



**BRITISH COLUMBIA
INTERNATIONAL SCHOOL
BANGKOK**

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My name is Hadden Allen and I am the Kindergarten and Elementary Principal at British Columbia International School in Bangkok, Thailand. I have had the opportunity of working and living abroad in many countries around the world and I am very pleased to be working and resigning in Thailand.

One of the biggest challenges that International Educators or Expats in general, are faced with when moving away from their home country is finding a Doctor or Medical Support Team that best suit the needs of the Western world. It can be very scary and daunting to move away from home and to not have the same health care opportunities as we as expats are used to.

Moving to Thailand was an easy step for me to take, and this is largely due to the incredible health and support that I have received from Dr. Donna Robinson and her team of nurses and manager Khun Bow. Not only have they been helpful for my family and myself personally, but they have also been an asset to our school community by visiting our school to provide medical certificates for new staff and at the same time they have been here to help our staff negotiate the health care system in Thailand. They provide practical tips such as how to look after yourself with common medical problems, where to buy medicines, what medicines are available and keeping your vaccines up to date.

Often when staff and new teachers arrive in Thailand and they face adjustment problems and Dr. Donna has been able to help with this and I would highly recommend Dr. Donna Robinson to any school for their medical needs.

I look forward to continuing to work with professionalized, reliable, and Westernized health care in the future.

Kind Regards,

Hadden Allen, M. Ed

A handwritten signature in black ink, appearing to read 'Hadden Allen', written over a horizontal line.

BCISB Principal