Updated on September 12, 2023

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Subject Code	SN2S03
Subject Title	Healthy Lifestyle Challenges for Developing Communities
Hosting Department	School of Nursing
Level	2
Class Quota	60 (Indonesia Trip – 40; Cambodia/Vietnam trip: 20)
Medium of Instruction	English
Subject Duration	Semester 2 + Summer Term
Teaching Staff	Dr Patrick Kor, Dr. Stefanos Tyrovolas, & Dr. Ivy Zhao
Target Students	GUR, open-for-all
Pre-requisites	Nil
Selection of students required?	<ul> <li>Basic health care knowledge, good communication skills and sense of responsibility are preferable</li> <li>A self-introduction video (about 3 minutes, in English) have to be submitted for selection. The video should include but not limited to students': 1. Experience/background related to services learning; 2. Reasons for selecting this subject and 3. Expectation of this subject</li> <li>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.</li> </ul>
Subject Synopsis	<ul> <li>Objectives:</li> <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>
Service Project	
What will students do to serve?	<ul> <li>The service-learning project will take place offshore during the summer term. In total, students will be expected to spend 40 hours in direct service to a total of 5 days during summer semester.</li> <li>We envision that the service-learning project tentatively as follows:</li> <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?	Hong Kong       District:         Chinese mainland       Province:         City:       City:         Macau       Country: Indonesia/ Cambodia/ Vietnam (TBC)         City:       City:	
When will students serve?	2 weeks in the summer term (TBC)	
Fee payable by students	ТВС	
Service Attributes		
Service Mode Service Language Service Location	<ul> <li>#OnlineService</li> <li>#F2FService</li> <li>#ServiceClient_Cantonese</li> <li>#ServiceClient_English</li> <li>#ServiceClient_Putonghua</li> <li>#ServiceClient_OtherNonEnglish</li> <li>#Location_HK</li> <li>#Location_MainlandChina</li> <li>#Location_Taiwan</li> <li>#Location_Macau</li> <li>#Location_Overseas</li> </ul>	
Enquiry	Dr Patrick Kor: Patrick.kor@polyu.edu.hk	
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.	