



**GLOBAL CHANGE, FAMILIES +
COMMUNITIES IN THAILAND**
UNIVERSITY OF MINNESOTA





TUE MAY 14: CHIANG MAI [B/-/D]

- Breakfast at hotel
- **10:00 am** Program orientation with guide
- Lunch on own in local market
- **1:00p Leave for Child Safe**
- **1:30 - 4:00p Child Safe Workshop**
 - Learn how the organization supports children and educates tourists about human trafficking
- **6:30p** Depart for a group **welcome Khan Toke dinner** with traditional performance
- **9:30p** Transfer back to hotel

WED MAY 15: CHIANG MAI [B/L/-]

- Breakfast at hotel
- **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; go as group to explore Night Bazaar if desired

THU MAY 16: CHIANG MAI (B/-/-)

- Breakfast at hotel
- Day on own arrangement
- Lunch and dinner on your own

FRI MAY 17: CHIANG MAI – CHIANG DAO SCHOOL (1.5 HRS) – PHA NOK KOK VILLAGE – CHIANG MAI (1.5 HRS) [B/L/-]

- Breakfast at hotel
- **9a** Leave for 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
- **Group #1 Blog posts due**
- Dinner on your own

SAT MAY 18: CHIANG MAI – MAE KAMPONG (1.25 HRS) [B/L/D]

- Breakfast at hotel
- **BY 8:45 Check out of hotel**
- **9:00 a** Travel to **Mae Kampong**, where life revolves around its tea production. Witness age-old agricultural techniques and local customs still thriving today, and take part in a project promoting eco-tourism and helping villagers better understand the environmental impact of farming.
- Lunch and dinner included
- Overnight at Mae Kampong Village homestay

SUN MAY 19: MAE KAMPONG – CHIANG RAI (3 HRS) [B/L/-]

- Breakfast at homestay
- **10am** Depart for **Chiang Rai** (Lunch en route)
- Stop at Hill Tribes Museum in Chiang Rai to learn about ethnic minority cultures and histories
- Check in to hotel
- Brief group check-in: Time TBD
- **1st Journal Turn-in before you leave for dinner**
- Dinner on own; Optional: Go as a group to explore the CR Night Market

MON MAY 20: CHIANG RAI [B/L/-]

- Breakfast at hotel
- **10a - 4 p** TBD Focus on northern Thailand's indigenous communities' cultures
- Dinner on your own

TUE MAY 21: CHIANG RAI [B/L/-]

- Breakfast at hotel
- **10a - 4 p** TBD Focus on northern Thailand's indigenous communities' cultures
- Dinner on your own

WED MAY 22: CHIANG RAI [B/L/-]

- Breakfast at hotel
- **10a - 4 p** TBD Focus on northern Thailand's indigenous communities' cultures
- Brief group check-in: Time TBD
- Dinner on your own

THU MAY 23: CHIANG RAI - CHIANG KHONG (~2 HRS) (B/-/-)

- Breakfast at hotel.
- By 9:30 am Check-out out of your room
- By 10:00 am Depart for Chiang Khong (~2 hours travel)
- Visit Wat Rong Khun (The **White Temple**); Lunch on own on the way
- Transfer to **Chiang Khong**; Check in to your hotel
- **Group #2 Blog Posts Due**
- Dinner on your own

FRI MAY 24: CHIANG KHONG (B/-/-)

- Breakfast at hotel
- **10 a - 4 p: Day-long work session** on group project; group discussions
- Break for lunch on your own
- **2nd Journal Turn-in before leaving for dinner** (on your own)

SAT MAY 25: CHIANG KHONG (B/-/-)

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

SUN MAY 26: CHIANG KHONG (B/L/-)

- Breakfast at hotel
- **9:30a** Leave for Sunflower House, Spend the day visiting the Sunflower House (<https://childrightsprotectioncentre.wordpress.com/what-we-do/shelter/>), a full-time home for girls who are most vulnerable to dropping out of school, exploitation, and human trafficking. A program of the Child Rights Protection Centre, this shelter provides a safe environment where girls can live, go to school, and develop literacy and communication skills and confidence, and focus on how their skills and talents can help them achieve their goals. The shelter is sponsored by Friends of Thai Daughters, a non-profit organization based in Maine.
- **3:30p** Transfer back to the hotel; evening to relax at your leisure
- Dinner on your own

MON MAY 27: CHIANG KHONG (B/L/-)

- Breakfast at hotel
- **9:30a - 3:30p Tung Na Noy Hmong Village** Tour the village to observe daily life, interact with students on arts and crafts projects, share dance and music.
- **12p** Lunch provided
- Dinner on your own

TUE MAY 28: CHIANG KHONG – LAOS – CHIANG KHONG (B/L/-)

- Breakfast at hotel
- **9:00a** Depart for **Laos**. Please be sure to bring **USD 36, 2 passport photos, and a photocopy of your passport** to get a visa at the border.
- **10a** Meet your Laos guide on the Laos side of Friendship Bridge. Hear a brief introduction about Laos and its demographics, the impact of the Friendship Bridge on the local economy. Learn about the Daauw Village Laos and what your visit will entail.
- **11a** Hear the founder's story and learn about the organization that empowers women from the surrounding mountains.
- **12p** Lunch at the project's very own restaurant, prepared by the women participating in the program
- **1p** Learn more about various projects that women do to earn an income
- **3p** Before the bridge closes, say goodbye to your local guide and transfer back to Chiang Khong
- Dinner on your own

WED MAY 29: CHIANG KHONG (B/L/D)

- Breakfast at hotel
- **10a** Depart for **Mekong School**; Learn about challenges of globalization on natural environment and local cultures; Hear ways that the Mekong School has organized people to influence policy and protect their history and environment attend lecture
- Afternoon **boat trip** on the **Mekong River**
- **6-9p** Unity Party and dinner at Mekong School
- **Group #3 Blog Posts Due**

THU MAY 30: CHIANG KHONG – CHIANG MAI (5.5hrs) (B/-/-)

- Breakfast at hotel
- Depart for Chiang Mai, stopping en route for lunch on own
- **Final Journal Turn-in before leaving for dinner**
- Dinner on your own
- **Team projects posted on blog by 10:00 pm**

FRI MAY 31: CHIANG MAI (B/L/-)

- Breakfast at hotel
- **8:30-11:30a Final debrief**
- **11:45a** Transfer with guide to **Shangrila** for **farewell lunch buffet**
- Dinner on own

SAT JUN 1: CHIANG MAI [B/-/-]

- Breakfast at hotel
- **Free day in Chiang Mai**
- Lunch and dinner on your own

SUN JUN 2: CHIANG MAI – USA (B/-/-)

- Breakfast at hotel
- **Check-out by 11:00 am**
- Flight home or continue to other destinations

