



## ITINERARY

### SUN MAY 13 - MON MAY 14: USA – BANGKOK [-/-/-]

- American 1384 13MAY Mpls/St. Paul - Chicago 2:16pm 4:00pm
- Qatar Airways 726 13MAY Chicago - Doha 6:50pm 4:10pm+1 [14MAY]
- Qatar Airways 826 14MAY Doha - Bangkok 6:30pm 5:30am+1 [15MAY]
- *May 14: Cathy checks into hotel (check in is at **2pm**)*
- *Overnight at Furama Silom Hotel (superior): <http://www.furama.com/silom/>*

### TUE MAY 15: ARRIVE IN BANGKOK [B/L/-]

- **5:30a** Group arrival in Bangkok, meet guide at airport, transfer and check-in to hotel
- Drop luggage in rooms and refresh from travel
- Breakfast at the hotel
- Participate in **Child Safe workshop** at hotel, which will include:
  - Explanation of how the organization supports children and human trafficking
  - Group lunch
  - Group discussion and certificate ceremony
- Afternoon to rest and recuperate from travel
- Dinner on your own
- Overnight at Furama Silom Hotel (superior): <http://www.furama.com/silom/>

### WED MAY 16: BANGKOK – CHIANG MAI [B/-/D]

- Breakfast at hotel
- **9am** Meet in hotel lobby for your **program orientation with Eve**
- Transfer to BKK for your **2:30p flight to Chiang Mai (Flight PG 225)**
- Upon **3:50p arrival at CNX**, meet guide, transfer and check-in to your hotel
- Afternoon to rest and recover from traveling
- **6:30p** Depart for a group **welcome Khan Toke dinner**
- Overnight at Ban Rattanaaiya Residence: <http://www.296rattanaaiya.com/>

### THU MAY 17: CHIANG MAI (B/L/-)

- Breakfast at hotel, followed by faculty-led group debrief
- **9a-3pm** 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
- Afterwards, visit **Wat Suan Dok** to participate in a **Buddhist lecture and discussion** with monks at the local temple
- Dinner on your own
- Overnight at Ban Rattanaaiya Residence (TBD)

### FRI MAY 18: CHIANG MAI – CHIANG DAO SCHOOL (1 HR) – PHA NOK KOK VILLAGE – CHIANG MAI (1.5 HRS) [B/L/-]

- Breakfast at hotel
- **9a** After breakfast, meet with your facilitator and guide and head to the **Suksasongkroh Chiang Dao School**
- **10a** Welcome and introduction from school staff, then tour the school grounds
- **11:30a** Transfer to **Pha Nok Kok Village** to learn about H'mong culture
- Boxed lunch provided
- Upon arrival, spend the afternoon immersed in traditional activities like **crossbow lessons, farm visits by open air truck, and informal discussions with local H'mong people**
- After visit, transfer back to hotel with some time to relax at your leisure
- Dinner on your own
- Overnight at Ban Rattanaaiya Residence

#### **SAT MAY 19: CHIANG MAI [B/-/-]**

- Breakfast at hotel
- **Free day in Chiang Mai** (no transports required)
- Lunch and dinner on your own
- Overnight at Ban Radtanaiya Residence

#### **SUN MAY 20: CHIANG MAI – CHIANG RAI [B/L/-]**

- Breakfast at hotel
- 10am departure for **Chiang Rai**
- Stop for lunch en route (set lunch – fried rice or noodles with side dishes)
- Upon arrival, evening free to explore **night market**
- Dinner on own
- Overnight at Wiang Inn: <http://www.wianginn.com/>

#### **MON MAY 21: CHIANG RAI [B/-/-]**

- **10a** Transfer to **Hill Area Development Foundation (HADF)** for a presentation; learn about their work, visit nearby organic vegetable garden, and practice cooking ethnic food at HADF office (arranged by faculty; transports needed; no guides)
- Lunch on own
- **3p** Return transfer to hotel
- Evening free to explore and enjoy dinner on your own
- Overnight at Wiang Inn

#### **TUE MAY 22: CHIANG RAI [B/-/-]**

- Breakfast at hotel (on own)
- **10a** (TBC) Transfer to **Huay Kom Nok Village** (Karen) and learn about **Community Based Tourism**, herbal practices of Karen peoples, then visit **Mon Hug Home of Dr. Shi** (arranged by faculty; transports needed; no guides)
- Lunch on own
- **3p** Return transfer to hotel; afternoon free and dinner on own
- Overnight at Wiang Inn

#### **WED MAY 23: CHIANG RAI [B/-/-]**

- Breakfast at hotel (on own)
- **10-11a** Morning debrief and journal check
- Lunch on own (at hotel)
- **1p** (TBC) Transfer to **Chiang Rachapat University Hmong Student Club** to discuss Hmong culture, youth issues and education; share Hmong cultural practices and cook dinner with Hmong Student Club (arranged by faculty; transports needed; no guides)
- Evening transfer back to hotel
- Overnight at Wiang Inn

#### **THU MAY 24: CHIANG RAI - CHIANG KHONG (2 HRS) (B/-/-)**

- Breakfast at hotel (on own), then check-out
- Visit the **White Temple**, stop for lunch at local restaurant near temple (suggestion provided; cost not included)
- Transfer to **Chiang Khong**; upon arrival, check-in to your hotel
- Dinner on your own
- Overnight at Ibis Styles Chiang Khong Riverfront (standard): <http://bit.ly/2k15xFm>

#### **FRI MAY 25: CHIANG KHONG (B/-/-)**

- **7a** Breakfast at hotel
- **Day-long work session** at Ibis, including a group debrief and project work (meeting room provided 10am-3pm) (no transport needed)
- Lunch and dinner on your own
- Overnight at Ibis Styles Chiang Khong Riverfront (standard)

#### **SAT MAY 26: CHIANG KHONG (B/-/-)**

- Breakfast at hotel
- **Free day in Chiang Khong** (no transports needed)
- Lunch and dinner on your own
- Overnight at Ibis Styles Chiang Khong Riverfront (standard)

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

- **7a** Breakfast at hotel
- **8a** After breakfast, spend day visiting the **Mekong Child Rights Protection Center** and Development & Education Program for Daughters and Communities Centre (arranged by faculty; transports needed; no guides)
- **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 (standard)

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

- **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** Group lunch provided
- **2:30p** Transfer back to hotel; **time to relax at your leisure;** dinner on your own
- Overnight at Ibis Styles Chiang Khong Riverfront (standard)

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

- Breakfast at hotel
- **8a** Depart hotel and transfer via local transportation for **full-day excursion to Laos via Friendship Bridge;** *please make sure group has arranged Laos visa in advance to avoid any hassles at Immigration;* learn about the impact of Friendship Bridge on the local economy
- **10a** (approx) Meet your Laos guide on the Laos side of Friendship Bridge and transfer to **Daauw Village Laos for your NGO visit** on the border of Laos (more info [here](#)); learn about this local organization that empowers women from the surrounding mountains; meet the founder and learn about the project's goals
- **10a-12p** Interactive presentations on the daily challenges the women face in the neighboring rural areas
- **12p** Lunch at the project's very own restaurant, prepared by the women participating in the program
- **1p** Collaborate with the local team to facilitate a workshop aimed at identifying how women from nearby villages and mountains can start their own small business to contribute towards their family's income; several methods and ideas will be illustrated and discussed in a creative and energized manner
- If time remaining, explore and walk around
- **4p** Before the bridge closes, transfer back to Chiang Khong
- Upon return, dinner on your own and **time to relax at your leisure**
- Overnight at Ibis Styles Chiang Khong Riverfront (standard)

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

- **7a** Breakfast at hotel
- **10a** Depart for **visit to Mekong School;** attend lecture (arranged by faculty; transports needed; CEPA guide provided to assist with translation)
- **12p** Lunch on own (provided by Mekong School; arranged by faculty)
- Afternoon **boat trip** on the **Mekong River**
- **3p** Return transfer to hotel
- **6p Unity Party and dinner at Mekong School** (arranged by faculty)

- **9p** Transfer back to hotel
- Overnight at Ibis Styles Chiang Khong Riverfront (standard)

**THU MAY 31: CHIANG KHONG – CHIANG RAI (2 HRS) – BANGKOK (B/-/-)**

- Breakfast at hotel, followed by morning debrief and hotel check-out
- **Transfer to CEI for your 3:20p flight (Flight PG 234);** lunch on your own
- Upon **4:50p arrival at BKK**, 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 (superior): [www.furama.com/silom](http://www.furama.com/silom)

**FRI JUN 1: BANGKOK (B/L/-)**

- **7a** Breakfast at hotel
- **8:30a Final debrief** (meeting room at hotel included)
- **12p Farewell Lunch** at **Millennium Hilton Bangkok**
- **Free afternoon at leisure**
- **3p** Take local transportation (Sky Train ticket one-day pass included) back to hotel
- Rest of afternoon free at leisure; dinner on your own
- Overnight at Furama Silom Bangkok (superior)

**SAT JUN 2: BANGKOK [B/-/-]**

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

**SUN JUN 3: BANGKOK – USA (B/-/-)**

- Boxed breakfast to eat on bus provided
- Meet with our guide, check out hotel and transfer to Suvarnabhumi International Airport for your departure flight back home
- Qatar Airways 837 03JUN Bangkok - Doha 2:35am 5:45am
- Qatar Airways 725 03JUN Doha - Chicago 8:10am 2:55pm
- American 2675 03JUN Chicago - Mpls/St. Paul 10:05pm 11:34pm