

BREEZE



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THE OFFICIAL STUDENT
MAGAZINE OF EKAMAI
INTERNATIONAL SCHOOL

Editorial

As we step into the final semester of the academic year, there's an energy shift. One that feels both reflective and purposeful, especially for our graduating seniors. This issue of Breeze captures that specific moment when everything begins to come together just before it ends. It celebrates not just the events and experiences that define our school and us as students, but also the growth, memories, and connections we carry forward into the next chapter.

In *The Scene*, we revisit the moments that defined this semester. From the unity and competition of Four Colors to our long-awaited sports day and even our senior field trip, each story reflects the spirit of student life in its most genuine form: the relationship we have for one another. Pieces like *Hallways of Heart* and *A Dream to See the Light* remind us that even in our everyday events and celebrations, there are moments that quietly stay with us.

Our *Hype* section brings us closer to the culture that surrounds us. From simple activities to shared trends, it highlights the things we often overlook, yet experience together. It's within these details that a sense of belonging is built because even though individuality makes us unique, it also brings us together.

In *Spotlight*, we turn to the individuals who continue to shape EIS into the community it is today. From students and alumni to reflections on how hard work can lead to real results, these stories show that impact comes in many forms. Whether loud or quiet, every contribution plays a role in moving our school forward. *ere*, right now.



SARANDA FISCHER

Editor-in-Chief

As this issue unfolds, it also looks ahead. Through topics like late-night habits, the role of AI in learning, and collaborative projects, we begin to reflect not only on where we are now but also on where we're going next.

As you explore this issue of Breeze, we invite you to slow down and take it in. Within these pages are moments that resonate, stories that linger, and perspectives that might stay with you long after this school year ends. Because more than anything, Breeze is a reflection of us, right h

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BREEZE

for the students
by the students

THE SCENE

FOUR COLORS

ONE CHAMPIONSHIP DREAM

By | Saranda Fischer

Across two action-packed days, EIS students performed, competed, and supported one another as the EIS games brought us closer than ever.

House chants and cheers filled the campus as our beloved Ekamai International School held its annual EIS Games on December 11-12 in the past year.

Students across the four high school grades were divided into four color houses: purple, blue, orange, and pink. These color houses transformed the school into a scene of healthy competition, teamwork, and legacy.

Each house was led by a year group in high school, with freshmen representing Purple Hustle, sophomores representing Blue Hawaii, juniors representing Orange Vikings, and seniors representing Pink Malibu. Over the two days, students competed in many sports events, while working together to gain points for their color house. Classmates gathered around the fields and courts to cheer on their teams, creating an energetic atmosphere across campus on those two special days.

However, the EIS Games were not limited to athletics; participants could win those sought-after trophies in other areas as well. Cheerleading routines and drum central performances became some of the most anticipated moments of sports day. Students spend weeks preparing for the performance, which includes choreography, formations, and music, to motivate their house and earn points. These performances still allowed students who were not participating in the "sports" part of sports day to play an important role.





As points were tallied across the preliminary games and both days, the competition remained close. At the end of the games, Pink House was announced as the overall champion, earning the championship trophy for the third time during their high school years. Although Pink House took the victory, the event highlighted more than just winning.

The EIS Games brought students together and strengthened our school's unity, making the two-day event one of the most important traditions at EIS.



from STUDENTS to ENTREPRENEURS



By | Da-Si He

Turning classrooms into boardrooms

When do people ideally earn their first salary? For most EIS students, it is during the general business sale. The general business sale is an annual event where students put into practice what they have learned all year

The preparation starts long before the actual sales begin. Students set up their tables, connect the cables, and decorate the booth. Next comes the most tense part of the day: testing/making the product. Palm sweating and hands shaking, the cook crafts their life and death. If the product is not up to standard, members must scramble to either obtain new material or develop an alternative.



As the first bell rings, students flood out from the buildings, and in a matter of seconds, the empty hallway is packed with curious students. A battle breaks out between the booths as each team tries to lure in customers with shouts and eye-catching stall designs. For one day, the corridor becomes a bustling marketplace. For one day, the General Business Students become actual business owners. When the crowd cleared in the afternoon, the exhausted vendors began the painstaking cleanup. Even after that, they have to do their accounting work, and then they can officially call it a day. While most return home with a smile on their faces and money in their pockets, others have nothing to show for but tears.





The booth with the highest profit is Mini-Basketball. A mini game that looks deceptively easy, but anyone who has played the game knows how difficult it is. The runner-up is Teokbokki, also known as Stir-fried rice cake, a new addition to the menu. The third place is Shaved Ice, followed by Fried Mama and Tanghulu. In terms of booth design, the first place is Crispy Cuts with its colorful design, second place is Slurpie with its tropical theme, and third place is Sip n Scoop.



IMMERSIVE LEARNING AT BANG KACHAO



By | **Pandhera** Keobua

Experiential education is an active learning approach in which students learn by doing, engaging in hands-on analysis.

Our field trip to Bang Kachao Farm was different from a typical school trip because we actually learned by doing things ourselves. Instead of just listening to explanations, we moved around the farm, tried activities, and saw how nature and farming work together in real life.

At the Japanese mushroom station, we learned that mushrooms don't grow in soil like most plants. They grow in cool, dark places using materials like sawdust. The farmer showed us how mushroom spores are prepared and explained that mushrooms can grow in small spaces, which makes this method very eco-friendly.

The earthworm farming station was more interesting than we expected. Earthworms eat food scraps and turn them into natural fertilizer for plants. This process helps reduce waste and improve soil health. It showed us that even leftovers can be useful. At the vegetable planting station, we learned how vegetables are grown without using chemicals. We planted seeds in prepared soil and learned that plants need sunlight, water, and good soil to grow. This activity made us understand how much care goes into growing food. We also visited the duck, chicken, and goose station. The animals are raised with proper food, clean water, and enough space. They help the farm by laying eggs, eating insects, and providing natural fertilizer. It was nice to see how animals are part of the farming system.

The zero-waste station taught us how the farm tries to produce as little trash as possible. Food waste is composted, and many materials are reused rather than thrown away. This information made us think more about the amount of waste we create every day.





Finally, at the stingless bee station, we learned about small bees that help pollinate plants. They live in wooden boxes and produce a special type of honey. Even though they are tiny, they are very important to the farm and the environment.

Overall, the trip to Bang Kachao Farm was a full day of learning through real experiences. We learned about farming, animals, and sustainability in an easy-to-understand, fun way. It helped us see how small actions can help protect nature and the environment.



HALLWAYS OF HEARTS

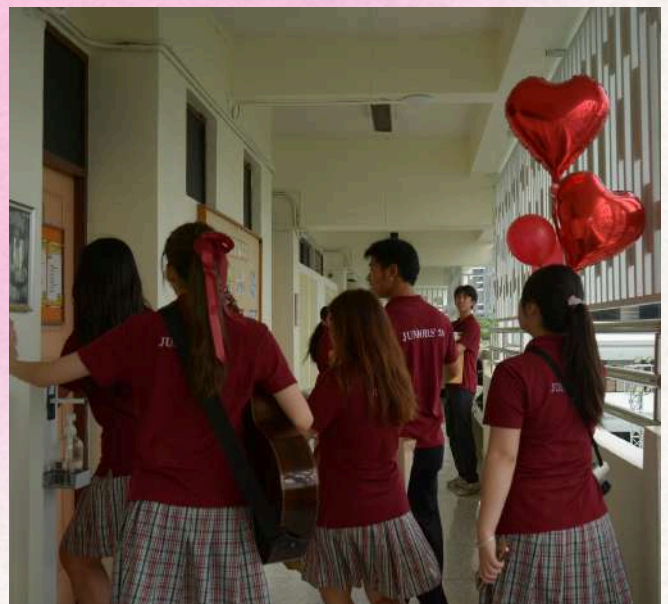


By | **Salin** Sukpradit

If love had a soundtrack, it played loudly across campus this Junior Love Day.

Every year, as February rolls in, our school transforms into a place filled with smiles, laughter, and a little extra color. This beloved tradition, known as Junior Love Day, is proudly led by the junior class and has become one of the most anticipated events on our school calendar. More than just a Valentine's celebration, Junior Love Day is about friendship, appreciation, and sharing joy throughout the campus.

The day begins early in the morning with one of the sweetest highlights, gift deliveries. Juniors walk through the hallways delivering roses, balloons, and special gifts to students and teachers. Classrooms feel warmer, and the hallways truly live up to the name Hallways of Heart.





As the day goes on, the school grounds come alive with booths run by students. There's something for everyone from food and snacks to sweets and fun games. Whether it's grabbing a quick treat with friends, trying your luck at a game booth, or just walking around soaking in the atmosphere, the booths create a lively and welcoming space. In the afternoon, the excitement continues with a live band performance. Students gather to enjoy the music, sing along, and cheer for their friends on stage.



What makes Junior Love Day truly special isn't only the decorations or the gifts, but the effort behind it. The junior class works together to plan, organize, and run the entire event, continuing a tradition that has been passed down year after year. In the end, Junior Love Day is not just about Valentine's Day. It's about celebrating connections, spreading kindness, and creating moments we'll remember long after the decorations come down. For one day, our school becomes a little brighter, a little louder, and a lot more full of heart.



A DREAM TO SEE THE LIGHT, ONE LAST TIME

By | **Da-Si He** & **Saranda Fischer**



Students transformed into superstars in a quest to win and be the light.

The theme "A dream to see the light" is inspired by the movie Tangled. However, it is the farthest thing from a "dream". The talent is real, the excitement is real, and the prize money is certainly real. For most, this is just one of the many to come. But for some seniors, this was no ordinary event. As their last-ever talent show, they sought to leave their mark under the brightest spotlight.

The talent show is a 5-day-long event that covers high school, middle school, elementary school, and kindergarten. The Student Council filled the auditorium with props and posters that immerse students in the magical world of Tangled. Against the backdrop of lanterns, a castle, and a boat, the SC members performed 2 songs from the movie, an appetizer for the feast to come. The talent show comprises many sections, including instrumental solo, instrumental group, vocal solo, vocal group, dance solo, dance group, band, and, last but not least, the other category.

Under the dim yet colorful lights, the student goes through an array of emotions. Our ears are blessed, and our eyes are awed. The event ends with the awarding ceremony, as every pause is overflowed with suspense and anticipation.

The moment the performers stepped onto the stage, they were no longer just students. For a moment, they are superstars, with the attention of the whole world on them. And one by one, they delivered more than we could expect. For many seniors, the talent show was a "last" on the list. They want to make it known that this is their year, their final year, and they did. Along with the familiar faces, many were people who never thought they would ever be on that stage. Together, the seniors gave us some exhilarating, tear-jerking, and unforeseen performances that will live long in the memory.





Every year we have a talent show, and every year we are surprised. At last, completely losing track of time, we walked out of the auditorium like it was a Vegas show. Like a dream, the talent show was absolutely surreal.



SOAKED BUT SMILING



By | Nichapatr Punmanee

A colorful day of culture, cooling off, and getting totally soaked.

Every April, Thailand turns into one big water fight. But behind splashes, Songkran is full of meaning and tradition. The last bell rang, but no one rushed home. Instead of backpacks being zipped and classrooms going quiet, the school transformed into something entirely different—louder, brighter, and a lot wetter. It was Songkran day, and for once, school wasn't just a place for lessons, but a place for celebration.



This year's Songkran theme is "Songkran in Unity: Hearts across the Regions of Thailand." The celebration will include Thai cultural performances, traditional games, exhibitions, and the meaningful Rod Nam Dam Hua ceremony, providing EIS students with the opportunity to appreciate Thai traditions and the values of gratitude.





The heat made the excitement feel even more intense, as if everyone had been waiting for this exact moment. When the first wave of water flew across the football field, laughter followed instantly. The food booths and the programs provided by teachers are also at the heart of the event. The smell of food, fried snacks, and sweet desserts filled the air, drawing people from every corner of the school. Drinks packed with ice were the real heroes of the day, helping everyone cool down in Thailand's hot sun.

What made this Songkran special wasn't just the water or the food—it was the feeling. Seeing classmates laugh without worrying about exams, watching teachers smile outside the classroom, and feeling the sense of togetherness reminded everyone what the festival truly represents: new beginnings, joy, and a sense of connection. For a few hours, school wasn't stressful or serious. It was alive. Songkran at school wasn't just an event on the calendar—it was a moment when school felt less like a routine and more like a community. And that was something worth celebrating.

No matter how soaked we get, the memories and the laughs make it worth it every year.

Bridgerton Fairytale

By | **Pansipha** Siripoke



A night where light shines, and a camera flash, and transports everyone to a Bridgerton Fairytale.



A word from the Junior President *Nitchanan Wongnirun*

Q: What are some things people might not notice from the prom?

Prom is not a complicated event but rather a heavily detailed one, so I'm glad those details turned out as well as they did. Something people might not notice is how much time and effort went into the video. I truly could not have done it without the amazing team. I am very grateful to Namfah, Max, P'Min, P'Aomsin, and Nene, who were all instrumental in creating this video. Many scenes took a long time to shoot but only lasted a few seconds, and I am really grateful to everyone who volunteered to help.

Q: Any word for the seniors, juniors, and sophomores?

To the seniors, I am glad to hear that you guys enjoyed it. I hope it is what you hoped for, and I apologize for everything that went wrong. To the Junior officers, thank you for working hard, and I hope you enjoyed it and will enjoy it more next year. To the sophomores, we shall have a long conversation very soon. :)



What is the inspiration of your outfit?



Varunnika
Female Best Dress

“My outfit was inspired by the fairytale essence of Bridgerton and the night's overall theme. I imagined the prom filled with vibrant, colorful gowns, so I wanted to create a contrast by keeping my look simple and elegant. I chose a white dress to represent a sense of innocence and softness, almost like a fairy-like presence. At the same time, the addition of a crown symbolized grace and honor. Altogether, I wanted my outfit to feel timeless yet dreamy, capturing both the magic of a fairytale and the sophistication of the evening.”

Korn
Male Best Dress

“The armor itself was a combination of work between Ponchanun Pisutharnon, a fellow senior, and me. The inspiration came from the game "For Honor" where one of the main characters is a knight, the suit itself incorporates multiple designs, the base head was based on a Nordic helmet, with the cheek guards being from a Roman legionnaire, and the face plate a wedged armet, the shoulder is one-piece due to us being short on materials. The forearms are basic forearm guards; the legs draw inspiration from the game Helldivers and the ODST armor from Halo; and the chest is based on a standard chest plate with a gorget for maximum neck protection. In conclusion, this suit is a big ambition for 2 high school kids, and it wouldn't have been possible without Palung's help.”



THE WALK OF ANTICIPATION



By | **Panissara** Cheepsamut

Moments fade, but the legacy remains

As music echoed throughout the auditorium, spotlights shone on the stage, and faces filled with anticipation, the seniors entered, pair by pair, and began their walk. Each step marked a moment they would soon leave behind in the past, yet miss forevermore in the future.

The Senior Presentation of the Class of 2026, held on March 27 in the school auditorium, brought together teachers and underclassmen to witness this milestone for the once-babies-now-seniors. Dressed in long gowns and wearing mortarboards of deep blue, holding little bouquets and lined up neatly, they slowly walked down the aisle with their dangling tassels, trying to keep balance on high heels and platform shoes. The reflection hits hard, "it is already our turn to go".

Guest speaker Sir Sijhana Virakul opened his speech with humor and warmth, calling it "a love letter to the graduating class". He reminded students that the moment they were experiencing was more than just a ceremony, not just "a stroll with a pose," but a "representation of your precious journeys at EIS".

His words were a reminder of how far they had come and that what once felt like ordinary school days had now become meaningful memories. The walk not only symbolizes their achievements but also their growth, perseverance, and the shared experiences that shaped them into who they are today.

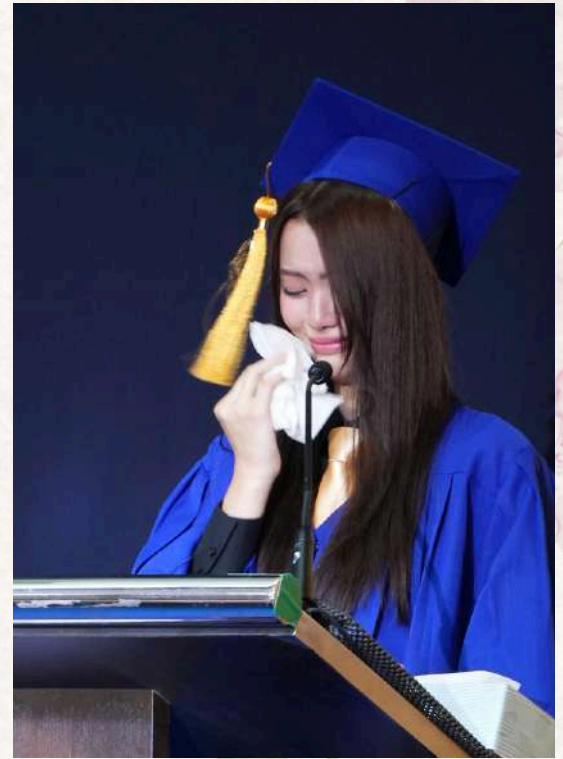




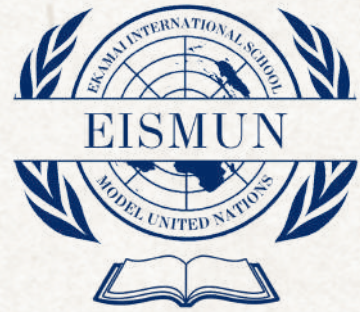
Throughout the ceremony, as the baby picture slideshow passes and the old videos show, friends exchange glances, smiles, tears, and tissues, quietly acknowledging the memories they had built together over the years

As the program came to a close and seniors walked out with their prepared poses, underclassmen who were waiting to present their prepared gifts and flowers to their beloved seniors overcrowded the senior lounge.

In the end, the Senior Presentation is more than just a tradition; it is a reminder that while moments may fade, the legacy of the Class of 2026 will remain.



VOICES AND VOTES : EIS MUNXIII



By | **Saranda** Fischer

The EISMUN conference gave students the opportunity to engage in structured debate on international issues.

Ekamai International School recently hosted the Model United Nations conference, EISMUN XIII, which takes place every year. This event brought together students from many international schools across Thailand. Participants stepped into the roles of representatives from countries around the world and worked to tackle major international issues through topics for different committees.

During committee sessions, students represented different countries, participated in formal discussions, and made resolutions to address the topics under discussion. Delegates researched their assigned countries and used that knowledge to present their positions during debates, starting with an opening speech in which each delegate states their stance and takes on the issue. Through speeches, moderated caucuses, and negotiations, students followed the same procedures used in real United Nations meetings. Collaborating with fellow delegates required careful communication and compromise, so things may not always go their way, which can cause some discernment, but things still turned out successfully. Students needed to balance their assigned countries' interests with the need to reach agreements that could gain majority support.

In addition to formal debate, the conference created opportunities for students to interact and build connections with one another. Unmoderated caucuses allowed delegates to move around the room, exchange ideas more freely, and form alliances with others who shared similar goals. Not only that, but they also used these chances to make lifelong friends. These moments encouraged quick thinking and adaptability, as students had to respond to new perspectives and adjust their strategies in real time.

Behind the scenes, student leaders played a key role in ensuring the conference's success. They worked together through thick and thin in order to ensure that the participants had the best time possible. Chairs guided discussions, maintained order during debate, and supported delegates throughout the sessions.





The club members worked to manage logistics and create an environment where participants could fully engage in the experience with good food during their breaks as well. Their efforts helped maintain a smooth and structured conference while allowing delegates to focus on meaningful discussion.

The conference also fostered a sense of responsibility and awareness among participants. By representing countries with different political, economic, and cultural backgrounds, students were encouraged to think beyond their own perspectives. This also applied for our MUN ACT which is a part of the EISMUN club which focuses on helping out the community where we also included the different divisions into the topics. This helped them better understand the complexity of global issues and the challenges involved in reaching international agreements.



Additionally, EISMUN XIII created a welcoming environment for both experienced delegates and newcomers. While some students came with prior MUN experience, others were participating for the first time. We believed that in order for delegates to ascend in the community, they must start somewhere so why not here. The structured nature of the conference, along with the guidance from chairs, allowed new delegates to learn quickly and actively contribute to discussions even when their nerves were definitely there.



The event also highlighted the importance of communication and collaboration. Participants had the opportunity to strengthen essential skills like public speaking, critical thinking, and teamwork which are essential life skills. By engaging in structured debate, students learned to express their ideas clearly while listening to and responding to different viewpoints on the spot in front of people from all over. By the end of the conference, EISMUN XIII gave students a realistic introduction to international dialogue. The experience not only encouraged discussion of global challenges but also helped students build the confidence and skills to have meaningful conversations about our current world issues.



IDEAS WORTH SHARING

TEDx EkamaiIntlSchool

By | **Varalee Madison** Penn

Redefining ideas and igniting change in under 18 minutes, that is the power of every TED talk.

Ekamai International School recently hosted an inspiring TEDx event that brought together students and educators for an afternoon of meaningful dialogue. Centered on the theme “Bridging the Divide,” the conference explored how individuals can overcome personal, social, and technological gaps through courage, empathy, and innovation.

The event opened with a dynamic talk focused on performance and self-expression, emphasizing how stepping into the spotlight, whether on stage or in everyday life, can help people embrace their authentic selves. Both Dr. Analiza and Coach Blair highlighted how confidence and vulnerability can serve as bridges between who we are and how we connect with others, encouraging the audience to “show up” without fear.

Another talk shifted the focus toward everyday courage, examining how small, intentional actions can bring people closer together. Through real-world examples, our own Aticha Malhotra illustrated how listening, standing up for others, and acting with compassion can close emotional and societal divides that often go unnoticed, reminding the audience that human connection plays a vital role in overcoming isolation.

Creativity and problem-solving were also highlighted through a talk that used puzzles as a metaphor for life. Mitra Nalita Andamo explained how assembling pieces, whether ideas, people, or experiences, can bring clarity and even peace.





Last but not least, Waruna Saowapark spoke with a forward-thinking discussion on artificial intelligence and humanity. Speaking as to how emerging technologies, when guided by ethical values, can help bridge divides in access, communication, and opportunity, ultimately strengthening rather than replacing human connection.

Overall, TEDxEkamai International School successfully captured the spirit of Bridging the Divide, empowering attendees to reflect on their own roles in creating understanding and positive change. The event celebrated the power of ideas and reaffirmed the school's commitment to nurturing thoughtful, compassionate global citizens.



LEAD TO SERVE



By | Saranda Fisher



Speeches, posters, and promises.

Our annual SC elections once again transformed the campus into a vibrant campaign trail, where posters filled the boards and hallways, and speeches echoed through the auditorium, and students stepped into leadership roles with confidence. In the days that lead up to voting day, campaigns became impossible to miss. Boards, classrooms, and common spaces turned into displays of creativity, with candidates designing posters that are not only bold but eye-catching; some are even minimal and strategic. Alongside this, social media played a major role, with posts and stories creating so much buzz for the candidates left and right.

Each candidate brought forward a unique set of ideas or solutions for the student body's common problems, which reflects both their personality and their understanding of student needs. Many focused on improving school activities, while others emphasized communication and sought to create clearer, more transparent channels between students and the administration. These campaigns weren't just about visibility for the candidates themselves, but about presenting a vision that others could believe in through each and every one of them.



A defining moment of the election period was the campaign speeches. Standing before each and every person at Ekamai International School, candidates had the opportunity to present their vision for the next school year, demonstrate their confidence, and show why they were the right choice for the role. Some leaned into humor, others into passion, but all shared a common goal: connecting with their peers. These speeches not only showcased public speaking skills but also gave students a clearer sense of each candidate's leadership style, whether it was just false promises or strong goals that would be achieved.





Beyond the campaigns and conversations, the elections highlighted something more meaningful. The importance of student voice. Running for a position requires drive, responsibility, and the willingness to represent others because if you don't believe in yourself, who will? Voting for each candidate encourages students to think about the kind of community they want their school to be like. In many ways, the process mirrors real-world democratic systems, giving students a chance to experience decision-making beyond just the classroom.

Before the results were finally announced, the energy on campus didn't disappear, but it just shifted. Campaigning gave way to anticipation, as candidates looked ahead to what their next school year might be like. Promises made during speeches now carry the expectation of action, and the student council takes on the responsibility of turning ideas into reality.

Ultimately, the student council elections are more than just a competition or a way to prove a point. They reflect our student body here at EIS. They show that when given the opportunity, students are willing to step up, lead, and help shape their school experience. And as each year brings new, unique candidates with their new ideas, the cycle continues; familiar in some ways, but always evolving for the better.



“

I love the Dinosaur
and the seed that
grows!

”

**Natthapat
Kongpol**
K1A



“

I learned about Jesus
and that He sacrificed
for us. Jesus washed
away all our sins, and He
died on the cross for us.
I like Pastor Ben!

”

**Sahasaras
Sahasrangsi**
5B





“

What I like about the Week of Prayer is that when they talk about God, it brings many people close to Him. It helps students learn a lot about God. It made me realize how important it is to have time with God.

”

**Arada
Hanwananon**
6E

“

The Week of Prayer this year was truly meaningful. The theme based on Psalm 139:14 is a reminder that we are all wonderfully and uniquely created by God. It encouraged us to appreciate who we are and to trust that God has a plan for each of us.

”

**Athicha
Malhotra**
12E



this or that

By | **Salin** Supradit

Two choices, no hesitation
Pick one and reveal your
school's personality

Snack Bar

or

Cafeteria

Elevator

or

Stairs

Talent Show

or

Sports Day

Summer

or

Regular School

Wired Headphone

or

Wireless Headphone

White Shoe

or

Black Shoe

Cheese Toast

or

Ham and Cheese Toast

5 things you should do before graduation

By | **Nichapatr** Punmanee

From late afternoons after school to words left unsaid, seniors voted on the five things they wish they had held onto before graduation day.

We asked seniors one simple question: “What do you wish you did more of before graduating?” No clichés. No “study harder” speeches. Just honest answers from people who are about to walk away from these hallways for the last time. Here are the top 5 things seniors voted for — the stuff that actually sticks.

1. Stay after school to just talk

Not for a club. Not for a deadline. Just to sit around, complain about homework, laugh at nothing, and let time stretch a little. You will not remember every lesson, but you will remember the random conversations that made school feel like more than just a place to pass exams.

2. Saying thank you to teachers who really helped you

There is always that one teacher who noticed when you were struggling, pushed you when you doubted yourself, or quietly believed in you before you did. Say it out loud. Trust, it matters more than you think, to them and to you.

5. Have a real conversation with someone you barely talk to

The quiet classmate. The person you only nodded at in the hallway. Sometimes the most unexpected conversations are the ones you remember longest. High school is one of the last places where everyone’s paths cross — do not miss it. Do not rush the part you will someday wish you slowed down for.

3. Fix a friendship... or at least get closure

Some friendships fade for no reason. Some end badly. Before graduation makes everything “too late,” send the message. Have the conversation. Even closure counts. You do not want to carry unfinished feelings into the next chapter.

4. Build a portfolio from your school work early on

Save that essay you are proud of. That design. That project you stayed up too late finishing. Future-you will be grateful when universities or jobs ask, “What have you done?” School work is not just for grades — it is proof of growth.

“A life ain’t a life till you live it.”

– Mac Miller, 2009

topmost destination during summer break

By | **Pandhera Keobua**

Breeze conducted a survey among high school students about their preferred summer destinations. The results revealed loyalty and some excitement. Thailand takes the top spot for summer trips with 51% of the votes, making it the clear favorite. Japan follows with 31%, while Korea and Europe each have about 8%. Taiwan rounds out the list with 3%.



Thailand

Top summer tourist spots in Thailand focus on stunning beaches, islands, and cooler mountainous regions to escape the heat. Prime destinations include Phuket, Krabi, Koh Samui, Phi Phi Islands for water activities, and Chiang Mai or Khao Sok National Park for nature, alongside cultural hubs like Bangkok

Source: www.travelfika.com



Japan

Japan offers cool northern escapes, high-altitude mountain retreats, and vibrant festivals to beat the heat. Key destinations include Hokkaido for mild weather and lavender fields, Okinawa for tropical beaches, the Japanese Alps (Kamikochi) for hiking, and Tohoku for its famous illuminated festivals

Source: www.japan.travel



Korea

Top summer tourist spots in South Korea include the beaches and volcanic landscapes of Jeju Island, the vibrant coastal city of Busan, the "Summer Capital" of Gangwon-do for water sports, and Seoul for city culture and shopping.

Source: <https://www.tripadvisor.com>



Europe

Top European summer destinations are defined by vibrant coastal cities, sunny islands, and bustling cultural hubs, with favorites including Santorini (Greece), the French Riviera, Barcelona (Spain), and Rome (Italy). Popular spots for scenic, cooler climates include Switzerland and Iceland.

Source: tripdeal.com



Taiwan

A mix of refreshing mountain escapes, pristine beaches, and vibrant city experiences. Top destinations include Sun Moon Lake, Kenting National Park for beaches, Taroko Gorge for hiking, and Penghu Islands for water activities.

Source: www.klook.com

word search

By | Panissara Cheepsamut

F	Z	F	R	M	U	G	D	Y	G	A	W	L	Z	P	F	F	Z	W	P
A	Y	C	O	A	M	Z	T	M	U	M	E	G	X	W	Y	V	R	F	O
C	R	Z	L	A	Y	I	S	I	X	S	E	V	E	N	Q	K	H	Z	O
K	H	C	S	Z	V	S	P	E	E	D	R	S	F	T	G	C	M	D	K
A	L	X	U	D	T	Z	U	L	E	G	O	M	M	F	E	A	C	K	I
A	K	D	S	A	B	G	H	Q	J	H	T	E	F	D	S	C	Q	B	E
T	G	N	W	U	P	F	R	I	Q	T	U	F	F	H	C	E	M	U	B
V	U	J	H	Q	L	E	Y	K	T	A	O	G	F	N	U	Q	N	Q	U
F	S	K	O	K	N	V	R	T	O	V	R	D	S	E	B	C	Z	E	Z
C	O	R	T	I	S	O	L	F	A	O	S	Z	E	N	A	T	Y	N	Z
J	N	J	F	U	L	H	Y	B	O	I	K	V	L	J	G	P	X	F	H
N	F	O	A	E	S	H	L	I	G	R	A	V	I	R	D	C	Z	I	Z
V	E	Z	L	D	G	S	B	M	L	Z	M	W	F	B	T	U	T	T	N
K	T	L	U	I	A	E	A	L	I	R	C	A	E	S	E	C	Z	Q	M
A	S	I	I	S	P	L	N	P	T	A	Y	L	T	Z	U	R	T	E	L
H	O	P	W	E	O	G	K	Q	Q	G	Q	U	D	I	E	M	I	L	S
C	I	P	L	T	L	J	Z	Y	O	C	A	B	N	C	V	M	A	Z	Q
T	J	P	S	A	R	E	Z	E	E	R	B	W	L	Z	E	E	O	V	S
A	F	Q	L	T	D	U	X	M	B	T	X	I	S	U	Y	M	X	W	L
M	W	Z	G	S	S	J	Z	E	V	N	L	B	R	E	D	W	B	Z	Z

CORTISOL
TUFF
SIXSEVEN
BREEZE

SCUBA
SIGMA
MATCHA
PERFORMATIVE

MOG
UNC
EFILES
SPEED

GOAT
STATESIDE
BLUD
SLIME

BUZZ
POOKIE

6 activities to do with friends

By | Panissara Cheepsamut

Good vibes, unforgettable memories, and the best besties of all time

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Famous

STUDENTS AND ALUMNI

By | Saranda Fischer

From T-pop stages to viral street interviews, EIS alumni are stepping into the spotlight in unexpected ways.

Our school has long been a place where students are encouraged to explore their interests and develop their talents whether in our music classes or even classwork that are adapted for our day and age. For some alumni, these early experiences have led them beyond the classroom and into the public eye. From the entertainment industry to viral online moments, former students are gaining recognition in a variety of ways, showing how opportunities can grow from unexpected paths even from one of our own.

One notable alumni is Jinwook, now a T-pop idol and member of the boy group BUS. The group is known for its energetic performances, crazy dance skills, and incredibly attractive demeanor, which quickly gained attention within Thailand's growing pop music industry. Similarly, Angie has stepped into the spotlight as a member of the girl group called Wizzle, a group recognized for its vibrant and youthful concept. Both artists reflect the rising influence of T-pop and the increasing visibility of Thai performers both locally and internationally.

Not all recognition comes from performing on stage. Iris, our recent graduate from class of 2025, gained widespread attention through a viral street interview at Siam. Her quote, "no physical touch," quickly circulated online, turning a simple moment into a widely recognized phrase. Her experience highlights the power of social media, where even brief interactions can capture public attention and change one's life forever.

Although each of these individuals has followed a different path, they all share a common starting point right here at EIS. Their stories reflect the diverse opportunities available to students and demonstrate that success is not limited to any one field, meaning anything can happen if one dares to dream. Whether through music, media, or unexpected viral moments, they show how students can make an impact beyond school and continue to grow in the spotlight. Being a student this young may seem limiting at times; however, if they can do it, you can do it too. These people didn't wake up to fame one morning, but they worked hard to get where they are. Take them as an inspiration to your life, see that if you can dream it, you definitely can achieve it.



Angie



Iris



Jinwook

Bingo

By | Serin Cig

GOT CHASED DOWN BY A SUPERVISOR	PERFECT ATTENDANCE	SKIPPED THE LUNCH LINE	FORGOT ID CARD	PERFECT EXAM SCORE
DISCOUNT FROM SNACK BAR LADY	CARRIED A GROUP PROJECT	GOT JEWELRY TAKEN AWAY	GOT DRESS CODED	GOT CHASED BY SNACK BAR PIGEONS
GOT TOLD OFF FOR COLORED HAIR	GOT STUCK IN THE BATHROOM	FREE	GOT A MEDAL FOR SPORTS DAY	BROKE A CHAIR
PARTICIPATE IN TALENT SHOW	GOT "SHUSHED" BY THE LIBRARIAN	PANTS RIPPED FROM DOING SQUATS	CLIMBED THE PATHFINDER TREE	BOUGHT FOOD AND DROPPED IT
SLEPT IN THE CLINIC	CHEATED IN A TEST	FALL DOWN THE STAIRS	RECEIVED GIFTS ON JUNIOR LOVE DAY	BEGGED TO BUMP UP GRADE

Brains & Bots

By | Da-Si He

A student's guide to AI use



Artificial Intelligence, or AI, used in the academic setting is a tricky dilemma. On one hand, AI is a revolutionary tool that can greatly enhance the learning experience. On the other hand, there seems to be no clear line between “cheating” and “assistance”, making it a difficult maneuver even with good intentions.

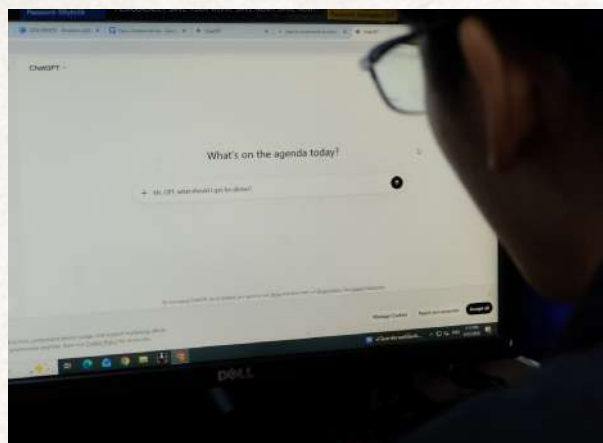
Whatever you are using AI for, one thing is clear: do not let it think for you. This is something most are tired of hearing, but it is true: if you do not think for yourself, the knowledge will not stick. Plus, the curriculum is continuous, building upon the previous units. Outsourcing your thinking will only make everything else more difficult. It is like paying someone else to go to the gym for you and wondering why there is no gain. More importantly, it is extremely easy to spot an AI-generated article, as everyone has a distinct style and proficiency level.

Another thing to consider when using AI is how it diminishes the value of your work. A work that is supposed to take you hours is completed in a single prompt. The sentence flows, the grammar flawless, and the arguments make sense—but you did not write it. It is glittering and perfect, yet you feel empty. Not only that, everything sounds so artificial, lacking in humor and controversy. You do not even want your name attached to it. There is zero sense of achievement, and instead of feeling proud, you are anxious to turn it in. The real value in your work is not in the final product. Instead, it lives in the process, in the late nights, in the spirit, and in polishing the brain. Strip that away, for we are left with a simple output.

Different teachers have different rules regarding AI. Some say no AI at all, while others are more open-minded. Whatever it is, it is essential to understand your teachers' policy. The worst mistake a student can make is to hide their AI, as most teachers will confront them with confirmation from AI or plagiarism detectors, which are usually considered concrete evidence. The best one can do is to admit their wrong and have an honest discussion. Most teachers are forgiving and understanding, and recognizing why students are using AI is key to improving their teaching.

A canon event that every student will experience is spending an excruciating amount of time looking for studies on a very specific topic. But with AI, what used to be dreaded now takes only seconds. However, it is important to note that AI can be wrong with confidence. It makes up facts, pulls from Reddit, and gives outdated information. To avoid this, you should specify dates and tell it to use only credible sources, but even then, it could still be wrong. Therefore, it is a must to manually check the website that the information comes from, the old-school way.

The real million-dollar question at 2 a.m. is: Should you turn in an AI-generated slop, or should you just put it off? At this point, accept defeat. Getting a deduction for being late is much better than risking a straight zero and a trip to the principal's office. Plus, you are most definitely not the only one who procrastinated a little bit too far.



The 2 scroll

By | **Nichapatr** Punmanee

a.m.

The real cost of late-night scrolling on how we learn

It is 2:07 in the morning. You told yourself one last video. Now you are deep into a TikTok spiral about productivity hacks you will absolutely not try tomorrow. Your phone is at 4%, your eyes burn, and your alarm is set for 6:30. Welcome to the 2 A.M. scroll.

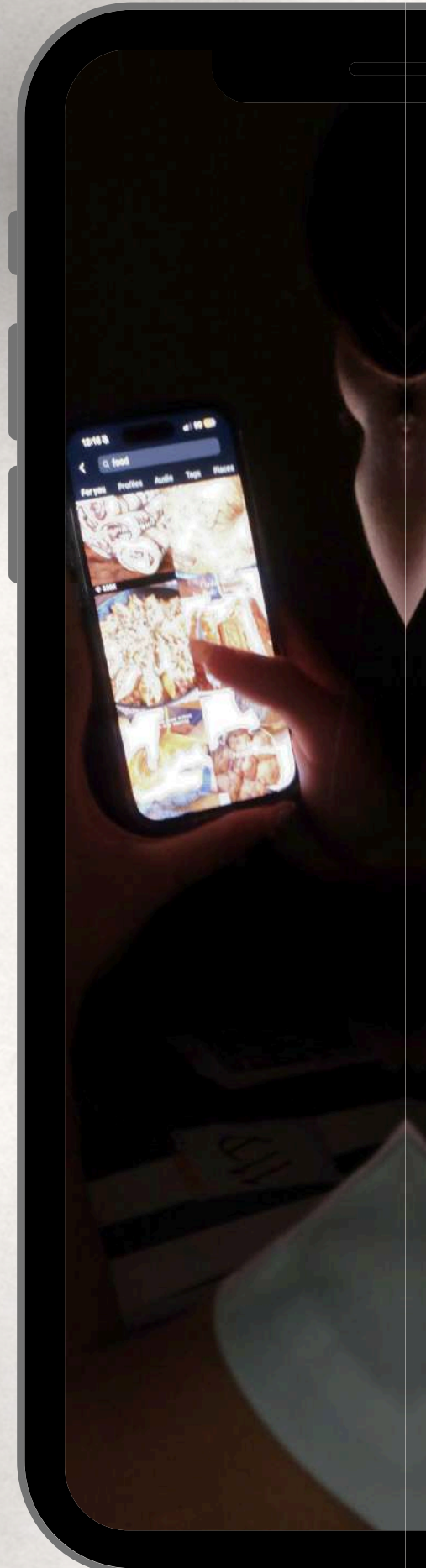
Late-night phone use has become a quiet habit for students—almost a ritual. Homework done, lights off, brain tired... but somehow, the screen stays on. It feels harmless, even relaxing. But that glow in the dark? It is doing more damage to learning than most people realize.


First, there is sleep loss, the obvious villain. When you scroll late at night, you push back your sleep time without realizing it. According to the National Institute of Neurological Disorders and Stroke (NINDS), lack of sleep makes it harder to concentrate and respond quickly. There is a growing body of evidence suggesting a critical role of sleep in learning and memory ([Diekelmann & Born, 2010](#)). Less sleep means your brain does not have enough time to store information properly. That math formula you studied? What historical dates did you memorize?

Without deep sleep, they do not fully stick. It is like saving a file but never hitting “confirm.”

Joanna Cooper, M.D., a neurologist and sleep medicine specialist with Sutter Health, asserted in a medical review published on September 24, 2024, that bright screens stimulate the part of our brain that keeps us awake. Looking at a brightly lit screen before sleep can make for a restless night. So even when you finally put the phone down, your brain stays awake, replaying videos, messages, and random thoughts instead of resting. It also affects focus the next day. Ever sit in class, fully awake but mentally somewhere else? That is sleep deprivation plus digital overload. Your brain slows down in processing information, paying attention, and solving problems. You are there—but not really there.

The worst part? The 2 A.M. scroll feels productive. Watching “study motivation” videos or organizing your digital life feels like you’re preparing for success. In reality, it is stealing energy from the next day’s learning. It is fake productivity with a pleasing aesthetic. However, the phone is not the enemy. They connect us, entertain us, and sometimes help us learn. The problem is timing. When night turns into endless scrolling, learning quietly takes the hit. So maybe the real question is not “Why am I tired at school?” It is “Why did I trust myself to stop scrolling at 2 A.M.?”





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6. Computer Science, University of Wisconsin Madison, United States
7. Computer Science, University of Michigan, United States



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2. Engineering, Chinese University of Hong Kong, Shenzhen, China
3. Semiconductor Engineering, National Taiwan University, Taiwan
4. Integrated Science Program, Hokkaido University, Japan
5. Mechanical & Electrical Systems Engineering, Kyoto University of Advanced Science, Japan
6. Aero Engineering, International School of Engineering (ISE), Chulalongkorn University, Thailand
7. Engineering, The University of Hong Kong, China

T W A N T E D

By | Da-Si He

Chasing dreams across borders and beyond limits

What is the biggest flex a high school senior could have? For many, it is being accepted into multiple universities and colleges.

This year, we celebrate the remarkable achievement of seniors in the class of '26 who earned admission to 5 or more universities. It is a testament to their hard work, dedication, and perseverance throughout a momentous 4-year high school career. With their academic excellence and decorated extracurriculars, these students are not just accepted—they are sought after. As their illustrious years in EIS come to an end, their accomplishment shall serve as an inspiration to every student who dares to dream. They are a reminder that if you are willing to put in the effort, anything is attainable.

The EIS community is incredibly proud of each of them, and we wish the best for their exciting futures, along with all graduating students.

MEMORY FADES BUT LEGACY REMAINS

To EIS26,

By | **Varrunnika** Thirasak

I have been thinking about how to write this, and honestly, there is no perfect way to say goodbye to something that has meant so much to me.

First of all, thank you. Thank you for working so hard as a team throughout these years. I am so proud of all the achievements we have accomplished together, not just the trophies or titles, but the growth, the unity, and the way we consistently showed up for one another.

As our class quote says, "Memory Fades, but Legacy Remains." I truly believe we have built a legacy that will last long after we leave these halls.

From Grade 10 to Grade 12, being your President was never a wrong decision, not even for a second. It has been one of the greatest honors of my life to represent this class. I am proud and deeply grateful that you trusted me to lead, to speak on your behalf, and to stand with you through everything.

Of course, there were ups and downs. There were stressful moments, disagreements, exhaustion, and times when things felt overwhelming. However, through it all, I always believed that our batch could make it, and every single time, we proved it. Every event we organized, every challenge we faced, and every goal we achieved reflected our passion and determination. We did not give up when things became difficult. We adapted, supported one another, and pushed forward together.

What makes me most proud is not only what we achieved, but how we achieved it – as a team. I have seen people step up without being asked, support each other without expecting recognition, and work quietly behind the scenes simply because they cared. That kind of unity is rare, and I will always admire it about EIS26.

I will always be thankful to have you all as my batch. These years have shaped me in ways I cannot fully explain. Leading you has taught me responsibility, patience, resilience, and most importantly, gratitude. I grew because of you.

Lastly, thank you to my friends and family who supported me throughout this journey. Thank you for listening to my long talks, for encouraging me when things felt heavy, and for reminding me why I chose to take on this role in the first place. I could not have done this without you.

To my class, thank you for trusting me. Thank you for believing in us. Thank you for building something meaningful together.

Three years as President, and still can't retire, because leading this class meant gaining a family.

Sincerely yours,
Oh-o
President, Seniors '26



NO PERFECT LEADER ONLY PURE SERVICE

To whom it may concern,

By | **Yunji Kim**

My journey at EIS began in Grade 1. I remember being very naughty, often troubling my friends and teachers until my middle school years. Looking back, I can't understand myself at all. If my younger self could see who I have become today, I would be amazed and wouldn't believe I had become the Student Council (SC) President.

To share my SC journey, I joined the Student Council in Grade 11 (2024-2025) as a Sports Coordinator. It was the best year. Being led by someone else felt reassuring, and having a president alongside my friends was an important part of my SC experience. During my first year, I had a very hot temper. Whenever I was dissatisfied, I would get extremely angry, especially toward high school students, because I expected them to act more maturely. Later, I realized that we are still minors, and my expectations were not always fair. During SC25, I didn't always understand my president's actions and decisions. As an honest person, I once told my president, "I think you are not a good president." Ironically, I later heard the same words from one of my officers. That moment made me reflect deeply, and I began to understand the exact feelings my president might have experienced. This later strengthened my belief in karma and God. Becoming the SC26 President has been the hardest year of my school life. It has been full of pressure, loneliness, sadness, and stress. I realized that no one else could truly help me. I had to face everything on my own. No matter how much I expressed my frustrations, the responses sounded like, "You chose this path, so survive it."

Even before the election at the beginning of 2025, I was already stressed. This stress led to severe tremors and insomnia during the summer break as I prepared for SC26. Waking up in the middle of the night became normal. Much of this pressure came from people doubting my leadership abilities, even my own president said I lacked experience. I now recognize that I was experiencing burnout, pushing myself too hard to prove others wrong without realizing how much it was hurting me.

One difficult realization was that, despite working hard behind the scenes and staying humble, many people focused more on complaining than appreciating the effort. These opinions made me appreciate the school's activities even more. To any student who may take on a major leadership role: as someone who has experienced this journey, I want you to understand that there is no perfect leader. No one is born to be perfect. Everyone has potential, just like butterflies that cannot see their own wings. Leaders work hard behind the scenes, just like in movies or dramas, where directors and staff handle lighting, sound, makeup, and design to create something meaningful. In the same way, Student Council events are organized by a small group of students, often just 11 officers, for the entire school. Mistakes are valid; they are still students, unpaid, and managing personal struggles such as exams and projects. Please understand them.

It is difficult and sometimes scary to face the negative sides of yourself, but it is important. Appreciate people who give you advice, because it becomes rarer as you grow older. It becomes even harder when you enter university. Lastly, I want to share with younger students: always try to stay positive, be optimistic, and be thankful. Even small moments can give you something to appreciate each day. For me, looking at the landscape during the flag lineup on the third floor, in front of Ma'am Esther's classroom, was a small but meaningful way to endure the pressure. I appreciated the fresh air, the beautiful trees, and the birds flying. Kind people are rare, and that is why they are so memorable. When you meet them, remember to value them.

Kind regards,

Yunji Kim

President, Student Council '26













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