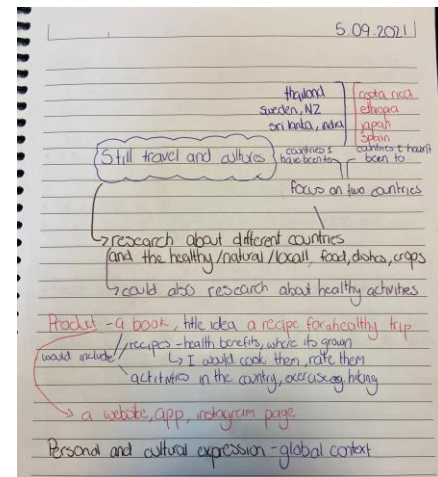


Planning a Holistic Trip to Thailand Personal Project Report

Criteria: Planning

The learning goal for my personal project is how to plan a mindful trip in Thailand, focusing on cuisine and activities. It took me some time to determine the topic for my personal project because of the number of hobbies that I have but not that passionate about. After completing various brainstorming sessions, I came close to different topics but realized they were not interesting enough for my Personal Project. An example is learning about eco-friendly travel. I began identifying my passions and what triggers my curiosity through mind mapping (Figure 1). An idea then poked my interest. I decided to base it on travel. Throughout my life, was used to flying back and forth between Sweden, New Zealand and Qatar and even visited over 20 countries. I travelled with friends and family, gaining positive and negative experiences. Travelling and learning about different cultures and the environment in those countries has broadened my knowledge about life in other parts of the world, such as learning about how they live in their own communities.



According to the University of Central Florida, “Some communities can face loss of cultural identity, because the local economy has transitioned to supporting the needs of tourists. Restaurants may begin to refrain from serving local cuisine and change menus to suit the culinary needs of tourists.” (“*JAMJUREE RESTURANT, Nong Kae*”). This provides an insight that globalization impacts on cultural cuisine. When food is changed for tourists, it often becomes based on more fast foods with less healthy ingredients. An example is a local restaurant in Prachuap Khiri Khan Province, Thailand that has a menu of a mixture of food, on trip advisor an image of the menu is shown:



This image has some traditional Thai dishes, however there are images of fries, a food that is considered unhealthy as well as something that has been brought in by tourists and made to suit their needs.

During my experiences of travel, the mindset that many have has come to my attention. When they are on vacation, they begin to become oblivious towards their wellbeing. Choosing food that may be more westernized with less natural and/or traditional ingredients, or only choosing activities that involve little to no movement/exercise. Food has possibly changed over the years due to globalization, and to suit the needs of the tourists, being used to their own food and having a fear of trying unknown cuisine. Although my family is an active family that often chooses activities in the countries, we visit that could benefit our physical health, there are others that chose activities away from nature and exercise.

I made the decision to make a travel guide to benefit a person's physical and mental wellbeing. The next step was choosing the country. I had many countries to choose from, and I was still deciding on if I should pick multiple countries and countries that I have visited or not visited. I was thinking of Thailand, Sweden, New Zealand, or Vietnam. Finally, after discussing with my mentor, I made my decision on Thailand. I have visited Thailand for both a school trip and four other times with my family. I have some knowledge about the culture, I have met people from Thailand and my family, and I have always made sure we ate the traditional cuisine. I also thought that basing my travel guide for a well-being-based trip would be a start and maybe after the personal project I could further develop it. Thai food is well known across the world however it has been changed over the years, becoming more fried, unhealthy and I wanted to find the healthiest dishes that use traditional spices and ingredients and the benefits of this. The environment is diverse and there are activities that would appeal to everyone's interest and help their physical health.

To write a more detailed learning goal I used the SMART goal technique. My SMART goal is:

| I nspired: | S pecific: | M easurable: | A ttainable: | R elevant: | T imely |
|---|--|---|--|---|--|
| What is inspiration? What drives you? Where did your idea come from? | Clearly outline what you want to achieve. | How will you know when you have achieved the goal? When do you know to stop? | Make sure it is possible to finish/complete what you started. | Everything in the goal must be relevant to the Personal Project, especially the Global Context | Can you finish this in the time given? Will it keep you busy enough? |
| My inspiration behind this project is my love for travel, food and exercise. I have always loved sports and always included exercise within my day-to-day life. I have noticed that people including myself tend to ignore the need for maintaining you mental and physical wellbeing when on holiday, and I wanted to make a | To create an app that will hold a variety of information on the traditional and healthy cuisine in that Thailand has to offer: as well as activities and cultural experiences, that are offered there that could appeal to a group/family/ | I will know when I have achieved my goal when I made an app or a prototype of an app that contains information about traditional and healthy cuisine and activities that benefit your mental and physical well-being. I know when to stop when I have continued listing | I believe that the research and information I have planned to include in my app will be attainable to find and write about. If I organize my time wisely, I will be able to complete it on time to ensure I have enough time to create my product. However, the plan to make an app may be challenging, this | The goal is relevant to the personal project because it is a form of personal learning, throughout the process im learning both about the holistic travel to Thailand as well as how to make the final product. Additionally, it relates to the Global Context of | I do think I will be able to finish on time as well as it will keep me busy, this is because I have a couple of months to complete the research and the product. I have also created an action plan which will keep me on track, I will be kept busy because I will also |

| | | | | | |
|---|---|---|--|--|--|
| travel guide for people that want some advice on activities and cuisine in this case in Thailand. My idea came from seeing travel guides, my original idea was a travel guide based on planning a fully eco-friendly trip and I decided to go with something I am more interested in and realistic. | solo traveler. These activities are both in nature as well as indoors and are designed to help your mental and physical wellbeing | numerous ideas and propositions that might overwhelm the target audience and make it unorganized. | is something I have never done before, and will have to do a lot of research on the different ways I can design the plan of the app and hopefully create it. | Identities and Relationships, with the strand focused on health and wellbeing lifestyle choices. | have to write the report on top of the other sections. |
|---|---|---|--|--|--|

Global Context

Before carrying out my research, I originally chose Personal and Cultural Expression as my Global Context. However, looking back at the explorations designated towards each topic, I have made the decision to change it to Identities and Relationships. I found this more suitable because the explorations I will be focusing on are health and well-being and lifestyle choices. I strongly feel that this global context is more connected to my topic of producing a product that features traditional dishes and activities to help one's well-being. The choices people make when travelling are lifestyle choices as well.

My product goal is to create an app that ensures easy access to information about mindful activities and healthy cuisine in Thailand to show my knowledge, I will be creating an app or a simulation of an app. I hope to make this available to several types of devices and operating systems. The app will be similar to a travel guide but would be focusing more on how to maintain a holistic lifestyle and improve one's well-being while on a trip. This will be shown on different pages with activities and cuisine with the health benefits of each ingredient. I have never made an app before so this will be a challenge to create within the timeline I have been given.

Success Criteria:

Goal: I will design an app that provides information on how to maintain or improve your well-being while on holiday or living in Thailand.




Possible Criteria:

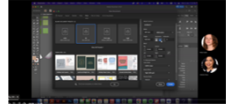


- The app can be translated into Swedish as it is one of the languages I speak and many Swedes travel to Thailand and other main languages like French or Spanish to be accessible to tourists around the world

- My app can be used on both mobile devices and online browsers, as it will be easier for tourists to use it when planning their trip from different locations, making it easier for them
- My app is based on research
- My app has information about healthy traditional activities and cuisine to promote the simplicity of maintaining a balanced lifestyle when travelling
- The color scheme, patterns and style should coordinate to make the final product more aesthetically pleasing, as well as being remembered more easily by people using the travel guide.
- I completed my app on time to meet the deadline in order to complete the rest of my work
- The app is easy and clear to navigate/use to provide a trouble-free trip planning experience

| Below Expectations | Meet Expectations | Exceeds Expectations |
|---|---|---|
| My app includes no possibility of translating to Swedish or other main languages. | My app can translate some parts into Swedish or other main languages. | My app is able to translate all the information provided to Swedish or other main languages in an easy way. |
| My app can only be used on one type of operating system or only via online browser. | My app can fully work on one type of operating system and only be viewed using an online browser. | My app can fully function on mobile devices, various operating systems and online browsers. |
| My app has little information on healthy, traditional activities and cuisine in Thailand | My app has enough information on healthy and traditional activities and cuisine in Thailand. | My app has an upstanding amount of information on healthy, traditional activities such as muay Thai and cuisine an example being Tom Yum Soup, in Thailand and how these impact your wellbeing. |
| The color scheme, patterns and style are all different, to ensure the product is easy to follow, aesthetically pleasing and sparks an interest in travel. | The color scheme, patterns and style are all coordinated with some differences. | The color scheme, patterns and style are all coordinated and relate to the national colors of Thailand. |
| My app was not completed on time | My app was completed on time | My app was completed earlier than the deadline and there was time to adjust and improve it. |
| The app is out of order making the pages confusing for the user. | The app has pages after each other but not details about what they are about. | The app has arrows to guide the user to the next page, subheadings for each page and buttons to take the user to the page in which they desire. |

For my **action** plan I made two separate ones, one for the general process and one specified to the product:

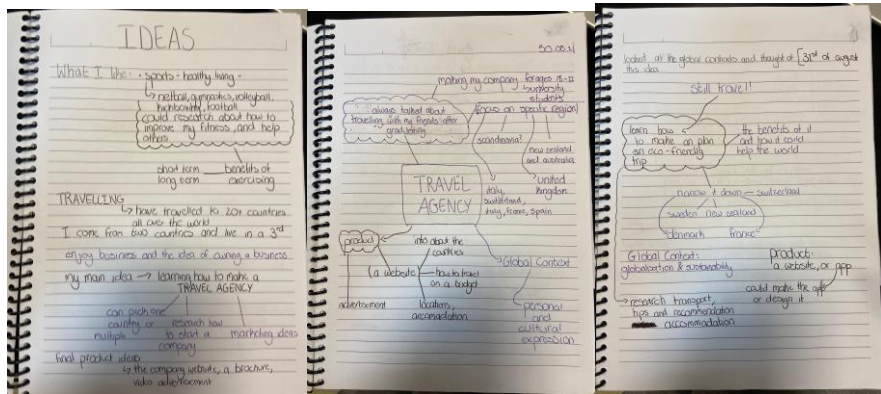
| Task | To Do | When I will start | When I will finish | Comments |
|--|---|-------------------------------|-------------------------------|--|
| First meeting with supervisor | - Meet with supervisor - Discuss topic, ideas for product and what countries to base it on | 28 th of September | 28 th of September | In my first meeting with my supervisor, we discussed the topic I had chosen, the ideas I had for the final product and decided I would begin choosing specifically what countries I was basing it on. Later that week I also began choosing the country, some options I had was Sweden, Philippines and Thailand. I chose Thailand because I have been there however, I wanted to expand my knowledge, learning more on the culture and a holistic trip. |
| Writing learning goal | - Write learning goal | 12 th of October | 12 th of October | I wrote my learning goal 'How to plan a health-based trip in Thailand focusing on cuisine and activities'. I did this by stating what I want to do as well as learning to include in my product. |
| Beginning of research | - Begin research about Thai Cuisine | 12 th of October | 12 th of October | I began my research by watching an episode of a Netflix show called Street Food, I watched the episode based in the capital city of Thailand, Bangkok and I learned about some traditional food they serve and how it brings people together. I researched about some of the common dishes and ingredients in Thailand and began finding the health benefits of these.  |
| Chose global context | - Chose global context by looking at explorations of each | 12 th of October | 13 th of November | On the 12 th of October I chose the global context Personal and Global Context, however when I began writing my Criterion A report, I read through a document given to us, that had each global context and its explorations. I then changed the global context to identities and relationships, because a strand in this related directly to mental and physical wellbeing in which my product will have information about. |
| Choose product, write success criteria | - Make final decision on product - View student guide, write success criteria | 13 th of November | 13 th of November | In a previous meeting with my mentor, we discussed different options of my product, I had decided on an app or a prototype of an app, however I had not planned what applications I would be using. By following the student guide, I was able to create my success criteria for my product, an example of a specification was 'My app can fully function on mobile devices, various operating systems and online browsers.' |
| Continuation of Research | - Research more about <u>Thai</u> dishes and health benefits - Begin and hopefully finish research on activities | 25 th of October | 7 th of November | On the 25 th I continued my research, I chose five Traditional dishes including Tom Yum Soup, I wrote about the health benefits of the ingredients in these meals. My next step was to research activities beneficial to your physical, mental health, such as visiting retreats and the traditional sport of Muay Thai. I used my research skills by writing research questions and citing the sources I in MLA format. - I was able to complete this by the 7 th and I met my goal.  |
| Second meeting with mentor | - Meet with mentor to make sure on I am track | 26 th of October | 26 th of October | I met with my mentor about my SMART Goal, I had a few questions to ask about how to write it. We talked about my product idea which was combining lifestyle app and cookbook. Some suggestions she gave me were the MIT App Inventor and Layer interactive print. |
| Beginning Criterion, A part of report | - Read through student guide and start report | 7 th of November | 13 th of November | I wrote my KWHL Chart, began developing the success criteria and action plan. I then sent this to the supervisor for feedback. Some other aspects I included were the global context and connecting my interests with my final topic idea. I then handed this in on the 20 th of November. |
| Writing Criterion B draft | - Try finish the crit b draft | 16 th January | 16 th January | Because our product was due the same time as this section of the report, I struggled to complete the draft, I handed it in on the 10 th February. Although this is not an excuse many in my grade handed it in late and it was only the draft, I was still on track. |
| Making online presentation | - Make presentation using the questions given to us | 15 th February | 15 th February | Because of the pandemic we were unsure whether the presentation of our projects would be online or in school, therefore we had to make a PowerPoint talking about our projects, a little information about ourselves and more, I completed this on the due date. |
| Crit C draft | - Follow student guide, write crit c draft | 23 rd February | 27 th February | I was able to complete this on the day it was due, I followed the student guide to ensure I was including the right details.  |

| Task | To do | I will start | I will finish | Comments |
|----------------------------------|---|---------------------------------|---------------------------------|---|
| Beginning of creation of product | -Try different applications | 13 th November | 31 st December | I thought that the beginning process of creating my product would be quicker, however with exam week and travelling for the winter break I was unable to work as much. In this time, I tried different applications of the product. However, each of them I had a problem with and had to keep changing. Some examples were MIT Inventor and Mobi Roller for this I was unable to log in and preview the work I was doing. |
| Meeting with supervisor | During the time period above | 12 th of December | 12 th of December | I met with my mentor as she works in the design department and told her about the challenges I was facing, we looked at different options and saw the yearbook that our school did during the pandemic. This was an interactive PDF, that could act as a prototype of an app because it can have buttons and different pages. |
| Starting the product | - watch tutorials on how to use software's | 2 nd of January 2022 | 8 th of January 2022 | This was after the winter break, I began watching tutorials using my inquiry skills, however I had a different model to the videos. I met with my mentor on the 3 rd to ask for some clarifications, I met with her online because of the current covid situation. She was able to help me with the basics of using the app and together decided my next step would be drawing the designs of the pages. I then did this for some of the pages including the mental aspect activities and the benefits. With some new ideas I then re did the pages.  |
| Designing the pages | - plan the pages - Find pictures of trips to Thailand | 8 th January | 11 th January | The templates which I had drawn I then copied onto illustrator, this did not turn into how it would look, it was mainly squares and I wanted to add color and images. I also went through a hard-drive and found images of trips with family and friends to make the guide look more personal and authentic. Additionally, I decided to add a page with necessary information a tourist may need before visiting, I did some more research and talked about the language, transport and weather. I re designed some of the pages, and did research on the Thai colors to meet one of the specifications to have a coordinated color scheme that relate to Thailand, this was blue, white and red.  |
| Transfer of pages | - Transfer design of pages onto InDesign - Design remaining pages - Potentially add information | 14 th January | 14 th January | Before finishing the design of the pages I wanted to check that I could transfer them onto InDesign. The pictures came out blurry and the layout changed. With much critical thinking, a skill I had to use a lot throughout this process I decided to re design the pages on InDesign. This took hours as I had to find new images, re size the old ones, and basically start over. One of my specifications is to make the pages in order, have subheadings and arrows. To meet this, I organized the pages in order and grouped the cuisine and activities sections together, I had sub heading on each page, and the software automatically made the arrows. |
| Publishing | - Find images of all ingredients - Make muay Thai video - Place all information - Make buttons interactive | 15 th January | 16 th January | It took hours to finish every page of the guide, I found every image for each ingredient and had to cite the images, then I found clips from my trip to Thailand about Muay Thai, I spent a while adding all my information to ensure I met the third specification of the app having an upstanding amount of information on Thai cuisine and activities to help your mental and physical health. I made the buttons by using tutorials, which also allowed me to make it organized as the buttons were clear and allow people to click on the information they want or need. On the 16 th I checked through the app, online published it and sent the link to a few people to check if it worked fully. This then partially met the second success criteria as it worked on online browsers and different devices, but not offline browsers. I was able to hand it in on time however leaving no time for last minute changes.  |
| Final section | - Presentation - Final report | January 16 th | March 19 th | I created my booth on the 5,6 th of March, this took many hours of being in school and staying after school, the presentation went well I even did a welcoming speech. I've been working on my report for a few weeks now and have to hand it in tomorrow, with the academic honesty form. |

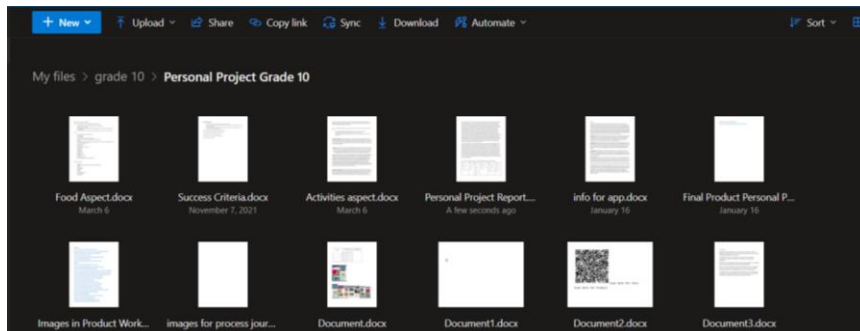
Criteria B: Applying Skills

My learning goal as described above in the report is how to plan a mindful trip in Thailand focusing on cuisine and activities. To finalize the learning goal and the general idea for my personal project topic I brainstormed. An IB ATL skill is thinking and within this is **creative thinking**. A strand in creative thinking is to use *brainstorming and visual diagrams to generate new ideas and inquiries*. These brainstorms, examples shown below, were carried out at the beginning of the personal project, I did them in my process journal to ensure everything was kept organized. I began by listing my hobbies and interests and what could come from them. Then I chose the idea I particularly liked most and created

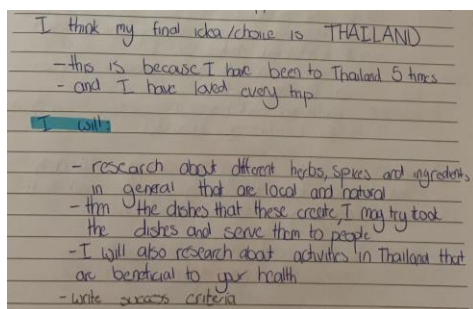
another mind map for this, which led me to another idea, and I began writing about the details of the product. I met with my supervisor and decided to choose this. Then I wrote my learning goal based on what I had planned.



Another ATL skill I used while reaching my learning goal is **organizational skills**, specifically the strands including ‘Keeping an organized and logical system of information notebooks’, ‘Plan strategies and take action to achieve personal and academic goals. Although I did not use information notebooks, I used a One Drive folder with different word documents, I had one for the cuisine aspect of holistic travel and another for the activities. In these, I included all the respective information, and I was able to easily find out what information I had or didn’t have and then put it into my product afterwards. The image below is part of my one drive folder with the documents to organize my work in order to reach my learning goal and to ensure I had all the information I needed.



The second strand was something I did a lot through the entire process, I planned strategies such as using to-do lists to organize what I needed to do and when I would do it. I made these To-Do lists in planners as well as my process journal:

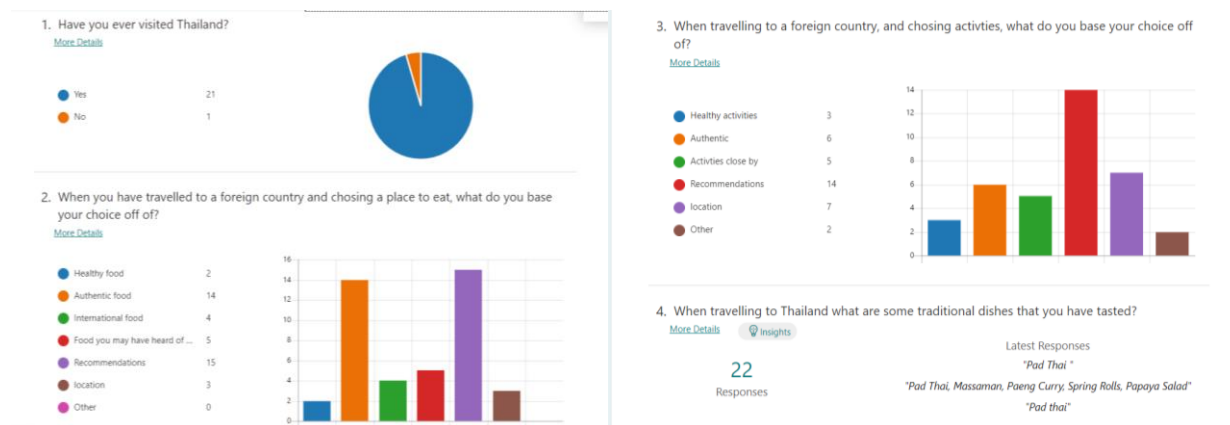


These strategies helped me organize myself and ensure I completed my work and was able to reach my goal.

The third ATL skill I used was **research skills**. To begin I made my action plan with the written dates on what I had to complete. Along with this I did not make an exact research plan, however I did write questions to guide my research, some examples below:

- What are some examples of Thai dishes that can help you when planning a holistic trip?
- What are the ingredients in these dishes and the health benefits of each?
- What are some activities that can help your physical and mental wellbeing?
- How do these activities help your body?

I carried out a survey which started off my research. The questions were related to the type of travel people do and as an example to base it more on my project, some were about Thailand. Some of the responses are here below:



These questions were able to provide me with more information about what people do when they travel, demonstrating the need for activities and food that can help both your physical and mental wellbeing.

With this I used the questions that I had previously written to begin. Using information about different activities I have done in Thailand and cuisine I have eaten or heard of as well as asking my family who I have travelled with to Thailand helped me with my research. This was a primary source, an example of a secondary source other than a website was a Netflix documentary on Thai street food which provided more of an insight to the culture. I then created lists of different activities and cuisine and then narrowed it down. Next, I collected the information and found the health benefits of it from websites. To ensure the sources I was using were credible I did a CRAAP test, a method of evaluation, an example of one is shown below. The source I have chosen is Healthline,

"Healthline: Medical Information and Health Advice You Can Trust." Healthline.com, 2000,

www.healthline.com/.

a source I used numerous times throughout my research, specifically when researching about the benefits of the ingredients used in the Thai dishes and I did a CRAAP evaluation on the home site to guarantee the information is benefiting me and is reliable.

| | |
|-----------|---|
| Currency | The information posted varies because I used the website for different ingredients in Thai Cuisine. Nonetheless the earliest information was published in 2016, allowing for some inaccuracies, however, the information I included was just a general description of the benefits to guide people when travelling. As explained, the information is current for my topic because I only needed a brief description, for example the minerals and vitamins in the ingredients presumably have not changed for the most part. |
| Relevance | The information does relate to my topic because the website provided information for numerous ingredients used in the Thai Dishes my product has information about and has the benefits. These benefits are about the vitamins in the ingredients, or the function which then provides me with more knowledge about my topic, allowing me to share the information in a different format. |
| Authority | There are multiple authors of the source, an example being Ryan Raman and a medical reviewer of the source is Kim Chin. The website states that their team is composed of healthcare professionals from research institutions and other organizations, before publication the articles are reviewed by the professionals to ensure the information is medically up to date as well as the citations used. Continual surveillance is then carried out. There are no qualifications written about the author, however in the different articles there are the qualifications of the reviewer. For example, Kim Chin is a Registered Dietitian Nutritionist, additionally her affiliations are listed. There is a contact us page, as well as the company's social media accounts listed, where you can contact the company however it is not said whether you can contact the author or medical reviewer. |
| Accuracy | The information has been supported by evidence, there are examples related to the information as well as Citations shown at the end of the articles. As explained, the information is reviewed by medical professionals from different fields. The tone used in all the articles I used seemed unbiased, there was factual information stated and explained without opinions and emotions. There were no spelling or grammar errors. |
| Purpose | The purpose of the information is to provide people with information about the ingredients and their health benefits to help them improve their health. The authors make their intention clear by stating the health benefits in an organized manner and explaining it well. The information is fact and there are no political, cultural, personal etc. biases that were demonstrated. |

For the product:

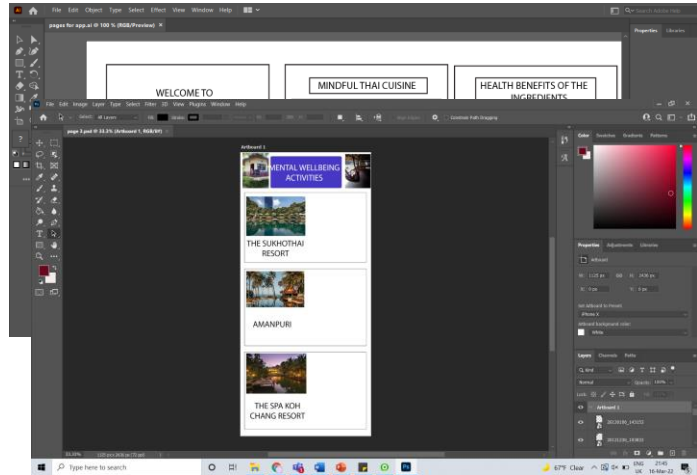
Within the **self-management** ATL skill umbrella there is something called affective skills and in this is perseverance. In the early stages of planning my personal project my goal was to create an app to present the information I had collected about mindful Thai cuisine and activities. Throughout the months of October and November I was trying various applications to design and create the app, however with all of these there seemed to be some problems. Some examples of challenges I faced where I was unable to preview the work I was doing, was not exactly in the form of an app or remotely similar or I could not log in. I began getting extremely overwhelmed knowing that the product was due in less than two months. However, I met with my supervisor multiple times to find a solution and I chose to make an interactive PDF which is somewhat of a prototype of an App. I began by drawing designs for the pages, then I began designing them on Adobe Illustrator, this worked but the pages were too simple and not aesthetic. I then chose to design the pages on photoshop, I had chosen all the images, organized all the information, and

once I had decided a majority of the pages, I needed to transfer them over to Adobe InDesign. When doing this the files were blurry, at this point I had spent hours designing the pages and was struggling to continue. I chose to persevere the next day and redesign the pages directly on InDesign, with this I added the information and buttons and published it.

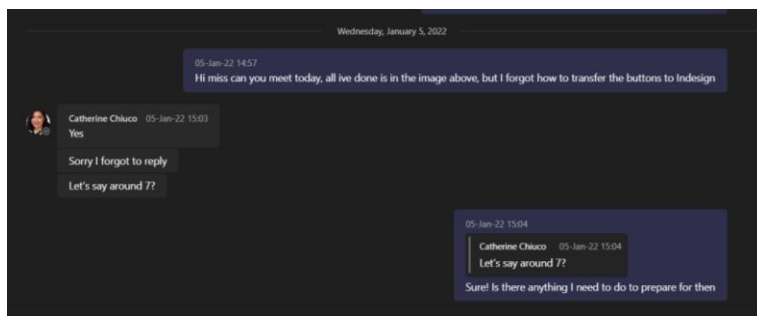
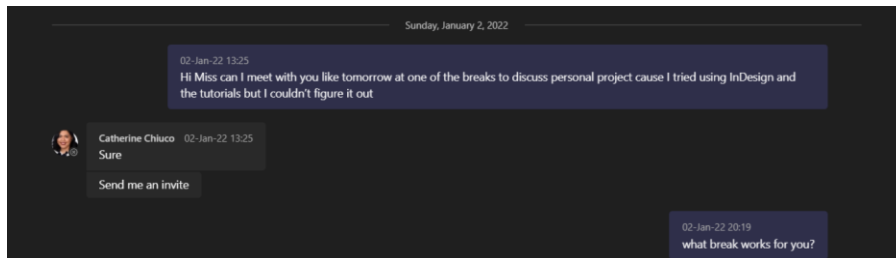
Pages designed without color and images, decided to change them

example of page on Photoshop which became blurry when imported to in Design

With the perseverance I continued to have throughout the project I believe as a result I was able to create a product similar to the one I had in mind at the start and was able to present my information in a way people can understand.



Relating to the use of perseverance while creating my product, I used **communication skills**. Because my mentor is a design teacher and had used the software, I was able to specifically use one strand ‘Give and receive meaningful feedback’. I either messaged my teacher on TEAMS or met with her during school to ask about the software and about the problems I was facing with each of them. She would give me advice and feedback and with this I was able to continue my work. Some of the excerpts below are screenshots from our chats from various dates of me using my online communication skills to ask questions and/or ask to meet.



Criteria C Reflecting:

Regarding my learning goal, how to plan a mindful trip in Thailand, I learned about the cuisine and activities in Thailand that could help your mental and physical wellbeing. Previous to the research I knew

about some of the activities and had even done some myself, however, I did not know the benefits that it could have on my body. This was the same with the cuisine, although it was based on the ingredients used in the Thai Dishes, I was able to learn about ingredients that are used throughout cuisines from all over the world, and food that I might eat daily or could learn to eat more.

As a learner I used to think that if I was given a task, I would research exactly what I was told to research. At the beginning of the project, I decided I would research the cuisine and activities that would benefit your physical wellbeing, however as I progressed and wanted to further explore more about Thailand, I decided I would research into activities that would benefit your mental wellbeing as well. Additionally, I made pages focused on tips that tourists may need or want to know before visiting, with some of my advice as well as recommendations from online, that I originally hadn't planned to do.

| Impacts of learning goal | Impacts of product |
|--|---|
| <p>With the learning goal, I was able to further develop my knowledge on not only the cuisine and activities that help your wellbeing in Thailand but how simple it could be to continue taking care of your health when on holiday. Many believe, including me, that vacation is a time to neglect your wellbeing, meaning choosing activities where you aren't doing anything or cuisine that impacts your body negatively. This does not mean you can't relax and eat dessert; it just means that there are ways to ensure you stay balanced when travelling.</p> <p>Throughout my whole life I have been interested in health and keeping myself healthy. This has come from school and my family, because I learned about it in subjects like PHE and my family is an active and for the most part healthy family. With the research I have done I also found out about different ingredients that I eat, outside of Thai Cuisine that I can help others and myself make it a priority to eat more to help our bodies, making me more knowledgeable. It has helped me gain confidence when talking about what food is a healthy alternative to others. Additionally, the activities I have included are activities that could be found in other countries, for example, cycling that I could encourage myself to do more of now, knowing the health benefits of them.</p> <p>When considering the IB learner profiles. I believed the content I was researching allowed me to be more reflective. I reflected on the different trips I have taken or even the holidays I have had staying in the country I live in, and I thought of the different activities or food I chose to eat in the country. This made me come to a realization that I did not focus as much on my health</p> | <p>This product does meet a community need that people may have because although the final product is directed towards travel to Thailand, the activities and ingredients used in the cuisine can be found in other countries and cultures, which can help others when travelling or in their day-to-day life.</p> <p>While doing this product I was able to showcase my skills in using the different applications and software as well as finding information that could help others. Furthermore, I am now able to use the skills of making a prototype of an app, that I could apply to projects of my own as well as in other subjects.</p> <p>I believe I have grown as a result of this project because at the beginning of the project I had plans to make a book as a guide that I have already made. Over time I was brainstorming and chose to do an app. This was something I really did want to do, however with no experience and not enough time I had to be open-minded to new suggestions. With my mentor, we discussed different options and over time I chose to do the interactive PDF that had the same idea as an app. In other projects, when I chose an idea, I would be set on it and would be hard on myself to get it fully completed, however, I had to realize that sometimes the original plan wouldn't work out the way I wanted to,</p> |

| | |
|---|--|
| and thought that when I would come back to Qatar that I would start a routine. However, this becomes a hard habit to break, and I wanted to help myself and others realize that it is not that challenging to take care of your wellbeing and stay balanced when travelling, you just need to know what you're looking for. | and I would have to change it to benefit the project and myself. |
|---|--|

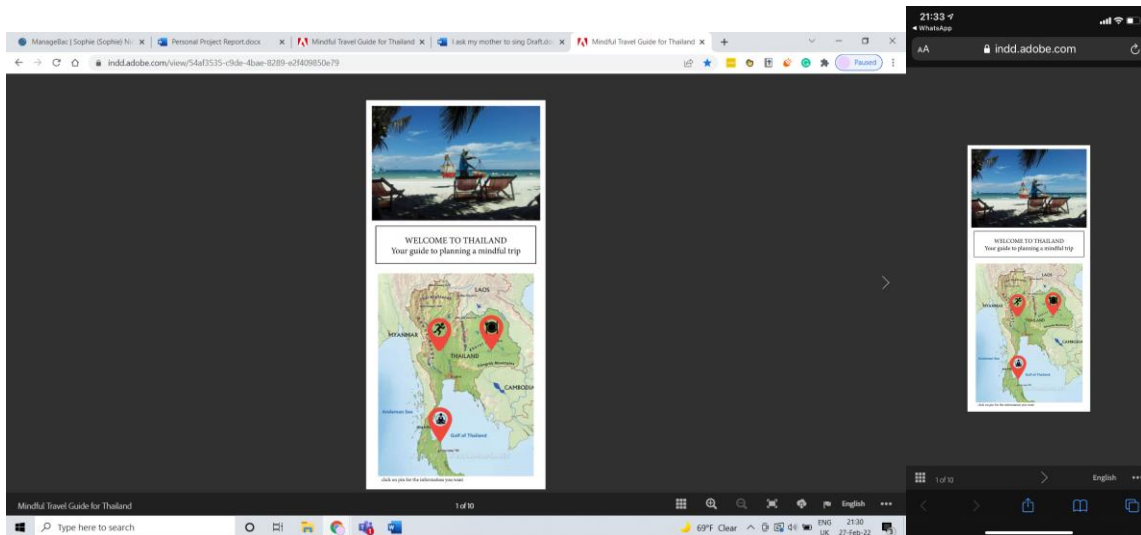
My original plan was to make a fully working app however, with the time given to me and my lack of resources and experiences, my plan began to change, I ended up making an interactive PDF that is somewhat of a prototype of an app. This is because it has the same information and style of pages my app would have however, it only works if you have access to the link.

| Below Expectations | Meet Expectations | Exceeds Expectations |
|---|---|--|
| 1. My app includes no possibility of translating to Swedish or other main languages. | My app can translate some parts into Swedish or other main languages. | My app is able to translate all the information provided to Swedish or other main languages in an easy way. |
| 2. My app can only be used on one type of operating system or only via online browser. | My app can fully work on one type of operating system and only be viewed using an online browser. | My app can fully function on various operating systems, online browsers and offline browsers. |
| 3. My app has little information on healthy, traditional activities and cuisine in Thailand | My app has enough information on healthy and traditional activities and cuisine in Thailand. | My app has an upstanding amount of information on healthy, traditional activities and cuisine in Thailand and how these impact your wellbeing. |
| 4. The color scheme, patterns and style are all different | The color scheme, patterns and style are all somewhat coordinated with some differences. | The color scheme, patterns such as the Kranok pattern that shows the repetition of right-angled triangles and style are all coordinated and relate to the national colors of Thailand. |
| 5. My app was not completed on time | My app was completed on time. | My app was completed earlier than the deadline and there was time to adjust and improve it. |
| 6. The app is out of order making the pages confusing for the user. | The app has pages after each other but not details about what they are about. | The app has arrows to guide the user to the next page, subheadings for each page and buttons to take the user to the page in which they desire. |

1. When creating the product, I had planned to translate my app to Swedish or other languages to reach a wider audience. I chose mainly Swedish because I am half Swedish, speak it and Thailand is a popular destination for Swedes. To meet these criteria, I could have translated the information

I had found into the different languages using the help of the Mother Tongue Teachers at school and translator websites on google, then applied this information onto the template already made for the English version. This could help tourists around the world that may want to travel to Thailand but still be mindful for their health, understand the travel guide more if it is written in the language they understand most. However, I was unable to do this, due to not managing my time and not prioritizing it, therefore I put the achievement level as below expectations.

2. I have allocated both meeting expectations and exceeding expectations for the second strand of the success criteria which is the app being able to work on different operating systems. I chose two of the sections, because the app works on online browsers and operating devices if the user has a link to the travel guide. As shown in the image the app works on the laptop and phone:



However, the third part of the exceeding expectations section is that it is able to work offline browsers. Although I am not sure if this is possible, with time I could have learned how to do this. This could help the user because sometimes there is not always easy access to internet, and when travelling they may want the travel guide to see the different Thai dishes and activities I have recommended.

3. I have put exceeding expectations because I included information about five dishes from the Thai Cuisine, and the health benefits of each ingredient in the dishes, I included activities such as retreats with massages focused on the mental wellbeing of their guests. Additionally, I researched about traditional activities such as Muay Thai and activities that are available including cycling or snorkeling that can help the physical health of the visitor.

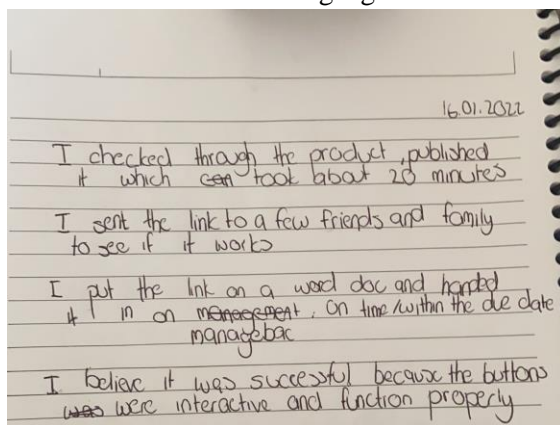
The images below show evidence of the research I have done, the works cited shown in the image and at the end to show the product has an upstanding amount of information.



4. I have chosen the exceeding expectations section for the fourth criteria regarding the aesthetics of the app, although I did not include traditional Thai patterns for instance Kranok patterns that involve using repetition of right-angled triangles, I did coordinate the colors and styles. By this I mean the style of the pages was similar, I included images and had information either on the side or underneath it and had subheadings in bold. I coordinated the colors with the Thai flag in the titles of each page using red, blue and white as shown here:

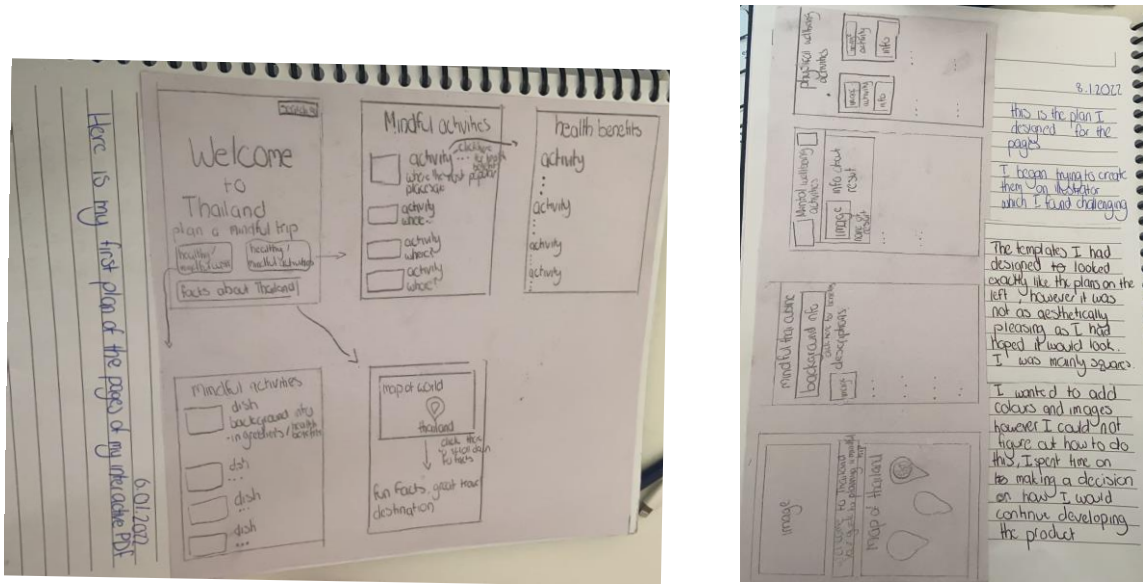


5. I met the expectation as I was able to hand in my product on time, as shown in the excerpt this was written on the day the product was due, 16th of January, and I had read through the final product and submitted it. However, if I had planned what software I would use and know the details about each one, I could have saved a lot of time without having to re-do the designs of my pages multiple times. With this time, I could have met the rest of the criteria including being able to translate to different languages and on offline devices.



- For the last criteria the app has fully exceeded the expectations, there are arrows that take you from page to page, there are subheading for every page to give the user some insight of the information they can find on the page and there are buttons on the pages. These buttons include being on the homepage that have symbols to take you to the page of interest, and then included on the pages that had information about the activities and cuisine to take you to the health benefits of these. I planned the order of the pages in drawings and then applied this to the final design.

Excerpt from process journal:



Excerpt from final product.



Additionally in the questionnaire I had at my presentation the results came in showing that the product was easy to use and to understand, with this their responses also demonstrated that they learned something:

4. How easy is my product to use and understand?



4 Responses

| ID ↑ | Name | Responses |
|------|---------------|----------------|
| 1 | Robert Nidjo | Extremely easy |
| 2 | Furqan Qazi | Extremely easy |
| 3 | Taline Banna | Extremely easy |
| 4 | Lama Elgammal | Somewhat easy |

6. From what you learned do you think it has helped you for future travel?

[More Details](#)

- yes 4
- no 0
- partially 0



| | | |
|---|--------------|--|
| 1 | ROBERT NIDJO | NA |
| 2 | Furqan Qazi | That you do not have to go off your diet or exercise on a vacation |
| 3 | Taline Banna | This presentation motivates me to know holistic trips better— love that!!! 🍷 |

To conclude, the final product that I made, being the online travel guide, met the majority of the specifications I set, meaning that the level of difficulty was adequate. Furthermore, both the process of reaching my learning goal and creating the product have impacted me and my learning greatly.