

Sawasdee Thailand Virtual Program 2021 (Tentative)

1st – 12th March 2021

Date	Thailand time (GMT+7)	JST/KST (GMT+9)	Activity	Hours
1 st March (Monday)	14.00 – 15.00	16.00 – 17.00	Opening Ceremony and Introduction to Mahidol University and Introduction to program	1
2 nd March (Tuesday)	7.30 - 8.30	9.30 - 10.30	Course 1: Introduction to Thailand and Thai Culture	3
	12.00 – 14.00	14.00 – 16.00	[LIVE] Introduction to Thailand and Thai Culture	
3 rd March (Wednesday)	7.30 - 8.30	9.30 - 10.30	Course 2: East Meets West: Implication on Thailand and Southeast Asia	3
	12.00 – 14.00	14.00 – 16.00	[LIVE] Course 3: Characteristics of Thai People	
4 th March (Thursday)	7.00 - 8.00	9.00 - 10.00	Course 4: Everyday Thai Language Skills	3
	12.00 – 14.00	14.00 – 16.00	[LIVE] Everyday Thai Language Skills	
5 th March (Friday)	7.30 – 8.30	9.30 – 10.30	Course 5: Eco-tourism Management Virtual Visit	2.5
	8.30 – 9.00	10.30 – 11.00	Course 6: Thai Herbs and Traditional Medical Wisdoms	
	13.00 - 14.00	15.00 - 16.00	[LIVE] Thai Boxing	
6th -7th March 2021 (Weekend)				
8 th March (Monday)	7.30 - 8.30	9.30 – 10.00	Course 7: Introduction to Thai Food	3
	8.30 – 9.30	10.30 – 11.30	Course 8: Local Thai Food: from The North to The South	
	12.00 – 13.30	14.00 – 15.30	[LIVE] Cooking Class Workshop	
9 th March (Tuesday)	7.30 - 8.30	9.30 – 10.30	Course 9: Ethnic and Multicultural Relations	2.5
	13.00 – 14.30	15.00 – 16.30	Live Session Conducted by Culture-based Business	
10 th March (Wednesday)	7.30 - 8.30	9.30 – 10.30	Course 10: Urban Culture and Digital Culture in Thailand	3
	12.00 – 14.00	14.00 – 16.00	[LIVE] Course 11: Thai Culture and Society through Ent' Media	
11 th March (Thursday)	-	-	Preparation for Group Presentation	1
	13.00 – 14.00	15.00 – 16.00	[LIVE] Thai Traditional Dress and Thai Dancing Demonstration	
12 th March (Friday)	8.00 – 8.30	10.00 – 10.30	Course 12: Self-Awareness and Self Esteem + Intrapersonal Communication	2.5
	12.00 – 14.00	14.00 – 16.00	[LIVE] Program Wrap-up and Reflection and Group Presentation	