



# Lessons from Jasmine

by Vicky Wong

Of all the experiences you have had during the past 3 weeks of our program, which was the most meaningful for you and why? Was there a particular site visit, lecture, meal, or assignment that changed your perspective, encouraged your growth, or amplified your learning? Describe the experience and how it represents a meaningful moment.



In reality, I find it difficult to choose just one experience from the past three weeks of our program as the most meaningful, because each experience carried its own significance. I believe that the combination of site visits, lectures, meals, and assignments as a whole changed my perspective, encouraged my growth, and deepened my learning.

This program in Bangkok, Thailand, made me think more deeply about climate change and resilience than I ever had before. It made me more mindful of my actions and my footprint on this Earth, as I coexist with nature, the environment, and other living beings. I feel I have gained a greater respect and reverence for life.

For example, I have become more conscious of single-use plastics such as straws, utensils, and cups when dining out, realizing the impact of these small choices. I also developed an appreciation for the natural rhythms of life, symbolized by the jasmine garlands (*phuang malai*), where the fresh flowers are far more beautiful than the plastic replicas. This helped me reflect on my own story and existence: I, too, am part of nature, subject to birth and death. My life follows a natural process, and the things I choose to use and create for a happy life should also harmonize with the world around me and with others.



