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PARICHART CHAIPIKUL
Community Projects Director
Projects Abroad

Welcome to Projects Abroad newsletter with the scent of love and romance!

It feels as if we celebrated New Year only a few days ago but now we are in February, time flies so quickly!

February is a very busy time and we welcome visitors such as a TV crew from France and our partner from the USA, Projects Abroad is very popular 😊

This month is eventful for both Christians and Buddhists. Valentine's Day on the 14th February celebrates St. Valentine the patron saint of lovers. It is a day for loved ones and secret lovers to exchange love messages, send poems or simple gifts such as flowers. Buddhists celebrate Makha Bucha Day which this year is on the 18th of February (full moon night of the third Lunar month) and commemorates the day that Buddha preached his sermon on O-Vaat-Pat-Ti-Mok or the sermon for releasing us from sins. Buddhists visit their local temple to pay homage to the Lord Buddha and take part in a candle-lit procession around the temple. In Thailand Makha Bucha is a national holiday. Valentine's day and Makha Bucha Day both celebrate the theme of love.

To celebrate this special time of year our main activity is to help the underprivileged people and we are going to help a remote school to paint their dormitory as well as continue good work in all our events and activities.

Until next time....

Ant



The Story of Ramakien

This is the Thai version of the Indian Ramayana, an allegory of the triumph of good against evil. Our hero, Rama is a paragon of virtue – the ideal king. The villain, or demon king Tosakan. This epic tale is thought to come about after the Thais occupied Angkor in the 15th century. It has been an inspiration for painting and classical drama.

The main characters of Ramakien:

Rama – depicted as deep green face, is an incarnation of the god Visbnu Rama's purpose is to defeat the demon race whose power threatens the gods.

Sita – the daughter of Tosakan's consort and incarnation of the goddess Laksbmi, remains loyal to Rama while held captive by the evil Tosakan.

Lakshman – Rama's loyal younger brother is often shown in gold. He accompanies Rama into exile into the forest.

Hanuman – the white monkey, son of the wind god, is totally devoted to Rama, but still finds time to seduce beautiful women.

Tosakan – The demon king of Longka and have "ten necks and heads and arms". In the Indian version of the Ramayana he s called Ravanna.

The story of Ramaken:

Rama, the heir to the throne of Ayodhya, was sent into exile for 14 years by his stepmother. His wife, Sita and brother Lakshman went with him into the deep forest. Tosakan, the demon king of Longka (Sri Lanka), abducts Sita and carries her off to his island kingdom hoping to marry her. The brothers pursued him.



Hanuman, the white monkey god, volunteer his service, together they won the alliance of two monkey kings, Sukrip and Chompupan, each with a powerful army. They marched south to the coast opposite Longka. The monkey armies build a road of stone through the sea and lay siege to Longka. Many victorious battles are waged against Tosakan's demon armies. Finally, Rama defeated Tosakan and killed him. Rama then crowns his ally, Piphek (Tosakan's banished brother) as King of Longka and returns with Sita to resume his reign in Ayodha.

The Ramakien murals at Wat Phra Kaeo or "The Emerald Buddha" are beautifully depicted through a series of 178 colorful murals, dating from the late 18th century.

(Young artist working on the mural...)



Chananan Sutsadang
Social Manager/Editor

Willkommen im Jahr des Hasens



Johanna Glantschnig
(Care, Austria)

Volunteers' Corner



Social Out Reach at Prateeptum School



Working together to accomplish something good ...

More photos can be seen on facebook [Projects Abroad Thailand-The Official Group](#)



Makha Bucha Day

This is a Buddhist holy day and the first time that 1,250 monks came to be in the same place to listen to Buddha's sermon. It was not plan, the monks just showed up from all over. This celebration falls on the full moon night of the third lunar month or during the last week of February or early March.

The monks and followers walk three times around the temple to earn merit.

This marks one of the four great events that took place during Buddha's lifetime:

1. 1250 Buddhist monks from different places came to pay respect to Lord Buddha at Valuwan Vihara in Rajgaha, the capital of Magaha State, each of his own initiative and without prior notification or appointment.
2. all of them were the enlightened monks (or Arahantas)
3. all of them had been individually ordained by Lord Buddha himself (Ehi Bhikkhu)
4. They assembled on the full moon day of the third lunar month.

On this evening Buddha preached and laid down the principles that summarised as follows: to do good, to abstain from bad action and to purify one's mind.

It was not clear as to when Makha Bucha ceremony took place but in a guide book of ceremonies for the twelve months written by King

Chulaongkorn or King Rama V, it said that "In the past the Makha Bucha was never performed, the ceremony has just been practiced during the reign of King Mongkut or King Rama IV".



Having realized the significance of this day, King Rama IV ordered the royal Makha Bucha Ceremony to be performed in the Emerald Buddha Temple in 1851 and to be continue thereafter.

The day is declared as a public holiday so that people from all walks of life can go to the temple to make merit and perform other religious

activities in the morning and to take part in the candlelit procession or "Wien Tien" in the evening.

Therefore it is a custom for His Majesty the King or anyone of his family members to preside over the religious ceremony to mark the occasion at the Emerald Buddha Temple and led hundreds of people in a candle light procession held within the temple ground.

In fact, the candlelit procession can be held at any time suitable to the public's convenience, either in the morning or in the evening. In Bangkok it usually take place in the evening at about 8:00 p.m. and the procession will be led by Buddhist monks.



In general, the majority of Buddhist are not aware of the significance of this day, therefore, most people take part in the Visakha Bucha or Asanha Bucha Day.

Chananan Sutsadang
Social Manager/Editor



Magha Puja

Magha Puja ist ein Buddhistischer Feiertag und soll an eine spontane Versammlung von 1.250 Schülern des Buddha erinnern, die zusammengekommen waren, um den Buddha predigen zu hören. An diesem Tag laufen die Gläubigen laufen drei Mal um den Tempel herum, um Güte zu erlangen.

Der Magha Puja Tag ist einer der wichtigsten Buddhistischen Feiertage und fällt immer auf den Vollmondtag des dritten Mondmonats (Ende Februar oder Anfang März).

Zu Buddhas Lebzeiten fanden sich am Vollmondtag des dritten Mondmonats insgesamt 1.250 buddhistische Mönche von überall her ein, um ihren Religionsstifter in Valuvan Vihara bei Rajgaha, der Haupt Stadt von Magaha State, zu ehren. Dies taten sie auf Eigeninitiative, sie kamen ohne Einberufung. All diese Mönche waren Erleuchtete (Arahantas). Außerdem waren sie alle von Buddha selbst ordiniert worden (Ehi Bhikku).

Am Abend dieses Tages, hielt Lord Buddha eine Rede über die Grundlagen seiner Lehre in drei Akten. Diese sind: Gutes zu tun, böse Handlungen zu unterlassen und seine Gedanken zu reinigen.

Es war unklar wann genau die Magha Puja Zeremonie statt fand. In einem Handbuch über Zeremonien der zwölf Monate, geschrieben

von King Chulalongkorn (Rama V), heißt es sogar, Magha Puja sei nie ausgeführt worden, sondern hätte erst während der Herrschaft von König Mongkut (Rama IV) statt gefunden. Nachdem King Rama IV realisiert hatte, wie

bedeutsam dieser Tag ist, ordnete er an, dass Magha Puja in dem Emeralds Buddha Tempel 1851 zelebriert werden soll, und dies für immer weitergeführt wird. Später war die Zeremonie überall verbreitet und wurde im ganzen Königreich zelebriert.



Der Tag wurde als nationaler Feiertag bestimmt, sodass die Leute aus allen Gesellschaftsschichten die Möglichkeit hatten, zum Tempel zu gehen um Güte zu erlangen und an all den anderen religiösen Aktivitäten am Morgen, wie auch dem Kerzen-Umzug Wien Tien am Abend teilzunehmen. Der König hatte den Vorsitz über die religiösen Bräuche um die Ereignisse im Emeralds Buddha Tempel und führte hunderte Menschen im Kerzen-Umzug. Der Kerzen-Umzug kann zu jeder beliebigen Zeit gehalten werden, am Morgen oder am Abend. In Bangkok findet dieser meist am Abend um 20.00 Uhr statt. Die Zeremonie wird von buddhistischen Mönchen geleitet.



Die meisten Buddhisten wissen nicht, wie bedeutsam dieser Tag ist, deshalb ist die Zahl der Teilnehmer kleiner als an anderen Feiertagen, wie z.B Visakha Puja oder Asanha Puja Tage. Trotzdem hat der Magha Puja Tag eine gleichwertige Bedeutung für alle Buddhisten.

Selin Vogt
(Conservation, Switzerland)



สวัสดีค่ะ or Hello!

We are experiencing “autumn” weather here in Krabi, Thailand. The leaves on the rubber trees are orange, yellow, red and brown. The weather has been cooler in the evenings and early morning. Just as quickly as the leaves had fallen, new growths are taking over rather fast. It’s very beautiful scenery along the highway.

Our Social Out Reach took us to Prateeptum School in Au Luk District. This is a Muslim Religious School with dormitories for boys and girls. Projects Abroad volunteers got their hands dirty to paint their dormitories on Friday 18 February 2011. The school was built about nine months ago but been in operation for only seven. Alumni students from Prateeptum School came together with funds to help build this school for their children to have a place to study.

This month we have many fun activities plan for our volunteers, so please remember to check our Projects Abroad Thailand The Official Group for pictures. If you have any questions please feel free to contact us.

Please feel free to write to us on any of our topics for discussion as well. If you would like to learn more about us, please check out our Projects Abroad website. If you have any questions please feel free to contact me at chanesutsadang@projects-abroad.org.

Projects Abroad Thailand The Official Group Members are now 486!

Now you can view our Newsletters on Projects Abroad Thailand The Official Group on facebook. You just click on the link and that’s it! Photos can be seen of our weekly activities in our Projects Abroad Thailand the Official Group on facebook.

This Newsletter would not have been possible without the following people’s help. Thanks guys!

Happy Birthday Guys!

Articles: Johanna Glantschnig & Selin Vogt
Your Shot: Sebastian Giuffrida
Cover Photo: Chane Sutsadang

Thai Holiday

18 Feb. Macha Bucha Day

Best Wishes,

Chane

Chananan Sutsadang
Social Manager/Editor



Christian



Kelly

Monthly Dinner

The Fish Restaurant



Lovely volunteers...

Media Link

Join our official Facebook Group: Projects Abroad Thailand – The Official Group

<http://www.facebook.com/group.php?gid=2423896856>

Read our monthly newsletters.

<http://www.projects-abroad.co.uk/volunteer-destinations/thailand/newsletters-from-thailand/>

See what is going on with Projects Abroad! Read our Country Blog!

http://www.mytripblog.org/mod/blog/group_blogs.php?gl=true&group_guid=3042

Sebastian Giuffrida

(Conservation, Italy)



A smile for you...



Prawn and Mango Noodle Salad

100g (3½oz) fine noodles
finely grated zest and juice of a lime
1tbsp light soy sauce
2tbsp sweet chilli sauce
2 shallots, thinly sliced
350g (12oz) large cooked peeled prawns, thawed if frozen
2 heads pak choi, roughly sliced
½ head Chinese leaves, shredded
100g (3½oz) bean sprouts
1 ripe mango, peeled, pitted and sliced
3tbsp fresh coriander, roughly chopped

- Preparation time: 20mins
- Serves: 4

Soak the noodles in boiling water for 6-8mins, or according to pack instructions.

Meanwhile, mix together the lime zest, lime juice, soy sauce and sweet chili sauce in a large salad bowl. Add the shallots and prawns, stir gently, then leave to marinate for about 10mins.

Drain the noodles and add them to the bowl. Toss everything together, then serve.

Top tip

Try using a papaya instead of mango - it's a popular Thai ingredient, peel it, halve it, then scoop out the black seeds before slicing it.

Feb. Social Activities

Date	Day	Activities	Time
1 Feb.	Tuesday	Chane in Krabi Town to meet with Community Volunteers Up 2 You Coffee Shop (Next to Relax Coffee Shop) Chane meet with Conservation volunteers in the lobby	16:00 – 17:00 18:00 – 18:30
4 Feb.	Friday	Tesco Night Out (Shopping) RSVP by Wednesday 2 Feb. no later than 17:00 please.	18:00 – 20:00
8 Feb.	Tuesday	Chane in Krabi Town to meet with Community Volunteers (you must organize your own transportation) Chane meet with Conservation volunteers in the lobby	16:00 – 17:00 18:00 – 18:30
11 Feb.	Friday	Riley Beach Sunset & Dinner Meet in Ao Nang Long Tail Ticket Center (you will have to pay for food, Drinks & boat cost 170 baht each for round trip) RSVP by Wednesday 9 Feb. no later than 17:00.	18:00 – 20:00
14 Feb.	Monday	Chane in Krabi Town to meet with Community volunteers Volunteers must organize your own transportation.	16:00–17:00
15 Feb.	Tuesday	Chane Meet with Conservation volunteers	18:00 – 18:30
18 Feb.	Friday	Social Out Reach at Prateep Tum School Painting Girls' and Boys' Dorms RSVP by Friday 11 Feb. no later than 17:00 Detail will be sent later.	8:30 – 16:00
22 Feb.	Tuesday	Chane in Krabi Town to meet with Community volunteers Volunteers must organize your own transportation Chane meet with Conservation volunteers in the lobby	16:00 – 17:00 18:00 – 18:30
25 Feb.	Friday	Evening out at The Walking Street Community volunteers must organize your own transportation (Except for those who live in Ao Nang or Sai Thai area. If you are Staying in Ao Nang please let me know, so I can arrange transport). Conservation volunteers meet in the lobby	18:00 - 20:00

I hope you will join us in our different activities.

Kind Regards,

Chane

Chananan Sutsadang
Social Manager/Editor

Mail Bag

Hey Chane!

How are you? I'm hoping to be back by mid February and will be happy to rid myself of this cold weather...how's Conservation going?

Well I hope all is well and I have to say I've enjoyed the past few Newsletters..and yea, the picture was taken on golden beach in Ao Nang.

Alex
(Teaching, USA)

Hello Chane!

Thank you very much for your newsletter. It's so nice to read what's going on in Krabi and Ao Nang!

You're really doing a great job and I miss all of you! Hope to come back as soon as possible.

Please say hi to Nit and her wonderful family! I hope her shop is going well! And of course hello to Dear and Ant, I hope they are very well too!

I miss the time in Thailand, it was unforgettable!

Take care and all the best!

Sabrina Wettstein
(Care, Switzerland)

Hi Chane!

"Sawadee pe mai! And Happy New Year "choke dee" and "best wishes" for the new year.

I really hope that I will be able to come and see you all very soon

"Nee Yom"

Guillaume Ginoux
(Care, France)

“Alumni Returned to Thailand!”



Ivan Chapdelaine from Canada. He came to Projects Abroad Thailand 2 years ago to do Marine Conservation Project. Today he came to visit us and donated some money to help us in our Marine Conservation work. Thank you Ivan! Your kindness and generosity will always be remembered.

“New Paved Road to Ao Nang”

Since my move to Krabi I’ve witnessed the building of two main highways. The first was the stretch from Krabi Old Market, next to the Bus Terminal (for both southbound and northbound) all the way to the three way intersection going towards Phuket or Macro (for the local people). The second highway under construction is between the intersections at Shell Station going toward Krabi Town and heading up Sai Thai to Ao Nang. The road is being widened, therefore I wonder if this will mean more people moving into Krabi and Ao Nang? “It looks that way” said one of the local men who have a rubber plantation right next to the highway.