

JUNIOR SCHOOL **EXPLORIA** **SESSION 1**



Co-Curricular Experiences for Prem Students

September 1 to October 31

The Importance of a Balanced Exploria Programme

Participating in multiple Exploria activities helps students develop a well-rounded lifestyle. In the Activities Department, we encourage students to engage in at least two different types of Exploria to ensure a balanced and enriching experience.

To support this, we have categorised the activities into four key areas, each with a distinct colour code for easy identification. These categories and their benefits are explained below.

Creativity – Engaging in **arts and creative thinking**. This includes activities such as music, drama, painting, writing, filmmaking, coding, or any other form of artistic expression.

Activity – Participating in **physical activities** that contribute to a healthy lifestyle. This can range from sports, hiking, yoga, dance, or any form of exercise that challenges the body.

Service – Contributing to the **community** through volunteer work and social engagement. This could include working with charities, tutoring, environmental projects, or any initiative that helps others.

Academic advance – Participating in academic clubs such as World Scholar Cup, Math competitions and Science competitions

Important Information: Exploria Programme Attendance and Fees

We have noticed that many students sign up for Exploria programmes but do not attend. To ensure fairness and maximise participation, the following policy will be in place:

- **If a student misses two consecutive weeks, their parents will be informed.**
- **If a student misses three consecutive weeks, they will be removed from the programme, and transport schedules will be adjusted accordingly. For paid Exploria, the student will still be charged for the entire season**

Exploria programmes operate on a **first-come, first-served basis**, and many students miss the opportunity to participate due to limited spots. This policy helps ensure that students who are committed to attending can take advantage of available spaces.

Please remember to complete the Second sign-up or drop process if you wish to change an Exploria. Any student still in an Exploria after this process will be charged for their Exploria

Exploria Fees will be charged per season, not per lesson. All Costs in this brochure are per season. For Whole-school, Junior-School, or Senior-school events, the Fee will be adjusted accordingly. **The Exploria Fee will not be adjusted for any other absence.**

Thank you for your cooperation in making Exploria an inclusive and rewarding experience for all!

MONDAY 3:30 - 4:30 pm

TENNIS (3:30 - 4:20 pm) The after-school TENNIS EXPLORIA is led by our Spanish Head Coach Jordi who has many years of coaching experience around the world, including in Spain, Norway and Hong Kong. The tennis program offers a fun and active way to end the day! Ideal for children of all skill levels, these lessons promote teamwork, enhance tennis skills, and ensure an enjoyable time on the court after school. Join us! Leader: Coach Jordi Grades: 2, 3, 4, 5 Cost: 3200 THB Per Season	PLAY YOUR CARDS RIGHT Students will explore the world of card games, starting with favorites like Uno, Phase 10, and Skip-Bo. Along the way, they'll learn how to shuffle, sort, and hold cards, as well as practice good sportsmanship and cooperative play. As their skills grow, we'll move on to more strategic games like Monopoly Deal, Saboteur, and Spades Rules, where players build critical thinking, strategy, and decision-making skills — all while having fun with friends. Leader: Jenny Knobel Grades: 3, 4, 5 Cost: 0 THB Per Season	JUNIOR SCHOOL STUDENTS COUNCIL This action-based activity gives students the chance to develop their leadership skills while making a real difference in the school community. As members of the Student Council, students take an active role in planning and leading assemblies, sharing student voices, and working on initiatives that improve school life. Through collaboration and responsibility, they learn how to lead with confidence, inspire others, and create positive change in our community. Leader: Mayada Bayomi Grades: 3, 4, 5 Cost: 0 THB Per Season
U12 ICE HOCKEY Our 'U12 Learn To Play Ice Hockey' is the only such school-based club in Thailand. Last year, following a year of basic skating instruction two years ago, our members completed their first year of learning the basics of the sport in fun, play-based, hourly sessions with coaches Jack, Josh, Seb, and, occasionally, myself on the ice with the students. We have all noted the student growth over the two years, not just in terms of skating and hockey skills, but also confidence, camaraderie, & maturity. This year this club has transitioned to a 'U12 Ice Hockey Club' with members, both returning and new, pulled from PREM Grades 2-6. I would like to thank all of the parents of children in this club for their incredible commitment, communication, & collaboration in making this club a success for everyone involved. Should you have any initial questions, please contact A. Adam at adamc@ptis.ac.th Leader: Adam Copus & Ice Hockey Coaches Jack & Josh Sherman Grades: 2, 3, 4, 5, 6 Cost: 5850 THB Per Season, payable on the first day	CARING FOR CATS This Exploria is about taking action! Students will visit a cat shelter, Adopt Me-ow, to help socialise the cats and kittens. In alternate weeks we will make a plan for how we can help the Adopt Me-Ow organisation from the classroom. Students will learn about how to care for cats and what we can do in our community to help. Your fee will be used as a direct donation to the cat shelter. Leader: Keiko Shofu, Alison Thompson Grades: 3, 4, 5 Cost: 300 THB Per Season	NATURE DETECTIVE Nature Detectives is all about exploring the amazing world of animals and plants! Each session will have a different theme. We'll start by learning how to tell the difference between two big animal groups: vertebrates (animals with backbones) and invertebrates (animals without backbones). After that, we'll zoom in on some fascinating creatures—like busy bees and beautiful birds. For our plant adventures, we'll explore the trees around our campus. We'll discover their names, find out which ones are native and which ones are invasive, and then choose a few special species to plant for our Nature Detectives Exploria project. Leader: Ter Sompong, Jed Jedsarit, Kong Kongphop. Grades: 1, 2, 3 Cost: 0 THB Per Season
	LUNCH TIME COLORING Come enjoy time with friends as we color and draw together during lunchtime! It's a nice place to make new friends as we chat, color and draw to take a break in the middle of a busy learning day. Leader: Jennifer McDonald, Cati Peinado Grades: 1, 2, 3, 4, 5 Cost: 0 THB Per Season	

HAND TO PAW This Exploria is about taking action, being creative and mindfulness! Students will visit a temple on some weeks to take care of our temple dogs and provide them with love. In alternate weeks we will be learning about how to take care of dogs and also brain storm about what we can do in our community to help support Hand to Paw, some weeks we will also be doing some coloring, poster and book making and also planning a fund raiser. Your fee will be used as a direct donation to Hand to Paw. Leader: Julia Simhony Grades: 2, 3, 4, 5 Cost: 300 THB Per Season	PREM RISING STARS FOOTBALL (2:30-3:20 PM) Coach Claude is a former professional footballer from Cameroon and has been in Thailand for many years, coaching and playing football. Coach Claude has expertise in helping our budding footballers/soccer players gain skills while learning to enjoy the game. Leader: Coach Claude Grades: 2, 3, 4, 5 Cost: 3200 THB Per Season	ORFF ENSEMBLE The Orff Ensemble offers a fun musical experience for 3rd-5th graders passionate about making music together. Students focus on xylophones, group singing, and other Orff instruments, building teamwork as they prepare for performances on and off campus. This ensemble also teaches music reading and theory, laying a foundation for future musical growth and participation in high school ensembles. Leader: Rujira Chen (Pao Pao), Jessica De Costa Grades: 3, 4, 5 Cost: 0 THB Per Season
CREATIVE WRITING CLUB Students will explore their creative passions through writing in a relaxed and inspiring environment. Students will craft imaginative stories, design colourful comics, write heartfelt poetry, create handmade books, and share ideas with fellow young authors as they discover their unique creative voice! Leader: Grace Gedrich, Alix Snyder Grades: 2, 3, 4, 5 Cost: 0 THB Per Season	LIBRARY LEADERS Students will develop their skills in leadership within the library. They will work together as a leadership group to make decisions about the library. They will also crate displays, resources and craft activities for the library. As well as attending this Exploria, if students are chosen as a Library Leader, they will carry out 1 lunchtime duty per week. Leader: Kerry Kiely Grades: 4, 5, 6, 7, 8, 9, 10, 11, 12 Cost: 0 THB Per Season	JUST DANCE AND SING – CULTURAL ART ACTIVITY This activity engages students in a joyful exploration of music, movement, and cultural expression. Students will participate in guided singing and simple dance sequences inspired by both traditional and modern styles. Through the “Just Dance and Sing” format, they will be encouraged to follow rhythmic patterns, experiment with creative gestures, and collaborate in group performance. Leader: Yuwadee Satjasakun Grades: 1, 2, 3, 4, 5 Cost: 0 THB Per Season
LIBRARY LEADERS Students will develop their skills in leadership within the library. They will work together as a leadership group to make decisions about the library. They will also crate displays, resources and craft activities for the library. As well as attending this Exploria, if students are chosen as a Library Leader, they will have 1 lunchtime duty per week. Leader: Kerry Kiely Grades: 4, 5, 6, 7, 8, 9, 10, 11, 12 Cost: 0 THB Per Season	ORIGAMI CLUB This supervised student led Exploria will allow students to harness their creativity and imagination and learn the skills of Origami. Students will learn the different paper folds and creates items such as animals, dragons, boxes, hats and boats and many more. As the Exploria progresses students will create more challenging origami models and increase their skills. Leader: Ariana Sophia Castillo Herrera Eden Hwang Grades: 3, 4, 5 Cost: 0 THB Per Season	BUDDING GOLFERS (2:30-3:20 PM) <i>Each session consists of after-school golf instruction covering all aspects of the golf swing. Golf clubs and golf balls are provided. Join us at our great facility and enjoy an atmosphere filled with fun and learning.</i> Leader: Coach Sid Grades: 2, 3, 4, 5 Fee: 3200 THB Per Season

TUESDAY 3:30 - 4:30 pm

TENNIS (3:30 - 4:20 pm) The after-school TENNIS EXPLORIA is led by our Spanish Head Coach Jordi who has many years of coaching experience around the world, including in Spain, Norway and Hong Kong. The tennis program offers a fun and active way to end the day! Ideal for children of all skill levels, these lessons promote teamwork, enhance tennis skills, and ensure an enjoyable time on the court after school. Join us! Leader: Coach Jordi Grades: 2, 3, 4, 5 Cost: 3200 THB Per Season	ART & MUSIC MAKING MAKE, PAINT & PLAY your very own DIY made Musical Instruments including: Ukuleles, Kalimbas, Shakers, Tambourines, Music Boxes, Drums, Kaleidoscopes and more! Students use many different Arts and Crafts in this fantastic STEM course. Take home your instruments at the end of the class to enjoy. (Price includes all materials) Leader: Golf, Amy, Naw Grades: 1, 2 Cost: 2800 THB Per Season	TAEKWONDO (3.20 - 4.25PM) Students will have the opportunity to develop discipline, perseverance, and focus through Taekwondo training led by Mr. Big, a 4th Dan Black Belt and an expert in the Taekwondo Elite Athletes Programme. Recognized as one of the finest coaches in Chiang Mai, Mr. Big is dedicated to a positive coaching curriculum that inspires and supports every student. Participants will enjoy engaging, active, and energetic sessions while building valuable life skills in a safe and encouraging environment. Leader: Mr.Tanin Yodanyamaneewong , Ms.Patima Charungwattana Grades: 1, 2, 3, 4, 5, EY3 Cost: 3200 THB Per Season
LITTLE CHEFS - FIRST STEP IN THE KITCHEN In this fun and interactive activity, children become mini chefs and take their first steps into the kitchen world. They will: Meet the Kitchen Tools: Learn the names and safe uses of simple tools such as spoons, spatulas, whisks, and measuring cups. Practice Kitchen Safety: Understand basic rules like washing hands, keeping the table clean, and safe handling of ingredients. Taste & Share: Enjoy their creations together and proudly show parents or friends what they made. The focus is on creativity, safety, and confidence — helping kids feel excited about cooking while building independence. Leader: Hugo Arunpree, Kheak Inta Grades: 3, 4, 5 Cost: 1200 THB Per Season	SCIENCE EXPLORIA In Science Exploria, students will engage in hands-on experiments using a variety of materials to explore scientific concepts. They will apply the scientific method to ask questions, make predictions, conduct investigations, and reflect on their findings. Through this inquiry-based approach, students will develop critical thinking, problem-solving, and collaboration skills. Aligned with the IB PYP framework, the program will encourage curiosity, foster a love of learning, and nurture attributes of the IB learner profile such as being inquirers, thinkers, and communicators. Leader: Kinley yangzom Grades: 1, 2, 3 Cost: 1600 THB Per Season	PUZZLE CLUB "Puzzle Club is where curiosity meets challenge! This club is designed for students who love to think critically, solve problems, and have fun. Each week, students will delve into a diverse range of puzzles designed to develop their thinking skills." Leader: Cliff Green Grades: 3, 4, 5 Cost: 0 THB Per Season

THE MINDFULNESS ART CLUB The Mindfulness Art Club invites students to explore their creativity while cultivating a sense of inner peace and awareness. Each session begins with a brief mindfulness meditation to help participants center their thoughts and embrace the present moment. It not only nurtures artistic skills but also builds a strong sense of community and promoting mental well-being. Leader: Cat Wells Grades: 1, 2, 3, 4, 5 Cost: 0 THB Per Season	UP:CYCLE - JS ECO COMMITTEE Join the Up/Cycle: JS Eco Committee as a chance to reduce waste, promote sustainability, and make a real impact in our school and world community. Learn how waste affects our environment and how we can reduce it. Work in teams to collect, store, recycle and create with materials. Collaborate with CAS students, the Eco Committee, and local organizations, track your impact and share your progress with the school. By participating, you'll develop teamwork and leadership skills, make a lasting difference, and become an eco-leader in your community! Leader: Jeremy Grades: 3, 4, 5 Cost: 0 THB Per Season	
<i>WEDNESDAY 2:30-3.30 pm</i>		
YOUNG FARMERS Young Farmers Exploria will focus on growing vegetables that thrive in September and October. We'll begin by preparing our garden plots and learning about seed saving. Then, we'll plant seeds, nurture seedlings, and carefully move them into the plots. Along the way, we'll take care of our vegetables by weeding, watering, making compost, and creating natural nutrients to help them grow strong. At the end of the Young Farmers Exploria, we'll harvest our fresh produce and enjoy it—either by cooking together at the farm or taking it home to share. Leader: Ter Sompong ,Jed Jedsarit,Kong Kongphop Grades: 3, 4, 5 Cost: 0 THB Per Season	ARCHERY (2:30-3:20 pm) Draw, aim and shoot. Get better at this great pastime and improve your arm strength. Leader: Daeng Grades: 3, 4, 5 Room: Buffalo Field Fee: 3200 THB per Season TENNIS (2:30 - 3:20 pm) The after-school TENNIS EXPLORIA is led by our Spanish Head Coach Jordi who has many years of coaching experience around the world, including in Spain, Norway and Hong Kong. The tennis program offers a fun and active way to end the day! Ideal for children of all skill levels, these lessons promote teamwork, enhance tennis skills, and ensure an enjoyable time on the court after school. Join us! Leader: Coach Jordi Grades: 2, 3, 4, 5 Cost: 3200 THB Per Season	LITTLE CHEFS - First Step in the Kitchen In this fun and interactive activity, children become mini chefs and take their first steps into the kitchen world. They will: Meet the Kitchen Tools: Learn the names and safe uses of simple tools such as spoons, spatulas, whisks, and measuring cups. Practice Kitchen Safety: Understand basic rules like washing hands, keeping the table clean, and safe handling of ingredients. Taste & Share: Enjoy their creations together and proudly show parents or friends what they made. The focus is on creativity, safety, and confidence — helping kids feel excited about cooking while building independence. Leader: Hugo Arunpree Grades: 3, 4, 5 Cost: 1200 THB Per Season

JUNIOR SCHOOL ROCK BANDS Learn how to play together successfully as a band. This Exploria is open to any JS student who plays a rock band instrument and/or sings. You can either already be in an existing band and therefore looking for some professional guidance from our professional visiting teachers. OR, you may not yet be in a band but would like to be connected to other students who would like to form a rock band. Either way, this Exploria will help you develop not only your individual performance skills, but more importantly your ensemble skills as a band and get you ready to perform on stage as soon as possible. Outcome: Prepare for up coming concerts. Leader: A. Aey and A. Tam, A. Chris Grades: 4, 5 Cost: 1200 THB Per Season	TEDDY BEAR WORKSHOP Come join our Teddy Bear Workshop where we will: Stuff our favorite Teddy Bear skin with fluffy cuddly insides. Make personal Jewelry and Accessories for ourselves and our bear. Make Teddy Bear Passports and give their Teddy a Birth Certificate! Make clothes for their Teddy Bear! Have a Teddy Bears Picnic! Record personal messages to make their Teddy Bear Speak! There will also be interactive games and playful puzzle activities during the workshop to make the experience even more exciting and memorable. Teddy themed Drama, Music and Storytelling elements throughout the course! Find out more at: https://tinyurl.com/teddybearworkshop Leader: Amy, Naw Grades: 1, 2 Cost: 2800 THB Per Season	TAO KUNG FU SYSTEM TaoKungFu is a complete system of martial arts and inner cultivation, designed not only to train the body but also to awaken the spirit. Rooted in Taoist wisdom, it blends Kung Fu, Qi Gong, meditation, and philosophy into one path of self-mastery. Through TaoKungFu, practitioners will learn: 1. Martial Arts Skills – Powerful yet fluid movements, self-defence techniques, and forms that develop coordination, flexibility, and confidence. 2. Qi Gong & Energy Cultivation – Breathing practices and inner energy work to strengthen health, vitality, and longevity. 3. Meditation & Mind Training – Tools to calm the mind, sharpen focus, and release stress. 4. Taoist Lifestyle & Philosophy – Lessons in living inharmony with nature, embracing balance, patience, and inner peace. What people will gain: 1. A stronger, healthier body with improved stamina and resilience. 2. Emotional balance and clarity of mind. 3. Practical self-defence skills. 4. A deep sense of inner strength, peace, and connection with life's natural flow. 5. A way of life where training extends beyond the dojo into everyday living. TaoKungFu is not just about fighting—it is about training for life, discovering your true potential, and walking the Way of the Tao. Leader: Francesco Perillo, Ray Perillo Grades: 3,4 Cost: 3200 THB Per Season
CREATIVE BRICK CITY LAB Students will engage in hands-on learning by building with LEGO® bricks, combining creativity with the fundamentals of STEM — Science, Technology, Engineering, and Mathematics. They will take part in structured challenges and open-ended projects that develop critical thinking, problem-solving skills, and collaboration. Students will explore engineering concepts such as stability, balance, and simple mechanisms, while also practicing design thinking to create innovative solutions. The activity fosters communication, resilience, and adaptability, empowering students with essential 21st-century skills in a fun, supportive, and inspiring environment. Leader: Yui, Aor Grades: 1, 2, 3, 4, 5 Cost: 1500 THB Per Season	SING FOR FUN This will be a fun and engaging time to sing together your favourite songs from Musical Shows, Disney Films and also the latest chart-topping pop songs. During this Exploria students will develop their singing and vocal skills, as well as increasing their knowledge of reading musical notation. Students will also learn to collaborate together as a team and prepare songs for performance in school and other events. The emphasis is definitely on fun with a sense of achievement in experiencing the joy of singing together in a larger group of singers. There will be the opportunity for soloists to feature in songs, though singing together is the main focus. Leader: A. Khim, A. Chris Grades: 3, 4, 5 Cost: 800 THB Per Season	

BUDDING GOLFERS (2:30-3:20 PM) Each session consists of after-school golf instruction covering all aspects of the golf swing. Golf clubs and golf balls are provided. Join us at our great facility and enjoy an atmosphere filled with fun and learning. Leader: Coach Sid Grades: 2, 3, 4, 5 Fee: 3200 THB Per Season	MINECRAFT FOR EDUCATION (2:30 - 3:30 PM) Explore, create, and learn with Minecraft! This club uses the popular game to develop problem-solving, teamwork, and creativity. Students will take on fun challenges, build amazing structures, and learn basic coding, design, and logic along the way. Whether they're new to Minecraft or experienced players, there's always something exciting to discover. (Licence included in the cost) Leader: Golf, Naw Grades: 3, 4, 5 Cost: 2800 THB Per Season	PREM RISING STARS FOOTBALL (2:30-3:20 PM) Coach Claude is a former professional footballer from Cameroon and has been in Thailand for many years, coaching and playing football. Coach Claude has expertise in helping our budding footballers/soccer players gain skills while learning to enjoy the game. Through Prem Rising Stars FC, we hope to get our players opportunities to play more games against other schools and local academies/teams. Leader: Coach Claude Grades: EY3 (Prem FC Only), 1 Cost: 3200 THB Per Season
THURSDAY 3:30- 4:30 pm		
CLAY MODELING This exciting, hands-on program invites young learners to shape vibrant clay masterpieces inspired by fun themes: Cartoon Characters Fruit Orchards Castles & Houses Bakery Shops Flower Gardens Terrestrial Animals and extra surprises! Students will develop fine motor skills and unleash their creativity. Led by nurturing instructors, this course offers a joyful experience where your child creates unique keepsakes to cherish. Enroll today and let their artistic journey take flight! https://tinyurl.com/claymodeling Leader: Amy, Naw Grades: 1, 2 Cost: 2800 THB Per Season	JEWELRY & ACCESSORY MAKING In this super fun Creative Club you get to: Create your own Jewelry: Necklaces, Bracelets, Earrings, Rings, Keychains, Pendants and more. Also create your own DIY Accessories: Handbags, Hair Accessories, Watch/Watch Straps, Tote Bags, Jewelry Holders, Batik T-Shirts, Scarfs, Purses, Mirrors. All materials and tools are provided. https://www.bisphuket.ac.th/jewelry-accessory-making-activity/ www.tinyurl.com/jewelryaccessorymaking Leader: Golf Grades: All of Junior School Cost: 3200 THB Per Season	TENNIS (3:30 - 4:20 pm) The after-school TENNIS EXPLORIA is led by our Spanish Head Coach Jordi who has many years of coaching experience around the world, including in Spain, Norway and Hong Kong. The tennis program offers a fun and active way to end the day! Ideal for children of all skill levels, these lessons promote teamwork, enhance tennis skills, and ensure an enjoyable time on the court after school. Join us! Leader: Coach Jordi Grades: 2, 3, 4, 5 Cost: 3200 THB Per Season U8 AND U10 BASKETBALL Let's play some ball!!!. This Exploria will teach our players the basic skills and fundamentals. Students from this Exploria will get the opportunity to play in the CMAC U8 and U10 friendly game days throughout the season. Leader: Coach Hayden Grades: 2, 3, 4, 5 Cost: 0 THB Per Season

JS PRODUCTION

Grade 3-6 students will be rehearsing for an original production based on Alice in Wonderland which will include themes of diversity and inclusion. This will be a production that incorporates choreographed dance routines, singing, music and a collection of enchanting and engaging characters brought to life by our amazing JS performers.

Students will be involved in rehearsals in Term 1 on Thursday and on Wednesday and Thursday in Term 2

Leader: Claire Gordon, Agnes Widowik

Grades: 3, 4, 5, 6

Cost: 0 THB Per Season

BUDDING GOLFERS (3:30-4:20 PM)

Each session consists of after-school golf instruction covering all aspects of the golf swing. Golf clubs and golf balls are provided. Join us at our great facility and enjoy an atmosphere filled with fun and learning.

Leader: Coach Sid

Grades: 2, 3, 4, 5

Fee: 3200 THB Per Season

FRIDAY 3:30 - 4:30 pm

ARCHERY (3:30 - 4:20 pm) Draw, aim and shoot. Get better at this great pastime and improve your arm strength. Leader: Daeng Grades: 3, 4, 5 Room: Buffalo Field Fee: 3200 THB per Season	TAO KUNG FU SYSTEM TaoKungFu is a complete system of martial arts and inner cultivation, designed not only to train the body but also to awaken the spirit. Rooted in Taoist wisdom, it blends Kung Fu, Qi Gong, meditation, and philosophy into one path of self-mastery. Through TaoKungFu, practitioners will learn: 1. Martial Arts Skills – Powerful yet fluid movements, self-defence techniques, and forms that develop coordination, flexibility, and confidence. 2. Qi Gong & Energy Cultivation – Breathing practices and inner energy work to strengthen health, vitality, and longevity. 3. Meditation & Mind Training – Tools to calm the mind, sharpen focus, and release stress. 4. Taoist Lifestyle & Philosophy – Lessons in living in harmony with nature, embracing balance, patience, and inner peace. What people will gain: 1. A stronger, healthier body with improved stamina and resilience. 2. Emotional balance and clarity of mind. 3. Practical self-defence skills. 4. A deep sense of inner strength, peace, and connection with life's natural flow. 5. A way of life where training extends beyond the dojo into everyday living. TaoKungFu is not just about fighting—it is about training for life, discovering your true potential, and walking the Way of the Tao. Leader: Francesco Perillo, Ray Perillo Grades: 7, 8, 9, 10, 11, 12 Cost: 3200 THB Per Season	THAI COOKING Thai cooking is a fun and sensory activity that involves a combination of skilful ingredient preparation, precise cooking techniques, and the enjoyment of a delicious and flavorful meal. Students will learn how to use a variety of ingredients and tools to cook Thai food and fully enjoy their meals. Leader: Khaekhai Maimaytee (Ajaan Kik) Grades: 3, 4, 5 Cost: 500 THB Per Season
BUDDING GOLFERS (3:30 - 4:20 PM) <i>Each session consists of after-school golf instruction covering all aspects of the golf swing. Golf clubs and golf balls are provided. Join us at our great facility and enjoy an atmosphere filled with fun and learning.</i> Leader: Coach Sid Grades: 2, 3, 4, 5 Fee: 3200 THB Per Season		
PREM RISING STARS FOOTBALL (3.30 - 4.20 PM) Coach Claude is a former professional footballer from Cameroon and has been in Thailand for many years, coaching and playing football. Coach Claude has expertise in helping our budding footballers/soccer players gain skills while learning to enjoy the game. Through Prem Rising Stars FC, we hope to get our players opportunities to play more games against other schools and local academies/teams. Leader: Coach Claude Grades: 2, 3, 4, 5 Cost: 3200 THB Per Season		

Junior School Prem Panther Sports

2025-2026
Season 1



MONDAY

- Junior Swim Team 3:20 - 4:30 pm Swimming Pool - Coach Juntra, Coach Harrison, Coach Hayden

TUESDAY

- U12 Girls Basketball 3:45 - 5:15 pm, Gym - Coach Jennifer
- U12 Boys Basketball 3:45 - 5:15 pm, Multi Purpose - Coach Hayden

WEDNESDAY

- U12 Boys Basketball 2:45 - 4:30 pm, Multi Purpose - Coach Hayden

THURSDAY

FRIDAY

- U12 Girls Basketball 3:45 - 5:15 pm, Multi Purpose Courts - Coach Jennifer

SENIOR SCHOOL EXPLORIA

SESSION 1



Co-Curricular Experiences for Prem Students

September 1 to October 31

The Importance of a Balanced Exploria Programme

Participating in multiple Exploria activities helps students develop a well-rounded lifestyle. In the Activities Department, we encourage students to engage in at least two different types of Exploria to ensure a balanced and enriching experience.

To support this, we have categorised the activities into four key areas, each with a distinct colour code for easy identification. These categories and their benefits are explained below.

Creativity – Engaging in **arts and creative thinking**. This includes activities such as music, drama, painting, writing, filmmaking, coding, or any other form of artistic expression.

Activity – Participating in **physical activities** that contribute to a healthy lifestyle. This can range from sports, hiking, yoga, dance, or any form of exercise that challenges the body.

Service – Contributing to the **community** through volunteer work and social engagement. This could include working with charities, tutoring, environmental projects, or any initiative that helps others.

Academic advancement – Participating in academic clubs such as World Scholar Cup, Math competitions and Science competitions

Important Information: Exploria Programme Attendance and Fees

We have noticed that many students sign up for Exploria programmes but do not attend. To ensure fairness and maximise participation, the following policy will be in place:

- **If a student misses two consecutive weeks, their parents will be informed.**
- **If a student misses three consecutive weeks, they will be removed from the programme, and transport schedules will be adjusted accordingly. For paid Exploria, the student will still be charged for the entire season**

Exploria programmes operate on a **first-come, first-served basis**, and many students miss the opportunity to participate due to limited spots. This policy helps ensure that students who are committed to attending can take advantage of available spaces.

Please remember to complete the Second sign-up or drop process if you wish to change an Exploria. Any student still in an Exploria after this process will be charged for their Exploria

Exploria Fees will be charged per season. All Costs in this brochure are per season. For Whole-school, Junior-School, or Senior-school events that will impact Exploria, the Fee will be adjusted accordingly. **The Exploria Fee will not be adjusted for any other absence.**

Thank you for your cooperation in making Exploria an inclusive and rewarding experience for all!

MONDAY 3:45 - 5:15 pm

ART THERAPY- ZENTANGLE

Zentangle is a form of drawing where you create beautiful patterns using simple, repeated lines and shapes. There's no "right" or "wrong" way—just follow the steps, add patterns, and watch your design grow.

It's linked to art therapy because the process helps express emotions, reduce stress, and encourage creativity without needing advanced art skills. Zentangle also connects to mindfulness: as you focus on each small line or pattern, your mind stays in the present moment, helping you feel calm, relaxed, and more aware of your thoughts.

Think of it as doodling with purpose—a quiet time for your brain and a creative workout for your imagination.
Leader: Simran Uttamsingh and Valezka Roman

Grades: All of Senior School
Cost: 180 THB Per Season

TENNIS (4:25 - 5:15 pm)

The after-school TENNIS EXPLORIA is led by our Spanish Head Coach Jordi who has many years of coaching experience around the world, including in Spain, Norway and Hong Kong. The tennis program offers a fun and active way to end the day! Ideal for children of all skill levels, these lessons promote teamwork, enhance tennis skills, and ensure an enjoyable time on the court after school. Join us!

Leader: Coach Jordi
Grades: 2, 3, 4, 5
Cost: 3200 THB Per Season

BASIC HIP-HOP

Modern pop music frequently incorporates Hip-Hop dance moves into its choreographies and music videos. Basic Hip-Hop choreography will include more beginner friendly genres of Hip-Hop dances like Popping, Locking or House and can set the foundation for more popular moves that later utilises iconic moves like Moonwalk, Body roll or Shuffles.

As this Exploria further progresses it can further evolve into more specific genres like K-pop Dance Choreography or Choreography Creation which further explores not just dance moves but also enhances teamwork through group dance, improves cardio but more importantly builds confidence. So what are you waiting for? Get some comfortable shoes and clothes and get ready for some Hip-Hop!

Leader: Min Zaw Aung
Grades: 8, 9, 10, 11, 12
Cost: 0 THB Per Season

SELF-DEFENSE (3:45-4:45 PM)

Self-defence activity will teach you how to avoid unsafe scenarios. Give you a mindset of self-defence and maintain your rights from being abused both physically and mentally.

Leader: Mr.Tanin Yodanyamaneewong (Mr.Big)
Grades: All of Senior School
3200 THB Per Season

Model United Nations

Model United Nations is a student-led, realistic simulation of the real United Nations, where student delegates represent different countries in a simulation of real United Nations debates. Through involvement in MUN, students increase their knowledge and understanding of global problems and develop their skills in research, analysis, collaboration, diplomacy, and public speaking.

Leader: TBC
Grades: 7, 8, 9, 10, 11, 12
Cost: None

BUDDING GOLFERS (4:25 - 5:15 PM)

Each session consists of after-school golf instruction covering all aspects of the golf swing. Golf clubs and golf balls are provided. Join us at our great facility and enjoy an atmosphere filled with fun and learning.

Leader: Coach Sid
Grades: All of Senior School
Cost: 3200 THB Per Season

PREM RISING STARS FOOTBALL (4:25 - 5.15 PM)

Coach Claude is a former professional footballer from Cameroon and has been in Thailand for many years, coaching and playing football. Coach Claude has expertise in helping our budding footballers/soccer players gain skills while learning to enjoy the game. Through Prem Rising Stars FC, we hope to get our players opportunities to play more games against other schools and local academies/teams.

Leader: Coach Claude
Grades: All of Senior School
Cost: 3200 THB Per Season

FUTURE PATHWAYS HUB (GRADES 9–12) Thinking about your next steps after Prem? The Future Pathways Hub is a relaxed drop-in space where you can chat about university and career options, get advice on applications, SAT/IELTS prep or Unifrog, and share ideas with others. You don't need to sign up—just drop in! Come to ask questions, explore possibilities, or hang out and support each other as you plan for the future. Leader: Dawn Parry Ju Narajit Grades: 9, 10, 11, 12 Cost: 0 THB Per Season	CROSS COUNTRY Students will work on developing their running skills, including stamina, flexibility, and strength, but also set personal goals in terms of time and distance. Each session will learn how to warm up, pace their runs, and stretch and cool down after runs of around 3-7 kilometres, depending on age and ability. Leader: Gudrun Ingimundardottir, Andrew Mackenzie, Tony Chan Grades: All of Senior School Cost: 0 THB Per Season	PREM OPERATION SMILE Operation Smile aims to save and improve the lives of children worldwide who have cleft conditions and are unable to receive the medical care they need. This Exploria will mainly be fundraising for the kids. Through our donations, we help create solutions that deliver safe surgery to people where it's needed most. Leader: Nae Hota Grades: All of the Senior School Cost: None
ENGLISH EDUCATION PROGRAM English Education Exploria (CAS Service category): Want to make a meaningful difference in our community? Help build ties of friendship between Prem and our local Thai students at the Nong Pla Man Village temple classroom. Prem students, grades 9-12 will help teach English conversation skills with fun games and activities geared to Thai students from NPM school, ages 11-15 years. Having Thai language skills would be very useful for helping with this Exploria, but is not required. This student-led Exploria is run by Athena, Naomie, Sudik, and Pun with A. Boo, A. Anna and A. Jenese as supervisor and mentor. Meet Mondays at 3:45 pm at the Prem Cafeteria for a lesson plan overview and transportation via Prem van to the NPM temple classroom, returning to Prem by 5:15 pm. No fee required. Leader: Zixi (Athena) Wu, Naomie Schraner, Zixi (Athena) Wu, Supassara (Pun Pun) Tilapat, Chue Myat (Clio) Sandi. Aj Boo Grades: 9, 10, 11, 12 Cost: 0 THB Per Season	LIBRARY LEADERS Students will develop their skills in leadership within the library. They will work together as a leadership group to make decisions about the library. They will also crate displays, resources and craft activities for the library. As well as attending this Exploria, if students are chosen as a Library Leader, they will carry out 1 lunchtime duty per week. Leader: Kerry Kiely Grades: 6, 7, 8, 9, 10, 11, 12 Cost: 0 THB Per Season	RELIEF WELLNESS SOCIETY (RWS) RWS is a student-led fundraising club that organizes charitable activities in collaboration with multiple NGOs. We raise funds and collect items through school-linked events such as Halloween fairs, self-organized events like Valentine's sales, and long-term donation boxes placed in high-traffic school areas. All proceeds and donations are carefully managed and then directed toward external charities. Through these activities, RWS provides students with opportunities to contribute meaningfully to the community while developing teamwork, communication, and organizational skills. Leader: Saw Phone (Jonathan) Myat Oo, Su April (Su) Aung, Khin (Chaw) Phyu Sin Grades: 6, 7, 8, 9, 10, 11, 12 Cost: 0 THB Per Season THIS ACTIVITY IS AT LUNCH TIME

TUESDAY 3:45 - 5:15 pm	TUESDAY 3:45 - 5:15 pm	TUESDAY 3:45 - 5:15 pm
3D PRINTING: DESIGN & CREATE YOUR OWN MODEL Students will learn to design and create unique 3D models using Tinkercad. Each week brings a new challenge, from imaginative inventions to user-focused designs. Students will receive their printed creations in the following session and showcase their work in a final exhibition for parents and friends. Leader: Snack, Yui Grades: 6, 7, 8, 9, 10 Cost: 6,250 baht per session THB Per Season	WORLD SCHOLAR'S CUP World Scholar's Cup (WSC) is a dynamic, interdisciplinary academic competition that challenges students to think critically, collaborate, and engage with thought-provoking global topics. Through WSC, students develop their skills in debate, essay writing, teamwork, and problem-solving while exploring diverse subjects across science, history, literature, and the arts. The program fosters curiosity, creativity, and confidence, preparing students for international tournaments and lifelong learning. Leader: Chris Hall Grades: Invite only Cost: None	TENNIS (4:25 - 5:15 pm) The after-school TENNIS EXPLORIA is led by our Spanish Head Coach Jordi who has many years of coaching experience around the world, including in Spain, Norway and Hong Kong. The tennis program offers a fun and active way to end the day! Ideal for children of all skill levels, these lessons promote teamwork, enhance tennis skills, and ensure an enjoyable time on the court after school. Join us! Leader: Coach Jordi Grades: 2, 3, 4, 5 Cost: 3200 THB Per Season
BEGINNER PSB (BEGINNER PREM SYMPHONIC BAND) Open to students in Grades 6-10, The Young Prem Symphonic Band welcomes both beginners and those with some musical experience. No prior skills are required—just a commitment to learning and the patience to grow. In this program, you'll receive step-by-step guidance on playing symphonic band instruments and experience the joy of performing with an ensemble. With dedication, you'll have the chance to showcase your talents in musical events, demonstrating your progress. As a pathway to joining a PSB, this program helps you develop your musical skills while participating in exciting performances that celebrate your growth. Leader: Tanadol (Aum) Yaowarat, Michael Kay Grades: 6, 7, 8, 9, 10 Cost: 0 THB Per Season	SENIOR SCHOOL MUSICAL - THE ADDAMS FAMILY This year the Drama and Music faculties come together to present The Addam's Family Musical. We require Singers, Dancers and Actors. The play is quirky and in addition to main roles, we have chorus roles. **THIS IS A BIG COMMITMENT** In Exploria 1 is a single day but From Exploria 2 it is a minimum of two exploria evening and occasional weekends. Towards the performance date (8th April) we will require you in some cases every day of the week. Do not worry if you haven't acted before! You will be taught to sing, dance and to act by our team and the more experienced members of the ensemble. Get ready for serious FUN. In Exploria 2, we will put a call out for Tech and Backstage Crew. Leader: Ian Johnston, Christopher Johnson, Alix Keeling Grades: 7, 8, 9, 10, 11, 12 Cost: 0 THB Per Season	SIMPLE CONVERSATIONS AND DZONGKHA DANCE INSPIRED BY BHUTANESE MOVIES Students practice dancing by watching movies in class. Leader: Sonam Yeshey Grades: 6, 7, 8, 9, 10, 11, 12 Cost: 0 THB Per Season

PREM FOOD BANK Our mission is to combat need within and beyond our school community, expanding our reach to ensure individuals facing food insecurity have access to essential resources. Through strategic partnerships, dedicated community engagement within Prem and the surrounding areas, and impactful fundraising activities, we aim to build public awareness and support underserved populations. By organizing donation trips and fostering direct connections, we provide not only food but also vital life-needs and compassionate support. We strive to create sustainable solutions, nurture a culture of care and empathy at Prem, and empower our community to make a tangible difference in the lives of others. Leader: Qihao(Kevin)Tian, A. Ni Grades: All of Senior School Cost: 0 THB Per Season	ECO-COMMITTEE Students will work together to create, do and share environmental initiatives to help the school to keep the Eco-Schools Green Flag that shows all of the good sustainability work happening at Prem. Help us to protect the environment at Prem Leader: Tim Tabor, Anne-Carole Lobardo, Jeremy Gasek Grades: All of Senior School Cost: 0 THB Per Season	MS STUCO (12:00 - 1:00 PM) MS StuCo is for students in Grade 6, 7, & 8 who are interested in helping ensure the student experience at Prem is fun, engaging, supportive, & enriching for everyone in middle school. Members of MS StuCo will meet once a week at lunch with A. Adam to discuss their ideas for how best to support their peers in middle school. Interested students should have a desire to collaborate with others on new ideas and also to support existing Prem initiatives. This club is an opportunity to develop leadership skills and a chance to have a say in the direction of the middle years program at Prem. Join MS StuCo and get involved-- it's fun to see your ideas develop into reality. Leader: Adam Copus Grades: 6, 7, 8 Cost: None
INNOVATIVE ROBOTICS The Robotics Leadership Initiative is a student-led program that provides free robotics education to younger students while developing innovative projects for the school community. The club aims to inspire juniors, nurture hidden talents, and raise awareness of robotics in the modern world. Its activities include running workshops, supporting participation in competitions, and creating robotics-based projects that offer practical benefits to the school. Leader: Saw Phone (Jonathan) Myat Oo, Thu Kha (Henrik) Aung Grades: 6, 7, 8, 9, 10, 11, 12, All of Senior School Cost: 0 THB Per Season		

WEDNESDAY 2:45-4:20 pm

PREM A CAPELLA SINGING GROUP Join our after-school A Cappella Club and experience the joy of singing with friends! Whether you love rock, pop, classical, or anything in between, we'll explore a wide range of songs and styles together. There's no audition and no pressure – just bring your enthusiasm, your voice, and your love of music. It's all about having fun, making great harmonies, and enjoying the music you love. Leader: A. Plus, A. Pleng, A. Chris (Supervisor) Grades: All of Senior School Cost: 1600 THB Per Season	LGBTQIA+ & Allies LGBTQIA+ & Allies Group is a safe space for students of all orientations to come together and discuss LGBTQIA+ topics raise awareness and increase visibility around Prem campus. Leader: Nicole Lee-McGowan, Grades: All of Senior School Cost: None No Sign up, Please contact the leaders directly	TAO KUNG FU SYSTEM (2:45 - 3.45PM) TaoKungFu is a complete system of martial arts and inner cultivation, designed not only to train the body but also to awaken the spirit. Rooted in Taoist wisdom, it blends Kung Fu, Qi Gong, meditation, and philosophy into one path of self-mastery. Through TaoKungFu, practitioners will learn: 1. Martial Arts Skills – Powerful yet fluid movements, self-defence techniques, and forms that develop coordination, flexibility, and confidence. 2. Qi Gong & Energy Cultivation – Breathing practices and inner energy work to strengthen health, vitality, and longevity. 3. Meditation & Mind Training – Tools to calm the mind, sharpen focus, and release stress. 4. Taoist Lifestyle & Philosophy – Lessons in living in harmony with nature, embracing balance, patience, and inner peace. What people will gain: 1. A stronger, healthier body with improved stamina and resilience. 2. Emotional balance and clarity of mind. 3. Practical self-defence skills. 4. A deep sense of inner strength, peace, and connection with life's natural flow. 5. A way of life where training extends beyond the dojo into everyday living. TaoKungFu is not just about fighting—it is about training for life, discovering your true potential, and walking the Way of the Tao. Leader: Francesco Perillo, Ray Perillo Grades: 6, 7 Cost: 3200 THB Per Season
Archery (3:25 - 4:15 pm) Draw, aim and shoot. Get better at this great pastime and improve your arm strength. Leader: Daeng Grades: All of Senior School Cost: 350 THB/lesson	BUDDING GOLFERS (3:25 - 4:20 PM) <i>Each session consists of after-school golf instruction covering all aspects of the golf swing. Golf clubs and golf balls are provided. Join us at our great facility and enjoy an atmosphere filled with fun and learning.</i> Leader: Coach Sid Grades: All of Senior School Cost: 3200 THB Per Season	
PSB (PREM SYMPHONIC BAND) Join fellow musicians in an exciting ensemble that performs a wide range of music—from classical to contemporary. Open to woodwind, brass, percussion, and string players, the band focuses on developing ensemble skills, musicianship, and performance confidence. Members will take part in performances both in school and in the wider community. Suitable for students with prior experience on their instrument. Leader: Michael Kay, Tanadol (Aum) Yaowarat Grades: All of Senior School Cost: 0 THB Per Season	TENNIS (3:25 - 4:20 PM) The after-school TENNIS EXPLORIA is led by our Spanish Head Coach Jordi who has many years of coaching experience around the world, including in Spain, Norway and Hong Kong. The tennis program offers a fun and active way to end the day! Ideal for children of all skill levels, these lessons promote teamwork, enhance tennis skills, and ensure an enjoyable time on the court after school. Join us! Leader: Coach Jordi Grades: 2, 3, 4, 5 Cost: 3200 THB Per Season	

MINECRAFT FOR EDUCATION (3.25 - 4:15PM) Explore, create, and learn with Minecraft! This club uses the popular game to develop problem-solving, teamwork, and creativity. Students will take on fun challenges, build amazing structures, and learn basic coding, design, and logic along the way. Whether they're new to Minecraft or experienced players, there's always something exciting to discover. (Licence included in the cost) Leader: Golf, Amy Grades: 6, 7, 8 Cost: 2800 THB Per Season		
THURSDAY 3:45 - 5:15 pm	THURSDAY 3:45 - 5:15 pm	THURSDAY 3:45 - 5:15 pm
TAEKWONDO : SS Students will have the opportunity to develop discipline, perseverance, and focus through Taekwondo training led by Mr. Big, a 4th Dan Black Belt and an expert in the Taekwondo Elite Athletes Programme. Recognized as one of the finest coaches in Chiang Mai, Mr. Big is dedicated to a positive coaching curriculum that inspires and supports every student. Participants will enjoy engaging, active, and energetic sessions while building valuable life skills in a safe and encouraging environment. Leader: Mr.Tanin Yodanyamaneewong, Ms.Patima Charungwattana Grades: All of Senior School Cost: 3200 THB Per Season	IDEASTORMERS Problem Identification: Students will begin by recognizing and analyzing real needs or challenges within the school community. Product Development: Members will brainstorm innovative solutions, design product ideas, and assess their feasibility through research and testing. Entrepreneurial Skills: The club provides hands-on experience in business planning, including pricing strategies, promotion, and marketing techniques. Sales and Fundraising: Students will sell their finished products during school fundraising events, gaining practical exposure to sales and customer interaction. Social Responsibility: All funds raised will be used to support Corporate Social Responsibility (CSR) initiatives, allowing students to contribute meaningfully to the community. Leader: Kirandeep Gour, Ira Srivastav Grades: All of Senior School Cost: 0 THB Per Season	JEWELRY & ACCESSORY MAKING In this super fun Creative Club you get to: Create your own Jewelry: Necklaces, Bracelets, Earrings, Rings, Keychains, Pendants and more. Also create your own DIY Accessories: Handbags, Hair Accessories, Watch/Watch Straps, Tote Bags, Jewelry Holders, Batik T-Shirts, Scarfs, Purses, Mirrors. All materials and tools are provided. https://www.bisphuket.ac.th/jewelry-accessory-making-activity/ www.tinyurl.com/jewelryaccessorymaking Leader: Golf, Amy Grades: 6, 7, 8, 9 Cost: 3200 THB Per Season
BUDDING GOLFERS (4:25 - 5:15 PM) <i>Each session consists of after-school golf instruction covering all aspects of the golf swing. Golf clubs and golf balls are provided. Join us at our great facility and enjoy an atmosphere filled with fun and learning.</i> Leader: Coach Sid Grades: All of Senior School Cost: 3200 THB Per Season		

TENNIS (4:25 - 5:15 pm) The after-school TENNIS EXPLORIA is led by our Spanish Head Coach Jordi who has many years of coaching experience around the world, including in Spain, Norway and Hong Kong. The tennis program offers a fun and active way to end the day! Ideal for children of all skill levels, these lessons promote teamwork, enhance tennis skills, and ensure an enjoyable time on the court after school. Join us! Leader: Coach Jordi Grades: 2, 3, 4, 5 Cost: 3200 THB Per Season	PRECIOUS PLASTICS Students will work with waste plastic that comes on site to create imaginative and innovative items. We will work with plastic fusion, sheet plastic creation and medal making. Students will get an opportunity to design new products, market and sell products and raise awareness about the issues of plastic waste. Students will engage in environmental service and creative expression. Leader: Emma Shaw, Martin Keily Grades: All of Senior School Cost: 0 THB Per Season	THREADS OF CHANGE Threads of Change is a student-led initiative that promotes sustainability by reusing and repurposing school uniforms. The project operates as a second-hand shop on campus, where students and staff can donate and purchase items at affordable prices. In addition to uniforms, we are working to expand the shop to include stationery, gifts, and local handicrafts to attract a wider audience and involve the community. The goal of the project is to reduce waste, encourage sustainable choices, and create a positive environmental and social impact within the school. Leader: Sudikchya Subedi, Chue (Clio) Myat Sandi Grades: 8, 9, 10, 11, 12 Cost: 0 THB Per Season
FLAVOR OF THE WORLD This program is designed to introduce students to the world of cooking in a fun, creative, and educational way. It balances hands-on practice with essential life skills, helping students become confident, independent, and healthy young cooks. What students will do: Learn Kitchen Safety & Hygiene: Proper knife handling, heat safety, and food hygiene. Explore Global Cuisines: Try popular dishes from Italy, Japan, Mexico, Thailand, and more. Develop Cooking Skills: Practice techniques like chopping, boiling, stir-frying, baking, and seasoning. Create Balanced Meals: Understand nutrition and how to combine ingredients for healthy eating. Teamwork & Creativity: Cook in small groups, decorate dishes, and present them like real chefs. Leader: Hugo Arunpree Grades: 6, 7, 8, 9 Cost: 1200 THB Per Season	MAHJONG CLUB FOR BEGINNERS Are you curious about the classic Chinese game of Mahjong but don't know where to start? Join our Mahjong Club—created especially for absolute beginners! This is a relaxed and friendly space where we'll learn the basics of how to play Mahjong from the ground up. No experience is needed, and in fact, this club is ONLY for those who are new to the game. If you've always wanted to learn, now's your chance—come discover the fun and strategy of Mahjong with us! Leader: Tony Chan, Tammy Gaysek Grades: All of Senior School Cost: 0 THB Per Season	JS PRODUCTION Grade 3-6 students will be rehearsing for an original production based on Alice in Wonderland which will include themes of diversity and inclusion. This will be a production that incorporates choreographed dance routines, singing, music and a collection of enchanting and engaging characters brought to life by our amazing JS performers. Students will be involved in rehearsals in Term 1 on Thursday and on Wednesday and Thursday in Term 2 Leader: Claire Gordon, Agnes Widowik Grades: 6 Cost: 0 THB Per Season

MUSIC TECHNOLOGY – MAKE AND PRODUCE YOUR OWN MUSIC

Are you a SS student looking to learn the ins and outs of music production? Look no further! Our music production course is designed specifically for students like you. Our course covers everything from the basics of Ableton, Logic Pro and Garage Band to advanced techniques for creating your own songs. You'll learn how to use Ableton, Logic Pro and Garage Band's powerful tools to create and edit music, as well as how to incorporate elements like drums, bass, and synths into your productions.

Our Ableton, Logic Pro and Garage Band music production course is designed for both non-music-based students and musicians alike. Whether you have no prior experience or you're already a musician looking to take your skills to the next level, this course is perfect for you. And for those who are musicians, this course will help you to add electronic music production knowledge and skills to your toolset. This specialist support is open to all students. You do not need to be having an individual music lessons at the Prem Music Academy to join this Music Exploria. IMPORTANT: Please be aware students will need to bring their own device to this Music Exploria Session.

Outcome:

By the end of the course, you'll be able to create your own music from start to finish and have a strong foundation to continue learning and creating on your own music. Don't miss out on this opportunity to learn from experienced instructors and take your music production skills to the next level. Sign up for our Ableton, Logic Pro and Garage Band music production course today! There will also be an opportunity to share your creations in an open workshop at the end of the series of Exploria.

Leader: A. Plus (Music Technology Specialist) A. Chris (Supervisor)
Grades: All of Senior School
Cost: 1600 THB Per Season

PREM CHAMBER MUSIC ENSEMBLE

Open to students who are already learning to play as an ensemble and have access to their own or a school instrument. independent learners on an instrument. This is a great way to play your favourite music, which you can decide on and bring your friends along with you also. If you have a duet or a trio of friends that you already play music with, you can join this Exploria as a group and our expert staff will support your ensemble. If you are looking to join an ensemble, we can find you a partner to collaborate with.

Music will be carefully chosen to fit the skills and abilities of those signing up for this wonderful journey into the world of Chamber Music. There will be time to practice individually each week, but the primary aim of this new Exploria is to develop your listening and playing skills so that you can successfully play together as a string ensemble. Playing together with friends in an ensemble is an excellent way of learning new music and having fun along the way.

Outcome:

Prepare for a musical performance – mini showcase, supported by professional Chamber Music Musicians, to share with your family and friends. You will develop your own solo moments within the Chamber Ensemble and understand how to collaborate successfully with other instrumentalists as your skills and confidence will grow from week to week. This specialist support is open to all students. You do not need to be having an individual music lessons at the Prem Music Academy to join this Music Exploria.

Leader: A. Wan (Strings Specialist), A. Chris (Supervisor)
Grades: All of Senior School
Cost: 0 THB Per Season

ENHANCING YOUR AI SUPER POWERS

Learn how to use ChatGPT as your copilot—a smart helper that can make learning in your other classes easier and more effective.

You'll get direct instruction to guide you, but you'll also have the freedom to choose what projects you want to work on. By the end, you'll have your own portfolio showing the AI skills you've mastered—skills that will help you succeed in school and later in life.

Some things you might do:

Turn hard-to-read texts into something you can understand.

Use voice dictation so you can talk instead of type.

Improve your language skills by using ChatGPT as a private tutor.

Use ChatGPT to help with assignments, brainstorm ideas, and practice skills.

Leader: Jeff Lowman

Grades: 7, 8, 9

Cost: 0 THB Per Season

HANDS OF HOPE

Ready to turn compassion into action? Hands of Hope is a student-led club dedicated to providing support to Burmese refugees. Our work includes hygiene education, supply drives, and community fundraising.

Students will visit the Senior School Science Lab weekly to create innovative products such as soaps and sanitary sprays to aid in the health refugees, learn to budget and manage resources for a real-world project, and develop leadership and organizational skills.

Leader: Benjamin Hober

Grades: All of Senior School

Cost: 0 THB Per Season

<i>FRIDAY 3:45 - 5:15 pm</i>	<i>FRIDAY 3:45 - 5:15 pm</i>	<i>FRIDAY 3:45 - 5:15 pm</i>
CROSS COUNTRY Students will work on developing their running skills, including stamina, flexibility, and strength, but also set personal goals in terms of time and distance. Each session will learn how to warm up, pace their runs, and stretch and cool down after runs of around 3-7 kilometers depending on age and ability. Leader: Gudrun Ingimundardottir, Andrew Mackenzie, Tony Chan Grades: All of Senior School Cost: 0 THB Per Season	MEMAKE DIGITAL DESIGN In this Exploria, students will learn, develop, and enjoy their collaborative digital design journey. We aim to let students enlighten and further enhance their digital design skills, including 3D modeling and game designing, using various software. Students may resemble the procedure of a game studio or company, and practice taking on responsibilities in a game studio. Leader: Hongyu(Astin) Ye Grades: 7, 8, 9, 10, 11 Cost: 0 THB Per Season	TAO KUNG FU SYSTEM TaoKungFu is a complete system of martial arts and inner cultivation, designed not only to train the body but also to awaken the spirit. Rooted in Taoist wisdom, it blends Kung Fu, Qi Gong, meditation, and philosophy into one path of self-mastery. Through TaoKungFu, practitioners will learn: 1. Martial Arts Skills – Powerful yet fluid movements, self-defence techniques, and forms that develop coordination, flexibility, and confidence. 2. Qi Gong & Energy Cultivation – Breathing practices and inner energy work to strengthen health, vitality, and longevity. 3. Meditation & Mind Training – Tools to calm the mind, sharpen focus, and release stress. 4. Taoist Lifestyle & Philosophy – Lessons in living in harmony with nature, embracing balance, patience, and inner peace. What people will gain: 1. A stronger, healthier body with improved stamina and resilience. 2. Emotional balance and clarity of mind. 3. Practical self-defence skills. 4. A deep sense of inner strength, peace, and connection
ARCHERY (4:25 - 5:15 PM) Draw, aim and shoot. Get better at this great pastime and improve your arm strength. Leader: Daeng Grades: All of Senior School Cost: 3200 THB Per Season	FLAVOR OF THE WORLD This program is designed to introduce students to the world of cooking in a fun, creative, and educational way. It balances hands-on practice with essential life skills, helping students become confident, independent, and healthy young cooks. What students will do: Learn Kitchen Safety & Hygiene: Proper knife handling, heat safety, and food hygiene. Explore Global Cuisines:	

BUDDING GOLFERS (4:25 - 5:15 PM) <i>Each session consists of after-school golf instruction covering all aspects of the golf swing. Golf clubs and golf balls are provided. Join us at our great facility and enjoy an atmosphere filled with fun and learning.</i> Leader: Coach Sid Grades: All of Senior School Cost: 3200 THB Per Season	Try popular dishes from Italy, Japan, Mexico, Thailand, and more. Develop Cooking Skills: Practice techniques like chopping, boiling, stir-frying, baking, and seasoning. Create Balanced Meals: Understand nutrition and how to combine ingredients for healthy eating. Teamwork & Creativity: Cook in small groups, decorate dishes, and present them like real chefs. Leader: Hugo Arunpree Grades: 6, 7, 8, 9 Cost: 1200 THB Per Season	with life's natural flow. 5. A way of life where training extends beyond the dojo into everyday living. TaoKungFu is not just about fighting—it is about training for life, discovering your true potential, and walking the Way of the Tao. Leader: Francesco Perillo, Ray Perillo Grades: 7, 8, 9, 10, 11, 12 Cost: 3200 THB Per Season
U20 BALL HOCKEY Last year our U20 Ball Hockey club (ice hockey without the ice- sneakers instead of skates) held weekly 5:00-7:00pm practices with Friday evenings sessions. This year, for Exploria Session #1 we are very fortunate to have the use of a new rink in San Sai which will dramatically reduce our travel time each Friday to just 35 minutes each way! Last year we held a May 2nd-4th 3on3 invitational tournament featuring female & male players, aged 12-18 from Chiang Mai and Hong Kong. This year we hope to hold a similar tournament in early December. I would like to thank our gracious new rink hosts, the Buchanan family; for welcoming us to use their sports center in San Sai each Friday. The sign-up fee, 1,000baht for the session, covers the cost of most equipment purchased as well as van costs. Additionally each student must purchase their ice hockey helmet with full face covering for maximum safety. We're all looking forward to another great year of Ball Hockey with a new rink, new equipment, & hopefully, new grade 8-12 members joining our collaborative & inclusive club. Should you have any questions please contact A. Adam at adamc@ptis.ac.th. Leader: Adam Copus, Dr. Frederick Robert Buchanan (ดร. เฟรเดอริค โรเบิร์ต บุคานัน), & Dr. Chanikarnda Komarakul Na Nagara (ดร. ชนิกรรดา โกมารกุล ณ นคร)	PREM RISING STARS FOOTBALL (2:30-3:20 PM) Coach Claude is a former professional footballer from Cameroon and has been in Thailand for many years, coaching and playing football. Coach Claude has expertise in helping our budding footballers/soccer players gain skills while learning to enjoy the game. Through Prem Rising Stars FC, we hope to get our players opportunities to play more games against other schools and local academies/teams. Leader: Coach Claude Grades: 2, 3, 4, 5 Cost: 3200 THB Per Season	CHESS CLUB ♟️ A space for strategic thinking, friendly competition, and skill-building. Open to all levels—whether you're a curious beginner or a seasoned player, come sharpen your mind and enjoy the game. ♟️ Leader: Saw Phone (Jonathan) Myat Oo, Lyu (Ding Ding) Wu Grades: All of Junior School, All of Senior School Cost: 0 THB Per Season

Grades: 8, 9, 10, 11, 12
 Cost: There is a fee of 1,000 thb (used to replenish equipment). Students must have their own Ice Hockey helmet with full face cage. THB Per Season

Senior School Prem Panther Sports 2025-2026 Session 1	MONDAY 3:45- 5:15 pm	- U14 Boys Basketball - Coach Phil - Gym - U14 Girls Basketball - Coach Amy - Multi-Purpose - U16/20 Girls Football - Coach Hannah Fah & March - Main Field: 3 - U16/20 Boys Football - Coach Sam and Coach James - Main Field: 1
	TUESDAY 3:45 - 5:15 pm	- U12 Boys Basketball - Coach Hayden - Multi-Purpose - U12 Girls Basketball - Coach Jennifer - Gym - U16/20 Girls Football - Coach Hannah Fah & March - Main Field: 3 - U16/20 Boys Football - Coach Sam and Coach James - Main Field: 1 - Swim Team- Coach Libby and Coach Andrew
	WEDNESDAY	- MRISA Boys Volleyball - Coach Lee - Gym - MRISA Girls Volleyball - Coach March - Gym - U12 Boys Basketball - Coach Hayden - Senior Basketball Court - U14 Boys Basketball - Coach Phil- Multi-Purpose - Swim Team - Coach Libby and Coach Andrew - Swimming pool - Badminton - Coach Daivd and Coach Ersong - Cost 1000thb



THURSDAY
3:45 - 5:15 pm

- U14 Girls Basketball - Coach Amy - Multi-Purpose
- U16/20 Girls Football - Coach Hannah Fah & March - Main Field: 3
- U16/20 Boys Football - Coach Sam and Coach James - Main Field: 1

FRIDAY
3:45 - 5:15 pm

- MRISA Boys Volleyball - Coach Lee - Gym
- MRISA Girls Volleyball - Coach March - Gym
- U12 Girls Basketball - Coach Jennifer - Multi-Purpose