

Maya Bay, Phi Phi Islands,
Krabi, Thailand



JSPS BANGKOK CONTENTS

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センター長あいさつ Greeting from Director



バンコク研究連絡センターの活動報告書『バンコクの風』の 2026 年度第 1 号（4-9 月）をお届けします。2026 年度は、新たに国際協力員 3 名が着任し、副センター長 1 名および現地職員の Boston とともに、6 名体制でセンターの運営を行っています。

本年度も、インド、バングラデシュ、タイ、フィリピン、ネパール、インドネシア、マレーシアの 7 つの JSPS 同窓会の活動支援に取り組むとともに、一昨年度より開始した「外国人特別研究員（ASEAN/アフリカ短期）」の募集・選考に力を入れています。また、東南アジア・南アジアの研究者と日本人研究者のネットワークを拡大・強化するため、JSPS 事業説明会も積極的に実施しています。

今号の特集では、外国人研究者招へい事業や二国間交流事業に採択された研究者、また HOPE ミーティングに参加された博士後期学生の体験談を特集しています。これから JSPS 事業へ応募される研究者にとって、日本での研究活動の経験やキャリア形成への影響など、参考となる内容ですので、ぜひご一読ください。

今後もバンコク研究連絡センターでは、JSPS ネットワークのさらなる充実と国際共同研究の推進に向け、スタッフ一団力を合わせて活動してまいります。引き続き、皆さまのご理解とご支援を賜りますよう、よろしくお願い申し上げます。



バンコク研究連絡センター長 大谷 吉生

We are pleased to present the first issue of “Wind from Bangkok”, the activity report of the JSPS Bangkok Office for FY2026 (April–September).

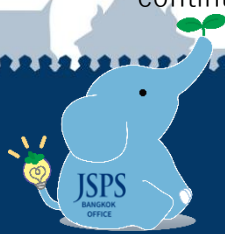
In FY2026, three new International Program Associates joined the Bangkok Office. Together with one Deputy Director and our local staff member, Boston, we are now a team of six working to support the office’s activities.

This year, we continue to support the activities of seven JSPS Alumni Associations (India, Bangladesh, Thailand, the Philippines, Nepal, Indonesia, and Malaysia) and implement the nomination of “Postdoctoral Fellowships for Research in Japan (Short-term (PA))” program, which was launched two years ago. We also actively hold guidance seminars on JSPS international programs to strengthen research networks between researchers in Southeast and South Asia and their counterparts in Japan.

In this issue, we feature the experiences of a former JSPS Fellow who participated in the Postdoctoral Fellowships for Research in Japan and the Bilateral Program, as well as a doctoral student who participated in the HOPE Meeting. Their experiences in Japan and insights into career development offer valuable guidance for those considering applying for JSPS programs. We hope you enjoy reading their stories.

The JSPS Bangkok Office will continue to work together to further strengthen the JSPS network and promote international collaborative research in the region. We sincerely appreciate your continued understanding and support.

OTANI Yoshio, Director of JSPS Bangkok Office





特集インタビュー I / Featured Interview I

HOPE フェロー / JSPS HOPE Fellow

We interviewed Ms. Chanisara Kaenkaew, a JSPS HOPE Fellow who participated in the 17th HOPE Meeting with Nobel Laureates in Japan in March 2026 as one of Thailand's representatives. We spoke with her about her experience at the meeting and her research journey since then!

タイからの参加者の一人として、2026年3月につくば市で開催された第17回HOPEミーティングに参加し、その後も活躍を続けているマヒドン大学博士後期課程の学生 Chanisara Kaenkaew さんにお話を伺いました！

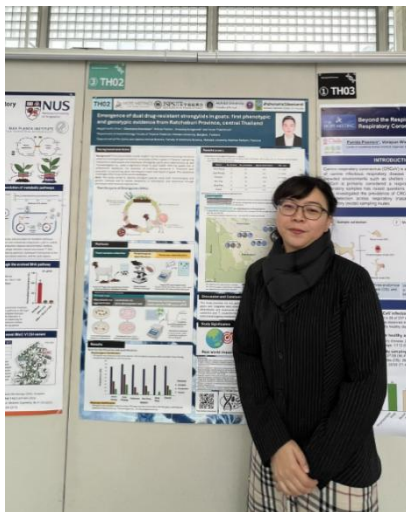
Ms. Chanisara Kaenkaew

Fellowship: Fellow of 17th HOPE Meeting
Academic Status: Ph.D. student, Doctor of Philosophy
Current Institution: Faculty of Tropical Medicine,
Mahidol University
Research Field: Tropical Medicine



Q1. What motivated you to apply for the HOPE Meeting?

There were several reasons why I wanted to apply for the HOPE Meeting.



Ms. Chanisara Kaenkaew and her poster
at 17th HOPE Meeting

First, I wanted to learn how to communicate my research with people outside the scientific community. My research is related to One Health, connecting human health, animal health, and the environment. It is not only relevant to researchers; it is also closely connected to communities and people working with animals, such as farmers. I wanted to build a small bridge between science and the community and make scientific knowledge more accessible to them.

Second, my faculty brings together many different fields under one umbrella, including tropical medicine, emerging diseases, travel medicine, and others. I wanted to share this diversity with researchers overseas and learn from people working in different areas. I thought the HOPE Meeting would be a great opportunity to connect with researchers from around the world.

Finally, I really wanted to meet Nobel Laureates! We usually only see them on television, so they can feel very far away from us. But there will have 6 Nobel Laureates at the HOPE Meeting! I wanted to attend and meet them in person, hear about their experiences, and learn not only from the Nobel Laureates but also from other early-career researchers.

Q2. What was the most memorable experience you had at the HOPE Meeting?

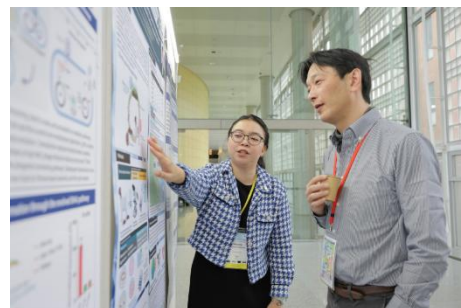
The most memorable experience for me was meeting the Nobel Laureates in person.

Before the HOPE Meeting, we usually only saw Nobel Laureates on television. They seemed very far away from us. So, having the opportunity to actually meet them, talk with them, and even have lunch or dinner together at the same table was like a dream!

What was particularly interesting was that we could see them not only as Nobel Prize winners, but also as ordinary people. We could talk with them about their research, but also about everyday things. It made the distance between us disappear.

I was also very inspired by hearing about their research journeys. Their success did not come easily. Research can take a long time, and sometimes experiments do not go as expected. They showed us that you have to keep trying, keep looking for opportunities, and believe in yourself.

So, for me, the most memorable part was not simply listening to Nobel Laureates give lectures. It was having the chance to meet them closely and see the people behind the Nobel Prize, while learning how they continued their research journey despite difficulties.



Ms. Chanisara introducing her poster at 17th HOPE Meeting

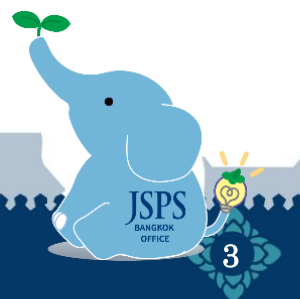
Q3. Was there someone who particularly inspired you at the HOPE Meeting? What did you learn from them?

Yes. Professor Svante Pääbo particularly inspired me. As a PhD student working in tropical medicine and parasitology, I was very interested in his research on the paleogenetics and genome and how he approaches questions involving humans, animals, and evolution. Although his research content is different from mine, I found it very interesting and wanted to learn how he developed his research and achieved such important discoveries.

What also impressed me most was how approachable he was. Before he left, I had the opportunity to have lunch and even dinner with him at the same table! We talked about research, but also about everyday life. We even talked about Bangkok and which places he might like to visit in the city. I was surprised that we could have such a casual conversation. I also had the opportunity to interact with other Nobel Laureates, and even had the chance to exchange social media with some of them.

Through these experiences, I realized that Nobel Prize scientists are not so far away from us. They are also just normal people who are willing to talk and share their experiences with young researchers. It makes me feel like if you focus on yourself, keep working toward your goals, and continue looking for opportunities, perhaps one day you can reach that level too.

Q4. Have you stayed in touch with researchers you met at the HOPE Meeting? If so, have these connections led to any new research opportunities?



Yes, there are many people I still keep in touch with. I still have a WhatsApp group with my Team E members, and we follow each other on social media. I have also stayed in touch with young researchers from different countries whom I met at the meeting.



*Ms. Chanisara and her Team E members
at 17th HOPE Meeting*

Before the HOPE Meeting, I had visited Japan several times, but only for travel. Through the meeting, I had the opportunity to talk with Japanese researchers and learn more about their research environment and what PhD life is like in Japan.

I was impressed by the importance they place on timetables and time management. I also learned that PhD students need to develop their own research plans and gradually become more independent. Your supervisor can guide you, but you also need to learn how to plan your work, decide what to focus on, and communicate your research clearly.

These connections have also opened up possibilities for future collaboration. I am now in the final year of my PhD and am considering opportunities to conduct research abroad after graduation. Before the HOPE Meeting, I was considering several countries, but after seeing the many laboratories and research units in Japan, I became interested in continuing my research there. I am now considering applying for a JSPS Fellowship and visiting a laboratory at the University of Tokyo. I have discussed my research interests with researchers there, and my supervisor may contact them about a possible research visit. Some of the researchers and friends I met through the HOPE Meeting have also recommended laboratories to me.

Q5. How has the HOPE Meeting influenced your research?

What are your goals as an early-career researcher?

One important change for me is the way I think about research.

Before the HOPE Meeting, I mainly focused on my own research and experiments. But at the meeting, I met researchers from many different fields and learned how they approach their research. The Nobel Laureates also showed us that research is not always easy. New discoveries often come after many difficulties, failures, and repeated attempts.

After the HOPE Meeting, I started to think more about how my research can connect with other people and create a real impact on society. It is not enough to focus only on a small part of our own research. We should also think about what people and communities need, and how our research can respond to those needs.

I also learned the importance of communicating with people from different backgrounds. Since the HOPE Meeting brought together researchers from fields such as engineering, chemistry, and many others, I realized that we need to learn how to explain our own research clearly and communicate with people outside our field.

Looking ahead, I want to keep two things in mind: Never walk alone and never give up.





Research can take many years, so I want to keep learning, be patient, and continue moving forward with my research team. At the same time, I want to remember that we are here not only for ourselves, but also to help other people. I hope to look beyond my own field, collaborate with researchers from different backgrounds, and keep developing ideas that can contribute to society.

Q6. What advice would you give to young researchers considering the HOPE Meeting?

I would put it in one sentence: “When you are ready, you go.” My motto is to feel ready at any time. When an opportunity comes, you should be ready to take it. If you keep waiting until you feel completely ready, you may miss the opportunity.

I know young researchers have many things to focus on—our teams, families, friends, colleagues, and many other responsibilities. But I think we should also take a step back and ask ourselves: What do I want to achieve? What does society need? Is what I am doing enough?

As researchers, we should think about the gap between research and society. What problems do people face? How can we make our research more useful and understandable to people outside our field? And how can we use the knowledge and opportunities we have to create a real world impact? For me, research should not be only about what we want to do for ourselves. We should also think about what our research can give to other people and how it can contribute to a better and more sustainable society.

So, my advice is to always prepare yourself, listen to good leaders, keep learning, and keep going. When the right opportunity comes, be ready to take it.



Ms. Chanisara sharing her experience at 17th HOPE Meeting with her faculty members

Program Overview/プログラム概要

Scan for the HOPE Meeting website→



< HOPE Meetings with Nobel Laureates/HOPE ミーティング-ノーベル賞受賞者との5日間>

The HOPE Meeting is a five-day residential conference held in Japan that brings together outstanding doctoral students and early-career researchers from the Asia-Pacific and African regions with Nobel Laureates. Through interaction with distinguished scientists and peers across diverse fields, the meeting aims to provide an opportunity for young researchers to grow as future leaders of scientific research.

HOPE ミーティングは、アジア・太平洋・アフリカ地域等から選抜された優秀な大学院生等を対象に、ノーベル賞受賞者など世界の知のフロンティアを開拓した研究者との対話、同世代の研究者との交流、及び講演や芸術プログラム等を通じて、将来各地域の科学研究を担う研究者として飛躍する機会を提供する5日間の合宿形式の国際会議です。



特集インタビュー II / Featured Interview II

JSPS Fellow & Bilateral Program PI

We also interviewed Dr. Nattasit Srinurak, a former JSPS Fellow who conducted research at Saga University. He later became the PI of an NRCT-JSPS Bilateral Program at Chiang Mai University. We spoke with him about his research experience in Japan and his research journey since then!

特集インタビュー II では、元 JSPS フェローの Dr. Nattasit Srinurak 先生に、日本での研究経験と、その後、二国間交流事業の研究代表者（PI）としてチェンマイ大学で進める研究についてお話を伺いました！

Dr. Nattasit Srinurak

2014–2017 PhD, Engineering (Urban Design), Saga University

2020–2022 JSPS Postdoctoral Fellowship (Standard), Saga University

2025–2028 NRCT-JSPS Bilateral Program

Current Position: Senior Researcher

Current Institution: Urban Design and Environment Lab (UDE Lab),
Multidisciplinary Research Institute (MDRI), Chiang Mai University

Research Field: Urban Design & Planning/ Disaster Resilience/ Historic Preservation/
Community-Based Disaster Risk Management



Q1. What motivated you to apply for the JSPS Fellowship and conduct research in Japan?

I applied for the JSPS Postdoctoral Fellowship for Research in Japan (Standard) to continue and deepen the research I had begun during my doctoral studies in Engineering (Urban Design) at Saga University. My work centers on Historic City Evacuation Tolerance (HCET), simulating how people can safely evacuate in historic urban areas where complex spatial conditions have to respond to present-day disasters but still conserve the character of historic atmospheres.



Dr. Nattasit with his wife during his first year as JSPS Postdoctoral Fellow

Japan is a world leader in disaster preparedness and historic urban conservation, and I wanted to keep developing this work in the environment where it started, within Prof. Dr. Nobuo Mishima's Regenerative Urban Design Lab at Saga University, whose expertise aligns exactly with my research. Staying in the same lab meant I could build directly on my doctoral foundation, which at that time developed as an index to prepare for simulations only, with a mentor who knew the work and understood my academic aims.

Plus, my spouse, at that time, was studying for a doctoral degree during that time, so it was crucially important to support each other.

JSPS is also regarded as one of the most reputable and comprehensive postdoctoral programs of its kind, so it was the natural choice to carry my research forward in Japan.

Q2. What was your experience like as a JSPS Fellow in Japan? Was there anything that particularly impressed or surprised you?

It was one of the most formative periods of my career. From October 2020 to October 2022, I worked at Saga University in the Regenerative Urban Design Lab, where I was able to continue my research in the same lab where I had earned my doctorate and push my HCET evacuation research further.

While I was doing my Postdoc, what impressed me most was the dedication and attention to detail in the Japanese research culture, the care taken with data, method, and the way ideas are discussed. It surprised me, and became especially meaningful for my field, was how deeply disaster preparedness is embedded in everyday life in Japan as the Bosai culture, which gave my evacuation research a real-world grounding.

With the fellowship support, I have worry-free researching and daily life. The research progressed very well, though it also made clear where the next gap lay the need for updated, realistic data from actual historic communities which paved the way for what I did next.

Moreover, I also had the joy of volunteering for the JSPS Science Dialogue program, which gives fellows the chance to lecture Japanese high school students during my postdoc. Through it, I was able to present my research at a high school in Kagoshima. The goal was to inspire the next generation of young researchers, but in the end, they inspired me just as much. The students responded to my work with such genuine curiosity and asked so many thoughtful questions that it truly moved me and really motivated my drive to keep pushing my research forward.



Dr. Nattasit enjoying Saga's vibe during Sakura season

Q3. What motivated you to apply for the JSPS Bilateral Program?

What have you found most valuable about the program?



Dr. Nattasit with Prof. Nobuo Mishima and lab members during his postdoc

My postdoc lab results showed that the HCET model has the potential to develop using more accurate, more updated, and realistic data from real historic communities, particularly Chiang Mai's historic area, to become truly reliable. Moreover, Chiang Mai and/or Thailand still need the knowledge from Japan according to disaster reduction/mitigation, especially evacuation events. The evacuation preparation study in Thailand is still under study and scarcely realized as a plan.



The NRCT–JSPS Bilateral Program was the ideal way to close that gap. Through the Bilateral Program, my team and I could visit communities in Chiang Mai, collect real data, and talk directly with community members. It lets my team in Thailand and Prof. Mishima's Regenerative urban design lab in Japan continue the work together as a genuinely joint, two-way collaboration using GIS data as a platform.

I was awarded the grant in 2025, and the project runs for three consecutive years. What I value most is that continuity it allows us to ground the simulation in current field data from Chiang Mai while keeping the methodological strength, combining with communities' application/feedback and partnership built at Saga, so the research keeps advancing on both sides.

Q4. How has the Bilateral Program contributed to your research collaboration with your Japanese counterparts?

It has turned a fellowship into a sustained institutional partnership. The three-year project connects the Urban Design and Environmental (UDE) Lab at MDRI, Chiang Mai University with Prof. Mishima's Regenerative Urban Design Lab at Saga University and lets us jointly update and validate the HCET evacuation simulation using realistic data collected directly from Chiang Mai's historic communities.



Lecture, discussion, and workshop on Evacuation in historic city in Chiang Mai with CMU and Saga University



NRCT–JSPS Bilateral Program fieldwork in Puekhong Community with students from CMU and Saga University

What is especially valuable is that this is not just my own research. We have researchers from different fields working together, combining our local knowledge and access to the communities in Chiang Mai with the Japanese team's expertise in modeling, urban design, and disaster prevention. We also have visiting activities and shared fieldwork. For example, we studied real-world cases and disaster-prevention practices in Hizen-Kashima, Saga, and also conducted fieldwork in Chiang Mai's historic communities.

The simulation allows us to create and adjust different parameters and test possible evacuation solutions. We can then discuss these results with community members and researchers to see how they might work in real situations. Through this process, the collaboration is helping us develop more realistic and transferable knowledge than either side could build alone, while also creating lasting links between the two institutions and their researchers.

Q5. How has your experience with JSPS influenced your research or career since then? Looking ahead, what are your goals as a researcher?

JSPS gave me the opportunity to pursue my research as far as my scientific and academic imagination could take me, without worry, and for that I am deeply grateful. The postdoc sharpened my discipline and attention to detail and gave me an international network I still rely on today, and it led directly to the NRCT–JSPS Bilateral project that keeps my collaboration with Saga University alive.

I am now a senior researcher at the UDE Lab, MDRI, Chiang Mai University, where I am wholeheartedly committed to studying urban disaster prevention and mitigation and to grounding that work in solid scientific data so it can genuinely support and protect historic communities. Through the Bilateral Program, my research has also moved beyond the laboratory. My PhD and postdoc gave me the academic foundation, but working with real communities has helped me understand how research can become something practical that people can actually use.



Dr. Nattasit's room during his second year of JSPS Postdoc

Looking ahead, my goals are to develop our evacuation simulations into a validated, practical tool for evacuation planning in historic cities, to complete and build on the three-year Bilateral project with realistic Chiang Mai data, to publish this work internationally, and to keep strengthening research ties between Thailand and Japan while mentoring the next generation of researchers.

Above all, I want to focus on disaster preparedness before a disaster happens, rather than only responding after it has occurred. I hope my work can contribute as part of the science that helps save lives when disaster strikes, much like the Japanese

disaster researchers who inspired me. My highest aim is to give communities reliable, evidence-based knowledge they can use to shape their own disaster response plans.

If our research can partially help even one community stay safe, every step of this journey will have been worthwhile.

Q6. What advice would you give to those considering applying for a JSPS Fellowship or Bilateral Program?

Take the initiative and build a genuine relationship with a host whose expertise truly matches yours. In my case, continuing with Prof. Nobuo Mishima's Regenerative Urban Design Lab made the academic continuity smooth. Start early and reach out to your prospective host well before the deadline so that you can shape the proposal together rather than alone.

In the proposal itself, show that the research is something only you and your host could do together, make its originality and significance clear, connect it to real-world impact, and demonstrate that you can collaborate effectively. Keep your research plan focused, realistic, and





well-structured, with a clear timeline and expected outcomes, and let your genuine passion for the work shine through.

Above all, do not be afraid to fail. It took me several attempts before my application finally succeeded. Failure is not the opposite of success, very often, it is simply part of your path toward it, so keep refining, keep believing in your idea, and try again.

Finally, think early about how to sustain your work: the NRCT-JSPS Bilateral Program is a wonderful way to continue a collaboration after the fellowship ends, as it has been for me. In the end, the network and partnership you build can become just as valuable as the research itself, and the trust and friendships you form along the way will carry your work, and your career, far beyond any single project.

Most of all, remember that research is a journey that does not end with the Fellowship or the Bilateral Program. In my opinion, they are as a wonderful step along the pathway toward your true research aim, one that may well grow into your lifetime's work.

Program Overview/プログラム概要



< Postdoctoral Fellowships for Research in Japan (Standard)／外国人特別研究員(一般)>

The program provides an opportunity to conduct collaborative research for young overseas researchers under the guidance of their hosts in universities and other research institutions in Japan. The fellowship duration is 12 to 24 months. A host researcher in Japan is required, and applications can be submitted either through the host researcher or through a nominating authority.



本プログラムは、博士号取得直後の優秀な諸外国の若手研究者に対し、日本の大学等研究機関において日本側受入研究者の指導のもとに共同して研究に従事する機会を提供するものです。採用期間は12～24 か月です。申請には日本側の受入研究者が必要で、受入研究者が所属機関を通して申請する方法と、海外の推薦機関から推薦を受けて申請する方法があります。

< Bilateral Programs (Joint Research Projects/Seminars)／二国間交流事業 (共同研究・セミナー)>

The program supports sustained research networks through joint research projects and seminars between Japan and counterpart countries. JSPS and counterpart countries provide financial support to scientists implementing these bilateral activities.



Joint Research: 1–3 years, ¥1–2.5 million/year per project.

Joint Seminars: up to 1 week, ¥1.2–2.5 million/seminar.

本事業は、個々の研究者交流を発展させた二国間の研究チームの持続的ネットワーク形成を目指しており、日本の大学等の優れた研究者が相手国の研究者と協力して行う共同研究・セミナーの実施に要する経費を支援するものです。共同研究：1年以上3年以内、100～250万円以内/件/年度。セミナー：1週間以内、120～250万円以内/件。



活動報告 Activities

バンコク研究連絡センターでは、日本学術振興会の国際交流事業で訪日経験のある研究者の組織である JSPS 海外同窓会の支援を積極的に行っており、タイ・インド・バングラデシュ・フィリピン・ネパール・インドネシア・マレーシアの計 7 つの同窓会組織や、各国の研究資金配分機関などと協力し、積極的にシンポジウムやイベントを開催しています。

JSPS Bangkok Office actively supports the JSPS Overseas Alumni Associations, which are organizations of researchers who have visited Japan through JSPS international programs. We collaborate with the seven alumni associations in Thailand, India, Bangladesh, the Philippines, Nepal, Indonesia, and Malaysia, as well as with research funding agencies in each country, to actively host symposiums and events.

■フィリピン同窓会（JAAP）らが「第 8 回 JAAP 国際研究開発会議（JAAP-IRDC-8）」を開催（2026 年 6 月 18 日－19 日）

■JAAP Held “8th JAAP International Research and Development Conference (JAAP-IRDC-8)” (June 18-19, 2026)

2026 年 6 月 18 日（木）から 19 日（金）にかけて、JSPS フィリピン同窓会（JAAP）、フィリピン科学技術省（DOST）、ネグロス・オリエンタル州立大学（NORSU）、シキホール州立大学（SSC）および当センターの共催により、「第 8 回 JAAP 国際研究開発会議（JAAP-IRDC-8）」をフィリピン・ドゥマゲテにおいて開催しました。本会議は、「レジリエントな未来の構築－科学技術イノベーションに向けた国際協働－」をテーマとして実施されました。

本会議には、日本およびフィリピン等の大学、研究機関および政府機関から約 60 名が参加しました。講演や発表では、農業・水産・畜産分野の先端研究から、高等教育の国際化、科学技術政策に至るまで、持続可能な社会の実現に向けた多様な研究・イノベーションが紹介されました。

JSPS バンコク研究連絡センターからは、開会式において大谷吉生センター長が開会の挨拶を行い、傅嘉琪国際協力員が JSPS の事業について説明しました。さらに、2 日目には、大谷吉生センター長、傅嘉琪国際協力員および丁秀玉国際協力員が口頭発表の審査員を務めました。各セッションでは、発表者と審査員、参加者との間で活発な質疑応答が行われ、幅広い分野にわたる研究や知見について、活発な意見交換が行われました。

本会議は、日本とフィリピンを中心とした科学技術協力のさらなる発展と国際的な研究ネットワークの強化に寄与する貴重な機会となりました。

The 8th JAAP International Research and Development Conference (JAAP-IRDC-8) was held in Dumaguete, Philippines, from June 18 to 19, 2026. The conference was jointly organized by the JSPS Alumni Association of the Philippines (JAAP), the Department of Science and Technology of the Philippines (DOST), Negros Oriental State University (NORSU), Siquijor State College (SSC), and our JSPS Bangkok Office. The theme of the conference was “Building Resilient Futures: Global Collaboration for Scientific Innovation.”

Approximately 60 participants attended the conference, representing universities, research institutions, and government agencies from Japan, the Philippines and other countries. The presentations covered a broad spectrum of topics, including advanced research in agriculture,

fisheries, and livestock science, the internationalization of higher education, and science and technology policy, all contributing to discussions on building a sustainable and resilient society. The conference provided a valuable platform for strengthening scientific and technological cooperation between Japan and the Philippines and for promoting international research collaboration and networking.



傅嘉琪国際協力員による JSPS 事業紹介
Presentation on JSPS by IPA FU Jiaqi



中崎清彦教授講演中の質疑応答の様子
Prof. NAKASAKI Kiyohiko answering questions



「教育学・社会科学」分科会における質疑応答の様子
Q&A session during oral presentation session



「工学・技術」の口頭発表分科会の審査員と参加者
Judges and participants in oral presentation session



JAAP-IRDC-8での集合写真
Group Photo at JAAP-IRDC-8



<Lecture Titles & Speakers>

- “Science and Engineering of Composting— Efforts to Promote the Adoption of Composting”
(Dr. NAKASAKI Kiyohiko, Professor Emeritus, Tokyo Institute of Technology, Director of Institute of Plankton Eco-engineering, Soka University, Japan)
- “Advanced Pathogen Genomics and Simplified Diagnostics for White Spot Syndrome Virus in Shrimp Aquaculture”
(Dr. KOIWAI Keiichiro, Associate Professor, Tokyo University of Marine Science and Technology, Japan)
- “Internationalizing the Higher Education Curriculum through Virtual Mobility: Reflections on Completed and Ongoing COIL Projects”
(Dr. Craig N. Refugio, Professor VI, Director, Office of the University International Relations- Negros Oriental State University, Philippines)
- “Alternate Wetting and Drying (AWD): A Practical Solution for Reducing Methane Emissions and Improving Water Productivity in Rice Systems”
(Dr. Kristine Samoy-Pascual, Senior Science Research Specialist, Philippine Rice Research Institute, Philippines)
- “Plant Semiochemicals for Insect Pest Management: Learning from the Filipino Farmer”
(Dr. Susan May F. Calumpang, Retired Career Scientist, Agricultural Chemistry Researcher, University of the Philippines, Los Baños, Philippines)
- “When Metrics Outlast Missions: Institutional Decoupling and Reform in the Philippine Scientific Career System”
(Dr. Custer C. Deocarlis, MIB, Scientist I, Senior Research Specialist, DOST-PNRI, Philippines)
- “Unlocking the Potential of Multiple Ovulation and Embryo Transfer (MOET) in Water Buffaloes”
(Dr. Ronald Nuwasasira, Department of Animal Science, School of Agriculture and Applied Science, Bugema University, Uganda)

■ 「NRCT-JSPS-JAAT シンポジウム」が Thailand Research EXPO 2026 にて開催（2026 年 6 月 26 日）

■ “NRCT-JSPS-JAAT Symposium” Held at Thailand Research EXPO 2026 (June 26, 2026)

2026 年 6 月 26 日（金）に、Thailand Research EXPO 2026 にて、タイ国家研究評議会（NRCT）、JSPS 及び JSPS タイ同窓会（JAAT）の共催により、「健康で活動的な高齢期を実現するための予防ケア実践と政策」をテーマに「NRCT-JSPS-JAAT シンポジウム」を開催しました。

JSPS バンコク研究連絡センターからは、大谷吉生センター長が歓迎の挨拶を述べたほか、講演では、健康長寿を支える日々の生活習慣や実践例についても紹介しました。

本シンポジウムには 100 名を超える参加者が来場し、超高齢社会に共通する課題への理解を深めるとともに、日タイ両国の研究者・関係者間のネットワーク強化及び今後の学術交流の促進につながる有意義な機会となりました。

On June 26, 2026, the NRCT–JSPS–JAAT Symposium, entitled “Preventive Care to be Healthy and Active Ageing: Practices and Policies,” was held as part of Thailand Research EXPO 2026. The symposium was jointly organized by the National Research Council of Thailand (NRCT), JSPS and the JSPS Alumni Association of Thailand (JAAT).

From the JSPS Bangkok Office, Director OTANI Yoshio delivered welcome remarks and, in his lecture, introduced daily lifestyle habits and practical examples that contribute to healthy longevity.

The symposium attracted more than 100 participants and provided a valuable opportunity to deepen understanding of the common challenges posed by ageing societies. It also strengthened networks among researchers from Japan and Thailand, while promoting future academic exchange and collaboration between the two countries.

<Keynote Lecture Titles>

- “Community-led Frailty Prevention in Japan: Empowering Older Adults for Healthy and Active Ageing”

(Prof. Dr. IJIMA Katsuya, Vice Director, Institute for Future Initiatives, The University of Tokyo
Director, Institute of Gerontology, The University of Tokyo; Professor, Institute for Future Initiatives, The University of Tokyo, Japan)

- “My Daily Routine for Healthy Ageing”

(Prof. Dr. OTANI Yoshio, Director of JSPS Bangkok Office)

- “Preventive Care to be Healthy Ageing: Care culture comparison in Thailand and Japan”

(Asst. Prof. Dr. Duangjai Lorthanavanich, Director, Ageing Business and Care Development (ABCD) Centre, Thammasat Business School, Thammasat University, Thailand)



JSPS 大谷吉生センター長
による事例紹介
Presentaion by Prof.
OTANI Yoshio, Director of
JSPS Bangkok Office

東京大学の飯島勝矢教授による講演
Lecture by Prof. Dr. IJIMA Katsuya, The University of Tokyo

タマサート大学 Duangjai
Lorthanavanich 助教による発表
Presentation by Asst. Prof. Dr.
Duangjai Lorthanavanich,
Thammasat University

また、2026 年 6 月 25 日（木）から 26 日（金）にかけて、Thailand Research EXPO 2026 において、JSPS 及び日本学術振興会タイ同窓会（JAAT）のブースを出展しました。

JSPS ブースでは、JSPS 二国間交流事業に採択された日タイ共同研究の成果事例や、世界トップレベル研究拠点プログラム（WPI）の取組を紹介するポスターを展示しました。

2 日間を通じて多くの来場者がブースを訪れ、JSPS の国際交流事業や日タイ間の研究協力について理解を深めていただくとともに、その取組を広く紹介する貴重な機会となりました。

In addition, from June 25 to 26, 2026, JSPS and JAAT operated an exhibition booth at Thailand Research EXPO 2026.

At the JSPS booth, posters were displayed showcasing examples of research achievements from Japan–Thailand collaborative projects supported by the JSPS Bilateral Programs, as well as initiatives under the World Premier International Research Center Initiative (WPI).

Throughout the two-day exhibition, the booth attracted a large number of visitors, providing a valuable opportunity to introduce JSPS’s international programs and Japan–Thailand research collaboration to a wider audience and to deepen participants’ understanding of these initiatives.



Thailand Research EXPO 2026 の JSPS ブース出展
JSPS Booth at Thailand Research EXPO 2026

■ **Bangladesh JSPS Alumni Association (BJSPSAA) Held JSPS Guidance Seminar (July 26, 2026)**

2026 年 7 月 26 日、JSPS バングラデシュ同窓会（Bangladesh JSPS Alumni Association : BJSPSAA）は、ジャショール科学技術大学（Jashore University of Science and Technology : JUST）および JSPS との共催により、バングラデシュ・ジャショールにおいて、JSPS ガイダンスセミナー「Guidance Seminar on the JSPS Program and Research Funding Opportunities」を開催しました。



本セミナーは、大学教員、研究者およびJSPS事業への応募を検討している研究者を対象に、JSPSが実施する各種国際プログラムや研究助成の機会について理解を深めるとともに、日本における研究・学術活動の機会を得るための実践的な情報を提供することを目的として開催され、約80名が参加しました。

また、本セミナーは、大学関係者、JSPS関係者、BJSPSAA会員、研究者および応募希望者が一堂に会し、国際的な研究協力の強化や研究者としてのキャリア形成について意見交換を行う貴重な機会となりました。

On July 26, 2026, the Bangladesh JSPS Alumni Association (BJSPSAA), in collaboration with Jashore University of Science and Technology (JUST) and JSPS, organized a JSPS Guidance Seminar “Guidance Seminar on the JSPS Program and Research Funding Opportunities” at JUST, Jashore, Bangladesh.

The program was designed to familiarize faculty members, researchers, and prospective applicants with the various international programs and research funding opportunities offered by the Japan Society for the Promotion of Science (JSPS) and to provide practical guidance for pursuing research and academic opportunities in Japan. About eighty people attended this seminar.

The seminar provided an important platform for interaction among university academics, JSPS representatives, BJSPSAA members, researchers, and prospective applicants interested in strengthening their international research collaboration and professional development.



大谷吉生センター長によるオンライン開会挨拶
Online Opening Remarks of Prof. OTANI Yoshio



BJSPSAA ガイダンスセミナー集合写真
Group Photo of BJSPSAA Guidance Seminar

■ タイ同窓会（JAAT）らが第1回 Functional Recovery Care（FRC）ワークショップを開催（2026年8月3日、5日）

■ NRCT-JSPS-JAAT Held 1st Workshop on Functional Recovery Care (FRC) (August 3 and 5, 2026)

2026年8月3日（月）および5日（水）に、NRCT、JSPS及びJAATの共催により、「高齢者の自立支援に向けた身体機能回復・リハビリテーションケアの新たな展開」をテーマに第1回ワークショップを開催しました。

両日とも、国際医療福祉大学大学院医療福祉学研究科小平めぐみ准教授より、「Functional Recovery Care（FRC）—Japanese Specialized Care Method—」をテーマとした講演が行われ、日本における認知症ケアおよび脳卒中後ケアの取組と事例が紹介されたとともに、タイにおける

認知症ケア及び脳卒中後ケアの取組について医療・介護の専門家による事例紹介も行われました。また、質疑応答や意見交換を通じて、日本とタイ双方の高齢者ケアを取り巻く現状や課題、高齢者の自立支援に関する実践的な内容について活発な議論が交わされました。

本ワークショップには80名を超える関係者が参加し、日タイ両国の研究者、医療・介護従事者等が専門的知見や実践経験を共有することで、高齢者が自立した生活を継続するための機能回復ケアの普及・発展に向けた相互理解とネットワークの強化が図られました。



小平准教授講演の様子

Assoc. Prof. KODAIRA delivering her lecture



小平准教授が実際のケア方法を実演する様子

Assoc. Prof. KODAIRA demonstrating practical caregiving techniques

On August 3 and 5, 2026, the National Research Council of Thailand (NRCT), the Japan Society for the Promotion of Science (JSPS), and the JSPS Alumni Association of Thailand (JAAT) jointly organized the 1st Workshop Project on “Functional Recovery Care (FRC)”.

On both days, Assoc. Prof. Dr. KODAIRA Megumi, Graduate School of Health and Welfare Sciences, International University of Health and Welfare, delivered a lecture entitled “Functional Recovery Care (FRC): Japanese Specialized Care Method.”

In addition, Thai healthcare and nursing professionals shared their experiences and practices in dementia care and post-stroke rehabilitation in Thailand. Through lively discussions and Q&A sessions, participants exchanged views on the current challenges facing elderly care in both countries and shared practical approaches to promoting independent living among older adults. The following report highlights the workshop held on August 5 at Banphaeo General Hospital.

More than 80 participants attended the workshop. By sharing professional knowledge and practical experience, researchers, healthcare professionals, and caregivers from Japan and Thailand strengthened mutual understanding and expanded their professional networks, contributing to the promotion and further development of Functional Recovery Care for supporting independent living among older adults.



主催関係者

Group photo of organizers

■マレーシア同窓会（JAAM）らが「JAAM-ASM-JSPS STIE SYMPOSIUM」を開催（2026 年 9 月 17 日）

■ JAAM-JSPS-ASM STIE SYMPOSIUM was held in Kuala Lumpur, Malaysia (September 17, 2026)

2026 年 9 月 17 日、JSPS マレーシア同窓会（JAAM）、マレーシア科学アカデミー（ASM）および当センターの共催により、第 6 回 JAAM-ASM-JSPS Science, Technology, Innovation & Economy (STIE)シンポジウムをマレーシア・クアラルンプールにて開催しました。本シンポジウムは、「科学・技術・イノベーション・経済主導のアプローチによるマレーシアの持続可能なブルーエコノミーの推進」をテーマとして実施されました。

開会に際して、JAAM 同窓会長の Prof. Datuk Ir. Ts. Dr. Ahmad Fauzi Ismail, ASM の副会長の Academician Distinguished Prof. Datuk Dr. Looi Lai Meng、及び当センター長大谷吉生から挨拶がありました。また、当センター国際協力員の丁秀玉が JSPS 事業の概要について説明しました。その後、日本・マレーシア両国の研究者 4 名による講演が行われ、最新の研究成果や社会課題の解決に向けた取組が紹介されました。

会場には、日本およびマレーシアから約 50 名の研究者、学生、企業関係者が参加し、分野や国境を越えて活発な意見交換が行われ、日本・マレーシアの研究者間のネットワーク強化や、新たな国際共同研究の創出につながる有意義な機会となりました。



JAAM 同窓会長による挨拶

Welcome remarks by President of JAAM

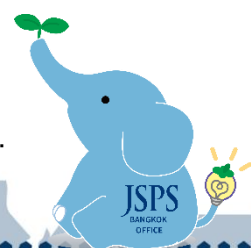


灘岡和夫東京工業大学名誉教授による講演
Presentation by Prof. NADAOKA Kazuo,
Professor Emeritus of Tokyo Institute of
Technology

On September 17, 2026, the 6th JAAM-ASM-JSPS Science, Technology, Innovation & Economy (STIE) Symposium was held in Kuala Lumpur, Malaysia, jointly organized by JSPS Alumni Association Malaysia (JAAM), Academy of Sciences Malaysia (ASM), and JSPS Bangkok Office. The theme of the symposium was “Navigating Malaysia’s Sustainable Blue Economy Through a STIE-driven Approach.”

At the opening ceremony, welcome remarks were delivered by representatives of JAAM, ASM, and Dr. OTANI Yoshio, Director of the JSPS Bangkok Office. Ms. DING Xiuyu, International Program Associate at the JSPS Bangkok Office, also introduced JSPS and its international programs.

Four researchers from Japan and Malaysia presented their latest research and initiatives addressing societal challenges. Approximately 50 researchers, students, and industry representatives participated in the symposium, providing an opportunity to exchange ideas and strengthen networks for future Japan–Malaysia research collaboration.





大谷吉生センター長
による挨拶

Welcome remarks
by Dr. OTANI
Yoshio, Director of
JSPS Bangkok
Science



丁秀玉国際協力員に
よる JSPS 事業説明
Presentation on
JSPS by IPA, DING
Xiuyu



集合写真
Group photo



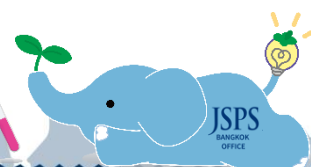
林灯九州大学教授による講演
Presentation by Prof. HAYASHI Akari,
Kyushu University

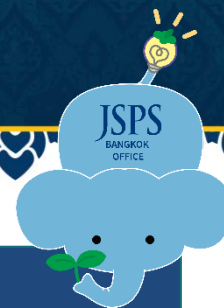


JAAM 同窓会副会長による閉会挨拶
Closing remarks by Prof. Dato' Dr. Aileen
Vice President of JAAM

<Lecture Titles>

- “Regenerative Marine Tourism as an Entry Point for Transforming the Blue Economy: Toward Sustainable Coastal and Island Socio-Ecological Systems”
(Prof. Dr. NADAOKA Kazuo, Professor Emeritus of Tokyo Institute of Technology)
- “Advancing Malaysia's Shipping & Maritime Transport Services as a Strategic Blue Economy Sector”
(Ms. Cheryl Rita Kaur, Maritime Institute of Malaysia (MIMA))
- “Ocean Thermal Energy-Driven Development for Blue Economy and Sustainability in Malaysia”
(Prof. Dato' Ir. Dr. A Bakar Jaafar, FASc, Universiti Teknologi Malaysia)
- “Hydrogen Production through Water Electrolysis Using Wind Power”
(Prof. Dr. HAYASHI Akari, Kyushu University)





その他の主な活動（2026 年 4 月～9 月）

Other activities of JSPS Bangkok Office from April to September 2026.

- 5 月 12 日：マヒドン大学サラヤキャンパスの大阪大学 ASEAN 拠点にて JSPS 事業説明

May 12 : Presentation of JSPS International Programs at the ASEAN Center for Academic Initiatives of The University of Osaka at Mahidol University's Salaya Campus

- 5 月 19 ～21 日：第 14 回グローバルリサーチカウンスル（GRC）年次会合に出席

May 19-21 : Attendance at the 14th Annual Meeting of the Global Research Council (GRC)

- 6 月 24 日：第 15 回 ASEAN 科学技術協力委員会（AJCCST-15）に出席

June 24 : Attendance at the 15th Meeting of the ASEAN-Japan Cooperation Committee on Science and Technology (AJCCST-15)

- 6 月 25～26 日：Thailand Research Expo 2026 にブース出展

June 25-26 : Booth Exhibition at Thailand Research Expo 2026

- 7 月 8～10 日：ワライラック大学インターナショナルデー（WUiDAY 2026）にて JSPS 事業説明

July 8-10 : Presentation of JSPS International Programs at the Walailak University International Day (WUiDAY 2026)

- 8 月 15～23 日：科学技術博覧会にブース出展

August 15-23 : Booth Exhibition at Thailand National Science and Technology Fair 2026

- 9 月 5 日：第 13 回 ASEAN UEC セミナーにて JSPS 事業説明（ビデオ参加）

September 5 : Presentation of JSPS International Programs at The 13th UEC Seminar in ASEAN 2026 (Video Presentation)

- 9 月 11 日：チェンマイ大学で開催された日本留学フェアにて JSPS 事業説明

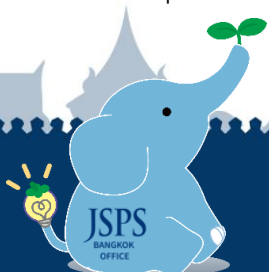
September 11 : Presentation of JSPS International Programs at Study in Japan Fair at Chiang Mai University

- 9 月 11 日：モンクット王工科大学トンブリー校および複数の日本の大学の来訪学生グループに JSPS 事業説明

September 11 : Presentation of JSPS International Programs to a group of students from King Mongkut's University of Technology Thonburi and several Japanese universities

- 9 月 18 日：マレーシア科学大学にて JSPS 事業説明

September 18 : Presentation of JSPS International Programs at Universiti Sains Malaysia



コラム Column

センター職員によるコラム「暮らして見えてきたタイ」をお届けします。
Stories and Insights from our staff in Column: *Discovering Thailand*.



Column 暮らして見えてきたタイ | Discovering Thailand

タイ人の性格

Unique Characters of Thai People

センター長 大谷 吉生
by OTANI Yoshio, Director

バンコクで暮らして6年が経過しました。2020年の着任当初は、新しい発見や体験で日々驚きの連続でしたが、6年経つと新しい発見も少なくなり、タイの魅力とは何だろうと、タイの本髄を探る日々になってきたような気がします。まだ、タイの真髄には到底到達していませんが、6年で見えてきたタイ人の性格について報告します。

タイ人の性格や価値観は、仏教の教えや気候、歴史的な背景に根ざしたと思われる、以下のようなユニークな特徴があります。

1. マイペンライ（気にしない・大丈夫）の精神

タイ人の価値観を最も良く表わす言葉がマイペンライです。失敗や予期せぬトラブルが起きても「まあいいか」「なんとかなる」と前向きに捉え、他人の過ちをほとんど責めません。この精神で、イベントがあってもなかなか準備に取りかからず、日本人をやきもきさせます。でも、これでもなんとかなるのがタイなのです。

2. 温厚で笑顔が多い（微笑みの国）

感情を露わにして怒ることを恥とする考えがあります。マイペンライの精神で、なかなか準備に取りかからないタイ人に腹を立てると、お前は何を怒ってるのかと、逆に腹を立てた自分が馬鹿らしくなります。お陰様で、先日帰国した際、私も円満な性格になったと家族から言われました。

3. 家族重視と目上の人への敬意

家族や仲間を大切にし、年長者や目上の人を敬う姿勢が随所に見られます。最近の日本人にはあまり見られない性格ですね。

4. サヌック（楽しさ）を重視

仕事や日常生活において「楽しいかどうか（サヌック）」が重要な要素になっています。どこに行っても、何をしても、楽しみを見つけ、ほんとうに遊ぶのが上手です。日本人も見習いたいですね！

5. 助け合い（ナム・チャイ）の心

困っている人を見ると放っておけない優しさがあります。仏教の「タンブン（徳を積む）」という思想があり、見返りを求めずに人に親切にすることが根付いています。

こんな人がいる国に住んでみると、帰りたくなるのが分かりますよね？

Six years have passed since I moved to Bangkok as the director of JSPS Bangkok Office in 2020. When I started living in Bangkok, every day was a continuous series of surprises filled with new discoveries and experiences. Now, six years later, new discoveries have become fewer, and I find myself spending my days searching for the true essence of Thailand—asking myself what its real charm actually is. While I am still far from truly reaching the core of Thai culture, I would like to share what I have come to see regarding the character of Thai people over these six years.

Rooted in Buddhist teachings, the climate, and historical background, the character and values of Thai people possess unique features such as the following:

1. The Spirit of ไม่เป็นไร "Mai Pen Rai" (Don't worry / It's okay)

"Mai penrai" is the phrase that best expresses Thai values. Even when mistakes or unexpected troubles occur, people take it positively, thinking, "Oh well" or "It will work out," and rarely blame others for their errors. Guided by this spirit, they often don't start preparing for events until the very last minute, keeping us Japanese on edge. And yet, somehow, things always manage to work out—that is the beauty of Thailand.

2. Gentle Demeanor and Abundant Smiles (The Land of Smiles)

There is a cultural value that considers showing emotion and getting angry to be shameful. When you lose your temper with Thais who are slow to start preparations due to their mai penrai spirit, they just look at you as if to say, "What are you getting so mad about?"—making me feel silly for having lost my cool in the first place. Thanks to this, when I returned to Japan recently, my family even told me that my personality had become much more rounded and peaceful.

3. Family-Centric Values and Respect for Elders

A strong dedication to cherishing family and close friends, along with a deep respect for elders and superiors, can be seen everywhere. This is a quality that seems somewhat less common among modern Japanese people nowadays.

4. High Value Placed on สนุก "Sanuk" (Fun)

Whether in work or daily life, whether something is "fun" (sanuk) serves as a crucial criterion. Wherever they go and whatever they do, Thais are truly masters at finding joy and having fun. We Japanese could certainly learn a thing or two from them!

5. A Heart of น้ำใจ "Nam Chai" (Mutual Help)

There is a genuine kindness that cannot ignore someone in need. Grounded in the Buddhist concept of Tambun (making merit), the practice of doing good deeds for others without expecting anything in return is deeply ingrained in daily life.

Living in a country surrounded by people like this, you may understand why everyone wouldn't want to go back Japan.



歩くのが大好きな日本人にもやさしい街になってきた！

Bangkok Is Becoming a More Walkable City—Even for Japanese People Who Love Walking!

副センター長 藪田 かず美
by YABUTA Kazumi, Deputy Director

少し前までは、バンコクの歩道は、スリル満点だった。ブロックが抜けていて、いきなり穴があって、転びそうになったり、雨のあと、踏んだブロックの隙間からいきなり真っ黒な水がドシャッと飛び出て来て足にかかったり。そんな経験が重なるにつれて、バンコクの歩道を歩くときには、足元にかかなりの注意を払っている自分に気が付いた。しかし、最近、バンコク市内の歩道がどんどん変化しているのを感じる。そう言えば、最近、歩道の舗装工事をしていたな。

あれ、いつの間にか、こんなかわいいマンホールが。最近、つまずいて転びかけることもなくなり、上を向いて、周りの景色を見ながら、朝の徒歩通勤の時間を楽しめている自分がいる。

バンコク市内の歩道の変化は、バンコク都が意図する街づくりに大きく関わっている。バンコク都は、「กรุงเทพฯ เดินได้ พัฒนาทางเดินเท้าคุณภาพ 1,000 กม. (バンコクを歩ける街へ 質の高い歩道 1,000km の整備)」という政策のもと、2026 年までに質の高い歩道を 1,000 キロメートル整備する目標を掲げている。2026 年現在、すでに累計 774 キロメートル、87 路線の整備が進められているという。しかも、単に歩道を舗装し直しているだけではない。歩道の状態を改善するだけでなく、駅の周辺を重点的に整備し、公共交通機関から歩いて目的地まで移動しやすい街をつくろうとしている。つまり、これは「歩道の工事」ではなく、「歩いて移動できる都市をつくる」という都市政策なのである。BTS や MRT といった公共交通機関は郊外まで拡張し非常に便利になった。しかし、駅から目的地までの移動のための歩道が、これまで整備されていなかったの、バイクタクシーなどを利用する人が多かった。そこで、バンコク都は、公共交通機関の駅からおおむね1,000メートルの範囲を対象に歩道を整備し、駅から目的地までを徒歩でつなぐことを目指している。

バンコクの気候も不思議なことに、さすがに、4月の一番暑い時期の日中は、ジリジリとした日が続くが、雨季であっても、カンカン照りからの夕方スコールという典型的な天気の変化が見られる日は少なくなった。雨季では、曇りの日が多く、日傘なしで外を歩くのも、以前より苦痛ではなくなった。乾季の1月辺りは、気持ち良いそよ風が吹くぐらいだ。

渋滞中の排気ガスにはまだまだ注意が必要だが、バンコクは、歩くのが大好きな日本人にやさしい街に日々変化を遂げている。目的地までの徒歩散策もバンコクの楽しみ方の一つになってきつつある。



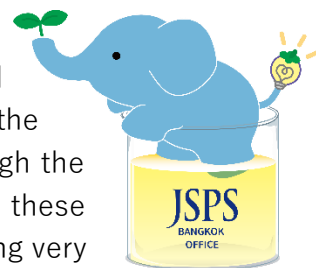
整備された歩道と写真をコレクションしたくなるユニークなマンホール
Well-maintained sidewalk and unique manhole cover

<参考ウェブサイト>

バンコク都ウェブサイト「政策#026 バンコクを歩ける街へ 質の高い歩道 1,000km の整備」

<https://openpolicy.bangkok.go.th/policy/026?utm>

Not so long ago, walking on the sidewalks of Bangkok could be quite an adventure. There were missing pavement blocks, unexpected holes that could make you stumble, and, after the rain, if you happened to step on one of the pavement blocks, a sudden splash of pitch-black water could shoot up through the gaps between the blocks and splatter your feet! After having experiences like these over and over again, I realized that I had gradually developed the habit of paying very close attention to where I was stepping whenever I walked along Bangkok's sidewalks.



But recently, I have started to notice that the sidewalks around Bangkok are changing—little by little, but quite noticeably. Come to think of it, there has been a lot of sidewalk paving work going on lately. And look! When did this cute little manhole cover appear?

These days, I hardly ever trip or nearly fall while walking. Instead of constantly looking down at my feet, I find myself looking up and enjoying the scenery around me during my morning walk to work. The changes taking place on Bangkok's sidewalks are closely connected to the city's broader vision for urban development. Under its policy “กรุงเทพฯ เดินได้ พัฒนาทางเดินเท้าคุณภาพ 1,000 กม.” (“**Making Bangkok Walkable—Developing 1,000 km of Quality Sidewalks**”), the Bangkok Metropolitan Administration (BMA) has set a goal of developing 1,000 kilometers of quality sidewalks by 2026. As of 2026, a total of 774 kilometers across 87 routes have already been improved, according to the BMA. And this is not simply about repaving sidewalks.

The initiative focuses not only on improving the condition of sidewalks, but also on improving areas around public transportation stations so that people can walk more easily from public transportation to their final destinations. In other words, this is not merely a “**sidewalk improvement project**.” It is an urban policy aimed at **creating a city where people can get around on foot**. Public transportation such as the BTS and MRT has expanded to the suburbs and has become extremely convenient. However, sidewalks connecting stations to people's final destinations have not always been adequately developed. As a result, many people have relied on motorcycle taxis for this part of their journey. The BMA is therefore working to improve sidewalks within approximately 1,000 meters of public transportation stations, with the aim of creating a seamless connection between the station and the final destination on foot.

And there is another change I have noticed recently in Bangkok. The climate. Interestingly, although the daytime heat in April—the hottest time of the year—can still be intense, the typical Bangkok weather pattern of blazing sunshine followed by an evening downpour during the rainy season seems to occur less frequently than it used to. During the rainy season, there seem to be more cloudy days, making it less uncomfortable to walk outside without a parasol. And around January, during the dry season, there are even days when you can enjoy a pleasant, gentle breeze.

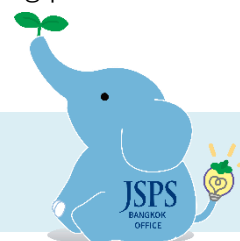


Although exhaust fumes from traffic jams are still something to watch out for, Bangkok is steadily becoming a more pedestrian-friendly city—even for Japanese people who

love to walk. These days, taking a leisurely stroll to your destination is becoming part of the fun of experiencing Bangkok.

Column 暮らしで見えてきたタイ | Discovering Thailand

Drawn to Diversity



by Soratus Lertampornvit (Boston), Local Thai Staff

Let's be real... I never once thought I would be able to live in Thailand my whole life. Even though I'm only 25 this year, I've always dreamed about going abroad and experiencing what it would be like to live in another country. I always wanted to know what it feels like to wake up somewhere completely different, surrounded by a different language, culture, and way of life.

Thailand—also known as the “Land of Smiles.” Honestly, I have no idea who came up with this name, but I guess it kind of makes sense. Thai people are generally known for being friendly, polite, welcoming, and smiling is definitely one of the things we do a lot when interacting with other people. Of course, Thailand isn't perfect, and not every Thai person is walking around with a smile on their face 24/7, but I do think Thai people generally value being friendly and keeping things easygoing.

In my opinion, one of the biggest challenges in Thailand can be the language barrier. English is not widely spoken across the entire country, especially outside the major tourist areas. However, if you go to places like Phuket, Pattaya, Chiang Mai, or Bangkok, it is much easier to find people who can communicate in English. And of course, **Bangkok**, the capital city of Thailand, is probably one of the easiest places in the country for foreigners to get around without speaking Thai.

And guess what? That's exactly where we're heading today.

Bangkok is the most populated city in Thailand and, for many people, the heart of the country. It is a city where you can basically find almost everything. Temples and skyscrapers, traditional markets and luxury shopping malls, street food and fancy restaurants, whatever you want, Bangkok probably have it.



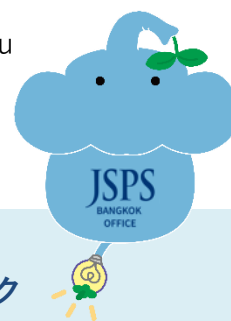
One of the things I personally love the most about Bangkok is the food. It doesn't really matter where you are from, there is a good chance that you can find something that reminds you of your home country. Want Japanese food? There are plenty of Japanese restaurants. Craving Korean

BBQ? No problem. Italian, Indian, Chinese, Mexican, American—you name it. And of course, if you want to try authentic Thai food, there are so many choices that you might not even know where to start.

Another thing about Bangkok is that you can never really run out of things to do. You can spend your morning visiting a temple, have lunch at a small street-food shop, spend your afternoon walking around a huge shopping mall, and then end your day at a rooftop bar looking over the city. Somehow, all of these things can happen within the same day.

For someone like me who has always dreamed about living abroad, sometimes Bangkok makes me wonder why I wanted to leave Thailand in the first place.

Maybe that is the funny thing about discovering your own country. You sometimes have to imagine leaving it before you realize how much there is still left to discover...



Column 暮らしで見えてきたタイ | Discovering Thailand

バックパッカーから駐在へ：10年越しの再訪で知るバンコク From Backpacker to Expat: Rediscovering Bangkok After a Decade

国際協力員 園田 竜也
by SONODA Ryuya, International Program Associate

バンコクを訪れるのは今回が2回目。1度目は約10年前の学生時代、バックパッカーとして東南アジアを周遊した際に、4日間ほど滞在しました。あの時、空港を一步出た瞬間に襲ってきた「立っただけで体力が削られる蒸し暑さ」は、これまで訪れた十数か国の中でも最大のカルチャーショックとして私の記憶に刻まれています。

ところが、今回実際に暮らしてみると、もちろん暑いのですが、「日本の猛暑に比べれば遥かに快適だなあ」と、身構えていた分、良い意味で拍子抜けしてしまいました。10年前の数日間の旅行を通じて培われたイメージとのギャップは、それだけではありません。日本より幾分マイルドで食べやすいパクチー、日本以上に普及している？オンライン決済やデリバリーサービス、そして思いのほか綺麗な街並み。英語でのコミュニケーションについても、当時は“Okay”といった基本的な英単語しか話せないタクシーの運転手さんに当たり、目的地にたどり着けるかという一種のサバイバルゲームを楽しんだものですが、現在のバンコク中心部では英語で困ることはほぼありません。この10年でタイの方々の英語力が飛躍的に上がったのでしょうか。



フードコートでのお昼ご飯（約300円！！）
Lunch at food court for just around 300 yen
(60 THB)! What a steal!

一方で、「予想を裏切らない(?) タイらしさ」も健在です。雨季の激しいスコールと、それに伴い時折アパートを襲う突然の停電。相変わらずの絶望的な交通渋滞。そして、何より美味しいご飯。

「微笑みの国」としてよく知られるタイ。約 10 年前に訪れた際にも人々の温かさに胸を打たれたものの、長期滞在してみると、日本ではあまり見かけない“特有の包容力あふれる笑顔”を向けられることがしばしばあり、ふと心が温まります。余談ですが、タイ在住 10 年超の藪田副センター長もたまに全く同じ笑顔を浮かべているので、この笑顔は長期滞在すると自然と伝染するものなのかもしれません。

また、生活のペースもイメージ通りかそれ以上の「ゆるやかさ」で、非常に暮らしやすいと感じています。タイではおしなべて残業が少なく、それどころか、定時の 30 分前頃になると、オフィスの入っているビルのトイレの個室からスマホゲームの楽しそうな効果音が聞こえてくることもしばしば。様々なしがらみの中、東京で日本人として生活するのに比べ、少なくとも外国人として過ごす分には、バンコクでの生活は圧倒的にストレスフリーだと感じています。

1 年間の滞在予定も、いよいよ折り返しの後半戦。残りの約半年間も、生活してこそ見えてくるタイの奥深い魅力を、存分に味わい尽くしたいと思います。



プーケットで見かけた象
Elephants I came across in Phuket

This is my second visit to Bangkok. My first visit was roughly a decade ago during my student days, when I spent around four days in Bangkok while backpacking around Southeast Asia. Back then, the moment I stepped out of the airport, I was hit by a sweltering heat that drained my energy just standing there. Among the upwards of a dozen countries I have traveled to, that moment is etched in my memory as the biggest culture shock.

However, now that I actually live here, while it is undeniably hot, I found myself pleasantly surprised, thinking, “This is far more comfortable than the blistering summers in Japan!” after bracing myself for the worst. The gaps don't stop there, though. Living here has shattered many other preconceptions I built up from that brief visit ten years ago. The case in point includes cilantro that is somehow milder and easier on the palate than back home; online payments and delivery services advancing perhaps even faster than in Japan(?); and a cityscape remarkably cleaner than expected. When it comes to communication in English, back then, I ended up with a taxi driver who could only speak basic words like “Okay,” turning the journey to my destination into a sort of enjoyable survival game. Today, however, I rarely face any language barriers in downtown Bangkok. Has the English proficiency of people in Thailand significantly improved over the past decade?





プーケットの綺麗な海
Beautiful sea in Phuket

On the flip side, of course, that classic Thai charm—which, for better or worse(?), never fails to meet my expectations—is still alive and well: torrential downpours in the rainy season that sporadically cause out-of-the-blue power outages in my apartment; the same old, apocalyptic traffic congestion; and, above all, scrumptious Thai cuisine.

Thailand is widely known as the Land of Smiles. Even when I first visited ten years ago, the warmth of the people pulled at my heartstrings. During this extended stay, however, I oftentimes find myself greeted with a uniquely embracing smile that I think is rarely

encountered in Japan—a gentle gesture that unexpectedly warms my heart. Speaking of which, there are times when our Deputy Director, Ms. Yabuta, who has lived in Thailand for over a decade, wears the same exact smile. Perhaps this unique smile is naturally contagious over a long stay in Thailand.

Also, I find life here very comfortable, simply because the pace is as chill as I imagined, if not more so. By and large, people in Thailand tend to work less overtime. If anything, about thirty minutes before the end of the workday, I often hear the cheerful sound effects of smartphone games drifting from the restroom stalls in our office building. Compared to living in fast-paced Tokyo as a Japanese with a plethora of psychological burdens and societal pressures, life in Bangkok, at least as a foreigner, feels overwhelmingly stress-free and laid-back.



ルンピニ公園のミズオトカゲ
Water monitor lizard in Lumpini Park

My one-year stay is now in its second half. For the remaining six months, I can't wait to fully savor the deep charms of Thailand that can only be discovered through the lens of a resident, not a tourist.

Column 暮らして見えてきたタイ | Discovering Thailand

タイに来たら、「出かけた」あまり思わなくなった
After Coming to Thailand, I No Longer Feel Like Going Out as much



国際協力員 丁 秀玉

by DING Xiuyu, International Program Associate

私はもともと、外に出かけるのが大好きだった。

ところが、タイに来てから、あまり外出したいと思わなくなった。最初は「タイの暑さに、出かけた気持ちまで溶かされたのかな」と思った。でも、タイに興味がなくなったわけではない。暮らし始めたことで、私の「生活の仕方」そのものが変わったのだ。

今住んでいるマンションにはジムやプール、ルーフトップがあり、警備員や受付のスタッフと挨拶を交わしたり、エレベーターで住民と会話をしたりして、外に出なくても十分楽しめる。買い物も、暑い中を出かけるよりオンラインショッピングやデリバリーのほうが便利だ。さらに、仕事では出張やイベントを通して、さまざまな場所や人に出会うようになった。日本や中国の友人や家族が遊びに来てくれることも増え、人や出来事のほうから自然と私の生活に入ってくるようになった。

そんな中、タイ人同僚との会話で、ふと気づいた。週末の過ごし方を聞くと、彼は「家で過ごすことが多い」と答えた。行きたい場所にはもう行き、見たいものも見てきたからだという。その話を聞いて、私は思った。もしかすると、私の気持ちも少しずつ、「旅行者」から「生活者」へと変わっているのではないか。

旅行者だった頃は、「タイにはどんなところがあるのだろう」「どこへ行けばいいのだろう」と観光する場所を探していた。今は、「タイの人たちはどんなふうに暮らしているのだろう」「どこへ行けば安くて実用的なものが買えるのだろう」と考えるようになった。



マンションのプールでひと泳ぎ
Swimming in condominium
pool



道端のおばあさんから買った
魚を自宅で調理
Home-cooked fish bought
from elderly woman by the
roadside

その変化を実感したのが、両親がタイに来たときのことだ。魚を買う場所を探していると、家の近くの道端で魚を売っているおばあさんに出会った。魚が安かっただけでなく、ネギやショウガまでおまけしてくれた。家で料理すると、とてもおいしかった。

以前、旅行者として見ていたタイは、王宮やワット・アルン、島々、料理、ナイトマーケットだった。今の私の目に映るタイには、毎朝挨拶を交わす警備員さん、エレベーターで話す近所の人、職場の同僚、スマートフォンのショッピングアプリ、そして道端で出会った魚売りのおばあさんがいる。

国を知るということは、観光地を巡ることだけではない。日々の暮らしの中から、その国を知っていくことでもある。だから私は、タイに来てあまり「出かけた」と思わなくなった。わざわざ外へ出なくても、日々の暮らしそのものに、楽しさや新鮮さがあることに気づいたからだ。

もしかすると、それが「暮らして見えてきたタイ」なのかもしれない。たくさんの観光地を巡ったからではなく、ここで暮らして初めて見えてきたタイ。少し暑くて、少しゆっくりしていて、それでも日々の温かさにあふれ、私に自由を感じさせてくれるタイである。

I have always loved going out.

Yet after coming to Thailand, I gradually stopped feeling the urge to go out. At first, I wondered if the heat of Thailand had melted away even my desire to venture outside. But it was not that I had lost interest in Thailand. Rather, living here had changed the way I lived.

The condominium where I live now has a gym, swimming pool, and rooftop. I greet the security guards and reception staff every day, and sometimes chat with other residents in the elevator. Little by little, staying home itself has become part of what I enjoy about daily life. Shopping has changed, too. Instead of going out into the heat and carrying heavy bags home, I find online shopping and delivery much more convenient. At the same time, my work has given me more opportunities to visit different places and meet different people through business trips and events. More of my friends and family from Japan and China have also come to visit me. Somehow, people and experiences have begun to enter my life naturally, rather than me always going out in search of them.



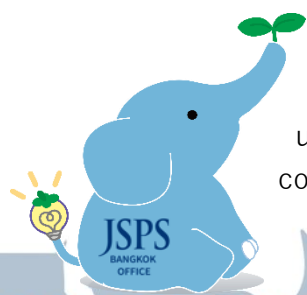
日本から友達がバンコクの家
遊びに来てくれた

Friends from Japan visiting my
home in Bangkok

Around this time, a conversation with the Thai colleague made me suddenly realize something. When I asked how he usually spends his weekends, he said that he often stays at home. He had already been to the places he wanted to visit and seen the things he wanted to see. Hearing this, I found myself thinking: Perhaps my own feelings, too, are gradually changing—from those of a “traveler” to those of someone who truly lives here.

When I was a traveler, I used to wonder, “What places are there to see in Thailand?” and “Where should I go?” I was always looking for somewhere to visit. Now, I find myself thinking instead, “How do people in Thailand live?” and “Where can I find things that are affordable and practical?”

I truly felt this change when my parents came to Thailand. We were looking for somewhere to buy fish when we happened to meet an elderly woman selling fish by the roadside near my home. Not only was the fish inexpensive, but she also gave us some spring onions and ginger as a little extra. We took everything home and cooked it, and it was very delicious.



In the past, the Thailand I saw as a traveler was the Grand Palace, Wat Arun, the islands, delicious food, and lively night markets. Now, the Thailand I see is also made up of the security guards I greet every morning, the neighbors I sometimes chat with in the elevator, my colleagues at work, shopping apps on my phone, and the elderly woman selling fish whom I happened to meet by the roadside.

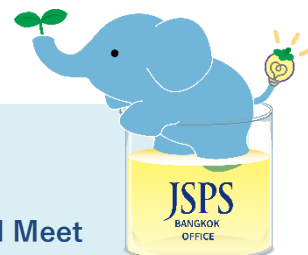
To know a country does not necessarily mean visiting its famous sights. Sometimes, it means coming to know the country through the small details of everyday life.

That is why, after coming to Thailand, I no longer feel the same urge to go out. I have realized that I do not always need to leave home in search of something new or exciting. There is already so much joy and freshness in everyday life itself.

Perhaps this is the Thailand you can only discover by living here. Not the Thailand I came to know by visiting countless tourist attractions, but the Thailand that I could only begin to see after making a life here. A Thailand that is a little hot, a little slow-paced, yet filled with warmth in everyday life—and a Thailand that has given me a sense of freedom.

Column 暮らし始めて見えてきたタイ | Discovering Thailand

人との出会いから知る、バンコクの多様な生き方 Exploring Different Ways of Life in Bangkok Through the People I Meet



国際協力員 傅 嘉琪

by FU Jiaqi, International Program Associate

バンコクで暮らし始めて、まもなく半年になります。この半年間、さまざまな国の人々と出会う中で、観光や仕事だけでは見えてこなかった、バンコクの多様な生き方に触れてきました。ここでは、そんな出会いを通して私が感じたこと、考えたことを綴ります。

1. 旅するように暮らす——「旅居」する生き方

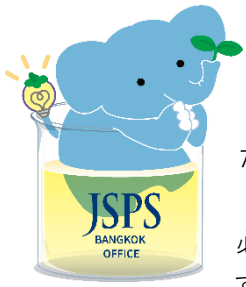
バンコクで暮らし始めて、「旅居」という暮らし方を知りました。

きっかけは、SNS を通じて知り合った中国人の若い女性です。ゴルフ仲間として一緒に練習するようになり、話をしていると、彼女は約 2 か月間、バンコクに「旅居」していることを知りました。彼女は観光地を巡るというより、バンコクでオンラインビジネスをしながら、ジムやスポーツを楽しみ、ゴルフを始めていました。バンコクにもう一つの日常をつくっているようでした。その後、テニスを通じて、中国とバンコクの両方に住居を持ち、二つの場所を行き来して暮らす人にも出会いました。



ゴルフ練習時の様子

Practicing golf



それまで私は、海外に行くなら観光するか、あるいは移住するか、そのどちらかだと思っていました。しかし彼女たちを見ていると、その間にはもっと自由な選択肢があるのだと気づきました。「家は一つの場所にあるもの」という考え方も、必ずしも当たり前ではないのです。

もちろん、こうした暮らしには経済的な余裕や、場所に縛られない仕事などの条件も必要です。それでも、比較的暮らしやすいバンコクだからこそ、こうした生活を試しやすいのかもれません。また、「旅行」と「暮らす」の間には、思っていたほど明確な境界線はないのではないかと感じました。そんな暮らし方が身近にあることを知っただけでも、バンコクでのこの半年間は、私にとって一つの新しい発見でした。

2. 生きたい場所で自由に働く——「デジタルノマド」

バンコクでは、時間や場所に縛られずに働く「デジタルノマド」の男性にも出会いました。

彼はオンラインで金融関係の仕事をしながら、台湾や北京、バンコク、バリなどを自由に行き来しています。バンコクでは、朝から金融関係の講座を受け、ジムやスイミングをしてから、オシャレなカフェで仕事をスタート、夜は友人と食事をしたり、ドラマ鑑賞やスポーツ等を楽しんでいます。仕事も生活も、場所や時間に縛られず、自分で組み立てているように見えました。

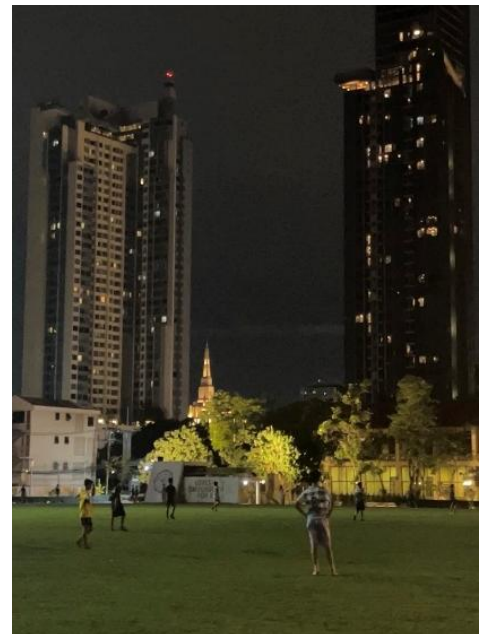
彼がバンコクを生活の拠点として選んでいる理由を聞くと、交通の便がよく、さまざまな国の人が集まっていること、そして比較的リーズナブルな生活費で快適に暮らせることが魅力だと言います。また、タイのデジタルノマドビザ（DTV）の申請条件が比較的簡単で、滞在可能な期間が長いこともポイントでした。実際、バンコクでは外国人が多く暮らし、カフェやコワーキングスペースなど、場所を選ばずに働く人にとって使いやすい環境も整っています。

そんな彼の生活を見ていると、自由とは「何もしなくていいこと」ではなく、「自分で選び、自分で管理すること」なのだと感じます。誰かに働く時間や場所を決めてもらう代わりに、自分で生活を設計し、その結果にも自分で責任を持つ必要があります。バンコクという国際的で自由な都市だからこそ、こうした「自分の好きな時間で働き、好きな場所で暮らす」という生き方が、より身近なものとして見えてきたのかもしれない。

3. 身体を動かし、人生を楽しむ——仕事だけに縛られない暮らし

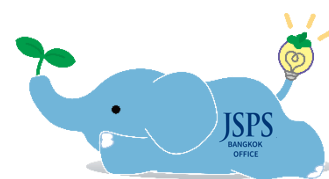
バンコクでテニスやゴルフを続ける中で、スポーツを楽しむ人たちもたくさん出会いました。

朝からジョギングしている高齢者の方や、テニススクールで練習を楽しんでいる様々な年代や国籍の人たちなどがいて、仕事終わりには、オフィスビルの前でズンバを楽しむ人たちもいて、夜の公園ではサッカーやお散歩をする人たちが賑わっています。街そのものが、仕事が終わってからも動き続けているように感じます。



バンコク市内 夜の運動場
Night view of park in Bangkok

何より印象的なのは、人々の表情です。東京では、仕事を終えた人たちが「疲れた、早く帰りたい」という顔をしているように見える一方、バンコクでは「仕事が終わった、さあ遊ぼう!」と言わんばかりに、楽しそうに身体を動かしている人が多いように感じます。街の活気は、こうした人々の楽しそうな表情から生まれているのかもしれません。



バンコクには、ジムやプールのあるコンドミニウムが多く、ここに来てからは、ゴルフやテニスも気軽に続けられる環境に恵まれ、身体を動かすことが生活の一部になりました。仕事の後にスポーツをすると、仕事や悩み事を考える暇もなくなり、「今日も充実した一日だった」と思えます。運動は私にとって、毎日を生きるためのエネルギー源となっているように思います。仕事だけに一日を使うのではなく、身体を動かし、人と笑い、気分を上げ、そんな小さな「楽しい」の積み重ねこそ、人生を豊かにするものなのかもしれません。

おわりに

バンコクで出会った人々は、暮らす場所、働き方、そして時間の使い方を、それぞれ自分らしく選んでいました。そんな姿を見ていると、人生には一つの決まった形があるわけではなく、自分にとって心地よい暮らしを自分で選んでいけばいいのだと感じます。私もこれから、自分にとっての「豊かな暮らし」とは何なのかを考えながら、日々の生活を楽しんでいきたいと思っています。

It has been almost six months since I started living in Bangkok. During this time, I have met people from many different countries and discovered ways of life in Bangkok that I would never have seen simply as a tourist or through work. Here, I would like to share some of the things I have noticed and thought about through these encounters.

1. Living Like Traveler — Different Way of Living Abroad



朝のロンピニー公園
Morning of Lumphini Park

After moving to Bangkok, I discovered a way of living that was new to me: staying in a foreign country for a few months while living almost like a local.

I first learned about it from a Chinese young woman whom I met through social media. We became golf partners and started practicing together. Through our conversations, I learned that she was staying BKK for about two months. While running her online business, she enjoyed going to the gym and playing sports in the

morning, cooking, and recently taking up golf. Rather than visiting tourist attractions, she seemed to be creating another everyday life for herself in Bangkok. Later, through tennis, I also met people who had homes in both China and Bangkok and moved back and forth between the two.

Until then, I had thought that there were basically only two ways to stay abroad: travel or move there. But meeting these people made me realize that there are more flexible options in between. The idea that “home” has to be in just one place is not necessarily a given.

Of course, this kind of lifestyle requires financial flexibility and work that is not tied to a particular location. Still, Bangkok may be an especially suitable place to try it because it is relatively affordable and comfortable. It also made me realize that the boundary between “traveling” and “living” may not be as clear as I once thought. Simply discovering that such a lifestyle is possible has been one of my new discoveries during my first six months in Bangkok.

2. Working Freely from Wherever You Want — Digital Nomad Life

In Bangkok, I met a man who works without being tied to time or one place—a “digital nomad.” He works online in the financial field and moves freely between Taiwan, Beijing, Bangkok, Bali, and other places. He starts his day with online finance courses, then goes to the gym or swimming before work at a café, and spends his evenings having dinner with friends or watching TV. His work and daily life seemed to be shaped around his own choices, rather than fixed by a workplace or schedule.

When I asked why he chose Bangkok as his base, he said he liked its international atmosphere, convenient connections to other countries, and relatively affordable cost of living. He also valued Thailand’s Destination Thailand Visa (DTV)’s straightforward application process and long permitted stay. Besides, Bangkok also offers a variety of places where people can work flexibly, such as cafes and co-working spaces.



植物に囲まれたオシャレカフェ
Café filled with greenery

Watching his lifestyle made me realize that freedom does not mean having nothing to do. It means making your own choices and managing your own life. Instead of having someone else decide when and where you work, you design your own lifestyle and take responsibility for the results. Perhaps it is because Bangkok is such an international and livable city that I was able to see this kind of lifestyle—working and living wherever and whenever you choose—as something much more real and familiar.

3. Staying Active and Enjoying Life — Not Being Defined by Work

As I have continued playing tennis and golf in Bangkok, I have met many people who enjoy being active. I have seen older people who go jogging from early morning, as well as people of all ages and nationalities enjoying tennis lessons. After work, people gather for Zumba classes in front of office buildings, while parks at night are full of people playing football or going for a run. It feels as though the city itself keeps moving even after the workday is over.

What impresses me most is the expression on people's faces. In Tokyo, people sometimes seem to look exhausted after work, as if they are thinking, "I'm tired. I just want to go home". In Bangkok, by contrast, many people seem to be saying, "Work is over. Let's have some fun!" as they happily head out to exercise. Perhaps the energy of the city comes from the enjoyment on people's faces.

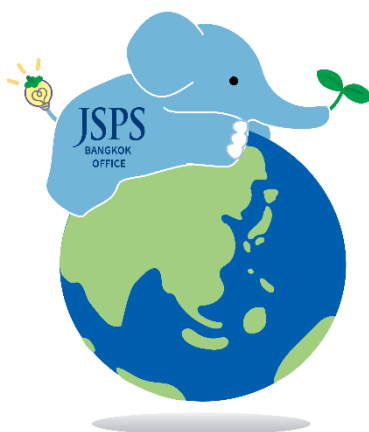
Since coming to Bangkok, I have been fortunate to live in an environment where many condominiums have gyms and swimming pools, and where it is easy to continue playing golf and tennis. As a result, physical activity has become a part of my daily life. After work, playing sports gives me no time to think about work or other worries, and I end the day feeling, "What a fulfilling day!" For me, exercise is a source of energy that keeps me feeling alive and helps me enjoy each day. Instead of spending the whole day working, I want to move my body, laugh with others, and lift my mood. Perhaps these small moments of enjoyment are what make life richer.



平日の広場でズンバダンスをしている人々
People doing Zumba Outdoors

Conclusion

The people I have met in Bangkok each choose their own way of living, working, and spending their time. Seeing them has made me realize that there is no single right way to live, and that we can choose a lifestyle that feels right for us. I hope to continue thinking about what a "rich life" means to me while enjoying each day as it comes!



スタッフの紹介 Staff Introduction



藪田 かず美
YABUTA Kazumi

副センター長
金沢大学所属

Deputy Director from Kanazawa University

「人と人をつなぐ」

Connecting people with one another

バンコクセンターに赴任し、2年目を迎えました。この1年間、センターの活動を通して、研究者のみならず、政府・行政関係者、医療従事者、学生、そして一般市民の方々など、本当に多くの皆様とつながり、また、人と人、人と組織をつなぐ役割を担わせていただきました。さまざまな出会いを重ねる中で、改めて感じたのは、人と人をつなぐネットワークの大切さです。そ

して、そのつながりから新たな共同研究や取り組みが生まれ、さらに次の展開へと発展していく現場を目の当たりにし、学术交流が持つ大きな可能性を肌で感じることができました。2年目も、より多くの方々に JSPS の活動を知っていただき、JSPS を通じた新たな出会いやつながりが生まれるよう、これまで以上に積極的に活動してまいります。

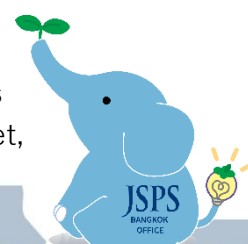
これからも「人と人をつなぐ」ことを大切にしながら、タイと日本、そして東南アジア・南アジアと日本を結ぶ研究者ネットワークのさらなる発展に貢献できるよう、努めてまいります。

I have now entered my second year at the JSPS Bangkok Office.

Over the past year, through the activities of our office, I have had the privilege of meeting and connecting with so many people—not only researchers, but also government and administrative officials, healthcare professionals, students, and members of the general public. I have also been fortunate to play a role in connecting people with one another, as well as connecting individuals and organizations.

Through these many encounters, I have once again realized the importance of networks that connect people. I have witnessed firsthand how these connections can lead to new joint research projects and initiatives, which in turn develop into further opportunities and collaborations. It has been a truly rewarding year, during which I have experienced firsthand the great potential of academic exchange.

In my second year, I will continue to work proactively to introduce JSPS and its activities to even more people and to create new opportunities for people to meet, connect, and collaborate through JSPS.



Moving forward, I will continue to value the importance of connecting people with one another and strive to contribute to strengthening researcher networks between Japan and Thailand, as well as between Japan and countries across Southeast and South Asia.

ボストン Boston

現地スタッフ

本名ソラタス・レータムポーンヴィット
Local Thai staff, full name Soratus Lertampornvit



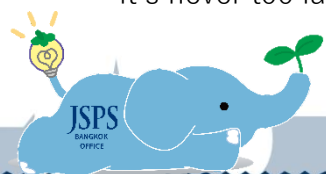
Shout out to everyone reading my self-introduction, and I'm very pleased to meet you all from the bottom of my heart. First off, my name is Soratus Lertampornvit, or Boston for short. I was born and raised here in Bangkok, Thailand. I'm already turning 25 this year, and I'm an only child (not really necessary, but in case you want to know more about me hehe).

Life for me in Thailand is somewhat fun so far. I wake up in the morning and get myself ready to go to work, and at the end of each day, I have to work out to strengthen my muscles so I can be as strong as Otani-sensei. Long story short, since the first day I started working here at the JSPS Bangkok Office, even though I graduated from the Faculty of Sports Science (which is related to becoming a personal trainer or having some kind of knowledge about improving strength and mobility in sports-related fields) from Chulalongkorn University, I still cannot compete with Otani-sensei when it comes to strength. Another reason, besides that, is that I want to challenge myself and participate in HYROX next year.

Recently, I've been trying to push myself to have conversations with foreigners from overseas, such as Japan, the Philippines, South America, etc., so that I can practice and, of course, remind myself of some languages I used to know. When I was in the US for around three months, I got a chance to make some friends and learned some Spanish from them, just for daily communication. I wasn't that fluent, but during the last few weeks, when I got the chance to use it with Latin American people, I kept stuttering and couldn't even think of any words. So, I can barely hold a conversation for very long due to the language barrier on each side.

As for this year, I've already set my goal to study Japanese more seriously by myself, since I can only understand just a bit of the whole conversation. Whenever I need to say something back to Japanese people, all I can do is say it back in English. Since I still have a good opportunity and it's never too late to learn anything, it doesn't matter to me how long it's going to take, even if it might leave me 疲労困憊. I'll try my best to pursue it.

Finally, I'm feeling so grateful and somehow feel lucky, since everyone around me is always so kind and generous in every possible way.





園田 竜也
SONODA Ryuya

国際協力員
東京大学所属
International Program Associate from
The University of Tokyo

東京大学に新卒で入職し、気が付けば早 10 年目。これまで、全学交換留学、海外大学とのパートナーシップ強化など、国際関係業務を中心に担当し、文部科学省での 1 年間の研修も経験させていただきました。今回、さらなる他機関での勤務や長期の海外生活を通じて、コンフォートゾーンから飛び出し視野を広げるべく、JSPS にてお世話になっています。バンコクセンターでは ASEAN 加盟国の若手

研究者を対象とした外国人特別研究員「ASEAN/アフリカ短期プログラム」や、インドとインドネシアの同窓会を主に担当しています。

前述のコラムに記載のように学生時代にバックパッカーとしてタイを含め東南アジア各国を巡ったことがありますが、当時はまさか将来タイで働くことになるとは夢にも思いませんでした。

趣味はテニス、カラオケ、旅行です。テニスは 1 年半ほど前に運動不足解消のため始め、タイでもスクールに通って様々な国籍の生徒とともに楽しく汗を流しています。

タイ国内に少し旅行に行きましたが、今後はシンガポールやマレーシアなどまだ訪れたことのない近隣諸国への旅行も計画しています。タイでのカラオケも含め、貴重な海外での生活を楽しんでいきたいと思っています。

I joined the University of Tokyo as a new graduate and, before I knew it, it's been nearly a decade. My career has focused primarily on international affairs, including university-wide student exchange programs and strengthening partnerships with top-notch universities overseas, alongside a one-year training assignment at MEXT. I have chosen to be here at JSPS with a view to getting out of my comfort zone and broadening my horizons by gaining further experience working at another institution and living abroad long-term. At the JSPS Bangkok Office, I am mainly responsible for Postdoctoral Fellowship for Research in Japan: the Short-term (PA)) Program designed for young researchers from ASEAN member countries, as well as coordination with alumni associations in India and Indonesia.

Back in my student days, I backpacked around Southeast Asia, including Thailand, as mentioned in the column. However, I never dreamed I would one day be living and working here!

My hobbies include tennis, karaoke, and traveling. I picked up tennis about a year and a half ago to stay active, and here in Bangkok, I enjoy taking lessons alongside classmates of various nationalities.

I've done a bit of traveling within Thailand, and now I'm planning trips to some neighboring countries I haven't been to, like Singapore and Malaysia. I look forward to making the most of my life abroad and enjoy everything, including going to karaoke in Thailand!



丁 秀玉
DING Xiuyu (Saki)

国際協力員
大阪大学所属
International Program Associate from
The University of Osaka



JSPS バンコク研究連絡センターの国際協力員を務めております、丁秀玉（テイ シュウギョク）と申します。ニックネームはサキです。

私は中国の内モンゴル生まれ、北京育ちです。大学 4 年次に日本へ留学したことをきっかけに日本での生活が始まり、これまで 6 年間、日本で学び、働いてきました。修士課程では、教育学の中でも高等教育分野を専攻しました。

学生や研究者を取り巻く環境、そして大学という場がどのように成り立っているのか、また、大学の国際化が今後どのように進展していくのかに関心を持ち、修了後は大阪大学の職員となりました。その後、JSPS 国際学術交流研修の機会をいただき、昨年度は東京の本部で研修を行い、今年度からバンコク研究連絡センターで勤務しています。

初めて国際業務に携わる私にとって、この 2 年間は、さまざまなことに挑戦しながら、多くの喜びを感じる日々となっています。今年はタイで仕事と日々の暮らしを重ねる中で、これまで知らなかった世界に触れ、私の世界も少しずつ広がっていきました。残された時間も、英語とタイ語の力を磨きながら、仕事や日々の暮らしの中で、もっともっとタイのありのままの姿を見つけていきたいと思っています。

My name is DING Xiuyu, and I am currently working as an International Program Associate at the JSPS Bangkok Office. My nickname is Saki.

I was born in Inner Mongolia, China, and grew up in Beijing. My life in Japan began when I came to Japan as an exchange student during my fourth year of university. Since then, I have spent the past six years studying and working in Japan. During my master's program, I majored in higher education. I was particularly interested in the environment surrounding students and researchers, the structures that support universities, and how the internationalization of higher education would continue to develop. After completing my degree, I joined The University of Osaka as a staff member. It was through this experience that I was given the opportunity to participate in this Internship at JSPS. I spent the previous year training at the JSPS headquarters in Tokyo, and this year I have begun working at the JSPS Bangkok Office.

As someone who is experiencing international work for the first time, these two years have been a rewarding journey, filled with new challenges and many moments of joy. Through my work and everyday life in Thailand, I have discovered a world beyond what I had known before, and little by little, my horizons have expanded. With the time I have left here, I hope to continue improving my English and Thai while discovering more and more of Thailand as it truly is, through both my work and everyday life.





傅 嘉琪 FU Jiaqi (Kaki)

国際協力員
広島大学所属
International Program Associate from
Hiroshima University

探索し続ける、挑戦し続ける、生き生きと楽しむ

Keep Exploring, Keep Challenging, Keep Feeling Alive

筑波大学の地理教育の修士課程を修了し、広島大学に入職して社会人 5 年目になりました。これまで広島大学では、事務職員として国際系の支援室で総務を担当したり、本部で財務企画の仕事をしてきました。昨年度からは、

JSPS の国際学術交流研修に参加し、東京本部で、主に若手研究者への支援や国際学術会議の開催に携わりました。現在は JSPS バンコク研究連絡センターで広報（10 月以降は会計）を担当し、同窓会業務にも携わっています。

中国出身で、日本滞在歴は約 7 年です。好奇心旺盛なので、趣味はゴルフ、テニス、スノーボード、ビリヤード、ドラマ鑑賞、ピアノ、旅行などなど 100 個ありそうですが、特技は 0 です。中国語・日本語・英語、そして少しだけタイ語が話せることも特技と言えるのであれば、言語学習は 1 カウントです。

さまざまな場所を訪れ、多様な人や文化に触れられる国際的な環境が好きです。タイでは、新しい知識や体験を吸収し、さまざまなことに挑戦しながら、自分のできることの幅を広げていきたいと思っています。残りの半年間も、日々新たな発見に出会える、実り豊かな時間にしたいと思います。



I completed a master's degree in Geography Education and am now in my fifth year of working. At Hiroshima university, I have worked in an office supporting international programs, where I was mainly responsible for general affairs, and later in the university headquarters, I worked in financial planning. Last year, at the JSPS headquarters in Tokyo, I was mainly involved in supporting younger researchers and organizing international academic conferences. I currently work at the JSPS Bangkok Office, where I am in charge of public relations and will take on accounting responsibilities from October. I also support alumni association activities.

Originally from China, I have lived in Japan for about 7 years. I am a very curious person, so I have almost 100 hobbies, including golf, tennis, snowboarding, billiards, playing the piano, and traveling. However, I have zero special skills! If speaking Chinese, Japanese, English, and a little Thai counts as a special skill, then I will count language learning as one.

I enjoy working in an international environment where I can visit different places and meet people from different backgrounds and cultures. During my time in Thailand, I would like to gain new knowledge and experiences, take on new challenges, and expand what I can do. I hope to make the most of the remaining six months and continue discovering something new every day.

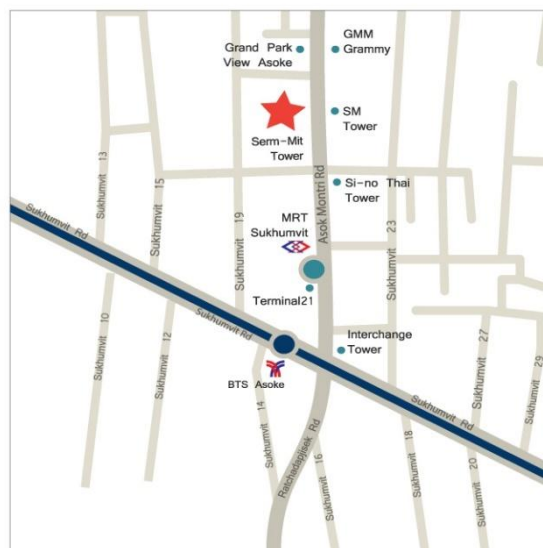
アクセス&コンタクト Access & Contact

■アクセス Access

- ・ BTS Asok 駅、1 番出口から徒歩約 5 分
 - ・ MRT Sukhumvit 駅、1 番出口から徒歩約 5 分
- 5-minute walk from Exit 1 at BTS Asok station and MRT Sukhumvit station

■コンタクト Contact

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Facebook: JSPS Bangkok Office



■表紙写真紹介 Cover Photo Introduction

タイ・クラビー県の皮皮諸島にあるマヤベイ周辺に浮かぶ、色鮮やかなロングテールボートでした。青く澄んだ美しい海を眺めながら、ロングテールボートに揺られる時間は、最高に Chill な気分を味わえます。タイを訪れた際には、ぜひ体験してみたいはいかがでしょうか。

This photo was taken around Maya Bay in the Phi Phi Islands, Krabi, Thailand. Cruising on a colorful long-tail boat while enjoying the crystal-clear blue sea is the perfect way to relax and feel the ultimate chill. If you visit Thailand, be sure to give it a try!



JSPS バンコクニュースレター「バンコクの風」 JSPS Bangkok Office NEWSLETTER "Wind from Bangkok"

監修：大谷吉生、藪田かず美、編集担当：傅嘉琪. Directed by OTANI Yoshio, YABUTA Kazumi, Edited by FU Jiaqi.



左から Boston タイ人スタッフ、丁国際協力員、藪田副センター長、大谷センター長、傅国際協力員、園田国際協力員
真ん中——オリジナルキャラクター“Su-Su chan”
(From left) Boston, DING, YABUTA, OTANI, FU, SONODA.
Original character "Su-Su chan" in the center