

# Adult Education CLASS CATALOG

SESSION 1, 2020-2021



**REGISTER FROM: OCTOBER 1<sup>st</sup> to 11<sup>th</sup>, 2020**

**CLASSES RUNS: October 26<sup>th</sup> to December 18<sup>th</sup>, 2020**

**ADULT EDUCATION PROGRAM**

**PTA**  
INTERNATIONAL SCHOOL BANGKOK

## About the Adult Education Program

This volunteer-run program is offered to the entire ISB-Nichada Community by the Parent Teacher Auxiliary for the International School of Bangkok in Nichada Thani, Thailand. You do not have to be an ISB parent to sign up for courses – anyone can join. Funds raised from this program go directly to the ISB PTA, which uses the funds to enhance the educational experience of our students at ISB through financial grants and other directives. The continued support from teachers, students, and the ISB community is greatly appreciated.

- **Online Registration opens at 10:00 am Thursday October 1st.**
- Registration for the courses in this Program are on a "first come, first serve basis".
- After submitting the registration form, you will receive an email which will confirm if you are accepted into your chosen course. If you don't receive the confirmation email, please check your junk mail first and then contact the Adult Education Coordinator ([pta-adulted@isb.ac.th](mailto:pta-adulted@isb.ac.th)) if you still haven't got the confirmation mail.
- **Registration closes at 3:00 pm on Sunday October 11th.**

- Classes begin October 26th and are subject to a minimum number of students enrolled, depending on the course. If we are unable to meet this requirement you will be notified and your money refunded.

#### How to pay

- Print out your course confirmation email.
- Please pay in cash.
- Bring your printed course confirmation email and payment to the PTA Office across from the Ground Floor Cafeteria.
- **Payments will be accepted on Wednesday 14th, Thursday 15th and Friday 16th of October at 13.30-15.00 pm.**
- A PTA representative will be available during the above times to collect payments and issue receipts. If you are unable to pay during the specified times, please contact the [pta-adulted@isb.ac.th](mailto:pta-adulted@isb.ac.th) to make special arrangements.
- Failure to pay for classes by **Friday, October 16th** will result in cancellation of your registration and forfeiture of your spot in the class unless you have made other payment arrangements in advance.
- Any additional charges for materials are listed with the course and are to be paid directly to the teacher.
- Refunds will only be given in the event a course is cancelled due to lack of participants or other external reasons (for example Covid-19).

Please contact the Adult Education Coordinators, Birgitte Warvik Rørtveit or Annelie Östmark-Rauker ([pta-adulted@isb.ac.th](mailto:pta-adulted@isb.ac.th)) with any questions you may have about the program or courses.

### **LANGUAGE & CULTURE COURSES**

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[Spoken Thai Course Intermediate](#)

[Spoken Thai Course Advanced \(Level 1\)](#)

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#### **Thai Language Courses by KoRat Thai School**

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## LANGUAGE & CULTURE COURSES



The Thai language is a tonal language.  
 When you speak a word, the pitch of your voice is an integral part of that word.  
 If you speak with the wrong pitch/tone, you are saying a different word.  
 Sign up for a class to learn more about this beautiful language.

### Spoken Thai Courses by Narisa Suksai

About the Instructor: All of our day time Thai language courses are taught by Khun **Narisa Suksai**. She was a teacher in Thai School. She's been teaching Thai language classes for the Adult Ed program for over 10 years.

### Spoken Thai Course Beginner

Beginners (**Book 1**): Participants learn basic vocabulary, simple daily conversation such as greetings, telling time, calling a taxi, counting numbers, shopping and bargaining, ordering food, and more.

Instructor: Narisa Suksai

#### Option 1

<b>Days</b>	Monday and Wednesday
<b>Dates</b>	Oct. 26, 28, Nov. 2, 4, 9, 11, 16, 18, 23, 25, 30, Dec. 2, 9, 14, 16
<b>Time</b>	10:00-11:00 am
<b>Location</b>	Online: Zoom
<b>Cost</b>	5,100 ฿, material fee included

#### Option 2

<b>Days</b>	Monday and Wednesday
<b>Dates</b>	Oct. 26, 28, Nov. 2, 4, 9, 11, 16, 18, 23, 25, 30, Dec. 2, 9, 14, 16
<b>Time</b>	12:00-1:00 pm
<b>Location</b>	Online: Zoom
<b>Cost</b>	5,100 ฿, material fee included

#### Option 3

<b>Days</b>	Monday and Wednesday
<b>Dates</b>	Oct. 26, 28, Nov. 2, 4, 9, 11, 16, 18, 23, 25, 30, Dec. 2, 9, 14, 16

<b>Time</b>	3:30-4:30 pm
<b>Location</b>	Online: Zoom
<b>Cost</b>	5,100 ฿, material fee included

### Spoken Thai Course Intermediate

Intermediate (**Book 2**): Participants learn more vocabulary, more conversational Thai, asking and answering questions in picture stories, and much more.

Instructor: Narisa Suksai

<b>Days</b>	Tuesday and Thursday
<b>Dates</b>	Oct. 27, 29, Nov. 3, 5, 10, 12, 17, 19, 24, 26, Dec. 1, 3, 8, 10, 15
<b>Time</b>	10:00-11:00 am
<b>Location</b>	Online: Zoom
<b>Cost</b>	5,100 ฿, material fee included

### Spoken Thai Course Advanced (Level 1)

Advanced Level 1 (**Book 3**): Participants learn more conversational Thai, more vocabulary, conversation including how to ask questions and answering questions from short stories, comparison and much more.

Instructor: Narisa Suksai

<b>Days</b>	Tuesday and Thursday
<b>Dates</b>	Oct. 27, 29, Nov. 3, 5, 10, 12, 17, 19, 24, 26, Dec. 1, 3, 8, 10, 15
<b>Time</b>	11:30 am -12:30 pm
<b>Location</b>	Online: Zoom
<b>Cost</b>	5,100 ฿, material fee included

### Spoken Thai Course Advanced (Level 2)

Advanced Level 2 (**Book 4**): Participants learn much more vocabulary, more conversations, more idioms, making questions from story pictures and a lot more.

Instructor: Narisa Suksai

<b>Days</b>	Tuesday and Thursday
<b>Dates</b>	Oct. 27, 29, Nov. 3, 5, 10, 12, 17, 19, 24, 26, Dec. 1, 3, 8, 10, 15
<b>Time</b>	1:00-2:00 pm
<b>Location</b>	Online: Zoom
<b>Cost</b>	5,100 ฿, material fee included

## Thai Language Courses by KoRat Thai School

Kruu Usanee runs the KoRat Thai school and offers one online course and she owns the Thai language curriculum which Jirapat Raweewongpitak uses in his three group courses.

### Thai Language Beginner - by Kruu Usanee

<b>Days</b>	Tuesday and Thursday
<b>Dates</b>	Oct. 27, 29, Nov. 3, 5, 10, 12, 17, 19, 24, 26, Dec. 1, 3, 8, 10, 15
<b>Time</b>	9:00-10:00 am
<b>Location</b>	Online: Zoom
<b>Cost</b>	5,100 ฿, material fee included

### Thai Language Beginner - by Jirapat Raweewongpitak

<b>Days</b>	Different weekdays
<b>Dates</b>	Oct. 28, 30 Nov. 3, 4, 10, 11, 17, 18, 25, 27, Dec. 1, 2, 8, 9, 15, 16
<b>Time</b>	8:00-9:00 am
<b>Location</b>	Nichada Club near Organic shop
<b>Cost</b>	6,400 ฿, material fee included

### Thai Language Beginner - by Jirapat Raweewongpitak

<b>Days</b>	Tuesday and Friday
<b>Dates</b>	Oct. 30, Nov. 3, 6, 10, 13, 17, 20, 27 Dec. 1, 4, 8, 11, 15, 18
<b>Time</b>	12:00-13:00 pm
<b>Location</b>	Nichada Club near Organic shop
<b>Cost</b>	5,600 ฿, material fee included

### Thai Language Intermediate - by Jirapat Raweewongpitak

<b>Days</b>	Tuesday and Friday
<b>Dates</b>	Oct. 30, Nov. 3, 6, 10, 13, 17, 20, 27 Dec. 1, 4, 8, 11, 15, 18
<b>Time</b>	13:00-14:00 pm
<b>Location</b>	Nichada Club near Organic shop

<b>Cost</b>	5,600 ₪, material fee included
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## FOOD & HEALTH

### Introduction to Indian Cooking

Love Indian food? Daunted by how to get started and what to do with all the different spices? This series of four classes will have you whipping up the most popular North Indian delicacies in no time at all ... and from the comfort of your own kitchen! You will learn the secrets to cooking with spices, understand which ones are essential to stock in your kitchen and explore some time-tested techniques to creating flavorful and wholesome dishes. You may choose to sign up for single classes or the entire series. Instructor **Pooja Kapoor** will take you through the following options below:

### Paneer, or Indian cottage cheese

is a versatile and protein-rich vegetarian substitute for meat.

Learn how to make paneer from scratch and explore different recipes to suit all palates, ages and meal times!

We will be making

- Making Paneer from Scratch
- Palak paneer
- Butter Paneer Masala
- Raita
- Butter Naan

<b>Days</b>	Tuesday
<b>Dates</b>	Oct. 27
<b>Time</b>	11:30am - 1:30pm
<b>Location</b>	Instructor's Home (inside Nichada)
<b>Cost</b>	1,100 ₪
<b>Additional Material Fee Paid to Instructor:</b>	400 ₪

### "Healthy Indian Crepes class"

Crunchy, tangy and high in protein, Indian 'crepes' are a great low-carb alternative to supplement any meal. In this class you will learn how to make

- Chickpea Crepes (gluten free)
- Mung Bean Crepes (gluten free)
- Semolina Crepes
- accompanied with a tasty green chutney.

<b>Days</b>	Tuesday
<b>Dates</b>	November 3rd
<b>Time</b>	11:30am - 1:30pm
<b>Location</b>	Instructor's Home (inside Nichada)

<b>Cost</b>	1,100 ฿
<b>Additional Material Fee Paid to Instructor:</b>	400 ฿

### Mughlai Feast

Explore and learn the finest recipes of popular restaurant style Indian/Mughlai cuisine. You will learn  
In this class

- The art of cooking Tandoori Chicken Tikka.
- Butter Chicken
- Vegetable Korma
- Silky flat bread (Rumali Roti)

<b>Days</b>	Monday
<b>Dates</b>	November 30th
<b>Time</b>	11:30am - 1:30pm
<b>Location</b>	Instructor's Home (inside Nichada)
<b>Cost</b>	1,100 ฿
<b>Additional Material Fee Paid to Instructor:</b>	400 ฿

### "North Indian Thali"

The North Indian thali or platter is nothing short of a delicious, colourful feast fit for the kings! It offers a complete, balanced meal from start to end. In this class we will make

- Yellow Dal (pigeon peas)
- Aloo-Gobi (cauliflower and potatoes)
- ChickenCurry
- Jeera (cumin) Pulao.
- Roti (include how to make dough).

<b>Days</b>	Wednesday
<b>Dates</b>	December 9th
<b>Time</b>	11:00am - 2:00pm
<b>Location</b>	Instructor's Home (inside Nichada)
<b>Cost</b>	1,650 ฿
<b>Additional Material Fee Paid to Instructor:</b>	400 ฿

### French baking



For French bakery lovers:

learn how to bake the original French baguette, Quiche, Brioche, French crepes and creme caramel.



Instructor: Marie Massard

<b>Days</b>	Wednesday
<b>Dates</b>	Oct. 28, Nov. 3, 11, 18, 25
<b>Time</b>	10:00 am - 12:00 pm
<b>Location</b>	Instructor's Home (inside Nichada)
<b>Cost</b>	4,500 ₪
<b>Additional Material Fee Paid to Instructor:</b>	600 ₪

## Parent coaching

### Nurturing and Deepening Parent Child Relationships

From the moment they are born, children seek both connection and independence. It is in this interplay between a child's need for independence and connection, and a parent's desire to nurture a healthy and responsible human being, that conflict can occur. From the 'terrible two's' to teenage blues, parents may find navigating a children's journey to adulthood fraught with difficulty. Along that way, you may notice a shift in the way they react to you or the level of respect they demonstrate. You may feel a distance growing between you, and question ways that you connect. Conflicts may arise that make you wonder how you got to that place, and how to avoid it.

Parent coaching is about helping parents to become more aware of their emotions and to manage them in a way that fortifies parent-child relationships -- while also lowering opportunities for unproductive conflict.

Through a series of just three parent coaching sessions, you will acquire a set of communication tools to foster positive and conscious behaviours that foster a joyful atmosphere in your family.

About me: I am a Creative Confidence Coach who collaborates with individuals to help them overcome limiting beliefs that they've developed over time. She reconnects people with their true selves by following their deepest aspirations, ultimately to feel worthy and fulfilled.

My practice relies primarily on proven methods drawn from positive psychology and mindfulness. I've seen many clients gain or regain passion and confidence as we work together to clarify their values, identify goals and find ways to achieve them. I am a certified positive transformative coach and also have a parent coaching certification that uses similar techniques to support proactive parents who are willing to discover new ways to build deeper and closer connections with their children.

There will be 3 sessions in total; one session per week. We will meet as a group of parents (5-6 prs.max.) in confidential, facilitated group coaching sessions.

Instructor: Sona Madian

<b>Days</b>	Wednesday
<b>Dates</b>	Oct. 28, Nov. 4, 11
<b>Time</b>	10:00 am - 12:00 pm
<b>Location</b>	Instructor's Home (inside Nichada)
<b>Cost</b>	3,000 ฿

### Make the Change

This workshop will provide you with an opportunity to develop your self-awareness that will allow you to realize your full potential and fully use your strengths. We will work on your personal vision, your goals, your strengths, your values and your starting activities to reach your goals. Included 1-on-1 coaching session following the workshop on another day (The date to be agreed on later). You will be led by two professional coaches with over 1500 hours of combined experience. Catherine & Sona will give you a personal touch and all of our authenticity. You will be met with acceptance for whatever your situation is and with support to move forward.

For more info on who we are, please see:

Sona: [www.sonamadian.com](http://www.sonamadian.com)

Catherine: [www.mindkatalysts.com](http://www.mindkatalysts.com)

Instructors: Sona Madian and Catherine Miller

<b>Days</b>	Thursday
<b>Dates</b>	Nov. 5
<b>Time</b>	1:00 - 3:30 pm
<b>Location</b>	Online: Zoom
<b>Cost</b>	1,200 ฿

## WORKOUT & FITNESS

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### Beginner Tennis Clinic

This course focuses on the fundamentals of tennis including grip, forward and serve, backhand serve, level of the ball, and footwork. Previous playing experience is NOT required for participants of this course. **Coach Nueng** (Sirimongkol Poomkes) is a top level coach who is able to break it down for all levels of players.

<b>Days</b>	Tuesday
<b>Dates</b>	Oct. 27, Nov. 3, 10, 17, 24, Dec. 1, 8, 15
<b>Time</b>	7:30am - 9:00am
<b>Location</b>	I Park (from Nichada front gate, then turn left, in about 100 m you will see Miracle big gate on the left side)
<b>Cost</b>	5,600 ฿ Bring own Tennis Racquet

## Intermediate Tennis Clinic



This clinic builds and reinforces on the basic fundamentals. Students will work on footwork, position, speed of the ball, top-spin, slice, and control. Previous play experience is **REQUIRED** for this clinic. **Coach Nueng** (Sirimongkol Poomkes) is a top level coach who is able to break it down for all levels of players.

<b>Days</b>	Wednesday
<b>Dates</b>	Oct. 28, Nov. 4, 11, 18, 25, Dec. 2, 9, 16
<b>Time</b>	7:30am - 9:00am
<b>Location</b>	I Park (from Nichada front gate, then turn left, in about 100 m you will see Miracle big gate on the left side)
<b>Cost</b>	5,600 ฿ Bring own Tennis Racquet



## Bollywood Dance

Bollywood dance is fun, colorful, upbeat, expressive and sexy! It combines various western dance styles with Indian traditional, folk and classical dance, and is absolutely delightful.

We will incorporate beautiful steps in a captivating sequence and in the course of 5 weeks learn an intricate choreography for a full Bollywood dance.

About the instructor: **Irit Namatinia** is Nichada's resident Bollywood dance instructor, who has been teaching and performing Bollywood for over 10 years. Aaja Nachle!(Let's Dance!)

### Evening Option

<b>Days</b>	Tuesday
<b>Dates</b>	Oct. 27, Nov. 3, 10, 17, 24
<b>Time</b>	5:00-6:15 pm
<b>Location</b>	Nichada Fitness above Starbucks
<b>Cost</b>	2,000 ฿

## Morning Option

<b>Days</b>	Thursday
<b>Dates</b>	Oct. 29, Nov. 5, 12, 19, 26
<b>Time</b>	10:45-12:00 am
<b>Location</b>	Nichada Fitness above Starbucks
<b>Cost</b>	2,000 ฿

## Yoga with Napisa

Fit and Calm.

**Napisa C. Pant** certified by 500 hours RYT registered with Yoga Alliance, 300 hours Yoga Teacher Training YogaMaze (Indonesia & Singapore), Advanced Yoga Teacher Training with Christina Sell (Singapore), Thai Traditional Massage, Wat Po Traditional Medical School (Thailand), 200 hours Immersion Teacher Training with Sianna Sherman (USA), Therapy Yoga Teacher Training (USA), Iyengar Yoga Teacher Workshop with Patricia Walden & Jyoti Hunsu (USA), Relax and Renew Restorative Yoga by Judith Lasater (USA), Over 500 hours Anusara Immersion, Teacher trainings and Therapy trainings (USA, Australia and Japan)

Bring a yoga mat and towel to the class.

Instructor: Napisa C. Pant

<b>Days</b>	Friday
<b>Dates</b>	Oct.30, Nov. 6, 13
<b>Time</b>	8:00 am - 9:00 am
<b>Location</b>	Good Energy Room above Starbucks
<b>Cost</b>	1,200 ฿

## Pilates

Through a series of low-impact flows of exercises, we will strengthen muscles throughout the entire body, focusing specific attention on building a strong core, glutes, back, and body alignment. After our class, you will feel proud of your strength, posture, and flexibility!

Instructor: Alyse Guenther

<b>Days</b>	Thursday
<b>Dates</b>	Oct. 29, Nov. 5, 12, 19, 26, Dec. 3, 10, 17
<b>Time</b>	6:00 pm - 7:00 pm
<b>Location</b>	Online: Zoom
<b>Cost</b>	3,200 ฿

## Tabata/HITT Fitness

Get ready to sweat! After this killer one-hour workout your mind and body will feel strong and refreshed. Formatted to include a warm-up, cool-down, and 40 minutes of high intensity Tabata intervals, you will burn tons of calories and have fun doing it!

Instructor: Alyse Guenther

<b>Days</b>	Monday
<b>Dates</b>	Oct. 26, Nov. 2, 9, 16, 23, 30, Dec. 7, 14
<b>Time</b>	6:00 pm - 7:00 pm
<b>Location</b>	Online: Zoom
<b>Cost</b>	3,200 ₺

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## Kundalini Yoga

Class offers all tools of Kundalini Yoga like Breath, Exercising, Gongs-Sounds, Meditation to raise your awareness to easier connect to you by strengthening body, mind and spirit.

Instructor: Kerstin Wild

<b>Days</b>	Tuesday
<b>Dates</b>	Oct. 27, Nov. 3, 10, 17
<b>Time</b>	10:15 am - 11:45 am
<b>Location</b>	Instructor's Home (inside Nichada)
<b>Cost</b>	2,000 ₺

## Gong-Sound & Meditation

Make experience of healing sounds with Gongs, Tibetan Singing bowls and others and let the vibrations support your body system.

Instructor: Kerstin Wild

<b>Days</b>	Monday
<b>Dates</b>	Oct. 26, Nov. 2, 9, 16
<b>Time</b>	12:00 pm - 1:15
<b>Location</b>	Instructor's Home (inside Nichada)
<b>Cost</b>	1,200 ₺

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## Aqua Zumba

Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine.

There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles. Aqua Zumba® blends the Zumba philosophy of interval aerobic workout with motivating music and water resistance, for one pool party you shouldn't miss!

Instructor: Ynna Millana

<b>Days</b>	Thursday
<b>Dates</b>	Oct. 29, Nov. 5, 12, 19, 26
<b>Time</b>	8:00 am - 9:00 am
<b>Location</b>	Pool inside Nichada
<b>Cost</b>	2,000 ₱

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## Yin Yoga and Pranayama

This course is about relaxation, self awareness, healing and connection with the body.

Instructor: Marie Massard

<b>Days</b>	Tuesday
<b>Dates</b>	Oct. 27, Nov. 3, 10, 17, 24, Dec. 1, 8, 15
<b>Time</b>	7:45-9:15
<b>Location</b>	Instructor's Home (inside Nichada)
<b>Cost</b>	3,800 ₱

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## Ashtanga yoga

Practice yoga to keep the balance of the mind and body after the stressful day from work either with your friends with the right distance, or by yourself with the perfect distance from the other.

PLEASE bring your own yoga mat.

I will provide hand sanitizer right before you enter the yoga room. Will also be providing Yoga blocks.

A maximum of 6 people in one group is permitted.

Instructor: Panjit Boonpachok

<b>Days</b>	Monday and Wednesday
<b>Dates</b>	Oct. 26, 28, Nov. 2, 4, 9, 11, 16, 18, 23, 25
<b>Time</b>	9:30-10:30

<b>Location</b>	Instructor's Home (inside Nichada)
<b>Cost</b>	5,000 ฿ 10 classes, Please plan to attend all the classes to maximize the package.

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## ARTS & CREATIVITY

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### Watercolor Painting – Evening Option

This course is designed for beginners, but it's also a good refresher for those with watercolor painting experience. We will learn some tips and tricks for watercolor painting of landscape, seascape, still life, city scenes, and more. No previous artistic experience required. Come and try this creative class!

About the Instructor: **Banjong Boonchoo, “Khun Jong”**, has been painting and teaching watercolor painting for more than 15 years. It is his favorite media. He loves to share his experiences with those interested in watercolor painting.

<b>Days</b>	Monday
<b>Dates</b>	Oct. 26, Nov. 2, 9, 16, 23, 30, Dec. 14
<b>Time</b>	6:00pm to 8:00pm
<b>Location</b>	ISB Invention Center (behind the Chevron theatre)
<b>Cost</b>	5,760 ฿
<b>Additional Material Fee Paid to Instructor:</b>	1000 ฿ for paper, primary color and some brushes for those who doesn't have their own supplies

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### Calligraphy

Calligraphy is a [visual art](#) related to [writing](#). It is the design and execution of lettering with a broad tip instrument, [brush](#), or other writing instruments. A contemporary calligraphic practice can be defined as "the art of giving form to signs in an expressive, harmonious, and skillful manner".

In the Calligraphy Class you will be learning in the Old English and the Chancery font.

About the Instructor: **Banjong Boonchoo, “Khun Jong,”** has over 20 years of experience at ISB working with adults and students on a variety of project ideas with different media. He is a craftsman and artist with skills and knowledge to pass on and willing to learn from his students as well.

<b>Days</b>	Tuesday
<b>Dates</b>	Oct. 27, Nov. 3, 10, 17, 24, Dec. 1, 8, 15
<b>Time</b>	6:00 pm to 8:00 pm
<b>Location</b>	ISB Invention Center (behind the Chevron theatre)
<b>Cost</b>	6,400 ฿
<b>Additional Material Fee Paid to Instructor:</b>	500 ฿ for Calligraphy marker and A3 practicing paper



## Design & Build Workshop

Would you like to build a personal project in the beautiful ISB Invention Center? This is your chance! Lot of materials, tools, equipment and great professional guidance are waiting for you. The first part of this class will be to teach the materials, tools, and equipment in the Invention Center's workshop. This includes materials such as woods, metals, plastics, electronics and tools such as saws, sanders, lathes, soldering irons, etc. In the second part of the class you will learn to design and plan your project ideas and finally build your own project with all the knowledge you have gained and the tools and materials you have chosen.

About the Instructor: **Bonjong Boonchoo, "Khun Jong,"** has over 20 years of experience at ISB working with adults and students on a variety of project ideas with different media. He is a craftsman and artist with skills and knowledge to pass on and willing to learn from his students as well.

<b>Days</b>	Wednesday
<b>Dates</b>	Oct. 28, Nov. 4, 11, 18, 25, Dec. 2, 9, 16
<b>Time</b>	6:00 pm to 8:00 pm
<b>Location</b>	ISB Invention Center (behind the Chevron theatre)
<b>Cost</b>	6,400 ฿
<b>Additional Material Fee Paid to Instructor:</b>	varies based on students' chosen projects Mask required, please bring your own if you can.



## Fruit Carving

You will be learning and enjoying the technique of fruit carving in different styles. Come and try this creative class! About the Instructor: **Bonjong Boonchoo, "Khun Jong,"** has over 20 years of experience at ISB working with adults and students on a variety of project ideas with different media. He is a craftsman and artist with skills and knowledge to pass on and willing to learn from his students as well.

<b>Days</b>	Thursday
<b>Dates</b>	Oct. 29, Nov. 5, 12, 19, 26, Dec. 3, 10, 17
<b>Time</b>	6:00 pm to 8:00 pm
<b>Location</b>	ISB Invention Center (behind the Chevron theatre)
<b>Cost</b>	6,400 ฿
<b>Additional Material Fee Paid to Instructor:</b>	1000 ฿ for fruits and carving knives

## Watercolor Painting (all levels)

This class is for beginners or for those who have some experience in watercolor and want to practice and learn more techniques. Learning about how to control water, placing pigments plus understanding reactions that occur during the works. We'll also learn how to see light and shadow and create depth in the painting. No previous artistic experience required.

About the Instructor: **Wipha Risser** was born in Thailand and had a great interest in art growing up, but didn't have an opportunity to study it formally until 2004, when she took watercolor classes at Rattanakosin University in Bangkok. There, she focused on painting scenes from rural Thailand. After moving to the United States, she studied at the Visual Arts Center in Summit, NJ, as well as studied drawing and oil painting at the Art Student's League and Janus Collaborative School of Arts in New York City. She was an associate member of Essex Water Color Club (EWCC) and of the American Watercolor Society. She received an award of excellence for a painting she entered in the EWCC show in February 2012 and Best in Show for another in 2013. Before moving back to Thailand last year, she offered private and group art classes for children in northern New Jersey.



**Please note:** Bring own materials if prefer (Artist level)

<b>Days</b>	Thursday
<b>Dates</b>	Oct. 29, Nov. 5, 12, 19, 26, Dec. 3, 10, 17
<b>Time</b>	10:00am - 12:00pm
<b>Location</b>	Instructor's Home (Inside Nichada)
<b>Cost</b>	6400฿
<b>Additional Material Fee Paid to Instructor:</b>	1000 ฿

## Abstract Acrylic

Learn the techniques and practices of abstract acrylic painting and discover your unique artistic expression. We will create 3 original pieces of artwork, while we explore the fundamentals of depth, color, brushstrokes, and methods of layering and blending paint.

Instructor: Alyse Guenther

<b>Days</b>	Friday
<b>Dates</b>	Oct. 30, Nov. 6, 13, 20, 27, Dec. 4, 11, 18
<b>Time</b>	8:30 am - 10:00 am
<b>Location</b>	Online: Zoom

<b>Cost</b>	4,800 ₪
<b>Supplies:</b>	(3) 40x50cm canvases, brush set with palette knife, paint set (zinc white, mars black, cadmium red, primary yellow, ultramarine blue.), palette

### Creative Writing Masterclass by Shruti Kothari

A Master's-level workshop where you learn to harness your words to discover and represent the nuances of your story.

This course will help you nurture your innate voice, and develop the technical skills to use it effectively.

<b>Days</b>	Saturday
<b>Dates</b>	Nov. 14, 21, 28, Dec. 5, 12
<b>Time</b>	08:00 am - 10:00 am
<b>Location</b>	Online: Zoom
<b>Cost</b>	20,000 ₪

### Introductory Photography: Capturing the Extraordinary

Train your photographic eye to see the world as an endless opportunity of beautiful moments to capture. While learning the visual fundamentals and technical workings of photography, we will focus on a new technique, style, and photographic theme each week. By the end of the course, we will establish a diverse portfolio that showcases a collection of portraits, architecture, extreme close-ups, scenic shots, and more.

Instructor: Alyse Guenther

<b>Days</b>	Wednesday
<b>Dates</b>	Oct. 28, Nov. 4, 11, 18, 25, Dec. 2, 9, 16
<b>Time</b>	8:30 am - 10:00 am
<b>Location</b>	Online: Zoom
<b>Cost</b>	4,800 ₪
<b>Equipment</b>	Camera required

### Introductory DSLR Videography

Learn the tools of the trade to get you started in the world of video creation. Do you want to capture the life of your family memories, start a hobby as a video producer, or build a social media presence? This course is for you!

Instructor: Alyse Guenther

<b>Days</b>	Tuesday
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<b>Dates</b>	Oct. 27, Nov. 3, 10, 17, 24, Dec. 1, 8, 15
<b>Time</b>	6:00 pm - 7:00 pm
<b>Location</b>	Online: Zoom
<b>Cost</b>	3,200 ₪
<b>Equipment</b>	Camera required

## Introduction to Drawing

Students will explore the fundamentals of drawing, including figure sketches, life drawings, and abstract patterns and techniques. The class will touch upon contour, shading, negative space, perspective, and developing individualistic style.

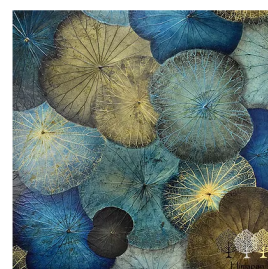
Instructor: Alyse Guenther

<b>Days</b>	Tuesday
<b>Dates</b>	Oct. 27, Nov. 3, 10, 17, 24, Dec. 1, 8, 15
<b>Time</b>	8:30 am - 10:00 am
<b>Location</b>	Online: Zoom
<b>Cost</b>	4,800 ₪
<b>Equipment</b>	Drawing pad and graphite pencils required.

## Lotus Leaf Painting

### *Oil painting on dried lotus leaf*

Relax and enjoy the experience! You don't need to be an expert to create your own masterpiece. Painting is all about colours and inspiration. Sign up, choose a lotus leaf board, and start painting your own masterpiece. We provide the dried lotus leaf board in several dimensions, oil color, brushes, sponges, metallic powder highlights, gold leaves, all material and tools you might need to express your creativity.



Instructor from Himapan Gallery

<b>Days</b>	Thursday
<b>Dates</b>	Nov. 5
<b>Time</b>	10:00 am - 2:00 pm

<b>Location</b>	Sweet Poppy
<b>Cost</b>	Between 4,000 and 6,500 ฿ (depends on the size you choose), material included

### Lotus Leaf Skeleton painting

*Lotus leaf skeleton in ink colors and poured with resin*

Himapan offers a unique and accessible opportunity to flex your creativity and produce an exquisite work of art with unusual art supplies like lotus leaf skeleton, ink and resin. Flex your creative muscle and paint a giant lotus leaf skeleton masterpiece that is uniquely beautiful and uniquely yours.

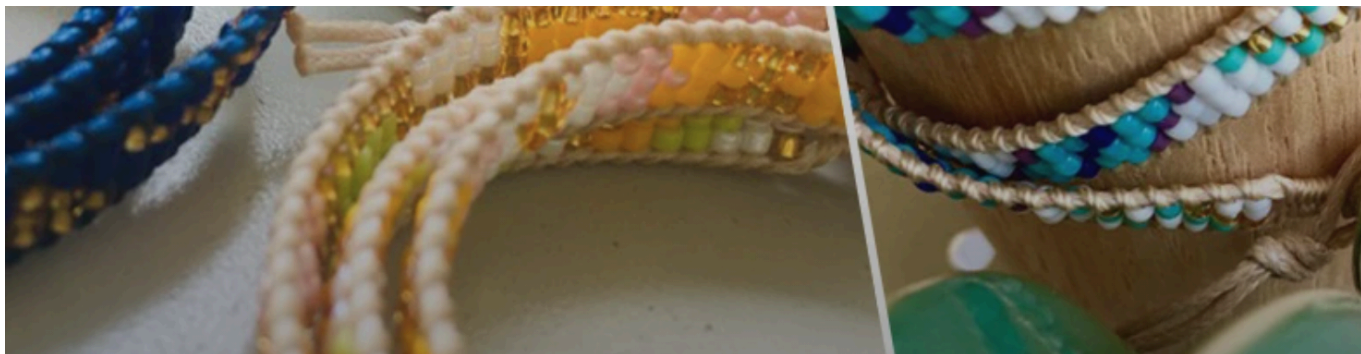
Instructor from Himapan Gallery



<b>Days</b>	Thursday
<b>Dates</b>	Nov. 12
<b>Time</b>	10:00 am - 2:00 pm
<b>Location</b>	Sweet Poppy
<b>Cost</b>	Between 4,800 and 6,500 ฿ (depends on the size you choose), materials included

### Jewellery workshop

The RoyRak Creative is a small group of women from the Klong Toey community who design and make jewellery to sell in Thailand and around the world. They also offer this kind of guided jewellery workshop where you can customize/ add your own twist! Learn a new skill and take a handmade piece of jewellery or two home!



Instructor from RoyRak

<b>Days</b>	Thursday
<b>Dates</b>	Nov. 19
<b>Time</b>	10:00 am - 12:00 pm
<b>Location</b>	Sweet Poppy
<b>Cost</b>	1000 B, materials included

## Birdwatching

Curious about the birds you see flying around Nichada? Looking for an outdoor hobby that you can do anytime, anywhere in the world? Join me as we explore the wildlife of Nichada focusing on bird ID, biology, and conservation, and birdwatching techniques, tips and tools of the trade. Short 'class' sessions, but most of our time will be outside exploring our natural world. Short (< 1 hr. drive) field trips can be planned outside of Nichada if interest exists. All experience levels welcome.

Instructor: Jamie Hawk

<b>Days</b>	Saturday
<b>Dates</b>	Oct. 31, Nov. 7, 14, 21, 28, Dec. 5, 12
<b>Time</b>	8:00 - 10:00 am
<b>Location</b>	Nichada
<b>Cost</b>	2000 B
<b>Equipment</b>	None; bring binoculars if you have them, but I have a few pairs to share

## Choral Union: ISB's Community Chorus

Choral Union, ISB's Community Chorus, is committed to musical excellence and expression where every singer is an integral part of the group. We provide a challenging and supportive choir perfect for those who love to sing and who have a desire to advance their musical skills!

### Our Mission

To inspire harmony and community through musical excellence in performance, education and outreach.

### Our Vision

To enrich lives through music, nurture talent, and empower individuals to fulfill their potential.

### Our Values

Collaboration | Accessibility | Community | Learning | Excellence | Harmony | Joy

We rehearse on Monday evenings, starting October 26, from 7:00-8:30 pm in the Choir room, Floor 1 of the CC building at ISB with a concert scheduled on Wednesday, December 9th.

About the Instructors:

**Lindsay Fuson** joined ISB's staff after two weeks of quarantine in late August. She is originally from Portland, Oregon and went to school at the University of Puget Sound, majoring in Piano Performance. She then received her Masters in Education at Portland State University. Before ISB, she taught Middle and High school choir for 5 years in Italy at the American School of Milan. Lindsay has been active in choirs her entire life and loves the feeling of being a part of something that is bigger than her when she is involved in choir, whether it's being a singer, the accompanist or director - she loves it all!

**Anthony Giles** has worked at International School Bangkok since 2010, first as Director of HS Choirs and the HS Fine and Performing Arts Chair, and now in his sixth year as the K-12 Director of Arts and Activities. As an arts educator for over thirty years, Anthony has championed initiatives aimed at providing better access to arts for all kids. In addition to his work at ISB, he is active as a guest conductor, singer, and clinician. He and his wife, Jackie (HS Counselor), and their two sons, Zachary (class of '21), and Cruz (class of '27), love living in Thailand. Their daughters, Amanda (class of '13), and Mackenzie live in New York and Washington State, respectively.

<b>Days:</b>	Mondays
<b>Dates:</b>	Oct 26, Nov 2, 9, 16, 23, 30 Dec 9, 14
<b>Time:</b>	7:00 PM- 8:30 PM
<b>Locations:</b>	ISB, Room CC 8-140
<b>Cost:</b>	4000฿