



Thai Buddhism Experience

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Project overview



What's included:

- 24/7 support in case of emergencies

Visit: <https://www.truexperiencetravel.co.uk> - Call us on: +44 (0) 1494 526163 or +44 (0) 7951 536023

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- Accommodation
- Airport Pick up
- English speaking coordinator
- Meals
- Orientation

What's not included:

- Airport drop off
- Flights
- Travel insurance
- Vaccination
- Visa

Project itinerary

Weekly Schedule

Sunday

If this is your first week, you will be transferred directly from Bangkok to Hua Hin upon arrival. Depending on your previous week's program, you will be transferred to Hua Hin after brunch Dinner at Hua Hin centre

Monday

- Introduction about Buddhism; Learn about meditation and Buddhism ethics (how to pray and kneel, how to act around monks, etc)
- Thai Language Lesson: Buddhism
- Excursion to Wat Huay Mongkol Temple; pay respect to one of the most sacred monk statue in Hua Hin and get a short introduction to Buddhist rituals
- Visit local market; opportunity to buy white clothing for the monastery.

Tuesday

- Early morning giving alms to the Monks
- Temple Cleaning - Nicottharaun Temple
- Lub Lae Cave
- Watch a documentary about Buddha & Buddhism



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Wednesday

- Early depart to Wat Khao Tao
- Talk about Buddhism
- Meditation Instruction and Practice: Sitting/walking/Lying Meditation
- Continue with Meditation Practice
- Free time or, depending on the needs at the monastery, we may be asked by the monks to help with chores
- Overnight stay at a Monastery

Thursday

- Morning Chanting
- Breakfast + short time to rest and shower
- Talk about Buddhism
- Meditation Instruction and Practice: Sitting/walking/Lying Meditation
- Continue with Meditation Practice
- Free time or, depending on the needs at the monastery, we may be asked by the monks to help with chores
- Overnight stay at a Monastery

Friday

- Morning Chanting
- Breakfast + short time to rest and shower
- Talk about Buddhism
- Meditation Instruction and Practice: Sitting/walking/Lying Meditation
- Continue with Practice
- Free time or, depending on the needs at the monastery, we may be asked by the monks to help with chores
- Depart to Hua Hin TGL Center

Saturday

- Breakfast
- If this is your last week, you will be transferred to Hua Hin bus station after breakfast. If you have further programs north of Hua Hin you will be transferred to that program via Singburi.



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If programs are in Hua Hin or the South you will stay at the accommodation until that starting time.

This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.



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APPLICATION FORM

		Booking ref:	
Fullname			
Nationality		Passport number	
Age	Male Female	Date of birth	
e-mail address		Phone number	
Flight Details		Home address	
Contact person at home (In case of an emergency)		Contact number (In case of an emergency)	

Do you have any health problems or allergies we should know about?

To complete your placement we will require the following:

- Copy of your passport
- CV
- Full flight itinerary
- Proof of travel insurance
- Consent to travel for young people over 17 but under 18 years old (see attached consent form attached)