



THAILAND VOLUNTEER PROGRAM



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INTRODUCTION

Well known as a mecca for tourism, Thailand tends to keep the life of those in poverty behind a delicate veil from the rest of the world.

Our Volunteer Thailand Programme takes our participants to communities on the other side of this veil to get involved in projects hoping to make a difference to the lives of all involved.

These projects are located in the Northern city of Chiang Mai, whose name literally means “new city”

Chiang Mai is one of the few places in Thailand where it is possible to experience both historical and modern Thai culture coexisting side by side: the city features centuries-old pagodas and temples next to modern convenience stores and boutique hotels.

For many years travellers have thought of Chiang Mai simply as the base from which they could plan trekking and rafting trips to hill tribe villages and explore other provinces.

However, once there, you may be in for a surprise, as there are so many things to discover other than historical temples; diverse ethnic tribes, elephant camps, authentic Thai cookery schools, handicraft workshops, cultural performances, and breathtaking scenery make Chiang Mai one of Asia’s most attractive tourist destinations.



ACCOMMODATION

The Shared Volunteer Complex is located in the quiet Amphure Muang area of Chiang Mai.

The main house offers a quiet, relaxing place with

- Common lounge with satellite television,
- Internet access,
- Large open garden and common sitting areas
- Rooms with shared facilities
- Dining area

For the participant's convenience and safety, the following staff is available at the accommodation:

- Location Manager: The camp manager acts as an administrator of the camp facility & responsible for safety and wellbeing of the participants.
- Support staff: The support staff includes Chef, Helper, and House Keeper etc.



PROJECT: BRIEF DESCRIPTION

At the moment there are 4 project types. Volunteers can choose to get involved with in and around Chiang Mai.

The Volunteer ground partner is working with NGOs, government institutions and other community related welfare institutions that requested volunteers to fulfil certain needs across the community in the following areas:

Note: The availability of a particular project depends on the need of that project at time of arrival to Chiang Mai.



CHILD CARE

Volunteers are involved in the daily care of under privileged children.

You will be contributing to a child's cognitive, academic, emotional and social growth, with the hope that it brings about some lasting and sustainable changes in their lives.

VOLUNTEERS ACTIVITIES:

- Assist in mid-day meals for the children of the project
- Assist in workshops with songs, rhymes, shape concept - colouring of different shapes.
- Teaching with rhymes & games etc.
- Play games, including outdoor games with the children
- Maintaining the growth charts of children



- Following the time table put forth by the centre.
- Teaching psychomotor skill development

VOLUNTEERS DESIRABLE TRAITS:

- Experience in Childcare/Social Care
- Teaching experience
- Active & bubbly personality with lots of energy
- Comfortable dealing with younger children – toddlers & babies.

TEACHING

Volunteers participate in educational enhancement for students of local communities specifically in the areas of English, Math, Art and Craft. In order to encourage more volunteers to participate in this program, they are provided with detailed workbooks and guidelines for teaching. As a volunteer you will help with the education of the children through creative, interactive teaching methods that make learning enjoyable. Imparting English language skills is extremely beneficial to children's education and further employment.

Volunteers are not required to be a professional teacher or have prior teaching experience. Though it is beneficial.

VOLUNTEER ACTIVITIES:

- Teaching English, Math and functional literacy.
- Get involved with playing games with the children and sports activities.
- Activity related teacher's motivation and learning.
- Community visit for sustainability of girl's enrollment & tracking of school drop outs.



- To create play and learning atmosphere with the help of teaching learning materials.

VOLUNTEERS DESIRABLE TRAITS:

- Experience in Childcare/Social Care
- Teaching experience
- Active & bubbly personality with lots of energy

TEACHING MONKS

There is a high need for teachers in Monk Education centres – as the focus of the centre tends to be on religion, the subjects of English, Maths, Art & Craft are often left out.

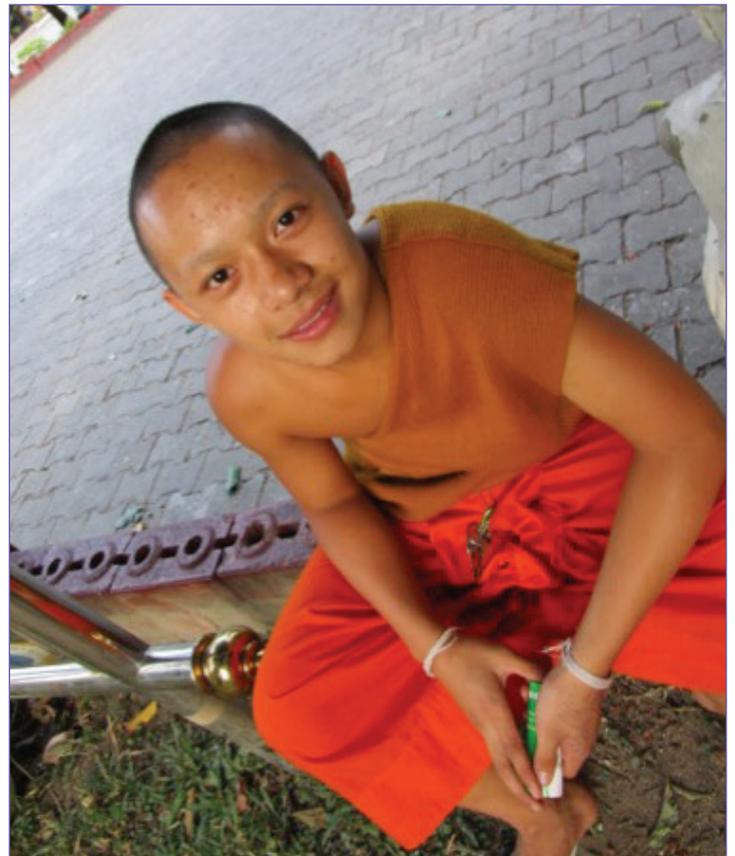
This is where the volunteers come in – teaching the required lessons to young monks aged between 8 to 25 years old.

VOLUNTEER ACTIVITIES:

- Teaching English & Maths
- Get involved with Arts & Crafts, including painting the classroom with the students
- Get involved or initiate games & sports activities

VOLUNTEERS DESIRABLE TRAITS:

- Experience with Teenagers
- Teaching experience
- Active & bubbly personality with lots of energy



CARING FOR THE ELDERLY

Volunteers will help out at a centre dedicated to the care of the elderly in the community, many of whom have disabilities and need extra patience and attention.

VOLUNTEER ACTIVITIES:

- Assisting the centre staff in daily chores
- Take the blind on walks outside the centre & help them eat at meal times
- Assist the centre staff with teaching health & hygiene
- Get involved in activities to entertain the occupants of the centre

VOLUNTEERS DESIRABLE TRAITS:

- Experience in Care of the Elderly
- Patience & Understanding

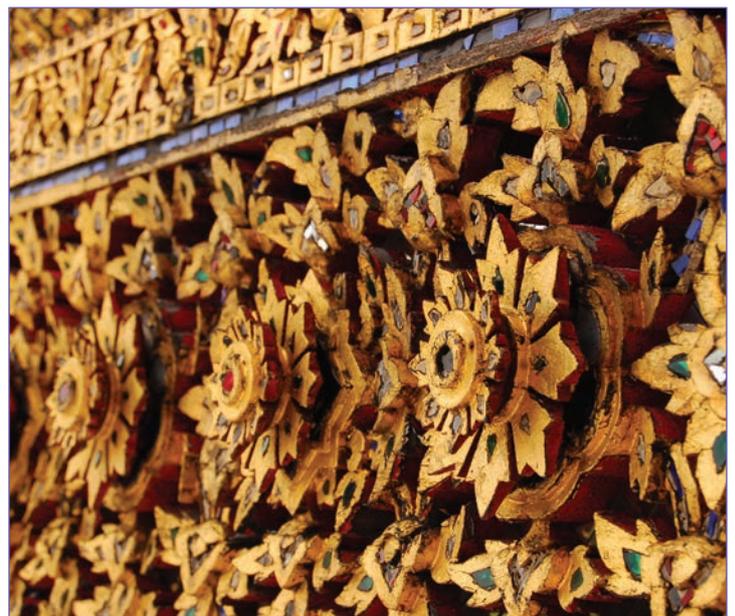


VOLUNTEER PLACEMENT INCLUDED SERVICES:

- Return Airport Transfers
- Accommodation at the Shared Volunteer Complex – with up to 4 Volunteers per room
- Meals as per the Meal Plan as laid out in the Programme Itinerary
- Dedicated programme coordinator throughout the project on the ground
- Support from local partner organisation throughout placement
- All material & resources required to carry out duties in each volunteer project

EXTRA SERVICES AS PART OF THE VOLUNTEER & TRAVEL PROGRAMME:

- Weekend excursion to Chiang Rai
- Day excursion to Lampang
- Half Day excursion to Wat Phra That Doi Suthep



SAMPLE PROGRAM ITINERARY

The Volunteer program in Thailand can be enhanced with the Volunteer + Travel option. The following chart provides details of the services included and the services that come along with both options

WEEK 1: ARRIVAL AND ORIENTATION

DAY	VOLUNTEER PROGRAM	VOLUNTEER + TRAVEL PROGRAM	MEAL PLAN
Monday	Arrival at Chiang Mai airport and transfer to accommodation.		All Meals after arrival
Tuesday to Wednesday	Transfer to Location, welcome meeting and orientation start. Orientation includes talks & presentations on: <ul style="list-style-type: none"> • Thailand & its culture • Social development and the role of volunteers • How to do volunteer work • Project description and activities • Cultural responsibility • Personal safety & Code of Conducts • Thai language basics • Visit of local markets and orientation to the general local area • Visit of allocated projects 		B, L, D
Thursday to Friday	<ul style="list-style-type: none"> • Project work starts • Free time for own activities 		B, L, D
Saturday	Free weekend to explore Chiang Mai	Day long excursion to Lampang	Only breakfast during excursions. All meals during camp stay
Sunday	Free weekend with transfer to Chiang Mai airport for flight back home.	Half day visit to Wat Phra That Doi Suthep	

WEEK 2 : VOLUNTEERING + TRAVEL

DAY	VOLUNTEER PROGRAM	VOLUNTEER + TRAVEL PROGRAM	MEAL PLAN
Monday to Friday	<ul style="list-style-type: none"> • Volunteer Work during morning and afternoon time for total around 05 hours. • "Thai cooking" workshop 		B, L, D
Saturday	Free weekend to explore Chiang Mai	Day long excursion to Lampang	Only breakfast during excursions. All meals during camp stay
Sunday	Free weekend with transfer to Chiang Mai airport for flight back home	Half day visit to Wat Phra That Doi Suthep	

Thailand is also known as the land of smiles and for very good reason. The Thai greet tourist as if they are next door neighbours. This welcoming aura is found throughout Thailand and it makes travelling around the country a dream.

While on a Volunteer project you will gain a unique insight to the local people's lives and customs with a chance to jump on day tours of the local sites as well as cultural activities.

But you may want to explore a little further than Northern Thailand – sure you can do a weekend trip down to Bangkok but what about the famous Thai Islands to the South everyone is always talking about – Phuket, Koh Samui, Koh Phi Phi or Krabi! Or what about the beach resorts of Pattaya or Hua Hin? And let's not forget Kanchanaburi – steeped in WWII history!

USIT can book you on small group tours before or after your volunteer experience – this way you can get to see as much of Thailand as possible.

If you are feeling adventurous why not hop over to Vietnam, Cambodia, Laos, Burma or Malaysia!



USIT can arrange your flights around your adventure plans and you can choose to go solo or book on a small group tour, make friends and experience new cultures.

Just talk with your USIT coordinator about how you want to spend your next adventure!

One great example of our wide range of tours is this 9 Day Island Hopping Adventures from €849

With a huge range of inclusions in such a short space of time this trip is definitely the one to achieve an exciting overview for travel in Thailand!

WHAT'S INCLUDED:

WEST COAST: NOV-MAY	EAST COAST: MAY – NOV
Koh Klang village tour	Snorkel trip
Local island homestay	Free time on spectacular beaches
Free time on spectacular beaches	Internal flight
7 Breakfasts, 1 Dinner	7 Breakfasts
5 Nights Hotel	7 Nights Hotel
1 Night Sleeper Train	1 Night Sleeper Train
1 Night Guesthouse	
1 Night Homestay	

Both: All transport between destinations and to/from included activities. Local Guide

FLIGHTS & INSURANCE

All participants on a USIT Volunteer Project must purchase their flights & insurance through USIT.

Our Insurance policy is a Work & Travel policy tailored to the volunteer experience.

All flight itineraries will be discussed and agreed between the volunteer and USIT coordinator before finalising the details.

Your USIT coordinator can tailor make certain flight plans to include stopovers or multi stop itineraries should you wish to do some travel to other countries besides Thailand – just let us know where you want to go next!



MAP OF THAILAND

