

## **Thailand – Tsunami relief work and Ko Chang**

Your relief work will be in Krabi province and encompass 3 elements: undertake building work; form a relationship with a local school to help teach English, arts and crafts and play sports; your own special project for which funds could be raised in England.

### **Day 1 Fly from London to Bangkok.**

Enjoy full-meal service on your scheduled flight from London to Bangkok.

### **Day 2 Arrive Bangkok**

Arrive at Bangkok International airport. After clearing immigration and customs, you will be welcomed by our representative and transferred to your hotel. After settling in, we take an exciting journey by “hang yao” (long-tailed motorboats) through suburban canals before boarding a comfortable converted rice barge for the return trip, enjoying tropical fruits, Thai snacks and drinks served on board during the journey along Chao Phaya River. Dinner is included at the hotel.

### **Day 3 Bangkok – Fly To Krabi**

The **Grand Palace** is one of the most beautiful samples of an ancient Siamese court. Your tour of the palace will include an introduction to the distinctive styles of the different halls and pavilions, which reflect the disparate influences which the Thais have come into contact with. You will also have the chance to visit the Emerald Buddha - the symbol of the regency of the House of Chakri.

The tour then takes you through some of the most interesting parts of Bangkok, including stops at the **Temple of the Reclining Buddha** (Wat Pho), famous as the oldest and largest temple in Bangkok; the **Temple of the Golden Buddha** (Wat Trimit), the home of a 5.5 ton Buddha image found when the port of Bangkok was being expanded and dating back more than 200 years; and the **Marble Temple** (Wat Benjamabophit), a royal temple begun by King Chulalongkorn in 1901 and noted for its dazzling white Carrara marble.

This afternoon we will fly from Bangkok to Krabi.

### **Days 4-8 Krabi Province – Tsunami Relief Work**

Your relief work will be in Krabi province, near to Ko Jum Island. Your visit will encompass 3 elements:

- You will undertake building work which might include laying cement foundations, plastering, painting, etc. This will be in association with a programme coordinated by the Community Support Foundation of Thailand.
- We will set up a relationship with a local school (and possibly an orphanage) which you would visit and help teach English, arts and crafts and play sports.
- We will give you your own special project for which funds could be raised in England, for example this might be to provide a generator for a village that could be activated to provide electricity while you are actually there.

To support the tourist industry, you will be accommodated in rustic, traditional Thai tourist lodges, the rooms would have ceiling fans and private bathrooms with 3 or 4 students per room. Very pleasant while not luxurious.

All meals will be provided locally, again of an excellent standard.

You will generally work for 4-5 hours in the mornings, which because of the heat will be quite tiring. There will be 2 half-day excursions to local sights of interest travelling by boat and/or bus –for example, visiting James Bond island where the Bond movie was filmed.

Other afternoons will be spent at a local school or orphanage and meeting and helping the local people. We would arrange with a teacher or representative from Regent School, Bangkok to be your guide throughout your stay.

**Days 9-13 Fly From Krabi To Bangkok, Transfer To The IDEALS International Study Centre, Ko Chang**

Fly to Bangkok and transfer to Ko Chang by private bus.

The **IDEALS International Study Centre** is located on Ko Chang, the largest island in the sheltered waters of the Gulf of Thailand. Here we provide our students with the opportunity to develop leadership skills and a confident sense of independence – and to have fun doing so.

This tropically beautiful centre combines an ocean and forest environment, providing scope for a varied programme of academic and outdoor pursuit activities, including kayaking, snorkelling, trekking and orienteering. Students also undertake forest and marine studies and community service to help local villagers.

Here our students learn by doing. They discover how to work as a team, how to lead as well as how to support others; they explore their personal boundaries as they respond to many kinds of challenge and they build up a first hand knowledge and appreciation of the natural environment in this richly endowed habitat, with its neighbouring national park.

New residential and study facilities, which have been sensitively designed to complement Ko Chang's landscape, and a half-Olympic size swimming pool, plus all the opportunities offered by the sea and the forests, make the Centre a world-class facility for school groups. The Centre has become the base for an international programme of student expeditions and outdoor pursuits.

**Day 14 Ko Chang / Bangkok Departure**

Drive to Bangkok for your onward flight to London.

**Day 15 Arrive UK**

Your flight arrives back in London today.