



# Thai Buddhism



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📍 Thailand - Wang Nam Khiao and Buddhist Monastery

Experience Thai Buddhism guided by local monks. You will sleep in an authentic monastery, practice meditation and learn Buddhism in its purest form.

During this week, you will get the opportunity to live and breathe Thai Buddhism firsthand. You will learn to meditate and chant in quiet and spiritual surrounding guided by monks. Moreover, you will get to overnight in a monastery and get to know how the day-to-day of living in one is all about.

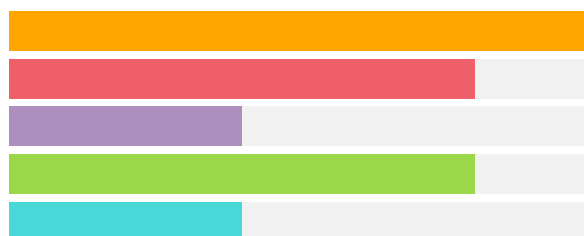
Culture

Learning

Leisure

Community Engagement

Physical Demand



## Program Description

Buddhism began in Northern India around the year 500 BCE. The Buddhist tradition gets its name from a man known by his followers as "the Buddha", or "the awakened one". Our program will show you the teaching of Buddhism in Thailand by means of practicing it instead of seeing or reading about it. Guided by local monks, you will learn techniques for meditation and chanting.

During this program you will have the unique chance to stay overnight in a Thai Buddhist monastery.

**Any room upgrades booked for this program only apply to your stay in our center, not to the nights in the monastery.**

## Program Duration & Availability

**Min duration (weeks):** 1

## Aims & Objectives

The aim of this program is to give you an authentic insight into Thai Buddhism. You will learn about the history, customs and practices of this philosophy and get the chance to put them into practice yourself!

# Schedule

## Monday

### Wang Nam Khiao

- Breakfast
- Depart from Singburi to Wang Nam Khiao
- Lunch
- Stop at a set of waterfalls en route to Wang Nam Khiao
- Arrive at the resort in Wang Nam Khiao in the afternoon
- Walk around the village
- Dinner
- Meditation and Buddhism ethics (how to pray and kneel, how to act around monks, etc)

## Tuesday

### Wang Nam Khiao

- Early morning giving alms to the Monks
- Introduction to the monastery
- Breakfast
- Q&A with a monk at Pha Rattanawan temple
- Lunch
- Watch a documentary about Buddha & Buddhism
- Explore a big local market, opportunity to buy black/white clothing for the monastery.
- Dinner
- Karaoke at the resort

## Wednesday

### Buddhist Monastery

- Depart for stay at Suptawee Monastery
- Early morning giving alms to the Monks
- Breakfast at the temple with monks and the community
- Free time or, depending on the needs at the monastery, we may be asked by the monks to help with chores
- Meditation & chanting

## Thursday

### Buddhist Monastery

- Early morning meditation & chanting session (3:30 am)
- Short time for rest (meditation, shower, etc)
- Give alms to the monks
- Praying
- Breakfast at the temple with monks and the community
- Free time or, depending on the needs at the monastery, we may be asked by the monks to help with chores
- Meditation & chanting

## Friday

### Wang Nam Khiao

- Early morning meditation & chanting session (3:30 am)
- Short time for rest (meditation, shower, etc)
- Give alms to the monks
- Breakfast at the temple with monks and the community
- A visit to the old temple Ban Rai 2
- Lunch
- Explore a mushroom farm
- Head to Pa Keep Tawan viewpoint
- BBQ Dinner

## Saturday

### Wang Nam Khiao

- Breakfast at the resort
- Transfer back to Singburi for further programs or taken to the Wang Nam Khiao bus station if this is the end of your program.

**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

<b>Minimum age:</b>	-
<b>Maximum age:</b>	-
<b>Minimum English level:</b>	Basic
<b>CRB required:</b>	On Signup
<b>Passport copy required:</b>	No
<b>Resume copy required:</b>	No
<b>Required qualification:</b>	None

### Additional Requirements

Please note the following points:

- Women are not allowed to stay close to monks or touch the monks, so please be cautious.
- Do not point your feet to the monks or the Buddha as this is considered disrespectful
- Men and women cannot sleep together during temple stay and passionate contact is not tolerated
- Please be calm/quiet during and following meditation and chanting
- Monks only eat one meal per day (breakfast). This means we probably won't have lunch and dinner on Wednesday and Thursday (when we will sleep in the temple's grounds)

## **Additional Equipment**

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- Please bring enough white clothes that are not tight fitting or see-through. This can also be purchased at the local market