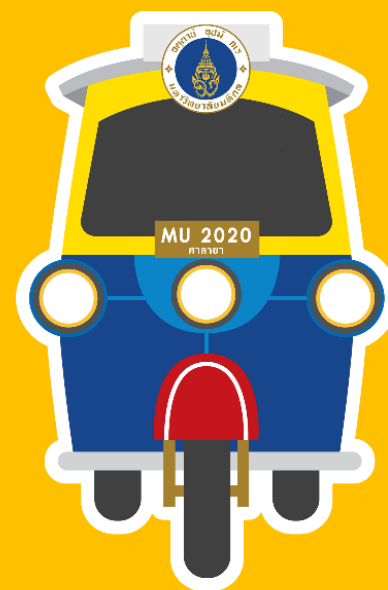




มหาวิทยาลัยมหิดล  
Mahidol University  
Wisdom of the Land

# SAWASDEE THAILAND

Virtual Summer Program  
3-14 AUGUST 2020



# Course List



- Introduction to Thailand and Thai Culture
- Characteristics of Thai People
- Everyday Thai Language Skills
- Body– Mind Wellness: Preparing for the Unpredictable
- Introduction to Thai Food
- Thai Cooking Techniques
- Thai Herbs and Traditional Medical Wisdoms
- Thai Society Through Entertainment Media
- Thai Dance and National Costume

## Employability Skills Sessions

Systematic Thinking  
Self-Awareness and Self Esteem  
Intrapersonal Communication

## Exclusive Sessions

*Exclusive Cultural Exchange with MU students*

- Thai Cooking Class
- Thai Dancing
- Meditation Workshop



# Teaching methodologies

## Recorded chapters

Recorded chapters are the lessons which are recorded before live classes. Recorded online chapters will be posted on 1<sup>st</sup> August 2020. Please feel free to watch any time before the live classes.



## Live classes




All students will meet each other and Please see the detail on the next page.

## Group Studies

We are randomly forming groups of 4-5 students mixed with various universities. We recommend you to discuss with your group after classes to exchange opinions and ideas and we request all students to learn Thai language in groups before participating live class in the afternoon of Wednesday 05/08/20

**\*\*\*Note:** Certification will be given to the participants who participate the sessions over 80% of this program.

Date	Topics	Teaching methodology	
		Morning	Afternoon 13.00 hr. (GMT+7)
MON 03/08	Orientation: Introduction to University/ Course/ Coordinators / Grouping		Live Class (60 Mins.)
TUE 04/08	Introduction to Thailand	Online chapter (30 - 45 Mins.)	 Live Class (60 Mins.)
	Characteristics of Thai People		
WED 05/08	 Everyday Thai Language Skills <i>(Description: The students will start with the recorded chapter and practice in small group in the late morning. In the afternoon the students will practice conversations with instructor)</i>	2 Online chapters (30 Mins. / Chapter) Group study (45 Mins.)	Live Exchange Session and Dialogues with instructor (15-20 Mins. / group)
THU 06/08	Thai Society Through Entertainment Media		Live Exchange Session (60-75 Mins)
FRI 07/08	Systematic Thinking	Online chapter (30 - 45 Mins.)	
	Body– Mind Wellness: Preparing for the Unpredictable	Online chapter (30 - 45 Mins.)	Meditation Workshop (40 Mins.)

Date	Topics	Teaching methodology	
		Morning	Afternoon 13.00 hr. (GMT+7)
MON 10/08	Introduction to Thai Food	Online chapter (30 - 45 Mins.)	
TUE 11/08	Thai Cooking Techniques	Online chapter (30 - 45 Mins.)	
	Thai Cooking Class with MU Students		Live Cultural Exchange Session (60-75 Mins.)
WED 12/08	Thai Herbs and Traditional Medical Wisdoms	Online chapter (30 Mins. / Chapter)	
	<ul style="list-style-type: none"> <li>• Self-Awareness and Self Esteem</li> <li>• Intrapersonal Communication</li> </ul> 		Online chapter (20 Mins.)
THU 13/08	Thai Dance and National Costume 	Online chapter (30 - 45 Mins.)	Live Cultural Exchange Session (60-75 Mins.)
FRI 14/08	Program Wrap up and Presentations		Live Discussion (80 Mins.)