

Sawasdee Thailand



Mahidol University
Wisdom of the Land

Virtual Program

RESILIENT LIFE &
SUSTAINABLE SOCIETY

2-15 MAR '22





No. 1

in Thailand

UI Green Metric World University Ranking
2016–2021

Objectives

01 

Good Health and Well-being

This course aims to inspire you to discover new ideas to enjoy a happy and healthy lifestyle and to get things moving on the right track. Evergreen happiness and the planet start with yourself.



02 

Better Planet & Sustainable Society

Let's share and bloom the sustainability! Understanding the sustainability challenges and how to beat them with the case studies from Thailand's top companies and eco-conscious influencers will demonstrate how to tackle sustainability challenges and overcome them.



03 

Global Citizenship

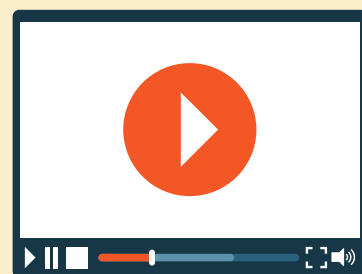
Seed the concept of global citizenship together. This course aims to build friendships between you and your virtual classmates from the world's top universities.



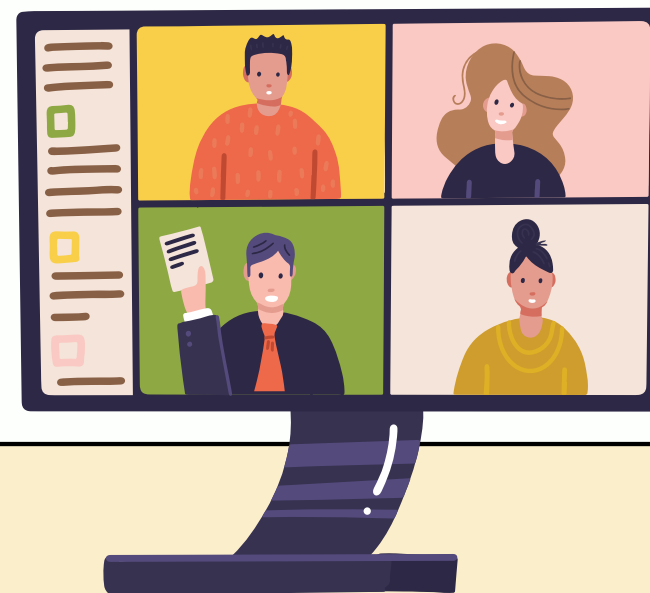
TEACHING METHODOLOGY:

RECORDED CHAPTERS

Recorded chapters contain videos of lessons that are available online. Recorded online chapters will be posted 48 hours before the schedule. Students can watch them whenever they want before the live classes start.



LIVE CLASSES



GROUP STUDY AND ASSIGNMENTS

Students are randomly assigned to groups of three or four based on their nationality. We also recommend that you meet with your group after class to discuss your ideas. A group assignment will be given in which you will discuss the cultural differences between Thailand and your country. You can choose any topic you and your group are interested in. The topic will be presented at the final session on 15th March 2022.

IMPORTANT DATES

10

FEB

Program application deadline

15

FEB

Payment deadline

2

MAR

Program starts

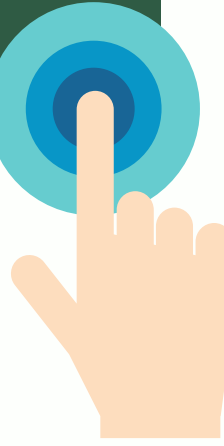
15

MAR

Final presentation and program ends

- **INTRODUCTION TO THAILAND AND THAI CULTURE**
- **INTRODUCTION TO SUSTAINABILITY**
- **STORY OF THE EARTH**
- **WORLD'S ENVIRONMENTAL POLICY**
- **HEART - HEALTH - BODY - MIND**
- **LIMITS, ALTERNATIVES, AND CHOICES**
- **FUTURE-LIVING SKILL**
- **LIVE MORE - LESS WASTE: THE OKI RECYCLING CENTER
KURURUN AND BANGKOK REFILL STATION**
- **GREEN CHOICES: GUIDES TO ECO-LIFESTYLE**
- **ECO-TOURISM MANAGEMENT**
- **BUSINESS MANAGEMENT TOWARDS THE SUSTAINABLE
DEVELOPMENT GOALS**

COURSE LIST





Exclusive Sessions

- Thai Cooking Class
- Thai Boxing
- Thai Dancing







Program Fee

250 USD

Contact us at



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