

## ITINERARY

### SUN MAY 14: USA – BANGKOK [-/-/-]

- Flight details TBD; not included in land quote

### MON MAY 15: ARRIVE IN BANGKOK [-/-/D]

- Arrive in Bangkok, meet your guide at the airport, transfer and check-in to hotel
- Overnight at Furama Silom Hotel: <http://www.furama.com/silom/>

### TUE MAY 16: BANGKOK [B/L/-]

- Breakfast at the hotel
- **9a** After breakfast, participate in the full-day **Child Safe workshop**, which will include:
  - Explanation of how the organization supports children and human trafficking
  - **12p** Group lunch
  - **1p** Transfer to Khao San road to visit the souvenir workshop (handicrafts made by the parents of children under care) as a case study; free time to walk around
  - Group discussion, then certificate ceremony
- **4:30p** Transfer back to hotel; dinner on your own
- Overnight at Furama Silom Hotel: <http://www.furama.com/silom/>

### WED MAY 17: BANGKOK [B/-/D]

- Early breakfast at the hotel
- **6:30a** Transfer to the airport for your flight Air Asia FD 3435, departing at 9:15a to Chiang Mai (*luggage limit is 20kg for maximum of one checked bag and 11lbs for 1 maximum carry-on*)
- **10:40a** Upon arrival, meet guide, transfer and check-in to your hotel
- Afternoon to **rest and recover** from traveling, followed by **group orientation**
- **6:30p** Depart for a **Welcome Khan Toke dinner**
- Overnight at Ban Rattanaaiya Residence: <http://www.296rattanaaiya.com/>

### THU MAY 18: CHIANG MAI (B/L/-)

- Breakfast at hotel, followed by faculty-led group debrief
- **9a** Explore a **local country market** to select fresh ingredients in preparation for a **Thai cooking class** at Cooking@Home cookery school and enjoy it for lunch
- **3p** In the afternoon, visit **Wat Suan Dok** to participate in a **Buddhist lecture and discussion** with monks at the local temple
- Dinner on your own
- Overnight at Rattanaaiya Residence

### FRI MAY 19: CHIANG MAI – CHIANG DAO SCHOOL (1.5 HRS) – CHIANG MAI (1.5 HRS) [B/L/-]

- Breakfast at hotel
- **9a** After breakfast, head to the **Suksasongkroh Chiang Dao School**; greet the school staff and after a brief introduction, tour the school grounds
- **11:30a** Group lunch
- **1:30p** **Cultural exchange activities with local students**; come prepared with a performance, games, activities, and donations to ensure a full day of activities
- **3p** **Interview teachers** about school scholarships, then have an **informal discussion** regarding the impact of human trafficking on the lives of students
- **4p** Transfer back to your Hotel in Chiang Mai with some time to relax at your leisure
- Dinner on your own
- Overnight at Ban Rattanaaiya Residence

#### **SAT MAY 20: CHIANG MAI – PHA NOK KOK VILLAGE – CHIANG MAI [B/L/-]**

- Breakfast at hotel
- After breakfast, transfer to **Pha Nok Kok Village** to learn about H'mong culture; spend the day immersed in traditional activities like **crossbow lessons, farm visits by open air truck, and informal discussions with local H'mong people**
- Lunch at the village (included)
- After lunch, transfer back to your hotel with time to relax at your leisure
- Dinner on your own
- Overnight at Ban Radtanaiya Residence

#### **SUN MAY 21: CHIANG MAI [B/-/-]**

- Breakfast at hotel
- **Free Day in Chiang Mai**
- Lunch and dinner on your own
- Overnight at Ban Radtanaiya Residence

#### **MON MAY 22: CHIANG MAI – MAE KAMPONG [B/L/D]**

- Breakfast at hotel
- Visit **Center for Hill Tribe Development at Chiang Mai University** for a lecture and interaction with Hmong-Thai students (Arranged by faculty)
- **12p** Lunch at a local restaurant
- After lunch, continue discussion at Chiang Mai University
- **1p** Head to **Mae Kampong Village**, stopping at a local market to buy fruits as gifts for your host families
- **3:30p** Arrive at the village and check in your homestay (4 people per homestay)
- **4:30p** **Explore the village, talk to locals and discover how they live and work**; then return to your homestay for a few moments to relax
- **6:30p** Dinner with homestays
- **7:30p** **Evening meeting with the local chief and villagers to learn about their community**
- Overnight at Mae Kampong Village Homestay

#### **TUE MAY 23: MAE KAMPONG [B/L/D]**

- **5a** **Wake up early to help your host prepare food, flowers, and sweets for morning alms giving**; join locals to offer food and supplies to the monks
- **7a** Breakfast at the homestay
- **8a** Drive to **Doi Mon Lan** for an adventure through the jungle and then enjoy a panoramic view of the cities of Chiang Mai, Lamphun, and Lampang
- **12p** Packed lunch will be provided
- **2p** **Free time at your leisure** (*Optional Tour will be available on spot ex. Zipline, Massage*)
- **6:30p** Dinner at the **community hall** with **traditional performance** and Blessing Ceremony
- Overnight at Mae Kampong Village Homestay

#### **WED MAY 24: MAE KAMPONG – CHIANG RAI (4 HRS) [B/L/-]**

- **6:30a** Breakfast at the homestay
- **7:30a** Depart for Chiang Rai District
- **12p** Lunch at **CC&C (Cabbages and Condoms** at Chiang Rai City) - A public-benefit restaurant used to promote family planning and HIV/AIDS prevention in Thailand
- **2p** Transfer to your hotel in Chiang Rai; check in and relax at your leisure
- This evening, group can visit the **Chiang Rai Night Market**
- Dinner on your own
- Overnight at KhamThana Hotel Chiang Rai : <http://www.khamthanahotel.com/>

#### **THU MAY 25: CHIANG RAI [B/L/-]**

- Breakfast at hotel
- **8:30a** Visit the **Hill Area Development Foundation (HADF)**, meet with the director to learn about their work with hill tribes and environmental issues, and then visit the nearby community of the HADF project (Arranged by faculty)
- Group lunch
- PM Guest speakers (arranged by faculty)
- Dinner on your own
- Overnight at KhamThana Hotel Chiang Rai

#### **FRI MAY 26: CHIANG RAI - CHIANG KHONG (2 HRS) [B/-/-]**

- Breakfast at hotel
- After breakfast, transfer to **Chiang Khong**; upon arrival, check in to your hotel
- In the afternoon, **group debrief and team meetings at hotel** (led by faculty; meeting room is included)
- Lunch and dinner on your own
- Overnight at Ibis Styles Chiang Khong Riverfront: <http://bit.ly/2k15xFm>

#### **SAT MAY 27: CHIANG KHONG (B/-/-)**

- Breakfast at hotel
- **Free day in Chiang Khong**
- Lunch and dinner on your own
- Overnight at Ibis Styles Chiang Khong Riverfront

#### **SUN MAY 28: CHIANG KHONG (B/-/-)**

- **7a** Breakfast at hotel
- **8a** After breakfast, transfer to visit the **Mekong Child Rights Protection Center** and Development & Education Program for Daughters and Communities Centre (Arranged by faculty)
- **12p** Lunch on your own
- **4p** Transfer back to the hotel, evening to relax at your leisure
- Dinner on your own
- Overnight at Ibis Styles Chiang Khong Riverfront

#### **MON MAY 29: CHIANG KHONG – LAOS – CHIANG KHONG (B/L/-)**

- Breakfast at hotel
- **Morning excursion to Laos via Friendship Bridge**; please make sure group has arranged Lao visa in advance to avoid any hassles at Immigration
- After exchanging some money, **visit the Indochine Market, Wat Thai Pha Kham, Laos Market, and Wat Chom Khao Manirat**
- Lunch at a local restaurant
- In the early afternoon before the bridge closes, transfer back to Chiang Khong
- Dinner on your own and **time to relax at your leisure**
- Overnight at Ibis Styles Chiang Khong Riverfront

#### **TUE MAY 30: CHIANG KHONG (B/-/-)**

- **7a** Breakfast at hotel
- **9a Transfer to visit Hmong Village and spend the day learning about this ethnic hill tribe**; enjoy activities with local villagers and visit a local school, then enjoy a discussion with village elders and observe daily life in the village
- **12p** Lunch on your own
- **2:30p** Transfer back to hotel, **time to relax at your leisure**
- Dinner on your own
- Overnight at Ibis Styles Chiang Khong Riverfront

### **WED MAY 31: CHIANG KHONG (B/-/-)**

- **7a** Breakfast at hotel
- **8a Visit Mekong School** (Arranged by faculty)
- **12p** Lunch on your own
- **4p** Transfer back to hotel, **time to relax at your leisure**
- Dinner on your own
- Overnight at Ibis Styles Chiang Khong Riverfront

### **THU 1 JUN: CHIANG KHONG –CHIANG RAI –BANGKOK (B/-/-)**

- Breakfast at hotel
- Transfer to Chiang Rai City with some **time to explore Chiang Rai on your own**
- **12p** Lunch on your own
- **1:20p Meet with your guide, transfer to Chiang Rai International Airport for your flight FD 3208 Air Asia departing at 4:25p** (*luggage limit is 20kg for maximum of one checked bag and 11lbs for 1 maximum carry-on*)
- **5:50p** Upon Arrival at Suvarnabhumi International Airport, meet with local guide and transfer to your hotel in Bangkok, check in and **relax at your leisure**
- Dinner on your own
- Overnight at Furama Silom Bangkok: [www.furama.com/silom](http://www.furama.com/silom)

### **FRI 2 JUN: BANGKOK (B/L/-)**

- **7a** Breakfast at hotel
- **8:30a Final debrief (Meeting room at hotel included)**
- **12p** Farewell Lunch at **Millennium Hilton Bangkok** (Sky Train ticket (one day pass) return transfer from hotel included)
- **Free afternoon at leisure**
- Dinner on your own
- Overnight at Furama Silom Bangkok

### **SAT 3 JUN: BANGKOK [B/-/-]**

- Breakfast at hotel
- **Free day in Bangkok**
- Lunch and dinner on your own
- Overnight at Furama Silom Bangkok

### **SUN 4 JUN: BANGKOK – USA (B/-/-)**

- Breakfast at hotel
- Meet with our guide, check out hotel and transfer to Suvarnabhumi International Airport for your departure flight back home