

Subject Code	SN2S03
Subject Title	Healthy Lifestyle Challenges for Developing Communities
Hosting Dept	School of Nursing
Level	2
Class Quota	Team A –20 (Cambodia) & 30 (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 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"> ➤ 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

Service Project	
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"> • Day 1 & 2: Visits and interviews to targeted families living in the rural village or slums. • 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 • Day 4 & 5: Re-visit the recipients again to present proposal for modification on healthy lifestyle <p>For Team B, off shore trip will be rearranged as online project or local project, if travelling is not permitted.</p>
Whom will students serve	People / family who are living in developing communities
Where will students serve	<p>Team A – Cambodia & Indonesia</p> <p>Team B – Vietnam & Myanmar</p>
When will students serve (Tentative)	<p>Team A:</p> <ul style="list-style-type: none"> • Cambodia: Around 2 weeks between mid-May and mid-June • Indonesia: Mid- June to Mid-July (TBC) <p>Team B:</p> <ul style="list-style-type: none"> • Vietnam : 2 weeks in May (Tentative) • Myanmar: 2 weeks in June (Tentative)
Fee payable by students (Tentative)	<p>Students may be required to bear part of the costs for offshore project.</p> <p>Team A: Cambodia & Indonesia: \$2,000 (tentative)</p>
Enquiry	<p>Team A: going to Cambodia & Indonesia Ms Phyllis Pang : phyllis.pang@polyu.edu.hk</p> <p>Team B: going to Vietnam & Myanmar Ms Ellen Ku: ellen.ku@polyu.edu.hk</p>
Remarks	If unforeseeable situation arises, the arrangement of off-shore service-learning trip will be subjected to change according to decision made by the Senior Management of PolyU.