



Course Outline

Annual International Training Course

1. Course Title:

Empowering Rural Economies through the Sufficiency Economy Philosophy (SEP): Driving Inclusive Development, Resilience, and Regional Cooperation in Agriculture

2. Duration:

15 days (6–20 September 2026)

3. Background:

Thailand International Cooperation Agency (TICA)

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

Since 1991, TICA, in collaboration with educational institutions in Thailand, has offered short-term training courses under its Annual International Training Course (AITC) programme. The number of courses offered each year varies between 25 to 35 courses for 20-35 participants per course. AITC not only fosters good and friendly relations which Thailand has already enjoyed with recipient countries across regions, but also helps Thailand to reach out to those countries with which we desire to engage more closely. The courses offered by TICA in 2023-2025 are categorized into 5 themes: Sufficiency Economy Philosophy (SEP), food security, climate change and environmental issues, public health, BCG Model related.

Organization/Institution

Kasetsart University (KU) is one of Thailand's leading institutions in agriculture, sustainability, and community-based development. For more than 80 years, KU has been at the forefront of applying the Sufficiency Economy Philosophy (SEP)—a visionary framework developed by His Majesty King Bhumibol Adulyadej—as a core principle in education, research, and rural transformation. SEP fosters self-reliance, balance, and resilience, and KU has played a national leadership role in turning these values into tangible impact. The university also pioneers global cooperation and climate action, including its “KU Goes Green and Carbon Neutrality by 2035” initiative—demonstrating a strong, long-term commitment to environmental and social responsibility.

At the heart of KU's mission, the Faculty of Liberal Arts and Science (KUFLAS) at Kamphaeng Saen Campus serves as a hub for interdisciplinary learning and community engagement. Established in 1993, the Faculty bridges science, technology, business, and the social sciences across six departments: Science and Bioinnovation; Physical and Material Sciences; Computational Science and Digital Technology; Business Administration and Accountancy; Language Sciences and Cultures; and Social Sciences. With a strong focus on bridging theory and practice, the Faculty aligns closely with SEP's core values of sustainability, resilience, and locally grounded development.

Over the past decade, the Faculty of Liberal Arts and Science has earned recognition for its work in applied SEP, particularly through research, capacity-building initiatives, and international collaborations. A flagship project on termite mushroom conservation with ethnic communities in Kanchanaburi, supported by Thailand's Biodiversity Research and Training Program (BRT), highlights the Faculty's role in promoting local wisdom in sustainable land use. In parallel, the Faculty has led internationally recognized initiatives to promote women's empowerment, food security, and inclusive economies, including: A UNESCO-funded project (2023) strengthening women's participation in agriculture, a collaboration with Austria's Ministry of Education, Science and Research (2024) to promote resilient food systems, and an ongoing APEC-supported initiative (2024) fostering entrepreneurial leadership among small-scale women farmers in the APEC economies. These projects, led by Assist. Prof. Dr. Jiranan Piyaphongkul, exemplify the Faculty's strong commitment to translating SEP into practical action while advancing key Sustainable Development Goals, especially: SDG 1 (No Poverty), SDG 5 (Women Empowerment and Gender Equality), SDG 8 (Decent Work and Economic Growth), SDG 12 (Responsible Consumption and Production), and SDG 17 (Partnerships for the Goals).

Building on this strong foundation, the proposed international training course “Empowering Rural Economies through the Sufficiency Economy Philosophy (SEP): Driving Inclusive Development, Resilience, and Regional Cooperation in Agriculture” is designed under TICA's Annual International Training Course (AITC) Programme. Drawing from KU's academic expertise, field-based research, and deep-rooted engagement with SEP, this course provides a timely and transformative learning experience. It equips government officials and development practitioners with the tools, knowledge, and regional partnerships needed to drive inclusive, resilient, and sustainable agricultural development—locally and across borders.

Program background and rational

Across the world, smallholder farmers—especially women, youth, and marginalized groups—continue to face interconnected challenges, including climate change, limited access to resources, and persistent inequalities. These structural barriers have made vulnerable communities more susceptible to environmental and economic shocks, while limiting their ability to achieve sustainable livelihoods. For decades, many development efforts have focused on short-term aid and financial support. While these measures can be effective in crises, they rarely address the root causes of exclusion or support long-term community resilience.

In this context, Thailand's Sufficiency Economy Philosophy (SEP) presents a powerful alternative: a locally grounded, people-centered approach that emphasizes moderation, reasonableness, and self-immunity. SEP encourages self-reliance, community solidarity, and the sustainable use of resources, rooted in local knowledge and adaptive learning. Rather than promoting dependency or rapid, unsustainable growth, SEP fosters innovation from within communities. Recognized as a guiding principle in Thailand's national development, SEP brings together economic, social, and environmental dimensions, making it highly relevant to sustainable and inclusive rural development.

Two recent participatory research projects offer insights into how SEP can be applied in practice. The first, conducted in Prachinburi and supported by the UNESCO Participation Programme (Jiranant et al., 2023: Grant No. 2240114395), focused on community-led economic empowerment using gender-responsive tools and local knowledge. The second, in Chainat and supported by APEC (ATCWG102 2024A), examined locally driven strategies to enhance equity and resilience in agriculture. Both studies drew on fieldwork, focus group discussions, and consultations across 21 APEC economies. Their findings show that top-down approaches often overlook the most vulnerable, such as unregistered or low-income farmers who lack access to training, services, and decision-making platforms. These findings underscore the need to shift toward bottom-up models that center community agency and long-term resilience. In both studies, local farmer networks and women-led enterprises had successfully implemented integrated farming systems, circular resource use, and participatory decision-making based on traditional knowledge. These innovations improved household incomes and strengthened community self-reliance during times of economic and climate uncertainty. Importantly, participants consistently attributed these positive outcomes to the application of SEP.

The philosophy's core principles have enabled communities to design context-specific solutions and achieve tangible results at the local level. These outcomes reaffirm SEP's potential as a scalable and transformative development model that supports inclusive, self-determined growth. More than a theoretical concept, SEP functions as a practical and adaptive framework that integrates gender-responsive approaches, climate-smart agriculture, and values-based decision-making. With its focus on local resilience and sustainable livelihoods, SEP is a powerful tool for advancing rural transformation in diverse national and regional settings.

Building on this foundation, Kasetsart University has developed the training course “Empowering Rural Economies through the Sufficiency Economy Philosophy (SEP): Driving Inclusive Development, Resilience, and Regional Cooperation in Agriculture” under TICA's Annual International Training Course (AITC) Programme. The course is designed for government officials at all levels and provides a balance of conceptual learning and practical tools to apply SEP in real-world contexts. Participants will engage in expert-led lectures, hands-on workshops,

and field visits to Thai communities that apply SEP in agriculture and enterprise development. A key feature of the course is its focus on six dimensions of empowerment—agency, access, voice, choice, power, and collective action—closely aligned with the Women’s Empowerment in Agriculture Index (WEAI). Drawing from recent UNESCO and APEC projects, the course builds participants’ capacity to design SEP-based initiatives focused on agro-processing, sustainable resource use, women’s leadership, and inclusive planning. All course components are aligned with the Sustainable Development Goals, especially SDG 1 (No Poverty), SDG 5 (Gender Equality), SDG 8 (Decent Work and Economic Growth), SDG 12 (Responsible Consumption and Production), and SDG 17 (Partnerships for the Goals).

To maximize long-term impact, this course will serve as the first crucial step toward broader engagement of both national and local agencies in applying SEP principles. The program is designed to foster the integration of these principles into national programs, local policies, and grassroots initiatives. Ultimately, the course aims to turn values into action—equipping participants with the knowledge and tools to drive inclusive, climate-resilient, and sustainable rural development in their home countries. This ripple effect of capacity building and collaboration will help build a more equitable and resilient agricultural sector across the region.

4. Objectives:

The training course is designed to:

1. Advance the Sufficiency Economy Philosophy (SEP) as a practical, values-based framework for promoting inclusive, resilient, and sustainable agricultural development.
2. Strengthen the capacity of government officials to design, implement, and scale SEP-based rural development initiatives that enhance community self-reliance, gender equality, and long-term sustainability.
3. Foster regional collaboration and knowledge exchange by bringing together participants from diverse countries to share experiences, co-create solutions, and build a network of SEP-informed leaders committed to sustainable development.

5. Course Contents:

The training course is structured into nine interconnected modules (17 lecture topics), integrating conceptual learning, field-based experience, and collaborative project design, while promoting regional cooperation. Each module demonstrates how the core SEP principles—Moderation, Reasonableness, and Self-immunity—can be applied in practical ways to promote gender equality and foster inclusive, resilient rural development.

Module 1: SEP principles and local wisdom for resilience

1.1 Introducing SEP as a values-based framework— Built on moderation, reasonableness, and self-immunity, SEP equips communities with guiding principles to navigate challenges and strengthen resilience. Participants learn how to translate these core values into practical actions while integrating traditional knowledge for culturally grounded strategies.

1.2 Applying SEP to strengthen resilience and empowerment in rural development —SEP supports communities in adapting to economic, social, and environmental changes. By

applying its principles, participants can implement tangible actions that improve both individual and collective well-being, fostering empowerment and sustainable rural development.

1.3 Integrating local knowledge with SEP principles—Traditional practices complement SEP principles, ensuring that strategies are practical, culturally relevant, and effective in building long-term community resilience. Participants explore how local wisdom can be combined with SEP to enhance sustainability and inclusiveness.

Module 2: Gender equality and women's empowerment in agriculture

2.1 Understanding the Concept of Empowerment—This session introduces the concept of empowerment and its critical role in rural development. Participants will explore the six key dimensions—agency, access, voice, choice, power, and collective action—and how they enable women to take part in decision-making, leadership, and agricultural planning. Through this framework, communities can identify barriers, promote inclusion, and advance gender equality in practical and measurable ways.

2.2 Applying SEP for Economic Empowerment—This session demonstrates how the principles of SEP (Moderation, Reasonableness, and Self-immunity) can foster economic empowerment in agriculture. Participants will learn how applying these principles can ensure women have fair access to resources, actively participate in planning and decision-making, and strengthen their economic roles—supporting both sustainable development and community resilience.

Module 3: Policies for SEP-based empowerment

3.1 Understanding Policies for SEP-Based Empowerment—Participants explore national and local policies that support inclusive rural empowerment. SEP is introduced as a values-based framework to help those working in the field interpret, align, and apply these policies. The session emphasizes how SEP principles can guide participatory decision-making, ensure fair access to resources, and strengthen gender equality within agricultural systems.

Module 4: Indicators for Inclusive Rural Empowerment

4.1 Using the women's empowerment in agriculture index (WEAI) for monitoring—Participants learn how to use the WEAI to measure and track women's empowerment in agriculture. SEP principles provide a lens for interpreting results, ensuring that assessments are relevant to local contexts and aligned with the Sustainable Development Goals (SDGs). The session focuses on capturing meaningful changes in agency, access, voice, decision-making, and collective action.

Module 5: SEP-based economic empowerment and value chains

5.1 Strengthening local enterprises and cooperatives—Participants examine how communities can apply SEP principles to support smallholder enterprises and cooperatives. By understanding moderation, reasonableness, and self-immunity, they learn how these principles foster local innovation, ensure fair sharing of benefits, and reduce dependence on external resources.

5.2 Promoting fair and inclusive value chains— This session presents SEP as a guiding framework for building equitable and sustainable value chains. Participants explore practical strategies to balance the interests of all members, enhance collaboration, and create inclusive economic opportunities for women, youth, and smallholder farmers.

Module 6: Traditional knowledge and community roots under SEP

6.1 Valuing traditional knowledge for empowerment and sustainability—Participants explore how traditional knowledge supports community empowerment, resilience, and sustainable resource management. Guided by SEP principles, they learn practical ways to integrate local wisdom into development initiatives, balancing cultural heritage with innovation.

6.2 Strengthening livelihoods and managing resources effectively through traditional knowledge and SEP—This session focuses on how communities can generate multiple sources of income and use resources efficiently through circular approaches. Using examples informed by traditional knowledge and SEP principles, participants explore strategies that enhance sustainability and strengthen resilience to economic and environmental challenges.

Module 7: Learning from SEP in action

7.1 Field-based case Studies and community learning—Participants visit communities that apply SEP principles to observe real-world practices in action. They examine agro-enterprises, women-led initiatives, and integrated farming systems that demonstrate inclusive and sustainable rural development. Through guided reflection, participants identify key success factors and challenges, and draw practical lessons for adapting SEP-based approaches to their own contexts.

Module 8: Participatory tools for equity and voice

8.1 Introduction to participatory and transdisciplinary approaches— This session introduces participatory and transdisciplinary approaches that promote equity, inclusion, and amplify underrepresented voices. Participants learn how these approaches bring together diverse perspectives from different disciplines and sectors to address complex development challenges. Through dialogue and reflection, they explore how such methods can be applied in their own contexts to support inclusive, collaborative, and sustainable rural development.

8.2 PhotoVoice: Visual Storytelling and Reflection— Participants design PhotoVoice projects using photographs taken during field visits to illustrate key social and environmental issues observed in local communities. Each participant selects meaningful images and writes captions to tell the stories behind them. In small groups, they share and discuss their photos, reflecting on key successes, challenges, and lessons learned. These reflections serve as a foundation for group discussions on how participatory approaches—guided by SEP principles of moderation, reasonableness, and self-immunity—can strengthen inclusivity, empowerment, and community engagement.

Module 9: Co-designing community and regional cooperation

This module engages participants in applying their learning—including SEP principles, empowerment frameworks, and participatory tools—to co-design initiatives at community and regional levels. These initiatives aim to address shared challenges such as climate resilience, women's economic participation, and food security. During the workshop, participants work in

groups to identify priority issues, target groups, key barriers, and context-appropriate SEP-based strategies. The module concludes with a reflective dialogue on what makes an initiative meaningful, inclusive, and community-led, encouraging participants to consider how lessons learned can be adapted and applied within their own contexts.

Advance Assignments — Country Brief & Slide Preparation

Participants are required to complete the following advance assignments prior to attending the training.

Purpose:

This assignment is designed to help participants reflect on how the Sufficiency Economy Philosophy (SEP) can support women's empowerment and sustainable agriculture in their countries. It also serves as preparation for your Country Presentation at the regional workshop.

Instructions:

Prepare a concise Word document (maximum 15 pages) and slide deck (12–15 slides) highlighting key points for presentation. Focus on the application of SEP to promote women's empowerment and sustainable agriculture. Visual aids such as maps, charts, photos, or tables may be included to illustrate your analysis.

Part 1 Country Overview

Provide a brief overview of the key factors shaping agriculture and rural livelihoods in your country or selected region. You may focus on one or two agricultural products that best represent your national context.

1.1 Geography & Climate: Describe the main environmental and climatic conditions that influence farming, including land types, rainfall, and temperature patterns.

- Specify which region(s) you have chosen and why they are representative of your national context.
- Explain how factors such as rainfall, temperature, and water availability influence crop selection, planting and harvesting schedules, overall productivity, and seasonal labor demands on farms.

1.2 Population & Agricultural Workforce: Provide an overview of the total population in your country or selected region.

- Indicate the proportion of the population engaged in agriculture, including the roles and relative participation of women and men.
- Describe how marginalized farmer groups are involved in, or excluded from, agricultural activities.
- Highlight key opportunities and challenges for women and youth in accessing agricultural livelihoods and participating fully in farming communities.

1.3 Agricultural Systems & Economy: Highlight key crops, livestock, and farming practices that represent your national or regional agricultural systems.

- Describe the dominant farming practices (e.g., smallholder, mixed farming, agroforestry, or organic systems) and the main sources of household income.
- Discuss the roles of women across the agricultural value chain—from production and processing to marketing—and highlight how their contributions influence farm productivity, decision-making, and the overall functioning of agricultural systems.

1.4 Local Support Structures: Describe the role of cooperatives, farmer groups, or agri-enterprises in your region.

- Explain their core functions, such as providing training, supplying inputs, facilitating marketing, or offering access to finance—and how these activities support agricultural development and strengthen community well-being.
- Highlight examples of how these organizations foster women's leadership, encourage participation, and enhance overall community resilience.

Part 2 Policies & Practices

Summarize relevant national and local policies, as well as effective local practices, that support inclusive and sustainable agriculture. Reflect on how these align with SEP or other frameworks promoting similar values.

2.1 National Policies: Provide a concise overview of policies promoting agriculture, rural development, gender equality, and sustainability.

- Describe key policy frameworks/ strategies guiding agricultural and rural development.
- Provide examples of how these policies have benefited women, smallholder farmers, or rural communities in practice

2.2 Policy Gaps/ Challenges: Identify and analyze key policy gaps or barriers that limit inclusive and resilient agricultural growth.

- Discuss challenges such as unequal access to land, finance, markets, or leadership opportunities.
- Examine how these barriers affect marginalized farmers and how addressing them could strengthen gender equality, social inclusion, and community resilience.

2.3 Good Practices & Local Approaches: Highlight examples of national or local initiatives that apply SEP-like principles or other locally relevant approaches to promote women's empowerment and sustainable agriculture.

- Describe how your local approaches reflect principles similar to the core ideas of the Sufficiency Economy Philosophy:
 - **Moderation:** using local, low-cost, and resource-efficient methods.

- **Reasonableness:** promoting participatory and inclusive decision-making.
- **Self-immunity:** strengthening resilience through diversified and adaptive practices.
- **Traditional Knowledge:** applying local wisdom for sustainable and culturally appropriate farming solutions.

Part 3 Agricultural Challenges & SEP Opportunities—Identify two to three major agricultural challenges in your country, and explain how the principles of the Sufficiency Economy Philosophy can be applied to address them. Focus on:

3.1 Key Agricultural Challenges:

- Identify the main challenges affecting agriculture and rural livelihoods, such as climate risks, limited market access, and gender inequality, and explain how these challenges are influenced by social and economic conditions.
- Describe how these challenges affect marginalized farmers, especially women, by limiting their access to resources, markets, and decision-making opportunities.
- Discuss how addressing structural obstacles, like unequal access to land, finance, information, and leadership roles, can promote gender equality, social inclusion, and stronger community resilience.

3.2 Learning from SEP to Address Challenges:

- Explain how learning the core principles of SEP and traditional knowledge can help farmers, communities, and policymakers develop practical solutions that improve access to resources, involve more women and youth, and strengthen the resilience and sustainability of farming systems.

6. Participants' Criteria:

Applicants must fulfill the following requirements:

- Be nominated by their respective governments responsible for rural social development, agricultural extension and promotion, or related fields.
- Educational background: Hold a Bachelor's degree or higher in Agriculture, Social Science, Rural Development, Science, or related discipline.
- English proficiency: Participants should be able to use English at an intermediate level or higher to take part actively in training, discussions, and group work.

7. Attendance and Evaluation

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

- Real-time class attendance (not less than 80%)
- Interactive class participation
- Presentation and report
- Evaluation

8. Venue:

- The Green Beach Resort, Pranburi, Prachuap Khiri Khan
- Huai Sai Royal Development Study Centre, Phetchaburi.
- Community Enterprise Group of the Sufficiency Economy Women's Group Hin Lek Fai Subdistrict, Hua Hin District Prachuap Khiri Khan Ban Ruam Thai Community Enterprise Group, Kui Buri District, Prachuap Khiri Khan
- Sufficiency Economy Herbal Community Enterprise, Pranburi Subdistrict, Prachuap Khiri Khan

9. Expected Results:

By the end of the training course, participants will be able to:

- 9.1 Understand how SEP principles—moderation, reasonableness, and self-immunity—can be applied to strengthen sustainable rural development and community resilience.
- 9.2 Apply SEP principles to assess and promote empowerment in agriculture, across six key dimensions: agency, access, voice, choice, power, and collective action.
- 9.3 Co-design community- and regional-level initiatives that integrate SEP principles, traditional knowledge, and participatory planning to advance the Sustainable Development Goals (SDGs).
- 9.4 Foster cross-country collaboration to build regional networks using SEP as a shared framework for economic empowerment and sustainability, contributing to SDG 1 (No Poverty), SDG 5 (Gender Equality), SDG 8 (Decent Work and Economic Growth), SDG 12 (Responsible Consumption and Production), and SDG 17 (Partnerships for the Goals).

10 Organization/ Institution:

Implementing Agency: Department of Science and Bioinnovation, Faculty of Liberal Arts and Science, Kasetsart University, Kamphaeng Saen Campus

Contact Person: Assist. Prof. Dr. Jiranant Piyaphongkul: faasjnt@ku.ac.th

11 Expenditure/Funding:

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

Email: aitc@mfa.go.th

Schedule for the Training Programme:

Empowering Rural Economies through the Sufficiency Economy Philosophy (SEP): Driving Inclusive Development, Resilience, and Regional Cooperation in Agriculture

Date/ Period /Topic	Time (Thailand time)	Content	Speaker	Note
Day 1				
Arrival and Registration	Throughout the day	Arrival of participants at Suvarnabhumi or Don Mueang Airport, followed by group transfer to The Green Beach Resort, Pranburi (Prachuap Khiri Khan) for check-in and welcome kit distribution.	KUFLAS Secretariat	Informal networking & rest
	Evening	Informal welcome reception for participants to meet fellow attendees and the KUFLAS team.	KUFLAS Secretariat	
Day 2 Course Orientation & Module 1 lecture: SEP principles and local wisdom for resilience				
Opening & Orientation	08.30–09.00	Opening ceremony and course orientation: Welcome remarks and introduction to course objectives and expectations	KUFLAS team	
Lecture 1	09.00–10.30	1.1 Introduction to SEP: - SEP as a values-based approach	KUFLAS speaker	
Lecture 2	10.00–12.00	1.2 Applying SEP to strengthen resilience and empowerment in rural development	KUFLAS speaker	
Lecture 3	13.00–14.30	1.3 Integrating local knowledge with SEP principles: - How local wisdom supports sustainable resource use	KUFLAS speaker	
Lecture 4	14.30–16.00	-Lecture: how local people use SEP for sustainable resource management through case study in Huay Khayeng's sustainable use of non-timber forest products.	KUFLAS speaker	
Reflective session	16.00–17.00	SEP and local wisdom in practice	KUFLAS facilitators	

Date/ Period /Topic	Time (Thailand time)	Content	Speaker	Note
		- Group reflection: What practices or knowledge from your community align with SEP? —mapping and sharing ideas.		
Welcome Dinner	18.00–21.00	Hosted dinner at Saenpalm Training Home and networking	KUFLAS Secretariat	
Day 3 Module 2 lecture: Empowerment and Gender Equality in Agriculture through SEP				
Lecture 5	09.00–10.00	2.1 Understanding the concept of empowerment - Overview and key definitions	KUFLAS speaker	
Lecture 6	10.00–12.00	- Core dimensions: agency, access, voice, choice, power, and collective action	KUFLAS speaker	
Lecture 7	13.00–14.30	2.2 Applying SEP for economic empowerment - From soil to market: How smallholder farmers and community enterprises apply SEP to develop fair and sustainable value chains.	KUFLAS speaker	
Lecture 8	14.30–16.00	- Lecture & case studies: Women-led farms in Thailand using SEP to build inclusive resilience		
Workshop	16.00–17.00	Power mapping & empowerment wall - Group activity to map who holds power in food systems, identify barriers, and explore opportunities to apply SEP principles for women's empowerment and sustainable agriculture.	KUFLAS facilitators	
Reflective session	17.00–17.30	Reflect on empowerment gaps in participants' own countries and consider how SEP can strengthen women's participation.	KUFLAS facilitators	
Informal Networking	18.00	Dinner & networking	KUFLAS secretariat	
Day 4 Country Case Presentations & Module 3 lecture: Policies for SEP-Based Empowerment				

Date/ Period /Topic	Time (Thailand time)	Content	Speaker	Note
Country Case Presentations	09.00–12.00	Policy and country perspectives -Participant-led presentations on empowering agriculture through SEP or similar context-based approaches	Participants , KUFLAS facilitators	
Lecture 9	13.00–16.00	3.1 Understanding policies for SEP-based empowerment - Exploring how national and local policies support SEP-based rural empowerment and contribute to the SDGs.	KUFLAS speaker	
Reflective session	16.00–17.00	Linking policy to people– SEP in action -Group activity: Drawing on your Country Brief, select a current agricultural policy and discuss how SEP principles could be applied to adapt it locally, enhance women's empowerment, and promote sustainable agriculture.	KUFLAS facilitators	
Informal Networking	18.00	Dinner & networking	KUFLAS secretariat	

Day 5 Module 4 lecture: Indicators for Inclusive Rural Empowerment

Lecture 10	09.00–10.30	4.1 Using WEAI for monitoring - Learn how to apply WEAI to assess and track empowerment among women in agricultural contexts.	KUFLAS speaker	
Lecture 11	10.30–12.00	- Interpret results through the lens of SEP principles, ensuring alignment with local realities and the SDGs.	KUFLAS speaker	
Workshop	13.00–16.00	Empowerment planning: applying SEP for tangible results - Group activity: Identify target groups, key challenges, and develop SEP-based strategies to foster inclusive rural development, women's empowerment, and sustainable agriculture.	KUFLAS facilitators	

Date/ Period /Topic	Time (Thailand time)	Content	Speaker	Note
Reflective session	16.00–17.00	<ul style="list-style-type: none"> - Group discussion: Explore what makes women's empowerment meaningful and measurable in agricultural settings. - Prepare for field visits to observe SEP-based approaches in practice. 	KUFLAS facilitators	
Informal Networking	18.00	Dinner & networking	KUFLAS secretariat	
Day 6 Field Trips & Module 5: SEP-based Economic Empowerment and Value Chains				
	07.00–09.30	Depart from the Green Beach Resort, Pranburi to Phetchaburi.	KUFLAS team	
	09.30–12.00	<p>Field visit 1: Huai Sai Royal Development Study Centre</p> <ul style="list-style-type: none"> - Overview of the Huai Sai Royal Development Study Centre and application of the Sufficiency Economy Philosophy (SEP) in agricultural and rural development. - Observe integrated farming systems based on SEP, including water management, diversified cropping, and household food security models. 		
Workshop	13.00–15.00	<p>Inclusive leadership in practice</p> <ul style="list-style-type: none"> - Visit community enterprises focusing on value addition, product processing, branding, and market access for smallholder farmers. 		
Reflective session	15.00–16.00	<p>Women's empowerment through SEP</p> <ul style="list-style-type: none"> - Reflect on how the Huai Sai model supports women's participation, agency, and leadership in community-based agricultural value chains. 		
	16.00–18.30	Travel back to The Green Beach Resort, Pranburi.		

Date/ Period /Topic	Time (Thailand time)	Content	Speaker	Note
Informal Networking	18.30	Dinner & networking	KUFLAS secretariat	
Day 7 Building Community Resilience through SEP				
	08.00–09.00	Depart from The Green Beach Resort, Pranburi to Hin Lek Fai Subdistrict, Hua Hin District.	KUFLAS team	
	09.00–12.00	Field visit 2: the Community Enterprise Group of the Sufficiency Economy Women's Group - Explore a diversified farm applying SEP principles across production, processing, marketing, and community engagement. - Learn how the farm maintains food security, generates sustainable income, and practices environmental stewardship.	Invited speakers, Local farmers, KUFLAS facilitators	
Workshop	13.00–16.00	Homegrown solutions at the Community Enterprise Group of the Sufficiency Economy Women's Group: - Demonstration: creating value-added products from local crops. - Explore how self-reliance, SEP practices, and community empowerment come together in daily work.		
Reflective session	16.00–17.00	Resilience in daily life through SEP - Group reflection on how SEP principles are applied in rural practices.	KUFLAS facilitators	
	17.00–18.00	Travel back to The Green Beach Resort, Pranburi.		
Informal Networking	18.00	Dinner & networking	KUFLAS secretariat	
Day 8 Learning from SEP-Based Rural Enterprises				

Date/ Period /Topic	Time (Thailand time)	Content	Speaker	Note
	08.00–09.00	Depart from The Green Beach Resort, Pranburi to Kui Buri District, Prachuap Khiri Khan	KUFLAS team	
	09.00–12.00	Field visit 3: Ban Ruam Thai Community Enterprise Group - Introduction to the community enterprise, highlighting pineapple leaf fiber processing as a circular and SEP-based livelihood model.	Invited speakers, local farmers, KUFLAS facilitators	
Workshop	13.00–16.00	From waste to worth - Observe how value-added products are made from by-products and local materials.		
Reflective session	16.00–17.00	Lesson learned and discussion: - Reflect on SEP practices you observed and discuss how they contribute to the community's resilience and well-being.	KUFLAS facilitators	
	17.00–18.00	Travel back to The Green Beach Resort, Pranburi.	KUFLAS secretariat	
Informal Networking	18.00	Dinner & networking	KUFLAS secretariat	

Day 9 Integrating SEP Practices and Traditional Knowledge for Sustainable Agriculture

	08.30–09.00	Depart from The Green Beach Resort, Pranburi to Sufficiency Economy Herbal Community Enterprise, Pranburi Subdistrict, Prachuap Khiri Khan	KUFLAS team	
	09.00–17.00	Field visit 4: Sufficiency Economy Herbal Community Enterprise, Pranburi Subdistrict – Explore how farmers use SEP principles and traditional knowledge to manage pests naturally and maintain ecosystem balance.	Local farmers, KUFLAS facilitators	

Date/ Period /Topic	Time (Thailand time)	Content	Speaker	Note
Return Travel	17.00–17.30	Travel back to The Green Beach Resort, Pranburi.	KUFLAS team	
Informal Networking	18.00	Dinner & networking	KUFLAS secretariat	

Day 10 Turning Field Insights into Empowerment Actions

Lecture 12	09.00–11.00	Module 6: Traditional knowledge and community roots under SEP <ul style="list-style-type: none"> - Explore how traditional knowledge contributes to empowerment, resilience, and sustainable resource management. 	KUFLAS speaker	
Reflective session	11.00–12.00	Insights from the field <ul style="list-style-type: none"> - Reflect on lessons from field visits and share observations on factors that strengthen community resilience. 	KUFLAS facilitators	
Lecture 13	13.00–16.00	Module 7: Learning from SEP in action <ul style="list-style-type: none"> - Learn key factors that enable innovation, collaboration, and inclusion through women-led initiatives and agro-enterprises. - Explore methods and tools to adapt SEP principles to diverse local contexts. 	KUFLAS speaker	
Workshop	16.00–17.00	Local adaptation planning <ul style="list-style-type: none"> - In small groups, develop project ideas based on field insights, incorporating peer feedback and collaborative brainstorming. 	KUFLAS facilitators	
Reflective session	17.00–17.30	Empowerment in practice <ul style="list-style-type: none"> - Reflect on key lessons and personal takeaways, and discuss how to apply these insights in your own context. 	KUFLAS facilitators	
Informal Networking	18.00	Dinner & networking	KUFLAS secretariat	

Day 11 Module 8 lecture: Participatory tools for equity and voice

Date/ Period /Topic	Time (Thailand time)	Content	Speaker	Note
Lecture 14	09.00–10.30	8.1 Introduction to transdisciplinary participatory techniques - Learn participatory techniques that promote equity, inclusion, and diverse perspectives..	KUFLAS speaker	
Lecture 15	10.30–12.00	8.2 PhotoVoice: Visual storytelling and reflection - Learn to use photography to highlight community voices, resilience, and local power dynamics.	KUFLAS speaker	
Workshop	13.00–16.00	Photo display and discussion - Select and display photos from field visits, then discuss: What does empowerment look like?	KUFLAS facilitators	
Reflective session	16.00–17.30	Seeing SEP through our own eyes Consider how these participatory and visual methods can help design SEP-based empowerment programs and engage communities effectively.	KUFLAS facilitators	
Informal Networking	18.00	Dinner & networking	KUFLAS secretariat	
Day 12 Module 9: Co-designing Community and Regional Cooperation				
Lecture 16	09.00–12.00	From principles to project design: - Explore how SEP-based enterprises build resilience, generate sustainable income, and promote equity. - Learn approaches for translating SEP principles into practical project ideas.	KUFLAS speaker	
Workshop (Group Work)	13.00–16.00	Community-based project design - Identify target groups, key challenges, and SEP-informed strategies for empowerment.	KUFLAS facilitators	

Date/ Period /Topic	Time (Thailand time)	Content	Speaker	Note
Reflective session	16.00–17.30	Reflect on what makes a project meaningful, inclusive, and truly community-led.	KUFLAS facilitators	
Informal Networking	18.00	Dinner & networking	KUFLAS secretariat	
Day 13 Regional Cooperation and Shared Resilience through SEP				
Lecture 17	09.00–11.00	Working Together Across Borders - Key concepts of regional cooperation and how SEP can promote shared prosperity.	KUFLAS speaker	
Workshop (Group Work)	11.00–12.00	Regional Collaboration Project - Define shared regional challenges and goals. Draft the project's vision, strategy, and partner roles.	KUFLAS facilitators	
Workshop	13.00–17.30	Group Work (continued): - Finalize joint project concepts and prepare group presentations.	KUFLAS facilitators	
Informal Networking	18.00	Dinner & networking	KUFLAS secretariat	
Day 14 Project Presentations and Closing—Turning SEP Learning into Action				
Workshop	09.00–12.00	Final Presentation Preparation - Final group editing and rehearsal for SEP empowerment project presentations.	KUFLAS facilitators	
Presentation	13.00–15.00	Project presentations - 3 groups present (30 mins per team including Q&A). Peer and facilitator feedback provided.	Participants , KUFLAS facilitators	
Reflective session	15.00–16.00	What will we take home? - Share commitments, insights, and personal next steps.	KUFLAS facilitators	
	16.00–16.30	Certificate ceremony and group photo - Celebrate learning and achievements; take a group photo to close the program.	KUFLAS secretariat	

Date/ Period /Topic	Time (Thailand time)	Content	Speaker	Note
Dinner:	18.00–21.00	Closing celebration with cross-cultural exchange and informal wrap-up.	KUFLAS secretariat	
Day 15: Departure of participants				
Throughout the day	Participant Departure	Airport transfers arranged based on participants' flight schedules.	KUFLAS secretariat	