



Mahidol University

# SAWASDEE THAILAND

RESILIENT LIFE &  
SUSTAINABLE SOCIETY

1-14 JUN '22



# Hello Thailand



Thailand is one of the world's most popular travel destinations, and it's easy to see why! People come from all over the world for unforgettable experiences, relaxing vacations, exceptional hospitality, and, of course, our famous cuisine.

These are just the tip of the iceberg; there are a plenty of other activities and perspectives waiting to be discovered as an insider. When you join the Sawasdee Thailand Summer Program, your Pad-Thai will never taste the same again!

# Hello MU

- **A chance to learn from the best of both old and new:** Thailand's oldest higher education institution. Since our establishment in 1888 as Thailand's first medical college, we have expanded to offer a wide range of disciplines, covering advanced technology in health sciences, science and technology, and even music.
- **Ideal campus for living and learning:** A natural and evergreen environment. as the most eco-friendly University in Thailand, we care about energy-efficient usage, waste & water management, green open spaces, as well as cycling lanes, and a pedestrianized landscape.

- **Trips and cultural activities:** Experience Thai culture through Thai cooking class, Thai dancing class, Thai boxing, and more!
- **Strong support from the moment you arrive:** Don't worry about anything. Airport or SHA++ hotel pick up & drop off, student buddy system, on-campus facilities, and on-campus health service. Our staff and students are gracious hosts who will make you feel welcomed and comfortable.



# #1

## in Thailand

Times Higher Education Asia University Rankings 2021,  
Times Higher Education World University Rankings 2022,  
**UI Green Metric World University Ranking 2016-2021,**  
US News Best Global Universities Rankings 2022,  
Shanghai Ranking's Academic Ranking of World Universities,  
CWTS Leiden Ranking 2021



# Objectives

01 

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## 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 

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## Better Planet & Sustainable Society

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



03 

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## Global Citizenship

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





# COURSE LIST



- **INTRODUCTION TO THAILAND AND THAI CULTURE**
  - **INTRODUCTION TO THAI FOOD AND LOCAL DISHES**
    - **INTRODUCTION TO SUSTAINABILITY**
      - **STORY OF THE EARTH**
      - **HEART - HEALTH - BODY - MIND**
      - **LIMITS, ALTERNATIVES, AND CHOICES**
      - **FUTURE-LIVING SKILL**
    - **GREEN CHOICES: GUIDES TO ECO-LIFESTYLE**
      - **ECO-TOURISM MANAGEMENT**
      - **BUSINESS MANAGEMENT TOWARDS THE SUSTAINABLE DEVELOPMENT GOALS**
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# IMPORTANT DATES

**15**

**MAY**

**Program  
Application  
Deadline**

**20**

**MAY**

**Payment  
Deadline**

**31**

**MAY**

**Arrival Day**

**1**

**JUN**

**Program Starts**

**14**

**JUN**

**Program Ends**

**15**

**JUN**

**Departure Day**

# Cultural Workshops



Thai Boxing



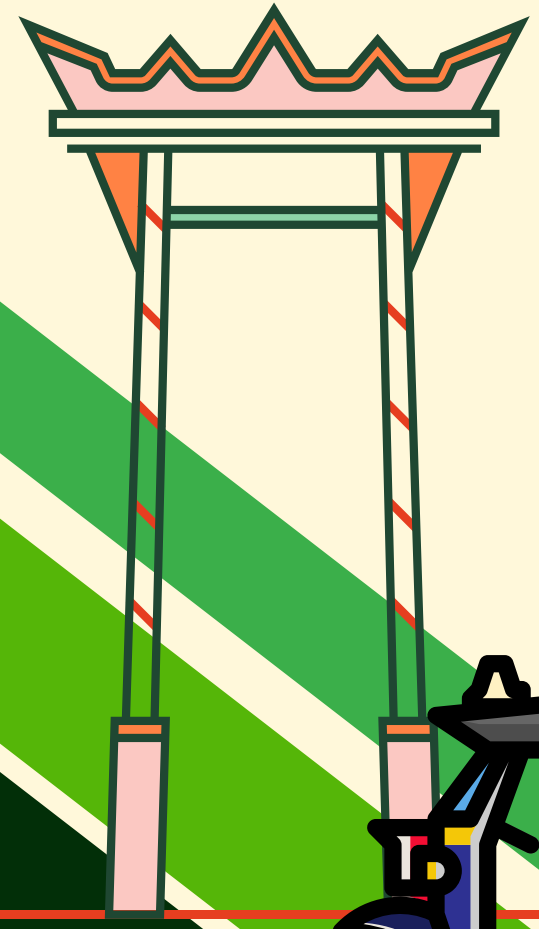
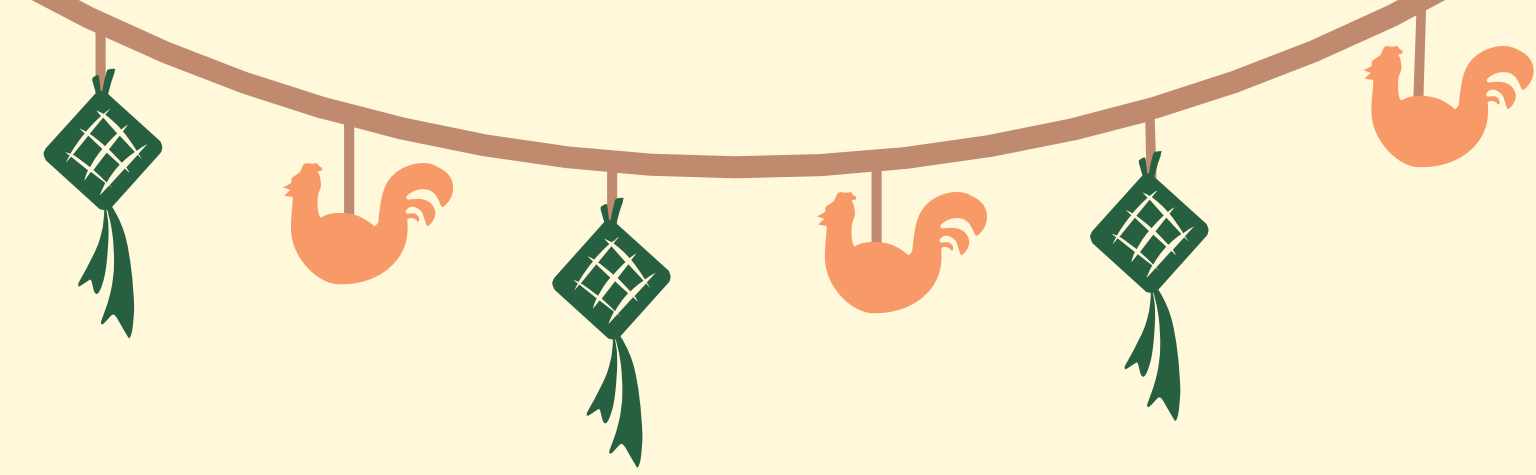
Thai Cooking



Thai Dancing



# Field trips to Bangkok



BANG KRACHAO

# One day Trips

Bangkok's Hidden Jungle Oasis



BANG  
KRACHAO  
ISLAND BIKE  
TOUR



BANG  
KRACHAO  
TEMPLE



BANG NAM  
PHEUNG  
FLOATING  
MARKET

# Program Fee

**800 USD**



Airport or SHA++ hotel pick-up & drop-off  
Extracurricular activities  
One day trip  
On-campus Wi-Fi  
Welcome lunch and farewell lunch



International air tickets  
International Insurance  
Test & Go / Quarantine expenses

# Accommodation Fee\*

**140 USD**

(shared room for 2)

**280 USD**

(Single room)

*\*Students from partner universities can apply for accommodation scholarship.  
The scholarships are limited.*

Contact us at  
[sawasdee.mahidol@gmail.com](mailto:sawasdee.mahidol@gmail.com)

Find out more info and download the application form at

[http://](http://op.mahidol.ac.th/ir/summer-2022/)  [op.mahidol.ac.th/ir/summer-2022/](http://op.mahidol.ac.th/ir/summer-2022/)

