

Sawasdee Thailand Virtual Program (Resilient Life & Sustainable Society Module)

2nd - 15th MARCH 2022

Note: recorded chapters will be available 2 days before on-air dates.

Date	Time GMT +7 Indochina Time (Thailand)	Time GMT + 8 (Singapore, Malaysia, Taiwan, Hong Kong, Central Indonesia Time)	Time GMT + 9 Japan Time	Topics	hours
2 nd MAR (WED)	12.00 – 13.30	13.00 – 14.30	14.00 – 15.30	Opening Ceremony Introduction to Mahidol University and Program Orientation	1.5
3 th MAR (THU)	Recorded Chapter			Course 1: Introduction to Sustainability	1
	14.00 – 16.00	15.00 – 17.00	16.00 – 18.00	[LIVE] Introduction to Thailand and Thai Culture	2
4 th MAR (FRI)	Recorded Chapter			Course 2: Story of the Earth	1
	14.00 – 16.00	15.00 – 17.00	16.00 – 18.00	[LIVE] World's Environmental Policy	2
Weekend					
7 th MAR (MON)	Recorded Chapter			Course 3: Limits, Alternatives, and Choices	1
	14.00 – 15.30	15.00 – 16.30	16.00 – 17.30	[LIVE] Heart - Health - Body - Mind	1.5
8 th MAR (TUE)	Recorded Chapter			Course 4: Thai Herbs and Traditional Medical Wisdoms	0.5
	Recorded Chapter			Course 5: Eco-tourism Management Virtual Visit	1
	14.00 – 16.00	15.00 – 17.00	16.00 – 18.00	[LIVE] Course 6: Live more - less waste: The Oki Recycling Center Kururun and Bangkok refill station	2
9 th MAR (WED)	Recorded Chapter			Course 7: Introduction to Thai Food	0.5

	Recorded Chapter			Course 8: Local Thai Food: from The North to The South	1
	Recorded Chapter			Course 9: Thai Royal Cuisine	0.5
	14.00 – 15.30	15.00 – 16.30	16.00 – 17.30	[LIVE] Cooking Class Workshop	1.5
10 th MAR (THU)	Recorded Chapter			Course 10: Thai Massage: Unlock the Secret of Healing Power	1
	14.00 – 15.00	15.00 – 16.00	16.00 – 17.00	[LIVE] Thai Boxing	1
11 th MAR (FRI)	Recorded Chapter			Course 11: Green Choices: Guides to Eco-lifestyle	1
	Recorded Chapter			Course 12 Thai Dancing (Lecture and Demonstration)	1
	14.00 – 15.00	15.00 – 16.00	16.00 – 17.00	[LIVE] Thai Dancing Workshop	1
Weekend					
14 th MAR (MON)	Recorded Chapter			Course 13: Urban Culture and Digital Culture in Thailand	1
	Recorded Chapter			Bangkok Old Town Virtual Visit	0.5
	14.00 – 16.00	15.00 – 17.00	16.00 – 18.00	[LIVE] Business Management towards the Sustainable Development Goals	2
15 th MAR (TUE)	Recorded Chapter			Course 14: Self-Awareness and Self Esteem + Intrapersonal Communication	0.5
	14.00 – 16.00	15.00 – 17.00	16.00 – 18.00	[LIVE] Program Wrap-up and Reflection Group Presentation	2

