

THAILAND

UNBOUND STUDY TOUR
DESIGN FOR SOCIAL CHANGE

unbound

CONTACT

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PO Box 985, North Melbourne, Vic, 3051, Australia

KEY DETAILS

Program Length

14 days

Program Cost

AU\$3,250

Payable as \$250 deposit

+ \$3,000 balance

Apply any time, and as early as possible because:

We use rolling applications and programs will close once full; and universities have internal deadlines for funding programs for funding programs like OS-HELP.

INCLUSIONS

INCLUDED

- Accommodation (including hotel, hostel, home-stays)
- Meals for the duration of the program
- >100 contact hours of educational content and cultural experiences
- Expert program facilitators
- Coursework and educational content
- Translators and local guides
- Cultural and social activities
- Transport within the country (including airport pickup / drop off)
- Pre-departure support
- Safety and security monitoring and planning

NOT INCLUDED

- International flights
- Passport and visa costs
- Travel insurance (Students travel insurance may be covered by their university's travel insurance policy. Get in contact with your Student Mobility Office to find out.)
- Personal expenses (such as souvenirs, drinks, laundry, medical expenses, phone calls)



PROGRAM INFORMATION

PROGRAM OVERVIEW

Design can be a powerful and creative tool for problem-solving – particularly processes that places the users, or people that you are designing something for, as co-designers throughout the whole project.

It is a process of co-learning, co-generating ideas and co-designing that can be used to design almost any project, from spaces, buildings and infrastructure, to technology, or workshops and curriculum. Across Asia, Thailand is a leading country in innovative design research and applications.

The Design for Social Change Study Tour (Thailand) is an immersive educational program providing students with first-hand knowledge of Human-Centred Design (HCD) processes in an emerging economy / Asian context.

With help from expert facilitators & interactive workshops, you will develop your knowledge of HCD and learn to apply its principles and tools through a practical project with a small multi-disciplinary, cross-university team.

Through the exploration of design, architecture, community development and global issues with a HCD lens, you will walk away from this innovative program as a socially-minded professional, ready to effectively engage on global issues in the Asian Century.

ACTION PROJECTS

Unbound uses Action Projects to help participants to encourage everyone to get hands on with the design process. They are opportunities to apply the concepts that you have learnt, to a real life application for the program partner, for a community, or even that you can take back home to work on in Australia.

You will work in a team of 3 - 5 people from different disciplines who are all interested in similar topics. You will work on the project for the duration of the program, and will present your solution at a graduation ceremony at the close of the program.

Using this workbook, practical sessions, educational workshops and unstructured sessions, we will work through the stages of designing and prototyping your action projects. These stages are the stages that you can use for any types of projects in the future.



Action Project Topics

Projects could be a piece of technology (e.g. solar lamp), an education project (e.g. a hygiene poster for children), or they could be something like a website, marketing materials, or an event. You may have the chance to work on projects that previous groups have worked on, to develop these further. We encourage you to think up creative, diverse solutions that could positively change lives in Thailand or Australia.

In Thailand, our program partners provide a list of project ideas. These projects are ideas that will be useful for their work, or that address a need that the partner has identified after their years of work within the context. There may also be the chance to work on projects that student groups have worked on in previous program, and to develop these and take them to the next stage or revision.

We suggest you work with one of these ideas but do talk to your Facilitator if you have a special topic you would love to work on. We encourage you to think up creative, diverse solutions that will positively change lives either in Thailand or Australia.



Timeframe & Scope

You will be in country for a total of two weeks, that includes time spent working on your projects, travelling and immersing ourselves in local culture, sightseeing and the unexpected! So, when project time is scheduled in, you should try to make the most of it. While we do encourage you to have big ideas, projects should be achievable within the two weeks. We want to see you with a ready to go prototype by graduation.



Resource Acquisition

Creating your action project prototype, you may need help with resources. Please discuss your resource needs with Facilitators as your ideas develop and we will work together with our local partners to source and assist your team.



Target Audience

Your project should be designed with one of these groups in mind: one of our program partners; one of the communities, groups or organisations you visit; or a group, organisation, or community that you work with at home



Due Date

Teams are required to give a presentation on **DAY 13** of the trip and submit all documentation and media on this day. If you are having trouble collating everything on time, please speak to your Facilitator individually.



PREVIOUS ACTION PROJECTS

Recycling Program

In a small village in rural Thailand, one group of students noticed that recycling was not being separated from general waste, and that there was no information about recycling, despite there being an accessible recycling centre nearby. The students developed a prototype of a recycling bin made from plastic bottles. The bin is clearly for recycling, and encourages recycling of plastic bottles, a major contributor to waste in the region, particularly by tourists.



Community-Based Tourism in Pha Pang

In rural northern Thailand, in Pha Pang village, students designed bamboo products in collaboration with elderly villagers. The villagers wanted to showcase bamboo, a local resource grown in large quantities, to create a 'bamboo-themed village'. Students came up with concepts for bamboo signage, solar bamboo lights for outside houses and along the streets, and health and exercise aides for the elderly villagers.



ASSESSMENT & DELIVERABLES

**ALL PROTOTYPES
& DOCUMENTATION
MUST BE COMPLETE
AND SUBMITTED
BY DAY 13 OF
THE PROGRAM
(GRADUATION DAY).**

Why the documentation?

Creating meaningful documentation is essential for the longevity of your work. If your project is something that spans over a period of time, good documentation means a future team can pick up where you left and delve deeper into refining and adapting an initial concept of design. It also means community members aren't constantly interviewed and asked questions.

What's in it for you?

Being able to reference an international design challenge project is an invaluable asset for your professional careers. "Can you tell me about a time that you have had to think creatively to find innovative solutions?"

"How do you respond when working in an interdisciplinary team with members of different skill sets to yourself?"

Well-kept notes and documentation can be used to select essential skills for job applications or preparing for interviews, and digital summaries of your project can be linked to an online profile such as LinkedIn or portfolio.

EACH GROUP WILL COMPLETE:

Prototype

Groups will develop a working prototype in order to gain feedback on the idea, and to present at graduation as a proof of concept. This should be as complete as possible. For example if students are working on a bamboo water filter they should have an example bamboo water filter to present. It may not be the final version and many more iterations are likely to be required, which should be documented.

Report

Groups will develop a short 2-4 page report or pitch deck detailing their project. Reports should include background information such as the design challenge and the stakeholders included in the project; an explanation of their prototype and design; and future recommendations for later iterations or subsequent groups working on this project.

Presentation

Groups will present on graduation day about their prototype. This should be a succinct and engaging pitch and explanation about their project and prototype. Time allocated will depend on the group size - approx 5 - 7 minutes.

Video

Groups will put together a short (up to 3 minutes) video about their project and the process that they went through to arrive at their prototype.

Depending on your university's course requirements, there may be additional assessment tasks, such as a reflective essay or program report.

PROGRAM STRUCTURE

HUMAN CENTERED DESIGN

This program will enable you to explain, explore and implement the Human Centred Design process from start to finish.

This program is structured around a Design for Social Change Action Project where students develop a pilot, prototype, or project to develop an understanding of the practical implementation of HCD principles.

Working with a small multidisciplinary team, you will collaborate on the design and development of the practical project. This project could vary from the design of infrastructure and buildings, a social enterprise or project, a campaign, a creative piece, or an educational program.

You will focus and explore your project topic as you undertake site visits, guest lectures, community homestays and cultural activities. You and your team will present your Action Project on the final day of the program.

Your Action Project will provide you the opportunity for teamwork, creative problem solving, multi-disciplinary collaboration and project management. It will also improve your research and communications skills, as you will be investigating your project in detail and sharing the theory, concept and ideas with the entire group.

This style of peer learning presents an opportunity for you to lead discussions and explore concepts & problems collaboratively.



COURSE OUTCOMES

DURING THIS STUDY TOUR YOU WILL

1. Demonstrate an understanding of design theory, tools and methodology – including their application in both a developing country and Australian context.
2. Gain an increased understanding and knowledge of working in Thailand and Asia, including Thai language, cross-cultural collaboration, cultural sensitivity and engagement.
3. Builds skills to work within multi-disciplinary teams in order to achieve a community-focused professional goal – including design thinking, time management, problem-solving, critical thinking and coordination of work.
4. Increased professional skills including group-work, leadership, oral communication, project design and management.
5. Gain practical experience in an international professional context.
6. Understand social and developmental challenges and translate that into a project based on innovative and entrepreneurial approaches.
7. Improved understanding and appreciation of active global citizenship, social enterprise and community development issues.
8. Improved ability to reflect, develop and grow.



FUNDING & CREDIT

This program is designed to count for credit and/or meet a program work experience requirement. As such, students may be eligible for OS-HELP funding for this program. OS-HELP is a Government loan scheme providing up to \$7,764 in funding to study in Asia.

More information can be found here:

<http://studyassist.gov.au/sites/studyassist/help-paying-my-fees/os-help-overseas-study/pages/os-help-loans-and-study-overseas>

Scholarships and other funding support may be applicable depending on availability and eligibility through study abroad and student mobility offices.

Note for Engineering Students

This program has been designed and coordinated by a Chartered Professional Engineer (CPEng) and is eligible for 80 hours of professional engineering work experience, towards achieving their Engineers Australia Stage 1 Competencies.



ITINERARY

! EXAMPLE ONLY

Our programs are co-designed with our local partners, and vary due to local conditions, partner availability, cultural festival and events, and weather conditions. The following is an example itinerary to give you a taste of what a program looks and feels like.

Day 1 – Arrival and Program Kick-Off

Sawasdee! Welcome to Thailand. We'll greet you at the airport and head to town to check in at the hotel in central Bangkok. Meet your fellow program participants at a special welcome group dinner in the beautiful heart of Bangkok.

This is your first introduction to your new best friends for the next two weeks, and a chance to enjoy delicious Thai food, and the hustle and bustle of vibrant, multicultural Bangkok.

Day 2 – Taste of Thai Culture

Kick off the program with introductory workshops on Thai culture and language, as well as an overview of the Human-Centred Design approach. We will start discussing your HCD Action Project that you will work on over the coming weeks.

In the afternoon, explore the city's cultural highlights on the famous tuk tuk; a preferred mode of transport in Bangkok. Check out temples, famous areas such as Khao San Road, and finish the tour with a trip across the river and a riverside market.

We'll have dinner at the market, do some shopping and exploring, and enjoy Bangkok in the evening before heading back to the hotel.

Day 3 – Different Side of Bangkok

Experience a different side of Thailand in the morning with a visit to one of Bangkok's least-developed areas, the Klong Toey slum. Learn about the Duang Prateep Foundation and their community development projects designed to improve life in the slum.

This will be followed by an awesome afternoon of interactive learning and workshops provides a real chance to dive into creative, collaborative and user-focused design.

You'll start developing your Action Project in collaboration with a small group and with inspiration from this high-energy and interactive day of training. Tonight we jump on an overnight sleeper train and head for beautiful Northern Thailand.



EXAMPLE ITINERARY CONTINUED...



Day 4 – Rural life in Pha Pang

After the train trip, an experience in itself, we will travel through rural areas, learning about agriculture and the way of life for people who live rurally; half of Thailand's population.

We arrive at beautiful peaceful Pha Pang community, near Lampang and Chiang Mai. After meeting our hosts and local people, and getting to know our village home, we will join our host family and help with afternoon activities.

This may include feeding animals, caring for market gardens, or helping to prepare dinner and becoming expert Thai chefs. Home-cooked food is guaranteed to be a highlight, along with taking in the peace and serenity of rural Thailand. Overnight in local accommodation with music and chats to entertain the group.

Day 5 - Village Life

With local villagers we go in small groups to visit the areas of the village that are relevant to our projects. Some will visit the small healthcare centre and chat to the healthcare worker about the challenges of rural medicine in Thailand. One group will visit the school to learn about education, one group will visit the community tourism projects, and one group will visit local enterprise centres.

We'll meet together for lunch in a village home to share notes and chat with the community about their lives. We'll also join cultural activities such as making an offering to the local temple - make sure you know your Chinese zodiac. In the afternoon we'll join the elderly group for some exercise you'll never forget. Tonight we will work on the Action Projects and share laughs as we lighten up with a hilarious talent show with our new friends.



Day 6 – Rural Development and Local Innovation

Begin the day refreshed and awake with a hike near Pha Pang to explore a local waterfall and experience the beautiful surrounding areas.

In the afternoon learn about rural development and local innovation as we visit some of the enterprise projects, including a chopstick factory made from leftovers from the charcoal project, and meet the elderly at the Elderly Innovation Centre. Then we really delve into our HCD Action Projects, surrounded by the world's best office view.

The evening will be spent on traditional cultural activities with the community - think eating, dancing and music.



EXAMPLE ITINERARY CONTINUED...

Day 7 - Farm Fun

Today is our last chance to hold any community consultations and engage with local people to involve them in your project design. We spend the day at a local farm learning about rice growing.

You will pick our lunch from the local organic garden, mill some rice, and join a cooking class so you can wow your friends and family at home with your Thai cooking skills. You'll work on your projects and create some bamboo innovations with the tools at the farm, and with the support of local handymen. Tonight we join a local festival and release our dreams with a handmade lantern.

Day 8 - Chiang Mai

You'll never want to leave Pha Pang and your Thai family, but unfortunately that time has come. Say goodbye to our wonderful hosts, and we head to famous Chiang Mai, a city of old and new combined.

This afternoon we'll do a tour of Chiang Mai before jumping into our teams to gather any information or resources we need to take our projects further. Tonight is the wonderful night street market of Chiang Mai, full of street food, souvenirs, and local designer products. You'll have free time to explore the market. Overnight in central Chiang Mai.

Day 9 - Goodbye North, Hello Bangkok

This morning we explore Chiang Mai by tram, before visiting a social enterprise to have an inspiring discussion with a young founder.

At Aka Ama Coffee you'll have time to work in your groups on your projects and of course to have a delicious coffee fix! Tonight we say goodbye to quiet, rural life and return to Bangkok by overnight train.

Day 10 - Social Enterprise and Innovative Projects

Today we learn about some of Thailand's innovative solutions to local and global challenges. We'll visit the Zero Baht Shop where recycling is their currency. Try your hand as a recycle picker, and visit their organic garden.

These social enterprise visits will give you ideas about the different business models and ways of structuring your project idea. This afternoon finalise your projects with your group, and have some free time in Bangkok.



EXAMPLE ITINERARY CONTINUED...



Day 11 – Canal Life in Bangkok

Today we visit one final social enterprise, the Bangkok Kayak Club. We'll kayak through Bangkok's waterways learning about life on canals and waterway conservation. This afternoon you'll have time to work with your project team, and a delicious streetfood dinner.

Day 12 – Creative Thailand

Visit the exhibitions and modern spaces of the Thailand Creative Design Centre TCDC. We'll spend some time wandering around the fascinating exhibits and checking out their huge array of design resources, before having lunch at the local hospitality training school.

This afternoon find a quiet corner with your team to practice pitching your ideas - did we mention you're pitching to the UN tomorrow?!

Day 13 – Presentations and Graduation Dinner

After two weeks of working on your Action Project, it's time to show us what you've come up with! We will head to UNDP and showcase all of our projects to the Innovation section, and learn about their youth and development projects.

Tonight we have a graduation ceremony, followed by a special rooftop dinner and celebration on top of Bangkok's central river.

Day 14 – Farewells and Departure

You are welcome to depart at any time. A farewell breakfast is the last formal activity, and the day is a chance for any last-minute shopping. Lots of goodbye hugs. Transfer to the airport to head back to Australia or any onward travels.

! NOTE: Program is subject to change depending on local community availability, national events and weather conditions. Depending on the group size, the program may split to visit different communities to ensure small teams and a personal experience.





COUNTRY INFORMATION

THAILAND: ESSENTIAL COUNTRY INFORMATION

Capital	Bangkok
Population	66.79 million
Main Language	Thai
Currency	Thai Baht
Time Zone	UTC+07:00
Government	Unitary parliamentary constitutional monarchy
Weather and climate	Hot season: March to May (approx. 25-30°C) Cool season: November to February (approx. 14-20°C) Rainy season: June to October (approx. 25-30°C)

Health and Safety

- Health insurance – is essential for travel to Thailand
- Visit your doctor before arriving to ensure any required vaccinations are completed and health issues are discussed
- Register with Smart Traveller – <http://smartraveller.gov.au/> Bring any medications that you may need with you.
- We will have a first aid kit, trained first aiders, and we can access health clinics and hospitals. We will brief you on risks, health and safety daily
- The most common injuries and health issues for travellers are accidental injury (especially traffic accidents) and bouts of stomach sickness

WHAT TO PACK

SOME THINGS YOU SHOULD PACK INCLUDE:

We recommend that you bring a smaller bag to take things to the homestays where space is more limited. You will be required to carry these including some moderate walks. Backpacks are recommended.

Clothes

The aim for your clothes are to be comfortable, respectful and present well.

- Comfortable walking shoes
- Thongs / flip flops
- Loose fitting long sleeve shirts
- T-shirts / Polo shirts - shoulders should be covered, nothing sleeveless for men or women
- Jumper (according to the climate of your country)
- Jackets (according to the climate of your country)
- Shorts (according to the climate of your country)
- Pants (according to the climate of your country)
- Socks and underwear
- Sunglasses
- Sunhat
- Swimmers
- Pyjamas
- If possible, pack one smart/casual outfit for your final presentation.

Toiletries

Most basic hygiene products can be purchased in country if needed.

However, you may still want to pack the following:

- Sunscreen
- Toothpaste / Toothbrush / Floss
- Small shampoo / conditioner
- Razor or shaver
- Deodorant
- Tissues or emergency toilet paper
- Body wash / soap
- Wet wipes (biodegradable for reduced impact)/Hand sanitiser
- Contact Lens case and solution
- Eye drops
- Menstrual products - women
- Nail clippers

Medical and First Aid Kit

- Personal medications
- Small travel first aid kit - band aids,
- Drugs - paracetamol, diarrhea medicine (GastroStop), hay fever or allergy medicines, nausea or travel sick tablets for windy roads or boat journeys, ural if you are prone to UTIs, hydrolytes
- Mosquito repellent

Note for Women

- Please bring a supply of tampons, panty liners, mooncup, pads etc for the whole trip according to your cycle. Although menstrual products are available in country in main cities and supermarkets, they may not be as comfortable or available as you are used to in Australia, so pack this!

Electronics

- Laptop / Tablet / iPad - although it isn't compulsory, a device like this will be invaluable to research and conduct your Action Projects
- Phone (unlocked)
- Camera
- Power adapters / converter (multi country ones are useful)
- Torch (handheld, head torch, or use your phone)
- Powerbank or Portable battery pack + cable

Travel Well

- Day bag for water, sunscreen etc. -very practical and useful
- Small plastic bags or reusable cloth bags (for dirty laundry, extra clothes, small supermarket or souvenir shopping)
- Reusable water bottle to reduce plastic consumption
- Passport and Passport Holder
- Vaccination Booklet (yellow)
- Passport Photos (x4) - for general travel -SIM cards/visas
- Photocopy of Passport
- Print out of travel itinerary
- Blank notepad or diary to write down/doodle your travel thoughts
- Backpacks are preferred over suitcases
- Eye Mask
- Ear Plugs
- Travel Pillow
- Lightweight scarf (good to keep the sun off, doubles as a pillow)
- Cash to exchange in country or debit/credit card (notify your bank of international travel)

Optional but Fun

- Vegemite / Tim Tams or other tastes of Australia that you might want to share
- Photos of your family, house, friends, university (this can be on your phone or printed out)
- Playing cards or travel games

Don't Pack

- Anything that is illegal in either Australia or the destination country
- Drugs and alcohol
- Towel (not necessary - but feel free to bring small travel towel)
- Sleeping bag
- Massive suitcase that you can't carry
- Inappropriate or revealing clothes (short shorts, singlets, clothing with offensive/beer slogans, impractical heeled shoes)

LOCAL PARTNER



LOCAL ALIKE

localalike.com

Local Alike promotes community based tourism for the preservation of local culture of native people while providing economic opportunities that create livelihoods.

Community based tourism is a form of tourism that allows local residents to be involved while emphasizing community development.

Local Alike invests in communities through a range of ways. They provide guidance to communities about hosting travellers for extra income, and to showcase their unique strengths. They also contribute through a community-development fund. This fund supports communities to develop their tourism, infrastructure, and other projects to support them to have stable livelihoods.

Youth in these remote communities are also engaged to become leaders in developing community capacity to operate sustainable tourism programs.



ABOUT UNBOUND

LEARN WITHOUT BOUNDARIES

Unbound is an Australian social enterprise that leads innovative overseas educational programs with a focus on social and environmental issues.

The organisation aims to educate and connect students to important global issues; to increase the number of students undertaking international education and mobility programs; and to provide tangible connections between technical knowledge and their application to create positive social change.

Unbound draws on a network of academics, educators, community partners and industry groups to make a positive contribution to higher education, student engagement and mobility. Above all, Unbound is committed to the delivery of safe, inclusive, high quality and engaging educational programs for Australian university students.

Our Approach

- 7 Billion Teachers - We believe everyone has something to teach and share.
- Learning by Creating - Making projects for the real world is an exceptional way to learn.
- Working across Borders - Working at the intersection of disciplines is where innovation and real change happens.
- Embrace Innovation - We don't always have the answers, but are ready to try new things and find out.
- Powered by Humans - We care. We learn. We connect. We enjoy the ride.

To read about our awesome team & facilitators, visit: unbound.edu.au/about

WHAT ARE YOU WAITING FOR?

APPLY NOW!

UNBOUND.EDU.AU/APPLY

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CONTACT

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