





This course is by design to deliver health & wellness content that are motivated by various factors including cultural background and environment. We deliver an experience in local active living, culinary appreciation, traditional arts & more. All sessions and 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 and 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.

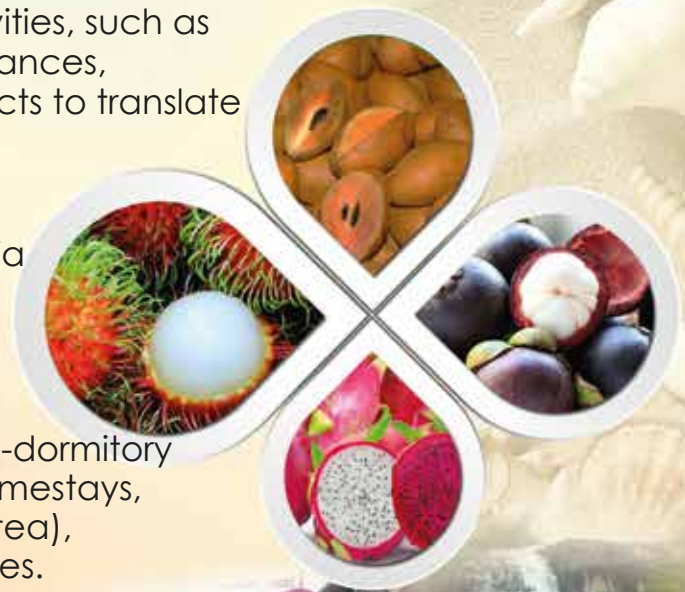
## COURSE INSTRUCTORS

Dedicated, qualified and inspiring academics 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)	<b>Travel to Malaysia</b> Students welcome reception, check-in						
14 Aug (Wed)	<b>Opening &amp; Introduction</b> Ice-breaking	Morning tea break	<b>Behaviour &amp; Motivation</b> Principles & concepts	Lunch break	<b>Active Living</b> Local games, play	Afternoon tea break	<b>Activity 1</b>
15 Aug (Thu)	<b>Mental Health</b> Types, process, burden		<b>Stress management</b> Music therapy		<b>Active Living</b> In children & youth		<b>Activity 2</b>
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)	<b>Nutrition &amp; Food</b> Attitude, perception	Morning tea break	<b>Food Preparation &amp; Safety</b> Culture, availability	Lunch break	<b>Food Preparation</b> Local cooking class	Afternoon tea break	<b>Activity 3</b>
19 Aug (Mon)	<b>Environmental Care (1)</b> Water, air, soil		<b>Environmental Care (2)</b> Challenges & waste		<b>Activity 4</b>		<b>Activity 4 (cont)</b>
20 Aug (Tue)	<b>Human Rights &amp; Values</b> Equality, access		<b>Women &amp; Child's Health</b> Differences, challenges		<b>Active Living</b> In working adults (ESS)		
21 Aug (Wed)	<b>Community living</b> Fishermen (visit)		<b>Community living</b> Agriculture (visit)		<b>Active Living</b> In elderly		<b>Activity 5</b>
22 Aug (Thurs)	<b>Community living</b> Industrial work (visit)		<b>Community living</b> Arts & Crafts (visit)		<b>Student group work</b>		<b>Student group work</b>
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)	<b>Cultural Dialogue</b>	Morning tea break	<b>Cultural Dialogue (cont.)</b>	Lunch break	<b>Student group work</b>	Afternoon tea break	
26 Aug (Mon)	<b>Student presentations (Session 1)</b>		<b>Student presentations (Session 2)</b>		<b>Student presentations (Session 3)</b>		
27 Aug (Tue)	<b>Student Feedback</b>		<b>Closing ceremony</b>		<b>Post-mortem by Faculty</b>		<b>Farewell Dinner</b>
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.

Contact person:

**Dr Vina Tan**

**Programme Coordinator**

**E: vina@usm.my P: +60-9-767 7538/7694**

School of Health Sciences,  
Health Campus, Universiti Sains Malaysia,  
Kubang Kerian 16150, Kelantan, Malaysia

