2 weeks (tentative dates: June 12 – 25)

NUFS 144: Food Culture – Consuming Passions (GE Area V, 3 units)
HS 135: Health Issues in a Multicultural Society (GE Area S, 3 units)

Financial aid and scholarship opportunities available

Example Activities

Experience Hong Kong: Culture, Wealth and Poverty in Modern China
The gap between the rich and poor in Hong Kong is one of the widest in the world, a statistic that you will learn about firsthand on a walking tour of some of the city’s most diverse neighborhoods. Pass by luxury homes situated near public housing as your guide explains the issues of income inequality, and the city's recent efforts to turn the city’s once-neglected neighborhoods into vibrant centers of arts and dining.

Central and Sheung Wan Districts Food Exploration
Stroll through the neighborhoods of Central and Sheung Wan on a fantastic food tasting adventure. As you explore back alleys and stroll through an open market, admire the colonial architecture and learn about Hong Kong’s historical figures and savor delicious dim sum, roasted meat, noodle dishes, drinks. Discover a hidden side to Hong Kong’s business district and learn about its food culture.

Learn about Traditional Chinese Medicine
Tour a local traditional Chinese medicine clinic and learn about the history and practice as well as discover medicinal herbs used in this holistic approach to health. Observe a consultation, diagnosis, and treatment from a licensed practitioner of traditional Chinese medicine. Learn about acupuncture, cupping therapy, guasha (skin scraping) and herbal steaming – designed to relieve pain, boost immunity, release toxins and restore the body’s Qi, or energy.

Join a Host Family for a Home-Cooked Meal
Students from Hong Kong Polytechnic University will be your hosts. Students will be paired to share in the experience of planning a local cuisine meal, shopping for groceries at markets and stores, and helping prepare a meal at the home of a host student. Observe the similarities and differences between every-day meal planning and prep between families living in Hong Kong and the U.S.

For more information, please contact the instructors:

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