



SHARE THE DREAM
PROJECT

VOLUNTOUR

Next Step  Thailand
ECOTOURISM

ABOUT

Voluntourism is a combination of volunteering and touring and a great way to experience the best of both worlds!

NEXT STEP THAILAND

Next Step Thailand (NST) is a specialist eco-tourism company providing environmental, social and cultural experiences in rural Thailand that encourage positive engagement with locals and an enhanced appreciation for the Thai way of life.

Three values form the basis of what we offer and how it differs from some other tour companies.

1. **Environmental responsibility:** we strive to minimise our impact on the environment
2. **Social responsibility:** we aim to help local communities
3. **Cultural responsibility:** we wish to show our guests traditional Thai culture, while also preserving the culture and not spoiling it with mass tourism.

MAE WANG

NST's headquarters are in Chiang Mai, Northern Thailand and the residential program is based at Spicy Villa eco lodges in the mountains of the Mae Wang region. This lush tropical area is a one hour drive south west of Chiang Mai and boasts waterfalls, nature trails and a spectacular display of flora and fauna.

Traditional Karen hill-tribe villages are dotted through the mountains. NST has a strong partnership with Khun Puay village, but also works with other villages in the area.

The Mae Wang region is still untouched by mass tourism and traditional culture and values have been preserved here. The areas you visit and the people you will interact with are an authentic cultural connection, not a 'show' put on for tourists, or natural resources built over to create tourist attractions. We let nature itself be the attraction, and the local people themselves be your friends and guides in your cultural adventure.

5-DAY PROGRAM

DAY 1

Our voluntouring adventure starts early in the morning when we pick you up in Chiang Mai city. From there we first drive for about an hour to a local market in Mae Wang. Here we buy supplies and food we'll need for the duration of the tour.

From the market, we drive up the mountain for another hour until we reach our destination - Khun Puai tribal village where you're briefed on the project you'll be helping us with. Projects vary depending on actual needs in the village and are beneficial to local villagers. For instance, we could work on building a toilet for the villagers and thus help improve hygiene in the village. This is one of the projects we're working on as it improves the overall health of the villagers.

After the briefing, we have lunch in the village to gather up our strength and start working on the project in the afternoon.

In the evening, we spend time with the villagers and learn about their culture. Afterwards, we have dinner and spend the night as guests in villagers' houses.

DAY 2

After breakfast, we continue working on the project. We have a longer break for lunch and learn about Karen weaving. You can try weaving on a wooden loom and see the traditional Karen fabric patterns. In the rainy season, we can also venture in the fields and learn about rice farming.

In the afternoon, we continue with our work for a couple more hours and afterwards spend another pleasant evening dining and chatting with locals. We spend another night in the village.

5-DAY PROGRAM

DAY 3

Between breakfast and lunch, we work on finishing our project and in the afternoon, we set off on a jungle trek to our accommodation for the night - Spicy Villa Eco-Lodges.

The trek takes about 2.5 hours, depending on your pace and we stop at a local waterfall on the way to take a break and freshen up. You can also go for a swim so don't forget to bring your swimming suits.

When we reach Spicy Villa, we have a short break to settle in. When we're ready, we meet with our guide in the kitchen area and have a cooking lesson. We learn to cook traditional northern Thai dishes over an open fire. We use fresh ingredients and make the dishes from scratch. After dinner, we spend the night at Spicy Villa.

DAY 4

Between breakfast and lunch, we work on the organic farm at Spicy Villa and learn about sustainable farming methods as we work. This is a great opportunity to learn about environmentally friendly farming methods through hands-on experience.

After lunch, we go on a short hike to a local elephant camp in the valley. We collect and bring food for the elephants and as we feed these gentle giants, we learn from our guide and the mahouts about the life and habits of these magnificent creatures. We also learn how to communicate with the elephants and take them to the river and give them a bath. Elephants enjoy bathing and become very playful in the water.

When we return to Spicy Villa, we have a second cooking lesson and learn to cook some more northern Thai dishes. After dinner, we spend our second night at Spicy Villa.

5-DAY PROGRAM

DAY 5

After breakfast, we set off into the jungle for a trek and a jungle survival class! We learn about local plants and their uses and collect bamboo and other ingredients for lunch.

We make the fire in the jungle and cook in bamboo stems. Enjoy a real jungle feast!

After lunch, we trek to a pickup point from where we drive to Wang river and get hand-made bamboo rafts ready. You get safety vests and helmets. Please let us know if anyone of you cannot swim, and your guide will pay special attention during rafting. We float down the river on bamboo rafts for about an hour. This is a great way to enjoy the countryside as it passes us by.

During the rainy season, we can continue with another adventure on the river - river tubing. If the water level is not high enough for this activity, we drive back to Chiang Mai city after bamboo rafting.

NOTE: We can go to a nearby waterfall every evening depending on the wishes of everyone in the group.

5-DAY PROGRAM

PRICING

Price for this voluntouring program depends on a number of students in the group. Price for ten and more students remains the same. If there are less than four students in your group, please inquire about pricing.

All prices are in THB and per student.

4 STUDENTS	6,500 THB
5 STUDENTS	6,250 THB
6 STUDENTS	6,000 THB
7 STUDENTS	5,700 THB
8 STUDENTS	5,400 THB
9 STUDENTS	5,000 THB
10 STUDENTS	4,600 THB

Prices include transportation, private guide, guide's assistant when needed, accommodation, all meals mentioned in the itinerary, all activities mentioned in the itinerary, materials for projects, and compulsory insurance.

Prices don't include water and drinks, snacks, and personal expenses.

7-DAY PROGRAM

DAY 1

Our voluntouring adventure starts early in the morning when we pick you up in Chiang Mai city. From there we first drive for about an hour to a local market in Mae Wang. Here we buy supplies and food we'll need for the duration of the tour.

From the market, we drive up the mountain for another hour until we reach our destination - Khun Puai tribal village where you're briefed on the project you'll be helping us with. Projects vary depending on actual needs in the village and are beneficial to local villagers. For instance, we could work on building a toilet for the villagers and thus help improve hygiene in the village. This is one of the projects we're working on as it improves the overall health of the villagers.

After the briefing, we have lunch in the village to gather up our strength and start working on the project in the afternoon.

In the evening, we spend time with the villagers and learn about their culture. Afterwards, we have dinner and spend the night as guests in villagers' houses.

DAY 2

After breakfast, we continue working on the project. We have a longer break for lunch and learn about Karen weaving. You can try weaving on a wooden loom and see the traditional Karen fabric patterns. In the rainy season, we can also venture in the fields and learn about rice farming.

In the afternoon, we continue with our work for a couple more hours and afterwards spend another pleasant evening dining and chatting with locals. We spend another night in the village.

7-DAY PROGRAM

DAY 3

Between breakfast and lunch, we work on finishing our project and in the afternoon, we are briefed on our next project which we'll work on for the next two days.

We have dinner and spend the night in the village.

DAYS 4 AND 5

We start work on our new project. This project includes teaching children in local school - kindergarten and primary school - and working at the school to improve conditions for young students. There is a variety of tasks that need to be done at the school, such as updating and fixing school equipment so we have a lot of work to do and local children will be extremely grateful for our help.

We have breakfast, lunch, and dinner on both days and spend the night in the village. During breaks and in the evening, we can spend the time with children, play and talk with them.

DAY 6

After breakfast, we set off on a jungle trek to our accommodation for the night - Spicy Villa Eco-Lodges. The trek takes about 2.5 hours, depending on your pace and we stop at a local waterfall on the way to take a break and freshen up. You can also go for a swim so don't forget to bring your swimming suits.

7-DAY PROGRAM

DAY 6 - CONTINUED

After lunch at Spicy Villa, we go on a short hike to a local elephant camp in the valley. We collect and bring food for the elephants and as we feed these gentle giants, we learn from our guide and the mahouts about the life and habits of these magnificent creatures. We also learn how to communicate with the elephants and take them to the river and give them a bath. Elephants enjoy bathing and become very playful in the water.

When we return to Spicy Villa, we have a cooking lesson and learn to prepare some traditional northern Thai dishes. We learn to cook over an open fire using fresh ingredients and make the dishes from scratch. After dinner, we spend the night at Spicy Villa.

DAY 7

After breakfast, we set off into the jungle for a trek and a jungle survival class! We learn about local plants and their uses and collect bamboo and other ingredients for lunch. We make the fire in the jungle and cook in bamboo stems. Enjoy a real jungle feast!

After lunch, we trek to a pickup point from where we drive to Wang river and get hand-made bamboo rafts ready. You get safety vests and helmets. Please let us know if anyone of you cannot swim, and your guide will pay special attention during rafting. We float down the river on bamboo rafts for about an hour. This is a great way to enjoy the countryside as it passes us by.

During the rainy season, we can continue with another adventure on the river - river tubing. If the water level is not high enough for this activity, we drive back to Chiang Mai city after bamboo rafting.

7-DAY PROGRAM

PRICING

Price for this voluntouring program depends on a number of students in the group. Price for ten and more students remains the same. If there are less than four students in your group, please inquire about pricing.

All prices are in THB and per student.

4 STUDENTS	8,500 THB
5 STUDENTS	8,150 THB
6 STUDENTS	7,700 THB
7 STUDENTS	7,300 THB
8 STUDENTS	6,900 THB
9 STUDENTS	6,500 THB
10 STUDENTS	6,000 THB

Prices include transportation, private guide, guide's assistant when needed, accommodation, all meals mentioned in the itinerary, all activities mentioned in the itinerary, materials for projects, and compulsory insurance.

Prices don't include water and drinks, snacks, and personal expenses.

10-DAY PROGRAM

DAY 1

Our voluntouring adventure starts early in the morning when we pick you up in Chiang Mai city. From there we first drive for about an hour to a local market in Mae Wang. Here we buy supplies and food we'll need for the duration of the tour.

From the market, we drive up the mountain for another hour until we reach our destination - Khun Puai tribal village where you're briefed on the project you'll be helping us with. Projects vary depending on actual needs in the village and are beneficial to local villagers. For instance, we could work on building a toilet for the villagers and thus help improve hygiene in the village. This is one of the projects we're working on as it improves the overall health of the villagers.

After the briefing, we have lunch in the village to gather up our strength and start working on the project in the afternoon.

In the evening, we spend time with the villagers and learn about their culture. Afterwards, we have dinner and spend the night as guests in villagers' houses.

DAYS 2 AND 3

We spend the next two days working on the project for local villagers and have the project finished after lunch on the third day.

You have breakfast, lunch, and dinner on both days and spend the night in the village.

10-DAY PROGRAM

DAY 4 - KAREN WEAVING

Today, we take a break from work and after breakfast a Karen lady teaches you traditional Karen weaving techniques.

You learn to weave on a wooden loom and use colored cotton threads to make your pattern. During the class you make your own piece of fabric with traditional Karen stripe pattern. You can take your finished work back home with you for a souvenir or even use it as a small table cloth or decoration piece.

During the weaving class, we have a longer break for lunch and after the class, we are briefed on a new volunteering project which we start the next day.

We have dinner and spend the night in the village.

DAYS 5 AND 6

We start work on our new project. This project includes teaching children in local school - kindergarten and primary school - and working at the school to improve conditions for young students. There is a variety of tasks that need to be done at the school, such as updating and fixing school equipment so we have a lot of work to do and local children will be extremely grateful for our help.

We have breakfast, lunch, and dinner on both days and spend the night in the village. During breaks and in the evening, we can spend the time with children, play and talk with them.

10-DAY PROGRAM

DAY 7

After breakfast, we set off on a jungle trek to our accommodation for the night - Spicy Villa Eco-Lodges. The trek takes about 2.5 hours, depending on your pace and we stop at a local waterfall on the way to take a break and freshen up. You can also go for a swim so don't forget to bring your swimming suits.

After lunch at Spicy Villa, we go on a short hike to a local elephant camp in the valley. We collect and bring food for the elephants and as we feed these gentle giants, we learn from our guide and the mahouts about the life and habits of these magnificent creatures. We also learn how to communicate with the elephants and take them to the river and give them a bath. Elephants enjoy bathing and become very playful in the water.

When we return to Spicy Villa, we have a cooking lesson and learn to prepare some traditional northern Thai dishes. We learn to cook over an open fire using fresh ingredients and make the dishes from scratch. After dinner, we spend the night at Spicy Villa.

DAY 8

After breakfast, we spend the day in the fields and farmland surrounding Spicy Villa Eco-Lodges. We work on the organic farm at Spicy Villa and learn about sustainable farming methods as we work. This is a great opportunity to learn about environmentally friendly farming methods through hands-on experience.

We have a generous lunch break to rest from the work and then return to the fields in the afternoon. When we get back to Spicy Villa, we have a second cooking lesson and learn to cook some more northern Thai dishes. After dinner, we spend our second night at Spicy Villa.

10-DAY PROGRAM

DAY 9 - JUNGLE SURVIVAL

After breakfast, we set off into the jungle where we spend the whole day. We learn survival skills in the jungle, collect jungle plants and learn how to use them for medicinal purposes, for cooking, and for crafts.

We make lunch in bamboo stems we collect in the jungle.

We return to Spicy Villa in the afternoon and have a well-earned rest followed by a dinner and a night in our bungalows.

DAY 10

Last day of our voluntour. After breakfast, you can decide if you want to rest until lunch or spend the time helping us with a variety of chores at Spicy Villa.

After lunch, we drive to Wang river and get hand-made bamboo rafts ready. You get safety vests and helmets. Please let us know if anyone of you cannot swim, and your guide will pay special attention during rafting. We float down the river on bamboo rafts for about an hour. This is a great way to enjoy the countryside as it passes us by.

During the rainy season, we can continue with another adventure on the river - river tubing. If the water level is not high enough for this activity, we drive back to Chiang Mai city after bamboo rafting.

10-DAY PROGRAM

PRICING

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7 STUDENTS	10,100 THB
8 STUDENTS	9,650 THB
9 STUDENTS	9,150 THB
10 STUDENTS	8,700 THB

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