

Subject Code	SN2S03
Subject Title	Healthy Lifestyle Challenges for Developing Communities
Hosting Dept	School of Nursing
Level	2
Class Quota	Team A –20 (Cambodia) & 40 (Indonesia) Team B – 20 (Vietnam) & 20 (Myanmar) <i>* Students only need to pick one location either in team A or B</i>
Medium of Instruction	English
Subject Duration	Semester 2-3
Teaching Staff	Ms Phyllis Pang (Team A- going to Cambodia & Indonesia) Ms Ellen Ku (Team B- going to Vietnam & Myanmar)
Target Students	GUR, open-for-all
Pre-requisites	Nil
Selection of Students Required?	Basic health care knowledge, good communication skills and sense of responsibility are preferable  We will include a short quiz of 10 short questions relating to knowledge on basic health care / concept; at least 80% of the questions are correct. Higher priority will be given to students with past 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. There would be the interview for the shortlisted candidates.
Subject Synopsis	Objectives: <ul style="list-style-type: none"> <li>➤ To raise students' awareness of health issues in developing communities</li> <li>➤ To educate students on challenges and needs in maintaining a healthy lifestyle</li> <li>➤ To interview people and to observe their daily living behavior and patterns</li> <li>➤ To provide basic physical assessment and health education to the people in developing communities</li> </ul>

<b>Service Project</b>	
What will students do to serve	<p>The service-learning project will take place offshore during the semester break. In total, students will be expected to spend 40 hours in direct service to a total of 5 days during summer semester.</p> <p>We envision that the service-learning project tentatively as follows:</p> <ul style="list-style-type: none"> <li>• Day 1 &amp; 2: Visits and interviews to targeted families living in the rural village or slums.</li> <li>• Day 3: Visit to neighboring place / markets to investigate the variety of food and price; development of proposal on healthy eating and lifestyle for client families</li> <li>• Day 4 &amp; 5: Re-visit the recipients again to present proposal for modification on healthy lifestyle</li> </ul>
Whom will students serve	People / family who are living in developing communities
Where will students serve	<p>Team A – Cambodia &amp; Indonesia</p> <p>Team B – Vietnam &amp; Myanmar</p>
When will students serve  (Tentative)	<p>Team A:</p> <ul style="list-style-type: none"> <li>• Cambodia: Around 2 weeks between mid-May and mid-June</li> <li>• Indonesia: Mid- June to Mid-July (TBC)</li> </ul> <p>Team B:</p> <ul style="list-style-type: none"> <li>• Vietnam : 2 weeks in May (Tentative)</li> <li>• Myanmar: 2 weeks in June (Tentative)</li> </ul>
Fee payable by students  (Tentative)	<p>Students may be required to bear part of the costs for offshore project.</p> <p>Team A: Cambodia &amp; Indonesia: \$2,000 (tentative)</p> <p>Team B: Vietnam &amp; Myanmar: \$2,000 (tentative)</p>
Enquiry	<p>Team A: going to Cambodia &amp; Indonesia Ms Phyllis Pang : <a href="mailto:phyllis.pang@polyu.edu.hk">phyllis.pang@polyu.edu.hk</a></p> <p>Team B: going to Vietnam &amp; Myanmar Ms Ellen Ku: <a href="mailto:ellen.ku@polyu.edu.hk">ellen.ku@polyu.edu.hk</a></p>