



ITINERARY | DAY-BY-DAY



CAREER ENRICHMENT



Dental Health Journey to Thailand

10 days / 8 nights

October 20-30, 2023

\$5999 (Based on double occupancy, includes flights)

\$1299 (Single supplement)

Enjoy the unique culture and traditions of Thailand while you spend time with healthcare professionals. This adventure includes an opportunity to visit a local charity or non-profit organization to provide simple dental exams for the children or families.

BOOK NOW 888.747.7501

Program Highlights

- ✓ Explore the **unique culture of Thailand**. Highlights will include exploring the impressive Grand Palace in Bangkok as well as time to interact with the local elephants at a sanctuary in Chiang Mai.
- ✓ **Accompanying guest program** – *alternate activities will be supplied for those who do not wish to attend the meetings. This will include a visit to a local market, Bang Pa-In (former royal summer residence) and more.*
- ✓ Optional post-program **tropical beach extension to Krabi Island**.

Professional Interaction

- ✓ Meaningful interaction and collaboration between travelers and healthcare professionals in Thailand will focus on providing an **overview of the dental health system** in the country.
- ✓ The primary goal is to develop a thorough understanding of dental care in Thailand through **interaction with dental counterparts**. This will provide a chance to better understand the challenges of health care delivery as the country deals with changing demographics and an increased incidence of chronic disease. Explore how the country is dealing with inequalities in the quality of care as well as general accessibility of care in the public sector.

Cultural Connections

- ✓ Talk to the people you pass on the street. You will be delighted at how open to conversation the locals are, and you may surprise yourself with the **new impressions** formed.
- ✓ Explore some of Bangkok's cultural highlights included **Wat Phra Kaew** and a tour of **Wat Po**, the most extensive temple in the city and the oldest which houses the colossal reclining Buddha.
- ✓ Spend time in a local family's home in Bando, to learn about their local traditions.

What's Included:

- 4* & 5* accommodations
- All transportation and activities outlined in the itinerary
- Group transfers to and from the international airport
- International air (gateway city set tentatively out of Los Angeles)
- Local English-speaking guides
- Meals as mentioned and most tips

Not Included:

- Personal expenses at the hotel
- Meals not specified
- Tips for national guide
- Passport renewal or issuance
- Domestic flight to gateway city



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📍 Los Angeles

DAY 1-2: October 20-21, 2023

Travel Day

Depart today from Los Angeles and make your way to **Thailand**. You will lose a day crossing the international date line.

Note: *Flight times are pending, and gateway may change.*

📍 Bangkok, Thailand

DAY 3: Sunday, October 22

Arrival in Thailand

Arrive in Bangkok today. Upon arrival and after clearing Immigration and Customs procedures, the group will be met by your national guide for the transfer to your local hotel.

Depending on arrival time lunch is on your own today.

Chatrium Hotel Riverside Bangkok is set on the East Bank of the mighty Chao Phraya River and offers the perfect escape in the heart of Bangkok for travelers. The hotel has onsite dining, fitness center with pool and other amenities like a spa for a comfortable stay.

This evening the group will enjoy a welcome drink and dinner at your hotel.

Overnight: Chatrium Hotel Riverside Hotel or similar)

Included meals: Dinner

📍 Bangkok, Thailand

DAY 5: Monday, October 23

Cultural Explorations

Please Note: Breakfast is included daily in your program.

Meet your guide this morning for a tour of some of Bangkok's highlights.

Your first stop will be **Wat Po**, the most extensive and oldest temple in Bangkok. It houses the third biggest colossal reclining Buddha in Thailand. The gigantic gold-plated reclining Buddha, with inlaid mother-of-pearl housing the soles of 108 good lucks, is highly revered among Buddhists. The temple houses hundreds of chedis, the most important among all being the Chedis of the Kings, mural paintings, inscriptions, and statues that educated people on varied subjects.

A visit to Bangkok is not complete without paying a visit to the **Grand Palace** and the **Emerald Buddha Temple**. The Temple is commonly known as Wat Phra Kaew and is part of the Grand Palace. It was built according to traditional Thai belief from Sukhothai reign, the first capital of Thailand, to have a temple for royal ceremonies in the compound of the grand palace and houses the most revered Buddha statue of each era. The magnificent buildings of the Grand Palace yield a feeling of the grandeur Thai architectural style. Constructed 220 years ago by the command of King Rama I, the founder of Bangkok, it was once the residence of the Royal Family before Chitralada Summer Palace was turned into the permanent home.





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Enjoy lunch at the **Supatra River House Restaurant** for your first authentic Thai dishes in Thailand.

You will board a typical **long-tailed boat** that will take you through Bangkok's waterway into the complex network of Thonburi canals. You will enjoy picturesque sights and scenes of traditional Thai canal life with houses on stilts, hidden temples, floating groceries, and water taxi.

On the return journey, you can admire and photograph the imposing sight of the **Temple of Dawn** (Wat Arun), whose 259 feet spire with magnificent multicolored porcelain-studded towers has become the most remarkable visual identity of Bangkok, with the Chao Phraya River in the foreground.

Dinner is on your own this evening.

Overnight: Chatrium Hotel Riverside Hotel or similar)
Included meals: Breakfast & Lunch



📍 Bangkok, Thailand

DAY 5: Tuesday, October 24

Professional Program

After breakfast professional members of the group will departing for a day of meetings with representatives from facilities like the **Faculty of Dentistry at Chulalongkorn University** and the **Mahidol University Dental Hospital**. Discussions will focus on dental health in Thailand, overview of the healthcare system specific to oral health, access to care, training for dental professionals in the country and other topics of mutual interest.

Lunch will be included at a local restaurant this afternoon in between meetings.

Accompanying Guests:

Today guests will depart early for a visit to Ayutthaya by Road including a long tail boat ride. This excursion takes you to Bang Pa-In, the former Royal Summer Residence of King Rama V. A number of impressive buildings can be found in the palace complex consists of a quaint mixture of European and Thai architecture. Continue by road or river to the ancient city of Ayutthaya, the former Thai capital for 417 years and one of Thailand's major tourist attractions. Many ancient ruins and art works can be seen around the city and Ayutthaya Historical Park, which was founded in 1350 by King U-Thong. A total of 33 kings of five dynasties ruled the kingdom until it was destroyed by the Burmese in 1767. Lunch will be served and continue to cruise the waterways around Ayutthaya by long tail boat, taking in the incredible sights of the city. Drifting along the river you will pass local communities, traditional Thai style houses and more famous monuments. Return to Bangkok by road.

Dinner will be provided at a local restaurant.

Overnight: Chatrium Hotel Riverside Hotel or similar)
Included meals: Breakfast & Dinner



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📍 Bangkok, Thailand

DAY 6: Wednesday, October 25

Professional Program

After breakfast professional members of the group will continue their exchange with local dental professionals including a visit to a **local treatment facility** like the Bangkok International Dental Hospital (BIDH) and time to talk to representatives from a local dental society or the government.

Accompanying Guests:

Today accompanying guests will depart for a Damnoen Saduak Floating Market tour. Start our early with a visit to the Railway Market, witness the train running through the heart of the market while vendors begin to move their goods away from tracks. On the way stop for a short visit to a local coconut farm, see how they produce different products, try for example freshly cooked coconut palm sugar. There are countless floating markets throughout Thailand, but the Damnoen Saduak is the most famous. Situated 110 km from Bangkok in Ratchaburi province, you will take a long tail boat ride through the canals and witness the local communities along the riverbank, before visit the floating market at Damoen Saduak. At the market, you can walk around and see colorful clad merchants paddle along congested canals in sturdy canoes laden with fresh fruit, vegetables, local foods, and tourist souvenirs to sell to shoppers on the canal banks. Buy some local snacks, enjoy the view of the many boats find their way along the canals and locals interact with tourists. There is lots of activity and bargaining is part of the fun of the sale. Lunch will be provided this afternoon before returning to the hotel.

Dinner is on your own this evening.

Overnight: Chatrium Hotel Riverside Hotel (or similar)

Included meals: Breakfast, Lunch

📍 Bangkok to Chiang Mai

DAY 7: Thursday, October 26

Fly to Chiang Mai & Elephant Sanctuary

Head to the airport this morning for your flight to Chiang Mai. Lunch is on your own this afternoon.

Upon arrival at the airport, you will be met and greeted by your local driver and transferred to the **Elephant Jungle Sanctuary**. The Sanctuary team who will then introduce you in the basic activities of their organization. Information includes elephant welfare programs and the natural habitat and behavior of elephants. They will brief you on your visit and what to expect.

Elephants are always searching for food and to satisfy their hunger you will feed them with different kinds of fresh fruits and vegetables which are placed in baskets near to the meeting point. After the snack you will go on a short sunny walk to water edge to take a muddy bath with your new grey friends. You will have the chance to scrub and clean the elephants while they take a break enjoying their relaxing massage. Now, it is time to get back to the camp, take a shower and savor delicious Thai food, freshly cooked by the team. As the trip comes to an end the guides will show you how to transform elephant poop into sustainable paper out of you can create the perfect souvenir of the trip. The time has come, say goodbye to your new friends and head to your hotel for check in.





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Na Nirand Boutique Resort is a charming hideaway nestled in the heart of Chiang Mai. The hotel has onsite dining and a bar as well as a spa/pool. They are just five minutes from the night market and a short drive to the airport.

Overnight: Na Nirand Boutique Resort (or similar)
Included meals: Breakfast & Dinner



Na Nirand

📍 Chiang Mai, Thailand

DAY 8: Friday, October 27

Professional Program

Today continue your professional program with visit to facilities like the **Chiang Mai International Dental Clinic** and/or **Faculty of Dentistry at the Chiang Mai University**. *Permission and coordination pending, we hope to coordinate an opportunity to offer some sort of free clinic to the local people or children in the area for simple oral exams and donation of supplies to the families.*



Elephant Reserve

Lunch is on your own this afternoon at a local restaurant.

Accompanying Guests:

This morning guests will visit the charming city of Chiang Mai, which remains the principal religious center in northern Thailand. The moat bounding the historic center is still intact, but the walls were largely destroyed during the World War II – although their impressive four gates remain. Take a one seat trishaw, pedaled by a strong driver around the old city area. You will pass markets and see the lives of locals who line the busy central road. You visit Wat Pra Singh or Monastery of the Lion Lord, founded in the 14th century to house the ashes of King Kham Fu. The complex is composed of several buildings of varying architectural and artistic merit that form this famous temple. You may have opportunity to attend the monk blessing ceremony and speak with one of the monks. Enjoy some free time this afternoon or perhaps take part in the free clinic experience if you choose.

Dinner will be provided at a local restaurant this evening.

Overnight: Na Nirand Boutique Resort (or similar)
Included meals: Breakfast & Dinner

📍 Chiang Mai, Thailand

DAY 9: Saturday, October 28

Cultural Program

This morning the group will enjoy a morning visit to a local family for time to interact as well as for lunch.

After breakfast, head south to **Bandoo** in Hangdong district. The home you will be visiting belongs to the **Raunkaew-Yanon family**, who arrived in the area possibly by elephant back almost 150 years ago. The family is typical “Lanna” Northern Thailand family, continuing the traditions of many generations in building their homes of teak wood and maintaining the natural surroundings in manner now rarely seen in Chiang Mai province.



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You will experience the simple Lanna way of life by a warm welcome in their Teak Wooden home learn about their traditional way of living, including a walk through the family orchard with many types of fruit such as banana, mango & coconut, whilst the garden is filled with typical Thai herbs and organic vegetables for cooking. You will have the opportunity to join in on preparations and cooking today. The visit is designed to give you a real experience and understanding of family life outside the big cities including learning about their traditions and homes as well as the relationship between their religion and ancestors.

Return to the hotel where dinner is on your own this evening.

Overnight: Na Nirand Boutique Resort (or similar)
Included meals: Breakfast & Lunch

📍 Bangkok, Thailand

DAY 9: Sunday, October 29

Return to Bangkok

Check out of your hotel and head back to Bangkok today via flight. On arrival you will be transferred for check-in at your hotel.

Lunch is on your own this afternoon if not provided on your flight with the afternoon free for personal time to relax and explore independently.

Chatrium Residence Riverside at Wat Phraya Krai, Bang Kho Laem provides complimentary shuttle boat services to the nearest BTS Skytrain for all its guests if you choose to go out to explore. Bangkok is one of the world's finest shopping destinations so there's a bounty of places where you can indulge in some retail therapy. One of the most renowned and unique shopping experiences in the city is at *Asiatique the Riverfront* which is nearby. Their shopping promenade runs along the waterfront and has Bangkok's tallest Ferris Wheel, known as Asiatique Sky.

Enjoy an evening **dinner cruise** along the Chao Phraya River to say farewell to your new friends. Enjoy fine dining and lovely views along the river.

Overnight: Chatrium Hotel Riverside Bangkok
Included meals: Breakfast & Dinner



📍 Bangkok, Thailand

DAY 10: Monday, October 30

Depart

Say farewell to Thailand and travel back to Los Angeles today. Depending on your departure time, lunch is on your own arrangement this afternoon.

Overnight: N/A
Included meals: Breakfast



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📍 Bangkok, Thailand

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📍 Chiang Mai, Thailand

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