



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

Warning: this programme can be life-changing! If you are willing to put into practice the methods taught in our Thai Buddhist Experience, you could take home with you a whole new mindset to help you with the hustle and bustle of everyday life!

Arrival

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

Mandatory Orientation Day

On the Monday of your first week at this location, you will join our orientation day, to familiarise yourself with the surroundings as well as local culture. Your programme will continue as usual from Tuesday onward throughout the rest of the week.

Orientation Day Schedule - Monday

- Introduction meeting, House rules, Setting Expectations, Health and Safety Advice and handling of documents.



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- Thai Do's and Don'ts, Thai Culture Lessons and Thai Language Lessons.
- Tour around the compound and local area where to find local shops, and arrange a sim-card if necessary.
- Visit a famous Buddhist temple nearby
- Lunch
- Visit the beach

Weekly Schedule

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

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



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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 transfer to Hua Hin bus station after breakfast. Then, where you have further programmes north of Hua Hin you will be transferred to that program via Singburi. If programmes are in Hua Hin or the South you will stay at the accommodation until that starting time.

Please note: 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)