



Culture week in Laos

Explore the kingdoms of a million elephants and get a taste of the real Laos with culture lessons, city tours, waterfall exploration, and more!

Program description

This program offers a unique opportunity to experience and understand Laotian culture while exploring Luang Prabang Village. You will learn about local customs, traditions, and language, making it an enriching experience as you prepare for a longer stay.

Bond with other participants from around the world, immerse yourself in Laos' culture and beauty, and enjoy its delectable food, friendly people, unique traditions, and more! Get a one-of-a-kind experience in Laos, Southeast Asia's often-overlooked treasure, by visiting off-the-beaten-path locations and temples and mixing with the locals through various activities.

Throughout the week, you'll participate in activities such as local agriculture, handcraft lessons, cooking classes, and swimming in a beautiful waterfall. You'll also visit local markets and explore the city's historic temples. Additionally, you'll have the chance to meet a Laotian tribe and create unforgettable memories.

Program highlights:

- Learn about Laotian customs, dos and don'ts, and language
- Participate in local agriculture, handcraft, and cooking classes
- Swim in a beautiful waterfall and explore local markets
- Visit historic temples and meet a Laotian tribe
- Enjoy outdoor activities like trekking and swimming
- Experience the rich cultural heritage of Luang Prabang

Additional Equipment

- Lightweight clothing for hot weather
- Modest attire covering knees and shoulders for temples and ashrams
- Comfortable walking shoes and sandals
- Hiking shoes or trainers for treks and Dharamshala walks
- Yoga or activewear for daily sessions
- Swimwear for kayaking and lagoons
- Warm layers or fleece for Dharamshala evenings
- Rain jacket June to September
- Scarf or shawl for temple visits
- Daypack for daily excursions
- Flashlight or headlamp
- Mosquito repellent and mosquito net
- Locks for bags and hostel lockers
- Reusable water bottle and purification tablets
- Sunglasses hat and sunscreen
- Personal toiletries eco-friendly if possible
- First-aid kit



Schedule

Monday

- Enjoy a welcome breakfast to kickstart your journey.
- Meet your fellow participants and get introduced to the program.
- Briefing on Laotian culture, customs, rules, and health and safety essentials.
- Explore the compound and the surrounding local area on a guided tour.
- Enjoy a delicious dinner and relax with the group.
- Overnight at Luang Prabang Accommodation

Tuesday

- Visit a local village and learn about daily life in rural Laos.
- Try your hand at traditional Laotian handcrafting with local artisans.
- Take part in a flower offering ceremony at a local temple.
- Join a Laotian cooking class and learn how to make authentic dishes.
- Savor a fun BBQ dinner at your accommodation and enjoy the evening.
- Overnight at Luang Prabang Accommodation

Wednesday

- Visit the ancient historical temples and UNESCO World Heritage sites in the city.
- Explore the lively morning market and discover local produce and products.
- Visit a serene forest temple and immerse yourself in its peaceful surroundings.
- Take a refreshing swim at the stunning Kuang Si Waterfall.
- Explore the Bear Conservation Center to learn about wildlife protection efforts.
- Visit a local hill tribe village and experience the culture firsthand.
- Roam through the night market, then return to your accommodation for dinner.
- Overnight at Luang Prabang Accommodation

Schedule

Thursday

- Enjoy breakfast and receive an orientation about your placement.
- Start your placement activities and engage with the local community.
- Reflect on your day over a group dinner and share experiences with fellow participants.
- Overnight at Luang Prabang Accommodation

Friday

- Revisit your placement to continue your work.
- Enjoy lunch and a project planning session for the upcoming week.
- Wrap up the week with a farewell dinner, reflecting on your cultural experience
- Overnight at Luang Prabang Accommodation

*This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.

