



IAC International Newsletter

Prince of Songkla University, Phuket Campus, Thailand
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RECENT EVENTS:



7 June: Laguna Phuket International Marathon

This was an amazing event with thousands of people participating in the marathon, half-marathon, 10.5km run, and 5km walk, a few PSU Phuket members also joined the event. A fantastic way to stay fit and healthy and have fun (this is an annual event).

15 - 19 June: 2015 Student Ambassadors for ASEAN Summer School Scholarship Program



Nine students in total were selected for the ASEAN scholarship week long program at PSU Phuket. The students were from Malaysia, Indonesia, and one student from Myanmar. The students were selected because their video applications were the best out of all the applicants. They were here for a week of intercultural activities, joined by 6 Thai students from PSU. The program included orientation, team-building, Thai language and cooking lessons, intercultural communication class, learning from ASEAN friends, a Phuket sightseeing day tour, and a farewell party at Nai Yang Beach Resort. The students were very enthusiastic and proactive. Great friendships were made during the program and both the international and Thai students learned a lot from each other and had an experience that they will cherish for life.



HOLIDAYS:

Thursday 30 July: Asarnha Bucha Day

Also known as Dharma Day, this day celebrates the Buddha's first sermon where he shared the doctrine that he received following his enlightenment. This first sermon includes the teachings of the four noble truths: there is suffering, suffering is caused by craving, there is a state beyond suffering and craving; and finally, the way to nirvana is via the eightfold path. On this day Buddhists donate offerings to temples and listen to sermons.



Friday 31 July: Buddhist Lent Day

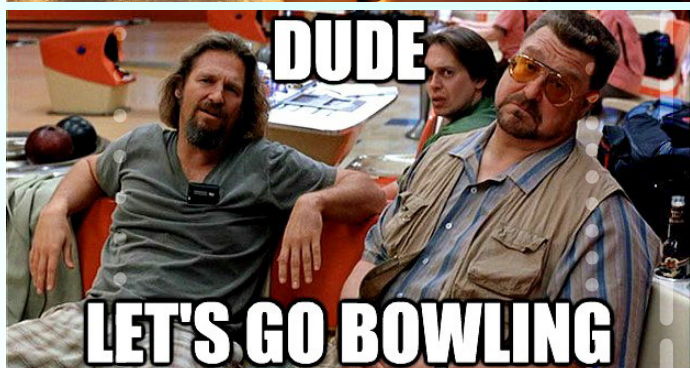
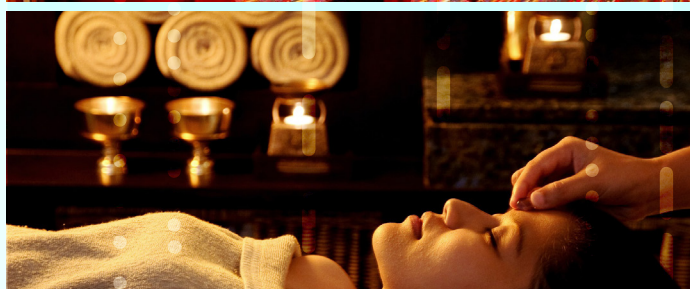
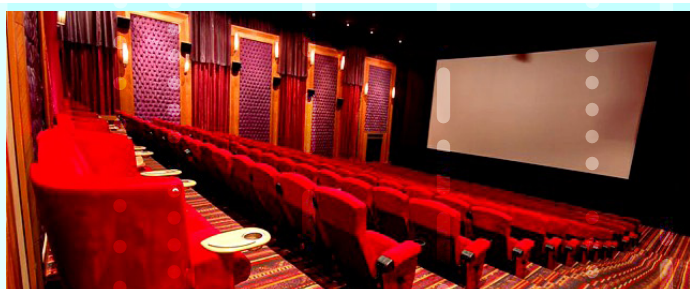
Buddhist Lent Day, or Wan Khao Phansa (วันเข้าพรรษา) is the day that starts the period of three lunar months during the rainy season when monks are required to remain in one particular place or temple. The Buddha used to stay in temples during the rainy season to avoid killing insects or harming the growing seeds. During this time, monks will study, meditate and teach new monks. Buddhists will also make merit on this day, and they will specifically offer candles and garments to the monks.



IAC'S MONTHLY TIPS:

TOP 10 THINGS TO DO IN PHUKET WHEN IT IS POURING RAIN:

1. Watch a movie at the Cinema at Central Festival
(Especially on cheap Wednesdays when it is only 80 Baht for a ticket)
2. Go bowling at Big C (70 Baht per person per game)
3. Get a massage
4. Visit one of the many shopping malls in Phuket: Central Festival, Jungceylon, Tesco Lotus, Big C, Premium Outlet Store, etc.
5. Phuket Trickeye Museum
6. Explore Phuket Old Town
7. Visit Phang Nga Bay
8. The Upside Down House
9. Visit some of Phuket's Museums
10. Go to the gym, yoga, aerobics, etc.



CONTACT US

International Affairs Centre (IAC)
PSU Phuket - 2nd Floor Bldg. 7
W: <http://www.iac.phuket.psu.ac.th>
T: 076 276 014 E: iacpsu@gmail.com