



Hua Hin Thai Buddhism



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📍 Thailand - Hua Hin

Be part of a program where you will be providing alms to the Monks in the morning and participate in uplifting meditation & chanting in the evening.

Based in the seaside town of Hua Hin, our Thai Buddhism program offers the opportunity to immerse yourself in Thai culture through a variety of different cultural and religious activities ranging from helping monks with their daily chores to mediation practices.

Culture



Learning



Leisure



Community Engagement



Physical Demand



Program Description

You will go to Wat Khao Tao Temple and stay overnight there for a couple of days. The monk who will be teaching you has plenty of experience in sharing Buddhism knowledge in English before. Your assigned coordinator will always be there to help out with the language barrier and other things.

This program is designed for beginners but also welcomes more experienced individuals as well. The daily routine in the temple starts quite early, typically around 05:00 with morning chanting and short meditation, and after that, monks would start to go on Pindabat (receiving alms), then come back to the temple for breakfast at around 08:00.

After breakfast, participants will have some free time to take a shower and rest a bit before learning about the introduction to Buddhism and Thai meditation, and then followed by meditation practices. They will get to learn how to make up mindfulness with breathing and try out different postures for meditation practices such as: sitting, walking, lying down, to see which posture will be most suitable for them. Lunch will start at 11:00 (Buddhist monks eat only 1-2 meals/day and will not eat after midday, but participants can choose if they would like to have dinner or not. In the afternoon, you will continue with meditation practice for 1-2 hours and then have some free time to practice more by yourself or help with chores in the temple. At around 18:00 or 19:00, monks will do an evening chanting and meditation and after practice, you will have a chance to discuss and ask questions about Buddhism with the monk. Please note that the stay at the monastery will be very simple, you will be given only a mattress, a pillow and a blanket.

Program Duration & Availability

Min duration (weeks): 1

Max duration (weeks): 1

Aims & Objectives

- Help you familiarise yourself with the local surroundings
- Provide a full induction, preparing you for a longer stay!
- Broaden your knowledge of the Thai Buddhism, history and culture

Schedule

Sunday

- If this is your first week, you will be transferred directly from Bangkok to Hua Hin upon arrival. Depending on your previous week's program, you will be transferred to Hua Hin after brunch
- Dinner at Hua Hin center

Monday

- Introduction about Buddhism; Learn about meditation and Buddhism ethics (how to pray and kneel, how to act around monks, etc)
- Thai Language Lesson: Buddhism
- Excursion to Wat Huay Mongkol Temple; pay respect to one of the most sacred monk statue in Hua Hin and get a short introduction to Buddhist rituals
- Visit local market; opportunity to buy white clothing for the monastery.

Tuesday

- Early morning giving alms to the Monks
- Temple Cleaning - Nicothaaraun Temple
- Lub Lae Cave
- Watch a documentary about Buddha & Buddhism

Wednesday

- Early depart to Wat Khao Tao
- Talk about Buddhism
- Meditation Instruction and Practice: Sitting/walking/Lying Meditation
- Continue with Meditation Practice
- Free time or, depending on the needs at the monastery, we may be asked by the monks to help with chores
- Overnight stay at a Monastery

Thursday

- Morning Chanting
- Breakfast + short time to rest and shower
- Talk about Buddhism
- Meditation Instruction and Practice: Sitting/walking/Lying Meditation
- Continue with Meditation Practice
- Free time or, depending on the needs at the monastery, we may be asked by the monks to help with chores
- Overnight stay at a Monastery

Friday

- Morning Chanting
- Breakfast + short time to rest and shower
- Talk about Buddhism
- Meditation Instruction and Practice: Sitting/walking/Lying Meditation
- Continue with Practice
- Free time or, depending on the needs at the monastery, we may be asked by the monks to help with chores
- Depart to Hua Hin TGL Center

Saturday

- Breakfast
- If this is your last week, you will be transferred to Hua Hin bus station after breakfast. If you have further programs north of Hua Hin you will be transferred to that program via Singburi. If programs are in Hua Hin or the South you will stay at the accommodation until that starting time.

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:	On Signup
Resume copy required:	On Signup
Required qualification:	None

Additional Requirements

There are no further requirements for this program.

Additional Equipment

There are no further requirements for this program.