

BRING A TEAM TO WORLDBASE THAILAND

To bring a team contact Kelly Hilderbrand to set a time and schedule at kahildy@gmail.com.

Opportunities for teams:

English Camps
Campus Outreach
Outreach to Hill Tribes peoples
Construction Teams
Medical Teams
Visiting and supporting Homes for Children at Risk
Helping with Slum Children in Bangkok
Teaching at Refugee School

Tips to Remember when bringing a team:

1. **WEATHER:** Please remember that Thailand is in a tropical zone and is very hot all year long. The hottest months are from March until June (There are three seasons in Thailand, hot, cool and rainy). The temperature can and will soar above 100 degrees Fahrenheit during the day. The rainy season is from June to October. During this time, there will be frequent and sometimes violent lightning storms with heavy rainfall. Flooding is not uncommon. The coolest season is from November to February. The cool season is usually dry and the nights can be cool (70-80 degrees Fahrenheit is cool). If you come during November to February and plan to travel North (i.e. Chiang Mai), be sure and bring a sweater as the temperature can drop down to the 50s there.
2. **ACCOMODATIONS:** Our Home Chapel Study Center no longer has dorms, but does provide rooms for people staying and serving for an extended time. The rooms are air-conditioned. We recommend that teams stay at the Alexander Hotel or Kantary House which is a short walk from the Center. The cost is between US\$30-\$40 per night per room. Two people to a room.
3. **MONEY:** Your **BEST OPTION** is to use the many ATM machines in Thailand that use networks linked to banks in the US. This is a simple and easy solution to your money problem. Credit Cards are not routinely used in Thailand except for large purchases, hotels, or fancy restaurants. A service charge is added to the cost if you use your credit card. If you bring traveler's checks, bring checks in large denominations only (i.e. \$100 vs. \$20). When you cash your checks, you will be charged a service fee. The fee is the same no matter how large the check. Therefore, the bigger the check, the less money you lose.
4. **BUDGET AND COSTS:** Costs per person will depend on where the team travels to do ministry. You can contact our church based travel agency (yo@yosotravel.com) to get an approximate quote on costs. The team is expected to cover the costs of any

outreach activity (English party, camp, etc.) done by the team. Our Home Chapel is unable to cover the costs of all the outreaches that teams do in Thailand. The team should also cover the costs for any guides or translators. Thai's do not have access to the same resources that most foreigners do. If you eat at Sizzler, please treat your Thai guests.

5. MEDICINE: Several months before you come, consult a travel or infectious disease doctor. They will give you different advice depending on where you are going. If you are going to Bangkok and/or Chiang Mai only, you will NOT need to get **malarials as malaria is not prevalent in the cities of Thailand.**

We suggest you might want to update your tetanus shot and maybe get a Typhoid shot. (If you are staying longer you might want to get the Hepatitis B series of shots to be safe, but that usually takes over 3 months or longer to complete the series.) Just in case, bring anti-diarrheals and you might want to ask the doctor for anti-bacterial tablets for intestinal problems in the tropics. Make sure you drink only bottled, filtered water. Thailand is not as bad as the surrounding countries in terms of health problems from water, etc., but occasionally you may eat something that will cause you discomfort.

6. JET LAG: Jet lag will hit you about the second day. Be prepared for it. You will feel tired and lack energy about 2:30-3:30 in the afternoon. Don't push yourself. Rest, but do not nap and drink lots of water. You may want to go to bed by 9:00 p.m. the first full day in order to help your body quickly adjust.

7. PASSPORT: Make copies of your passport and keep them separate from your originals. You will need these copies should you have the unfortunate experience of losing your passport.

8. VISA: Americans receive an automatic 30 day visa when entering the kingdom. If you are staying for more than 30 days, you will need to contact a Thai consulate. The easiest visa to apply for is a tourist visa. This visa allows you to stay for 60 days with the option to renew the visa again for an extra 30 days while still in the country. Ask for a "double entry tourist visa." **Never say that you are a missionary or that you are working with Our Home Chapel Study Center.**

9. CRIME: Bangkok is a relatively safe city. Violent crime is low for a city of its size. However, this does not mean that there is no crime. Walk in well-lit areas at night. Wear a money belt or keep your wallet in your front pocket.

10. UP COUNTRY HOTELS:

MAESOT: The Hotel in Maesot will probably cost less than \$15 a night. Plan on spending \$20 just to be safe.

CHIANG MAI: The hotels in Chiang Mai range in price from 450 baht (\$12.50) to 1800 baht (\$50)-- from economy to 4 star. There are better, more expensive hotels, but these are clean and comfortable. Our rate for the Lotus Hotel at the

Pang Suan Kaew shopping center runs between 1,200 (\$33.50) and 1,800 baht depending upon the season.

11. **FOOD:** Depending where you eat, meals will cost you from 30 baht (\$1) upwards to 250 baht (\$8) with the average meal around 50 baht (\$1.75). Eat noodles at a street stand and you will pay less than a \$1. Go to Sizzler's in Bangkok and you could elect to pay as much as \$10. Be warned/aware that food sold off the street is not subject to any health or hygiene standards, but is very delicious and worth the try. Always bring tissue or toilet paper with you wherever you go. You will not always find tissue in the bathrooms or napkins at a restaurant.

12. **CLOTHING:** Thais place a high priority on clothing and appearance.

Appropriate clothing for men includes polo type shirts, collared shirts or dress shirts. Also bring long pants. There is no need to bring or wear a tie. Avoid wearing "touristy" attire in Bangkok or you may be mistaken for someone looking for a female companion. Bring shorts and t-shirts for playing sports or wearing indoors.

Woman should wear a skirt, dress or culottes. Slacks are O.K. but bring some skirts. Avoid sleeveless shirts or dresses. Times are changing and you will see Thai's dressing without sleeves, but it still is considered immodest by some people. Bring more casual clothes but when doing outreach and going out about town, dress comfortable but conservative.

13. **WHAT TO PACK:** Bring whatever will make you feel comfortable. Pack clothing that is appropriate and all your personal items for hygiene. You might want to bring a light jacket for sitting in an air-conditioned room, but otherwise there is no need for cold weather clothing.

14. **EMERGENCY CONTACT NUMBERS:**

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