

Rutgers University and Institute of Nutrition
“Food and Sustainability: Study Abroad”
During 3 to 19 January 2025
Program Agenda

Pax: 10 students (? female and? male)
Prof. Matthews

Date /Time	Activity	Venue	Remarks
Friday/Saturday 3/4 January 2025	Airport pickup Bundit Parlor Apartment (Salaya)		
Saturday 4 January 2025	Relax. Explore Salaya, Mahidol Campus, Mall, Bus system		
Sunday 5 January 2025	Free Day: Students on their own. Bangkok – ICONSIAM Mall, Chatuchak market, Canal tour (Panfa Leelard Pier, by Wat Sa Ket)		
Monday 6 January 2025			
08.30 hrs.	Depart from apartment		
09.00-11.00 hrs.	Cultural tour : Grand Palace		
11.00-12.00 hrs.	Cultural tour : Wat Pho		
12.00-13.00 hrs.	Lunch	Krua Kung Goong	
13.00-14.00 hrs.	Cultural tour: Wat Arun		
14.00-18.00 hrs.	Cultural tour: Thonburi market		
18.00 hrs.	Dinner and return to apartment	Thonburi market	
Tuesday 7 January 2025			
07.00 hrs.	Depart from Salaya to Organic Farm, Sing Buri	Field Visit 1 : Puk Ka Rong Organic Farm	
11.00 hrs.	Lunch		
12.00 hrs.	Depart from Sing Buri to Ayutthaya		
13.00 hrs.	Visit historical park		
17.00 hrs.	Return to Salaya		
Wednesday 8 January 2025			
9.00-12.00 hrs.	Cooking class	INMU	
Thursday 9 January 2025			
09.00-13.00 hrs.	Depart from apartment		
	River tour to plantations producing	Maha Sawat	
	Depart to INMU		
	Day's Reflection	Meeting Room 2,INMU	
Friday 10 January 2025			
08.00 hrs.	Depart from Salaya to Koh Chang		
13.00 hrs.	Arrive at Koh Chang		
	Elephant tour	Ban Kwan Chang Elephant camp	

Date /Time	Activity	Venue	Remarks
Saturday 11 January 2025			
	Snorkeling, Beach, Hiking		
Sunday 12 January 2025			
13.00 hrs.	Depart from Koh Chang to Salaya		
19.00 hrs.	Arrive at Salaya		
Monday 13 January 2025			
08.30hrs	Depart from Salaya to Kanchanaburi		
11.30hrs	Arrive at MUKA		
	Lunch		
13.00-13.30 hrs.	Orientation		
13.30-14.30 hrs.	Campus Tour		
14.30-16.30 hrs.	Food Processing		
17.00 hrs.	Check-in at Vimandin Resort	Accommodation of MUKA	Vimandin Resort
17.00-19.00 hrs.	Excursion at historical sites: Wooden Railway Bridge and Krasae Cave		
	Dinner: Local Thai cuisine		
Tuesday 14 January 2025			
07.30-08.30 hrs.	Breakfast	Vimandin Resort	
08.30-09.00 hrs.	Depart to River Kwai/ International Food Industry		
09.00-11.00 hrs.	River Kwai / International Food Industry		
11.0-11.30 hrs.	Depart to Keeree Mantra Restaurant		
11.30-13.00 hrs.	Lunch	Keeree Mantra Restaurant	
13.00-13.30 hrs.	Depart to Melon Valley		
13.30-15.30 hrs.	Melon Valley & Day's Reflection		
15.30-16.00 hrs.	Depart to Excursion at historical site: Bridge over the River Kwai		
16.00-16.30 hrs.	Excursion at historical site: Bridge over the River Kwai		
16.30-19.30 hrs.	Dinner: Good View Restaurant	Surf Board @Paddle More	
20.00 hrs.	Back to Vimandin Resort		
Wednesday 15 January 2025			
07.00-08.00 hrs.	Breakfast	Vimandin Resort	
08.00 hrs.	Depart to Salaya		
12.00 hrs.	Lunch		
Thursday 16 January 2025			
07.00 hrs.	Depart from apartment		
09.00 hrs.	Field Visit 2: Insect Farm	Exofoodthailand	
12.00 hrs.	Lunch		
Friday 17 January 2025			
	Student Presentations	Meeting Room 2, INMU	
	Group Lunch		

Date /Time	Activity	Venue	Remarks
Saturday 18 January 2025			
	Free Day: Students on their own. Bangkok – ICONSIAM Mall, Chatuchak market, Canal tour (Panfa Leelard Pier, by Wat Sa Ket)		
Sunday 19 January 2025			
	Travel days. Return home safely		