Thailand Global Service-Winter

Itinerary:

Day 1: Friday, Dec 30 – Arrive in Chiang Mai
   (Dinner is provided)

   *Overnight: Chiang Mai Guest House*

   The group will arrive in Chiang Mai International Airport, where we will travel to our accommodation in central Chiang Mai and enjoy a welcome dinner together.

Day 2: Saturday, Dec 31 – Orientation
   (Breakfast is provided)

   *Overnight: Chiang Mai Guest House*

   Today we will have an orientation to Thailand, our program, and traditional Thai culture. Our morning will be spent going over health and safety in Thailand and while we are on the project.

   In the afternoon we will have an introduction to Thai cultural values and traditions. We will learn more about the many people of Thailand and how the diversity of the nation has shaped the culture. We will also learn about traditional values and how to treat others with respect during our time in country.

   In the evening we will celebrate New Years Eve in the historic city! The streets come alive with stalls full of delicious Asian cuisine, music fills the streets and good luck lanterns glow around the city. You will see monks meditating during the last hour of the year and people spreading well wishes for a happy new year!

Day 3: Sunday, Jan 1 – Chiang Mai City Tour & Thai Lessons
   (Breakfast and Dinner is provided)

   *Overnight: Chiang Mai Guest House*

   Today we will explore Chiang Mai City. Chiang Mai is the largest and most culturally significant city in the North of Thailand. The city was founded in 1269 and has over
300 Buddhist temples. We will have an opportunity to explore the beautiful temples, the bright city and try some delicious food.

We will have a ‘survival’ Thai class as well. We will learn basic phrases and learn how to speak fun phrases that will help us to navigate the city and country.

**Day 4: Monday, Jan 2 – Thai Cooking Class**  
(Breakfast and Dinner is provided)

*Overnight: Chiang Mai Guest House*

Today we will take part in a traditional Thai cooking class. We will make delicious dishes with fresh, local ingredients. As part of the class, we will visit a local market where we learn about the traditional ingredients for cooking. The best part is that we will get to try our food in the end!

After we complete our class we will have some free time to explore Chiang Mai or relax.

**Day 5: Tuesday, Jan 3 – Hilltribe Trek**  
(Breakfast and Dinner is provided)

*Overnight: Chiang Mai Guest House*

Today we will take a day-trip into the jungle around Chiang Mai. Our day will start with a hike through the jungle, with time to take in the sights and beauty. Led by a local guide, we will be visiting some hill tribe communities to learn more about their culture and their lives outside the big cities of Thailand. This will be an opportunity for us to learn more about the hill tribe communities, and their marginalized status that often times makes them victims of human trafficking, so we have context for our project work and which communities are most greatly affected.

We will return in the early evening and enjoy a group dinner before having some down time to relax.
Day 6: Wednesday, Jan 4 – Travel to Chiang Rai and Golden Triangle Tour (Breakfast is provided)

*Overnight: Chiang Rai Guest House*

After an early start we will begin our travel north. Chiang Rai is only about 3 hours from Chiang Mai where we will drop off our bags, before carrying on north to the border region of Thailand, Myanmar and Laos – an area known as the Golden Triangle. The Golden Triangle is renowned for it being the historical center of opium production and trade in the East. The area is also famous for the meeting points of the borders of Thailand, Laos and Myanmar.

During our visit we will stop by the White Temple where we will learn more about the Thai’s unique take on Buddhism and the modern influences that are continually shaping it as it adapts and grows. We will also visit the Opium Museum. Here our guide will explain the history of opium in the region, how it has helped to shape the area and the communities today. This will all help set the background to the people we will be working with and the influences that have historically shaped their situations.

We will then be transferred to the Chiang Rai/Mae Sai community where we will be staying and allowed some time to relax and grab dinner.

Day 7: Thursday, Jan 5 – Project Orientation (Breakfast and Dinner is provided)

*Overnight: Chiang Rai Guest House*

Today we will meet our project leaders on our first visit to DEPDC, and will have an orientation to the project, the community and the issues we will be working with. Either today or later next week, we will receive a visit from the founder of the organization who will discuss the issues surrounding human trafficking and the work that he has been involved with over the years.
We will begin our project work later in the day as we meet the locals and learn more about our role.

**Day 8: Friday, Jan 6 – Project Work**  
(Breakfast and Dinner is provided)

*Overnight: Chiang Rai Guest House*

Today we will continue with the project work that we had begun yesterday. We will continue to develop and work with the locals on the issues surrounding human trafficking.

**Day 9: Saturday, Jan 7 – Children’s Day**  
(Breakfast is provided)

*Overnight: Chiang Rai Guest House*

Today will be a day spent with the local children and learning more about their welfare and what is being done to help stop them from being trafficked. The goal of the day is to help educate children to better understand their rights and what they can do to help protect themselves and their families.

We will play fun games with the children and learn more about their pasts and hopes for the future.

**Day 10: Sunday, Jan 8 – Free Day**  
(Breakfast is provided)

*Overnight: Chiang Rai Guest House*

Today will be a free day for the group to relax, and take care of any activities that they may want to do. They may enjoy the markets of Chiang Rai, arrange a traditional Thai massage, book a bike tour or explore the local sites.

**Day 11-15: Jan 9-13 Monday – Friday Project Work**  
(Breakfast is provided daily, and 2 group dinners)

*Overnight: Chiang Rai Guest House*

For the entire next week we will be working on our projects. In the morning we will be working for a school that is focused on migrant children at risk of being trafficked. In the afternoon we will work on various projects as needed and identified by the organization. They could include helping to build and maintain new structures, outreach and marketing, fundraising and seeing what will help the community the most.

Breakfast will be served daily and we will have 2 group dinners per week.
Day 16: Saturday, Jan 14 – English Camp/ Guest Speaker
(Breakfast and Dinner is provided)

Overnight: Chiang Rai Guest House

Today we will be joining a local English camp to help Thai children learn more about American culture and the English language. Depending on availability we may also have a guest speaker from the community who will discuss with us the ongoing issues in Thailand and cultural traditions that can be barriers for progress.

We will enjoy the evening in Chiang Rai and have a group dinner as we prepare for our departure.

Day 17: Sunday, Jan 15 – Departure
(Breakfast is provided)

All good things must come to an end; today we will head to the airport in Chiang Mai for our flight home.