

JOIN SCHOOL OF PUBLIC HEALTH FACULTY, ALUMNI AND FRIENDS TO EXPERIENCE GLOBAL PUBLIC HEALTH IN ACTION.



SCHOOL OF
PUBLIC HEALTH
UNIVERSITY OF MINNESOTA

THAILAND & CAMBODIA

JANUARY 15-22, 2018 JANUARY 22-24, 2018

THAILAND

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Join the SPH Alumni Society for a unique opportunity to travel with School of Public Health faculty whose work is grounded in global public health. Our trip will allow time for exploration of the rich cultural heritage of Thailand, as well as an opportunity to spend time with our partners at Chiang Mai University and across the country. The schedule that follows represents a likely itinerary. Activities are subject to change as opportunities to experience public health in action present themselves while traveling.

An ancient city once the capital of an independent kingdom called Lanna (the land of a million rice fields), Chiang Mai is now one of Thailand's largest cities and a gateway to many different hill tribes, villages, elephant sanctuaries and mountaintop temples.

MONDAY, JANUARY 15

ARRIVE CHIANG MAI

Welcome to northern Thailand's largest city, Chiang Mai! Nestled amongst forested foothills, Chiang Mai is much older than it first appears. Ancient monasteries stand, centered on ancient brick chedi (stupas) in a remarkable range of shapes and styles. A sprawling modern city has grown up around ancient Chiang Mai, but if you drive in a straight line in any direction, you'll soon find yourself in the lush green countryside of northern Thailand. A short ride will deliver you to pristine rainforest reserves, churning waterfalls, serene forest wát (temple), bubbling hot springs and peaceful country villages.

Our home for the next four nights will be the luxurious Rati Lanna Riverside Spa Resort. Set on the Ping River, this opulent spa resort with rich Lanna-style wooden carvings is a 15-minute walk from the lively Nong Hoi Market and moments from fascinating museums, cultural centers, temples, shops and boutiques.

After dinner on your own, set out for the famed Night Bazaar with its countless stalls selling hill-tribe crafts, leather goods and clothing.

TUESDAY, JANUARY 16

CHIANG MAI

This morning, we depart on a city tour of Old Chiang Mai with a stop at Wat Pra Singh, one of the city's oldest and most important temples. Then we travel up to the renowned Chiang Mai Wat Phra Thad on Doi Suthep.





Situated 10 miles from town, this mountaintop temple is a timeless Buddhist landmark in the Land of Lanna. Rising over the city, the temple is one of the North's most important religious destinations. Dating from 1383, the temple is approached by a flight of 290 naga-flanked steps (although the less energetic may ascend by a funicular railway), and built on the final resting place of a legendary white elephant, the 14th century structure harbors a famed copper-plated chedi and splendid views of Chiang Mai.

For lunch, savor a typical northern lunch dish called Khao Soy, a noodle-based curry dish.

EXPERIENCE PUBLIC HEALTH IN ACTION

We will take every opportunity to complement our sightseeing with experiencing public health in action. Possible activities include visiting our partner school, Chiang Mai University, to learn about local public health issues, visiting an authentic floating food market, taking a cooking class with a local chef, engaging in conversation with Thai public health experts and volunteering with local partners in country.

This evening will be free to explore and have dinner at your leisure. B, L

WEDNESDAY, JANUARY 17

CHIANG MAI

Enjoy a day to do as you please or embark on an excursion to an elephant sanctuary and become an elephant owner for the day. Your elephant will need to be fed, bathed and brushed in the river and have its daily health check. Afterwards, learn how to ride your elephant and take a short ride to a picnic lunch.

Patara Elephant Farm is a health-recovery and reproduction-management farm with a focus on educating the public on elephants and the threats they face. The farm's conservation philosophy is "extinction is forever," which is why their solution is elephant conservation through breeding.

Tonight, gather for a traditional Northern Thailand cocktail reception and dinner. B, D



THURSDAY, JANUARY 18

CHIANG MAI

Train as a Thai chef today and learn secret recipes that have been passed down from generation to generation. Afterwards, enjoy the fruits of our labor as we sample all of our creations.

This evening is free for dinner on your own or join your fellow travelers for an optional outing to David's Kitchen for classical French cooking and other original dishes all created with an Asian accent. This beautiful restaurant is set in a converted home among lush gardens and is only ten minutes from town. Afterwards, explore the vibrant night market for locally-produced artwork or other crafts. B, L

FRIDAY, JANUARY 19

CHIANG MAI/BANGKOK

After breakfast this morning, we fly to Bangkok. One of Asia's most cosmopolitan cities, Bangkok is Thailand's spiritual, cultural, political, commercial, educational and diplomatic center. This exciting hub is filled with glittering Buddhist temples, royal palaces, timeless "Venice of the East" canal and river scenes, classical dance extravaganzas, a legendary nightlife, and a wide variety of outstanding dining and entertainment options.

Upon arrival, settle in to your room at the Shangri-La Hotel, set on the banks of the Chao Phraya River. Relax and enjoy the hotel's many facilities including a sparkling outdoor pool, the award-winning CHI spa, an array of restaurants and bars and a terrace overlooking life on the river. B

Bangkok – Thailand's capital and a sprawling city known for its ornate shrines, vibrant street life and legendary nightlife. There's no doubt your senses will be assaulted in this city that blends modern civilization and historic treasures so well. The temples, despite being in the center of a thriving 21st century metropolis, are some of the finest in all of Asia. Bangkok was voted Best City in the World 2010 by Travel + Leisure magazine.

SATURDAY, JANUARY 20

BANGKOK

Discover Bangkok from the water today! Travel on James Bond style boats on the picturesque Chao Phraya River and adjoining canals (klongs) to see the traditional family homes and serene temples lining the waterways that give this city the apt name "Venice of the East." Meandering through areas of lush vegetation, we pass villagers in their boats laden with fresh vegetables, fruits and flowers on their way to the market. Disembark at Tha Chang Pier for a short walk through a small fruit and flower market on our way to the Grand Palace compound. Elegantly situated next to the Chao Phraya River and dominating the southwestern end are the fluted spires and golden domes of the Grand Palace. The temple compound is packed with richly decorated pavilions, each one an outstanding example of Buddhist architecture, as well as mythical giants, garudas and monkey warriors, while a magnificent mural around the outer wall depicts the gallant deeds of the Ramanya epic. Lunch will be on the riverfront today.

This evening will be free to explore and enjoy dinner at your leisure. B, L

SUNDAY, JANUARY 21

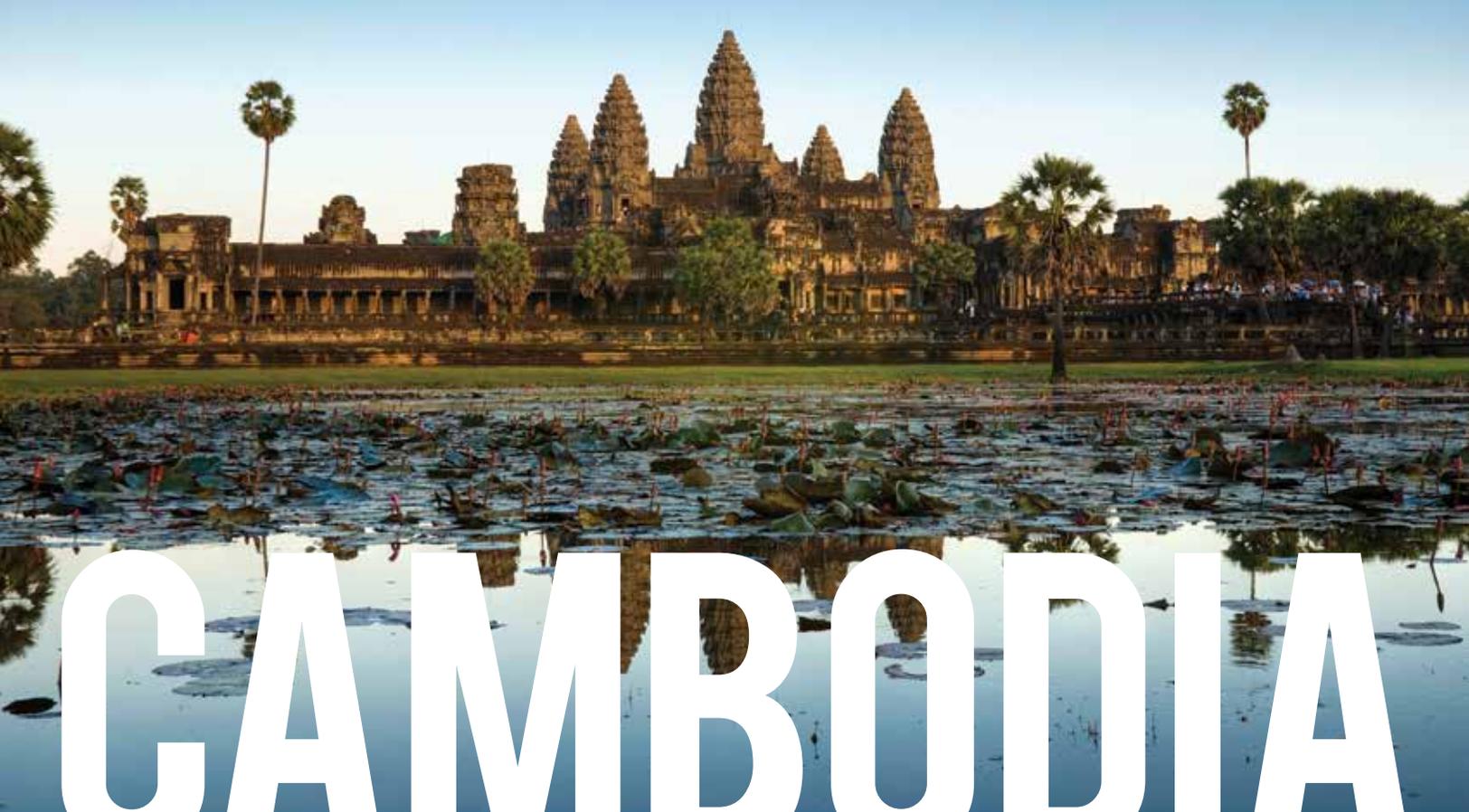
BANGKOK

Tonight, gather with fellow alumni for dinner and to bid farewell to Thailand. B, D

MONDAY, JANUARY 22 RETURN TO USA OR CAMBODIA

Say goodbye to Thailand this morning. After breakfast, transfer to the airport for your return flight home, or continue on to Siem Reap, Cambodia. B





CAMBODIA

OPTIONAL TRIP EXTENSION: JANUARY 22-24, 2018

The resort town of Siem Reap, in northwestern Cambodia, is home to the ruins of Angkor - the seat of the Khmer kingdom from the 9th-15th centuries. Angkor's vast complex of intricate stone buildings includes preserved Angkor Wat, the main temple, which is pictured on Cambodia's flag. Siem Reap literally means "Siamese Defeated" and was aptly named when Thailand defeated Cambodia and controlled Siem Reap and Angkor from 1794-1907. Today, it's the most prosperous region of contemporary Cambodia.

MONDAY, JANUARY 22

SIEM REAP

Upon arrival in Siem Reap, transfer to Le Meridien Angkor to settle in and freshen up. This beautiful resort fuses European design and contemporary Cambodian subtle style.

This evening, discover Angkor Wat at sunset. The first glimpse of Angkor Wat, the ultimate expression of Khmer genius, is matched by only a few select spots on earth. The temple is the heart and soul of Cambodia. It is the national symbol, the epicenter of Khmer civilization and a source of fierce national pride. Soaring skyward and surrounded by a vast moat that would make its European castle counterparts blush, Angkor Wat (the main temple) is the best preserved of all the Angkor monuments and has

been in virtually continuous use since it was built. Simply unique, it is a stunning blend of spirituality and symmetry, an enduring example of humanity's devotion to its gods.

Gather with fellow alumni tonight for a welcome to Cambodia dinner. D

TUESDAY, JANUARY 23

SIEM REAP

Rise and shine! A trip out to Angkor Wat early in the morning when it's still completely dark provides glimpses of the temple and lake in spectacular shades of light once the sun slowly rises. Return to the hotel for a full breakfast. Afterwards, continue on to Ta Prohm, the "Jungle Temple" that has been left largely in its natural state since its re-discovery by French explorers. Surrounded by jungle, its labyrinth of stone hallways is overgrown with the roots and limbs of massive banyan trees, which envelop the stone-like tentacles. It is one of the largest temples in Angkor.

This afternoon is open for a volunteer opportunity. B

WEDNESDAY, JANUARY 24

RETURN HOME

This morning is open for a volunteer opportunity or time at leisure.

Bid a final farewell to Southeast Asia and transfer to the airport for your return flight home. B



HOTELS

RATILANNA RIVERSIDE SPA RESORT ❖ CHIANG MAI, THAILAND

Set on the Ping River, this opulent spa resort with rich Lanna-style wooden carvings is a 14-minute walk from the lively Nong Hoi Market and 11 miles from the landmark Wat Phra That Doi Suthep.

Featuring balconies and earthy tones, the 56 colonial-chic rooms and suites offer free Wi-Fi, rainfall showers, flat-screens and 24/7 room service. Frangipani trees and wooden lounges surround the infinity pool and white shade umbrellas provide a relaxing space. The Aspara Spa has six treatment rooms offering an array of services but the signature treatment is the Aroma Meridien Massage, which combines western and eastern styles. An all-you-can eat Brazilian BBQ, a wine bar, and an open-air riverside restaurant are among the dining options and if you want to try your hand at the local specialties, Thai cooking classes are also available. This is an excellent retreat to simply relax and rejuvenate and a perfect home base for discovering Chiang Mai.

SHANGRI-LA HOTEL ❖ BANGKOK, THAILAND

Along the vibrant Chao Phraya River lies a unique, attractive landmark that is a fascinating destination – Shangri-La Hotel, Bangkok! Upon arrival at the hotel, you are greeted by a porter with a warm smile and unexpected gracious Thai hospitality. The hotel's spacious lobby, luxurious rooms and suites, which offer a mix of traditional Thai style and modern comfort, and spacious balconies create a memorable "home away from home" experience.

Admire the sunrise and fantastic view of the Chao Phraya River and rest by a stunning outdoor swimming pool set amid lush tropical greenery after breakfast. Close your eyes gently while thinking about all the day's wonderful activities. Shop the charming boutiques and open-air markets around town or visit the Grand Palace and other cultural landmarks located along the river with the nearby BTS skytrain or a river taxi.

After a day of exploring, head back to the hotel to restore balance and harmony to your mind and body in the calm surroundings of CHI, The Spa at Shangri-La. At dinner, savor traditional dishes in a traditional Thai teak pavilion or on a veranda facing the river at the hotel's Salathip Restaurant while enjoying graceful classical dance performances. Impeccable service and personal attention from a caring team complement the hotel's state-of-the-art facilities perfectly and are the hallmarks for any stay at Shangri-La Hotel, Bangkok.



LE MÉRIDIEN ANGKOR ❖ SIEM REAP, CAMBODIA

Located in the heart of the former capital of the Khmer empire. As one of the most significant archaeological sites in Southeast Asia, Angkor encompasses the remains of numerous temples and structures, giving today's visitors an extraordinary glimpse into the daily life of this ancient civilization.

The most renowned temple on the Angkor plain - Angkor Wat - is a must-see. The massive temple complex is rife with imagery, sculpture, and art. Its distinctive towers symbolize Meru's five peaks; the surrounding wall represents the mountains at the edge of the world; and the moat symbolizes the ocean beyond sunset from Phnom Bakheng - one of two hills dominating the plain of Angkor.

Left relatively untouched since its discovery in the late 19th century, the temple of Ta Prohm is also a notable attraction. The intertwining of nature and architecture gives the temple its uniquely mysterious appeal. The temple of the Banteay Srei is another favorite - especially charming due to its compact size, remarkable state of preservation, and magnificent decorative carvings.

Siem Reap boasts many attractions and offers additional insights into Cambodian culture. Vibrant Pub Street is the perfect place to go for a night out, while day and night markets offer local fare. Exquisite Khmer artisanal skills thrive at Les Artisans d'Angkor, a workshop and gallery dedicated to preserving the traditions of stone carving, prints, and handmade silks.

For nature lovers, a swim in the waterfalls of Phnom Kulen and sunset over the floating villages on Tonle Sap Lake are unforgettable experiences. Golf enthusiasts will enjoy Angkor Golf Course, Cambodia's first PGA-standard championship golf course. Designed by Nick Faldo, the 7,230-yard, 72-par course is just 15 minutes by car from the resort.

