CALL FOR APPLICATIONS

Food, health and philosophy in East and West
*Crossroads between science, culture and business*

26 March - 4 April 2020
Organised in China (Hong Kong, Shenzhen, Guangzhou)

**Organisers**
University of Copenhagen, Denmark
Sun Yat-sen University, Guangzhou, China
University of Hong Kong, China

**Sponsors**
ARLA Foods
Carlsberg Foundation
University of Copenhagen, Denmark
SHORT FACTS:

• Dates: 26 March - 4 April 2020;
• Sites: Hong Kong, Shenzhen and Guangzhou, China;
• Credits: 6 ECTS (incl. presentation/report);
• The course uses insights about food and health in East and West to illustrate how natural science, social science and human science all contribute to the creation of new knowledge;
• The course mixes academic lectures with site visits to universities, food markets, food/health companies, hospitals and cultural/religious sites to augment the learning process;
• The course is open to PhD students and R&D professionals from companies that work on topics related to the food chain and/or health of humans or animals;
• Scholarships are available (see page 3 for more information); organised under Graduate School of Health and Medical Sciences and ThinkChina office, both placed at University of Copenhagen.

Introduction

Food and health traditions have become globalized. On the other hand, diet and health views still differ widely around the world and are determined by many factors (e.g. culture, food availability, health care, technology, science). How we view nature, food and the human body is also important. So what determines what people eat and try to stay healthy - science, culture, economics or philosophy? Is food just fuel for the body machine or is food also medicine and “functional food”? How does food and health relate to business, culture, philosophy, ethics and religion? The answers vary in different parts of the world. New insights lead to better communication and enhanced collaboration across cultural/scientific borders.

This broadening PhD course aims to give the participants a better understanding of the scientific, cultural and philosophical background for specific diet habits and health views. We couple fieldwork (to universities, hospitals, food markets, religious sites) with insights into the basics of natural, social and human sciences (the 3 main academic domains). Specifically, we compare some traditions of the Western world with those in China. This makes us aware of the potentials and limitations of modern science, and its role in diet and health globalization. In open-minded cross-talks across different academic disciplines, we stimulate food-health researchers to collaborate, and a look at their own research topic from greater methodological perspectives.

Dates, participants, venue, credits and exam

• Time: 26 March - 4 April 2020.
• Participants: The course is international and welcomes a mixed group of PhD students/researchers/company personnel (max. 25) related to different scientific disciplines. All should have a relation to the food/health area (e.g. nutrition, food science, human or veterinary medicine, pharma, sociology, business, anthropology, philosophy, religion).
• Course sites: Hong Kong, Guangzhou and Shenzhen; course language: English
• Exam: Participants produce a PowerPoint presentation with notes (see later) that is delivered after the course and examined by the course coordinators.
• Course material: Texts and powerpoint presentations supplied by lecturers. Updated programme and final list of lecturers are announced 1 month before course start.
• Credit: 6 ECTS incl. oral presentation of preliminary report on last course day (pass/fail).
Course fee, travel and accommodation costs

- **Course fee:** There is no specific course fee for PhD students whose institution is a member of the European open market for PhD courses (i.e. that Danish universities except CBS). The course fee (excl. travel costs) for all other PhD students is DKK 6000 DKK. The course fee is DKK 9.000 for professionals working in R&D organisations or similar. The course fee covers lectures, local transport, accommodation and meals during course.

- **Travel to/from course:** All participants cover their own costs for visas, flights, and local transport, accommodation and food expenses not part of the course period (estimated DKK 8.000 for non-China participants, less for participants from China).

- Each participant must pay DKK 6000 (course fee, excl. transport costs to/from course) to the course secretariat before start of the course. Following separate application, the course secretariat may cover the course fee and/or travel costs for some participants (only if infrastructure or available funds make full-cost participation impossible).

**Apply to participate**

Application deadline: 15 December 2019. Please [APPLY VIA THE THINKCHINA WEBSITE](mailto:Contact course secretariat Casper Wichmann, mail cw@thinkchina.dk)

**Course programme (Tentative)**

<table>
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<tr>
<th>Day</th>
<th>Topic/Activity</th>
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<tr>
<td>Thu 26.03</td>
<td>Arrival: <strong>Tao Fong Shan (TFS), Hong Kong (HK)</strong> Tao Fong Shan Road 33 (<a href="http://www.tfssu.org">http://www.tfssu.org</a>). Transport: Organise your own travel. From HK airport take bus A41 to Shatin Metro Station (22 HKD, buy Octapus travel card). Take taxi (10 min) to Tao Fong Shan. Get your room key at Pilgrims Hall. Arrive at TFS latest 4pm on 26 Mar (let us know if you arrive before for meals). Book your own room and meals at TFS or elsewhere in HK, if you arrive before 26 March.</td>
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<td>Fri 27.03</td>
<td><strong>Theme: Working across different sciences in food and health</strong> 08.00: Breakfast 09.00: Food, health and philosophy East and West – aims of the PhD course (PS) 10.00: Introduction to TFS history and traditions for dialogue across fields (OSM, PS) 11.00: Natural, social and human science in food and health, life and death (PS, BN, CW) 12.30: Lunch 13.30: Walk to Tai Wai wet food market/TCM shop – other views of food &amp; health? (PS, CW) 15.00: Metro from Tai Wai to Hung Hom (make sure to have Octapus travel card) 15.45: HK Polytechnic University: Natural, social &amp; human science interactions at HKPU? (HL) 18.00: Joint meal followed by free evening in Kowloon Peninsula.</td>
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<td>Sat 28.03</td>
<td><strong>Theme: Working across East and West, and across philosophies, in food and health</strong> 08.00: Breakfast 09.00: Nature views in East and West – how to do cross-disciplinary science? (PS) 10.00: Making sense of the world, nature and man: Two modes of thought (BN) 11.15: Food, eating and food for health in China and the West, fast and slow food? (PS) 12.30: Lunch</td>
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**Theme: Philosophy of nature, food and body in East and West**
- 06.00: Walk to Needle Hill (2½h, optional) - nature as natural, social and human science? (BN)
- 08.30: Breakfast
- 10.00: Somatic integrity: Alchemy and quest for immortality in Chinese history (BN)
- 11.00: Humans and nature: Philosophies of biology and ecology in East and West (CL)
- 12.30: Lunch
- 14.30: Introduction to Chinese/Eastern thinking: Philosophy and science (BN)
- 15.30: Food, health, nature and culture in Christian philosophy - show TFS church (OSM)
- 16.30: Group reflections on course report topics. Discuss your individual/group topics.
- 18.30: Evening meal at Tao Fong Shan
- 19.30: Brief presentation of course presentation titles by students (2 min each)

**Theme: Food and health in Western and Chinese medicine at Univ. Hong Kong (HKU)**
- 08.00: Breakfast
- 08.45: Departure by bus for HKU (CW)
- 10.00: Demonstrations/tour at Traditional Chinese Medicine Dept. (CW, TCM School staff)
- 11.00: Lecture(s) – how to use both Western and Chinese learning in TCM health science?
- 12.00: Departure with public bus for HKU School of Biology/Nutrition
- 12.30: Lunch at/around HKU.
- 13.30: Qi qong exercise at HKU – is this mental and/or physical exercise? (JW)
- 14.15: Western and Eastern/Chinese food, health and nutrition science – is it different? (JW)
- 15.15: Sugar to induce obesity and diabetes in East and West – even across generations (JL)
- 16.00: Walk to The Peak (1 h, walking shoes) – dinner 18.00 h at “Hong Kong Day” (CW)
- 19.30: Return with bus (from bus station at Peak) to TFS (or stay in HK + own transport to TFS)

**Theme: Modern genetics and technology to improve food and health?**
- 07.15: Breakfast (- deliver luggage to TFSSU bus at 08.00 h), 08.10: Walk down to metro.
- 08.00: Departure by metro from Shatin to Luohu boarder (to walk through customs check)
- 10.15: Departure with bus outside Luohu customs (FG, CW)
- 11.15: Tour of China National Genome Bank/Beijing Genomics Institute (FG)
- 12.30: Departure with bus to for lunch at Dapeng Ancient Fortress (CW, FG)
- 15.00: Departure with bus to Pingshan NEOMICS Center for Newborn Health (FG, PS)
- 16.00: The genome, human health and Yin-yang theory – what does it tell us? (FG)
- 17.00: Omics technologies for newborn infants/animals - potentials and limitations (PS)
- 18.30: Light evening meal before departure with bus for Guangzhou
- 21.30: Arrival and check-in at hotel in Guangzhou (CW)

**Theme: Food, health and disease in modern China**
- 08.00: Breakfast + course reflections and day-briefing (ZhuHai Hotel breakfast room)
- 09.30: Take metro from Ximenkou station to Sun Yat-sen University (meet in hotel lobby)
- 10.15: Food, lifestyle and health for children in South China (YZ)
- 11.00: Food for patients at modern China hospitals (NN, YZ)
- 11.45: Omics and Big Data to investigate food and health – new progress? (PPJ)
- 12.30: Light lunch at Sun Yat-sen University
- 14.00: Tour and discussions at modern China cancer hospital: Food in cancer? (YZ)
- 16.30: Free evening in Guangzhou (option: Pearl River Cruise, remember your passport)

**Theme: Traditional/modern health philosophies? (TCM hospital + Mead Johnson Nutrition)**
- 08.00: Breakfast + course reflections and day-briefing (ZhuHai Hotel)
- 09.30: Walk to Traditional Chinese Medicine (TCM) hospital in Guangzhou (CW)
- 10.00: Lectures and tour at TCM Hospital – TCM different from modern health care? (YZ)
12.30: Lunch on the street nearby TCM Hospital (CW)
13:30: Bus to Mead Johnson Nutrition company (CW, 2 Xiayuan Rd, Huangpu district)
15-18: Tour, lecture, discussions about milk, health and children in modern China? (CL, MJN)
18.00: Return to ZhuHai Hotel - joint (Sichuan?) dinner (CW, BN)

**Fri 03.04**

**Theme: Course presentation work day (16th floor, Zhuhai Hotel + Qing Ping Market)**

08.00: Breakfast + course report and day-briefing (ZhuHai Hotel breakfast room)
09.30: Depart with metro from Ximenkou
10:00: Shamian Island, Qing Ping Market – functional foods in East and West, before and now
12.00: Tibetan lunch at Shamian Island (CW, BN)
13:00: Return to Zuhuai hotel for report work (individual or groups) for Saturday presentation
18.30: Course dinner and evaluation at Zuhuai Hotel, Japanese style (CW, BN, PS).
20.30: Final work on next day course presentation

**Sat 04.04**

**Ching Ming Day**

**Theme: Course report presentations (16th floor, Zhuhai Hotel + local Buddhist Temple)**

08.00: Breakfast, the check out from hotel (pay yourself, if you stay longer)
09:00: Wrap-up reflections: Food, health, science, culture and philosophy (PS, BN)
10:00: Student report presentations (7 min/student + 3 min discussions).
12.30: Lunch break (Chinese fast food brought from the street)
13:00: Student report presentations - continued
14.50: Walk to the ancient Guangxiao Buddhist Temple (YZ, PS)
15-17: Temple visit and discussions: Food and health in Buddhism? (CW, YZ)
17:00: Farewell from course. Organize your own travel from GZ (1 h) or HK (4 h) airports

**Mon 22.04**

Deadline for delivery of final course report presentation via e-mail to course coordinators
(Format: pdf file of previous pwt presentation with 1 slide/page + text explanations as Notes)

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**Course leaders and organisation**

- **Course leader:** Per Sangild (PS), Professor, Comp. Paediatrics and Nutrition, Fac. Health and Medical Sciences, Univ. Copenhagen. Tel. +45 2616 0530, mail pts@sund.ku.dk
- **Course co-leader:** Bent Nielsen (BN), Ass. Professor, Dept. Cross-Cultural and Regional Studies, Fac. Humanities, Univ. Copenhagen. Tel. +45 29903887, mail: bentn@hum.ku.dk
- **University of Hong Kong:** Jennifer Wan (JW), Ass. Professor, PhD, Dept Biopolical Sciences, Pokfulam Road, University of Hong Kong, mail imfwan@hkusua.hku.hk
- **Sun Yat-sen University:** Yanna Zhu (YZ), Ass. Professor, Dept. Maternal and Child Health, School of Public Health, Sun Yat-sen Univ., Guangzhou. zhuyn3@mail.sysu.edu.cn
- **Other lecturers:** Clement Lo, TFS (CL), Ole S. Madsen, TFS (OSM), Tim Chan (TC), unknowns (NN)

**Secretariat**

- Casper Wichmann (CW), Coordinator, ThinkChina.dk, Univ. Copenhagen, Karen Blixens Vej 4, 2300 Copenhagen. Tel. +45 5130 2527, mail cw@thinkchina.dk. The course is organised at Graduate School of Health and Medical Sciences, Univ. Copenhagen that issues the course certificates.

**Course report and exam:**

- Powerpoint presentation on own topic, incl. pictures/photos/explanatory text (12-15 pwt pages)
- Outline presentation presented at end of course, final presentation delivered soon after course.
- Report topics defined at course start and (maybe) related to own research. Joint reports possible.
- The topic must relate to one or more specific themes/lectures/excursion elements from course.
- Consider East-West contrasts and intersections among natural, social, human science in your topic
- Preliminary exam reports presented for other participants by the end of the course (7+3 min).
- It is obligatory to participate in all course activities, and you must submit the final course report.
- We require all students to have good English skills for communication (TOEFL 3 level or above).
Course background literature

- Andrews, Birdie: Chinese Medicine
- Heisenberg, Werner: Discussions associated with the Solvey Conference in Physics, 1927.
- Lin, Yutang: The Importance of Living, 1937.
- Ng, Tai P. & Wah-Won Ng: How cross-cultural views of history, philosophy and human relationships will change modern global society 2007
- Puett, Michael, and Christine Gross-Loh: The Path. (Simon & Schuster 2016)

Course venues and additional information:

- Remember visa(s) in time (!). You may need double-entry visa to Hong Kong, if you return this way.
- Course expenses are kept at a minimum and course participants must accept a very basic standard for accommodation, transport and food. Single rooms is possible by additional costs on your own.
- In Hong Kong (pop. 7 mio.), we are based at Tao Fong Shan, a basic retreat hostel constructed in Buddhist temple style by Danish/Norwegian Christian missionaries in 1930ies. Tao Fong Shan works to explore the differences between Eastern and Western philosophy, religion and culture.
- Universities in Hong Kong and Sun Yat-sen University are top universities in the region and world. Shenzhen (pop. 12 mio.) is a hub for computers, modern technology and health care (e.g. omics). We visit the world’s largest genome sequencing facility and a research center for newborn infants. In Guangzhou (pop. 14 mio.) we stay at Zhuhai Hotel, a simple, Chinese style hotel in the old town. We visit and have lectures at universities, hospitals, temples, food companies and food markets.