

## 1, 2 & 3-WEEK ONLINE STUDY TOUR: EAP+NUTRITION (10+ students)

### Start dates: 14 February (3 weeks AUD\$1460), 21 February (2 weeks AUD\$1040) & 28 February (1 week AUD\$620) 2022

#### Week 1 – integrated EAP (Japan times\* quoted)

Monday	<b>Welcome ceremony, orientation, student account activation and virtual campus tour</b> 0900-1000	<b>Integrated English class</b> 1030-1230	<a href="#"><u>WesternLife</u></a> Introduction – online activities, clubs, associations, events open to all students both onshore and offshore 1300-1400
Tuesday	<b>e-learning –</b> self study English Programs Online Self Access Centre (EPOSAC) site orientation and activities 0800-0845	<b>Integrated English class</b> 0900-1100	<b>Integrated English class</b> 1130-1330
Wednesday	<b>e-learning –</b> <a href="#"><u>LinkedIn Learning</u></a> site orientation and activities 0800-0845	<b>Integrated English class</b> 0900-1100	<b>Integrated English class</b> 1130-1330
Thursday	<b>e-learning and cultural immersion –</b> [optional asynchronous 24/7]	<b>Integrated English class</b> 0900-1100	<b>Integrated English class</b> 1130-1330
Friday	<b>e-learning and cultural immersion –</b> [optional asynchronous 24/7]	<b>Integrated English class</b> 0900-1100	<b>Integrated English class</b> 1130-1330

## Week 2 – integrated EAP (Japan times\* quoted)

Monday	<b>Integrated English class</b> 0900-1100	<b>Integrated English class</b> 1130-1330	<b>e-learning and cultural immersion</b> [optional asynchronous 24/7] <ul style="list-style-type: none"> <li>online learning platform <a href="#">vUWS</a></li> <li><a href="#">WesternLife</a> – online activities, clubs, associations, events open to all students both onshore and offshore</li> <li>self study English Programs Online Self Access Centre (EPOSAC)</li> <li><a href="#">LinkedIn Learning</a></li> </ul>
Tuesday	<b>Integrated English class</b> 0900-1100	<b>Integrated English class</b> 1130-1330	
Wednesday	<b>Integrated English class</b> 0900-1100	<b>Integrated English class</b> 1130-1330	
Thursday	<b>Integrated English class</b> 0900-1100	<b>Integrated English class</b> 1130-1330	
Friday	<b>Integrated English class</b> 0900-1100	<b>Integrated English class</b> 1130-1330	

## Week 3 – closed Nutrition (Japan times quoted)

Monday	Sports dietetics workshop, preventative healthcare – Australian government initiatives 0900-1100	Complementary medicine workshop 1130-1330	<b>e-learning and cultural immersion</b> [optional asynchronous 24/7] <ul style="list-style-type: none"> <li>online learning platform <a href="#">vUWS</a></li> <li><a href="#">WesternLife</a> – online activities, clubs, associations, events open to all students both onshore and offshore</li> <li>self study English Programs Online Self Access Centre (EPOSAC)</li> <li><a href="#">LinkedIn Learning</a></li> </ul>
Tuesday	Naturopathy workshop 0900-1100	United Nations SDGs and food sustainability 1130-1330	
Wednesday	Food preparation and online cooking practicum 0900-1100	Culinary arts with an Australian twist 1130-1330	
Thursday	Organic food production at our Hawkesbury campus – virtual tour and explanation 0900-1100	Child nutrition – Australia vs Japan contrastive analysis 1130-1330	
Friday	Sports nutrition masterclass OR student presentations 0900-1100 [break] 1130-1300	<b>Evaluations, closing ceremony, digital certificate presentation &amp; farewell</b> 1300-1330	

\*EAP class times may change subject to classmate time zones

**Application and payment deadline:** 17 January 2022, invoice or individual credit card using online portal

**Placement test:** free, available online if no other English proficiency score available for class placement

## ***Nutrition workshops explained***

### **MONDAY**

Sports dietetics workshop, preventative healthcare – Australian government initiatives: *Programs that the Australian Government promote in schools (e.g. Crunch and Sip) and the community (e.g. anti-smoking campaigns) to improve community health, and an exploration of nutrition and exercise in promotion of health, and prevention and management of disease.*

Complementary medicine workshop: *Brainstorming, vocabulary and practical yoga session*

### **TUESDAY**

Naturopathy workshop: *Discussion and vocabulary regarding health and medical treatments, jigsaw reading, note taking skills, and further discussion*

United Nations SDGs and food sustainability: *Exploring initiatives worldwide to address SDG2 – Zero Hunger*

### **WEDNESDAY**

Food preparation and online cooking practicum: *Learning about traditional Australian recipes, and making a simple Australian dish together in the kitchen!*

Culinary arts with an Australian twist: *Bush Tucker – native Indigenous Australian food and its role in Australia's current society*

### **THURSDAY**

Organic food production at our Hawkesbury [campus](#) – virtual tour and explanation: *Learn about organic food production and the rules around organic food labelling in Australia*

Child nutrition – Australia vs Japan contrastive analysis: *What are some of the similarities and differences between the diets of Japanese and Australian children?*

### **FRIDAY**

Sports nutrition masterclass: *Listen and learn all about sports nutrition, especially the recent movement towards a vegan diet for our top athletes*

### *Key features*

- Lessons conducted **synchronously** for 4 hours each day via Zoom, using Blackboard Learner Management System (LMS) vUWS
- Weeks 1-2 integrated English for Academic [Purposes](#) (EAP) classes at 5 different levels, with students from all over the world – 30 different nationalities onshore and offshore, maximum 18 students per class; Week 3 closed **synchronous** workshops with nutrition focus
- Access to huge range of **asynchronous** online e-learning materials via Western Sydney University [library](#) portal
- Free subscription to [LinkedIn Learning](#), offering thousands of online courses to all students
- Access to cultural immersion activities through [WESTERNLife](#) – Western Sydney University link to online student clubs, associations, events and other opportunities to meet international and local students
- Access to interpreting and translating service, and University disability, counselling & welfare [services](#), bilingual support staff available
- The College is a wholly owned entity of top [ranking](#) Western Sydney University
- Contact [studyenglish@westernsydney.edu.au](mailto:studyenglish@westernsydney.edu.au) for more information, or apply online [here](#)

