

Volunteer Preparation List

- Valid passport for entire duration (make sure to have it a few months before you leave for the visa processing)
- Vaccinations: Vaccinations are not required for travel to Thailand. More information can be found at: <http://www.cdc.gov/travel/destinationThailand.aspx>
- Obtain about 10 passport/visa photos. These will be useful not only for your visa application, but also for visa runs. Don't spend too much on them though at Walgreens/CVS... they're fairly cheap over here.
- Send in visa applications – Contact Leon/Gloria Sexton about timing and details.
- You will receive a multi-entry year-long visa. The \$175 visa fee will cover visa expenses for the entire duration. You will be required to leave Thailand every 90 days on a visa run. Visa runs can be as simple as a trip to the Thai/Burma border for about \$50 to a trip to Angkor Wat in Cambodia for \$400.
- Obtain airline tickets-
 - make sure to check out the luggage fees, weight limitations and other restrictions for the airline you choose
 - weigh them carefully. Extra charge for luggage over 50 lbs.
- The Postal shipping system in Thailand works well. People from USA will be able to send you letters or packages to:
213/1 Moo 3 Baan Mae Sa Luang
Tambol, Mae Sa
Amper Mae Rim,
Chiang Mai, Thailand 50180
- Money- If this is your first time traveling overseas I would suggest getting 3,000 Thai baht (about \$90) at home just so you can feel more comfortable. One of the easiest and cost effective ways to get money here is from one of the numerous ATMs in Chiang Mai. (currently they have a foreign transaction fee of 150 Baht [\$5]) Make sure to check with your bank about their fees. There may be ways to set up a bank account in Thailand and transfer money with less fees, but we haven't figured one out yet. Also, do not expect to use a credit or debit card here very often. They are, however, allowed in grocery stores and restaurants that cater to tourists. More and more places are accepting them now. (often with a small % service charge)
- Possible side trips – While you are here you may have the opportunity for trips to other parts of Southeast Asia. Countries that make good visa runs or side trips include: Cambodia, Laos, Malaysia, and Singapore. Legacy has a few guidebooks to help on these trips.
- Insurance – You are expected to provide your own insurance for your time here. You can check out: www.worldnomads.com
- Dental/Medical – dental and basic medical work here is much much cheaper than in the States. You may consider taking advantage of this while you are here.
- Transportation while here – Teachers are allowed to use Legacy's motorbikes for trips to the grocery store, Chiang Mai, etc. (be prepared to pay for your own gas,

- though) If you are uncomfortable using motorbikes, *sawng taews* (truck taxis) run regular routes to Chiang Mai from 6am to 5pm for very cheap.
- Housing – you may live on the Legacy grounds (subject to availability) or in a small apartment walking distance from the school. Basic needs such as furniture, sheets, towels, etc. are provided regardless. You may consider bringing a memory foam mattress pad from home if you don't like hard beds.

Instructions for obtaining Thailand Non-immigrant, 1 year, multiple entry visa.

- Download Thailand visa applications from the internet. (Ignore anything that says you must send to Wash. D.C. or another place).
[://www.thaiembdc.org/consular/visa/visa.htm](http://www.thaiembdc.org/consular/visa/visa.htm)
- Fill out form and add 2 visa type photos. Your sponsor or guarantor in Thailand is: Thurston Leon Sexton, President of Legacy Foundation, 213/1 mu 3, Baan Mae Sa Luang, T. Mae Sa, A. Mae Rim, Chiang Mai 50180 Thailand (this is your mailing address in Thailand by the way.)
- Your guarantor in USA is: Legacy Institute, PO Box 7, Dundee, Ohio 44624.
- Make sure you mark your visa request as “NON-IMMIGRANT, 1 YEAR, MULTIPLE ENTRY.”
- Purchase a FEDEX or prepaid USPS express (if needed immediately) or prepaid priority envelope with your return address and send to the Dallas Consulate (address below). Enclose PASSPORT, visa form, 2 photos, a money order for \$175 made out to “Thai Consulate, Dallas, Texas” and a self addressed return FEDEX/USPS priority/express envelope.
- **Wait for the go-ahead from Legacy and then send off.** You should get your passport back within one week (depending on the mailing option you chose). PLEASE DON'T TRY TO GET A VISA ON YOUR OWN. GET SPECIFIC INFORMATION ON WHOM TO SEND IT TO AND WHEN AND WHERE. Don't worry! It may seem last minute, but our contact is reliable and it will all work out.

Packing List

Girls

Teaching clothes – you will be provided with Legacy shirts to wear during class. Skirts and nice shoes should be worn as well.

Capris – shorts are not really worn but can be brought for sports class

Light-weight, short sleeved blouses or polo shirts

Skirts – You have to wear a skirt (below the knee) in both class and church.

Heels

Boys

Teaching clothes – you will be provided with Legacy shirts to wear during class. Light-weight khaki/dress pants are worn to class with nice shoes or sandals.

One pair of nice sandals/shoes for class and church

Long sleeved button-ups (good for mosquitoes and surprisingly cool)

I would recommend bringing some extra cash and having some clothes (suits/shirts) custom-tailored for you while here—cheap and decent quality.

Both

Slip off sandals (flip flops are the norm here, but up to you)

Tennis Shoes, Soccer shoes/socks (if you have them)

T-shirts – for sports class, exercise, etc.

Warm clothes – Thailand can get cold, especially during the cool season. Bring a couple sweaters, etc. I even used a hat and gloves last year. A water-resistant jacket is a good idea. (especially when using motorbikes at night when it's cold)

Some nice clothes for church, the feast, graduation, etc.

*In general, don't worry too much about what clothes you bring. Pretty much everything is hand-washed, so don't bring anything you're worried about getting messed up.

Clothes are very cheap here and easy to find if you want to buy anything else. (note: if you're over 6 ft or have big feet, it may be a bit tougher to find cheap clothes your size.)

Consider leaving at home:

Dry clean only – It can be done here at a hotel but it is somewhat inconvenient

Swimsuit – you might be asked to help out with swim class or you might want it when you do your visa runs. It, of course, needs to be modest... not too low cut, or high cut.

Board shorts are good for guys. Or, you can find one here.

Hair stuff – Don't bring your own curling iron and hair dryer it will require other equipment to use and will probably blow up anyway. I really suggest low-maintenance hair. Pony tails work great.

General

Toiletries - Shampoo and soap are provided here, again if you have a preference bring your own. (I suggest a preference with toothpaste and toothbrush, because the ones we have are not that great).

Backpack – you will definitely need one for traveling or even just to get groceries when taking the motorbike. (fairly cheap to buy here)

Books – if you love to read, bring what you can. There are also some places around here that will exchange books (usually 2 for 1) if you get bored with yours. If you have extra room, feel free to bring any books friends/family are willing to donate to our library.

Every little bit helps!

Text Books – books for classes are always appreciated here. We do have many English books but if you want something in particular I suggest bringing it along.

Computer – If you have a laptop I would suggest bringing it. (I would highly advise investing in one if you don't...) Both the school and the farm have Wi-Fi. There are also numerous Wi-Fi spots in Chiang Mai. In Thailand we use 220v and 50hz. Most computers can handle between 120v and 260v.

Music and Entertainment – You'll want something that sounds familiar after a while. Bring tapes or CD's or an mp3 player... something. Also, we have a DVD player and TV at the house and we play movies for the students on Saturday nights. If you have anything you want to help you relax or share with the students bring it along. (Hey, it's a good way to be a favorite with the students!)

School Supplies – We have plenty of school supplies but if there is something specific you want to have go ahead and ask me if we can get it here. Stickers, for instance, I haven't seen a wide variety of. I bring my own pens, too.

Bible – I don't know your bible preferences, but I suggest you do bring a travel bible. It is no fun lugging a giant bible around backpacking through different countries.

Bug repellent – You may want to bring at least one heavy duty bug repellent. If you do end up going somewhere where malaria mosquitoes are you will need it. Mind you, we don't worry about malaria in Chiang Mai... but the mosquitoes can just be annoying sometimes.

Snacks – If there is something you think you will really miss having, bring some with you for the transition period. For instance, chocolate can be expensive here. Or, again if you want to be a favorite with the students, bring something you think they might want to try from America. Peanut butter is expensive, too.

Two Suitcases – Even if you don't think you need to bring that much stuff you will be bringing stuff back with you. I would recommend at least one to be hard-shell as well to protect any fragile stuff you buy here when you return home. (art, knick-knacks, etc.)

Camera – Bring what you are comfortable with. Digital cameras work great. You can also bring a recharger and rechargeable batteries.

Other suggestions:

Pepto-Bismal

Imodium

Aleve

Water-bottle

Febreze