra.edu.kh](mailto:ppanha1.student@puthisastra.edu.kh)

## ICT

- UN Nalis : [unalis.student@puthisastra.edu.kh](mailto:unalis.student@puthisastra.edu.kh)
- LIM Yonghay: [lyonghay.student@puthisastra.edu.kh](mailto:lyonghay.student@puthisastra.edu.kh)

## DENTISTRY

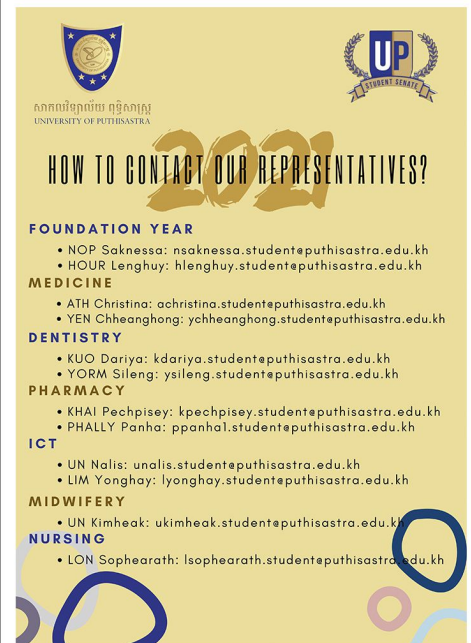
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# KRU PET K'NHOM ( MY DOCTOR) ARRIVED AT THE FINAL ROUND OF YOUTH 21 PROGRAM

Congratulations to the UP students who made it to the final round of the "Youth 21" program under the theme "Digital Entrepreneurship"; Project: Kru Pet K'nhom (My Doctor) aims to facilitate the research and appointment with trustworthy doctors in Cambodia. Youth21 is a Business plan competition organized by the MOEYS open to young students to use digital technologies to solve real life problems.

On September 27, 2021, 10 groups of young people from well-known higher education institutions in Cambodia participated in the digital business plan competition after they did an internship and research with two private companies. Months ago, a judging panel is invited from ministries, public institutions and private companies to evaluate video contests, business plan pitching and business plan books.

Which team will be the winner of the Youth21 program in 2021? Wish them good luck at the final round in November.





# LEVEL 2 AND LEVEL 3 NURSING STUDENTS CLERKSHIP AT HOSPITAL

On the 11th October 2021, UP nursing department led 25 associate nursing students and 10 bachelor nursing students to Hospitals in Phnom Penh for their clinical clerkship. It is a crucial time for student's clinical training in order to obtain experiences and apply their knowledge and skills before they can move on to their final year and become a graduate nurse in the near future.

Students have finished their theory and practice hours at school and they have met their requirements before they are qualified to go to clinical clerkship.

Nursing students are divided into 3 smaller groups to place in different hospitals such as Pochentong referral hospital, Phnom Penh referral hospital and Preah Ang Doung Hospital. The Clinical Instructor at the nursing department will follow up students at these hospitals to guide and support them.



# MEDICAL STUDENTS RE-START CLERKSHIPS AND INTERNSHIPS IN THE HOSPITALS

Due to the COVID-19 outbreak, in the last 6 months UP medical students have been unable to do their clerkships and internships in the hospitals. The situation has now improved and, after carefully weighting pros and cons and consulting the students and the hospitals, the Faculty of Medicine has come to the conclusion that medical clerkships and internships can restart.

Among the reasons for this decision, the fact that 100% of our students have received at least two doses of vaccine, that through their volunteering work in the vaccination program and/or in COVID-19 patients care, they are well aware of infection control procedures, and the fact that the University will re-open on 11th October.

The students will be in various hospitals in Phnom Penh, including Preah Ang Doung Hospital, Phnom Penh Referral Hospital, Khmer-Soviet Friendship Hospital, Preah Kossamak Hospital, Preah Ket Mealea Hospital, Cho Ray Phnom Penh Hospital, National Pediatric Hospital' the students will also be at Angkor Hospital for Children in Siem Reap and Battambang Referral Hospital in Battambang Province.



## MD STUDENTS SUCCESSFULLY DEFENDED THEIR THESIS ONLINE

On 28th September 2021, three medical students, Mr Ly Chanthanute, Ms Thuch Pichleaksmi and Ms Yourk Chanleaksmi, successfully defended their thesis entitled “Retrospective Study of Tuberculosis in Children admitted to Srey Santhor Referral Hospital, Kampong Cham from 2014 to 2017”. The students got “Pass with Credit”. The thesis was supervised by Associate Professor Dr. Saint Saly.

The Thesis Examination Committee (TEC) was made of Dr. Svay Somana, Dr. Mao Heng, Dr. Ouvong Vibol. The Thesis Defense Session was chaired by Dr. Chea Sin, Dean of the Faculty of Pharmacy at UP.

The study found that childhood tuberculosis occurred mainly between the age of 6 and 10 years. The number of cases of pulmonary tuberculosis was much lower than expected. Likely due to the implementation of directly observed therapy, most cases were successfully treated.

We congratulate the newly graduated MD students and wish them a successful career!



## LAB SCIENCES STAFF COMPLETED REQUIREMENTS TO JOIN YSEALI

Mr. SENG Thako is presently working at the Department of Laboratory Sciences, Faculty of Health Science and Biotechnology, University of Puthisastra as a Laboratory Rotation Officer. In September 11, 2021, he completed all requirements of YOUNG SOUTHEAST ASIAN LEADER INITIATIVE (YSEALI) for taking part in The YSEALI Regional Workshop: “Enhancing ASEAN Human Capital in Health” which will have been held by January 2022.

The YSEALI Regional Workshop: “Enhancing ASEAN Human Capital in Health”, is a virtual event that will be held in January 2022 from Hanoi, Vietnam, with pre-workshop activities start from November 2021. This workshop provides a unique opportunity for emerging leaders from across Southeast Asia to bring together their unique potential, energy, enthusiasm, and creativity in order to promote the health and wellbeing of the ASEAN community.

This program will focus on building a strong network of young leaders from Southeast Asia who will be motivated and prepared to identify shared global health issues and work collectively toward multiple solutions. Participants will gain the knowledge and skills needed to address some of the most pressing human capital issues in the region’s health sector through interactive plenary engagements, breakout sessions, group work, immersive lessons and success stories from many regional and U.S. practices.

*“YSEALI has been noticed as a good program that was launched in 2013 for young ASEAN people. By take part in this program, we can gain our knowledge, experience, and skill related to health education. Especially, it is a good time to build up our capability in leadership skills and networking across the ASEAN region. It is more than just about gaining an education; it is also about communicating with new people, exchanging experiences, sharing, and learning about each other’s cultures (culture awareness). I believe it is vital for me to further my education beyond where I am now, so that I may more broadly share my knowledge and expertise with my younger generation.”* Thako said.

