



جامعة الأميرة نورة بنت عبدالرحمن  
Princess Nourah Bint Abdulrahman University

# Short-term programs

at Princess Nourah bint Abdulrahman University

( less than one year )

1445 هـ / 2024 م





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# Introduction

Based on the Kingdom's leadership role and its belief in the value of education as a pillar in realizing its aspirations to achieve the outputs of the International Students Program in line with the Kingdom's Vision 2030, since Saudi universities are located within international standards, and an incubating destination for science, with its attractive environment for scientific research and distinguished care, and its relentless pursuit to be a driving force to develop the educational system and raise its quality and outputs. Short-term programs have been established at Princess Nourah bint Abdulrahman University.

## The First Program



**Program Title**

Saudi Cuisine



**Program provider**

Princess Nourah bint Abdulrahman University



**Program term**

Four weeks of 80 hours (4 days a week, 5 hours a day)



**Program dates**

Detailed dates and times of the program

(15/4/2024)



**Language of program**

English



**The location of the**

Riyadh, Kingdom of Saudi Arabia

[24°51'25.1"N 46°43'02.9"E- Google maps](#)

## The course fees

533.32 \$

## Program Contents (Program Description)

Through this training course, Saudi cuisine, Saudi hospitality, and the method of serving Saudi coffee are introduced. The program contains:

- Characteristics of Saudi traditional food in general.
- The most important ingredients in Saudi cuisine.
- Saudi Najd food.
  - Southern Saudi food
  - Northern Saudi food
  - Eastern Saudi food

## Why is this program chosen?

Food is an essential pivot in the cultures and history of people. In different varieties, it reflects the depth of heritage and the distinction of societies. Saudi cuisine is distinguished by the diversity of its varieties according to the geographical region. Moreover, Saudi cuisine, thanks to the deep heritage it contains that decorates our tables with various traditional dishes, is possible to spread locally and globally due to the delicious taste and beauty of the view. Through this program, we seek to introduce and learn the main dishes in Najdi cuisine, Hijazi cuisine, Al-Ahsa cuisine, and Southern cuisine, and the methods of serving them.

## Program provider

The names of the professors who will teach the program and links to their pages are filled in on the University website

- A group of professional chefs

## The type of certificate at the end of the program

- Training Certificate in Saudi Culinary Arts

## Frequently asked questions

### How can I view the full study plans?

- Through the program's website

### What are the advantages of studying in this program?

- By the end of the training program, the trainee will be able to work as a chef in the Saudi kitchen
- Engaging in the largest hotels in the Kingdom of Saudi Arabia
- Short study period
- A stimulating community and educational environment

### Does the trainee receive a bursary?

- There is no bursary for the program.

### Does the trainee receive practical training?

- Yes, there is practical training at the end of the program.

### What is the time of the lectures? Are there any online lectures?

- The lectures are attended between morning and evening. There are no online lectures.

### Housing at Princess Nourah University

- According to the student housing regulations at Princess Nourah bint Abdulrahman University

## Accompanying activities

- Cultural activities according to the attached guide.

## Contact center

009668241976

[Vea-des@pnu.edu.sa](mailto:Vea-des@pnu.edu.sa)



## The Second program



### Program Title

Welcome to Saudi Arabia - customs and traditions in Saudi Arabia



### Program provider

Princess Nourah bint Abdulrahman University



### Program term

Five days for one week



### Program dates

9 July – 13 July  
16 July – 20 July  
23 July – 27 July  
30 July – 3 August



### Language of program

English



### The location of the

Saudi Arabia

Riyadh

PNU

ELI

[English Language Institute](#)



## Program Contents (Program Description)

The **“Hello Saudi- Saudi Customs & Traditions”** course is specially designed for learners at A2-B1 level of the Common European Framework of Reference for Languages. (CEFR) In this course, you will explore the unique customs and traditions of Saudi Arabia, including appropriate greetings, dress codes, and social etiquette. You will also have the chance to immerse yourself in the delicious cuisines from different regions of Saudi Arabia. By the end of the course, you will be equipped with a wealth of knowledge and appreciation for this wonderful country. This one-week course includes traditions and culture in different regions of Saudi Arabia:

- Social Etiquette
- Saudi dress
- Saluting

## Why is this program chosen?

The Kingdom is a land full of rich and diverse culture due to the diversity of its regions. This culture is a mirror of the civilizations that flourished on its lands and a reflection of man's journey in discovering her distinctive national identity. Saudi culture is distinguished with a special character, with deep meanings in which originality blends with modernity, and the fragrant past and the magic of history emanate from it. Culture is an essential part of the ambitious national transformation that Saudi Arabia is embarking on. For these roots rooted in our lands, the students are introduced to Saudi culture through this.

## Program provider

- Qualified ELL instructors

## Program admission requirements

- The English language level is A2 and above in the placement test



## Certificate upon completion of the program

- Certificate approved by the English Language Institute, Princess Noura Bint Abdul Rahman University.

## The course fees

- 213,33 \$ USD.

## Housing in Princess Noura University

- According to the student housing regulations applicable in Princess Noura bint Abdul Rahman University.

## Accompanying activities

- Cultural activities according to the attached guidebook.

## Contact center

- 009668241976
- [Vea-des@pnu.edu.sa](mailto:Vea-des@pnu.edu.sa)

## The Third program



### Program Title

Arabic language courses for general purposes



### Program provider

Arabic Language Education Institute  
Princess Nourah bint Abdulrahman University.



### Program term

Six levels of education, graded according to the standards of the American Council for the Learning and Teaching of Languages (ACTFL). The learners are enrolled in the appropriate level after a placement test. The duration of each level is six weeks (54) hours, with nine hours per week.



### Program dates

The educational levels in the program are provided periodically every year in the following periods:

#### The first term:

14/01/2024 – 22/02/2024

#### The second term:

25/02/2024 – 04/04/2024

21/04/2024 – 30/05/2024



### Language of program

Arabic



### The location of the program

Kingdom of Saudi Arabia – Riyadh – Princess Nourah bint Abdulrahman University  
Arabic Language Teaching Institute

## Program Contents (Program Description)

The program aims to enable learners to communicate effectively in the Arabic language. It focuses on teaching the communicative skills of the Arabic language (reading, listening, speaking and writing), according to the international frameworks for teaching languages. The levels range from the lowest beginner level to the upper intermediate level as shown in the following:

1. **Level 1 (lower beginner):** (score from 0-10 on the placement test):

This level introduces the basic skills for the beginner learner, such as: introducing oneself, exchanging greetings, expressions of kindness and courtesy, and asking permission skills. At the end of this level, she will receive a certificate for passing the lower beginner level.

2. **The second level (intermediate beginner):** (score from 11-20 on the placement test):

The learner will be able to acquire the basics of communication with others in language situations that meet her communication needs in the Arab environment. At the end of this level, he will receive a certificate of passing the intermediate beginner level.

3. **The third level (upper beginner):** (score from 21-30 on the placement test):

The learner will be able to understand and participate in short language dialogue skills. She will also be trained to read and write short paragraphs about daily events, extend and accept invitations to others, and identify places and information contained in banners and advertisements. At the end of this level, she will receive a certificate of passing the upper beginner level.

4. **The fourth level (lower average):** (score from 31-40 on the placement test)

The learner will be able to start a coherent general dialogue, participate in talking about social topics, provide information on very familiar topics, such as hobbies and interests, and use some cultural phrases on occasion. By the end of this level, she will receive a certificate of passing the lower intermediate level.

5. **Level 5 (Intermediate Intermediate):** (score from 41-50 on the placement test)

The learner will be able to understand dialogues and intermediate-level topics, participate in real dialogues and engage in simple discussions, formal writing, and request service and assistance from others. At the end of this level, she will receive a certificate for passing the Intermediate level.

6. **Sixth Level (Upper Average):** (Score of 51 and above in the placement test)

The learner will be able to understand long dialogues and various topics in society, participate in real dialogues, engage in discussions, and express opinions. At the end of this level, she will receive a certificate of passing the upper intermediate level.

## The reasons for choosing this program

- This program offers Arabic language courses as a second language, which meets their needs to learn Arabic.
- Learners acquire the four language skills to facilitate the process of communication for Arabic speakers in the surrounding environment.
- Learners can communicate in Arabic through the latest modern educational methods.
- Provides multiple educational levels to teach the Arabic language that meets the needs of the target group of non-Arabs.
- Learners acquire the Arabic language within the context of Arab and Saudi culture.
- The program provides the opportunity for learners to immerse themselves in the language in the Saudi environment through the extra-curricular activities it provides and visits, systematic excursions to practice the language, such as visiting popular markets, restaurants, Saudi families and the most famous places in Saudi Arabia...

## Program provider

- Masters and Ph.D. holders specializing in teaching Arabic as a second language.

## Program admission requirements

- Attending 75% of the total number of course hours.
- Completing the documents required for registration (valid residence permit, filling in the registration form and application form, copy of the passport).

## Certificate upon completion of the program

- Upon completing each course, the trainee will be awarded a certificate of completion from the Institute and Princess Noura Bint Abdul Rahman University.

## The course fees

- 399.9 \$ USD for each educational level
- 40 \$ USD registration fees



## Housing in Princess Noura University

- According to the student housing regulations applicable in Princess Noura bint Abdul Rahman University.

## Accompanying activities

- Cultural activities according to the attached guidebook.

## Contact center

- 009668241976
- [Vea-des@pnu.edu.sa](mailto:Vea-des@pnu.edu.sa)



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# Cultural activities

at Princess Nourah bint Abdulrahman University

( less than one year )

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

The Kingdom of Saudi Arabia is the second largest Arab country in terms of area. It is the largest country in the Middle East. It is located specifically in the southwest of the continent of Asia. It forms the largest part of the Arabian Peninsula, with an area of two million square kilometers.

The Kingdom of Saudi Arabia is characterized by the diversity of its topography as a result of its large area that constitutes most of the lands of the Arabian Peninsula, and through the ages Saudi has passed through successive geological stages and great climatic changes. There are different terrains, such as mountain heights, valleys, sand dunes, plateaus and plains.

From this standpoint, Princess Nourah bint Abdulrahman University believes that the activities, visits and excursions, which are intended for systematic, cultural, touristic trips and visits, as well as linguistic activities that aim to support students' language skills, enhance communication, and create real communicative situations, In addition to integration with the local community, it is a key to introducing students to the culture of the Kingdom of Saudi Arabia, the way of life of its people, its geographical nature, history and civilization.

**At Princess Nourah bint Abdulrahman University, we designed a cultural plan of excursions and language activities to cover all academic weeks as follows:**

1. One activity inside the residence.
2. Two visits inside the city of Riyadh to a tourist or cultural place every week.
3. One visit outside the city of Riyadh every two weeks.

The cultural activities plan coincides with the academic schedule for courses at Princess Nourah bint Abdulrahman University.

#### **Stages of the activity plan:**

- Notifying the students of the trip or activity through a link to register

## Cultural activities inside the dormitory of Princess Nourah bint Abdulrahman University

Location	Field	Objective
1. Inspirational experiences in learning the Arabic language and accepting culture and coexistence in the Kingdom of Saudi Arabia	Linguistic – Cultural	The student gets acquainted with the successful experiences of others in learning the language to be an inspiration for the student. To familiarize the student with the methods of successful coexistence in the Kingdom of Saudi Arabia
2. Visiting Princess Nourah bint Abdulrahman University (a tour that includes the central library and the Institute for Teaching Arabic to Non-Native Speakers)	Cultural – Linguistic (Arabic language)	To introduce the student to one of the public libraries in Riyadh. The student should obtain books and references related to the subjects of her studies and projects.
3. Dialogue session entitled (popular jokes and anecdotes)	Linguistic (Arabic language)	The student enhances oral communication skills in Arabic.
4. Cultural evening (storytelling - proverbs - poetry)	Linguistic (Arabic language)	The student should acquire oral communication skills in the Arabic language. The student should participate in real dialogues and natural situations in the Arabic language.
5. Linguistic talent competition (Arabic calligraphy - diction - writing)	Linguistic (Arabic language)	That the student practice language skills. The student enhances her skills in the Arabic language
6. A dialogue session entitled "Dialogue of Cultures and Religions" presented by the King Abdullah bin Abdulaziz International Center for Dialogue between Followers of Religions and Cultures "KACID"	Linguistic (Arabic language)	To familiarize the student with the concept of dialogue between civilizations and religions. To acquaint the student with perceptions of the elements of a successful dialogue that is based on the common human cultural heritage.

Cultural activities in the city of Riyadh					
Place & location	Field	proposed time	Objective	Expected fees	Transport
1. Visiting a Saudi home	Social - Cultural	Dec. 23 Oct. 18 Nov. 29	To familiarize the student with the customs of the Saudi people in hospitality and reception. To familiarize the student with the expressions of greeting, welcoming and saying goodbye to guests.	Free	Bus
2. Masmak Palace Museum (34 km) <a href="https://maps.app.goo.gl/NLHrwAqQ3fyPfZBy8">https://maps.app.goo.gl/NLHrwAqQ3fyPfZBy8</a>	Historical	Sep. 16 Oct. 21 Dec. 2	The student will be familiar with the most important Saudi historical monuments that represent the foundation stage. For the student to recognize the most important vocabulary in the field of housing and clothing in the Arabic language	13.33 \$ USD	Bus
3. Al Majlis Al Khaleeji Restaurant - Najd Village Restaurant (14 kilos - 18 kilos) <a href="https://goo.gl/maps/QozwaUWpGzpfBNQiz">https://goo.gl/maps/QozwaUWpGzpfBNQiz</a> <a href="https://maps.app.goo.gl/YfQmwRcS8XgmQD3LA">https://maps.app.goo.gl/YfQmwRcS8XgmQD3LA</a>		Sept.20 Nov. 1 Dec. 6	To familiarize the student with the Saudi culture associated with eating habits To familiarize the student with Saudi popular foods and vocabulary related to food.	13.33 \$ USD	Bus
4. Deira Market - Al-Zal Market (35 km) <a href="https://maps.app.goo.gl/4YnU2FSQRTDaoSD27">https://maps.app.goo.gl/4YnU2FSQRTDaoSD27</a>	Social - Cultural	Spt. 27 Nov. 4 Dec. 13	For the student to get acquainted with the most important popular markets in the region, which still retain their historical splendor and ancient character. To introduce the student to the Saudi culture and heritage, it is the best place to buy souvenirs. The student should describe the traditional market in an appropriate language.	13.33 \$ USD	Bus

5- National Museum (33 Kilometers) <a href="https://oogk/WNYuyWasPo2Gspj9">https://oogk/WNYuyWasPo2Gspj9</a>	Historical – Cultural	Sept. 30 Nov. 8 Dec. 16	To familiarize the student with the history of the Arabian Peninsula throughout the historical ages.  The student should watch cinematic shows in Arabic in the galleries about serving the Two Holy Mosques.	13.33 \$ USD	Bus
6. King Abdullah Park in Riyadh <a href="https://maps.app.goo.gl/NpZv2QQD4UWybueN9">https://maps.app.goo.gl/NpZv2QQD4UWybueN9</a>	Recreation al tourist	Oct. 4 Nov. 11 Dec. 20	For the student to get acquainted with the public parks of Riyadh and one of the green projects in Riyadh.  The student should practice the language in a realistic environment and learn vocabulary in the Arabic language in the field of environment.	16 \$ USD	Bus
7. Zoo (16 km) <a href="https://maps.app.goo.gl/s4dSSbmETBc3shE99">https://maps.app.goo.gl/s4dSSbmETBc3shE99</a>	Recreation al tourist	Oct. 7 Nov. 15 Dec. 23	To introduce the student to one of the largest parks in Riyadh	16 \$ USD	Bus
8. Saqr Al-Jazira Aviation Museum, the development of the Saudi Air Force (16 km) <a href="https://maps.app.goo.gl/9PjU47q5gEX6s8M88">https://maps.app.goo.gl/9PjU47q5gEX6s8M88</a>	Historical	Oct. 11 Nov. 18 Jan. 3	To familiarize the student with the development of the equipment of the Royal Saudi Air Force since its inception during the era of the founder, King Abdul Aziz, to the present era.	13.33 \$ USD	Bus
9. Wadi Hanifa Dam (33 km) <a href="https://maps.app.goo.gl/pFDiuJHjRWDyDg4a6">https://maps.app.goo.gl/pFDiuJHjRWDyDg4a6</a>	Social Tourism Recreation al		For the student to get acquainted with the rocky nature in the city of Riyadh.  For the student to enjoy watching the largest water-gathering dam in the city of Riyadh.  For the student to practice the language in a realistic environment and get acquainted with the Arabic vocabulary in the field of nature.	18,67 \$ USD	Bus
10. King Salman Wild Park (34 km) <a href="https://maps.app.goo.gl/wmK4pstf8fm6xW7m8">https://maps.app.goo.gl/wmK4pstf8fm6xW7m8</a>	Tourism Recreation al		To introduce the student to the beauty of the nature of the desert environment in Riyadh and watch the desert botanical garden.  For the students to practice the Arabic language in a realistic environment  For the students to carry out a volunteer campaign.	16 \$ USD	Bus

11. Riyadh Boulevard (25 km) <a href="https://maps.app.goo.gl/1vSjTDuhZY3AXjrP9">https://maps.app.goo.gl/1vSjTDuhZY3AXjrP9</a>	Tourism Recreational	To introduce the student to the most beautiful entertainment destinations in the capital, Riyadh. For the students to practice the language in a realistic environment. The student expresses orally his opinion on the visit in Arabic.	18,67 \$ USD	Bus
12. The old city of Diriyah - Tarif neighborhood (27 km) <a href="https://maps.app.goo.gl/ag3c4WLNDgYkN61g6">https://maps.app.goo.gl/ag3c4WLNDgYkN61g6</a>	Historical Cultural	The student will be introduced to the ancient houses and the original home of the royal family in the ancient city of Diriyah, which is classified as a UNESCO World Heritage site To familiarize the student with vocabulary in the field of housing in the Arabic language.	18,67 \$ USD	Bus
13. Antiquities Museum, King Saud University (26 km) <a href="https://maps.app.goo.gl/DXishEJZfh5WwAni7">https://maps.app.goo.gl/DXishEJZfh5WwAni7</a>	Historical	For the student to watch live shows of the history of the Kingdom of Saudi Arabia To show the student artifacts from the results of excavations dating back to the early Islamic period, including inscriptions and ceramic utensils. In addition to ornaments, statues, murals, and rare coins. The student will be introduced to a group of ancient coins dating back to pre-Islamic times. The student writes a report in Arabic about the trip.	Free	Bus
14. The Line Gallery (32k) <a href="https://maps.app.goo.gl/FJTxmKza57TcBeEQ8">https://maps.app.goo.gl/FJTxmKza57TcBeEQ8</a>	Cultural	For the student to get acquainted with the renaissance that the Kingdom of Saudi Arabia is witnessing for the project "The Line", the largest project launched by Crown Prince Mohammed bin Salman in the city of NEOM	13.33 \$ USD	Bus
15. Simulation and Clinical Skills Development Center at Princess Nourah Bint Abdulrahman University (3 km) <a href="https://maps.app.goo.gl/EGQ16wkMWb ycU9Ga7">https://maps.app.goo.gl/EGQ16wkMWb ycU9Ga7</a>		To acquaint the student with the largest medical simulation centers in the world equipped with the latest medical equipment to provide courses in continuing professional education. For the students to practice the language in a real situation. The student describes the simulation center in Arabic	Free	Bus

Cultural activities and trips outside the city of Riyadh:					
Place & location	Field	Proposed time	Objective	Expected fees	Transport
Al-Ahsa - Al-Qarah Mountain	Tourism	Sep. 23 Oct. 28 Dec. 9	Learn about the most prominent natural tourist attractions of Al-Ahsa registered on the World Heritage List	133,33 \$ USD	SAR Train Riyadh - Hofuf
Qassim, Buraidah - Al-Aqilat Museum		Oct. 14 Nov. 25 Jan. 6	Learn about the "Al-Aqilat" heritage museum in the oldest neighborhoods in Buraidah, and near palm plantations. Watching the architectural character of the old heritage style of housing in the Kingdom.	133,33 \$ USD	SAPTCO
Additional suggested optional trips					
Al-Kharj Al-Safi Danone Company Ltd., the largest dairy farm	Cultural		Learn about the development of the food industry in the Kingdom of Saudi Arabia, which is the largest dairy farm that holds the Guinness World Record with more than 50,000 cows.		Bus
Al-Rajhi endowment farms	Tourism Recreational		Learn about the largest palm farms in the Kingdom. Learn about palm cultivation methods in Saudi Arabia.		Bus
Shaqra - villages Shaqra, Ushaiger	Tourism Cultural		Highlighting the country's heritage and originality		Bus



			<p>Learn about village life in Saudi Arabia.</p> <p>Identify the Islamic style in the architecture of homes and mosques.</p>		
Edge of the World, Makkah-Riyadh Road	Tourism		<p>Get acquainted with one of the most famous tourist places and see the rock formation that represents one of the terrains of Saudi Arabia with diverse nature.</p>		Bus
Al-Ula (optional) Madain Saleh	Tourism		<p>Visit the archaeological sites in Al-Ula.</p> <p>Get acquainted with one of the most prominent international tourist destinations and witness the stunning landscapes of the desert in the Kingdom.</p>		SAPTCO
Al-Majmaa - Al-Majmaa Dam Park, the historic Al-Askar Palace, Wadi Al-Mashqar.	Tourism Cultural Historical		<p>Get to know one of the tourist attractions in the Riyadh region.</p> <p>Watching the beautiful nature in a calm and relaxing atmosphere.</p> <p>Learn about the largest historical palace, built in the old Najdi style</p>		SAPTCO
Al-Khobar - King Abdulaziz Center for World Culture (Ithra) - Sultan Bin Abdulaziz Center for Science and Technology	Tourism Cultural Scientific		<p>Learn about the most important cultural center owned by Aramco in the Kingdom of Saudi Arabia and present the latest findings of the world in</p>		SAR train Riyadh Dammam

<p>(SciTech) - Al-Khobar Corniche</p>			<p>the fields of knowledge and thought.</p> <p>Get acquainted with the scientific center SciTech for Science and Technology of King Fahd University of Petroleum and Minerals, similar to the most modern scientific centers in the world, and expand the scientific and cultural horizon.</p>		
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