

# Sawasdee Thailand Virtual Program 2021 (Tentative)

**1<sup>st</sup> – 12<sup>th</sup> March 2021**

Date	Thailand time (GMT+7)	JST/KST (GMT+9)	Activity	Hours
1 <sup>st</sup> March (Monday)	14.00 – 15.00	16.00 – 17.00	<b>Opening Ceremony and Introduction to Mahidol University and Introduction to program</b>	1
2 <sup>nd</sup> March (Tuesday)	7.30 - 8.30	9.30 - 10.30	<b>Course 1: Introduction to Thailand and Thai Culture</b>	3
	12.00 – 14.00	14.00 – 16.00	<b>[LIVE] Introduction to Thailand and Thai Culture</b>	
3 <sup>rd</sup> March (Wednesday)	7.30 - 8.30	9.30 - 10.30	<b>Course 2: East Meets West: Implication on Thailand and Southeast Asia</b>	3
	12.00 – 14.00	14.00 – 16.00	<b>[LIVE] Course 3: Characteristics of Thai People</b>	
4 <sup>th</sup> March (Thursday)	7.00 - 8.00	9.00 - 10.00	<b>Course 4: Everyday Thai Language Skills</b>	3
	12.00 – 14.00	14.00 – 16.00	<b>[LIVE] Everyday Thai Language Skills</b>	
5 <sup>th</sup> March (Friday)	7.30 – 8.30	9.30 – 10.30	<b>Course 5: Eco-tourism Management Virtual Visit</b>	2.5
	8.30 – 9.00	10.30 – 11.00	<b>Course 6: Thai Herbs and Traditional Medical Wisdoms</b>	
	13.00 - 14.00	15.00 - 16.00	<b>[LIVE] Thai Boxing</b>	

## 6<sup>th</sup> -7<sup>th</sup> March 2021 (Weekend)

8 <sup>th</sup> March (Monday)	7.30 - 8.30	9.30 – 10.00	<b>Course 7: Introduction to Thai Food</b>	3
	8.30 – 9.30	10.30 – 11.30	<b>Course 8: Local Thai Food: from The North to The South</b>	
	12.00 – 13.30	14.00 – 15.30	<b>[LIVE] Cooking Class Workshop</b>	
9 <sup>th</sup> March (Tuesday)	7.30 - 8.30	9.30 – 10.30	<b>Course 9: Ethnic and Multicultural Relations</b>	2.5
	13.00 – 14.30	15.00 – 16.30	<b>Live Session Conducted by Culture-based Business</b>	
10 <sup>th</sup> March (Wednesday)	7.30 - 8.30	9.30 – 10.30	<b>Course 10: Urban Culture and Digital Culture in Thailand</b>	3
	12.00 – 14.00	14.00 – 16.00	<b>[LIVE] Course 11: Thai Culture and Society through Ent' Media</b>	
11 <sup>th</sup> March (Thursday)	-	-	<b>Preparation for Group Presentation</b>	1
	13.00 – 14.00	15.00 – 16.00	<b>[LIVE] Thai Traditional Dress and Thai Dancing Demonstration</b>	
12 <sup>th</sup> March (Friday)	8.00 – 8.30	10.00 – 10.30	<b>Course 12: Self-Awareness and Self Esteem + Intrapersonal Communication</b>	2.5
	12.00 – 14.00	14.00 – 16.00	<b>[LIVE] Program Wrap-up and Reflection and Group Presentation</b>	