

## Thailand Sample Program Itinerary (for 2 weeks duration) 2016

	Day	Volunteer Program	Volunteer and Travel program	Meal Plan
WEEK 1:	Monday	Arrival at Chiang Mai airport and transfer to accommodation.		All Meals after arrival.
	Tuesday	Transfer to Location, welcome meeting and orientation start. <ul style="list-style-type: none"> <li>• Orientation includes               <ul style="list-style-type: none"> <li>• Talks &amp; presentations on:                   <ul style="list-style-type: none"> <li>▪ Thailand &amp; its culture</li> <li>▪ Social development and the role of volunteers</li> <li>▪ How to do volunteer work</li> <li>▪ Cultural responsibility</li> <li>▪ Personal safety &amp; Code of Conducts</li> <li>▪ Introduction to allocated project and its description</li> </ul> </li> <li>• Thai language basics</li> <li>• Visit of local markets and orientation to the general local area</li> </ul> </li> <li>• Visit of allocated projects</li> </ul>		B,L,D
	Wednesday to Friday	<ul style="list-style-type: none"> <li>• Project work starts with the daily schedule of volunteering, cultural activities and free time.</li> <li>• Local cooking demonstration on one afternoon.</li> <li>• One local dinner with a host family to experience everyday life of regular Thai people.</li> </ul>		B,L,D
	Saturday	Free Weekend	• Weekend tour of Chiang Rai	Only breakfast during excursions. All meals during camp stay
	Sunday	Free Weekend	• Weekend tour of Chiang Rai	
	WEEK 2:	Monday To Friday	Volunteer Work with the daily schedule of volunteering, cultural activities and free time.	
Saturday		Free weekend to explore Chiang Mai	• Day long excursion to Lampang	Only breakfast during excursions. All meals during camp stay
Sunday		Free weekend with transfer to Chiang Mai airport for flight back home.	• Half day visit to WatPhra ThaiDoiSuthep. Transfer to Chiang Mai airport for flight back home from 2000 hrs onwards.	

*B, L, D: Breakfast, Lunch, Dinner*

## A typical day of the volunteer (Mon-Fri)\*<sup>+</sup>:

The schedule of the day depends on the type of project but below mentioned is just the brief outline of their normal day:

Timings	Activities
7:30-8:30hrs	Breakfast at Idex accommodation
9:00-12:30hrs	Project work
12:30-13:30hrs	Packed lunch at the project location
13:30-14:00hrs	Free time/relax
14:00-16:00hrs	Project work
16:00-17:00hrs	Preparation meeting/lesson planning for next day
17:00-17:30hrs	Tea/coffee at Idex accommodation
19:00-20:00hrs	Dinner at Idex accommodation

\* Please note that there is a full day schedule of going out to the project with morning work sessions, short rest, afternoon work session and preparing for the next day all being done in the same trip.

<sup>+</sup> The scheduled time table mentioned above may change due to the need of the project or any other circumstances.