



15 – 20 July 2013

Khun Yoam, Mae Hong Son, Thailand



Dear Friends of **ChuayDek**,

It is our pleasure to present... Rice4Kids 2013!

A "once in a lifetime" experience if you care about children in need, rural life, rice farming and organic living.

When?

The teachers and the children of the Buddha Kasettra School start planting their rice very soon. The week of 15th to 20th July will be the last effort of their planting season. Don't miss the opportunity to help them out and learn from them!

Where?

Khun Yoam, where the School and its rice fields is located, one and a half hour away from the town of Mae Hong Sorn, North of Thailand.



Why?

Why should you spend days planting rice in Thailand, instead of visiting some of its beautiful beaches?

Why should you give a concrete hand to 140 children coming from a difficult background?

Why should you go all the way to Khun Yoam, and discover a remote corner on this beautiful world?

Why should you dedicate time to play and share love with kids in need?

Well... we think you might know the answers already, but... if you would like to be convinced even more, see the smiles of the children, and think that next time, one of those true smiles could be for you. Your heart will be filled with joy!

The group is limited to 15 participants (on a first-come first-serve basis).

ChuayDek onlus will not be responsible for the participants nor any of their belongings.



RICE 4 KIDS: Planting the Future

Day 1 : Monday 15th July

16.30 Meet at Sombat Tour Bus station (Bangkok)

17.20 Departure from Bangkok to Khun Yoam

Day 2 : Tuesday 16th July

06:00 Arrival at Khun Yoam, check in at hotel, rest and breakfast

am: Visit the school and rice nursery field

12:00 Lunch at the school

pm: Overview of Khun Yoam, visit the rice field and observe the day debriefing

Late afternoon/evening: Dinner at a local restaurant

Day 3 : Wednesday 17th July

am: Rice planting with the children

12:00 Lunch in the rice field

pm: Rice planting continues and day debriefing

18:00 Dinner at the School and announcements for Day 4

Day 4 : Thursday 18th July

Visit to one of the villages where some of the children are from, learning their culture, the way they would live without the help of the Buddha Kasetra School. After the visit to the village we might explore some of the surrounding areas.

Day 5 : Friday 19th July

am: Rice planting with the children

12:00 Lunch in the rice field

pm: Rice planting continues and day debriefing

Late afternoon/evening: Dinner at local restaurant

Day 6 : Saturday 20th July

Sport day with the kids and prizes!

VOLLEY BALL | FOOTBALL | RUNNING | CHAIRBALL | and much more if you come with ideas!

12.00 Lunch at the school

16.00 ChuayDek Friends prepare dinner for the kids (spaghetti for all!)

Evening: Exchange of culture! Traditional show by the children, ChuayDek Friends "show", floating lanterns to say goodbye (if weather allows)!

Day 7 : Sunday 21th July

8.30 check out from hotel and travel to Mae Hong Sorn (1.30 hours by car)

am: Mud spa and/or visit Wat Jong Klang Temple, Wat Doi Kong Moo, Mae Hong Son Pha Bong view point

16.30 Arrival at Mae Hong Sorn Airport, departure to Chiang Mai with Nok Air DD8209



Fine tunings of the programme might occur before or during the visit and will be timely communicated to the participants.

How do we get there and back?

We will travel to Khun Yoam by night airconditioned bus (www.sombattour.com) and, for local transportation, we will either rent a van or accommodate in the back of the school pick up. On the way back from Khun Yoam we will travel to Mae Hong Sorn by car/van (1.5 hours) and by NokAir flight to Chiang Mai.

ChuaiyDek will make group booking for the bus and the NokAir flight (Mae Hong Son - Chiang Mai). Participants are requested to individually arrange their tickets/mean of transportation from Chiang Mai to their next destination.



Bangkok to Khun Yoam
By Bus
(14 hours, one-way ticket 900THB)



Mae Hong Son - Chiang Mai
By Air, 30 min by Nok Air (1,000 THB)
[Chiang Mai - Bangkok, 60 min by Nok Air to be arrange individually(2,000 THB)]
*Airfare rate may changes



"one way on the road, one way on the air", a compromise to be more environmental friendly, reducing carbon emissions, but yet avoiding a 30 hours road journey.

How will we move around in Khun Yoam?

Depending on the number of participants we will have to rent a van or we will use the school pick-up truck, with which we will be transported between the guest house, the School and the rice field and for the day out. In this case do not expect any luxurious nor highly comfortable seats... we will sit in the back of the pick-up (open air), experiencing real rural life.

What should I bring?

Khun Yoam in July is warm and humid, with monsoon showers generally falling in the afternoons. The rice fields are very muddy. Bring some old long trousers and long-sleeved shirts for the rice field sessions, we suggest you to buy plastic boots and large hats directly in Khun Yoam. Other useful items: light clothes (informal), rain jacket, waterproof bag, small torch, sunglasses, hat, sunscreen, a light sweater, mosquito repellent, any regular medicine you might have to take, anti-diarrhea medicine (just in case) and, if you decide to start the malaria profilaxis, don't forget your tablets!



How much the visit will cost?

The visit is being organized in fully voluntary mode, and ChuaiyDek is not benefiting in any financial form from it. There is no real "fee" for the visit but each participant will be asked approximately 180 – 220 €* to cover the actual costs of his/her travel and stay: bus ticket Bangkok-Khun Yoam, hotel nights in Khun Yoam, reimbursement to the school for the food with which they will treat us and petrol expenses if we will use the school car as local transportation, flight from Mae Hong Sorn to Chiang Mai.

* Exact amount will depend on the €/thb exchange rate, the cost of petrol and/or van, and food. Please note that there is an approximate 80€ not refundable (costs of bus and flight tickets, to be booked by ChuaiyDek in May)



>>> Accommodation in Khun Yoam



(i) Yoont Bed& Breakfast (free wifi)

4 Stories building with 12 comfortable and clean guest rooms
500 - 800 THB (13-21€) per room | www.facebook.com/yoontkhunyuum

(ii) Thanathip Resort

Amazing view of Khun Yoam (free wifi)
but "thai style" beds, no hot shower
500 THB (13€) per hut



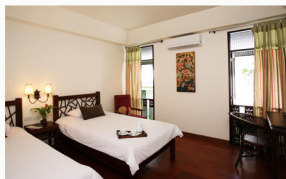
There is an option for you to stay at the School,
but toilet & showers are limited and beds would be "thai style" (on the floor)

>>> Accommodation in Chiang Mai



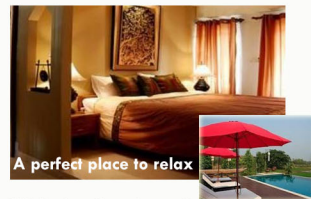
(i) Gord Chiang Mai

A little cozy place to put your mind
at peace in the heart of old city.
990 THB(single) | 1,190 THB (twin)
<http://gordchiangmai.com>



(ii) 3Sis Bed and Breakfast

Contemporary Lanna Style
(Northern Thai) hotel, in the city
1,650 THB (43€)
www.3sisbedandbreakfast.com



A perfect place to relax

(iii) Puka Boutique Resort

30 min away from Chiang Mai,
from the shopping and the city life.
close to hot-springs & handcraft
village. | 3,000THB (78€)
www.pukaboutiqueresort.com

Chiang mai has many hotels, with price ranging from 200 THB (5€) to 4,000 THB (100€) or more.

The popular landmarks in Chiang Mai are; 1. Tha Phae Gate | 2. Ping River
3. Nimmanhemin Road | 4. Night Bazaar

You can check for other places with the review at www.tripadvisor.com

Are there any diseases in the area?

The health situation and care in Thailand is good. However, during rainy season there are many mosquitoes in Khun Yoam. No phobias but let's be conscious... dengue and malaria might be a possibility, so please use mosquito repellent often and wear long shirts and trousers. Those of you who want, might start malaria profilaxis.

Useful links related to health and entering the country:

<http://www.un.or.th/thailand/travelinfo.html>

<http://www.mdtravelhealth.com/destinations/asia/thailand.php#1>

<http://www.viaggiareisicuri.mae.aci.it/?thailandia>

[http://www.fco.gov.uk/en/travel-and-living-](http://www.fco.gov.uk/en/travel-and-living-abroad/travel--)

[abroad/travel--](http://www.fco.gov.uk/en/travel-and-living-abroad/travel--)

[advice-by-country/asia-oceania/thailand](http://www.fco.gov.uk/en/travel-and-living-abroad/travel--advice-by-country/asia-oceania/thailand)

ChuaiyDek is not benefiting in any financial form from the visit & it is organizing it with the only aim to introduce you to the children you have been helping, and to share the joy of their smiles

For further information, please contact info@chuaiydek.org (in Italian, English or Thai)



Rice4Kids 2013! Meet the children you have been supporting (or the ones you could start supporting as of now!). Share your joy with them, and let them share their knowledge and feelings with you. You'll see that, at the end...who will gain in this, will be you