



Thailand: Hill Tribes, Heart and Hope

DAY 1 (Sunday)

Pick up volunteer from airport to Program location (1.30 hour drive)

Mid Afternoon Check in, rest

Late afternoon Orientation, tour

Evening Dinner and welcome by Lahu culture dance. (Camp fire/ live music)

DAY2 (Monday)

7.30-8.30 – Breakfast

8.30-10.00 – Work project

10.00-10.30 – Break

10.30-12.00 – Briefing over all about Thai and Hill tribe people's culture, society and environment issues.

Explain details of day by day activities for volunteers + Visiting Hill-tribe children home

12.00-13.30 – Lunch

13.30-16.30 – work project

16.30-18.00- Optional No.3,4 and/or Continue activities

19.00-20.00- Dinner

DAY6(Tuesday)

7.30-8.30- Breakfast

8.30-10.30- Optional No.6 go to the temple. Note: Need to start since early morning.

10.30-12.30 – Work Project

12.30-13.30- Lunch

13.30-15.30- Work Project

15.30-18.00- Optional No.3 and/or Continue activities

19.00-20.00- Dinner

DAY4 (Wednesday)

7.30-8.30-Breakfast

8.30-12.30-Optional No.5 Practicing in real paddy field and No.4 water fall and hot spring

12.30-13.30 – Lunch

13.30-16.30- Work project

16.30-18.00- Optional: No.3 and /or Continue activities

19.00-20.00- Dinner

DAY5 (Thursday)

7.30-8.30 – Breakfast

8.30-12.30 – Work Project

12.30-13.30- Lunch

13.30-17.30- Optional No.2 Cooking class and feed the students /or Continue activities.

18.00-20.00- Dinner

DAY 6 (Friday)

7.30-8.30 – Breakfast

8.30-12.00 – Optional No.1 visit to elephant and rafting and/or continue activities.

13.30-14.30- Finishing work

14.30-18.0 – Optional No.3,4

19.00-20.00 – Dinner

20.00-22.00- Farewell party with big camp fire. (Dancing and Karaoke)

DAY 7 (Saturday) Back to Chiang Mai

7.30-8.30 – Breakfast

8.30- 9.30 – Leave to return: 2 stops, Chiang Mai city center and Chiang Mai airport

OPTIONAL ACTIVITIES

1. Visiting elephant conservation center
2. Cooking class
 - Optional 6.30-7.30 buying stuffs at Chiang Dao fresh market for cooking lessons
 - Practicing 3 signature Thai food: 1. Green curry, 2.Pad-Thai, 3.Keang Hangle OR cooking 2 signature hill-tribe food: Sahjoy and Pumpkin chicken with lemon glass
3. Massage, laundry, hot spring nearby one. Massage and laundry are at additional cost
4. Hot spring + Water fall
5. Visiting paddy field and practice
 - ***Note: we have all year-round activities upon the time periods that volunteer come.
 - May-June: Preparation period of nursing the seed and planting rice
 - July-October: Weeding and water control periods
 - November-December: Harvesting and thrashing rice and carry to the sacks
- back
6. Visiting temples
 - Optional 6.30-7.30 go buy the food at market and offering food to the monk
 - Meditation and listening to sermon of Buddha
 - Volunteer to work around temple campus such as cleaning
7. Play sports with hill-tribe kids (need to be during 5 pm – 7 pm on week day)
8. Visit hill-tribe village and attend their important ceremony (depending on a season)
9. Visit the Pabong school and feed the lunch (one of poor school that we are working with total students about 88, about 20 minute drive)