


## Sawasdee Thailand Virtual Program 2021

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	Opening Ceremony and Introduction to Mahidol University and Introduction to program	1
2 <sup>nd</sup> 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 <sup>rd</sup> March (Wednesday)	7.30 - 8.00	9.30 - 10.00	Course 2: Ethnic and Multicultural Relations	2.5
	12.00 – 14.00	14.00 – 16.00	[LIVE] Course 3: Characteristics of Thai People	
4 <sup>th</sup> 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 <sup>th</sup> 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	
<b>6<sup>th</sup> -7<sup>th</sup> March 2021 (Weekend)</b>				
8 <sup>th</sup> 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 <sup>th</sup> March (Tuesday)	7.30 - 8.30	9.30 – 10.30	Course 9: Urban Culture and Digital Culture in Thailand	2.5
	13.00 – 14.30	15.00 – 16.30	Live Session Conducted by Culture-based Business	
10 <sup>th</sup> March (Wednesday)	9.00 – 11.00	11.00 – 13.00	[LIVE] Course 10: Thai Culture and Society through Ent' Media	4
	12.00 – 14.00	14.00 – 16.00	[LIVE] Course 11: East Meets West: Implication on Thailand and Southeast Asia	
11 <sup>th</sup> March (Thursday)	-	-	Preparation for Group Presentation	1
	13.00 – 14.00	15.00 – 16.00	[LIVE] Thai Traditional Dress and Thai Dancing Demonstration	
12 <sup>th</sup> 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	