A celebration of lifelong education

Volume 5 Issue 3
Number 18
March 2013 – May 2013

Free copy

Two boys at the start of an Amazing Race
see page 8
Prem proudly announces the introduction of the **IBCC Diploma in Hospitality**

From August 2013, this diploma will open new doorways for senior students seeking careers in hotel and restaurant management. It joins the IBCC Diploma in Sport, now in its third year at Prem, the only school in SE Asia to offer all four IB programs.

*Eunice (Grade 11)* was a model for the IBCC photo shoot and is the Chinese Student Representative in Boarding.
International Performers Delight

The school recently enjoyed two very special concerts featuring international performers from the world of classical music – and the concerts were worlds apart!

HE Admiral ML Usni Pramoj returned to the school for a mini-concert for the students, prior to presenting the same concert at the nearby Four Seasons Resort for members of the general public as part of his charitable work in raising funds for, on this occasion, the Red Cross. ML Usni is a Privy Councillor and Thai National Artist, as well as recipient of the ASEAN Award for the performing arts and an Honorary Doctorate of Music from Silpakorn University. He was accompanied by Tasana Nagavajara, an internationally-acclaimed violinist recently returned from a number of concerts around the world, other fine string players and on this occasion, a clarinet player who was the featured artist in the first concert piece – Mozart’s Clarinet Quintet in A Major.

Their second piece was a great contrast – the modern String Quartet Number 3 by Dmitri Shostakovich. While the younger students enjoyed the musicality of the Mozart, many of the older students – especially the music students and staff – found the challenges of the Russian composer’s work more rewarding.

The second concert again paid tribute to Wolfgang Amadeus Mozart, but a wider audience, consisting of students, staff, parents and many from the greater Chiang Mai area, attended this concert.

Mad About Mozart

Mad About Mozart was an opera concert featuring singers from USA, Korea, Thailand and Spain under the inspired leadership of Stefan Sanchez, the founder and CEO of Grand Opera (Thailand) and of the European Chamber Opera (ECHO). The opera concerts have almost become – like the Usni concerts – an annual feature of the musical life in Chiang Mai. In November 2011 Prem presented Sanchez and his delightful singers in a gala concert called Opera Under the Stars – a night many will remember, not only for the fine music, but for the display of fireworks over the lake at the end of the concert.

Mad About Mozart featured performances of arias from several Mozart operas, as well as from works by Bizet, Puccini, Rossini and Benjamin Britten. The concert drew crowds from Chiang Mai and beyond: one family had read about the concert while in Phuket and decided to combine a family wedding with a night at the opera and so came to Chiang Mai several days early to join other guests at the concert. A surprise call from a music lover in California, who was planning a journey to Thailand, showed how far modern “word of mouth” marketing can reach!

Mad About Mozart was presented on St Valentine’s Day – and so many of the songs reflected the true love found in operas from around the world, although the rather twisted and mischievous love seen in Tytania’s Aria from Britten’s A Midsummer Night’s Dream may make many people aware of the power of the full moon ...
There is a Thai idiom that speaks of applying the gold-leaf of merit making to the back of a Buddha image, meaning that many good deeds take place with no-one noticing them. The River Guardian project, initiated by the Traidhos Three-Generation Barge Program in collaboration with State University New York Buffalo, may have been one such good deed, until the Barge Program was invited to share the project, as a case study of good practice, at the South East Asia Geography conference (SEAGA) held recently in Singapore.

The Conference took the theme Whose Geography? Space, Place and Cultures of Asia and drew together academics and practitioners from around the world. Keynote speakers challenged delegates to embrace 21st century learning and to involve students in real-life geography.

The River Guardian project currently involves five Thai government schools between Pathum Thani and Bangkok. The schools all have one thing in common: they are located on the banks of the Chao Phraya River. The project helps students understand the river more, and once they appreciate its importance, to take action to protect it. Whilst most playgrounds in Thailand resound to children singing the rhyme about the main tributaries of the Chao Phraya River:

The Chao Phraya River
With four tributaries
Ping, Wang, Yom, Nan flowing
The four rivers join at Pak Nam Pho

few really appreciate that the river flowing near their homes and schools is part of a river system coming from somewhere and going to somewhere else, forming the largest watershed in Thailand.

A rich history

The Chao Phraya is a river responsible for much of the country’s rich history. From the days of Chinese and European traders travelling its waters in junks and galleons, the extravagant processions carrying distinguished noblemen, fishing, farming and brick making communities that developed along its banks to today’s transportation of building materials and the tourism industries it supports, the Chao Phraya remains the life-blood of Thailand.

The River Guardian Project has four phases aiming to raise awareness of the importance of the watershed and the way we connect to and rely on it.

After activities to understand the watershed more, students are engaged in monthly sampling of the water quality close to their schools. The third stage involves a community investigation around the school area using AtKisson Compass of Sustainability as a thinking tool. The final phase involves students in action that could improve water quality by reducing a negative influence identified in their area, or developing something which contributes positively to the health of the river. Students are involved in envisioning the perfect river environment and thinking critically from different viewpoints, as they explore the connections between actions and water quality and making decisions as a team.

As part of the SEAGA conference, participants visited the Barrage in Marina Bay to learn more about the lengths to which Singapore has gone to ensure there will continue to be enough clean water for the ever-growing population and to view the exhibits about water and sustainability. The impressive galleries and engineering feats of desalinating seawater made the River Guardian project seem so small, but like the proverbial drop in the ocean, the varied experiences of the conference helped delegates realise that living sustainably is about each person doing his part with small life-style changes as well as decision makers being informed to influence big government level projects. The River Guardians along Chao Phraya River are engaged in just such experiences and activities.

Over the next year, River Guardians plans to expand to the North of Thailand, to work with students close to the source of the Chao Phraya’s tributaries. Schools wishing to participate should contact barge@threegeneration.org.
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This academic year, the Traidhos Three-Generation Community started a unique partnership with UK Arts Organisation ‘Surface Arts’.

Building on the organisation’s aim to further develop creativity and artistic engagement for all its members, the partnership is an essential cog in moving forward with this vision.

Working with a wide range of international artists and arts practitioners, this collaborative model allows opportunities for Prem’s young people to engage both as audience members and as active participants. For the Traidhos community, the benefits of exposure to different artists and art forms are both exciting and wide-ranging.

The benefits include complementing our existing curriculum, enhancing our co-curricular programs and most importantly, developing young people as artists in their own right. Creative collaboration with arts professionals not only engages the imaginations of students, but it also gives them a valuable insight into the professional arts sector.

**Hip-hop and Banana Leaves**

The artists also value the experience of working with students and staff. From fashion designers, performance artists, Hip-Hop dancers and musicians, the partnership allows participating artists to benefit from a wide range of mentoring opportunities.

Artists from Surface Arts engaged in the program develop the fundamental skills necessary to work effectively within formal education environments. Receiving advice, guidance and feedback from arts education professionals, they develop their own practice and in turn become more marketable.

Looking to the future, the partnership is aiming to bring more internationally acclaimed artists to Chiang Mai and to develop more sustainable links with local and international arts organisations.

In a world where creativity is rapidly becoming more important than knowledge alone, our community is embracing the arts and embedding them into the fabric of who we are and what we do.

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1 Wearable art instructor Chakkrit Chimnock with Ajarn Yuwadee and students
2 Ryan B (Grade 5) with his banana leaf headpiece
3 Hip-hop dancer Tune from S.I.N.E. Crew Vietnam with Ajarn Mark and students

Alex Soulsby
Traidhos Arts Projects Manager
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The Amazing Race

The 1965 American slapstick film *The Great Race* featuring Jack Lemmon, Tony Curtis and Natalie Wood showed a crazy race around the world doing battle with dastardly devils and exploding engines. A later incarnation of the race motif is seen in New Zealand actor Phil Keoghan’s television series *The Amazing Race* where teams of two battle each other – and all the local challenges Keoghan and his team can throw at them, as they travel around the world seeking out ever more exotic locations. Most episodes end in tears for one or more of the competitors, and at the end of each episode, someone is usually the last to arrive – and is summarily eliminated.

No tears. No eliminations. No dastardly villains: that is the happy side of Prem’s Amazing Race recently held on the Three-Generation Farm.

The “race” in one format or another, has long been a feature of the Visiting Schools Program, but was adapted for the wider range of participants by the team leader, Michael Horrocks, assisted by Adam Combie, each a VSP member at the Traidhos Three-Generation Community for Learning in Chiang Mai. The February event was designed to bring members of the wider community together in a wellness program – and to have fun doing so.

Over two hundred children and adults – from Chiang Mai, Prem school, Hope and a Future Learning Centre and COSA (The Children’s Organisation of Southeast Asia) – joined the fun, doing battle with the clock, with each other, with torrential rain arriving in an unseasonal thunderstorm and with the “man-eating worms” hiding in the vermiculture plot.

The aim of the race was two-fold: to complete the course in as short a time as possible, making sure that their special “friend” (a soft-skinned ripe tomato carried in a spoon throughout the whole race) survived the challenges, and to amass the greatest number of points. Not only did competitors scramble through the earth finding as many worms as possible, but they also had to try their hands at making traditional Lanna-style mud bricks, walking on stilts, testing their nerves and their taste buds with chilly pepper tastings and deep fried grasshoppers, and making traditional decorative pandanus roses.

One adult, responsible for two teams of very young competitors, said proudly that his team earned 127 points – and loved every minute of it. Their tomato friend, on the other hand, did not fare so well, and ended up squashed under a brown rubber boot thrown during the Welly Golf Challenge.

For more information about any future VSP event, please contact Michael Cumes at michaelc@threegeneration.org

1  Jin Su K (Grade 7) with Avery C (Grade 8)
2  VSP Staff Michael Cumes and visitors at the “Isn’t it Yummy?” challenge
3  VSP Staff Momy with Tanya C (Grade 12) making pandanus roses
4  Ajarn Kate finds that red-hot chillies are … hot
5  Yiga D (Grade 8) tries eating a grub
A chaotic storm was brewing as swords clashed over Helen of Troy, whose iridescent beauty sparked the greatest war the Prem auditorium has even seen. This captivating story of gods, romance and bloodshed certainly entertained!

Two packed houses enjoyed the classic Homerian tale as re-told by director Borys Maciburko, Judy Knox and Caroline Martin Hughes.

Featuring a cast and crew of over fifty students and adults the show gripped the audience from the colourful opening dance number and enthralled them as the gods tempted the mortals into desire and conflict. Greek and Trojan armies battled it out over the most beautiful woman in the world – Helen – played by Chris Clarici. Completing the love-tossed triangle were Paris (Luc Picone) and Menelaus (Christian Hultberg), with the fiery Achilles (Ben Wright) and Hector (Joseph Brunning) playing leading roles.

A particular strength of TROY was the choreography – dances by Agnes Wdowik, sword fights by Joel Johnson, and archery sequences by the director. Seldom have school students with bamboo bows and arrows – and mighty clanking heavy swords – been so effective or so complemented by dance routines ranging from Zorba the Greek to more traditional and festive folk dances. The technical aspects of the production were also strong, with an exceptional sound track underscoring all the emotional and exciting moments of the production, and some excellent lighting and smoke effects adding to the stylised minimalism of this elegant production.

At one point during the evening I allowed my attention to be drawn by two Grade 8 students sitting opposite me. They were gasping, shrieking, crying and laughing as the different elements of the drama unfolded in front of them on a crisp white set that conjured images of Greek islands like Santorini.

The photographs on these pages will give readers a glimpse into this tale of beauty, desire, love and revenge that has so captivated the imagination of audiences around the world since it was first viewed in Greece almost three thousand years ago.

Photography by Okuno
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While exploring poetry, Grade 3 students at Prem took long walks to get inspiration for various types of poems which included haikus, diamantes, free verse and limericks. One afternoon they sat outdoors in the amphitheatre and thought about colours, while imagining what they could taste, feel, smell, sound, and look like. Here is a collection of some of the Grade 3 students’ colour poems. At the end of their poetry unit, the students celebrated their learning by hosting a ‘Poetry Tea’ to share their work with parents, teachers and friends.

**Green**
Green pops out when nature is there,  
Green is the colour of grass and leaves.  
Green tastes like sweet apples,  
Green makes me fresh everyday.  
Green makes me feel like I’m a breeze in the sky,  
Green looks like water, trees, leafs and grass.  
Green tastes like a lemon,  
Green makes me feel like I’m sleeping on grass.  
Emmy

**Blue**
Blue is cold like sucking on an ice cube.  
Blue taste like salt water from the ocean.  
Blue sounds like the rushing of water from a waterfall.  
Blue feels like relaxing in a swimming pool  
Blue refreshes me after a cold drink of water.  
Blue is the colour of raindrops.  
Raffi

**Yellow**
Yellow makes me think of hot sunlight.  
Yellow tastes like a sour lemon.  
Yellow is the mountain covered in sunflowers.  
Yellow is the colour of a lion lying in the sun.  
Aaron

**Amber**
Amber red is the colour of a rose blooming in the spring.  
Amber red is the feeling you get when you sit next to the fire in the cold winter.  
Amber red is the sound of a warm fire crackling with coal and wood.  
Korben
Purple  
Purple is the flowers in the forest,  
Purple are the butterflies in spring.  
Purple is the taste of nice cold ice cream,  
Purple is the taste of yummy chewy candy.  
Kai

**Grey**
Grey is the colour of a fortune-teller,  
Grey is the taste of slime.  
Grey is the colour of dirty water,  
Grey is the sky before rain.  
Grey is an old building crumbling down,  
Grey is the colour of the Eiffel Tower.  
Gino

**Brown**
Brown is the smell of soil beneath the earth.  
Brown sounds like leaves beneath your feet.  
Brown is the feeling of mud between your toes.  
Brown looks like a rushing, muddy river.  
Brown tastes like a piece of chocolate cake.  
Brown feels like bumpy bark.  
Holly
But what is this country that is home to almost thirty staff members and students at Prem?

Australia has an ancient aboriginal history and culture and a very young European presence. Over twenty million people, many of whom have moved to this island for a better lifestyle, now call Australia “home”. It is the world’s sixth largest country after Russia, Canada, China, the USA, and Brazil. At 7,692,024 km², it accounts for just five per cent of the world’s land area, and although it is the smallest continental landmass, it is the world’s largest island ... an island with scores of other islands dotted around its coastline from Thursday Island in the far north to Tasmania in the far south. In the middle of the country, far from tropical islands, there are huge deserts and the world’s largest population of camels.

These creatures were originally imported and used in the construction of early railway and telegraph lines, and their Afghan handlers gave their name to one of Australia’s most famous trains. For railway lovers, Australia’s vast distances provide opportunities for long-distance train travel – on The Ghan heading north from Adelaide, or the huge 4352 kilometre journey from Sydney to Perth on the Indian Pacific train.

Eating anywhere in Australia can be a delight because there have been so many migrants to Australia over the years. Greeks and Chinese and Vietnamese and Canadians and Italians and English have all migrated to Australia, bringing with them their culinary skills and foods. Modern Australians can enjoy Aboriginal and bush “tucker” by a campfire in a remote rural area, fresh abalone and salmon harvested from Tasmania’s chilly waters or rock lobsters from the Pacific, great gutsy shiraz wines from the Barossa Valley or gourmet international foods served in a floating restaurant cruising Sydney harbour by the famous Opera House.

It is a country of contrasts. There are wilderness areas for hiking, parks for picnics, mountains for skiing, and for many Australians, there are the beaches for early morning swims followed by an Aussie meat pie or two for lunch. Even more contrasts are found in the pearl fishermen in Broome and the city businessmen in Melbourne, the rock concerts and The Marriage of Figaro performances, Australian Football League (AFL) fanatics who paint fingernails and houses and cars in their team colours and gentle croquet players on manicured greens. There are striking examples of modern architecture standing tall beside modest Colonial sandstone mansions. There are cathedrals and mosques and temples and synagogues; and crazy, crowded, jostling city streets – and remote lonely outback billabongs where not even a frilly-necked lizard is moving.

Kangaroos, wombats, koalas, platypuses and Tasmanian Devils are some of the more unusual residents of our country and are popular with camera-touting tourists, but other residents are less popular: blue-ringed octopus, stone fish, red back spiders and the great white shark are Australians most people want to avoid.

Australia and China share in two remarkable claims. China’s Great Wall is reputedly the only man-made object visible from outer space, and Australia’s Great Barrier Reef is the only non-man made object similarly visible.

Whether it’s meat pies or picnics, Australia’s beaches, cities, countryside and beautiful parks provide the perfect settings for life in the twenty-first century.

1 Everyone loves “a flutter” at the Melbourne Cup
2 Sydney Opera House
3 A gondolier on the Yarra River
4 A boy and a beach and a surfboard
5 Penny-farthing festival at historic town Evandale, Tasmania
It has been a wonderful few weeks in the Senior School for celebrating our creative community. Arts Week saw Grade 11 and 12 students install art projects around the campus, and all Senior School students took part in a wonderful array of creative activities during the Arts Day Out – tie-dying shirts in a whirlpool of colours, carving flip flops, making Blind Men’s Mazes, learning new circus skills and building freeze-frame films on laptop computers.

The creative projects were celebrated in a whole-school assembly where Junior School students showcased their percussion ensemble and portraiture skills and Senior School students were able to share their movie making, clock construction and sword fighting skills – demonstrated by actors who played lead characters in the production of TROY, which later attracted packed houses of excited theatre-goers who were entranced by the spectacle before them.

Mozart Meets Shostakovich

We were also very privileged to witness ML Usni and his accompanying musicians play a Mozart quintet followed by a Shostakovich quartet. Students from Grade 1 to Grade 12, as well as teachers, enjoyed both immensely. The Mad About Mozart opera concert was again a hugely popular evening, featuring singers from Thailand, Spain, Korea and the USA.

We have had sculptural representations of the IB Learner Profile installed recently. The installation is sure to be controversial – and what a good thing that is! When passers-by were asked if they liked the works, reactions ranged from “Not really ...” to “Yes! They are awesome!”

Again a community project, this has been led by a Grade 5 parent and the Traidhos Arts Projects Manager, Alex Soulsby, along with a team of local staff. The inventive installations by Ajarn Daeng and Grade 5 parent Stéphane Canal can be seen at the entrance to the campus, in the Junior School and in the Senior School. This project has continued the spirit of community participation, and is the first of three phases. Later work yet to be done on the sculptures includes Prem students using the letters cut from recycled steel cans and sheets as canvases for new creations in enamel paints.

The project brought together students, staff and parents, working to bring events to the school to great effect and enjoyment.

The arts at Prem are vibrant and varied, but are just one element in the students’ lives, as they balance their creative side in art, music or acrobatics with science homework, maths assignments, training for the 800 metre race for the inter-school track and field competitions, or planning their next community service activity in a nearby village.

1 Sabrina M (Grade 11)
2 Artists, sculptors, installation experts
3 Toni P (Grade 12)
4 Tie-died shirts hung out to dry
Does assigning fifty maths problems accomplish any more than assigning five? Is memorising word lists the best way to increase vocabulary - especially when it takes away from reading time? And what is the real purpose behind those devilish dioramas?

Sara Bennett and Nancy Kalish in their book The Case Against Homework challenge teachers and parents to look at the whole question – one that is taken further by Simon Porter, a teacher at an international school in Warsaw. His focus is on science – but the ideas are universal.

How to make pupils’ tasks engaging and worthwhile

I have to lay my cards on the table: I am not a big fan of homework. As a teacher and parent, I have often seen children spend time on tasks that took little thought and involved little learning. While I don’t advocate a regime of no homework, teachers should give careful consideration to the tasks we give and their purpose.

There are a number of ways to assess understanding, practise a skill, consolidate something learned in class and maybe even engender some enthusiasm for our subject:

- **Explain what you have learned to your parents**
  Ask students to write a short explanation of their task for parents to sign and comment on - a great way to engage them in their child’s learning.

- **In 50 words, explain to an imaginary eight-year-old brother what you have learned today**
  The word limit and age of the intended audience mean students have to think hard. And it is a great way to assess their understanding of the lesson.

- **What if ...**
  Get students to create a fake newspaper front-page story with a headline such as “The world stops spinning”. This can be adapted to just about any subject.

- **Draw the picture**
  Give the students a relevant picture, such as a parachutist in free fall for “terminal velocity”, and ask them to describe the science involved in forty-eight words.

- **Choose two questions from your textbook, one easy, one hard**
  Ask the students not to answer them, but to explain why one is easy and one isn’t.

- **The amazing mug trick**
  Ask them to do a simple experiment at home for their parents. For Grade 8 students, use the amazing mug trick to demonstrate refraction. Put a coin in the bottom far side of a mug and move your head so it is just out of view. Pouring water in causes the coin to appear as if by magic.

- **Moon crash**
  Get students to research conditions on the moon and then choose seven objects that would enable them to escape from a crashed spaceship. This could be adapted for any satellite or planet.

Many parents (and teachers) will remember their days as students, gazing at a clock ticking away, knowing that there is still that English essay on Hamlet to be completed, an art portfolio to be updated and a science project to be written up – and everything due the next morning! Perhaps if teachers and parents work together to make students think instead of just doing, then kids’ creative time may be more productive, less stressful and take up less time, leaving, perhaps, time to spend sitting with a book by the fire, or chatting with a parent or a friend – face-to-face.
We had heard about the Three-Generation Farm through the organization WWOOF, which connects interested volunteers and organic farms all over the world, and chose this farm to be our first stay in Thailand. We were very excited to enter into a whole new world.

After a long trip on the night train from Bangkok to Chiang Mai we arrived at Prem Tinsulanonda International School, which is connected with the farm, where Chrissie and Supon, who run the farm, warmly welcomed us.

The first day was full of new impressions and many instructions. In the evening we had the great chance to take part in a traditional Thai Khantoke dinner, where we had our first contact with sticky rice, laab, pork skin and lots of new things. It was amazing!

In the following weeks we had many different projects, but every morning we started with our daily routine work: feeding the cats (we had three big ones and seven kittens), cleaning the goat house, watering the seeds, turning the compost and cleaning the pig house. In addition to the cats, there are our two pigs - Notorious P.I.G. and Miss Juicy - and we have lots of goats and rabbits and two water buffalos and several dogs living on the farm.

In the first week we were really impressed by the ‘jungle cooking’ we did on the farm, a task that we did with the staff from the Barge program. Every single meal was prepared in a traditional way and it was such a nice atmosphere. We were glad to get to know all the secrets of preparing a nice meal with such simple tools.

Nearly every day there are students from the school at the farm, spending their time at ‘Young Farmers’ Club’, ‘Farm Fun’ or the special ‘Bug Club’. We also hosted a lot of students from all over the world on journeys to Chiang Mai organised by the Visiting Schools Program. These visiting students learned about organic farming and sustainability through different tasks including the Bicycle Blender, making mud bricks, making biodegradable soap, gardening, learning about healthy food, enter the amazing world of compost and being together with our animals.
While we were here, we learned many new things that will stay with us for the rest of our lives. We use a lot of natural self-made compost and natural ways to keep the insects away from the plants, such as planting flowers in front of every plot so the insects will be more attracted to the flowers than to the plants. The farm is divided up according to King Rama IX’s sufficiency economy philosophy, which means that 30% of the land is reserved for water, 30% for growing rice, 30% for planting vegetables and 10% for animals.

In following weeks we had lots of different tasks to do.

We built six new enclosures for the rabbits and made lots of flower hanging baskets out of old school footballs and basketballs, which were then sold at the monthly on-campus community market.

One day we all were really excited, as the veterinarian came to check our female goats: finally, five of them were pregnant! Unfortunately we will not see the babies as they will be born in January after our departure, but we wish them all the best.

[Editor’s note: The kids arrived safely!]

We learned how to grow mushrooms in a special way re-plastered the mud-brick oven and were excited to see the result. We painted the tyres in the pumpkin tunnel where the Young Farmers planted their pumpkins. Another really interesting project was our ‘compost project’. We started, after hours of research, three new compost methods on the farm and wanted the students to join by taking the temperature, the moisture and the pH value every day.

One of our highlights was the ‘Farm Camp’.

We had three really great girls for two weeks on the farm and we had such a wonderful time together. All the activities were so much fun and we really enjoyed the time together. We hope the girls had a great time too and we are sure they will never forget all the lessons about sustainability and care for the nature they learned.

What we will really miss when we leave will be the English lessons together with our farmers. Every afternoon after work we spent one hour together to teach them some English and they helped us learn some words of Thai. It was great fun every time and we hope the farmers will continue learning English!

We wish you and everybody on the farm all the best! Keep going on, you are always in our mind!

[Christopher (25) and Carina (23) from Germany, were recent Willing Workers on the Traidhos chemical-free farm for three months]
PLACE TO CALL HOME

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In February, over two glorious spring days, almost six hundred athletes from seven Chiang Mai international schools converged on the Prem track to participate in the annual CMAC (Chiang Mai Athletics Conference) Track and Field Championships. Depending on their ages, athletes competed in track events including 3000m, 1500m, 800m, 400m, 200m, 100m and the 60m and many relays. The field events included the high jump, long jump, shot put and discus.

In the Junior School competition Prem came second overall with a score of 387 points. Some excellent performances at all age levels saw the school amass many points, with the Prem JS boys winning the boys' section. First Place winners from Prem were Opale, Burton, Aksel, James, Fast, Nano, Hasun and Nyima. The day's overall victor was CMIS, with a score of 572 points.

In the senior competition many Prem students showed their gold-winning talents: James and Amy V, Ben W, Jin, Mint, Gui, Alex, Kevin, Tashi and Ben B. Oat S and Toby N were Runners-up in their age division championships and the U 14 Boys, 14-15 Boys and 16-19 Boys were relay winners. Prem was the winning school overall, with 615 points, followed by Grace International School and Chiang Mai International School.

Parents and grandparents from as far afield as the United Kingdom, as well as staff and students from each of the schools, were there to cheer and encourage the sportsmen and women of Chiang Mai: who knows where some of them will end up? ASEAN Games? Commonwealth Games? Or even, in the cast of some the Prem’s and Chiang Mai’s really strong athletes, perhaps even the Olympic Games.

1 Amanda B in the final leg of the Relay
2 Kevin B leading in the 16 and over division 800 m
3 Toby N Co-Champion and James V, Runner-up in the 16 and over division
4 Mintra S winning the 100 m final

Photographs by Ben W, Julian K and Ajarn Relle
There are almost 41,000 Buddhist temples in Thailand, and more than 300 in the city of Chiang Mai – with many more throughout the Chiang Mai Province. The oldest temple in Thailand is said to be the Wat Phra Pathom in Nakhon Pathom, first mentioned in Buddhist scriptures in 67 CE, although the structure dates back to the fourth century. The massive chedi – tallest in the world – was renovated during the reign of King Rama IV and was completed in 1870. If a traveller were to ask a dozen people which temple or wat was the most important, or the most important historically, or the most beautiful, or the most religiously significant, then at least twelve different answers would be given.

In Chiang Mai the city’s famous and well-known temples come immediately to mind – Wat Phra Singh (1345 CE), Wat Chedi Luang (1395 CE), Wat Ched Yod (1453 CE), Wat Suan Dok (1370 CE). For many people the most important temple is the city’s crowning glory: Wat Phra That Doi Suthep (1383 CE), whose gilded chedis and towers high in the hills above the city, have been an important pilgrimage site ever since the untimely death of the famous white elephant said to have selected the site for the temple. Much has been written about each of these temples – each of which was nominated as THE temple people should visit – but some of the lesser-known temples are probably of greater interest and are of greater historical importance.

Although quite some distance north from the city, the relatively new Wat Baan Den is of interest because of its stunning blue-tiled roofs and the view down the unspoiled valley offered from the top of the naga staircase. Wat Baan Den in Inthakin Village near Mae Taeng – 45 kilometres away from Chiang Mai and a lifetime away from the bustle of the city – is in the process of a complete restoration under the guidance of its energetic young Abbot, Khru Ba Tuang. The works have taken approximately US$40 million so far – much of which has been donated by loyal followers in the Chiang Mai region and beyond. On the abbot’s thirty-ninth birthday it is said that followers presented the temple with thirty-nine “money trees” (ton ngern) each containing THB 100,000. Visitors to Wat Baan Den will be impressed by the singular beauty of each of the principal buildings, and in particular the twelve Zodiac buildings.

Closer to the ancient city of Chiang Mai are temples dating back many hundreds of years. Although scholars disagree, it is generally believed that Wat Chiang Mun and Wat Chedi Liam (or Wat Kum Kham) are the oldest temples in Chiang Mai. Chiang Mun is said to date from 1297 CE and Chedi Liam from 1287 or 1288 CE – both built during the reign of King Mengrai.

The area around Wat Kum Kham is an explorer’s delight – whether travelling on foot or in a horse-drawn carriage. Quite recently excavated, this historic site is a mixture of carefully restored buildings and ruins that seem to call out for a visit from Indiana Jones to tame the huge lions guarding each corner of the towering chedi and its sixty intriguing Buddha statues in niches on five levels.

In the heart of Chiang Mai’s old city is the other very old wat – Wat Chiang Mun dating from 1297 CE. Its central location means it is as busy today as it was centuries ago – with scores of daily visits from devotees, monks and visitors. The fine chedi, supported by fifteen massive elephants, has a gilded upper part containing a bell-shaped relic chamber.

Still in Chiang Mai, but remarkable for its quietness and semi-rural setting near Chiang Mai University, is Wat U-Mong, also dating from 1297 CE. The temple was first called Wurukattatharam, reflecting its location and construction around eleven clumps of bamboo. The later construction of tunnels (in Thai language “u-mong”) under the principal chedi gave the temple its current name. The chedi, in a broad open courtyard, is wrapped in bands of gold cloth and only the clucking of the multi-coloured hens scrabbling in the dried leaves disturbs the quiet.

Whether it is the stillness of a holy site such as U-Mong, the modern beauty of Wat Baan Den, the smell of history pervading Chain Mun or Chiang Kum Kham, or the gilded towers of Wat Phra That Doi Suthep, with three hundred temples ranging from seven hundred years of age to ones just as old as yesterday – there is plenty of choice in Chiang Mai with almost a temple a day for a whole year.
1. Wat Chiang Mun
2. Wat Chedi Luam
3. Wat Phra That Doi Suthep
4. Wat U-Mong
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Past Prem students wherever they are in the world are always welcome to send their news to the Traidhos Quarterly. Please send stories and photographs to enquiry@ptis.ac.th

Nat Inthavong 2009

Nat recently graduated from the University of Melbourne with a Bachelor of Biomedicine and will continue to do two more years of graduate study in Biomedical Engineering. He has also recently completed an internship, part of the Undergraduate Research Opportunities Program in Victoria, in the field of Bioinformatics at the Peter MacCallum Cancer Centre in Melbourne.

Vladimir Hird 2007

I graduated from Prem in 2007. I attended UNSW in Sydney and transferred to James Cook University in Singapore to complete my degree (Bachelor of Business with a Double Major in Tourism and Hospitality Management). I am currently working as the Guest Relations Officer with Intercontinental Hotel Groups at the Crowne Plaza Hotel in Suzhou, China.

Vivien Depp

I am currently living in London and working as a caseworker in a law firm. It is tough working in a very weak economy after the disastrous economic collapse in 2008. Everyday there is news about big companies going into administration so I consider myself very lucky to have a job. I think the education at Prem has definitely prepared me for both my University studies and also life after University. The IB has given me a very strong foundation of academic research and writing but most important of all it taught me discipline and organisational skills - both extremely valuable when you start your first job.

Bella Modlmayr 2008

Following graduation in June 2008, Belle attended RMIT in Melbourne where she studied International Business and completed an internship with the ANZ bank. Once she graduated in 2012 she visited Chiang Mai to catch up with friends and former teachers, and is planning to travel to Europe in May 2013. To help her career she is planning an internship in Germany to help he become fully bilingual once again. Her story about “Why Prem?” is an interesting one. Her brother Luke was attending a New Zealand school but not enjoying it, when the Modlmayr family came to Chiang Mai on a family holiday. A chance discovery of a school brochure led to discussions with Prem Admissions staff – and eventually an enrolment at the school. His entry in August 2004 was followed in January 2006 by Bella’s entry to Prem.

Ki Dae Robert Kim 2012

I am now staying in Canada studying at McGill University, nestled in downtown Montreal, Quebec. McGill is one of the most highly reputed Canadian universities. I am now in the Economics Honours program with a minor in statistics.
Alumni News

Denise Gan 2007

Denise visited the school in November and has been studying, living and working in Austin Texas USA since graduating from Prem. She attended University of Texas at Austin where she majored in English and gained a liberal arts degree. She subsequently spent an internship with a publishing company and then worked in a non-profit organisation writing grant applications for educational purposes. Following her vacation in Thailand, Denise returned to Austin – a city she loves especially the music scene – to resume work.

Yangchen Dorji 2008

My two years of IB in Prem taught me so much. I have graduated from Assumption University (also known as ABAC) with Magna Cum Laude Honours. Assumption University has been providing education to the youth of Thailand and other nations since 1969. The Montfort Brothers of St Gabriel, a worldwide Catholic religious order, administers it. It has a large number of foreign students drawn from seventy-five countries of the world and has a high calibre faculty, a truly international community of scholars and professionals representing diverse academic disciplines, different fields of business and many organs of government which help considerably in bringing students into close touch with pragmatic aspects of life. My major was management and my minor was finance and banking. I have recently started working as an associate analyst in Druk Holding and Investments in my country, Bhutan. The company is also the investment arm of the Royal Government of Bhutan.

Tati Mohler (2007)

I’m currently working part-time as a private English teacher and am currently finishing the paperwork necessary to get my MA in TESOL. I have written a thesis already and I’m just waiting for graduation.

Jan Faust (2012)

I applied to Universities in England and Germany and after being offered places at five universities I decided to go to Technical University of Munich (TUM) in Germany because the rankings of the German universities were higher but also because Germany is a country which provides greater working opportunities for mechanical engineers or automotive engineers.
The LMU and TUM are the two big universities in Munich, but they specialise in completely different fields. TUM as the name suggests is more technical, it covers the natural sciences whereas LMU covers the arts, social sciences, languages, etc. Both universities have been around for over hundred and fifty years, TUM since 1868 and LMU 1826.

TUM is one of the top universities for Mechanical Engineering in Germany: Aachen is ranked first within the field, but I chose TUM because of the location. As part of the course, one must fulfil the requirements of doing eighteen weeks of internship to get a taste of the practical side of the field. Studying at this university is quite challenging, especially since the course is in German, but in the end hopefully it will also be rewarding.

**Punna (Boat) Vongvanij (2011)**

One of the longest-serving Prem students (Boat started when the school was still known as the Tridhos Village School), Boat graduated in 2011 and attended the International College of Hotel Management in Adelaide, Australia and subsequently completed an internship at Chiang Mai’s Dusit D2 hotel. A major change in career thinking saw him return to Australia in January 2013 to commence studies in Social Sciences at RMIT (Melbourne).

**Kinga Tshering (2006)**

Kinga is now a pilot with Druk Air, his country’s national airline, and recently was in charge of the flight on which several senior staff from Prem flew in to Bhutan. In a recent email Kinga said: “I hope all is well at Prem – I have so many good memories from the school that every time I fly past Chiang Mai on the way to Bangkok a sense of nostalgia overwhelms me.”
Green Grocer

Founded by the Tantranon family, retailers in Chiang Mai for over 70 years, and managed by Tantraphan Supermarket (1994) Co., Ltd. Rimping opened its first branch, Nawarat, beside the Ping River, in 1986.

After 25 years, four branches are located at Nawarat, Mee Chok, Kad Farang and Nim City, offering a wide variety of high quality products, including groceries, dairy, bakery, butcher, delicatessen, wines, spirits and kitchenware. Three new branches will open in 2013, at Star Avenue Lifestyle Mall (next to the Arcade Bus Station), JJ Market (Located at Atsadathorn Road, just off Superhighway), and Promenada Resort Mall (on the main Somphot Road, linking Superhighway and 2nd Ring Road).

The company encourages organic farming, support small, deserving local suppliers, rewards customer loyalty, aspires to become a “green grocer” with deep respect for the environment, and strives to make everyday shopping a relaxed and dignified experience.

- Stocks many imported exotic and speciality items, not available elsewhere in Chiang Mai.
- In-house testing centre checks incoming fresh products for pesticides and toxic residues.
- ‘Superplus’ card accrues points for each purchase, exchangeable for quality gift items. Points never expire; life membership costs just 90 Baht.
- Provides convenient home delivery service. Order by telephone, email or fax.
- Encourages and assists organic farmers, offers a wide range of organic produce.
- ‘Rimping Select’ and ‘Organilicious’ labels give customers the assurance of top quality.
- Supports small suppliers who make exceptional products – look for the ‘Local Talent’ labels.
- Colour-coded vegetable packs indicate purity & food safety levels.
- Rimping aspires to be a ‘Green Grocer’ by supporting all practical means of protecting the environment.
- Actively supports disadvantaged children with ‘Helping Hands’ project.
- Rimping donates 0.50 satang for each purchase that does not require plastic bag.
- Four branches open seven days a week from 08:00 – 21:00 hrs. Three additional branches will open in 2013: at the new Promenada Resort Mall, at JJ Market, and adjacent to the Arcade bus station.
- Unique to Chiang Mai. No branches elsewhere; no international chain affiliations.

THE MARKET OF CHOICE

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- Mee Chok Branch
  Located on Highway 1011
  206 Moo 6, T. Phahom
  Chiang Mai 50100
  Tel: 053 266629 Fax: 053 266655

- Nim City Branch
  Located close to Airport Plaza
  195/8 Mahidol Road, T. Hua Ya
  Chiang Mai 50100
  Tel: 053 904641 Fax: 053 904886

- Kad Farang Branch
  228/4 M 13 T. Baanwa, Chiang Mai-Hot Road
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