



Thai Buddhism Experience Wang Nam Khiao Thailand

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Project overview

Buddhism began in northern India around the year 500BCE and is one of the world's most prominent and ancient faiths. The tradition gets its name from a man known by his followers as the Buddha, or the awakened one. The Buddha was born into a princely family in a region that was previously in northern India but is now a part of southern Nepal.

During your time here, travellers will learn some of the teaching of Buddhism first-hand from a Thai monk and will stay within the temple grounds, learning meditation and chanting techniques.

The Thailand Buddhism experience allows you to learn about and experience the various practices of Thai Buddhism. You will have the opportunity to practice traditional meditation and chanting with local monks in an environment that is both peaceful and spiritual.

You will be given an introduction to Thai Buddhism in the form of a short documentary and you will also have the chance to visit a Buddhist monastery where you will meet a highly respected monk. This monk will be happy to answer questions and can provide a real insight into his lifestyle, as well as into the traditions and rituals that are unique to Thailand's branch of Buddhism.

Aims & Objectives

The aim of this program is to give you an authentic insight into Thai Buddhism. You will learn about the history, customs and practices of this philosophy and get the chance to put them into practice yourself!

Although this is an incredible experience where people can enjoy the Thai Buddhists' way of life, it is important to bear some points in mind.

- Women are not allowed to stay close to monks or touch the monks so caution is advised.
- You cannot point your feet toward either the monks or the Buddha.



Travel Round the Unseen

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- Men and woman are not allowed to sleep together during their time at the temple and passionate contact is not allowed.
- You must be calm and quiet during and after meditation and chanting.
- Monks only eat one meal per day (breakfast). This means we probably won't have lunch and dinner on Wednesday and Thursday (when we will sleep in the temple's grounds)





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What's included:

- 24/7 support in case of emergencies
- Accommodation
- Airport Pick up
- English speaking coordinator
- Meals
- Orientation

What's not included:

- Airport drop off
- Flights

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- Travel insurance
- Vaccination
- Visa

Project itinerary

Monday

Wang Nam Khiao

Breakfast

Depart from Singburi to Wang Nam Khiao

Lunch

Stop at a set of waterfalls en route to Wang Nam Khiao

Arrive at the resort in Wang Nam Khiao in the afternoon

Walk around the village

Dinner

Meditation and Buddhism ethics (how to pray and kneel, how to act around monks, etc)

Tuesday

Wang Nam Khiao

Early morning giving alms to the Monks

Introduction to the monastery

Breakfast

Q&A with a monk at Pha Rattanawan temple

Lunch

Watch a documentary about Buddha & Buddhism

Explore a big local market, opportunity to buy black/white clothing for the monastery.

Dinner

Karaoke at the resort



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Wednesday

Buddhist Monastery

Depart for stay at Suptawee Monastery

Early morning giving alms to the Monks

Breakfast at the temple with monks and the community

Free time or, depending on the needs at the monastery, we may be asked by the monks to help with chores

Meditation & chanting

Thursday

Buddhist Monastery

Early morning meditation & chanting session (3:30 am)

Short time for rest (meditation, shower, etc)

Give alms to the monks

Praying

Breakfast at the temple with monks and the community

Free time or, depending on the needs at the monastery, we may be asked by the monks to help with chores

Meditation & chanting

Friday

Wang Nam Khiao

Early morning meditation & chanting session (3:30 am)

Short time for rest (meditation, shower, etc)

Give alms to the monks

Breakfast at the temple with monks and the community

A visit to the old temple Ban Rai 2

Lunch

Explore a mushroom farm



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Head to Pa Keep Tawan viewpoint
BBQ Dinner

Saturday

Wang Nam Khiao

Breakfast at the resort

Transfer back to Singburi for further programs or taken to the Wang Nam Khiao bus station if this is the end of your program.

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:

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- 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)