

THAILAND

MALAYSIA

KELANTAN



USM UNIVERSITI SAINS MALAYSIA



SUMMER PROGRAMME

@ THE SCHOOL OF HEALTH SCIENCES,
HEALTH CAMPUS, UNIVERSITI SAINS
MALAYSIA, KELANTAN, MALAYSIA

ABOUT KELANTAN, MALAYSIA

Malaysia is a highly unique Asian country with a melting pot of various cultures and ethnicities. As a northern state, bordering Thailand, Kelantan offers a mix of Malay, Thai, Chinese and even Indian community and practices. With 95% of the state's population being Muslims, our way of life is a stark contrast to the other states in Malaysia. We offer an opportunity to experience and discuss about Muslim practices (weekends are Fridays and Saturdays here) and showcase the harmony of existence with other races and religions in Kelantan. Kelantan is also a cultural hub where traditional crafts and living are strongly preserved till today.

Course

By design, Health & Wellness Interculturality programme

Contact

Min. 32 hours (face-to-face) equivalent to a 2-credit course

Duration

12-15 days upon arrangement in July-August 2019

Venue

Health Campus, Universiti Sains Malaysia, Kelantan, Malaysia
School of Health Sciences, Kelantan, Malaysia



This course, created by design, delivers health & wellness content that are motivated by various factors including cultural background & environment. Enjoy an experience in local active living, culinary appreciation & preparation, traditional arts & more. All sessions & activities will be conducted in English. We also practice a buddy-system where each international student will be paired up with a Malaysian student throughout the programme to foster closer appreciation of cultures & inclusiveness.

COURSE OUTCOMES

1. Understand the concepts that motivate health behaviours and practices.
2. Learn about the benefits of active living and health practices in the context of specific communities.
3. Discuss and interact about the differences in active living and health behaviours from other countries.
4. Create possible solutions to modify health behaviours relative to environment and cultural context.
5. Experience various local community activities, such as games, cooking classes, cultural performances, environmental and entrepreneurial projects to translate class lessons into practical solutions.

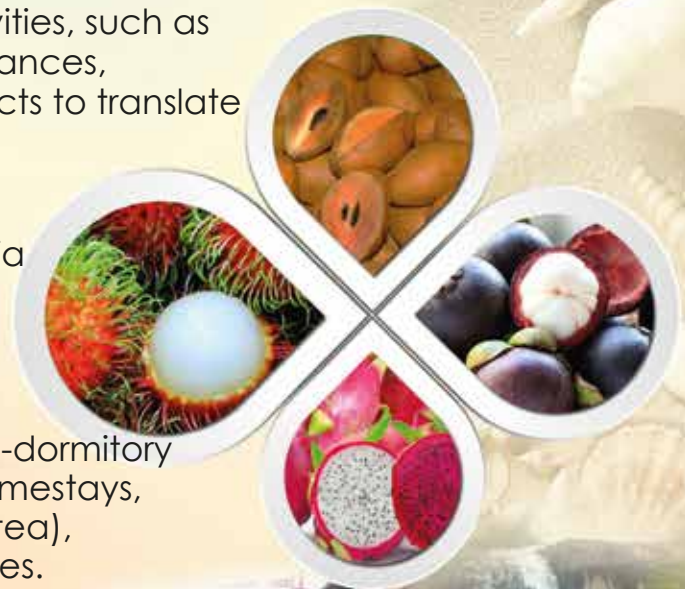
COURSE INSTRUCTORS

Dedicated, qualified and inspiring academia from the School of Health Sciences.

COURSE FEE

~USD750 per student

Fee includes campus transportation, shared-dormitory accommodation (16D/15N) on campus, homestays, visits, meals (morning tea, lunch, afternoon tea), Farewell Dinner, course materials and lectures.





Example of a 15-day Programme & Activities

	9:00-10:40		11:00-12:40		14:00-16:00		18:00-19:00
13 Aug (Tue)	Travel to Malaysia Students welcome reception, check-in						
14 Aug (Wed)	Opening & Introduction Ice-breaking	Morning tea break	Behaviour & Motivation Principles & concepts	Lunch break	Active Living Local games, play	Afternoon tea break	Activity 1
15 Aug (Thu)	Mental Health Types, process, burden		Stress management Music therapy		Active Living In children & youth		Activity 2
16 Aug (Fri)	Local visits (own expenses, optional) – Kota Bharu town; host-stays or trip to Perhentian Island			Local visits (own expenses, optional) – Kota Bharu town; host-stays or trip to Perhentian Island			
17 Aug (Sat)	Local visits (own expenses, optional) – Kota Bharu town; host-stays or trip to Perhentian Island			Local visits (own expenses, optional) – Kota Bharu town; host-stays or trip to Perhentian Island			
18 Aug (Sun)	Nutrition & Food Attitude, perception	Morning tea break	Food Preparation & Safety Culture, availability	Lunch break	Food Preparation Local cooking class	Afternoon tea break	Activity 3
19 Aug (Mon)	Environmental Care (1) Water, air, soil		Environmental Care (2) Challenges & waste		Activity 4		Activity 4 (cont)
20 Aug (Tue)	Human Rights & Values Equality, access		Women & Child's Health Differences, challenges		Active Living In working adults (ESS)		
21 Aug (Wed)	Community living Fishermen (visit)		Community living Agriculture (visit)		Active Living In elderly		Activity 5
22 Aug (Thurs)	Community living Industrial work (visit)		Community living Arts & Crafts (visit)		Student group work		Student group work
23 Aug (Fri)	Depart to Kg Seterpa Homestay & Project			Kg Seterpa Homestay & Project			
24 Aug (Sat)	Kg Seterpa Homestay & Project			End of Kg Seterpa Homestay & Project			
25 Aug (Sun)	Cultural Dialogue	Morning tea break	Cultural Dialogue (cont.)	Lunch break	Student group work	Afternoon tea break	
26 Aug (Mon)	Student presentations (Session 1)		Student presentations (Session 2)		Student presentations (Session 3)		
27 Aug (Tue)	Student Feedback		Closing ceremony		Post-mortem by Faculty		Farewell Dinner
28 Aug (Wed)	Pack-up & check-out Travel back to home country						

Activity	Description
1	Local sports & activities
2	Local traditional children's games
3	Local meal preparation & dining practices
4	Visit to water treatment facility & local beaches
5	Inter-student faculty games

Additional weekend trip option:

A) 2-day Kota Bharu & Kelantan visit:
Transportation & guide for two days to local attractions and food trip, USD45/person.

B) 2D/1N trip to Perhentian Island: All-Inclusive (land and water transport, 1N accommodation, meals, snorkelling trips and equipment) about USD100 to USD250 per person (price relative on room sharing basis & available accommodations).

For further inquiries, please contact us.
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