



Mahidol University

SAWASDEE THAILAND
WINTER PROGRAM
4-17 JANUARY 2023

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. We provide pick up & drop off service, 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.



we are

#1

in Thailand

Times Higher Education Asia University Rankings 2022

Times Higher Education World University Rankings 2022

UI Green Metric World University Ranking 2016-2021

US News Best Global Universities Rankings 2022

NTU World University Rankings 2022

CWTS Leiden Ranking 2022

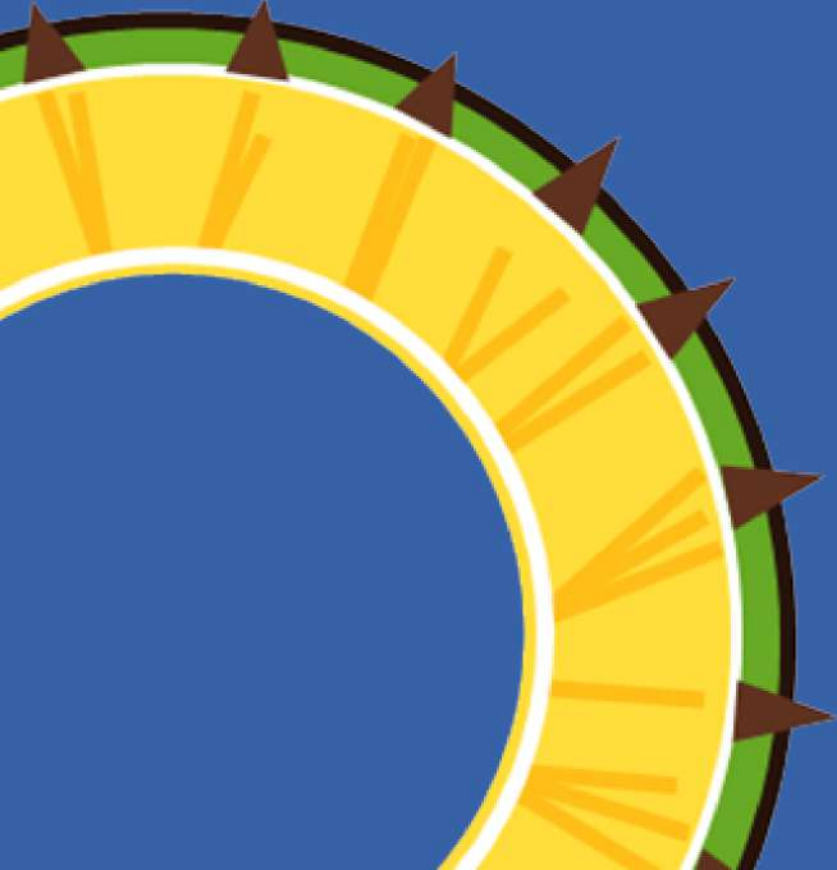
Round University Rankings 2022



Sawasdee Thailand Winter Program



Mahidol University
Wisdom of the Land



**SUSTAINABLE
LIFE & SOCIETY**

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 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 classmates from the world's top universities.





COURSE LIST



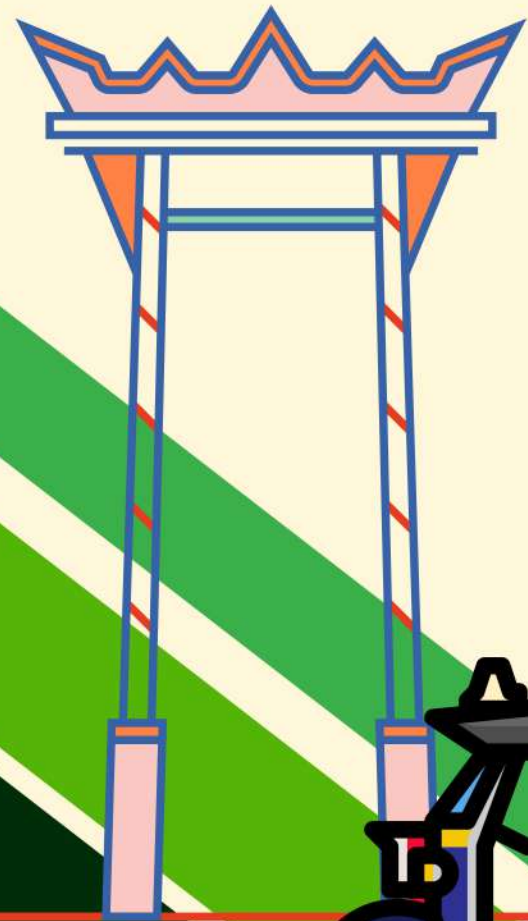
- INTRODUCTION TO THAILAND
 - INTRODUCTION TO THAI CULTURE
 - INTRODUCTION TO THAI FOOD AND LOCAL DISHES
 - INTRODUCTION TO SUSTAINABILITY
 - HEART - HEALTH - BODY - MIND
 - LIMITS, ALTERNATIVES, AND CHOICES
 - FUTURE-LIVING SKILL
 - GREEN CHOICES: GUIDES TO ECO-LIFESTYLE
 - ECO-TOURISM MANAGEMENT
 - BUSINESS MANAGEMENT TOWARDS THE SUSTAINABLE DEVELOPMENT GOALS
 - CITIZEN-CENTRIC CITY MANAGEMENT
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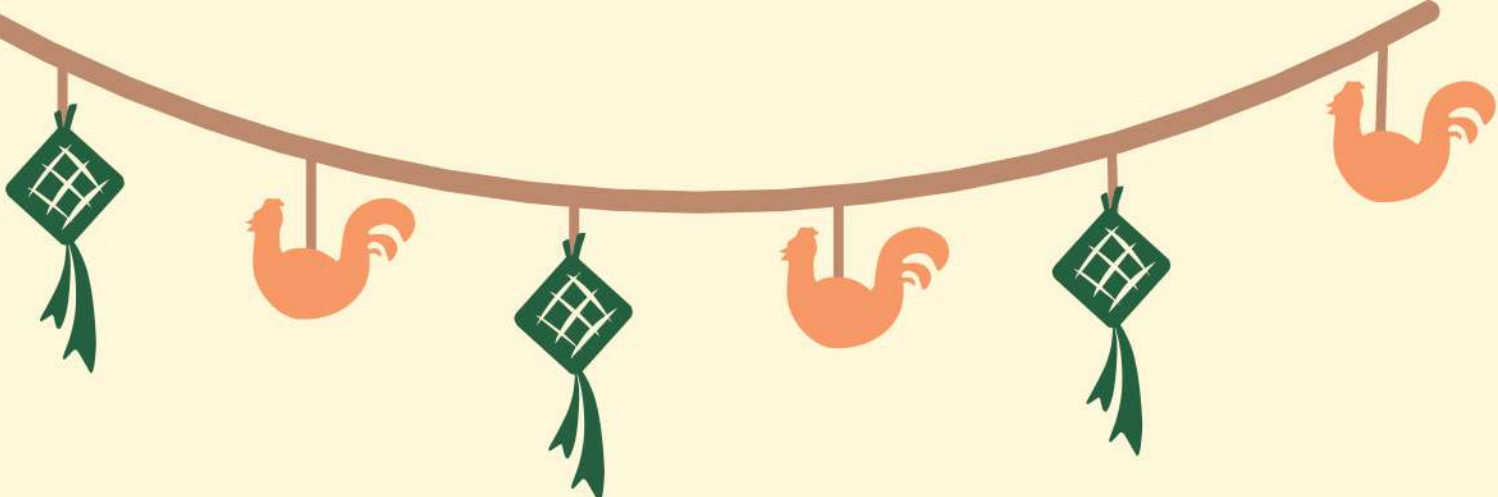
EXTRA CURRICULAR ACTIVITIES

- THAI BOXING
- THAI DANCING
- THAI COOKING

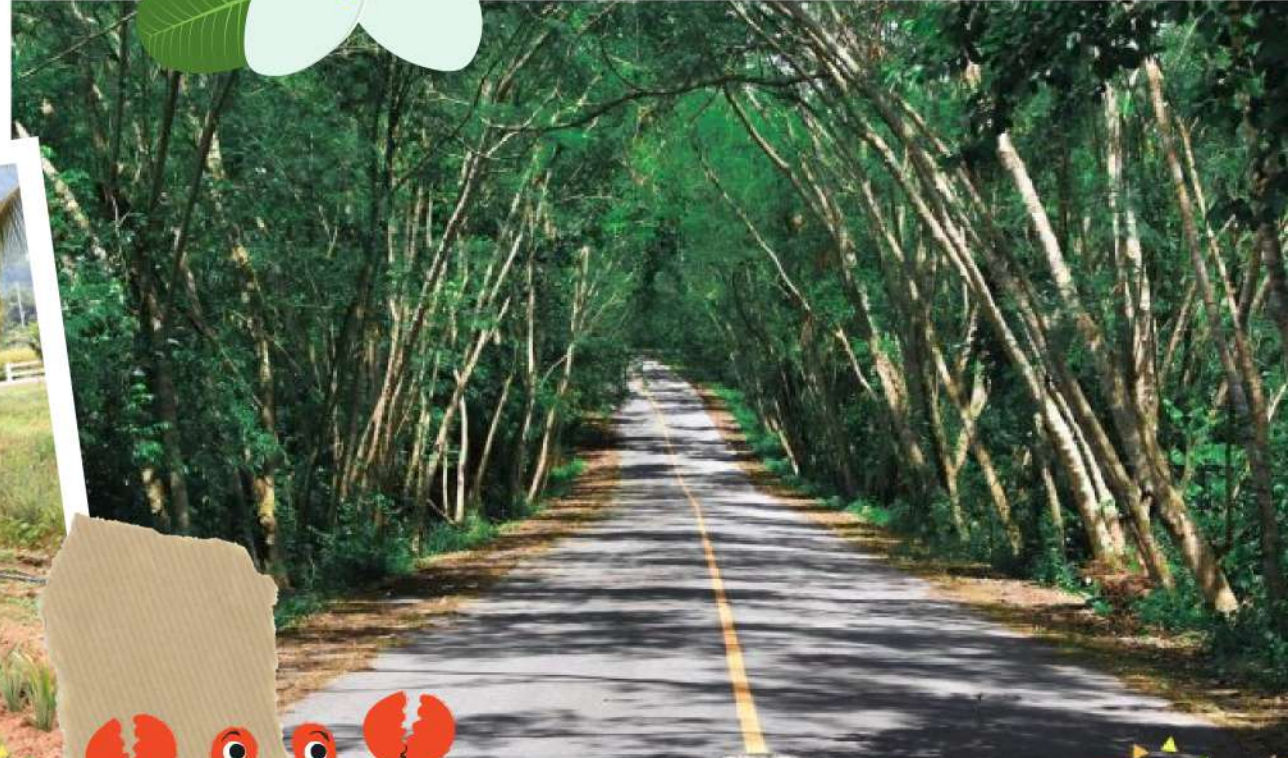
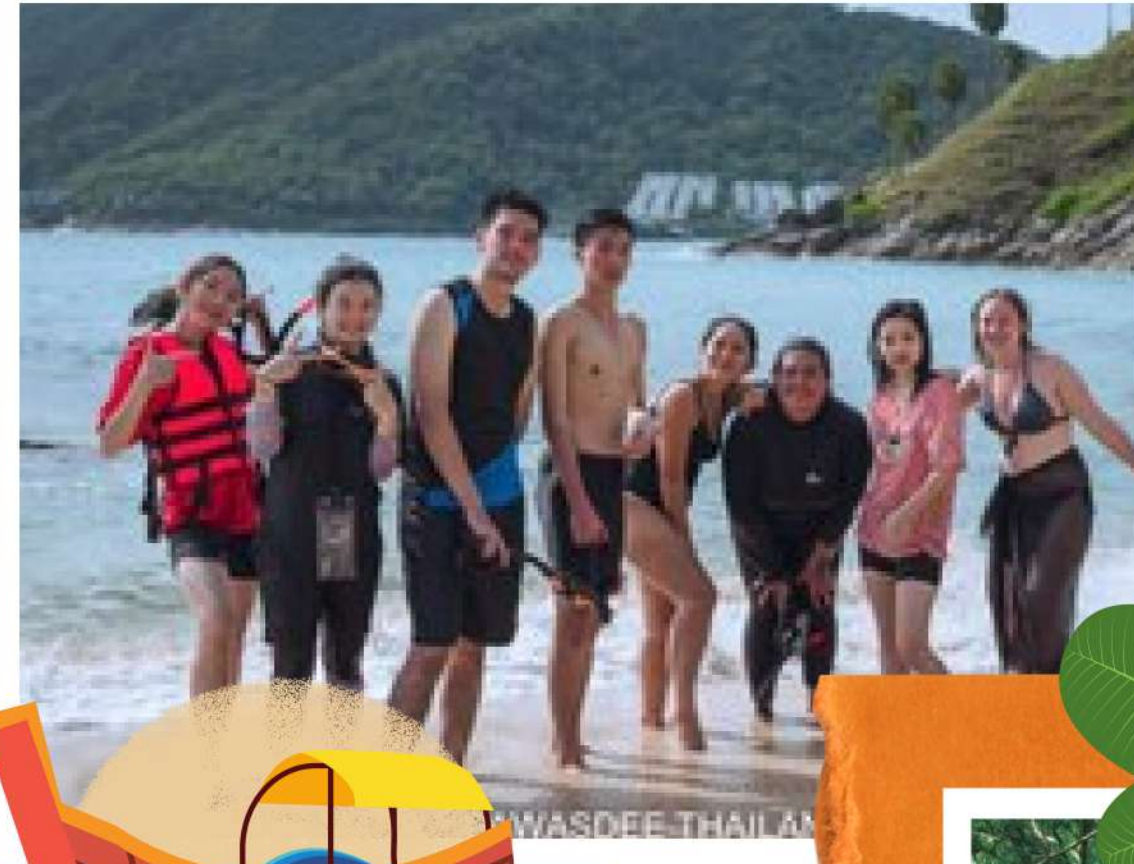


Field trips to Bangkok





Field trips to sea-side area and sustainable learning center



Program Fee

950 USD



Airport pick-up & drop-off
Extracurricular activities
2 Day 1 Night trip
On-campus Wi-Fi
Welcome lunch and farewell lunch



International air tickets
International Insurance

Accommodation Fee*

220 USD

(shared room for 2)

400 USD

(Single room)

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



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