

TEEN EXPEDITION

14-DAY

ITINERARY

PHANG NGA



PHANG NGA, THAILAND

Experience the world
through a different lens



DO GOOD, BETTER

🕒 **10**
service hours

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Day 1

Welcome to Thailand! We're off to a street market to get a taste of local flavours and learn a few Thai words, including how to place a food order. Also on the schedule: a traditional welcome dinner.

Day 2

First up is orientation and health and safety training. Then we'll head to the Big Buddha to learn more about Buddhist beliefs and tradition.

Day 3

Spend time at the tsunami museum, a monument to the resilience and recovery of the village. Then head to a traditional Thai cooking class!

Day 4

Hello, turtles! At the local turtle conservation centre, you'll learn how and why they're endangered and what is being done to protect them.

Day 5

More turtles! Today, you'll clean tanks and help out with any minor medical treatments. You'll also collect data for our citizen science database.

Day 6

A community and culture day. You'll meet and mingle with members of the local community and attend a Muay Thai class, a traditional Thai self-defence technique.

Please note that this itinerary may vary depending on the partners that we are working with at the time of your program.



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Day 7

Now that you've met community members, dedicate some time to local initiatives by working together on sustainability projects around the village.

Day 8

Start the day with a Thai language class before heading out for an afternoon of fun in the sun on one of Thailand's famous beautiful beaches.

Day 9 - 12

These three days are dedicated to Thailand's greenest and most biodiverse conservation area – Khao Sok National Park. You'll hike, survey wildlife and travel via traditional long-tail wooden boats across Cheow Lan Lake.

Day 13

After spending the night on a floating bungalow in one of the oldest forests in the world, we head back to Phang Nga for a final Thai feast.

Day 14

Goodbyes are never easy. Share your experiences, tell your stories and make sure you know how to stay in touch as we head back to the airport.

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It's hard to
do good, well

We allow no
compromise in the
ethical standards
of our programs,
especially as they
involve engagement
with communities
and ecosystems.



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We're not **just passing** through

We do long-term project work throughout the year. Our impact comes through trusted relationships built over many years.



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You're in safe hands

We allow no compromise in the ethical standards of our programs, especially as they involve engagement with communities and ecosystems.



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Permanent **in-country** staff

Our staff are all in-country residents.
All staff are trained in health and safety and
pastoral care, and have emergency and
mental health first response qualifications.



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Holistic personal development

Our expeditions are intentionally designed to achieve specific learning outcomes. Our experienced expedition leaders ensure engaging training, experiential learning, and discussion and reflection that leads to personal growth.

Every year we evaluate the impact our expeditions have on teenagers and publish the results in our impact report. We evaluate how students have grown in the following key areas.

- ✓ Self-awareness
- ✓ Community development and conservation
- ✓ Communication
- ✓ Cultural sensitivity
- ✓ Climate change
- ✓ Teamwork
- ✓ Positive mental health
- ✓ Leadership
- ✓ Resilience
- ✓ Inclusivity

