



# Culture week in Thailand

Get ready for an action-packed week full of exciting adventures and cultural excursions to learn about Thai culture!

You can choose to explore Hua Hin, Chiang Mai or Koh Samui.

# Program description

Explore Thailand in all its diversity with this one-week itinerary. You can choose to discover Chiang Mai, Hua Hin, or Koh Samui, depending on your preferences.

These three destinations offer an authentic glimpse into Thailand's landscapes and cultural richness.

This itinerary allows you to enjoy enriching activities and experiences:

Discover the traditions, customs, and way of life of local communities.

- Learn basic Thai expressions and try your hand at preparing delicious local dishes.
- Visit traditional markets to explore Thai specialties.
- Take part in cultural ceremonies and traditions, and explore the iconic sights of Koh Samui, Chiang Mai, or Hua Hin for a truly immersive and enriching adventure.

## **Aims and objectives**

- Help you familiarize yourself with the local surroundings
- Provide a full induction, preparing you for a longer stay!
- Broaden your knowledge of the local customs, history and culture

# Additional Equipment

- Light and Comfortable Clothing: For walking tours, cycling, and bamboo rafting
- Modest Attire: Clothes that cover shoulders and knees for visits to temples or cultural sites.
- Waterproof Jacket for unexpected rain
- Swimwear: For water activities like bamboo rafting.
- Hat and Sunglasses
- Light Sweater or Jacket: For cooler mornings or evenings.
- Comfortable Shoes
- First-aid kit (medications, sunscreen, insect repellent, rehydration tablets)
- Toiletries (shampoo, soap, etc.)
- Day pack, small travel towel, reusable water bottle
- Moneybelt, locks for bags
- Personal entertainment (books, cards, music player)
- A small backpack for day trips.
- Waterproof bags to keep electronics safe.
- Power Bank, for charging devices on the go.



# Schedule - Hua Hin

## Monday

- Breakfast (all week)
- Receive an overview of the program to familiarize yourself with the upcoming experiences.
- Thai Language Lesson
- Lunch: Enjoy a meal together with your fellow participants.
- Get introduced to your project placements for the week.
- Head to the local market to purchase essentials, including local SIM cards, currency exchange, and necessary items.
- Dinner: Conclude the day with a satisfying dinner.

## Tuesday

- Pranburi Forest Park & Mangrove Plantations
- Pranburi Mangrove Boat Tour: Take a boat tour to immerse yourself in the unique ecosystem of Pranburi's mangroves.
- Lunch at the accommodation
- Sai Noi Beach Visit: Spend the afternoon at Sai Noi Beach, enjoying the sun and sea.
- Dinner at the accommodation

## Wednesday

- Chicken Drop Cave Visit: Explore the fascinating Chicken Drop Cave, a unique natural attraction. You will do a 200m trek up the hill to the cave.
- Huay Mongkol Temple & Buddhist Rituals: Experience the cultural richness of Huay Mongkol Temple and witness traditional Buddhist rituals.
- Lunch at the accommodation
- Visit the Market Village Mall for shopping and explore the Souvenir Shops.
- Dinner at the accommodation

## Thursday

- Dive into Thai history, religion, and customs through an engaging cultural lesson.
- Lunch at the accommodation
- Muay Thai Lesson: Learn the art of Muay Thai, a traditional Thai martial art.
- Welcome and Goodbye Dinner

## Friday

- Engage in a hands-on Thai cooking class, exploring the flavors of Thai cuisine.
- Lunch at the accommodation
- Free Afternoon
- Conclude the week with a delightful dinner.

# Schedule - Chiang Mai

## Monday

- Breakfast: Enjoy a traditional Thai breakfast to start your day.
- Program Introduction: Get familiar with the schedule, meet your fellow participants, and learn about Thai culture, including essential Do's and Don'ts.
- Thai Cooking Class: Dive into Thai cuisine with a hands-on cooking class, followed by a delicious lunch.
- Dinner: Relax and unwind with a local Thai dinner.

## Tuesday

- Breakfast: Fuel up with a traditional Thai breakfast.
- Thai Culture Lesson: Learn about the rich history, religion, and customs of Thailand.
- Lunch: Savor a fresh, authentic Thai meal.
- Thai Language Lesson: Pick up some useful Thai phrases to help you communicate.
- Dinner: Enjoy a hearty dinner and reflect on the day's cultural lessons.

## Wednesday

- Breakfast: Start your morning with a traditional Thai breakfast.
- Umbrella Village & Painting: Visit the Umbrella Village and try your hand at painting your own umbrella.
- Lunch: Enjoy a delicious lunch.
- Hot Spring Pool: Relax and unwind at the rejuvenating hot spring pool.
- Dinner: End the day with a delicious Thai dinner.

## Thursday

- Breakfast: Enjoy a traditional breakfast.
- Wat Phra That Doi Suthep: Visit the iconic temple with stunning views of Chiang Mai.
- Lunch: Relish a tasty Thai meal at a local restaurant.
- Wat Pha Lad: Discover the serene Wat Pha Lad temple.
- Welcome & Goodbye Dinner: Celebrate your cultural journey with a special dinner to mark the end of your Chiang Mai experience.

## Friday

- Breakfast: Start your last day with breakfast.
- Lanna Folklife Museum & Warorrot Market: Explore the fascinating Lanna culture and visit the bustling market for local goods.
- Lunch: Enjoy a local Thai meal.
- Wat Chedi Luang & Night Market: Visit a historic temple and soak in the lively atmosphere at the Night Market.
- Dinner: Enjoy a final dinner in Chiang Mai to reflect on your unforgettable week.

# Schedule - Koh Samui

## Monday

- Breakfast (day week)
- Program Introduction: Registration, general information, and an overview of Thai culture, including essential dos and Don'ts.
- Lunch
- Project Meeting & Preparation: Get ready for the week's exciting activities.
- Visit Lamai Beach: Explore the beach, with stops at local shops and supermarkets to pick up essentials (e.g., SIM cards).
- Dinner

## Tuesday

- Morning Activity: Participate in the sacred offering of food to monks and learn about the principles of Buddhism.
- Lunch
- Thai Culture & Language Class: A fun and interactive lesson to enhance your communication skills.
- Dinner

## Wednesday

- Craft Workshop: Create your own coconut shell keychains as a souvenir.
- Visit Na Mueang Waterfall: Discover the beauty of the falls.
- Lunch
- Explore the Waterfall & Chaweng Beach: Enjoy a leisurely afternoon at one of Koh Samui's most famous beaches.
- Dinner

## Thursday

- Visit Elephant Sanctuary: Feed and learn about the majestic elephants of Koh Samui.
- Lunch
- Visit Big Buddha Samui (Wat Phra Yai): Explore this iconic cultural landmark, followed by a trip to Fisherman's Night Market.
- Welcome & Farewell Dinner: Enjoy a special meal as you reflect on your cultural experience.

## Friday

- Thai Cooking Class: Learn to prepare authentic Thai dishes.
- Lunch
- Relax at Lipa Noi Beach: Unwind and enjoy the serene beauty of this quieter beach. Transport is provided for pick-up and drop-off.
- Dinner