

**Shimane University – Chiang Mai University:
Intensive English plus Sustainable Tourism Program
5-14 March 2023**

		Morning Session	Lunch	Afternoon Session	Evening Session
Sun	5 Mar	Arrival and transfer to accommodation Distribution of ATK Rapid Antigen Tests to program participants			
Mon	6 Mar	09.00-09.30 Housekeeping and introduction 09.30-11.00 Ice-breaking activities with Chiang Mai University buddies 11.00-11.30 Scenic Ang Kaew Stroll	12.00-13.30 Welcome International Buffet Lunch	14.00-16.00 Historical Tour of the Old City – electric car around the moat with a stop off at the first temple built in Chiang Mai called Cheng Mun before finally visiting the Treasury Museum. 16.30-18.00 Introduction to Thai Language (Greetings and Ordering Food and Drink)	18.00-20.00 Welcome northern Thai dinner with CMU students
Tues	7 Mar	09.00-12.00 English for Global Communication (Closed Class) – themed based learning in everyday context. Students will learn English skills with a native instructor within an easy-to-understand framework. This core English class focuses on four major skills (reading, writing, speaking, and listening). Students will have plenty of opportunities to practice conversation skills		14.00-17.00 Field Visit: Forestation Conservation Activity (FORRU CMU)– helping to improve the eco-system in Chiang Mai with a local forest visit and replanting trees aligned with reduction of carbon footprint	Cross Culture Exchange – student led activities between Shimane University and Chiang Mai University students off campus (exchange language, culture and ideas)
Wed	8 Mar			14.00-16.00 Field Visit: Thai Way of Life (Bamboo Weaving) – supporting the local indigenous and rural communities and understanding local wisdom and culture. During this activity students will make their own bamboo wicker basket as a souvenir to take home.	
Thurs	9 Mar			13.00-16.00 Field Visit: Ginger Farm – learning more about rice cultivation culture in Thailand and the importance for the Thai industry plus making local traditional Thai desserts.	
Fri	10 Mar			13.00-15.00 Field Visit – Doi Suthep Temple – students will visit the holiest place in Chiang Mai at the highest temple in the city. Students will learn more about merit making activities	
Sat	11 Mar	08.00-14.00 Elephant Nature Park Visit – students will take care of their own elephant for the day including feeding and bathing them in the local river			
Sun	12 Mar	Free and easy			
Mon	13 Mar	09.00-12.00 Thai Cooking Activity – students will recreate 3 signature dishes and learn more about the ingredients used.		14.00-16.00 English Presentation 17.00-17.30 Farewell Certificate Ceremony	18.00-20.00 Farwell Dinner with CMU students
Tues	14 Mar	Checkout of accommodation Transfer to Chiang Mai International Airport End of Program			