

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 style="list-style-type: none"> ➤ Basic health care knowledge, good communication skills and sense of responsibility are preferable ➤ 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 ➤ 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.
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
Service Project	
What will students do to serve?	<p>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.</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
Whom will students serve?	People / family who are living in developing communities

