

A Progress Report

Field Trip TJ-SSF 2018

An Updated Program

Time	Route 1	Route 2	Route 3
07.30- 08.00	Trip by bus	Trip by bus	Trip by bus
08.00 – 08.30	Registration	Registration	Registration
08.30 – 09.00	Videopresentation and a brief lab	Videopresentation and a brief lab	Videopresentation and a brief lab
09.00 – 12.00	<p>Four rotation activities of 40 mins. each</p> <ol style="list-style-type: none"> 1. Twelve-grouped medicinal herb garden; plants categorized according to twelve groups of symptoms 2. Thai authentic formula inhaler 3. Thai massage 4. Contorted hermit exercise 	<p>Four rotation activities of 40 mins. each</p> <ol style="list-style-type: none"> 1. Rice pollination 2. Rice diseases and pests 3. Rice planting by seedling-throwing method 4. Food-processing 	<p>Three rotation activities of 45 mins. each</p> <ol style="list-style-type: none"> 1. Laboratory on solar thermal technology 2. Laboratory on solar PV 3. Laboratory on smart grid technology
12.00-13.00	Lunch on site		
13.30	Assembling at the main hall		
13.30-14.30	<ul style="list-style-type: none"> - Carrying out the assigned work - Concept mapping 		
14.30-15.00	<ul style="list-style-type: none"> - Installing the concept maps - Walk Gallery <p>A representative of each group shall stay with his own work; the others do a walk gallery and give a star to the best work.</p>		
15.00-16.00	<ul style="list-style-type: none"> - The groups whose concept maps have most stars present their work on stage. - Award presentation 		

1. **Students**

The total students of 336 shall be divided into 28 groups of 12 students each.

Group A: Traditional Thai medicine

Venue: Sirindhorn College of Public Health Phitsanulok

The number of students 96 (8 groups [group 1-8])

Group B: Thai Rice

Venue: Phitsanulok Rice Research Center

The number of students 96 (8 groups [group 9-16])

Group C: Renewable Energy Technology

Venue: School of Renewable Energy Technology,

Naresuan University

The number of students 144 (12 groups [group 17-28])

Teachers

The total teachers of 144 shall be divided as follows:

Group A Limited to 40

Group B Limited to 40

Group C Limited to 64

School principals and executives

Group A Limited to 25

Group B Limited to 25

Group C Limited to 30

Note School principals and executives as well as teachers may choose not to participate in the field trip.

Group A: Traditional Thai medicine

Venue: Sirindhorn College of Public Health Phitsanulok
Address: 653 Moo 8, Wang Thong, Wang Thong, Phitsanulok 65130
Tel.: 055-311025
Fax: 055-311992
Email: pr@scphpl.ac.th
Distance from school: 25 km.
Travelling time: approx. 30 mins.
Director: Mr. Chaiwat Phanrassami
Students: 8 groups of 12 each (group 1-8), total 96
Rotation activities: 4 activities, 2 groups each in one rotation

Activity 1 Twelve-grouped Medicinal Herb Garden
Plants are categorized according to twelve groups of symptoms.



Activity 2 Thai Authentic Formula Inhaler

Bringing medicinal properties of Thai herbs to compose a Thai authentic formula inhaler is a fun activity after which you can bring back home a great souvenir. The superb aroma relieves the symptoms of a cold, a stuffed nose, dizziness or a faint and gives a soothing property.



Activity 3 Thai Massage

The participants learn five Thai massage techniques. They practice with friends and take turn.



Activity 4 Contorted Hermit Exercise

Contorted hermit exercise is a technique in traditional Thai medicine helping relieve muscle pain and improve blood circulation. It can also improve concentration. It is believed that practitioner will live long.

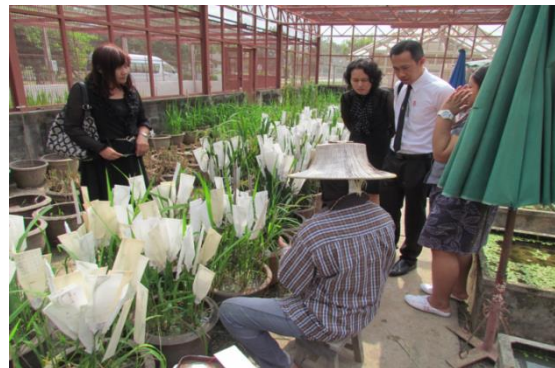


Group B: Thai Rice

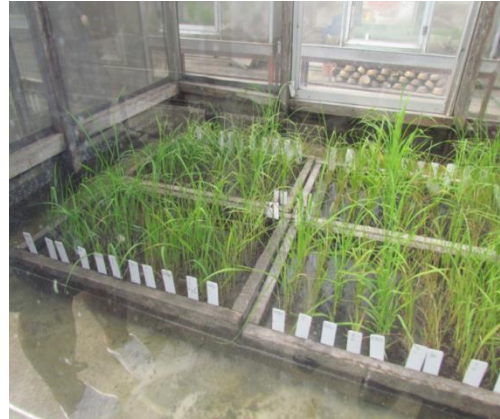
Venue: Phitsanulok Rice Research Center
Address: 450 Moo15 Mittraphap (Phitsanulok - Lom Sak) Road,
Wang Thong, Wang Thong, Phitsanulok 65130
Tel.: 055-313134
Fax: 055-313135
Email: psl_rrc@rice.mail.go.th

Distance from school: 24 km.
Travelling time: approx. 25 mins.
Director: Mr. Athit Kukham-u
Students: 8 groups of 12 each (group 9-16), total 96
Rotation activities: 4 activities, 2 groups each in one rotation

Activity 1 Rice Pollination
The participants try pollinating rice.



Activity 2 Rice Diseases and Pests



Activity 3 Rice Planting by Seedling-Throwing Method



Activity 4 Food Processing



Group C: Renewable Energy Technology

Venue: School of Renewable Energy Technology,
Naresuan University

Address: 99 Moo 9 Phitsanulok-Nakornsawan Road, Mueang,
Phitsanulok 65000

Tel.: 055-963180

Fax: 055-963182

E-mail: sert@nu.ac.th

Distance from school: 20 km.

Travelling time: approx. 30 mins.

Director: Dr. Sukruedee Sukjai

Students: 12 groups of 12 each (group 17-28), total 144

Rotation activities: 3 activities, 4 groups each in one rotation
Each activity has 2 sub-activities

Activity 1 Laboratory on Solar Thermal Technology

Guest lecturers: Dr. Yodthong Mensin and Mr. Wikan Wansungnoen



Activity 2

Laboratory on Solar PV

Guest lecturers: Mr. Ratthaporn Ngoenmeesi and Mr. Sathit Banthuek



Activity 3

Laboratory on Smart Grid Technology

Guest lecturers: Dr. Bongkot Prasit and Mr. Khongrit Maensiri

