



Water



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Water น้ำ by Vicky Wong

What's your story of water: How have you experienced water while in Thailand? Were they positive or negative experiences? Have they differed from your personal or cultural experiences with water in the past? In what ways have you celebrated water (during this trip or prior)?

Thirst. From the heat, high temperatures, and heavy humidity in Thailand, I have never been so thirsty for water. Yet I am always conscious of the source of my water, making sure it is safe, clean, and pure to drink. Personally, I see access to water as a journey — from the water in my coffee, tea, smoothies, juice, and even crafted sodas. These beverages became part of how I sought hydration each day. It does not feel entirely positive or negative; instead, it feels like a self-responsibility, an act of self-care, and a daily task. To live, I must keep replenishing my dehydrated body, yet in the process, I also add to the Earth's waste and plastic pollution.

This is different from my personal and cultural experiences with water in the past, where — in the United States and Scotland — I never really had to think about seeking out water. Living so close to the equator now, in a tropical climate, my need for water has amplified, with water and electrolytes constantly lost through sweat. Even a short walk from the Reno Hotel Bangkok to the NapLab leaves me needing to replenish the water I have lost. I really felt and lived the idea that water is life, because of the time and energy spent looking for water and carrying it back for daily needs.

I celebrated water during this trip by realizing how much I depend on it — not just for drinking, but also for using the toilet, showering, and soaking in the bathtub. I have never been so thirsty, and this thirst reminded me that I am human. In honoring my body, I also wish to honor the body of the Earth.

Thirst.

