



IAC International Newsletter

Prince of Songkla University, Phuket Campus, Thailand
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INTERNATIONAL VISITORS:

15 September: Delegates from the Institute of Teacher Education Ipoh Campus, Malaysia visit PSU Phuket



RECENT EVENTS:

6 September: Wat Chalong, Nai Harn Beach and Phrom Thep Cape Day Trip with International Students

An afternoon sightseeing with 7 international students from Germany, Japan, Bhutan, and Malaysia. The students learned about Buddhist culture at Wat Chalong, enjoyed the sea and sand at Nai Harn Beach, and relaxed in the breeze at the Windmill and Phrom Thep Cape viewpoints.



16 - 24 September: Chinese-Thai Cultural Camp at Changzhou University, China

9 Thai students from PSU Phuket together with 3 PSU lecturers / staff members traveled to Changzhou, China where they were re-united with the same Chinese students that were here at PSU Phuket a few weeks ago.

The program at Changzhou included pottery making, Chinese culture, language and painting classes, a Chinese martial arts show, sightseeing around Changzhou and Shanghai, meeting with the Royal Thai Consul in Shanghai, and of course welcome and farewell parties with lots of fun, dancing, singing and a few tears while saying goodbye.



17 September: International Staff Potluck / Get-Together

From 15:00 - 16:00 pm on a Wednesday, some international staff members visited the IAC office to enjoy some delicious fresh Thai spring rolls (po piah sot), pork satay (moo satay), delicious sauces, Belgian waffles, and other sweets and snacks.

Everyone had fun getting to know each other, we had some good laughs and conversation. Staff from all over the world were present, including Mexico, Spain, UK, Scotland, USA and of course Thailand.



24 September - 3 October: Phuket Vegetarian Festival

On 1 October Thai and International PSU Phuket staff and students joined the Vegetarian Festival Parade. Many of the international exchange students said that "it was an indescribable experience".



18 September: Teacher Homage Day

At the beginning of each academic year, PSU Phuket sets aside a special day to honor teachers. On this day, a ceremony is conducted according to Buddhist religious rites including offerings of food and other articles to the monks, and a blessing. Following a community breakfast, students pay respect to their teachers, and teachers give students their blessings. Live music is performed. Lastly, recognition is given to outstanding students who have achieved academic distinction.



27 September: Bang-Pat & Phang-Nga Day Trip

On a Saturday 34 PSU international staff and students joined IAC for a day trip. They visited Bang-Pat Village, Pingkan & James Bond islands, Tham Lod (Cave), Panyee Island, Dairy Hut Farm and the Phang-Nga 360 Degrees View Point.



24 September: Mahidol Day

A day in remembrance of HRH Prince Mahidol Adulyadej of Songkla, the "Father of Thai Modern Medicine".



1 October: Confucius Institute at Phuket 10 Year Anniversary Celebrations



UPCOMING EVENTS:

Wednesday 8 October 17:00 - 18:30pm:
Starbucks Staff Get-Together

Another chance for PSU staff to mingle, chat, and get to know each other.

11-19 October: Mid-term Exams

Best of luck to all students!

HOLIDAYS:

OCTOBER

Thursday 23 October: King Chulalongkorn Memorial Day

Sunday 12 October 17:00 - 19:30pm:
Phuket Old Town Street Market "Lard Yai" visit

Enjoy the indy and fun walking street market that happens every Sunday at Thalang Road, Phuket Town.

Saturday 25 October 18:30 - 20:30pm:
Phuket Football Club Match @ Stadium

Come and join IAC to watch the football match between Phuket FC and Ayutthaya FC, it's always lots of fun to watch live at the stadium with such a great atmosphere as the Phuket crowds and supporters chant, play music, sing and cheer for their team.

IAC'S MONTHLY TIPS:



STAY ACTIVE

It's true that sometimes we get so busy with work, studying, meeting friends, etc, that we forget to make time to exercise. Exercise is very important for your health, and it also reduces stress, makes you fit, keeps you young, and makes you happy. There are plenty of ways to stay active in Phuket:

1. Walk or run on the beach
2. Join a fitness, aerobics, or yoga class
3. Go to the gym
4. Walk to places that are not too far instead of taking transportation
5. Join a "Clean the Beach Bootcamp" (it's FREE!)
6. Take Muay Thai classes
7. Swim (in the sea when there are no red flags, or in a swimming pool)
8. Go hiking in a national park
9. Go dancing or take dance classes
10. And many many more!

USEFUL WEBSITES:

<http://cleanthebeachbootcamp.com/>: This is the website for the "Clean the Beach Bootcamp". You can join every other Saturday. It has become a very popular activity for locals as well as internationals. It is now "regarded as 1 of the Top 10 Things to do in Phuket by the Bangkok Post".

“ Give some Personal TLC to Phuket's idyllic beaches by signing up for the Clean the Beach Boot Camp. Run by Health & Fitness Specialist Krix Luther.

The premise is simple: "First We Train, Then We Clean." The 45-minute session mixes up Functional Training, Games & Drills, catering to all Fitness Levels.

Once you've caught your breath, pull on a pair of gloves and get busy picking up discarded bottles, glass bits and butts. It is a sobering experience, but you will leave feeling a sense of satisfaction that you've made a positive change while on vacation.

09:45AM - Meet at Beach

10:00AM - Free Fitness Class

10:30AM - Free Yoga Class

11:00AM - Clean The Beach

11:45AM - Take all collected Rubbish to the Pickup Point

12:00AM - Go to Lunch

"What do I need to Bring?"

All you need is to wear cloths you don't mind getting wet & sandy in plus some drinking water. ”



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