



What's Inside...

|      |                                |
|------|--------------------------------|
| 2    | <i>Conservation Note</i>       |
| 3    | <i>Community Note</i>          |
| 4-5  | <i>Thailand Inside and Out</i> |
| 6    | <i>Volunteer's Account</i>     |
| 7    | <i>Volunteers' corner</i>      |
| 8    | <i>Feature</i>                 |
| 9-10 | <i>News &amp; update</i>       |

|       |                              |
|-------|------------------------------|
| 11    | <i>Monthly Dinner</i>        |
| 13    | <i>Your shot</i>             |
| 14-15 | <i>Menu of the month</i>     |
| 16    | <i>June's activity</i>       |
| 17    | <i>Aonang News</i>           |
| 18-19 | <i>Arrivals in July 2011</i> |
| 20    | <i>Contact</i>               |

## Conservation's Note

Greetings Projects Abroad Thailand Community!

It is my honour and pleasure this year to take over as Conservation Director in Thailand.

In this, my first editorial, I would like to take the time firstly to thank my predecessor, Marie Goarin for her hard work and all her achievements within the project over the last three years. Her work has had a tremendous and positive effect on the volunteers, staff and community alike. She has left big boots to fill!



Secondly, I would like to speak a bit about my general plans for the year ahead. It is my intention to build upon the existing links within the local community and in particular, encourage the involvement of school children and villagers in our projects. It is my mission to help inform and educate the community on the importance of conserving their marine and coastal areas for future generations.

It is also my goal to set up systems to reduce waste and encourage recycling and reusing, both within our projects and reaching out to the community.

I will be looking at different methods to develop projects which will continue to inspire our volunteers and make a difference to the local community and areas we aim to preserve.

I am excited to begin this role with the knowledge that we do make a difference and with a mind bursting with fresh ideas!

So until next month,  
Take care and happy volunteering!

Ingrid

Ingrid Sprake  
Conservation Director Thailand



### **PARICHART CHAIPIKUL**

**Community Projects Director  
Projects Abroad**

Welcome to Projects Abroad Thailand!

It is unbelievable that we are in the middle of the year again. I feel that I just celebrated the New Year last week but now we are in June already!!

Many things had happened before I meet you in this issue, such a month of big change!! Firstly, there was a big change in Thailand team. Welcome Ingrid Breakspear to be in our team, Ingrid has replaced the Conservation Director position from Marie, who had sadly left on 13<sup>th</sup> June. Ingrid started work with us since May. Secondly, we have 2 more new colleagues; Aksarapachara or you know her as 'Pasha'; Community Desk Officer and Ratikorn or 'Goy'; our new Social Manager who replaced Ben. Both have started work with us in June. You will find out more about them inside😊

Apart from that big change, this month we also have an important day for the schools. On every 2nd Thursday of June each year, every school in Thailand organizes the worship to recognize the teacher's benevolence of knowledge passed to their students; we call this day 'Wan Wai Kru'.

Finally, we are proud to inform you that we have one new Teaching Placement; where we can work at secondary level by focusing on 'English for tourism'. We will start work with this in school next month.

Wait.... there are still a lot more awesome stories inside and Goy can't wait to meet you. So please enjoy and until next time....

## White water Rafting in Thailand



Even it is low season here in June due to its rainy season; there are still interesting and exciting things to do in Thailand. Also the prices of accommodation are at their lowest, usually more than 50% down. If you don't like the crowded, June is the best month for you to visit Thailand. It is not raining all day too, normally it will be raining for 3-4 hours and it stops, so you can still having other outdoor activities just like the other months.

However, if you love the excitement, June is the best month for the white water rafting because of the higher amount of rain. If you are young or young at heart, you are going to love it!

There are many destinations throughout Thailand where you can White-water Raft. Most of them are in the north and west. However, there are also the famous spots for white water rafting in the south such as Nakhonsrithammarat, Chumporn and Phang nga.

The Levels of difficulty for the white water rafting can be divided in 6 levels as follow:

**Level 1** : Simple, easy rapids.

**Level 2** : Simple rapids, but requiring some skill in manoeuvring the raft around obstacles and rocks.

**Level 3** : Moderate rapids where rafting becomes exciting. It is necessary to hold on at times to stay in control of the raft.

**Level 4** : Difficult rapids with continuous need to manoeuvre and control raft at all times. It is such an exciting rafting.

**Level 5** : This level of whitewater is the uppermost limit to rafting. The river is wild, with rapid current and difficult rapids, usually very steep.

**Level 6** : Extremely difficult rapids, dangerous for rafting.

The white water rafting in Thailand can be go up to level 5, while the rest are about in between level 1 to level 4. If you are the beginner, don't worry, you can still enjoy the rafting at level 1 and then can be up to another level later when you are ready. It is not difficult as you think it would be.

If you are the beginner, Phang nga is the good place for you to enjoy the rafting, with its magnificent riverside scenery, surrounded by high mountains and forest, and meandering through the centre of this tranquil, lush and beautiful setting. The length for rafting in about 2-5 kms, and the level is from 1 – 6.



For the experts, The Mae Tang river is Thailand's most famous and fastest white water river, which is about 80 kms out of Chiang Mai. The length for rafting in about 10 kms; with level 4. You will be excited with its winding gorges, luscious jungles and magnificent terraced rice fields. Paddle through breathtaking canyon for unparalleled fun on the river.

Safety is paramount in whitewater rafting. Life jackets and helmets must be worn at all times. Your guide should explain to you all relevant safety procedures before you go, and check weather reports and the condition of the river. You should be able to swim if you wish to go whitewater rafting.

It is important to ensure that you are in good health, and fit enough to enjoy this activity. Children over 12 but under 16 must be accompanied by responsible adults. For children under 12 years or for elderly people, only the Thi Lo Su Waterfall programme in May and June is recommended.....

Source: <http://www.thai-tour.com/eng/rafting.html>

Picture: [www.teedin-phitsanulok.com/](http://www.teedin-phitsanulok.com/); <http://www.ezytrip.com>



*Thai Teacher's day*



*School painting day*

More photos can be seen on Facebook Projects Abroad Thailand The Official Group

If you want to read more about how the project's activities are progressing, please go to <http://www.volunteer-conservation-thailand.org/monthly-update>

## Volunteers' Corner

---

Desperately in search of an adventure after a hectic, routine year of University, I stumbled upon Projects Abroad after a recommendation from the international travel office at my school. As I assume was common with most volunteers, the allure of the conservation project in Thailand was scuba diving. Advertised as a tropical paradise attracting divers from all over the world, diving in Ao Nang seemed like the ultimate adventure and I was immediately hooked on the idea.

Sadly, my adventure in Thailand is coming to an abrupt ending, but my taste for adventure has only grown stronger. First, diving proved to exceed my expectations, as I fell in love with a new world under the water. Over the past month, I have managed to reach my goal of 30 dives, but more importantly I have grown to appreciate the marine world as one where we are temporary visitors allowed only to stare in awe at its beauty. (We were always warned never to touch anything, even though it was very tempting!) Additionally, I have met some of the coolest dive instructors, whom I hope to, keep in touch with seeing as they are some of the most interesting people I will ever meet.

What I did not expect however, was how much our work in the Mangroves and on the beaches made an impact on me. While, it was not uncommon that we would bitterly complain about the heat, mosquitoes or any other discomfort, I felt my final mangrove day summed up the lessons I will take away from my trip to Thailand. On this particular Mangrove day we worked with a community of students to plant 500 new mangrove trees. After planting the mangroves we were invited to have lunch with the community. First and foremost, I realized how much I admired the simplicity of their lifestyle as compared to my life in the United States. Thai people really know how to enjoy life, which is something I feel that my fellow Americans sometimes forget how to do. (As a souvenir I bought myself a pillow and a hammock to remind myself to relax, as the Thai's do.) Second, the Thai people in the community and in general have been so welcoming and genuine, always offering a smile, which said just as much as if we were speaking in Thai to one another. Finally, coming to Thailand as a horribly picky eater, I have surprised myself in how much I have enjoyed trying new foods. I will most certainly have withdrawal from chicken fried rice with lime when I return home.

After this trip, I can safely say I only have one regret, that I didn't plan to stay longer in Thailand. To any incoming volunteers my words of wisdom are always wear mosquito repellent, don't order western food in restaurants because Thai food is mouth watering, try to stay away from Facebook, become friendly with the Projects Abroad staff and the other volunteers (the friendships you make here are irreplaceable), take pictures of everything and always leave time to travel because once you stay for a month you won't want to leave.

Maya Friedman: Conservation Volunteer

## Wan Wai Kru (Thai Teacher's day)

Wan Wai Kru ceremony is a Thai ritual which students pay a respect to their teachers as in Thailand Teacher receiving high respect since they makes great sacrifice and good things to their student and nation. The ceremony will take place on every second Thursday of June each year.

Linguistically speaking, 'wan' means day, "wai" means pay a respect and the word 'kru' was adopted from a Pali word ka-ru which means 'hard or stress.' Kru, therefore, depicts a highly sacrificing and hard-working career. Compared to English, kru can plausibly be translated as teacher, the one who relatively works hard in both teaching and making students disciplined as well as socially acceptable. The events on Thai Teacher's Day include a ceremony of paying respect to teacher by chanting a Pali prayer, and activities to strengthen unity among teachers. Religious rites also take part in the Wan Kru celebration such as making food offering to monks and pouring water as a sign of dedication of merit to the departed teachers.



One day before the events, the student would prepare to make a Flower Tray, which will be given to the teacher on the ceremony as a respect. In Each flower tray is include many type of flowers, and in each type of flower represent a symbolism of student qualities. The meaning of each flower is as below:

- Ixora (khem) flowers, "Khem" in Thai means "Needle" which while closed form pointed buds, symbolizing sharp wit,
- Cynodon dactylon (ya phraek or Bermuda grass), the rapid growth and resilience of which symbolize perseverance and the ability to learn,
- Popped rice (khao tok), which symbolizes discipline, and
- Eggplant flowers, which bow low when nearing fruiting, symbolizing respect and humility.

The events will started early in the morning, begin with the Buddhist prayer ritual in institutions where Buddhism is observed as the official religion, followed by the students' recitation of the wai khru chant, which expresses respect for and gratitude to the teachers, and asks for the teachers' blessing of their studies. Following this, a select number of students, usually the representatives of each class, will present the teachers with offerings of flowers, candles and joss sticks arranged on "phan" (traditional Thai trays). This is usually followed by a speech by the Principle offering the students guidance in their academic career. Many institutions also present student awards and honours during the ceremony.

Source: [http://en.wikipedia.org/wiki/Teachers'\\_Day](http://en.wikipedia.org/wiki/Teachers'_Day); <http://www.usmta.com/WAI%20KRU%20DAY.htm>

## News & Update



Sawasdee kha!

First, let me introduce myself☺. I'm Goy, new Social Manager for Projects Abroad Thailand. I have just started working on June 6<sup>th</sup>, 2011. So you can guess that I am very excited working here. Also, this position is one of my dreaming jobs. I love living near the beach, meeting new people and taking a picture, and this position gives me the opportunity to do all of them. I am happy working here so far and I bet you all will love working as a volunteer here too.

I have been living in Bangkok for 5 years. The city is nice and exciting but I just don't like the crowded and traffic. While in Krabi, I don't have to worry about the traffic and the nature is nice. I still remember the first times I was here, I have never seen many stars like this before. Even it is raining season at the moment, the beach is still beautiful and all the limestone mountains after the rain, it looks fantastic!

People here are so nice too. They all come to me and talking to me like we have been friends for a years. I believe that if you ever have a chance to come here, you would never want to leave, trust me!

Finally, I hope I would have a chance to meet and welcome you here in Krabi. You would have a moment for life here. If you want to see what it is updated every day in Krabi and all the volunteer works, please kindly follow me on facebook, mytripblog and twitter. And if you want any more information regarding the volunteer works and anything, you know where to find me!

Until next month...Goy

Sawaddee kha, my name is Aksarapachara Hanmontree. Or you can call me as short as Pasha. I am originally from Sakon Nakhon, North Eastern of Thailand, but used to live in New Zealand and Indonesia as an exchange student. I used to live in Bangkok for almost 6 years for my degree and work. I am really down to earth person; my favorite activities are camping, trekking and travelling. In my free time, I always spend my time with reading, listening to music especially jazz and gardening.

Pasha..

Sawadee Kha again ☺

[www.projects-abroad.net](http://www.projects-abroad.net)



Although you met me on the director's note, here's a little bit more about me and how I got to be here.

My name is Ingrid and I am the new Conservation Director for Thailand. Born of Welsh/Austrian blood, I was brought up in Wales. Then, went on to study law in London.

I have always been fascinated with water and the underwater realm. In fact, my father had taught me to swim before I could walk and I was brought up to love, respect and take care of all things in nature. It was ingrained in me to understand and appreciate the value of our natural world, to explore and to question everything.

I began my plight to save humanity and rescue the world from its own demise as a lawyer! After over 7 years practicing, I packed my bags and left for a 3 month sabbatical to India.....that was 9 years ago! I never actually returned to live in the UK again.

So with no real plan, just a simple desire to experience as much as I could, I found myself on Koh Tao and signed up for a Dive Master Internship. I was already a diver, having enjoyed immersing myself under the murky waters of the British coast on many a weekend.

That decision opened up a whole new world of opportunities for me and I continued to travel around Asia and Australia working as a Dive Master and volunteering on marine conservation projects for the next year, eventually doing my Instructor Exams in Cairns in 2003.

From there I continued to travel the world and to work in the dive industry in several countries including Egypt, Costa Rica, Honduras, Cayman Islands and the Bahamas.

Whilst living in each of these countries I have always been lucky enough to find myself actively involved in projects such as whale shark research, turtle nesting, NOAA, CCMI, Reef, Grouper Moon, lion fish research and many more as well as working with the local community and education of school children.

Whilst in the Bahamas I became a Shark Awareness instructor and I am trained as a professional shark wrangler, being able to put sharks into tonic immobilisation so that samples may be taken and research carried out.

I returned to Thailand in May 2010 and became qualified as a yoga teacher.

I am excited to be involved with such worthwhile conservation projects in this incredibly beautiful country and I welcome you all to come to Thailand soon.

Dinner



*Monthly Dinner at The Fish Restaurant*



*B.B.Q Party at Amata, Krabi town*

## Social Media Links

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

<http://www.facebook.com/groups/projectsabroad.thailand>

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

**Projects Abroad Thailand The Official Group – We now have 535 Members and climbing!**

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

If you have any questions please feel free to contact me at [thailandmediamanager@projects-abroad.org](mailto:thailandmediamanager@projects-abroad.org)

Thanks guys!

**Articles:** Maya Friedman

**Your Shot:** Ingrid Sprake and Goy

**Cover Photo:** Goy

Best Wishes,  
Social/Media Manager/Editor

Your Shots



**Mango with coconut milked sticky rice  
(Khao Neaw Mamuang)**



- 3 cups sticky rice, soaked overnight in water or thin coconut milk and drained
- 2 cups canned or fresh coconut milk
- 3/4 cup palm sugar, or substitute brown sugar
- 1 teaspoon salt
- 4 ripe mangoes, or substitute sliced ripe peaches or papayas

\* Preparation time: 15 minutes

\*Serve: 1

Steam the sticky rice until tender

Meanwhile, place the coconut milk in a heavy pot and heat over medium heat until hot. Do not boil. Add the sugar and salt and stir to dissolve completely.

When the sticky rice is tender, turn it out into a bowl and pour 1 cup of the hot coconut milk over; reserve the rest. Stir to mix the liquid into the rice, then let stand for 20 minutes to an hour to allow the flavors to blend.

Meanwhile, peel the mangoes. The mango pit is flat and you want to slice the mango flesh off the pit as cleanly as possible. One at a time, lay the mangoes on a narrow side on a cutting board and slice lengthwise about 1/2 inch from the center — your knife should cut

just along the flat side of the pit; if it strikes the pit, shift over a fraction of an inch more until you can slice downward. Repeat on the other side of the pit, giving you two hemispherical pieces of mango. Lay each mango half flat and slice thinly crosswise.

To serve individually, place an oval mound of sticky rice on each dessert plate and place a sliced half-mango decoratively beside it. Top with a sprig of mint or basil if you wish. Or, place the mango slices on a platter and pass it around, together with a serving bowl containing the rice, allowing guests to serve themselves. Stir the remaining sweetened coconut milk thoroughly, transfer to a small serving bowl or cruet, and pass it separately, with a spoon, so guests can spoon on extra as they wish.



Source: <http://www.realthairecipes.com/recipes/mango-with-sticky-rice/>

## June Social Activities

| Date             | Day       | Activities   | Time  |
|------------------|-----------|--|---|
| 4 <sup>th</sup>  | Jun – Sat | Tiger Temple Visit<br>Climb to the viewpoint and explore the temple grounds<br>Conservation Team leaving J Lobby<br>Community Team meet outside Vogue Shopping mall<br>Lunch in Krabi town (at your own expense)<br>Return to Ao Nang  | 09.00am<br>09.00am<br>09.30am<br>11.30am<br>12.30/01.00pm |
| 10 <sup>th</sup> | Jun – Fri | Monthly Dinner @ The Fish Restaurant<br>Community Team catch local transport to Ao Nang<br>Patrick will return you to Krabi<br>Conservation Team leave J Lobby<br>Food and water – Projects bill<br>all other drinks – your bill   | 06.00pm – 08.00pm<br>05.45pm                              |
| 11 <sup>th</sup> | Jun – Sat | Thai cooking class<br>A lesson in Thai cuisine at Siam Cookery School, Ao NamMao<br>Conservation Team leave J Lobby<br>Community Team catch local transport to J Guesthouse<br>Return to J Guesthouse  | 10.00am<br>09.30am<br>09.00am<br>12/01.00pm               |
| 18 <sup>th</sup> | Jun – Sat | Market Day & BBQ at Moo2 House<br>Take a trip to the local market, browse, smell, see and buy<br>some food that you would like to cook & eat at the BBQ<br>Community Team catch local transport to J Guesthouse<br>Leaving for Moo2 House<br>Patrick returning Community Volunteers to Krabi | 02.30pm<br>01.00pm<br>06.00pm<br>08.30pm                  |
| 25 <sup>th</sup> | Jun – Sat | Social Outreach Program<br>Beach Clean up at Ao Nam Mao with the local school<br>Community Team catch local bus to J Guesthouse<br>Meet kids on beach & start cleanup<br>Lunch<br>Game of beach football/Frisbee/water games till  | 08.30am<br>09.00am<br>12.00am<br>02.00pm                  |

**Come along, get involved 😊**

**All the best,  
Goy**

### My trip in Krabi, Thailand

I used to visit several places of Thailand such as Bangkok, Phuket and Cha-am and Hua Hin. But those trips were since there was an old airport in Bangkok, not the current Suvarnabhumi Airport. So I haven't visited Thailand a while ago and I almost forgot about the terminal of airport in Thailand and the new system of visa-free for Cambodian visiting Thailand – but it's very easy at the end.

I've just visited it again for a few days in June 2011. Though it is a short visit but it's a meaningful trip. There many things has changed in Thailand over the past years. My impression about Thailand this time is road system which there are mostly two lines roads for the main road even though Krabi is one of Thailand provinces and the Tuk Tuk looks different to Tuk Tuk we have in Cambodia and also the government school are also well equipped and the children are in a nice uniform. Thailand is a fast developed country even on the island there are concrete road all over the places. Another interesting about one of the island in Krabi is every house have bird(s) as their pet and they have bird competition every week.



Saying about the Projects Abroad in Thailand, I'm impressed with the staff who are always friendly. They have a good team to take care of volunteers. On the top of that I did learn the way that they arrange volunteers to stay with the host family for the teaching and care projects volunteers which is the purpose of my trip. All the host families are very nice and friendly and everything is well set up for making volunteers feel welcoming and worthwhile experience. Finally, I extend

my sincere thanks to Thailand team for all their hospitalization and that make my trip worthwhile.

Written on 27<sup>th</sup> June 2011 - Pises Mao from Cambodia!