
Dear Grade 11 Group,

You have received this doc because you have chosen a worthwhile project.

Important - your group will not be allowed to go on PW if this document is not completed and shared properly so please do it! It's also brilliant evidence of the [5 Stages of CAS](#) and makes it easy to complete IPAL (IPAL is the College's on-line trip system which links to ISOS, the College Duty Manager and your supervisor direct.)

Your group can now go ahead and contact the organisation(s), ccing your whole group and supervisor. If they confirm your dates (PW 2019 is from Monday 27th to Friday 31st May) you can complete all the "flags" below. You can start some of them now. The information from these flags will later be transferred to the IPAL system as part of your good trip planning protocols.

The rest of the group will need to attend a 3 hour after-school session run by our Outdoor Education (O Ed) staff. Important note - the after-school sessions provide First Aid **awareness only** they do not provide training as the O Ed staff are experienced First Aiders but do not run certified courses.

Working with children? you should take care to minimise possible negative impacts of your visit by reading [Voluntourism top tips](#).

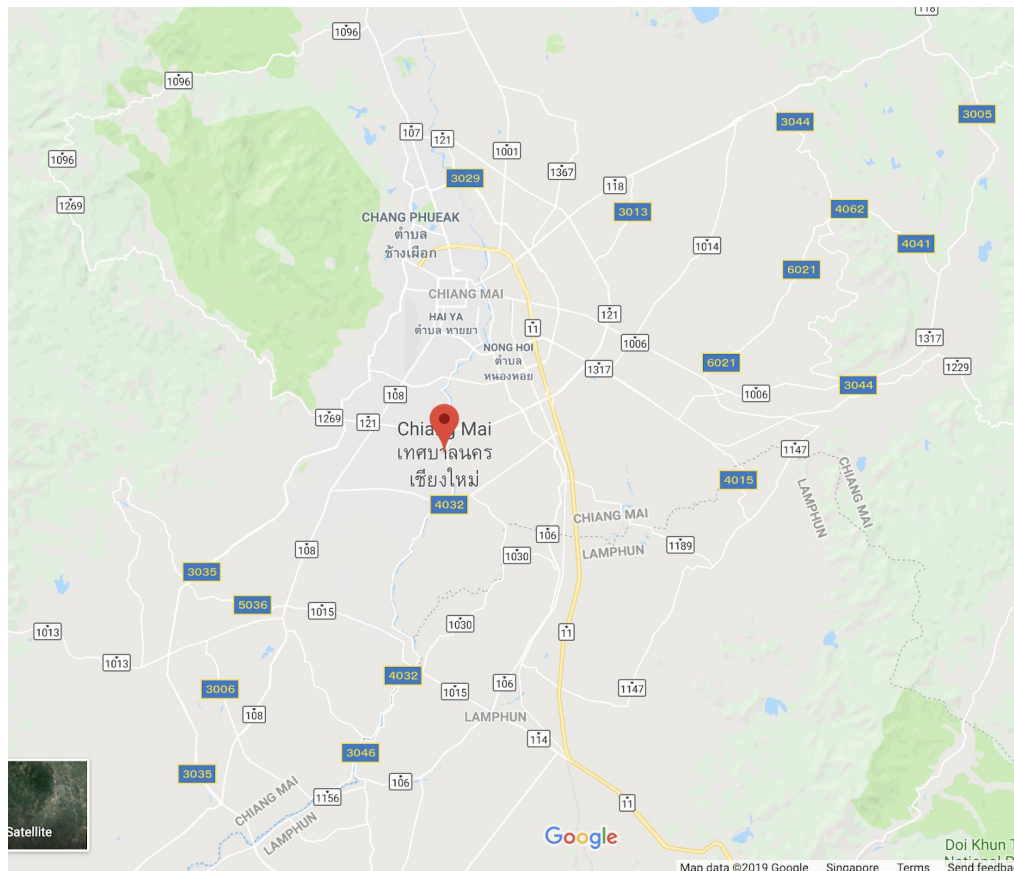
10 Flags - you will need to turn them from **red** to **green** on IPAL

- 1) Trip Information / Setup
 - 2) Participants List
 - 3) Forms of Transport During trip
 - 4) Accommodation Information
 - 5) Partner Organization Information
 - 6) Key forms of Communications During Trip
 - 7) Location of Suitable Medical Facility
 - 8) Local Adult Contact
 - 9) To purchase Insurance -ignore this
 - 10) Risk Assessment
- * Extra Flag - if you choose to any "adventurous" activities.

Our Project Week group number is 5

Your group can keep a central record here of all your key PW information e.g. research; email correspondence with organisations; ISOS information etc.

Our destination is Chiang Mai, Thailand



Flag 1 - Trip Information / Setup

- Where is your project? What is it called? (e.g. the GC name in which city/ town?)
 - Our project works with the School for Life service group located in Chiang Mai, Thailand. The service is not located in the city itself, and is instead located approximately 40 km north east of the city center.
- What CAS - Creativity, Activity and /or Service are you doing? *(you can do all 3 or minimum 2)*
 - We aim to focus primarily on Service and Activity by working with School for Life and going on a trek within the hilly areas. We will also be cooking traditional Thai food.
- How many days do you plan to do CAS for? *(5 full days in Singapore / min. 4 if overseas - allowing 1 travel day)*
 - We plan to have four full days of CAS
- How many hours per day *(aim for 7-8 hrs per day. Evening courses can be added where required)*
 - Full days worth, at least 7 hours per day
- What is the anticipated cost of your trip per person? *(this may vary based on individual visa costs)*
 - Approximately 900 SGD including plane, accomodation, transport, and food.

Flag 2 - Trip Participants

Name - as it is in passport (important for flight bookings)	Expiry (must be valid to December 10th 2019)	Visa Requirements
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Rhiannon Skye Kozel	April 10 2021	None (American/Indonesian)
Isabella Grace Duncan	August 20th 2028	None (American)
Aarushi Pawankumar Sachdeva	August 3rd 2020	Visa acquired
Rhea Shrivastava	May 1st 2021	Visa required - is getting beforehand from Embassy (Indian) - already applied, getting next week
Mallika Shankar	February 26th 2028	Visa acquired

- What Immunisation requirements do you need?

- Check your routine vaccinations are up to date (polio; varicella; measles, mumps and rubella; tetanus, diphtheria and pertussis, seasonal influenza).
- Cholera
 - Oral vaccination is recommended for travellers and relief workers who are likely to encounter unsanitary conditions, or will have limited access to safe water.
- Hepatitis A
 - Recommended for all travellers and expatriates
- Hepatitis B
 - Recommended for most travellers and expatriates, especially:
 - For adventurous travellers who travel to more remote locations.
- Japanese encephalitis
 - Vaccine is recommended for people who will participate in 'higher risk' activities while in an area where Japanese encephalitis risk exists.
 - You are engaging in a 'higher risk' activity if you:
 - Spend a significant amount of time outdoors, particularly in the evening and night-time, in areas outside of cities. (ex. camping, trekking, biking, fishing, hunting, farming).
 - Stay in accommodation that will likely have mosquitoes indoors, ex. lacking air conditioning, window screens, and bed nets.
- Typhoid fever
 - Recommended for adventurous and long-term travellers, especially those who will:
 - Eat from local vendors or restaurants.
 - Be exposed to conditions of poor sanitation.
- Yellow fever
 - A yellow fever vaccination certificate is required for entry for anyone > 9 months of age arriving from a country with a risk of yellow fever transmission, including people who were in transit for more than 12 hours in an airport located in a risk country.

Student Name	Doctor / Clinic Name	Contact number	Blood Group	Immunisations needed (if any)	Allergies / Illnesses / Medication	Attending Certified First Aid Course or awareness course?
Rhiannon	Raffles Hospital	+65 9734 5915		<ul style="list-style-type: none"> - Tdap booster - Typhoid - Cholera 	<ul style="list-style-type: none"> - ALL nuts - epipen and benadryl 	Certified course
Isabella	Health Partners Medical Clinic	+65 9018239 2	B+	<ul style="list-style-type: none"> - Flu shot 	<ul style="list-style-type: none"> - Cats 	Awareness
Aarushi	East Coast Family Clinic	+65 6440455 6	O+	<ul style="list-style-type: none"> - Typhoid fever - Flu Shot 	<ul style="list-style-type: none"> - Dairy products - Egg - Allegra 	Awareness
Mallika	East Coast Family clinic	+65 6440455 6	A+	<ul style="list-style-type: none"> - Flu shot 	<ul style="list-style-type: none"> - None 	Awareness

Rhea	East Coast Family Clinic	+65 91071713	O+	- flu shot - Typhoid	None	Awareness
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Important notes:

- The passport must be **valid for at least 6 months after PW ends** i.e. to Dec 18th 2019
- Blood Group - ISOS highly recommend you know this. Allow at least 5 days for the test & result.
- Those travelling overseas will pay \$40 pp for ISOS support services. You can consult them before, during and after the trip using your corporate level membership [ISOS 02AECM000011](#)

Flag 3a - Forms of Transport During Trip

- What modes of transport will you be using?
 - To get to Chiang Mai, we will be flying to and from. We will also be using a van to travel from the airport to the hotel, organised by our hotel, and we will be using a van to travel from our hotel to School for Life, which is organised by the service.
- What are your outbound departure and arrival details?
 - We are leaving on the 25th of May 2019
 - Dept Time: 14:40 (SIN) -> Arrival Time: 19:25 (CNX)
 - Flight AirAsia 34356
- What are your inbound departure and arrival details?
 - We will arrive back in SG on the 30th of May 2019
 - Dept Time: 14:35 (CNX) -> Arrival Time: 21:40 (SIN)
 - AirAsia 3434

✈ Singapore (SIN)

FD 356

Depart / ขาไป **14:40**
Singapore (SIN) Sat 25 May 2019

Arrive / ขากลับ **16:05**
Bangkok - Don Mueang (DMK) Sat 25 May 2019

Layover in Bangkok - Don Mueang: 4 hours 5
 เปลี่ยนเครื่องบินที่ : 2 ชม. 5 นาที

FD 3429

Depart / ขาไป **18:10**
Bangkok - Don Mueang (DMK) Sat 25 May 2019

Arrive / ขากลับ **19:25**
Chiang Mai (CNX) Sat 25 May 2019

✈ Chiang Mai (CNX)

FD 3434

Depart / ขาไป **14:35**
Chiang Mai (CNX) Thu 30 May 2019

Arrive / ขากลับ **15:50**
Bangkok - Don Mueang (DMK) Thu 30 May 2019

Layover in Bangkok - Don Mueang: 4 hours
 เปลี่ยนเครื่องบินที่ : 2 ชม. 25 นาที

FD 353

Depart / ขาไป **18:15**
Bangkok - Don Mueang (DMK) Thu 30 May 2019

Arrive / ขากลับ **21:40**
Singapore (SIN) Thu 30 May 2019

All times shown are local in 24-hour time format

- Which registered taxi companies operate at your destination?
 - From Chiang Mai International Airport - From Arrivals Exit 9 there is a licensed airport taxi service costing around 160B to the old town. Cheaper shuttle and minibus services charge 40B.
 - Not many registered taxi stands, but registered taxis can be called through hotels, etc

Outbound Date: 25 May 2019	Dept time: 14:40	Flight : AirAsia 34356	Arrival Time: 19:25
Inbound Date: 30 May 2019	Dept time: 14:35	Flight: AirAsia 3434	Arrival Time: 21:40

Important notes:

- ISOS and the College strongly advise against using unregistered vehicles such as Uber and auto-rickshaws where your safety may be compromised. Driving motor bikes or cars is not allowed.

Flag 3b - Forms of Transport During Trip

- What modes of transport will you be using? (*flights / ferry / coach*)
 - *Very easy to walk in Chiang Mai Old City, can walk to Creativity, to travel to service and activity, each provider has arranged to pick us up and drop us off.*

Important notes:

- ISOS and the College strongly advise against using unregistered vehicles such as Uber and auto-rickshaws where your safety may be compromised. Driving motor bikes or cars is not allowed.

Email interaction with School for Life

On Mon, Feb 11, 2019 at 12:45 PM Aarushi SACHDEVA <sachd16750@gapps.uwcsea.edu.sg> wrote:

To who it may concern at School for Life,

My name is Aarushi, and I go to United World College of South East Asia in Singapore. As part of a school project, a group of students and I are planning to visit Chiang Mai around the 27th-31st of May as part of a service initiative. We are 5 16/17-year-olds who love working and spending time with children.

We have been reading through your website and find that School for Life's values matches up very closely with our own, as such, we were wondering if it was possible for us to volunteer at School for Life. Please let us know if this is a feasible idea, and if so, how we can best help support your NGO during our visit.

Kind Regards,

Rhiannon, Isabella, Mallika, Rhea and Aarushi

...

Dear Ms Aarushi and group,

Glad to hear that the students from UWCSEA will come to volunteer in School for Life.

Yes. It is Okay that you will come to volunteer in School for Life around 27th-31st May, 2019.

The school will start the Academic Year 2019-20 in the middle of May, 2019.

The fee for volunteering is 1,500 Baht/day per person. It includes accommodation, 3 Thai meals (breakfast, lunch and dinner), activity costs and transportation to pick up and transfer to Chiang Mai Airport.

We usually give volunteering tasks to international students depending on their skills.

So we would like to know what you would like to volunteer in School for Life, such as teaching English to young children, art, sports (football, volleyball, badminton, etc), gymnastics, music/dance, making snacks/cookies with a group of children, doing organic farming with the children, etc.

Then, we will draw a time-table of activity for you.

We look forward to hearing from you.

Warm regards,

Mr. Jo

Ground & Communication Manager

School for Life Chiang Mai

www.school-for-life.org

Hi Mr. Jo,

We just wanted to inform you that we plan on volunteering on the 28th, 29th of May and we will be flying back to Singapore on the 30th of May.

Our group will be meeting this week to discuss which activities we would like to do with the children, so I will update you about that by the end of the week.

Thank you!

Regards,

Rhiannon, Isabella, Mallika, Rhea and Aarushi

Email correspondence with Wild Planet

Hi Isabella

Apologies for the late reply. I've been on expeditions recently and missed your email. Sorry if the reply is too late for your proposal.

We can organise a trek for you. I would need to know the following:

Length

Pick up and drop off locations

What meals you need included

Difficulty level required

I can then put a price together for you.

Kind Regards

Toby Bell

Get [Outlook for Android](#)

Dear Toby,

Thank you for getting back to me. We have been provided an extension for the proposal so if we would still be able to offer a trek it would be great. We would prefer a one day trek with pick up and drop off at a hotel in Chiang Mai. We have yet to finalise the hotel as we are only permitted to book the hotel once we must finalise our activities for our trip to Thailand. Hopefully that is okay? Depending on the timings of the trip we would likely need lunch included, but perhaps also breakfast or dinner depending on the start/end times of the trip. We were aiming for around a 7 hour trip, would this be possible? Ideally we would like roughly a medium difficulty. We all have some experience with trekking but definitely do not consider ourselves experts.

Please advise on what you think would be best.

Thank you for your help.

Kind regards,
Isabella

Hi Isabella

Yes we can organise that for you. One of our guides will pick you up and drop off at your guesthouse in Chiang Mai.

The cost would be 1,000 baht per person (with a minimum of 4 people) and will include all transportation, lunch and water. This you can pay direct to the guide on the day.

Let me know which day you wish to confirm for and we can arrange transfers etc closer to the date.

Kind Regards

Toby

Dear Toby,

Thank you for your help. Our group has 5 people so the cost is good for us. We would like to confirm for May 26th 2019 if that would be possible and I will let you know once we confirm our hotel.

Thanks,
Isabella

Hi Isabella

Cool. I will book you in for the 26th of May. Let me know when you have your hotel booked in Chiang Mai.

Hello,

My name is Rhiannon, I am 17, and I go to United World College South East Asia in Singapore. As a part of our school program, all grade 11 students travel in small groups to different Asian cities for service. My group and I will be coming to Chiang Mai, and we are wondering if it is possible for us to participate in your morning cooking class as we will be in the city for one day and hope to experience Thai culture. We are around 17 years old, and there are 5 of us total. We will be in Chiang Mai on the 27th of May (Monday).

Please get back to us soon if this is possible for you, Thank you.

Re: Thai Akha Kitchen - Info request Morning Cooking Class Inbox X



Office - Thai Akha Kitchen <office@thaiakhakitchen.com>
to me ▾

Mar 6, 2019, 9:27 PM (1 day ago)



Dear Rhiannon,

You are welcome to our cooking school. We will give you 20%off coupon!

This coupon is only valid with direct bookings from our website and payment must be made by Credit Card or PayPal.

How to use the Coupon? Choose the class, click the link below.

Morning class: <https://www.thaiakhakitchen.com/morning-class-book-online/>

Evening class: <http://www.thaiakhakitchen.com/evening-class-book-online/>

- Choose a date from the calendar.

- Choose the number of participants.

- Enter the 20%off code in the "Coupons" section. Click "Verify Code" and then click "Use Coupon" (you will now be able to see the discounted price).

- Fill out the reservation form under "Contact Information".

- Under "Choose Pay Method" you must choose "Pay by Credit Card or Paypal". You must click "I accept to agree to the Terms & Conditions". Click "Book now".

- A new window will open. Fill out your Credit Card or PayPal information.

At the bottom of this email you will find our phone numbers and useful data.
If you have any further questions, please do not hesitate to contact us.

Best Regards
Niti

Flag 4 - Accommodation Information

SCHOOL FOR LIFE

- What is the name and address of your accommodation?

School for Life
185/3M. 4, T. Pa Meing
Doi Saket District
50220 Chiang Mai
Thailand

Le Naview @ Prasingh
12 Samlan Rd., T.Prasingh, A.Muang, Chiang Mai, Old City, Chiang Mai, Thailand 50200

- What are the contact details? (phone number / email / website)

Website: www.school-for-life.org

Email + phone number: Mr. Jo (Kyaw Kyaw Hla)

Communication Manager

E-Mail: kyawhky@gmail.com

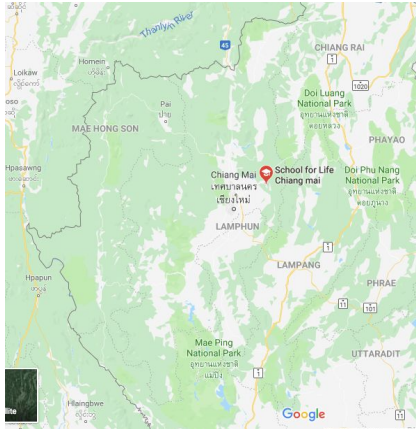
Mobile: +66 (0) 85 237 9482

- **How far is it from your project?**

School of life is where we will be volunteering from the 28-29 and we will be leaving on the 30th

The hotel is walking distance from the cooking we will be doing.

- **Add a location map showing the project and accommodation locations here:**



- **How much is the accomodation pp per night?**
- The fee for volunteering is 1,500 Baht/day per person. It includes accommodation, 3 Thai meals (breakfast, lunch and dinner), activity costs and transportation to pick up and transfer to Chiang Mai Airport.

Date of Check in (school of life): 28th of May 2019

Date of Check out (school of life): 30th of May 2019

HOTEL IN CHIANGMAI CITY

<http://lenaview.com/>

- What is the name and address of your accommodation?

Le Naview @ Prasingh

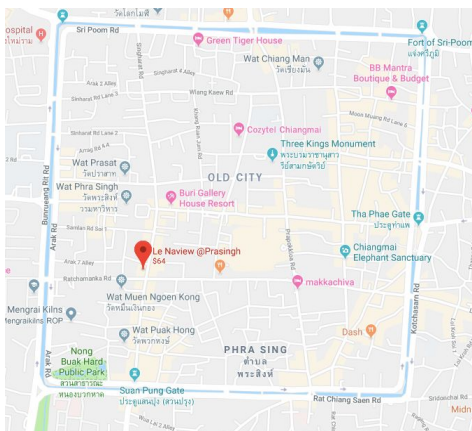
- What are the contact details? (*phone number / email / website*)

Hotel in Chiang Mai Contact: [+66 52 087 686](tel:+6652087686)

- How far is it from your project?

10 minute walk

- **Add a location map showing the project and accommodation locations here:**



- How much is the accomodation pp per night? (*max S\$20pp per night or 3 star*)
- The cost of the hotel in Chiang Mai is 29.92 SGD per person per night, 3 star hotel.

Date of Check in (Le Naview): 25th May 2019

Date of Check out (Le Naview): 28th May 2019

Important notes:

- Your group should not be in the same accommodation as another group. It makes sense to be close to your project. (Airbnb is best avoided - it is not fully regulated and you should be over 18.)
- You can not switch accom without prior approval from your supervisor; Agi Toth and / or the College Duty Manager. If approved we will update IPAL Flag 4 in the event of an emergency or when we need to contact you.

Flag 5 - Partner Organisation(s) Information

Service Learning Document

Child SAFEGUARDING document for service partner :SCHOOL FOR LIFE

- [Page 1](#)

- [Page 2](#)

School for life's response to checkpoint 1 on page 1

Hello Aarushi and group,

Thank you for your email.

Concerning recipe, you can tell me before you come to Thailand. We have time. Now it's summer holiday at the school until May 15.

I send in the attached files the "Safeguarding Policy" signed by me. **We have a safeguarding policy in Thai, not in English. Regarding conduct of teachers, all our teachers are licensed teachers from the Teachers' Council of Thailand (*Krurusapha*), and are permitted to work as a teacher by Provisional Educational Department.**

Best regards,

Mr. Jo

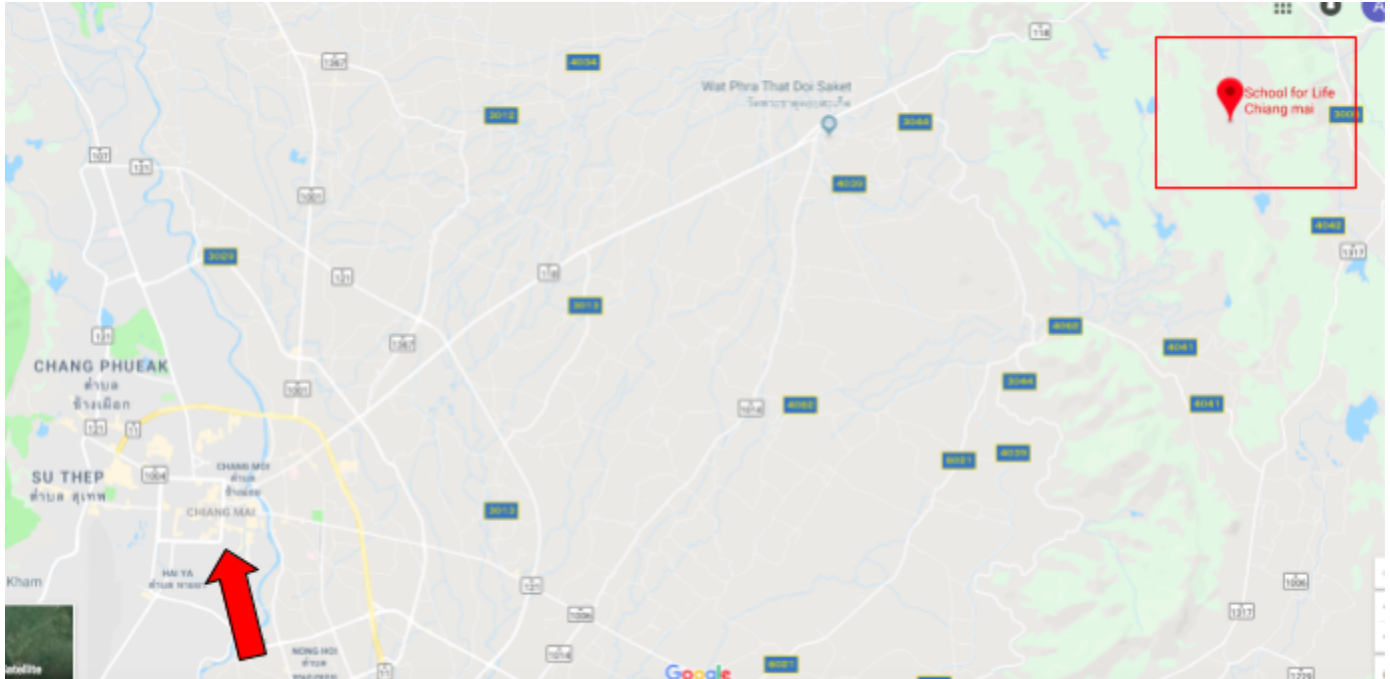
Ground & Communication Manager

School for Life Chiang Mai

Thailand

-
- **What is the name of your GC / Service / Adventure and / or Creative company? (record all organisations you plan to work with)**
 - *School for Life (service)*
 - *(Activity)*
 - **What are their contact details? (address / phone numbers / email / website)**
 - *School for Life*
 - *School for Life*
 - *185/3M. 4, T. Pa Meing*
 - *Doi Saket District*
 - *50220 Chiang Mai*
 - *Thailand*
 - *Website: www.school-for-life.org*
 - *Email + phone number: Mr. Jo (Kyaw Kyaw Hla)*
 - *Communication Manager*
 - *E-Mail: kyawhky@gmail.com*
 - *Mobile: +66 (0) 85 237 9482*

- **What time do they open and close?**
 - School for Life - Full time school
- **What costs are involved? (volunteer fees; activity or course costs; donations requested)**
 - *Volunteer fee is 1,500 Baht/day per person. It includes accommodation, 3 Thai meals (breakfast, lunch and dinner), activity costs and transportation to pick up and transfer to Chiang Mai Airport.*
 - *Activity*
- **What resources are you preparing / taking? (If applicable)**
 - Organic farming with children
 - Making snacks with kids
- **Add the location of all your partner organisations to your map (above)**
 - *School for Life*
185/3M. 4, T. Pa Meing
Doi Saket District
50220 Chiang Mai
Thailand



Flag 6 - Key forms of Communication During Trip

- What are your group members phone numbers?
 - Rhiannon - 9734 5915 (local sim)
 - Isabella - 9018 2392 (local sim)
 - Mallika - 9014 9318 (roaming)
 - Aarushi - 9187 2252 (roaming)
 - Rhea - 9771 7432 (roaming)
- Who will have roaming enabled?
 - 3 people will enable roaming and the other 2 will buy sim cards on arrival
 - Rhiannon and Isabella will buy Sim card
- Do you plan to buy local sim cards or use free wifi to communicate with your supervisor / ISOS / family etc?
 - At least 1 person will buy a local sim card and we will have free wifi access to communicate with supervisor/ISOS/family

Emergency Numbers:

- Fire - 199
- Police - 191

Dialing Codes:

- Country Code - 66
- IDD Prefix (International Direct Dialing) - 001

- NDD Prefix (National Direct Dialing) - 0

Consulate of United States
387 Wichayond Road
Chiang Mai 50300
Thailand

Phone: +66 53 107700

Fax: +66 53 252633

Website: <https://th.usembassy.gov/embassy-consulate/chiang-mai/>

Important notes:

- On arrival at your destination you must “check in” with your supervisor to let them know you have arrived safely. You must do the same when you return to Singapore.
- At least 1 person per group should have mobile access. Check your location has wifi coverage.
- If you buy local sim cards you must inform your supervisor for them to update IPAL
- Some students spend more on their phone bill than their PW! Remember to activate data roaming before you travel but turn it off when not needed.
- Make use of free wifi areas and free apps like Hangouts.

Flag 7 - Location of Suitable Medical Facility (at the destination)

- What is the name of the nearest suitable hospital / 24hr clinic? (*ISOS can advise you on this*)
- What are the contact details? (*phone number / address/ email / website*)

Name: Chiang Mai Ram Hospital

- Location Eng: 8 Bunrueang Rit Rd, ตำบลศรีภูมิ Amphoe Mueang Chiang Mai, Chang Wat Chian
- Location Thai: 8 ถนน บุญเรืองฤทธิ์ ตำบลศรีภูมิ อำเภอเมืองเชียงใหม่ เชียงใหม่ 50200
- Number: +66 53 920 300
- Website: chiangmairam.com

Name: Sriphat Medical Center at Faculty of Medicine, Chiang Mai University

- Location Eng: 110/392 Sriphat Bd., Intawarorot Rd. T.Sriphum, Chiang Mai .
- Location Thai: อาคารศรีพัฒน์ อินทราโรต 110/392 ถ.อินทราโรต ต.ศรีภูมิ Amphoe Mueang Chiang Mai, Chang Wat Chiang Mai 50200, Thailand
- Number: +66 53 936 900
- Website: cmed.cmu.ac.th

Name: Lanna Hospital

- Location Eng: 1 Sookasam Rd, Pa Tan, Amphoe Mueang Chiang Mai, Chang Wat Chiang Mai 50300, Thailand
- Location Thai: 1 ถนน สุขเกษม ตำบล ป่าตัน อำเภอเมืองเชียงใหม่ เชียงใหม่ 50300
- Number: +66 53 999 777
- Website: lanna-hospital.com

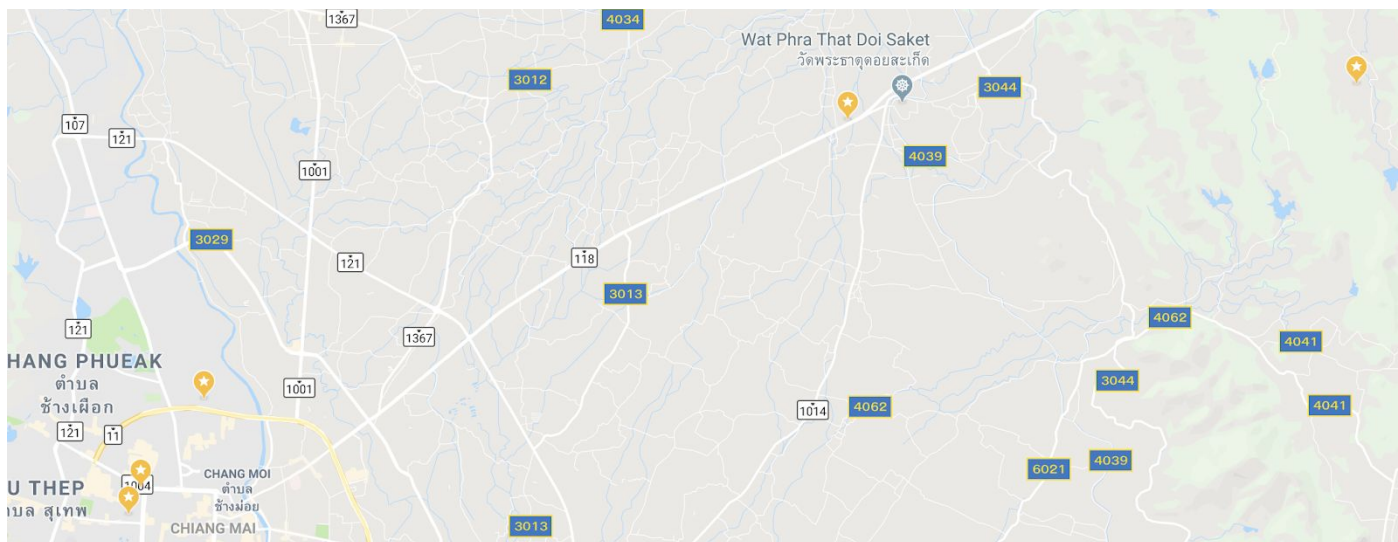
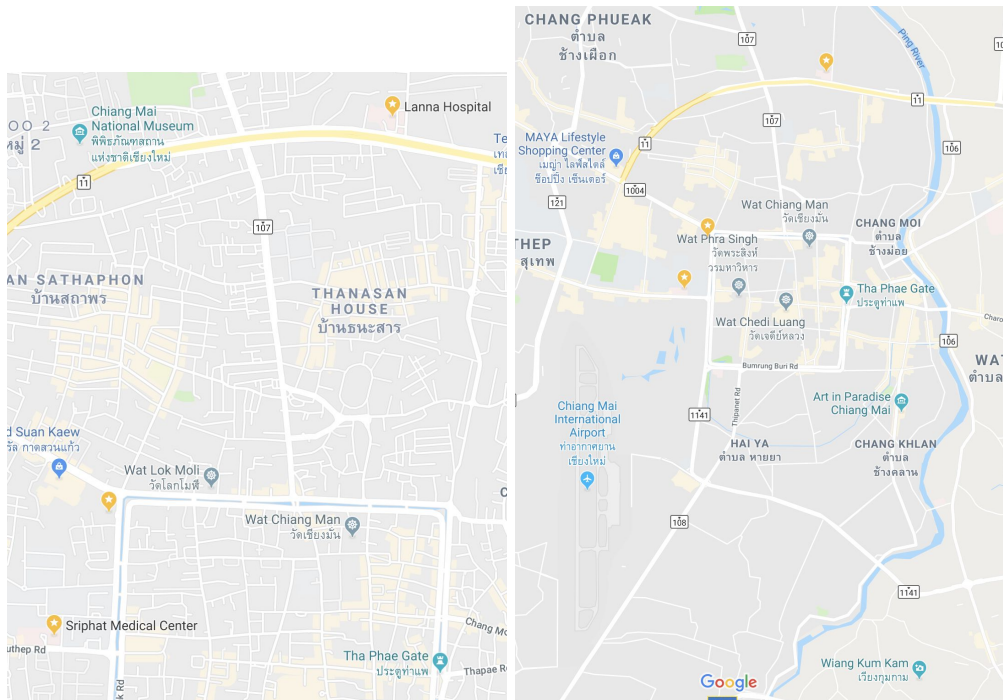
Name: Doi Saket Hospital (Near Service)

- Location Eng: 2 หมู่ 8 Tambon Choeng Doi, Amphoe Doi Saket, Chang Wat Chiang Mai 50220, Thailand
- Location Thai: 2 หมู่ 8 ตำบล เชิงดอย อำเภอ ดอยสะเก็ด เชียงใหม่ 50220
- Number: +66 53 495 166

Name: Bangkok Hospital Chiang Mai (In between service and Chiang Mai city)

- Location Eng: 88/8-9 Moo 6 Mueang Chiang Mai District, Chiang Mai 50000, Thailand
- Location Thai: 88/8-9 Moo 6 อำเภอเมืองเชียงใหม่ เชียงใหม่ 50000

- Number: +66 52 089 888
- Website:



- (Furthest right star is School for Life)

Important notes:

- In the event of any concerns, no matter how minor, you are encouraged to call the ISOS 24/7 phone number for your country. They will advise you on treatment and if you need to visit a clinic or hospital they can notify the medical facility. To keep costs down call their local branch and use WhatsApp or a landline.

Flag 8 - Local Adult Contact Information

- Who will be your contact person at the destination? (*this is usually someone at the project / organisation*)
 - Craig Brooks
- What are their contact details? (*address / phone numbers / email*)
- Phone number: Seattle number 1-206-790-8175 (goes to a local phone)
- Email is crboy53@yahoo.com

Important notes:

- In term 3 your supervisor will send a standardised email to the local contact notifying them that you will be travelling with the support of ISOS, the UWCSEA Duty Manager and your own travel insurance.

Flag 9 - Travel insurance

- Who have you booked your travel insurance with? *(you can do this easily via school)*
- How much did it cost? *(this is based on trip length and destination)*

Important notes:

- Students travelling overseas must purchase individual fully comprehensive travel insurance.
- You can book easily via school, who use Chubb. The policy offers higher coverage at a lower rate. To book your insurance email Hani with the dates and destination of your trip nurhaniuwc@gapps.uwcsea.edu.sg
Payment is made to the cashier.
- Family policies - double check that you are covered when not travelling with your family.

Flag 10 - Risk Assessment

- Are you aware of the possible risks for your chosen CAS activities?

Cooking has risks in regards to using knives and fire. Trekking could be dangerous if we fall or get hurt.

- Are you aware of the possible risks at your destination?

The main risk we face at our destination is air pollution which is currently quite bad in Chiang Mai. Another problem is potential theft.

- What plans do you have to mitigate (reduce) these risks?

We have all had some practise cooking to ensure we know how to use the utensils and one member of our group will be getting the first aid certification just in case.

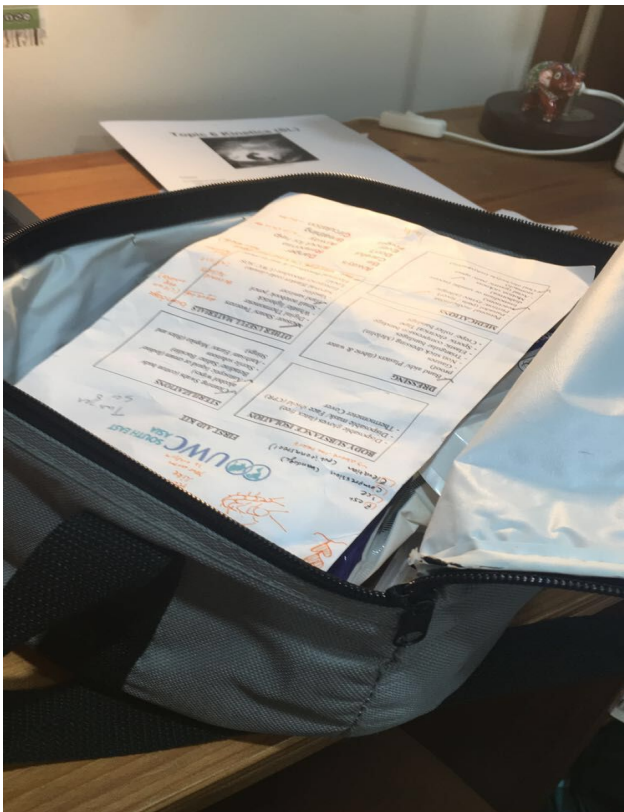
For trekking, we have all purchased the correct hiking equipment such as hiking shoes, long pants and wide brim hats to ensure protection. We have been monitoring the air quality situation and contacted our activity provider to ask about contingencies however we have not yet heard back. We will continue to keep an eye on the problem and if it is still bad by the time we go, we will purchase air masks and reduce time outside. In regards to theft we will be careful to keep our valuables in a safe when we are not in a hotel and use bum bags instead of backpacks as they are less likely to be robbed.

IMAGE OF FIRST AID LIST BELOW :)

Recommended Medical Items for Travelling

Items	Qty	Unit	Purpose
First Aid Dressing/Equip			
Sterile Gauze, 3" x 3" x 12ply	2	packet	To cover big wound
Primapore Wound Dressing, 8.3cm x 6cm	2	each	To cover medium wound
Plaster	10	each	To cover small wound
Crepe Bandage, 7.5cm x 4.5m (M)	1	roll	To bandage sprain injury or wrapped with gauze
Micropore Tape with dispenser, 2.5cm x 9.1m	1	roll	To help secure gauzes
Miscellaneous			
First Aid Bag	1	each	To put all medical items
Tweezers	1	pair	To remove debris from skin
Oral Thermometer	1	each	Individual usage. Normal range <37.5oC
Latex Exam Powder-Free Gloves	2	pair	To reduce transmission of an infection
Hand Sanitizer	1	bottle	To disinfect your hand
Topical Medication			
Betadine Antiseptic Swab Sticks, 12's	1	pack	To disinfect the wound
Soov Bite Gel 25g	1	tube	For insect bites
Oral Medication			
Paracetamol 500mg	20	tablet	For mild - moderate pain / fever, e.g. headache
Zyrtec 10 mg	10	tablet	For cold/allergies
Ultracarbon (Charcoal tablet)	10	tablet	For diarrhea, wind, food/drug poisoning
ORAL REHYDRATION SALTS, 5.145g	10	packet	For dehydration after vomiting, diarrhea
Blackmores: Travel Calm Ginger	10	packet	Reduce travel or motion sickness
OPTIONAL (Depending where you are travelling)			
Space Blanket	1	each	To prevent hypothermia if camping outside (optional)
Actal (Antacid)	20	tablet	For gastric pain, heartburn. (optional)
Lozenge	2	packet	To soothe the throat (optional)
Aqua Tab: Water Purification Tablet	10	tablet	To disinfect water prior drinking (optional)
SEA-BAND Wrist-band	1	each	For motion sickness, nausea (optional)
Scissors	1	pair	Optional

They do not have to follow the above mentioned medical items. For their consideration.



Important notes:

- You will meet your supervisor to discuss possible risks and how to mitigate them.
- You will use the ISOS website for travel advice [ISOS 02AECM000011](https://www.isos.gov.hk/ISOS02AECM000011)

- You are encouraged to email or call ISOS with any questions or concerns you have before travelling.

Well done on gathering the information for the 10 flags. This is excellent trip planning and is important for IPAL and your 5 Stages of CAS. Please check you have shared this document with everyone to allow them access to the key information quickly. If plans change you simply update this doc and ask your supervisor to update IPAL too. Thanks, Agi.

Budget

The estimated costs **PER PERSON** are:

Flights / Train / Coach	\$ 395.48
Visas / Arrival Tax	\$ none
Airport / Departure Taxes (if applicable)	\$ none
Insurance (must be fully comprehensive)	\$ 26
ISOS \$40pp	\$ 40 pp
Accommodation (Costs should be approx S\$20 per person, per night)	\$ Total = 89.76 Per night cost \$ =29.92
Ground transport	\$ 5.4
Food / Drink	\$40
Action-based activities by Third Party Providers (if applicable)	\$ 43.13
School for Life (Service) cost	\$ 170.14
Cooking cost	
First Aid Kit	\$51.75
TOTAL COST PER PERSON	\$ 891.66

NB: Only UWC Global Concern trips or Outdoor Education trips with approval should be allowed to exceed \$900 to \$1000. If remaining in Singapore you do not need to buy insurance or pay for ISOS coverage. You will use your normal cover. Air-miles can be used but the actual value of the flight must be included in the budget.

Important notes: It is important to carry sufficient funds in a variety of forms. You are advised to have available at least one of the following within your group:

- Cash (check the ideal currency e.g. local or US\$)
- Credit Card (i.e. Visa/Mastercard) or Traveler's Cheques
- Reminder - you should not carry more cash than the country allowance permits

Emergency money/ contingency (This is money you should bring back to Singapore if no difficulties arise. It is additional to the budget)

Type: Cash Amount \$100 each

Itinerary - Detailed Daily Schedule

ISOS should know your location / vicinity at any given time to help ensure your safety. Please include a detailed daily itinerary outlining your timings and plans/activities for all days spent at your destination. [Itinerary example](#)

Day 1 Saturday

Saturday May 25th	
8-12	At home because we haven't left yet
12:40 pm	Arrive at Changi Airport Terminal 4, ready for departure. Lunch will not be served on the flight, therefore ideal to eat before arriving at the airport.
1:30 pm	Lunch at airport - eating local Singaporean cuisine @ food court
2:40 pm	Depart for Don Mueang International Airport Bangkok
4:05 pm	Arrive at Don Mueang International Airport Bangkok Terminal 1
5:00 pm	Arrive at Don Mueang International Airport Bangkok Terminal 2 (domestic)
6:10 pm	Depart for Chiang Mai
7:25 pm	Arrive in Chiang Mai
7:45 pm	Pick up by Hotel at arrivals
8:05 pm	Arrive at hotel and check in Le Naview @ Prasingh 12 Samlarn Rd, Phra Sing, Amphoe Mueang Chiang Mai, Chang Wat Chiang Mai 50000, Thailand
8:30 pm	Dinner at the hotel
9:30 pm	Reflection and media time
10:00 pm	Sleep

Sunday May 26th	
6:45 am	Wake up + shower
7:15 am	Breakfast at hotel
8:00 am	Wait for pickup at hotel lobby by Wild Planet
8:00 am - 4:00pm	Trek with Wild Planet in North Chiang Mai including a lunch provided by Wild Planet
5:30pm	Arrive back at hotel - Wild Planet has arranged drop off

6:00pm	Dinner nearby in the Old City @ Thai Southern Style Food Khang Ruan Jum Rd, Tambon Si Phum, Amphoe Mueang Chiang Mai, Chang Wat Chiang Mai 50200, Thailand
7:00pm	Night Market Visit - Chiang Mai Night Market Chang Moi, Mueang Chiang Mai District, Chiang Mai 50100, Thailand
8:30pm	Return back to Hotel
9:00 pm	Reflection and media time
10:00	Sleep

Monday May 27th	
7:30 am	Wake Up + Shower
8:00 am	Breakfast
8:40am	Leave hotel, walking to Thai Akha Cooking as it is within walking distances
9:00am - 4:00 pm	Cooking class at Thai Akha Cooking
4:30pm	Arrive Back at Hotel
5:00 pm - 7:00 pm	Temple visits and sightseeing (Wat Chedi Luang - 103 Prapokkloa Rd, Tambon Si Phum, Amphoe Mueang Chiang Mai, Chang Wat Chiang Mai 50200, Thailand Wat Phra Singh - 2 Samlarn Rd, Phra Sing, Amphoe Mueang Chiang Mai, Chang Wat Chiang Mai 502800, Thailand
7:00pm	Dinner - Blue Mango 220 222,224 Chang Moi Rd, Tambon Chang Moi, Amphoe Mueang Chiang Mai, Chang Wat Chiang Mai 50300, Thailand
8:00pm	Night market visit (Warorot Market) between Thapae Road and Chang Moi Road In the north of Nawarat Bridge and the west side of Ping River, Chiang Mai, Thailand
9:00pm	Return to hotel
9:30pm	Reflection and media time
10:00pm	Sleep

Tuesday May 28th - Once at School for Life, we do not leave until our flight out of Chiang Mai	
7:15am	Wake up
7:45am	Breakfast
8:30am	Pick up by School for Life
9:00am	Reach School for Life

10:00am - 11:50am	Morning activity - Language exchange and getting to know the kids
11:50am	Lunch: provided by School for Life
4:00 pm	Afternoon activity - Dance class with School for Life students
8:30pm	Dinner at School for Life with the students and staff
9:30pm	Reflection/ Briefing for next day/ Media + Prepare any necessary items At School for Life accomodation
10:00pm	Sleep

Wednesday May 29th - Once at School for Life, we do not leave until our flight out of Chiang Mai

7:15am	Wake up
7:45am	Breakfast with School for Life
8:30am	Prepare items for morning and afternoon activities
10:00am - 11:50pm	Morning activity - Organic Gardening
1:30pm	Lunch: provided by School for Life
2:00pm - 4:00pm	Afternoon activity - Arts and craft School for Life students
6:00pm	Dinner at School for Life with the students and staff
9:30pm	Reflection/ Briefing for next day/ Media + Prepare any necessary items At School for Life Accomodation
10:00pm	Sleep

Thursday May 30th - Once at School for Life, we do not leave until our flight out of Chiang Mai

7:15am	Wake up
7:45am	Breakfast with School for Life
10:00am - 11:50pm	Making snacks with School for Life
12:00pm	Leave for Chiang Mai airport (Transport by School for Life)
12:30 pm	Arrive at airport, International Terminal - Check in
2:35pm	Depart from Chiang Mai
4:30pm	Arrive at Bangkok International Terminal - transfer gates (currently unknown) Get snack or light meal before flight
6:15pm	Depart from Bangkok International Terminal
9:40pm	Arrive at Singapore

Additional Flag - for 'Adventurous' groups using Third Party Provider (TPP)

Wild Planet Child Protection UWC Form

Wild Planet Child Protection (their own) Form

Dear Toby,

Thank you for getting back to me. We have been provided an extension for the proposal so if would still be able to offer a trek it would be great. We would prefer a one day trek with pick up and drop off at a hotel in Chiang Mai. We have yet to finalise the hotel as we are only permitted to book the hotel once we must finalise our activities for our trip to Thailand. Hopefully that is okay? Depending on the timings of the trip we would likely need lunch included, but perhaps also breakfast or dinner depending on the start/end times of the trip. We were aiming for around a 7 hour trip, would this be possible? Ideally we would like roughly a medium difficulty. We all have some experience with trekking but definitely do not consider ourselves experts.

Please advise on what you think would be best.

Thank you for your help.

Kind regards,
Isabella

Hi Isabella

Yes we can organise that for you. One of our guides will pick you up and drop off at your guesthouse in Chiang Mai.

The cost would be 1,000 baht per person (with a minimum of 4 people) and will include all transportation, lunch and water. This you can pay direct to the guide on the day.

Let me know which day you wish to confirm for and we can arrange transfers etc closer to the date.

Kind Regards

Toby

Dear Toby,

Thank you for your help. Our group has 5 people so the cost is good for us. We would like to confirm for May 26th 2019 if that would be possible and I will let you know once we confirm our hotel.

Thanks,
Isabella

Hi Isabella

Cool. I will book you in for the 26th of May. Let me know when you have your hotel booked in Chiang Mai.

Research / Extra Information: (please use this section for details not required for the flags above)

Cooking Class:

Thai Akha Kitchen

Website: <https://www.thaiakhakitchen.com/>

Arrag Rd 4 A, Tambon Si Phum, Amphoe Mueang Chiang Mai, Chang Wat Chiang Mai 50200, Thailand

ถนน อารักษ์ 4 ก. ตำบล ศรีภูมิ อำเภอเมืองเชียงใหม่ เชียงใหม่ 50200

Phone: +66 61 325 4611

Payment details

For your purchase on March 14, 2019

Details

Purchase from : Thai Akha Cooking Partnership limited \$145.00 USD

Subtotal \$145.00 USD

Amount you'll pay \$145.00 USD

Paid with VISA x-7323

The transaction will appear on your statement as PayPal * PAYPAL *THAIAKHACOO

Ship to

Richard Kozel
325 Washington Avenue S 10
295225
Kent, WA 98032
United States

Receipt number

3962-1110-9321-5189

Save this receipt in case you need to contact Thai Akha Cooking Partnership limited or PayPal customer service.

Merchant details

Thai Akha Cooking Partnership limited
office@thaiakhakitchen.com
613254611

Customer Details

Richard Kozel
rhannon.kozel@gmail.com





You paid \$145.00 USD to
Thai Akha Cooking Partnership limited



Thanks for using PayPal, Richard Kozel

Create a PayPal account in just a few seconds so every checkout is a snap!

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