

10 Days

# Thailand

## Curries and the Karen

Glittering temples, extravagant palaces and more culture than you can shake an incense stick at: discover a Thailand rarely seen by outsiders with soaring peaks and steaming jungles, tumbling waterfalls and heady history; all set against a back drop of a traditional way of life. Meet with women from ethnic minorities. Learn about the traditions governing many Thai families and the contrasts between rural and urban life. With the help of your experienced female Thai guide, this educational journey will enable you to experience the best of Thailand in a short, yet in-depth adventure.

**A WOMAN'S  
PERSPECTIVE**



# Recommended tour itinerary

Day  
1-2

## Depart London, arrive Bangkok, Thai dinner

We will be met on arrival by our tour leader and transferred to our hotel. After check in we head out for dinner to experience Thailand's bustling capital. Bangkok is famous for its tuk tuks, khlong boats and street vendors serving up delicious Thai food, which we will sample at a local restaurant.

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Day  
3

## Bangkok city tour, Tuk Tuk adventure, Grand Palace

After breakfast at our hotel, we meet our local guide as we start our Bangkok tour by tuk tuk. Climbing aboard our transport, we travel past Thammasart University into Phra Chan (meaning "moon") Road to the Amulet Market, where various religious amulets, charms and traditional medicines are available.

Our next stop is Wat Po which derives its name from the original Wat Potaram. The temple is the centre of the Buddhist religion in Thailand, the country's first University and is still a centre of learning for traditional Thai massage and medicines. From here we continue our tuk tuk tour by heading to Phahurat Market, in the heart of Bangkok's little India where all kinds of fabrics, cloths, ornaments and accessories are sold along with stalls selling delicious Indian snacks. During the course of the morning we learn more about the role of women in Thailand's society through the eyes of our local female guide.

We visit Woeng Nakorn Kasem in the Khlong Thom quarter, also known as the "thieves market", then on to Wat Saket, location of the Golden Mount. Our guide will take us through the complex and up the 318 steps to the top of the Golden Mount where we have a 360 degree view of the surrounding old Rattankosin Island. Lunch is at a local market before we visit the spectacular Grand Palace, undoubtedly the city's most famous landmark. Built in 1782 - and for 150 years the home of the Thai King, the Royal court and the administrative seat of government - the Grand Palace of Bangkok is a fascinating and beautiful building that continues to leave visitors awestruck.

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Day  
4-5

## Sangkhlaburi, Three Pagoda Pass, Boat trip on Khao Laem lake, Lunch in a hill-tribe village

Today we leave frenetic Bangkok and escape to a completely contrasting side of Thailand. Set in a dramatic region of limestone mountains and forests, Sangkhlaburi is situated next to a serene lake. The view is staggering, especially in the morning as the mist dances playfully on the mountain tops and the local Thai, Karen and Mon people go about their daily ritual of offering alms to the monks. We will spend the day exploring the local area. The next day there's time for a quick swim in the lake before we visit the historical Three Pagodas Pass. The border area with Myanmar is a fascinating place to explore and the daily market has heaps of things for the avid treasure hunter to find. In the afternoon there will be a discussion on the role of women in rural society in Thailand and how this contrasts with urban life.

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Day  
6-7

## Meet Karen villagers, visit Hellfire Pass and the Bridge on the River Kwai, tour Kanchanaburi

After a short journey (approx. 2 hours) we come to a local village of Karen people, originating from Burma. We will have a fantastic chance to learn more about their lives before staying overnight in the pleasant town of Thong Pha Phum. The next day we take a bus to Hellfire Pass and walk through the hand-cut gorge whilst learning about the arduous lives of the POWs working in this district during World War II. Later we board a train on the infamous Thai-Burma railway to visit the iconic 'Bridge on the River Kwai'. We round off the day with a saamlaw (bicycle rickshaw) tour around the splendid monuments of Kanchanaburi.

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Day  
8

## Elephant Conservation Centre

We leave our hotel around 9am and drive to the Elephant conservatory (around 40 minutes). It is estimated that in 1900 there were 100,000 elephants roaming Thailand, today their numbers have decreased to an estimated 2,000 domestic and a further 2,000 in the wild. Elephant's World was founded in 2008, by Dr. Samart Prasithpolto and it functions as a 'retirement home' for elephants that have been injured or are too old to work. The home is a non-profit organization, funded exclusively by visitors and donations. Throughout the day we will be able to help gather food and then feed the elephants before walking with the elephants through the jungle to their night time resting areas. We spend the night in the centre after a truly magical day.

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Day  
9

## Erawan waterfalls, traditional Thai House, cooking school

In the morning, we get to spend some more time with the elephants before driving towards Bangkok via the spectacular Erawan falls where there is a chance for a dip and a swim. Our last night in Thailand is spent with a host family in a traditional Thai house where we can try our hand at cooking Thai cuisine.

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Day  
10

## Bangkok and fly to UK

On our final day, depending on flight times, we can visit some local markets before taking a longtail boat along the 'River of Kings' to Bangkok. We transfer to the airport and catch our flight back to the UK.

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# Further information

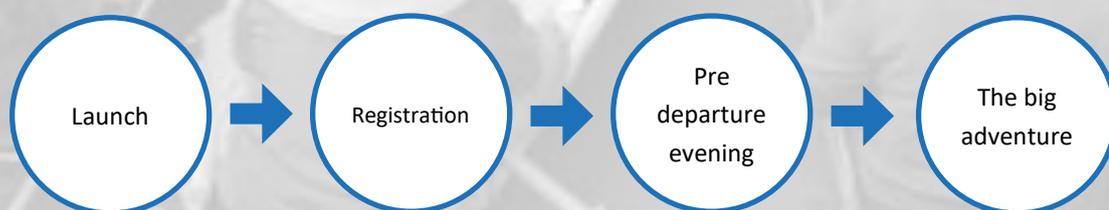
## Look what's included!

- International flights
- All accommodation
- All food
- All transportation and activities
- Bi-lingual, first-aid qualified local tour leader
- Parent and student trip launch evening
- Pre-departure preparation evening
- 1-day offsite safety INSET day for staff
- ATOL financial protection
- Medical Emergency / Repatriation Travel Insurance
- Group first aid kit and prescription meds pack
- BS8848 safety management and risk assessments
- Detailed pre-departure information and kit lists
- Comprehensive teacher travel packs
- Permanent operations team in your destination
- 24-hour UK operational support whilst overseas
- Carbon offsetting of all flights
- Free t-shirt for every participant and teacher

## What's excluded?

- Transport to airport in UK
- Drinks (advice will be given on purification of water)
- Visas or tourist cards if required
- Any required inoculations
- Personal spending money
- Tips for guides, drivers and porters
- Airport departure taxes paid locally
- Cancellation and personal effects insurance

## Your educational journey timeline



## Physical journey rating:



Some low level physical activities included in your trip, including walking on uneven terrain, maybe a morning/afternoon trek of two to four hours. That said, no physical preparation is required to make the most of the tour. High humidity and temperatures can occur at certain times of the year.

## Culture shock rating:



Students should expect some culture shock. You'll be exposed to signs of poverty. The food will be quite different to home and English, whilst still spoken, will be less prevalent. Respecting the local culture will make it easier to fit in and get the most out of your trip. We're likely to visit remoter locations on this tour where access to western style services may be sporadic. Often on trips of this grading there are parts of the itinerary which are more remote, interspersed with sections which are more 'comfortable'.



# A journey of 1,000 miles...

Starts with a single step... Contact us now to start your educational journey.

## 1 Get your tailor-made proposal and further information

If this itinerary doesn't quite scratch your educational travel itch then let us tailor-make one for you. Our wealth of experience and expert in-country contacts means we can design an itinerary just for you. Contact us for more information and a detailed quote.

## 2 Ask for risk assessments and marketing materials

We can provide initial risk assessments and destination threat assessments to help you with your expedition approval process. Ask for posters and your pre-booking information pack too.

## 3 Arrange a trip launch evening at your school

This is a chance for students and parents to hear more about the planned adventure with a comprehensive information evening and an opportunity for questions.



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