

From central Thailand to the north, and from the east to the south. This unique road trip will show the highlights of the 'land of smiles'. Immerse yourself in the local Thai communities, as well as hill tribes, in this unique experience of authentic Thailand! While covering many miles by bus, minivan, train and boat, you will get the chance to witness what real Thailand is all about.

Culture
Learning
Leisure
Community Engagement
Physical Demand

## **Program Description**

Along the way of this incredible 4-week road trip, you will teach at schools, immerse yourself in hill tribe communities in the north, experience Buddhist teachings with monks, trek through beautiful lush mountains and natural parks, climb through caves, stand under waterfalls, work in a home for the children, canoe on a river, also a boat cruise down Bangkok's Chao Phraya mix in with the hustle bustle of the city street, visiting the famous Khaosan Road and much more!

We will bring you to the Northern mountains, the agricultural region of Isaan, the pristine beach communities at the Southern sea and many other places that will show you the best Thailand has to offer. There has never been a program that brings you so close to the truly authentic Thailand than this four week road trip.

You can join the program any week. The four different parts of this road trip are always running in the listed sequence, repeating every four weeks. So, depending on when you join, you would just start and end in a different place. This has no impact on your program. There is no recommended week to start with. No matter where you finish your program you will be taken to Bangkok and end your program there.

Mostly Thai style dishes will be served during the trip. This means that the meals will consist of mostly rice and noodles. There will usually be some vegetables and some meat in these dishes, but vegetarian options can be arranged as well. We do not offer Western style meals, but you can feel free to supplement the menu at your own cost to include any of your favorite dishes.

#### **Train Tracks Northern Thailand**

This program is designed to give you a full insight into the culture and local customs of the northern Thai people. Through traveling and helping in local projects, you will get to fully experience this gorgeous part of Thailand. During the expedition, you will learn about Thai Buddhism from monks at an authentic monastery, visit the "big giants" at an Elephant Conservation Center, explore Chiang Mai, teach at a local school and much more!

#### **Dates 2019**

| Jan 14th  | Feb 11th | Mar 11th | Apr 8th  | May 6th  | June 3rd | July 1st |
|-----------|----------|----------|----------|----------|----------|----------|
| July 29th | Aug 26th | Sep 23rd | Oct 21st | Nov 18th | Dec 16th |          |

#### **Dates 2020**

| Jan 13th  | Feb 10th | Mar 9th  | Apr 6th  | May 4th  | June 1st | Jun 29th |
|-----------|----------|----------|----------|----------|----------|----------|
| July 27th | Aug 24th | Sep 21st | Oct 19th | Nov 16th | Dec 14th |          |

## **Trekking to Hill Tribes**

Go on a trekking expedition to the famous hill tribes of Northern Thailand. During this visit you will be warmly welcomed by various hill tribes into their villages and livelihoods. Experience and witness the authentic way of living that these hill tribes have practiced for hundreds of years. This unique cultural encounter together with the beautiful and lush green covered mountain areas of Northern Thailand will make this an unforgettable experience!

#### **Dates 2019**

| Jan 21st | Feb 18th | Mar 16th | Apr 15th | May 13th | June 10th | July 8th |
|----------|----------|----------|----------|----------|-----------|----------|
| Aug 5th  | Sep 2nd  | Sep 30th | Oct 28th | Nov 25th | Dec 23rd  |          |

#### **Dates 2020**

| Jan 20th | Feb 17th | Mar 16th | Apr 13th | May 11th | June 8th | July 6th |
|----------|----------|----------|----------|----------|----------|----------|
| Aug 3rd  | Aug 31st | Sep 28th | Oct 26th | Nov 23rd | Dec 21st |          |

## Nomad Through Isaan

Explore Thailand's forgotten region in the Northeast; Isaan. Travel by bus through this stunning area located on the Khorat Plateau and experience the true Thai culture and folklife far away from the tourist tracks. In this agricultural region you will pass through Loei and Khon Kaen provinces during this 6-day trip and witness the 'real' Thai lifestyle.

#### **Dates 2019**

| Jan 28th | Feb 245th | Mar 23rd | Apr 22nd | May 20th | June 17th | July 15th |
|----------|-----------|----------|----------|----------|-----------|-----------|
| Aug 12th | Sep 9th   | Oct 7th  | Nov 4th  | Dec 2nd  | Dec 30th  |           |

#### **Dates 2020**

| Jan 27th | Feb 24th | Mar 23rd | Apr 20th | May 18th | June 15th | July 13th |
|----------|----------|----------|----------|----------|-----------|-----------|
| Aug 10th | Sep 7th  | Oct 5th  | Nov 2nd  | Nov 30th | Dec 28th  |           |

#### **Trunk to the South**

Come and explore the beautiful South of Thailand! Whilst travelling through the provinces of Prachuap Khiri Khan, Chumphon and Surat Thani by bus, you will witness and experience the thorough beauty of the Southern Thai culture, people and natural beauty. These locations include Angthong National Park and Thailand's finest island: Koh Samui! While helping out at the beach and snorkeling in the clear blue sea, you will be warmly greeted by the very friendly and ever smiling people of the South.

#### **Dates 2019**

| Jan 7th   | Feb 4th  | Mar 4th  | Apr 1st  | Apr 29th | May 27th | Jun 24th |
|-----------|----------|----------|----------|----------|----------|----------|
| July 22nd | Aug 19th | Sep 16th | Oct 14th | Nov 11th | Dec 9th  |          |

## During 2020

| Jan 6th   | Feb 3rd  | Mar 2nd  | Mar 30th | Apr 27th | May 25th | Jun 22nd |
|-----------|----------|----------|----------|----------|----------|----------|
| July 20th | Aug 17th | Sep 14th | Oct 12th | Nov 9th  | Dec 7th  |          |

## **Program Duration & Availability**

Min duration (weeks): 4

Max duration (weeks): 4

## **Aims & Objectives**

The aim of this program is to bring you closer to the authentic Thailand. Through different projects and activities, you will get to truly immerse yourself in the Thai culture, customs and lifestyle.

## **Schedule**

# Week 1: Train Track Northern Thailand Monday

- Breakfast at the Singburi center
- Transfer to Lopburi bus station
- Lunch in Chum Saeng
- Introduction at the homestay
- Dinner
- Small Thai welcome BBQ in the evening
- Overnight stay at the homestay (fan, cold water & no Wi-Fi)

- Breakfast at the homestay
- Thai traditional farming/agriculture activity
- Lunch at the homestay
- Train from Chum Saeng to Uttaradit (4 hour ride, no air-con)
- Check in at the hotel in Uttaradit
- Visit to Hero Monument
- Dinner at a local Thai restaurant
- Overnight stay at the hotel in Uttaradit (hot water, aircon & Wi-Fi)

- Breakfast at the school
- Teaching at Tungkalo school
- Lunch at a local Thai restaurant
- An educational visit to Tungyang Temple to learn about Buddhism by the Monks and assist the Monks with cleaning of the temple premises
- A visit to the local shopping center
- Dinner at the shopping center
- Overnight stay at the hotel in Uttaradit (hot water, aircon & Wi-Fi)

#### **Thursday**

- Breakfast at the hotel
- Train from Uttaradit to Lampang, with very nice mountain landscapes en route (3 hours, no air-con).
- Check in at the hotel in Lampang
- Have lunch at local Thai restaurant
- A visit to an old Burmese Temple, where you will learn about Buddhism by the Monks and assist the Monks with cleaning of the temple premises
- A visit to the local market
- Dinner at the local market
- Overnight stay at the hotel in Lampang (hot water, aircon & Wi-Fi)

#### **Friday**

- Breakfast across the hotel in a local Thai restaurant
- A visit to the Elephant Conservation Center in Lampang to about elephant care
- Lunch at a local market where you can buy souvenirs
- After lunch take the train to Chiang Mai
- Dinner at a local Thai restaurant in Chiang Mai
- Train from Lampang to Chiang Mai (2 hours and 15 minutes, with no air-con)
- Visit a famous Chiang Mai Night Bazaar
- Overnight stay at the hotel in Chiang Mai (hot water, air-con & Wi-Fi)

#### **Saturday**

- Breakfast at a local restaurant in Chiang Mai
- An educational and cultural excursion to Doi Pui villages, Hill tribe people
- A visit to Doi Suthep Mountain and Wat Phrathat temple
- Lunch at a local restaurant in Chiang Mai
- During the afternoon: free time in Chiang Mai
- Dinner in Chiang Mai
- Free time during the evening
- Overnight stay at the same hotel in Chiang Mai (hot water, air-con & Wi-Fi)

#### Sunday

- Breakfast in the hotel
- After breakfast take bus to Chiang Rai
- Check-in hotel in Chiang Rai for overnight stay (hot water, air-con & Wi-Fi)
- Free day (no lunch will be served)
- Dinner at a local restaurant Chiang Rai
- Free time during the evening

## Week 2: Trekking to Hill Tribes

## **Monday**

- Breakfast at a local restaurant in Chiang Rai
- Cycle to Boon Rowd farm
- Visit White Temple
- Lunch at a local restaurant.
- Visit a 70m tall beautiful waterfall and swim (depends on weather)
- Overnight stay at a village nearby (no wifi at this village)

- Breakfast at the homestay
- Visit a Ban Mai Pattana Village
- Lunch at Akha Village
- Trekking to Doi Chaang, the coffee mountain and a chance to see the sunset.
- Dinner
- Overnight stay at Doi Chaang hill tribe village (WiFi)

- Trek through the the coffee farm to visit the waterfall
- Lunch
- Learn how to cook some rice with bamboo shoots.
- Camping in the forest (depends on season, if it rains we will stay at Doi Chaang village)

#### **Thursday**

- Breakfast at the Akha hill tribe village
- Trekking through the hills trekking to visit viewpoint at Doi Chaang; coffee mountain 2 -3 hours
- Lunch
- Visit Bann San chaloen Akha homestay
- Dinner

#### **Friday**

- Breakfast
- Visit coffee house and learn how to make your own coffee, coffee roasted and grounded.
- Visit Mae Suay dam, you will be canoeing and will have the chance to swim
- Lunch
- Go to visit a local market for cooking and interact with the hill tribe people.
- Participate in a goodbye ceremony from the hill tribe.
- Dinner
- Engage in cultural exchange activities such as dancing and singing.
- Overnight stay at the homestay in Sang Charung hill tribe village (cold water, fan & no Wi-fi)

#### **Saturday**

- Breakfast
- Trekking to hot springs, relax in a natural hot spa.
- Lunch
- Back to Chaing Rai City and visit a nearby mall for shopping and supplies
- Take an Overnight bus to Loei

#### Sunday

- Arrive in the morning at Loei
- Check in at the hotel in Loei
- Breakfast at a local Thai restaurant in Loei
- Free day (no lunch will be served)
- Dinner at a local restaurant in Loei
- Overnight stay at the hotel in Loei (hot water, air-con & Wi-fi).

## Week 3: Nomad Through Isaan

#### **Monday**

- Breakfast at the hotel in Loei
- Teaching to the monks or children at the temple school
- Excursion at Srisuthawat monastery, where you will get educated about Buddhism by the coordinator and can assist the Monks with cleaning the temple's premises.
- Lunch
- Excursion to Phu Pha Lom forest park to learn about Thai forestry and forest reserves.
- Dinner at a local restaurant
- Overnight stay at the hotel in Loei (hot water, air-con & Wi-fi)

- Breakfast at a local Thai restaurant
- Bus from Loei to Khon Kaen (3 to 4 hours, with air-con)
- Check in the hotel in Khon Kaen
- Lunch at a local restaurant in Khon Kaen
- Enjoy an authentic and relaxing Thai massage at a massage salon
- Dinner at a local Night Market in Khon Kaen
- Explore the Night Market by yourself
- Overnight stay at the hotel in Khon Kaen (hot water, air-con & Wi-fi)

- Breakfast at a local Thai restaurant
- Working at a disabled children's home (play educative games with the children + teaching English)
- Lunch at a local thai restaurant in Khon Kaen
- Excursion to Khon Kaen national museum to experience and learn more about Thai history and culture
- Visit to the biggest department store in the city
- Dinner at the department store
- Overnight stay at the hotel in Khon Kaen (hot water, air-con & Wi-fi)

#### **Thursday**

- Breakfast in Khon Kaen
- Visit the great lake (Bung Kaen Na Khorn) and the most beautiful temple/church close to the lake. The temple has multiple levels that you will be able to climb up.
- Lunch
- A visit to the city shrine, the spiritual house which will provide a lot of information about the local region/province
- Bus from Khon Kaen to Bangkok (6 hours)
- Check in to the hotel in Bangkok
- Dinner at a local restaurant
- Overnight stay in Bangkok Hotel

#### **Friday**

- Breakfast at a local Thai restaurant
- Ferry down the river Chao Phraya River visiting two temple on the way. Wat Pho & Wat Arun
- Lunch at a local restaurant
- Dinner at a local restaurant
- Evening walk down the famous Khaosan Road
- Overnight stay in Bangkok Hotel

#### **Saturday**

- Check out hotel
- Visit Chatuchak weekend market
- Transfer with public transport to our center Hua Hin
- Arrive during the evening in Hua Hin
- Dinner at the center
- Free time
- Dinner and overnight stay in Hua Hin (hot water, fan & Wi-Fi)

#### Sunday

- Breakfast at Hua Hin center
- Free day (no lunch will be served)
- Dinner at Hua Hin center
- Overnight stay in Hua Hin center (hot water, fan & Wi-Fi)

## Week 4: Trunk to the South

## Monday

- Breakfast at the Hua Hin center
- Visit to a famous Bhuddist temple nearby
- Lunch
- Take a scenic train from Hua Hin to Bang Saphan Yai
- Dinner
- Overnight stay at hotel in Bang Saphan Yai

- Breakfast
- Sightseeing and snorkeling on a three hour boat trip
- Lunch on the boat
- Back to the hotel
- Free time at the beach
- Dinner
- Free time
- Overnight train journey to Surat Thani

- Breakfast in Surat Thani
- Minivan to pier
- Boat to Koh Samui (2 hours)
- Check in to hotel at Choeng Mon Beach
- Lunch at the hotel
- Explore the local area near the Hotel/Beach.
- Dinner at the guesthouse
- Night market
- Overnight stay at the hotel/guesthouse (hot water, air-con & Wi-fi)

#### **Thursday**

- Travel to Angthong National Park by boat
- Breakfast on the boat
- Snorkeling and hiking, visiting the park and two islands
- Lunch on the boat
- Continue with the above program
- Boat transfer from Angthong National Park to Koh Samui (2 hours)
- Back to the hotel/guesthouse in Koh Samui
- Dinner at a local restaurant in Koh Samui
- Overnight stay at the hotel/guesthouse (hot water, air-con & Wi-fi)

#### **Friday**

- Breakfast at the guesthouse
- Visit Wat Phra Yai
- Visit Grandmother and Grandfather stones at Koh Samui
- A visit to a beautiful waterfall where swimming is possible
- Lunch back at the hotel
- Dinner at Thai restaurant
- Overnight stay at the hotel/guesthouse (hot water, air-con & Wi-fi)

#### Saturday

- Breakfast at the hotel in Koh Samui
- Free time on the beach
- Lunch at a local restaurant
- Check out from the hotel and head to the bus station
- Overnight bus/boat from Koh Samui to Bangkok

#### Sunday

 Arrive at Mo chit bus station in Bangkok early in the morning. Transfer to Singburi for further programs

This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.

## **Starting Dates**

## During 2019

This program starts every week.

#### During 2020

This program starts every week.

## **Participant Criteria & Requirements**

Minimum age:

Maximum age:

Minimum English level: Basic
CRB required: On Signup

Passport copy required: No Resume copy required: No

Required qualification: None

## **Additional Requirements**

Due to the length and active nature of this program, a decent level of fitness is required.

## **Additional Equipment**

- Shoes suitable for hiking
- Some warm clothes for when you are in the northern, cooler parts of Thailand