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**Department of External Resources**

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Ministry of Finance, Planning and Economic Development  
The Secretariat (3<sup>rd</sup> Floor), P.O. Box 277, Colombo 00100, Sri Lanka

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Date

TA/TH/S/02/26  
02 FEB 2026  
Secretary  
Ministry of Health and Mass Media

1 IH  
02 FEB 2026

Attn: Officer In-Charge Foreign Training

29th January 2026

**Holistic Wellness and Health Promotion in Early Childhood: Nurturing Growth and Empowering Healthy Development in Digital Age**

From 20<sup>th</sup> April 2026 to 14<sup>th</sup> May 2026 in Songkhla, Thailand

**ICTA  
web  
DDG1/PKU-2  
DDG1/P**  
The Royal Thai Embassy in Sri Lanka has invited nominations from eligible Government officials to participate in the above-mentioned training programme. The programme details and the application form are enclosed herewith for your reference.

The programme aims to strengthen participants' knowledge, skills, and practical experience in promoting health and well-being in early childhood. It also seeks to enhance participants' capacity to design, present, and justify a project proposal focused on early childhood health and well-being, with explicit integration of family and community participation within their respective national contexts. In addition, the programme promotes meaningful knowledge exchange and professional networking among peers from diverse regions, fostering collaboration to advance early childhood health and well-being at local, national, and regional levels.

Accordingly, the Government of Sri Lanka has been invited to nominate three (03) officials to participate in the above programme. In this regard, we would be grateful if you could kindly instruct the relevant officers to circulate this information among the relevant agencies under your purview.

Each nominee is required to submit two (02) sets of application forms, together with the following supporting documents:

- Nomination Letter (from the Ministry)
- Duly filled Application Form of the Thailand International Corporation Agency (TICA)  
(2 originals and 2 copies)
- Duly filled ERD Form (can be downloaded from [www.erd.gov.lk](http://www.erd.gov.lk))
- Copy of the Passport

Kindly note that only duly completed applications received by ERD on or before 2.00 p.m. on 11 February 2026, together with all the required documents as stipulated above, will be processed. The final selection of candidates will be made by the Government of Thailand.

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Director General

94-11-2484693

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Office

94-11-2484500  
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Fax

94-11-2447633  
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Furthermore, as only three nominees will be selected for this programme, we kindly request you to nominate the most deserving and suitably qualified candidates whose current responsibilities are directly relevant to the subject matter of the training. We look forward to receiving strong nominations for this prestigious opportunity.

Please also note that any cancellation of a nomination within one week prior to the commencement of the programme will not be accepted by the host institution and will result in the full repayment of the air ticket value by the nominating agency or the individual concerned.

Your prompt response in this regard is highly appreciated.



Upendra Wijerathna  
Director (Actg.)  
for Director General



# Course Outline

## Annual International Training Course

- 1. Course Title:** Holistic Wellness and Health Promotion in Early Childhood: Nurturing Growth and Empowering Healthy Development in Digital Age
- 2. Duration:** 20 April– 24 May 2026
- 3. Background:**

Early childhood is a critical period of rapid physical, emotional, cognitive, and social development. During these formative years, the foundation for lifelong health, learning, and well-being is established. Early childhood needs to be provided with good nutrition, good healthcare, and safety to support optimal growth. Essential components, for example, exclusive breastfeeding, immunization, injury prevention, and prompt care during illness significantly contribute to healthy development. Therefore, caregivers and health professionals taking care of early childhood must be knowledgeable and skillful to effectively support their overall well-being, growth, and development, particularly in the context of a rapidly changing digital era.

Research evidence that provides appropriate and adequate nutrition during the first 1,000 days of life, including their early childhood years can lead to normal growth and development (Schwarzenberg et al., 2018). Appropriate and adequate nutrition during this crucial stage supports immune function, brain development, and the maturation of vital organs. It also enhances cognitive functioning. Conversely, inadequate or imbalanced nutrition can lead to undernutrition, overnutrition, or stunted growth. These conditions increase the risk of adverse health outcomes throughout the lifespan. (WHO, 2021). Globally, in 2020, approximately 149 million children under five were stunted, 45 million were wasted, and nearly 39 million were overweight or obese (WHO, 2021). Stunted children often experience increased vulnerability to infections, delayed cognitive development, and poorer academic achievement (de Onis & Branca, 2016).

Infectious diseases pose a substantial threat to the health and well-being of the early childhood with respiratory infections like COVID-19, Respiratory Syncytial Virus (RSV), and influenza A and B demonstrating the potential for significant long-term health complications. Evidence suggests these illnesses can lead to enduring respiratory issues, impacting quality of life and potentially causing permanent lung damage. Beyond respiratory illnesses, other prevalent infections, such as hand-foot-and-mouth disease, also present considerable concerns for early childhood well-being and public health. Effective prevention and care strategies are crucial in mitigating the dissemination of these diseases, particularly within high-risk environments such as child daycare centers. Therefore, it is imperative that healthcare providers and all personnel

working with the early childhood are equipped with the requisite knowledge and skills to safeguard this vulnerable population's health and promote their overall well-being.

In the context of the current digital era, where technology plays a central role in daily life, children are increasingly using screens on a regular basis. Excessive screen time affects child development, including language use, language comprehension, and social development (Madigan et al., 2019). It may also lead to behavioral issues (e.g., aggression and impulsiveness, autism-like behaviors or virtual autism) (Chen et al., 2020; Kamal et al., 2025). Without proper guidance, children may spend excessive time on digital devices, which can affect children's development, such as social interaction, emotional regulation, and executive function. Excessive screen time in young children is associated with delays in language development, social cognition, and learning skills. It also negatively affects sleep quality and increases the risk of behavioral problems such as inattention and irritability (Radesky & Christakis, 2019). Moreover, prolonged screen use often displaces physical activity, which can hinder motor development and physical growth (WHO, 2019).

Despite the various situations and events mentioned above, Thailand is one of the successful countries in relation to health promotion in early childhood. According to the Global Health Security Index, Thailand is ranked 5<sup>th</sup> best in the world, and 1<sup>st</sup> place within Asia (Global Health Security Index, 2021). Thailand has performed worthy in relation to maternal and child health (World Health Organization, 2015). In relation to health promotion in child health, for example, child immunization has been scaled up rapidly, and diphtheria, tetanus and pertussis coverage is higher than some of the high-income countries of Western Europe and Asia-Pacific (World Health Organization, 2015). Thailand has launched Early Childhood Development Plan (B.E 2564-2570) with a vision for all early childhood are fully developed according to their potential. All Thai children and migrants can access health services, education, and social welfare equally (National Committee for Early Childhood Development, 2022).

Several factors contribute to Thailand's success in health promotion, including accessible and comprehensive healthcare systems, clear and consistent health policies, strong community and family involvement. Furthermore, Thailand is one of the countries where extended family structures are common, and grandparents often play a significant role in raising and caring for children alongside parents. This cultural style reflects the strength of community-based support systems that could be further leveraged to enhance child health outcomes. Based on the experience of implementing the "Enhancing Local Community Capacity in Caring for Children Aged 2–5 Years in Phatthalung Province" project during 2014–2017, it was found that providing opportunities for the elderly to participate in organizing learning experiences for children in child development centers brought numerous benefits. These included the elderly gaining a sense of self-worth from contributing to their community, especially by being involved in the development of local children. They also enjoyed the activities both through engaging with the children and socializing with other individuals. The project benefited teachers by allowing them to learn how to organize learning experiences related to local culture, which many new teachers had never encountered before. Additionally, children benefited by unconsciously absorbing various cultural aspects. Invaluable

benefit cannot be measured in monetary terms. Promoting the participation of the elderly in the development of children aged 2–5 years at child development centers through continuous engagement in traditional Thai games with children and teachers not only helps preserve Thai culture and supports children's holistic development across five domains, enabling them to reach their full potential. It also directly benefits the elderly by increasing their physical activity for better health and enhancing their sense of self-worth through contributing to the well-being of the younger generation and the community.

Department of Pediatric Nursing, Faculty of Nursing, Prince of Songkla University with support from the Thailand International Development Cooperation Agency (TICA), Ministry of Foreign Affairs is aware of the importance of promoting health and well-being in early childhood and transferring knowledge to developing countries. Additionally, staff of Department of Pediatric Nursing, Faculty of Nursing, Prince of Songkla University has a strong background and experience in promoting and caring for early childhood children. Thus, the training program on Holistic Wellness and Health Promotion in Early Childhood is developed. This course is designed not only to build participants' knowledge and skills but also to serve as a knowledge exchange platform where experiences and ideas can be shared among professionals from different countries. Ultimately, participants will gain not only knowledge and practical skills but also the confidence to implement and adapt holistic child health promotion strategies within their own countries aligning with and supporting national health policies and development goals. As a result, children will benefit from improved care, enhanced development, and better health outcomes. In the long-term, promoting well-being in early childhood will lead to a higher quality of life for children who will grow into capable, healthy individuals, and valuable human resources contributing to national development.

### **Thailand International Cooperation Agency (TICA)**

TICA is a national focal point for Thailand's international development cooperation. It was established in 2004 to realize Thailand's aspiration to be a contributor to international development cooperation. Believing that global challenges are best addressed through international cooperation and global partnership, TICA continues to work closely together with its development partners to realize the global development agenda through various capacity-building and human resources development programmes. In response to the recent changes in the global landscape of development cooperation, TICA has strengthened its partnerships to harness the synergy of South-South and Triangular Cooperation to tackle global development challenges, including expediting the implementation of Sustainable Development Goals (SDGs). It also continues to realign our focuses in order to deliver Thailand's commitments as a global reliable partner.

Since 1991, TICA, in collaboration with educational institutions in Thailand, has offered short-term training courses under its Annual International Training Course (AITC) programme. The number of courses offered each year varies between 25 to 35 courses for 20-35 participants

per course. AITC not only fosters good and friendly relations which Thailand has already enjoyed with recipient countries across regions, but also helps Thailand to reach out to those countries with which we desire to engage more closely. The courses offered by TICA in 2023-2025 are categorized into 5 themes: Sufficiency Economy Philosophy (SEP), food security, climate change and environmental issues, public health, BCG Model related.

## **Organization/Institution**

Department of Pediatric Nursing, Faculty of Nursing, Prince of Songkla University, Hatyai Campus, Songkhla, Thailand.

### **4. Objectives:**

The program is designed to:

- Enhance knowledge, skills, and experiences about health and well-being promotion for early childhood.
- Demonstrate the ability to design and articulate a project proposal related to the promotion of early childhood health and well-being, incorporating family and community participation in their respective countries.
- Engage in meaningful knowledge exchange and networking opportunities with peers across diverse regions including Asia, Africa, Latin America, North and South America, the Caribbean, Oceania, and the Pacific Islands to collaborate in advancing early childhood child health and well-being.

### **5. Course Contents:**

This is a 3-week training program designed for professional nurses, other related health care personnel associated with early childhood health promotion and healthcare management, and teachers or personnel involved in early childhood education and development. Classroom lectures and discussions, experience sharing, individual and group assignments, and field trips are learning activities that will be used to develop basic theoretical knowledge, experiences, and skills of participants. Self and group reflections, examinations, field trip analysis, and project proposal will be used to identify knowledge and skills gained from this training course. The program also highlights the role of community-based support, particularly the involvement of the elderly in early childhood care and development, as a unique and effective model for promoting holistic wellness and intergenerational engagement.

#### **5.1 Theory course outline**

Scope of contents include:

- 5.1.1 Health policy for early childhood
- 5.1.2 Current situation of early childhood health
- 5.1.3 Theories/concepts regarding health promotion for early childhood

5.1.4 Health and well-being promotion of early childhood (oral health, infection prevention and control, growth and nutrition, obesity/malnutrition prevention, immunization, enhancing executive function, and child development)

5.1.5 Philosophy of the Sufficiency Economy and its utilization in health and well-being promotion for early childhood

5.1.6 Roles of healthcare personnel and community to promoting health and wellness in early childhood.

5.1.7 Intergenerational approach to promoting health and wellness in early childhood

5.1.8 National Standard for Early Childhood Care, Development and Education Thailand and how to apply.

5.1.9 Positive parenting and positive discipline, parental health literacy (building literacy skills for the future world), screen time and physical activity: balancing digital media use and movement for healthy early childhood development

5.1.10 Child abuse and neglect, adverse childhood experience, behavioral problems, and Children with delay development

5.1.11 How to write a project proposal on health and well-being promotion for early childhood in the digital era

## **5.2 Field trips**

There are three field trips designed to explore health and well-being promotion practices in early childhood care and development settings. Participants are assigned to:

5.2.1 Analyze the knowledge and insights gained from the field trips, and explain how these can be applied within your own professional or personal context.

5.2.2 The findings will be presented in class as a group presentation.

## **5.3 Project proposal development**

Participants are assigned to develop and present a project proposal regarding health and well-being promotion for early childhood in their own countries.

## **5.4 Prepatory assignment**

### **5.4.1 Country Report**

All participants are required to prepare a country report outlining the current situation of early childhood health, national child health policies, and ongoing health promotion projects or interventions for early childhood in their respective countries. The report must be submitted prior to the commencement of the training program. Participants will also be required to deliver a 10-15 minutes presentation in classroom. The report template will be provided to all eligible participants.

#### 5.4.2 Opening and closing ceremony

Participants are invited to wear their national costumes at the opening and closing ceremonies. At the farewell party, participants are requested to prepare a cultural performance (e.g., a national dance, singing of traditional songs, etc.).

#### 5.4.3 Dress code during the training program

During this period of national mourning in Thailand, participants are kindly requested to wear attire in **subdued colors** and to **avoid bright or flashy colors** throughout the program.

### 6. Participants' Criteria: Number of participants are 20-25.

Applicants must meet the following eligibility criteria:

- Nomination: Must be officially nominated by their respective governments.
- Education: Must hold a qualification equivalent to a bachelor's degree from a recognized university or technical college.
- Professional experience: Must have a minimum of two years of professional experience in nursing, public health, or other relevant fields related to child health or child development.
- Language proficiency: Must possess proficiency in English, including speaking, reading, and writing skills.

### 7. Attendance and Evaluation

Participants who complete the training will receive a certificate based on:

- Class Attendance: A minimum attendance rate of 80% in all real-time sessions.
- Field Trip Analysis Presentation (Group work): A minimum score of 60%.
- Project Proposal Report (Individual work): A minimum score of 60%.
- Project Proposal Presentation (Individual work): A minimum score of 60%.
- Post-Test (Individual work): A minimum score of 60%.

### 8. Venue:

#### 8.1 Place of Organization

Faculty of Nursing, Prince of Songkla University, Hat Yai, Songkhla 90110, Thailand

#### 8.2 Accommodation

20 April-11 May 2026: Hotel in HatYai, Songkhla, Thailand

12-13 May 2026: Hotel in Bangkok, Bangkok, Thailand

## **9. Expected Results:**

Upon completion of the training, all participants will gain more knowledge and experience and be able to apply those to their work resulting in enhancing quality of life of early childhood in their countries.

## **10. Organization/ Institution:**

- **Implementing Agency**

Department of Pediatric Nursing  
Faculty of Nursing, Prince of Songkla University  
Hat Yai, Songkhla 90110, Thailand

- **Contact Person**

1. Dr. Piyada Chaisri

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## **11. Expenditure/Funding:**

Thailand International Cooperation Agency (TICA)  
Government Complex, Building B (South Zone), 8th Floor,  
Chaengwattana Rd. Laksi District, Bangkok 10210 THAILAND  
Website: <https://tica-thaigov.mfa.go.th/en/index>  
Email: [aite@mfa.go.th](mailto:aite@mfa.go.th)

## Schedule for the Training Programme:

Date	Time (Thailand time)	Content	Teaching/ Learning methods	Speaker
<b>Day 1</b> Mon 20 April 2026	8:00-9:00 a.m.	Welcome to PSU & Registration		Staff members of the Department of Pediatric Nursing
	9:00-11:00 a.m.	Opening ceremony		- President or representative - Dean of Faculty of Nursing and Administration team - TICA staff - Staff members of the Department of Pediatric Nursing
	11:00 a.m.-12 noon (Lecture 1 hr)	Program orientation	Lecture/ Discussion	- Dr. Piyada Chaisri - Asst. Prof. Dr. Prance Khamchan
	1:00-2:00 p.m. (Practice 1 hr)	Relationship activity	Group activity	- Dr. Pensineenatt Suwannarat - Dr. Wansiri Nilnate - Lect. Passachon Boontham
	2:00-3:00 p.m. (Practice 1 hr)	Study visit: Faculty tour	Site visit	Staff members of the Department of Pediatric Nursing
	3:00-4:00 p.m. (Practice 1 hr)	Study visit: Campus tour	Site visit	Staff members of the Department of Pediatric Nursing
<b>Day 2</b> Tue 21 March 2026	8:30-9:30 a.m. (Lecture 1 hr)	Course orientation	Lecture/ Discussion	Dr. Piyada Chaisri
	10:00-11:00 a.m. (Lecture 1 hrs)	Pre-test		Dr. Onanong Mala
	11:00-12 noon (Practice 1 hr)	Country report presentation I	Presentation/ Discussion	Staff members of the Department of Pediatric Nursing
	1:00-5:00 p.m. (Practice 4 hrs)	Country report presentation II	Presentation/ Discussion	Staff members of the Department of Pediatric Nursing

Date	Time (Thailand time)	Content	Teaching/ Learning methods	Speaker
<b>Day 3</b> Wed 22 April 2026	9:00-10.30 a.m. (Practice 1.5 hrs)	Learning: "How to search"		Librarian
	10:30 a.m.-12 noon (Lecture 1.5 hrs)	Project proposal development	Lecture/ Discussion	Dr. Piyada Chaisri
	1:00-4:00 p.m. (Lecture 3 hrs)	Health policy for early childhood' health	Lecture/ Discussion	Dr. Hathaitip Tumviriyakul, MD.
	4:00-5:00 p.m. (Practice 1 hr)	Country report presentation III	Presentation/ Discussion	Staff members of the Department of Pediatric Nursing
<b>Day 4</b> Thurs 23 April 2026	9:00-10.30 a.m. (Lecture 1.5 hrs)	Current situation of early childhood' health in Thailand	Lecture/ Discussion	Dr. Wansiri Nilnate
	10:30 a.m.-12 noon (Practice 1.5 hrs)	Country report presentation IV	Lecture/ Discussion	Staff members of the Department of Pediatric Nursing
	1:00-4:00 p.m. (Practice 3 hrs)	Child Development Center, Songklanagarind Hospital	Practice/ Discussion	Staff members of the Department of Pediatric Nursing (5 staff)
<b>Day 5</b> Fri 24 April 2026	9:00-11.00 a.m. (Lecture 2 hrs)	Theories/concepts regarding health promotion for early childhood	Lecture/ Discussion	Asst. Prof. Dr. Pissamai Wattanasit
	1:00-2:30 p.m. (Lecture 1.5 hrs)	Promotion of growth in early childhood	Lecture/ Discussion	Asst. Prof. Dr. Pranee Khamchan
	2:30-4:30 p.m. (Practice 2 hrs)	Project proposal development I	Practice/ Discussion	Staff members of the Department of Pediatric Nursing
<b>Day 6</b> Sat 25 April 2026	8:00 a.m.-4:00 p.m. (Practice 7 hrs)	Songkhla Cultural Study	Cultural Study	Staff members of the Department of Pediatric Nursing
<b>Day 7</b> Mon 27 April 2026	10:30 a.m.-12 noon (Lecture 1.5 hrs)	Obesity and undernutrition: Impact and intervention	Lecture/ Discussion	Assoc. Prof. Maneerat Puwanant, MD.
	1:00-3:00 p.m. (Lecture 2 hr)	Philosophy of the Sufficiency Economy - Utilization of Philosophy of Sufficiency	Lecture/ Discussion	Assoc. Prof. Dr. Wantanee Wiroonpanich

Date	Time (Thailand time)	Content	Teaching/ Learning methods	Speaker
		- Economy in promoting health and well-being for early childhood		
	3:00-5:00 p.m. (Practice 2 hrs)	Project proposal development II	Developing a selected project proposal II	Staff members of the Department of Pediatric Nursing
<b>Day 8</b> Tue 28 April 2026	9:00 a.m.-12 noon (Lecture 3 hrs)	Intergenerational approach to promoting health and wellness in early childhood	Lecture/ Discussion	Dr. Siriporn Vetcho
	1:00-3:00 p.m. (Lecture 2 hrs)	Child development assessment and development promotion	Lecture/ Discussion	Lect. Ampaiporn Kautrakool
	3:00-5:00 p.m. (Lecture 2 hrs)	Roles of healthcare personnel and community: pediatric nurses, health care personnel, and other personnel involved in health and well-being promotion for early childhood	Lecture/ Discussion	Dr. Piyada Chaisri
<b>Day 9</b> Wed 29 April 2026	9:00-11.00 a.m. (Lecture 2 hrs)	National Standard for Early Childhood Care, Development and Education Thailand and how to apply?	Lecture/ Discussion	Asst. Prof. Dr. Pissamai Wattanasit
	11:00-12 noon (Lecture 1 hr)	Enhancing executive function (EF) in early childhood	Lecture/ Discussion	Lect. Piyatida Theppradit
	1:00-4:00 p.m. (Lecture 3 hrs)	- Positive parenting and positive discipline - Parental health literacy (building literacy skill for the future world) - Screen Time and Physical Activity: Balancing Digital Media Use and Movement for Healthy Early Childhood Development	Lecture/ Discussion	Dr. Onanong Mala

Date	Time (Thailand time)	Content	Teaching/ Learning methods	Speaker
Day 10 Thurs 30 April 2026	9:00 a.m.-12 noon (Practice 3 hr x 4 Groups)	Child development screening and interpretation	Practice/Discussion	Staff members of the Department of Pediatric Nursing
	1:00-3:00 p.m. (Lecture 2 hrs)	Common infectious diseases and immunization in early childhood	Lecture/Discussion	Asst. Prof. Puttichart Khantee, MD.
	3:00-5:00 p.m. (Practice 2 hr x 4 Groups)	Developing a selected project proposal III	Practice/Discussion	Staff members of the Department of Pediatric Nursing
Day 11 Fri 1 May 2026	8:00 a.m.- 12 noon (Practice 4 hrs x 4 groups)	Field trip I: Early Childhood Health Care Center, Faculty of Nursing, PSU	Practice/Discussion	Staff members of the Department of Pediatric Nursing
	1:00-3:00 p.m. (Lecture 2 hrs)	- Behavioral problems - Children with delay development	Lecture/Discussion	Juthamas Worachotekamjorn, MD.
	3:00-4:00 p.m. (Lecture 1 hr)	- Child abuse and neglect - Adverse childhood experience	Lecture/Discussion	Dr. Pensineenatt Suwannarat
Day 12 Tue 5 May 2026	8:00 a.m.-12.00 noon (Practice 4 hr)	Field Trip II: Child Development Center (under Local Administrative Organization [LAO]) Pattalung province		
	1:00-4:00 p.m. (Practice 3 hrs)	Cultural tour: Pattalung province	Practice/Discussion	
Day 13 Wed 6 May 2026	9:00 a.m.-12 noon (Practice 3 hr)	Field trip I & II analysis	Practice/Discussion	Staff members of the Department of Pediatric Nursing
	1:00-4:00 p.m. (Practice 3 hr)	Field trip I & II analysis (cont'd)	Practice/Discussion	Staff members of the Department of Pediatric Nursing
Day 14 Thurs 7 May 2026	8:00 a.m.-12 noon (Practice 4 hrs)	Field trip I & II Presentation	Practice/Discussion	Staff members of the Department of Pediatric Nursing
	1:00-4:00 p.m. (Practice 3 hrs)	Field trips I & II Presentation	Practice/Discussion	Staff members of the Department of Pediatric Nursing

Date	Time (Thailand time)	Content	Teaching/ Learning methods	Speaker
<b>Day 15</b> Fri 8 May 2026	8:00 a.m.-12 noon (Practice 4 hrs)	Project presentation	Practice/ Discussion	Staff members of the Department of Pediatric Nursing
	1:00-5:00 p.m. (Practice 4 hrs)	Project presentation (cont'd)	Practice/ Discussion	Staff members of the Department of Pediatric Nursing
<b>Day 16</b> Mon 11 May 2026	9:00-10:00 a.m. (Lecture 1 hr)	Posttest		Asst. Prof. Dr. Pranee Khamchan
	10:00-11:00 a.m. (Lecture 1 hr)	Course Evaluation	Discussion	Asst. Prof. Dr. Pranee Khamchan
	11:00 a.m.-12 noon (Lecture 1 hr)	Program Evaluation	Discussion	Dr. Piyada Chaisri Asst. Prof. Dr. Pranee Khamchan
	5:00-10:00 p.m.	Closing Ceremony		- President or representative - Dean of Faculty of Nursing and Administration team - Pediatric nursing staff
<b>Day 17</b> Tue 12 May 2026	9:00 a.m.-12 noon	Preparation for travelling to Bangkok		
	1:00-6:00 p.m.	Traveling to Bangkok		
<b>Day 18</b> Wed 13 May 2026	8:00 a.m.-12 noon (Practice 4 hr)	Field trip III: Family and Children's Aid Home in Bangkok	Practice/ Discussion	Staff members of the Department of Pediatric Nursing
	1:00-2:00 p.m. (Practice 1 hr)	Field trip evaluation	Discussion	Staff members of the Department of Pediatric Nursing
	2:00-4:00 p.m.	Meeting with TICA	Reflection/ Interview	Staff members of the Department of Pediatric Nursing
<b>Day 19</b> Thurs 14 May	8:00 a.m.-12 noon	Thai Cultural Study: Emerald Buddha Temple	Cultural Study	Staff members of the Department of Pediatric Nursing (6 staff)
	1:00-4:00 p.m.	Free time & Departure to home		



## Thailand International Cooperation Agency Ministry of Foreign Affairs of Thailand

### GUIDELINES for Annual International Training Course (AITC) Programme

#### 1. About AITC

Recognizing the significant role of Human Resources Development in economic and social development, the Royal Thai Government attaches great importance to fostering international cooperation, including both South-South and North-South Cooperation, particularly through organizing short-term training programmes. The Annual International Training Courses (AITC) is one of flagship programmes conducted by Thailand International Cooperation Agency (TICA). Aiming at sharing Thailand's best practices and experiences to the world, the AITC programme offers short-term training courses under a wide range of development-related topics.

AITC course is categorized under seven themes namely Sufficiency Economy Philosophy (SEP) for Sustainable Development Goals (SDGs), Agriculture and Food Security, Health and Wellness, Climate Resilience, Trade and Economy, Inclusive Development, and Science, Technology, and Innovation (STI) for Development.

#### 2. Qualifications

- 2.1 Candidates must be nominated by central government agencies.
- 2.2 Candidates should be an officer or agent (preferably from government agencies) currently working in the area related to the training topic.
- 2.3 Candidates must have a degree and/or professional experience suitable to the training topic.
- 2.4 Candidates must have a good command of English.
- 2.5 It is recommended that candidates be less than 50 years of age.
- 2.6 Candidates must have good physical and mental condition and must not be pregnant.
- 2.7 Nomination of female candidates is encouraged.
- 2.8 TICA reserves the rights to revoke scholarship offered to awardees who violate rules and regulations.

### **3. Procedures for submission of nominations**

3.1 Candidates must complete two (2) types of application steps:

#### **(1) Online Form Submission**

Complete the online application form available at <https://ticascholarships.com> or <https://forms.gle/WcJkb2WtLy3syJ5C6>

#### **(2) Preparation of Application Documents**

Download and complete one (1) copy of the required application documents from this link

<https://drive.google.com/drive/folders/1OKut1aqM577fc3SbSdv0FDupSAOSMGH?usp=sharing>. All forms must be thoroughly filled out, signed, and stamped by an authorized official.

#### **3.2 Nomination Requirements**

After completing the application documents as outlined in 3.1 (2), candidates must submit them to a central government agency responsible for nominating national candidates (e.g., the Ministry of Foreign Affairs) or to the relevant government agency where they are currently employed. Each country or territory is allowed to nominate up to three (3) candidates per course, following their specific nomination regulations.

#### **3.3 Submission of Hard Copy Documents**

The application process is considered complete when TICA receives the hard copy of the completed application form and related documents. These should be sent via the Royal Thai Embassy, the Royal Thai Consulate-General, the Permanent Mission of Thailand to the United Nations, or the Thailand Trade and Economic Office accredited to the applicant's country/territory. (refer to the "*List of Royal Thai Embassy/Royal Thai Consulate -General/Permanent Mission of Thailand to the United Nations/Thailand Trade and Economic Office which assigned as contact point*").

#### **3.4 Application Deadlines**

All nomination documents must be received by TICA no later than the specified deadline for each course.

### **4. Selection of candidates**

4.1 In considering applications, particular attention shall be paid to the candidates' background, their current position in the service of their Government, and practical use they expect to make of the knowledge and experience gained from training on the return to their Government positions.

4.2 Selection of participants is also based on geographical distribution and gender balance, unless priority is set for particular country/ group of countries.

4.3 TICA will inform all successful applicants through the Royal Thai Embassy/ the Royal Thai Consulate-General/ the Permanent Mission of Thailand to the United Nations/ the Thailand Trade and Economic Office accredited to the applicant's country/territory. Moreover, name list of successful applicants will be posted on TICA's website approximately two weeks before the commencement of the course.

4.4 No written notification will be sent to unsuccessful applicants.

## 5. Duration of the courses

All AITC courses are carried out on a full-time basis. The exact dates for each course are as specified.

## 6. Attendance and Activities of the Programme.

6.1 Participants are required to attend all activities organized during the course as attendance in all sessions is obligatory. TICA reserves the rights to revoke its fellowship offer or take appropriate action deemed appropriate in case a participant is in attendance of less than 90 percent of the training hours.

6.2 Each AITC course is designed according to its respective purpose. Most courses comprise three segments: lecture, field visit and workshop.

6.3 Participants are required to prepare their country report on topic relevant to the training course prior to the beginning of the course and prepare for their presentation during the course.

## 7. Travel and financial arrangements

7.1 Successful candidates will be offered an award which covers:

- Tuition and training fees\*
- Round-trip economy class airfare (only for participants from countries/territories listed as eligible for the full-support scholarship)
- Thai Visa fee (only for participants from countries/territories listed as eligible for the full-support scholarship)
- Accommodation for the duration of training in Thailand
- Training allowance
- Social programme
- Insurance
- Airport meeting service

Note: \* For other countries not included in the list of OECD Official Development Assistance (ODA) recipient countries, the scholarship will cover tuition and training fees only.

## 7.2 Regulations on travel and financial arrangements

- International travel – A round-trip economy class air ticket will be provided to awardees who are eligible for the full-support scholarship. The ticket will be issued via the most direct and economical route from the international airport at participant's respective country/territory to the location where the course will take place. The award does not cover domestic travel cost in participant's respective country.

Note: \* For other countries not included in the list of OECD Official Development Assistance (ODA) recipient countries, the scholarship will cover tuition and training fees only.

- All booking and change to the booking, including a setting of date of arrival and departure, must be done by TICA only. Ticket will be issued in electronic form (e-ticket) only.

- Baggage allowance quota is in line with the airlines' policy. Any purchase for extra baggage allowance is not covered by the award.

- Training allowance – Participants are entitled to receive a daily allowance in the course of the programme at the rates established by the Royal Thai Government which is designed to cover the cost of all meals. Therefore, the daily allowance will be reduced if meals are provided by the organizers. The allowance is not a salary or an honorarium. The allowance is not intended to cover the fellow's continuing expenses at home, nor personal expense. Therefore, it is suggested that each participant should bring some pocket money to cover their personal expenses. Allowance and all reimbursement will be made in Thailand and in Thai Baht (THB) only.

- Insurance – Group Life, Accident, and Health Insurance during the period of training in Thailand will be provided. The insurance does not cover pre-existing illnesses and outpatient medical/dental treatment. Participants are advised to obtain their own travel insurance which is fully covered for any costs arising from loss or theft of personal belongings.

- Accommodation – Accommodation will be provided to all participants during their training in Thailand at designated hotel/accommodation. Any cost arising from accommodation arranged by participants themselves cannot be reimbursed in all case. Accommodation does not cover any cost arising from participant's personal consumption i.e. mini bar, international/local call or internet (unless provided as compliment by the hotel.)

- Visa arrangement – Participants will be responsible for obtaining appropriate visa prior to their travel to Thailand, if required.

- TICA will provide facilitation to participants who require visa application i.e. liaising with the Royal Thai Embassy/ Consulate and advising on appropriate procedure and necessary documents for visa application. Participants must cover all costs arising from visa application i.e. visa fee, travel cost to the

Royal Thai Embassy/Consulate, postal fee (in case visa application is made by post), transit visa fee (if travel through a transit country is required). Only Thai visa fee can be fully reimbursed upon presenting an original receipt.

- Participants must not bring their family members with them during their training period. Participation in the training cannot be used as reference for visa application to Thailand of his/her family member.

- Airport meeting service – Transfer to and from airport will be provided to participants. TICA will coordinate directly with the limousine service to prepare for the airport transfer.

## **8. Contact**

For more information, please contact;

Human Resources Development Cooperation Division,  
Thailand International Cooperation Agency (TICA),  
Government Complex, Building B (South Zone), 8th Floor,  
Chaengwattana Rd. Laksi District, Bangkok 10210 THAILAND  
Website : [www.tica-scholarships.com](http://www.tica-scholarships.com)  
Email : [aitc@mfa.go.th](mailto:aitc@mfa.go.th)

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