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FOUNDATION

THAILAND HEALTH PROMOTION CHALLENGE

Your Passport to Global Citizenship!

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Certified



Corporation





Thailand - The Land of Smiles

Thailand is world-renowned for its golden temples, tropical beaches, and flavorful cuisine, but beyond the tourist hotspots lies a side of the country few ever truly experience. In the quiet countryside of Mae Sariang, surrounded by rice fields and forested hills, the Thailand Health Promotion Challenge begins.

Here, you'll connect with local communities and discover a slower, more meaningful pace of life. Every day offers the chance to make a real impact while gaining a deeper understanding of Thai culture!





Challenge Snapshot

The Challenge

Rural Thailand struggles with limited health education, few trained professionals, and slow access to care, leading to preventable health risks. Better education and training are key to saving lives

The Goal





To **build community capacity in general health education and access.**



The Solution (where you come in)

By joining this **team of global changemakers**, you will be helping us **address these barriers with the local community in Mae Sariang**. Using **YOUR skills**, you will **design hands-on and engaging activities to build community capacity and health education!**

What's in it for you?

-  **Make friends for life** as you connect with other Global Citizens from across Australia
-  **Boost your employability** by gaining transferrable skills such as teamwork, communication, adaptability and more!
-  **Make a real impact** on the world as you work towards sustainable development projects.
-  **Experience something new, fill your camera roll with life-long memories and have an unforgettable adventure!**



Location:
Mae Sariang



Upcoming Dates:
[Click here to view our website](#)



Cost:
\$1,850



Duration:
15 days





The Essentials



Accommodation & Meals

In the hill tribes, the accommodation is very basic - **sleeping inside on a mat on the floor**. In some villages there is a western toilet and running water for showers, **in some there may be a drop toilet or bucket shower**. Staying in the hill tribes is an incredible opportunity to experience traditional village life! At the Thailand Hub, you'll be staying in dorm-style accommodation, sharing your room with up to **3 other participants**. There are **western showers and toilets**, as well as communal spaces for relaxing.

We provide **3 vegetarian meals per day** Monday-Friday (weekends being your free time to explore local restaurants!).

In-Country Transport

Any **required transport for project work and airport pick-up and drop-off**. Our team can also help you organize transport so you can explore the area in your free time.

In-Country Support

As well as supporting you in your project work, our team will be a **24/7 contact for you during your time overseas...** they'll also have the best recommendations on how to spend your free time!

Pre-Departure Support

We will provide you with a **Welcome Pack, Packing List and Program Brief to help you prepare** for your travels. Our team are there every step of the way for extra support, and we'll organize a **pre-departure meeting 6-weeks before you go** to make sure everyone is on the same page and ready for the adventure.



“The pre-departure support is unparalleled. There is a lot of room for challenging yourself and personal growth - definitely a once in a lifetime opportunity that shouldn't be passed up!”

Global Citizen, Natan'El



Sample Itinerary

Your program is **customized to meet both the interests & experience of your team, as well as current community needs**. We will confirm specific program activities and schedule in your pre-departure meeting and briefing pack around **6-8 weeks before you travel**. In the meantime, here is a sample itinerary and activities you could be involved in:

Arrival & Orientation

Touch down at **Chiang Mai International Airport** and get ready to begin your journey! A member of our local team will be there to welcome you and take you to your new home for the next 2-weeks. Your orientation will include:

- Culture and language workshop
- Full introduction to your program & schedule
- A welcome dinner & local tour with your team

You'll have plenty of time to settle in, explore, and start feeling at home in your new community.



Project Days - Community Impact

Your weekdays will be packed with **meaningful community engagement!** Working as a team, you'll design & deliver fun, hands-on health promotion activities at our partner schools - **raising awareness of important health topics & helping to improve overall community health.**

Workshop themes might include: Women's Health & Hygiene, Nutrition & Healthy Lifestyles, Non-Communicable Diseases, First Aid & Safety.

Each day you'll also have **dedicated time to plan & prepare**, ensuring your workshops are impactful and engaging.

Departure

As your program comes to an end, it's time to **say goodbye to your new friends and the community that has been your home**. This morning, you'll either travel with our team to the airport for your flight home or onward journey if you're planning even more incredible experiences while overseas.





Discover Thailand

Evenings & Weekends - Time to Explore!

This is your time to make the most of everything Thailand has to offer:

Sample local restaurants

Participate in traditional Thai cooking classes

Wander through bustling night markets

Relax with sunset meditation sessions

Explore local temples

There are endless ways to soak up the culture!

We recommend spending your free weekend in **Chiang Mai**, where you can immerse yourself in the city's vibrant culture. Don't miss **watching the sunrise over Doi Suthep Temple** and wandering through the **bustling Night Bazaars** to try authentic northern Thai cuisine!



[Find more travel inspo in our blog!](#)





What Next?

Sign up!

All you need to do is apply on our [website](#) and pay the **\$250 booking deposit**. Once accepted, you can **pay the remainder of your program fee in fortnightly, monthly or quarterly installments** leading up to your challenge. Your final payment is due eight weeks before departure.

If you have any questions or need any further support, please get in touch with our team:

 hello@challengesabroad.com

We can also add you to a **group chat on WhatsApp** so that you can connect with others who are interested in joining the challenge or are even signed up and preparing to travel!

For more insights on what your Challenges Abroad experience could look like, follow us on:



@challengesabroad



@challengesabroad







The whole experience was unbelievably incredible. I was worried about not making friends and feeling alone in a new country but that wasn't the case. I made so many friends and together we did amazing things that we just wouldn't be able to do as a tourist.

Global Citizen, Kristina



Things to start considering:

-  International flights
-  Travel insurance (might be covered by your university)
-  Visas
-  Vaccinations

Elevate your Experience

If you're keen to take on an extra challenge, becoming a **Challenge Leader** will help you develop your leadership and team management skills, as well as a whole heap of other qualities that will set you up for your career or future study.

Ready to become a global leader? Find out more and apply [here](#).





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