

Points to Note for Enrollment of Module

GEE5304 Nutrition and Health

1. The module curriculum covers lectures, seminars, field study and guided site visits.
The medium instruction of the course is English. Participation to the field trip is a **MUST** to fulfill the module requirements.
2. Students are required to join a 6-day (**30 May – 4 June 2026 tentatively**) in Bangkok, Thailand, which is a **compulsory** part of the module, a tentative itinerary is given in **Annex A**. In this regard, students should hold valid travel documents to Thailand with at least six months of validity from the date of travel.
3. Students shall pay a tour fee of around HK\$7,800 for a basic 6-day trip after successful registration of the module. Transportation (i.e. round-trip air-ticket from Hong Kong to Bangkok and Bangkok local transports), basic meals and accommodation (2-person room) will be included in the paid study tour. VTC will provide the coverage of travelling insurance for each student who enrolls this module. Students are reminded that this fee does not include any fee for visa application if they are holding passports other than HKSAR passport or China passport.
4. Students shall receive a final result of the module GEE5304 on **24 August 2026** and “I” (incomplete) as the result of the module will be shown in the report of Semester 2 of AY2025/26.
5. Students who fail to show up nor respond to our email or phone call regarding their travel documents and tour fee for the field trip is regarded as not joining the field trip, in which we may unenroll them from the module.

6. Upon payment of the study tour fee, it becomes non-refundable due to immediate procurement processes initiated and the potential difficulty of transferring reservations to another individual once the booking process has commenced.
7. Students may apply for alternative local field trip if they cannot join the outbound trip for any immediately reasons (same acceptable found as deferred exam as listed on Page 44 of Section 5.4.1 of Student Handbook). Please find the details of alternative trip and classes in **Annex B**.

Tentative Itinerary

		Itinerary	Objective(s)
Day 1 (Sat)	AM	Assemble at Hong Kong International Airport and depart for Thailand Suvarnabhumi Airport	
	PM	Visit to CentralWorld Area <ul style="list-style-type: none"> CentralWorld is the ninth largest shopping complex in the world Big C Supercenter Ratchadamri The Erawan Shrine 	<ul style="list-style-type: none"> To analyze the impact of modern shopping complexes like CentralWorld and Big C on consumer behavior To examine the cultural significance of sites like The Erawan Shrine in promoting traditional beliefs, practices, and rituals related to health and well-being
Day 2 (Sun)	AM	Visit to Organic Living Farm	<ul style="list-style-type: none"> To enhance students' understanding on the process of organic foods and its probable nutrition implication To experience the farming techniques and cooking Thai cuisines
	PM	<ul style="list-style-type: none"> Visit to Lat Ma Yom Floating Market 	<ul style="list-style-type: none"> To investigate the intersection of traditional food practices, local cuisine, and community health of Thailand traditional floating market
Day 3 (Mon)	AM	Siriraj Hospital Sappaya Sthana in Applied Thai Traditional Medicine with course on herbal medicine	<ul style="list-style-type: none"> To provide students with a short course on the science and making of herbal medicine
	PM	Siriraj Medical Museum	<ul style="list-style-type: none"> To enhance students' understanding on the history of medical advancements and the evolution of medical practices over time
Day 4 (Tue)	AM	<ul style="list-style-type: none"> Visit to Grand Palace Visit to Wat Pho 	<ul style="list-style-type: none"> To learn about the history and heritage Thailand of the current dynasty.

			<ul style="list-style-type: none"> To explore the cultural significance of traditional Thai cuisine and its impact on nutrition and health practices during a visit to the Grand Palace of Thailand, enhancing students' understanding of the relationship between food culture, dietary habits, and overall well-being. To examine the role of traditional Thai medicine, herbal remedies, and massage therapies practiced at Wat Pho in promoting holistic health and well-being
	PM	<ul style="list-style-type: none"> Visit to Museum of Siam Visit to Wat Arun 	<ul style="list-style-type: none"> To examine the Wat Arun's architectural symbolism and historical importance in Thailand To analyze the historical evolution of Thai cuisine, dietary practices, and cultural beliefs surrounding food at the Museum of Siam
Day 5 (Wed)	AM	Institute of Nutrition (Mahidol University Salaya campus) visit <ul style="list-style-type: none"> Lecture and practice 	<ul style="list-style-type: none"> To learn about nutritional analysis and recipe and foundations of healthy cooking To analyze the cultural significance of night markets like Phra Pathom Chedi in showcasing diverse culinary offerings, street food heritage, and the interplay between nutrition, health, and social dynamics
	PM	<ul style="list-style-type: none"> Factory visit Visit to Phra Pathom Chedi Night Market (after 5:00p.m.) 	<ul style="list-style-type: none"> To enhance students' understanding on the process of organic foods and its probable nutrition implication To experience the farming techniques and cooking Thai cuisines
Day 6 (Thu)	AM	Self- arranged activities	To enhance students to gain cultural experience of Thailand on their own
	PM	Return to Hong Kong	

Alternative Classes and Field Trip

1. Students who cannot join the outbound trip for any legitimate reasons are required to have the substitute classes and field trip in Hong Kong.
2. However, students are reminded that since they need to pay the tour fee since the successful registration of the module, the fee is still non-refundable even they apply for alternative class arrangement and field trip.
3. The proposed schedule is listed below, but if more than one students apply for this special arrangement of classes and field trip, the module convenor will communicate with corresponding students on the date of substitute classes.
4. The target complete time of this module is still within semester 3 of AY2025/26 with the final result announcement on 24 August 2026.
5. Students are expected to pay for their own transportation to the class/visit venue specified for substitute classes.
6. The following schedule is based on the assumption that students should have completed week 22, 23, 24, 34 & 41 lectures (10 hours in total) and be able to join the final lecture in week 42 (4 hours) but they only cannot join the outbound trip.

Activity Type	Week	Day	Start Time	End Time	Location
Lecture	41	Mon, Wed	10:00	12:00	Rm S903
Tutorial	41	Mon, Wed	13:00	16:00	Rm S903
Field trip	41	Sat	9:00	18:00	<ul style="list-style-type: none">• Wat Mak Tham Vanaram Visit (Tai Wo)• Hong Kong Dhammaram Temple Visit (Yuen Long)
		Sun	9:00	18:00	Kowloon City Visit