

EST 2014

OPEN HOURS

19:00 TO 22:00



ALA CARTE



Dial 806

M E N U

CENTARA CEYSANDS RESORT & SPA SRI LANKA



Just the sound of 'Sri Lanka' conjures up images of warmth, hospitality, culture and cuisine. The country is home to World Heritage sites and Buddhist temples; mangrove forests and tea plantations; unique wildlife and some of the world's best beaches. Centara Ceysands Resort & Spa, on a narrow peninsula between the Indian Ocean and Bentota River, is surrounded by gorgeous views. A golden beach and azure sea lie on one side; a river and verdant forests on the other.

Your memorable stay begins with a two-minute barge journey across the river to reach the resort staff's warm welcome in the lobby. From the moment you cross the lagoon you can start to imagine beach games, water sports and river adventures. The resort itself is also a perfect vacation destination for families, with a fitness and water sports centre, ocean-facing swimming pool, children's pool and Kid's Club. Despite its seclusion, all of this is less than two hours by road from Colombo.

LIVING

The resort has 165 rooms and suites in a variety of configurations ranging from 37 to 139 square meters offering glorious vistas from furnished balconies overlooking either the long beach or river and mangrove forest. Some of the rooms are set just a few steps from the pool, tempting you to go for an early morning swim. Rooms and suites are spacious and unfussy, with light décor and splashes of bright colour. The ample balconies or terraces encourage you to lounge outdoors and enjoy the view. Family residences feature a king-sized bed and bunk beds; many rooms come with two double beds, designed to be comfortable for families with young children.



CHILLING



Along with its direct access to beach and river attractions, the resort offers plenty of leisure activities. There is a swimming pool with Jacuzzis overlooking the beach. If you'd like to go snorkelling, boating or windsurfing in the safe waters of the lagoon, the resort has its own water sports centre. Families will appreciate the supervised Kids' Club, which has Camp Safari for the younger children and E-Zone for teens. SPA Cenvaree lets you pamper yourself with a choice of authentic Ayurvedic treatments, Thai massages, and blissful spa packages that use herbal infusions and Sri Lankan expertise to leave you with a healthful glow.

DINING

The delicious pleasures of Sri Lankan cuisine are on the menu at Café Bem, along with Asian and international dishes including the large, colourful buffet and its cooking stations, or the à la carte menu. Sri Lankan and international cuisines are offered at 360 Restaurant, where you can dine while enjoying the view over the river and out to the ocean. Suan Bua is a perfect setting to relax in a tranquil atmosphere while sampling an array of Thai dishes. The Ceylon Club is located in the lobby, serving light meals, cocktails, tea and coffee from morning to midnight. Inn Between, on the first floor, serves snacks and cocktails with live music, and is available for private functions. In-room dining is available around the clock.

MEETING & WEDDING

The resort is designed to work perfectly for small business and corporate events, enhanced by the latest audiovisual equipment. The dramatic pool garden setting is ideal for outdoor functions and team-building exercises. The resort's beautiful natural environment provides the perfect atmosphere for a special wedding. Centara's experienced staff will tailor-make all the arrangements for a memorable occasion.



DEAR GUESTS.

Here at Centara Ceysands Resort & Spa, we've presented a new Steak & Seafood À la carte concept menu with refined culinary selections and upscale service in a rustic, casual and relaxed environment.

Our goal is to source many of our ingredients from local farmers, ranchers and artisans. Our international wine list is chock-full of unique finds, priced just right.

Our goal at Centara Ceysands is to delight each and every Guest with an extraordinary dining experience.

We welcome you to enjoy the fruits of our passion.

*Thyaga Perera*

Thyaga Perera  
Food & Beverage Manager

*Christopher Adams*

Christopher Adams  
Executive Chef

CENTARA CEYSANDS RESORT & SPA  
Aluthgama, Sri Lanka

T: +94 (0) 34 2275073 • F: +94 (0) 34 2275395 • E: ccs@chr.co.th • centarahotelsresorts.com/ccs



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M E N U



360 DEGREE FEEDBACK: AN INTEGRATIVE FRAMEWORK FOR LEARNING AND ASSESSMENT

Feedback is widely acknowledged as the crux of a learning process. Multiplicities of research studies have been advanced to address the common cri de coeur of teachers and students for a constructive and effective feedback mechanism in the current higher educational settings. Nevertheless, existing pedagogical approaches in feedback are fragmented and ad hoc in nature. Taken in isolation, each approach fails to capture the full role and complexity of assessment feedback in the learning process. The paper provides a synthesis of existing practices in the field of assessment feedback and identifies the core guiding elements to develop a holistic and integrated feedback system. The 360 degree (360°) feedback system is proposed and its systematic implementation is demonstrated via the interplay between self-, peer and teacher assessment. It is concluded that the elements of 360° system when combined and integrated help to maximise the functions of feedback to enhance learning.

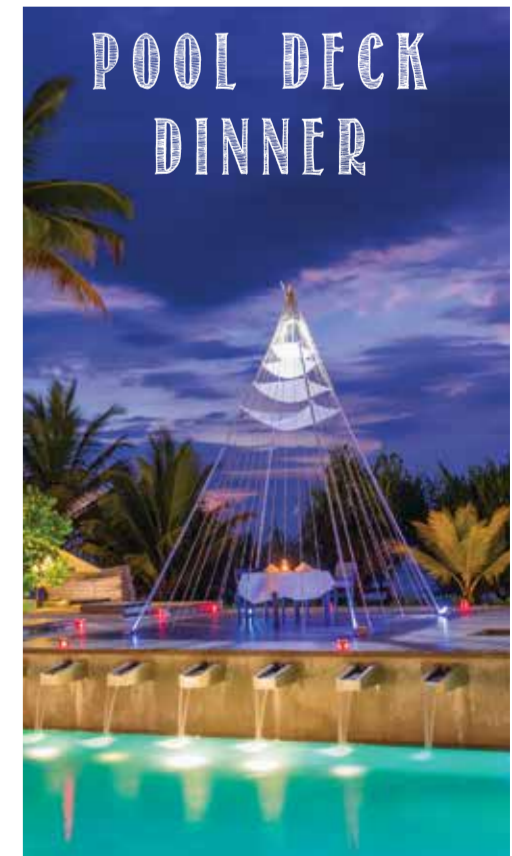
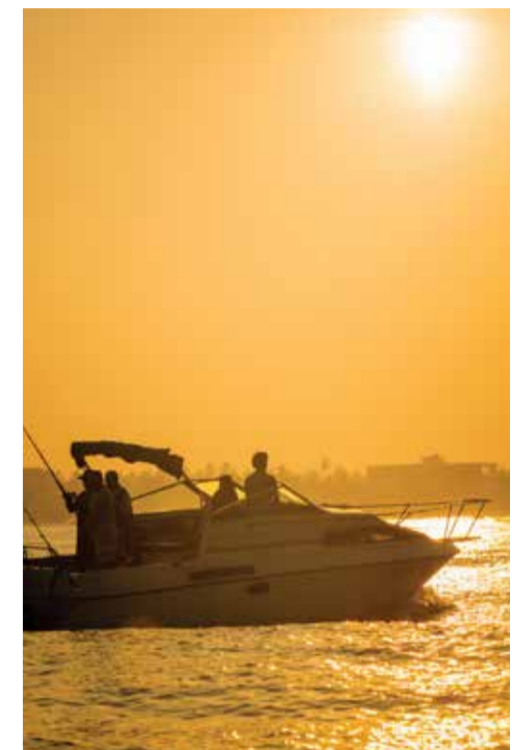
Ding Ding Tee & Pervaiz K. Ahmed



APPETIZERS

- SESAME CRUSTED SEARED YELLOW FIN TUNA 2750  
Seared Rare with Orange Caviar, Home-Made Cucumber Pickles in a Honey Lime Soy Glaze
- HOT BUTTERED CALAMARI 1800  
Sautéed with Bell Peppers, Onions, Spring Onions, Local Chillies & a Garlic Clarified Butter
- BARBEQUE GARLIC PRAWNS 2800  
With Fresh Local Mango & a Chili Salsa

CHAMPAGNE BREAKFAST



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MENU



SOUPS

- SEAFOOD CHOWDER 1650  
Salmon, Local White fish, Mussels, Prawns & a Seafood Cream
- CREAM OF FOREST MUSHROOM SOUP (V) 1300  
Served with a White truffle oil
- ROASTED TOMATO BISQUE (V) 1200  
Garnished with Pesto Crème Fraiche & Home-made Croutons

THE USE OF 360-DEGREE VIDEOS FOR IMMERSIVE BRAND STORYTELLING

Yang Feng  
This study compares a 360-degree narrative video ad with a standard narrative video ad in terms of transportation, ad usefulness, emotional responses, ad attitudes, and brand attitudes. Hypotheses are proposed based on the narrative transportation and the limited capacity model of motivated mediated message processing (LC4MP) theoretical frameworks and tested using an experimental method. Results demonstrate that the difference in ad effectiveness between a 360-degree narrative video and a standard narrative video becomes significant under the condition that the role of perceived ease of navigation is considered. In particular, a 360-degree narrative video ad outperforms a standard narrative video ad when viewers navigate smoothly, use visual and/or auditory cues to enhance the viewing experience, clearly know where the desired point of view originates, and have control of the viewing direction.



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MENU

DESSERT

- FROZEN HOME-MADE FRUIT & NUT CASSATA 1850  
Toasted Pistachios & a Strawberry Puree
- FRENCH VANILLA CRÈME BRULÉE 1500  
Baked Vanilla Custard with Strawberries & a Caramelized Crispy Sugar Crust
- CHOCOLATE LOVER'S TRIO OF CHOCOLATE MOUSSE 1950  
Layers of Sweet White, Dark & Milk Chocolate Mousse
- COFFEE ESSENCE & WHITE CHOCOLATE MOUSSE ROLL 1950  
Meringue Crust & a Chocolate Sauce
- SRI LANKAN COCONUT MOUSSE 1900  
Sweet Passion Fruit Compote & Home-Made Coconut Biscuits
- TROPICAL SEASONAL LOCAL FRUITS 1000
- SPECIALTY ICE CREAMS 750  
Vanilla Bean or Chocolate or Coconut



PONTOON DINNER

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M E N U

360° FOLIO NETWORKING: ENHANCING ADVISING INTERACTIONS AND EXPANDING MENTORING OPPORTUNITIES WITH EPORTFOLIOS

G. Alex Ambrose & Helen L. Chen

This article examines how students can use the ePortfolio tool and platform to facilitate and foster increased opportunities for interactions with formal academic advisors and informal mentors. The learning documented within an ePortfolio can be especially useful as a resource for advisors and mentors who are looking not only to connect with their students in meaningful and relevant ways, but who also seek to understand their advisees' backgrounds and interests in order to better guide and support them along their academic journey. Drawing on theories from advising, mentoring, social networking, and communities of practice, the 360° folio networking framework proposed explains the enhanced advising interactions and expanded mentoring opportunities that result when applied to ePortfolios. Examples from several institutions illustrating how ePortfolios have been integrated into advising and mentoring programs are explored.



PASTAS

- SPAGHETTI BOLOGNESE 1850
Ground Lean Beef, Tomatoes, Celery, Carrots, Oregano & Parmesan Shavings
MACARONI & THREE CHEESE GRATIN (V) 1750
(Mozzarella, Parmesan & Cheddar Cheeses)
SEAFOOD PENNE MARINARA 3200
Prawns, Cuttlefish, Mussels in a Tomato Broth with Fried Leeks & Basil



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M E N U

SALADS

- 360 CAESAR SALAD (P) 2250
Anchovies, Soft Poached Egg, Crispy Pancetta, Parmesan Shavings, Cracked Black Pepper, Croutons & a Caesar Dressing
GRILLED SHRIMP, WATERMELON & FETA CHEESE SALAD (V) 3050
Pomegranate, Baby Field Greens & a Pomegranate Vinaigrette
SMOKED SALMON CARPACCIO 2000
Orange Segments, Roasted Beetroot, Baby Greens, Parmesan Shavings, Red Onions, Capers, Lemon Vinaigrette & a Horseradish Cream

LEARNING EFFECTIVENESS OF 360° VIDEO: EXPERIENCES FROM A CONTROLLED EXPERIMENT IN HEALTHCARE EDUCATION

Frank Ulrich, Niels Henrik Helms, Uffe Poulsgaard Frandsen & Anne Vollen Rafn

Recent advances in virtual reality (VR) technologies provide new opportunities for e-learning by giving the students an increased sense of presence. One of the VR technologies recently introduced to the public is (360-degree) 360° video. Despite its limited empirical backing as an effective educational tool, this emerging technology could prove useful for e-learning and thus become a feasible IT-investment for education institutions. This paper reports on a controlled experiment with 360° video used in healthcare education. Eighty-one physiotherapy students participated in the experiment. Results show 360° video to be just as effective to enhance academic performance as regular video and traditional teaching. However, 360° video and regular video were less effective than traditional teaching in students' learning satisfaction. Only on the student's emotions about the learning climate did 360° video outperform regular video. Our results show that when comparing these educational technologies side-by-side with traditional teaching, traditional teaching is on most constructs equally or more effective. However, 360° video is a viable alternative to VR and regular video, because it is cost-effective and have a positive effect on the user's emotional response to the learning climate. These factors may influence how 360° video is accepted by students and educational institutions.



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PRIVATE BEACH DINNER



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**THE USE OF 360-DEGREE VIDEOS FOR IMMERSIVE BRAND STORYTELLING**

This research used a 360 degree assessment tool modelled from the competing values framework to assess the curriculum. A total of 100 Master's of Business Administration students and 746 of their work colleagues completed the 360 degree assessment tool. The students were enrolled in a course on leadership and management. The results of the assessment demonstrated similar patterns of strengths and development needs between the mean self-assessment of the students and those of their work colleagues, although work colleagues tended to assess the students slightly higher. The patterns revealed development needs in soft skills such as conflict management and mentoring, as well as in strategic management and project planning. Gender effects were evident with women needing particular development in competencies related to developing and communicating a vision, setting goals and objectives and designing and organising. The results provide evidence-based approach to assessing curriculum. As many programmes use a variety of assessment tools in their programmes, collecting data across cohorts can be a valuable evidence-based strategy to assess and evaluate curriculum content against real learner needs.



**STEAK & GRILL**

<b>BLACK ANGUS SIRLOIN (240G)</b>	<b>5950</b>
<b>Topped with Thinly Sliced Fried Onions, Stuffed Tomato, Sautéed Green Beans &amp; Garlic Mashed Potatoes</b>	
<b>BLACK ANGUS SCOTCH FILLET (240G)</b>	<b>6900</b>
<b>Cajun Honey Lime Compound Butter, Baby Greens, Glazed Peas &amp; Carrots &amp; Baked Potato</b>	
<b>BLACK ANGUS T-BONE (400G)</b>	<b>7800</b>
<b>Herb Crusted, Served with Whole Roasted Garlic, Sautéed Green Pea Pods &amp; Spicy Potato Wedges</b>	
<b>NEW ZEALAND RACK OF LAMB (180G)</b>	<b>6200</b>
<b>Nestled on a Bed of Mint &amp; Raisin Fried Rice, Zucchini &amp; Carrot Parisians</b>	
<b>GRILLED CHICKEN BREAST</b>	<b>2600</b>
<b>With Fondant Potato, Sautéed Bok Choy &amp; a Cognac Pepper Cream Sauce</b>	
<b>PORK TENDERLOIN (P)</b>	<b>2900</b>
<b>Tempura Onion Rings, Sweet Potatoes, Wilted Spinach &amp; a Red Wine Au Jus</b>	
<b>GRILLED BLACK ANGUS BEEF &amp; VEGETABLE SKEWERS</b>	<b>3850</b>
<b>With White Rice, Stir Fried Vegetables &amp; a Sweet Chili Peanut Sauce</b>	

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M E N U



**SEAFOOD**

<b>PAN SEARED ATLANTIC SALMON FILET</b>	<b>3750</b>
<b>Roasted Garlic Mashed Potatoes, Wilted Spinach &amp; a Berry Beurre Blanc</b>	
<b>GRILLED BARRAMUNDI</b>	<b>3950</b>
<b>Local Tomato &amp; Cucumber Panzanella Salad, Roasted Baby Potatoes &amp; a Honey Balsamic Reduction</b>	
<b>BARBEQUED TIGER PRAWNS</b>	<b>4250</b>
<b>Vegetable Fried Noodles, Asian Slaw &amp; a Mango Puree</b>	
<b>PAN SEARED YELLOW FIN TUNA STEAK</b>	<b>3800</b>
<b>Steamed White Rice &amp; Stir Fried Vegetables with a Honey Lime Soy Glaze</b>	
<b>LOBSTER THERMIDOR</b>	<b>7500</b>
<b>Topped with a Savory Cheese Fondue, Roasted Garlic Baby Potatoes &amp; Seasonal Root Vegetables</b>	
<b>360 SEAFOOD PLATTER (FOR 2 PEOPLE)</b>	<b>10500</b>
<b>Tempting Grilled Lobster, Jack Fish, Crab, Sear Fish, Tiger Prawns &amp; Cuttlefish Served with Wok Fried Vegetables, Rice, Lemon Butter &amp; Garlic Sauce</b>	
<b>SRI LANKAN STYLE PRAWN YELLOW CURRY</b>	<b>3450</b>
<b>Served With Steamed Rice, Shrimp Chips &amp; Condiments</b>	
<b>LOCAL SRI LANKAN LAGOON CRAB RED CURRY</b>	<b>3650</b>
<b>Served With Steamed Rice, Fresh Coriander &amp; Condiments</b>	

**360 VIDEO: A PROTOTYPING PROCESS FOR DEVELOPING VIRTUAL REALITY INTERVENTIONS**

Vangelis Metsis, Grayson Lawrence, Mark Trahan, Kenneth S. Smith, Dan Tamir & Katherine Selber

Virtual reality (VR) has emerged as a promising technological intervention for anxiety disorders. However, there are no existing standards and best practices to evaluate the effectiveness of environments to achieve their intervention goals. The purpose of this study was to develop a VR intervention for student veterans with social anxiety disorder and test feasibility utilizing a three-stage development model. The development of a therapeutic VR environment may benefit from an interdisciplinary collaboration of researchers from various fields of study. Utilizing three stages of prototyping with two virtual reality platforms, fully immersive video (n = 6) and three-dimensional (3-D) immersive virtual reality (n = 8), the research team designed an intervention for student veterans with social anxiety disorder, testing bio-reactivity of participants. Results of prototyping include user feedback validating increased stress levels and increased bio-reactivity specifically in galvanic skin response and heart rate elevation. Implications include the use of 360° video for prototyping 3-D virtual reality interventions.

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