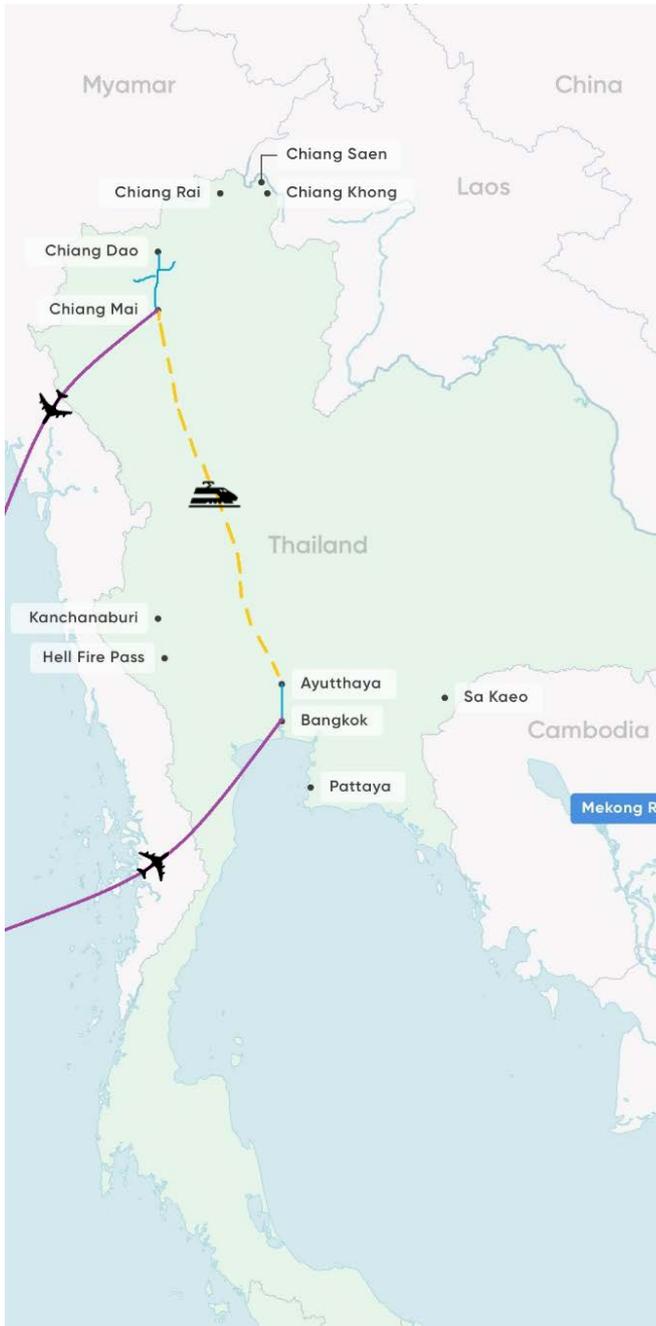


Bangkok, Ayutthaya & Northern Thailand Service & Recreation (9 days)

Departs anytime (2018 -19)



Please note: This itinerary can be modified in any way to best suit your school's particular aims, learning objectives and budget.

Please contact us detailing any changes you'd like to make.

Friendly and fun-loving, cultured and historic, Thailand radiates character. From its glittering temples and pulsating cities through to the ever-comforting Thai smile, the country the ideal destination for students new to Asian travel as well as those who are very aquatinted in the region.

This 9-day trip is for students wishing to discover all the above as well as enjoy white water rafting, a Thai cooking class, a vigorous Thai boxing activity and a choice of other adventure and cultural activities.

This itinerary will further entail a significant service program working alongside villages to construct an irrigation system. The purpose of program is to promote an awareness of indigenous and developmental issues in Asia.

Most importantly, this trip is designed to be highly enjoyable and features several educational activities to provide students with a very memorable and fulfilling introduction the *Kingdom of Siam*.



Billy Penfold
Director

Day 1

Arrive Thailand - Bangkok



With so much of its daily life conducted on the street, there are few cities in the world that reward exploration as handsomely as Bangkok does. On arrival, we will be greeted by our tour leader and transfer to our hotel.

Following this, our tour leader will run through the itinerary and answer any questions before we head out for our first exploration of Bangkok – the jewel of Asia (depending upon who you ask!)

In the early afternoon we will enjoy a boat cruise on the city's bustling Chao Phraya River to visit Asiatique – a market and arts precinct. Here we will enjoy our first taste of the cuisine for which Thailand is famous before returning to our

hotel for a well anticipated night's rest. (lunch, dinner) **Flight details to be advised**

Day 2

Bangkok – Ayutthaya – train to Chiang Mai



City of Angels – Whilst Bangkok could perhaps never be described as a beautiful city, its personality and multifaceted vibe is always surprising and invariably intoxicating. Our exploration of this city of contrast will begin today with a boat trip along the its chief water thoroughfare, the Chao Phraya River. From this vantage point we will enjoy the city for a grand perspective, stopping to visit the famous Grand Palace, Wat Pho and other famous neighbourhoods. We will also enjoy travel on the city's modern sky train to visit the City's youth culture precinct of Siam.

After lunch we will depart Bangkok for our trip to Ayutthaya. This former capital city was where a great succession of Thai kings resided. We will visit two of the most interesting temples here and learn about Ayutthaya's rise and demise.

Dinner this evening will be a local affair before we begin our new adventure in Chiang Mai province. Our journey will be conducted by train. Whilst long, the trip will afford us views of rural Thailand as we travel some nine hundred kilometres through the night.

NB: Snacks and drinks can be purchased on board. Train carriages are air-conditioned soft sleeper style. Blankets and pillows are provided. Toilets are western style. As we will be departing on the train this evening, it will be impractical to eat as a group. Thus, students are required to purchase their own takeaway meals tonight before departure to eat on route. Meals/ snacks are available for purchase cheaply, and we will do prior to departure this evening (meals are approx. US\$7). (breakfast, lunch)

Day 3

Chiang Mai



Early this morning we will be greeted by our local guide, and then board our awaiting bus that will take us to breakfast. Following this, we will begin our orientation tour around the city, its famous citadel as well and its first monastery, Wat Chedi.

We will also visit the province's famed *Wat Doi Su Thep* to enjoy great views of Chiang Mai. Here we will learn of the history and local traditions of this religious site, including the ringing of the bells before descending the dragon staircase.

We will travel back to town later and check into our central hotel. This afternoon we will take part in a hands-on cooking class to learn the secrets of Thai cooking. Well known for its spiciness, Thai cuisines is amazingly diverse—

the secret to which is a balance of five flavours: sour, sweet, salty, bitter, and spicy. After dinner, there will be ample time to explore the market quarter adjacent to our hotel. (breakfast, lunch, dinner)

Day 4 & 5

Chiang Mai – Chiang Dao



This morning we will travel into the country's interior to the mountainous province of Chiang Dao. This region of Thailand was for several decades used to shelter refugees from indigenous Karen & Kayan tribes who fled from neighbouring Myanmar in the 1990's. These days the Karen are permanent settlers in Thailand and welcome foreign visitors.

We will travel deeper into the Chiang Dao hinterland on foot today, to a village where we will spend the coming days working alongside villagers to construct a water reservoir an irrigation system. Our project will involve working in groups digging long trenches, laying pipe, cementing and brick laying among other

tasks. The purpose of the water system is to provide the village with water all year round, particularly needed in the dry season. Water will be stored and released when required for crop irrigation, showers and toilets. Our time in the village will also give us a great opportunity to learn about the ethnic minority as well as Thai cultural beliefs and traditions.

While Chiang Dao is truly one of the trip highlights, the facilities are basic. A thin mattress, pillow and mosquito net will be provided in each long-house. Sleeping arrangements are communal style. Toilets are of squat style, and showering facilities are very simple. It is recommended to wear good quality walking shoes/boots. (2 breakfasts, 2 lunches, 2 dinners)

Day 6

Chiang Dao (white water rafting), Chiang Mai



After two days of significant effort, we will aim to complete our project this morning. This will be followed by a short handover formality, after which we will farewell our village for the return trip to Chiang Mai.

En route back we will visit a school which will afford us an opportunity to interact with our Thai contemporaries, as well as learn about the education system in Thailand and students' aspirations for the future.

For a safe and fun adrenalin rush, there is nothing quite like rafting – an activity we will enjoy this afternoon. After a comprehensive safety briefing we will travel by rafts down a series of grade 2 & 3 rapids. We will be accompanied by our

expert river guides. *(All students are required to wear life jackets/helmets).*

Returning to town in the late afternoon, there will be a short time to freshen up before dinner at a popular local restaurant. (breakfast, lunch)

Day 7

Chiang Mai (Student Initiated activities)



Prior to travelling, a Student Educational Adventures staff member will talk to teachers and students about specific activities that your students might like to add to their overseas experience. These activities can be included based on students' knowledge of the country or their particular interests or passions for any aspect of a country's culture.

The activities we can include are many and varied. These may include; an introduction to a country's creative or performing arts scene, visits to local schools, great race activities, cooking classes, outdoor educational pursuits such as hiking, bike riding or a plethora of cultural programs. Please contact us for further ideas.

A very early start this morning will allow us to take part in an authentic Thai boxing class (Muay Thai). The art of Muay Thai has been Thailand's most popular sport for hundreds of years. It is unique among other kinds of fighting disciplines in its approach to close quarters fighting, providing us with a fun and very energetic workout.



OPTION 1 (afternoon activity)

Jungle Zipline: We venture deep into Thailand's northern interior to enjoy a zip line adventure. The thrill of sitting in a harness and flying at roller coaster speeds (and above) makes for a great way to see the flora of this region of Thailand. We will be in the care of highly experienced instructors, who will give us a safety briefing before the activity. Our exhilarating zip line course begins, flying high between the jungle canopy and walk along a suspended rope course high above the forest floor. We will return to Chiang this evening to enjoy dinner and a performance of Thai traditional dancing. (breakfast, lunch, dinner)

OPTION 2 (afternoon activity)



Grand Canyon: Also known as the Hang Dong Canyon, the Grand Canyon in Chiang Mai is an old soil quarry less than an hour's drive from the city. The Canyon is filled with collected rainwater, now estimated to be 40 meters deep. Here you can swim, sunbathe on the 'beach' or relax in an inner tube. This is a popular spot with the locals, especially in the hotter summer months (March-May). The water is very clean, and the manmade and natural soil formations make for a great photo opportunity. We will return to Chiang this evening to enjoy dinner and a performance of Thai traditional dancing. (breakfast, lunch, dinner)

OPTION 3 (afternoon activity)



Day Safari or Night Safari: Chiang Mai is home to over 300 animals including the white rhinos, kangaroos and water buffalos. It is also a vocational study centre that builds on the concept of environmental protection and wildlife conservation. This enjoyable activity will entail travel by open top vehicle to observe hundreds of species, including tigers, lions, wolves and crocodiles. As we travel around the park, our local guide will stop and point out the various animals. Others include leopard cats, Tapir, sloth bears and flying squirrels. (breakfast, lunch, dinner)

Day 8

Mae Ngat Lake (cycling activity)



This morning we will travel to Mae Malai township from where we will enjoy a not too strenuous bike ride to this remote area of Thailand and the delightful Mae Ngat Lake district.

Here we will board a fast boat and travel across the lake to a floating village before taking part some in some kayaking team race activities with prizes for the winners. Tonight we have time to refine our bargaining at the local Night Bazaar, then reflect our trip coming to a close. (breakfast, lunch, dinner)

Day 9

Depart Chiang Mai ✈️



There will be time this morning to experience the must do Thai fish massage. As far as relaxing spa treatments go, fish pedicures have to be dead last in the running, although our feet will most certainly feel great when it's all over. Following this we will bid a final farewell to Chiang Mai before our tour leader will escort us to the airport and wave us farewell. (breakfast) **Flight details to be advised**

Summary

Grading

Challenging: Students will be required to be in good health to get the most out of this trip whilst any one of reasonable fitness will be able to take part. There are no real physical difficulties however students will be expected to walk every day, particularly during the community project component of the trip. You will also be expected to work diligently during the days of the community service project. It will be necessary for you to carry your own luggage throughout the trip but only for short distances.

Accommodation

Student accommodation is on a twin/triple share basis. Teacher accommodation is on a single room basis. Hotels hold a 3-star equivalent rating.

Transport

Modern air-conditioned bus & vans.

Group Size

Minimum group size 20 students & 2 staff members travelling *free of charge*.

▲ [Smaller group sizes can be quoted upon application](#)

Your Tour Leader

Your tour leader is probably the person who most influences the success of your trip. Thus, Student Educational Adventures employs our own team of meticulously trained student dedicated, local tour leaders - not foreigners, imported at your students' expense with no language skills or insight into your host culture.

These nationals are not only the best folk to show you their country. They are your teachers, translators and an enthusiastic purveyor of authentic experiences. They are there to facilitate your immersion into new cultures and are the bridge between you and world of education and new experiences.

Your tour leader is always with your students throughout your trip and is thoroughly versed in safety protocols and duty of care responsibilities. This ranges from assisting in the most basic of health and safety measures to ensuring that teachers & students are always safe during our trips. All have been chosen because of their ability to deal with the needs and unique issues associated with escorting young people through this wonderful and at times, most foreign of regions.

Service Learning Program

All service-learning programs initiated by Student Educational Adventures are conducted after careful consultation with the local community and with the local People's Committees.

These projects are initiated based on a model of mutual learning and designed as an immersion experience. An understanding of the importance of an integrated approach to community development is useful to frame what students and teachers might see, learn or experience during a student immersion.

Bangkok, Ayutthaya & Northern Thailand service & recreation (9 days)

Inclusions

- All accommodation, transport, activities, entrance costs and other programs as described in the itinerary
- Student Educational Adventures Group Leader throughout the tour and additional local guides as required
- All sightseeing and entrance fees for museums, attractions and sights as described in the itinerary
- Meals (+ drinking water) as listed in the daily itinerary
- Pre-departure support, briefings & planning meetings for students and parents
- 24/7 in-country support

Exclusions

- International flights to/from Thailand
- Community service project costs in Chiang Dao water piping and reservoir construction costs (US\$1,400)
- Some meals
- Thailand Visa (if required)