



challenges
abroad

Supporting the



futureSense
FOUNDATION

THAILAND COMMUNITY PARAMEDIC CHALLENGE

Your Passport to Global Citizenship!

www.challengesabroad.com.au

Certified



Corporation





About Us

Greater Social Equality.
A More Sustainable Environment.
A More Secure World for Everyone.

Challenges Abroad is a social enterprise that provides impactful, customised overseas learning programs for students. Our mission is to develop the next generation of Global Citizens, who as future leaders will help shape a better future for everyone.

Through our programs, we ensure that students not only develop a global mindset but gain vital life and employability skills, enabling them to have a positive impact on the world through their future endeavours.

We are proud to be a Certified B Corporation!

It reinforces that together, we're delivering programs that are not only transformative for students, but also beneficial for communities and respectful of the planet.

The Challenges Abroad Difference



Student Impact

Developing the next generation of Global Citizens.



Community Impact

Delivering long-term development projects that support local communities.



Environmental Impact

We are working on becoming a carbon neutral organisation.





Short-Term Programs, Long-Term Impact.

Our Health & Well-Being Challenges enable students to step out of their comfort zone whilst developing global perspectives, learning about new cultures and fostering meaningful connections with the local community.



Global Citizenship:

Broaden your perspectives, embrace cultural diversity, and ignite a lifelong drive to make a difference in the world.



Cultural Immersion:

Discover, connect & experience - dive into vibrant local cultures, learning through meaningful cross-cultural exchange.



Community Engagement:

Lead, inspire & create change - deliver hands-on projects, building skills and leaving a lasting impact on local communities.



Every Challenges Abroad program supports the goals and objectives of our international development charity, the FutureSense Foundation.

Participants on a Challenges Abroad program are therefore, not only directly impacting the community through their project, but are part of a sustainable community development initiative that will have a long lasting, positive impact.



Thailand: Land of Smiles

Our programs are based north of Chiang Mai in **Mae Saring**, a district in the **Mae Hong Son** province which is referred to as the land of nature - it is a small and quiet town surrounded by green mountains, is home to diverse ethnic minority communities.



Day 1 Arrival

Touch down in Thailand! You're arriving in the north, where mist-covered mountains, ancient temples, and the warm rhythm of local life set the tone from the moment you land.

After being welcomed at Chiang Mai airport by your group mentor, travel four hours through winding mountain roads and lush valleys to Mae Saring - a charming riverside town that will be your home for the next two weeks. As evening settles in, explore the town and gather for a welcome dinner. Tomorrow, the real adventure begins.





Week 1

Days 2-3

Program & Cultural Orientation

Wake up in Mae Sariang, a town that moves at its own gentle pace along the banks of the Yuam River, with golden temple spires catching the morning light. Over the next two days, you'll dive straight in with language and cultural sessions, get to know our Hub team who'll be supporting you throughout, and begin shaping your vision for the community project ahead.

Days 4-7

Mae Sariang



Spend four immersive days embedded in the local community, contributing your skills, knowledge and passions to our long-term health promotion initiatives. With dedicated time to plan as a team, we'll help to make sure you're ready to contribute in a meaningful way - learning just as much from the community as you share. This hands-on experience builds confidence, uncovers new strengths, and leaves a lasting, sustainable impact.

Beyond your workshops, experience local culture in the most authentic way - think Thai cooking classes, sunset views and bustling local markets.

Potential program activities:

Engaging with local health professionals and supporting the local hospital with triage and vital sign checks, leading first aid, safety & CPR workshops with local community groups, supporting community pop-up clinics and health screenings.*

***Please note:** these activities are best suited to students in 2nd year or above, so will be confirmed once we have the full details of your team! If you're in 1st year, you could consider our [Thailand Health Promotion Challenge](#)





Week 2

Days 8-9

Your Free Weekend 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
- 👉 Visit an ethical elephant sanctuary

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!

Days 10-14

Mae Sariang

These five days follow a similar rhythm to the first - contributing to health promotion activities, leading workshops, and coming together as a team to reflect on the impact you're making. The difference? You return with stronger skills, growing confidence, and deeper connections, stepping back into the community with a clearer sense of purpose. Somewhere between the first day and the last, you'll begin to recognise your own growth as a Global Citizen.



Chiang Mai was once the capital of the Lanna Kingdom and is still surrounded by remnants of its original city walls - meaning you're literally walking through over 700 years of history!



Departure & Extension Trip

Day 15 *Departure*

The final day offers time to reflect on the skills you've developed, the experiences you've shared, and the perspectives you've gained. Our team will drop you off at the airport for your journey home or onwards travels. Or you might even want to extend your time in Thailand with us!

Days 15-21 *Extension Trip!*

Day 1: Chiang Rai. Travel north, stopping for a waterfall hike and local lunch before experiencing Chiang Rai's vibrant evening atmosphere.

Day 2: Temples & the Golden Triangle. Visit the iconic White Temple and Opium Museum before exploring the Golden Triangle, where Thailand, Laos & Myanmar meet. Enjoy a Mekong River boat ride and a quick visit to Laos.

Day 3: Chiang Rai Highlights. Explore Doi Tung gardens, the Mae Sai border markets, the Monkey Temple, and a local tea garden.

Day 4: Chiang Dao Adventure. Discover mountain scenery, visit a local orange farm and Tha Ton Temple, and explore the famous Chiang Dao caves.

Day 5: Relax in Pai. Unwind in the laid-back town of Pai with free time to explore, relax, enjoy local cafés, or experience a traditional massage.

Day 6: Pai's Natural Wonders. Explore Pai's must-see sights, including the bamboo bridge and Pai Canyon, finishing with an unforgettable sunset view.

Day 7: Farewell. Transfer back to Chiang Mai International Airport for your flight home or your next adventure.





The Essentials

Accommodation & Meals

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. While the amenities are basic, the accommodation is safe, clean, and in a great location for exploring the surrounding area!

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 organise transport so you can explore the area in your free time.

In-Country Support

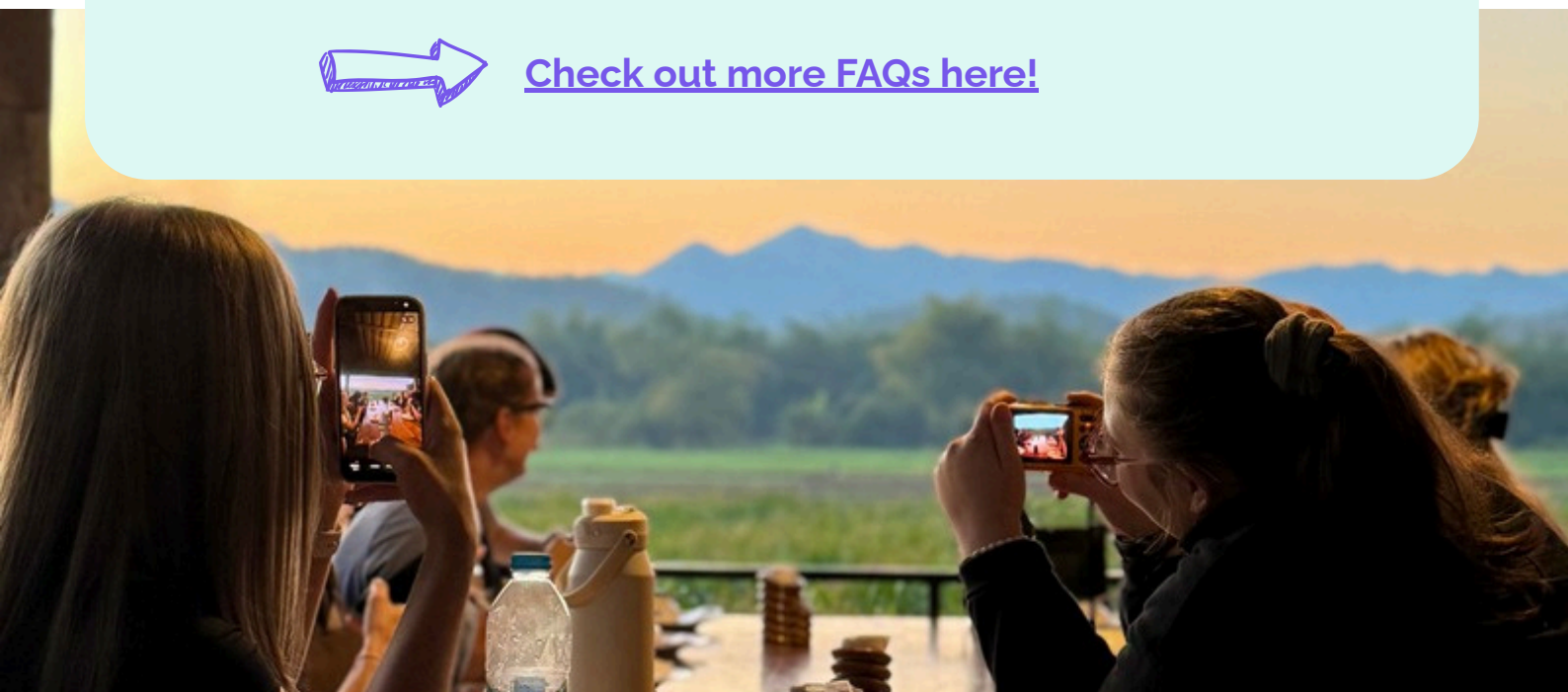
As well as supporting you in your project work, our team will provide 24/7 support during your time overseas... they'll also have the best recommendations on how to spend your free time!

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 organise a pre-departure meeting 4-weeks before you go to make sure everyone is on the same page and ready for the adventure.



[Check out more FAQs here!](#)





What's 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 instalments 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.au

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!

Things to start considering:

-  International flights
-  Travel insurance
-  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. Find out more and apply [here](#).



Dates:

Dates TBC through the [website](#)



Cost:

\$2,950
(possible credit/funding options [here](#))



Extension trip:

1 week tour of
Thailand \$1370

"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

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