

Subject Code	SN2S03 <i>(Cambodia Project will be offered under Cambodia Service-Learning & Leadership Summer School)</i>
Subject Title	Healthy Lifestyle Challenges for Developing Communities
Hosting Dept.	School of Nursing
Level	2
Class Quota	80 (Team A: 40 & Team B: 40)
Medium of Instruction	English
Subject Duration	Semester 2 + Summer Term
Teaching Staff	Ms Phyllis Pang and Ms Ellen Ku
Target Students	GUR, open-for-all
Pre-requisites	Nil
Selection of Students Required?	<p>Basic health care knowledge, good communication skills and sense of responsibility are preferable.</p> <p>We will include a short quiz to be taken before the interview: 10 short questions relating to knowledge on basic health care; at least 80% of the questions are correct. Higher priority will be given to students who score high and with experiences such as first aid courses, Scout/ Girl-guide/ Red Cross/ Cadet/ Brigade extra-curricular activities in secondary school, etc. The maturity of the student will also be taken into account.</p>
Subject Synopsis	<p>Objectives:</p> <ul style="list-style-type: none"> • To raise students' awareness of health issues in developing communities • To educate students on challenges and needs in maintaining a healthy lifestyle • To interview people and to observe their daily living behavior and patterns • To provide basic physical assessment and health education to the people in developing communities (Cambodia/ Vietnam/ Kyrgyzstan)

Service Project																						
What will students do to serve?	<p>You will team up with local students to assess the health status, examine the lifestyle pattern and living environment of families in slums or other rural areas. Based on your interview, observation and assessment, you will develop a health profile of the families and examine the factors leading to their health issues. You will then come up with health promotion suggestions for the families on what habit and behaviors can be changed to achieve a healthier lifestyle. The proposed idea should fit in their social life, culture, and religion, rather than be advocating drastic lifestyle changes that may be difficult to sustain.</p> <p>Upon completion of the subject, you will understand the challenges and needs in maintaining a healthy lifestyle in developing communities. You will learn the techniques to interview people's health status and risk factors, conduct basic health assessments, and develop a personalized health promotion plan. You will also learn to behave sensitively, appreciate cultural and religious diversity.</p> <p>The service project will take place offshore during Summer Term. In total, students will be expected to spend 40 hours in direct contact with the people, to a total of 5 days during Summer Term.</p> <p>We envision that the service-learning project tentatively as follows:</p> <ul style="list-style-type: none"> • Day 1+2: Visits and interviews to targeted families living in the slums/ developing communities. • Day 3: Investigative visit to neighboring place / markets; development of proposal on healthy lifestyle for client families • Day 4+5: Presentation of proposal to client families 																					
Whom will students serve?	Individuals/ family who are living in developing communities																					
Where will students serve?	<table> <tr> <td><input type="checkbox"/></td> <td>Hong Kong</td> <td>District:</td> </tr> <tr> <td><input type="checkbox"/></td> <td>Chinese mainland</td> <td>Province:</td> </tr> <tr> <td></td> <td></td> <td>City:</td> </tr> <tr> <td><input type="checkbox"/></td> <td>Taiwan</td> <td></td> </tr> <tr> <td><input type="checkbox"/></td> <td>Macau</td> <td></td> </tr> <tr> <td><input checked="" type="checkbox"/></td> <td>Overseas</td> <td>Country: Cambodia/ Vietnam/ Kyrgyzstan (TBC)</td> </tr> <tr> <td></td> <td></td> <td>City:</td> </tr> </table>	<input type="checkbox"/>	Hong Kong	District:	<input type="checkbox"/>	Chinese mainland	Province:			City:	<input type="checkbox"/>	Taiwan		<input type="checkbox"/>	Macau		<input checked="" type="checkbox"/>	Overseas	Country: Cambodia/ Vietnam/ Kyrgyzstan (TBC)			City:
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Remarks: The information given above is subject to change.

When will students serve?	<p>Class A – Cambodia: First 2 weeks of June (Tentative)</p> <p>Class B1 – Vietnam: 2 weeks in July (Tentative)</p> <p>Class B2 – Kyrgyzstan: Late-July & Early-Aug (Tentative)</p>
Fee payable by students	<p>Students may be required to bear part or all of the costs for offshore project</p> <p>Class A - Cambodia: Estimated cost HK\$1,700 – 1,800 (TBC)</p> <p>Class B1 - Vietnam: Estimated cost HK\$1,700 – 1,800 (TBC)</p> <p>Class B2 - Kyrgyzstan: Estimated cost HK\$1,700 – 1,800 (TBC)</p>
Enquiry	<p>Cambodia - Ms Phyllis Pang : Phyllis.pang@polyu.edu.hk</p> <p>Vietnam / Kyrgyzstan - Ms Ellen Ku: Ellen.ku@polyu.edu.hk</p>
Remarks	<p>Students need to inform the corresponding teaching staff during the interview if the schedule of the service project clashes with your clinical placement/ special study pattern.</p>