

SAWASDEE THAILAND SUMMER PROGRAM 2023

Date		Time	Program
			Sustainable Society
TUE	27/06/23		Arrival Day
			Special Dinner with MU Buddies
WED	28/06/23	09:15	Opening Ceremony
		09:30	Group Photo
		09:35	Tea Break
		10:00	Intro to Sawasdee Thailand (Course & Assignment)
		10:30	Course 1: Introduction to Thailand and Thai Culture & Everyday Thai Language Skills
		12:30	Welcome Lunch
		13:30	Intro to Mahidol University & Campus Tour
		15:00	City Tour: Transportation Survey with MU Buddies
THU	29/06/23	09:30	Course 2: Introduction to Sustainability and Guides to Eco-lifestyle
		12:00	Lunch Break
		13:00	Course 3: Introduction to Thai food
		14:30	Thai Cooking Class Workshop
		16:30	Class ends & Dinner
FRI	30/06/23	09:30	Course 4: Sustainable and Ecological Economics
		12:00	Lunch Break
		13:00	Course 5: Future-living Skills
		16:00	Class ends
			SAT 01/07/23 – SUN 02/07/23 HAPPY WEEKEND ☺
MON	03/07/23	08:00	Leaving Salaya for (Bangkok Noi Campus, Siriraj Hospital)
		09:00	Grand Palace and Temple of Emerald Buddha Visit
		12:00	Lunch Break
		13:00	Course 6: Thai Massage: Unlock the Secret of Healing Power
		17:30	Arrive at Salaya
TUE	04/07/23	09:30	Course 7: Limits, Alternatives, and Choices
		12:00	Lunch Break
		13:00	Course 8: Thai Herbs and Traditional Medical Wisdoms at Sireeruckhachati Nature Learning Park (Medicinal Plant Garden)

SAWASDEE THAILAND SUMMER PROGRAM 2023

		14:30	Thai Boxing Workshop
		16:30	Class ends
			WED 05/07/23 – THU 06/07/23 field trip
FRI	07/07/23	10:00	Reflection session on a field trip
		12:00	Lunch Break
		13:00	Course 9: Citizen-Centric City Management
			SAT 08/07/23 – SUN 09/07/23 HAPPY WEEKEND ☺
MON	10/07/23	09:30	Course 10: Business Management Towards The SDGs
		12:00	Lunch Break
		13:30	Course 11: HEART – HEALTH – BODY – MIND
		16:00	Class ends
TUE	11/07/23	10:00	Group Presentation & Program Reflection
		12:00	Farewell Party
		14:00	Free Time (Bus to Bangkok will be provided.)
WED			Departure

Credit: 2