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## Conservation's Note



**Marie Goarin**  
**Marine Conservation Director**  
**Projects Abroad**

Welcome to the January Newsletter,

We started the year with 12 volunteers on the Marine Project and 7 more joined us during January. Six of them are now Reef Check Ecodivers, congratulations!

This month, volunteers teamed up with the Community group at Klong Haeng School for Children's Day to play some games with the local kids. They also visited a Gibbon rehabilitation centre in the North of Phuket which was a great opportunity to learn about this species and also about illegal animal trade in Thailand. Ben also enjoyed a swim at the sanctuary's waterfall!

Some of the volunteers also decided to go diving in Koh Ha Yai, one of the best dive sites in Thailand, which is a bit further out than Phi Phi (usually accessed from Koh Lanta). They had 2 great dives there and say it's really worth the long trip there!

Well I hope everyone is doing great!

Marie

### **Introducing new Staff for Marine Conservation:**

Hello,

My name is Ben Lemanczyk. I am 23 years old, half Thai/English plus a multitude of other European countries. I grew up mostly in the UK till I was about 14 when my family and I moved permanently to Thailand. Before that I spent months at a time back and forth between England and Thailand.



During my adolescence years in Thailand, I learned an incredible amount about tourism, the damages, benefits and opportunities it creates and destroys. From an early age I wanted to be a part of something whose aim was to restore, protect and conserve this gorgeous country. However, being only 14 my choices were made for me. I became a rock climbing instructor in Railay along with my brother for a year or so, among doing other adrenaline inducing activities such as base jumping, deep water soloing, cliff jumping, free running, free diving and endurance mountain climbs. It was my brother's dream and I to start an environmentally aware extreme activity tour group.

However, due to the unpredictable fabric of life, I was in Sweden 3 years later working in a hotel doing anything and everything you can imagine. After 8 months or so I returned to the UK where I studied at the Cleveland College of Art & Design in fine art and contemporary media. I later moved to Australia to help family members out with my severely Autistic cousin, which proved to be an exceptional learning experience for myself and my cousin. I travelled Australia for 2 years, working anywhere I could, fruit and vegetable farms, construction, kangaroo skinning, restaurants (where I nearly became a Sous & Commi Chef on a number of occasions), boat yards, fork lift and delivery driver, sales assistant etc. If there was work, I was there!

Upon returning to the UK I found work at TNT - a freight and logistics company. I worked there for 2 years climbing very quickly up the ladder - from labourer to foreman in 3 months. This job was by far the most exciting, compelling and responsible job I'd ever had, delegating 45 drivers, 38 floor staff and between 7 and 16 office personnel. After 2 years in this post I decided it was time to move on to warmer and more rewarding vocations. I returned to Thailand in late 2008 with the idea of starting a small resort, bar and restaurant. Unfortunately this idea never came to fruition and I began working for my father organizing concerts, tours and just generally managing his band (Job2Do).

A great bonus of this role was that I could organize environmental awareness gigs – free, open air concerts aimed at educating anyone who would listen on the impact, pro's and con's of tourism and what we can all do as individuals to reduce the trauma we pay the Earth. One thing after another, suddenly I find myself in Koh Tao studying to become a Divemaster. A little anxious at first but soon discovered that I was in an incredible position to make more and more people aware of the impact they make on the environment. No dive briefing was complete without a few words on what we can all do individually to protect the land we call paradise. After nearly 2 years working as a Divemaster, I re-evaluated myself and decided that only so much can be said and done as a Divemaster in terms of protecting and conserving the beautiful marine ecosystem and the land itself.

I knew absolutely nothing about Projects Abroad when I left Koh Tao, and have come to realize that this is exactly what I wanted to be a part of all those years ago. It gives me great satisfaction to play a more important role in the guiding of others and what they can do to help the environment. I used to clean the beaches for free in my spare time, collect nets and garbage on dives whenever I could, now I have found a company (or rather, have been found by a company) that will employ me to do just that. I have worked in some awe-inspiring, incredible and sometimes utterly disgusting jobs in my life, but I now feel that I have found my true vocation. It gives me great motivation, satisfaction and determination to progress at the Projects, if they'll keep me, I'll do my best to make it worth everyone's while.

Cheers,

Ben

Conservation Field Coordinator

If you want to read more about how the project's activities are progressing, please go to <http://www.volunteer-conservation-thailand.org/monthly-update>

[www.projects-abroad.net](http://www.projects-abroad.net)

## Community's Note

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**PARICHART CHAIPIKUL**

Community Projects Director  
Projects Abroad

Welcome back to our first issue of year 2011. Unbelievable that I have been working for Projects Abroad almost 4 years! Time fly faster and faster each year.

Starting New Year this time a little bit different from another time as the rain supposes to stop for Tourists high season, but it does not. Thus, we celebrated New Year with a little bit of rain. However, it cannot get any worse for us as apart from that, it seems we start the New Year with many great things, such as receiving many calls from the schools around here that would like to join our project, volunteers have participated in the swimming project organized by the local government, which we plan to try to make it a long term project. Furthermore, thank you cards, greeting cards from placements and host families that had come in are a good sign that we are accepted here!

Like every year, this month is not only a time to celebrate, greetings to our partner here but this month is also the special month for Thai children. As on the second Saturday is the National Children Day. This year we participated with one of the school near our office with fun games. Of course, everyone enjoyed it very much 😊.

Let's not wait any longer because Chane has many amazing stories to share with you this month. Please enjoy our first issue for this year and see you again next month 😊

Sincerely,

Ant

## *Children Day in Thailand*



It is well known to the Thai people that every year on the second Saturday of January is Thailand National Children Day. This year it fell on 8 January 2011 but most school celebrate Children Day the day before or Friday 7 January 2011, so the children can go with their parents on Saturday to visit many Government's Events that has been set up for them. If you were in Bangkok, the capital city of Thailand; children and their parents could visit the State Capital and even sit in the Prime minister's chair to have their pictures taken. The army and air force would bring out their helicopters and tanks to show the children. Presents would be given out to the children and many games and activities that the children can play.

At Projects Abroad Thailand we joined in the festivity with one of the local school in Ao Nang, Baan Klong Hang School. They have 380 children from kindergarten to Junior High. Projects Abroad volunteers and staff organized games and gifts to give to the children.

We organized three games with three groups of volunteers. One was the Musical Chairs. This game by far is the most popular game of them all because all ages can play and it does not require a lot of coordination. The music puts everyone in a happy mood and both children and staff dancing and singing as they walked around the chairs. Due to popular demand by the students we had to have two circles of chairs to play at the same time.





The second group was responsible for the popping the balloons game. In this game each students must blow up their own balloons or get help from one of our volunteers. The balloons are to be tied with a rubber band and put around their ankles. When one of the volunteer blows the whistle to start the game, the students can start stumping the other person's balloons. If your balloons get popped then you are out of the game. Many of the young students also find this game to be fun, but the hard part was blowing up the balloons.

The third and last game was the three-legged race, relay with ping pong ball and balloon popping. To play this game each student must have a partner. They start the game by tying their ankle together and run to where two spoons and a ping pong ball are. Then they have to carry the ping pong ball with a spoon to where an empty bottle are and place the ping pong ball on top of the bottle without using their hands. Then they have to blow up the balloon and then pop it! Whichever team finish first win!

After we finished with the games the students came together to a meeting hall and gifts were given out. We did not think we had enough to give out but we did and the left over to be shared with another school as well. The smiles and laughter that we saw and heard was obviously enough to let us know that we have succeeded in our work today.

It was one of those days that no matter how much you prepare you will still have unexpected surprises. Before the day of the event we were told that each class would rotate to play the games but on the actual day the students were given freedom to join Projects Abroad volunteers with games all at once! Talk about not being prepared for the large group! We did not panic, we stay focus and did our job. Some students refuse to rotate but stay the entire time at the game that they like.

I was so proud of our volunteers because they showed no fear and took control of their games and group with confidence. After it was finished you could also see how relieved they all were. It was an experience that they can take back home with them to share with their friends and family of their time in Thailand. Teachers and parents thanked us for all the fun they had. What we did seem rather simple and small enough for the children but the joy we received from children laughing and smiling was enough to fill our hearts. As we move into the year 2011 Projects Abroad aim to bring more joy and happiness to the children and people of Thailand and not just the community of Krabi.

Chananan Sutsadang  
Social Manager/Editor



Warm ontvangst in Krabi!!!!

Voor de derde keer heb ik Krabi bezocht. Twee jaar geleden heb ik via Projects Abroad twee maanden vrijwilligerswerk gedaan in een Care project. Ik heb toen zoveel leuke mensen ontmoet en contact mee gehouden dat ik dit jaar alweer voor de tweede keer terug ben gegaan.

Twee jaar geleden zat ik in een gastgezin en inmiddels zijn dat hele goede vrienden van mij geworden. Dit jaar heb ik drie weken bij hun geslapen. Heel bijzonder om goede vrienden te hebben helemaal in het mooie Thailand!!! Ook heb ik nog heel goed contact met Chane, een medewerkster van Projects abroad, thuis via mail en Skype en tijdens mijn 3 weken in Thailand dit jaar hebben we regelmatig contact gehad en zijn we er een dag op uit geweest, van Ao nang op weg naar Krabi en zij heeft me meerdere mooie dingen van die route laten zien. Ook al was dit mijn derde keer in Krabi op sommige plaatsen was ik ook nog niet geweest.

Hier een klein verslag van onze leuke gezellige dag!!

Ten eerste een stop bij de witte boeddha, deze ligt aan de doorgaande weg. Ik was er al zo vaak langs gereden met de local bus of motorbike maar was nog nooit hier gestopt.

Na het bezoeken van de tempel kwamen we langs een museum genaamd Roi Thai Museum en zijn we gestopt. Hier waren oude voorwerpen uitgesteld, van porseleinen borden tot machines, geld en motoren. Ook waren er kleine dieren zoals herten vogels en fazanten.

Het was een verrassing voor mij om dit museum tegen te komen want ik wist niet dat het hier in de buurt was. Na ons bezoek zijn we weer op de motorbike gestapt en zijn we verder gereden.



Na een tochtje door het soms drukke Thaise verkeer, gelukkig had ik Chane die voor me uit reed, kwamen we aan bij een tempel met de naam Wat Sang Pet welke is gelegen in een grot. Deze tempel is speciaal omdat vele jaren geleden een monnik rondreisde door de provincie Krabi en besloot om in deze grot te gaan leven en er een plaats van te maken om te aanbidden. Lokale mensen brachten hem eten en andere dingen om van te leven. Uiteindelijk door donaties kon er een mooie tempel worden gebouwd. Soms komen hier mensen om een week te mediteren en samen te leven met de monniken.

We vervolgden onze trip naar Krabi town waar we eerst heerlijk hebben geluncht. Vervolgens zijn we naar de Krabi City Pilar Shrine gegaan, een kleine tempel in de stad waar je kunt bidden en een kaarsje en wierrook kunt branden. Chane heeft me uitgelegd hoe alles in zijn werk gaat, erg interessant!! Als afsluiting van de dag zijn we naar de walking street geweest, een markt die elk weekend in de stad is. We hebben gezellig rondgelopen en wat gegeten. Een hele leuke afsluiting van deze gezellige dag!! Chane, bedankt voor deze leuke, gezellige en verrassende dag!!



Tot volgend jaar???  
Groeten Maaïke Reinders  
(Dutch Volunteer)

*Hello 2011!*



*Projects Abroad Donate to Baan Naichong Mittaparp 123 School*



*At the Community Meeting with Chane*



*A group of Swiss volunteers*

More photos can be seen on facebook Projects Abroad Thailand The Official Group

[www.projects-abroad.net](http://www.projects-abroad.net)

## My Thailand Experience

29 September 2010 begon mijn trip naar Thailand. Met dubbele gevoelens stapte ik het vliegtuig in, op naar de warmte! Met heel veel zin, maar toch ook wel een klein, klein beetje angst ging ik naar Thailand. Pi Chane haalde me op van Krabi airport en al snel voelde ik dat het helemaal goed ging komen. De truck zat namelijk helemaal vol met alle andere conservation volunteers en het was direct al gezellig. J. Guest House was een goede plek om samen met alle andere vrijwilligers te wonen. Schone kamers, fijne bedden, warme douches en natuurlijk de leuke staff members Kip en Nok.



Hetgeen waar ik erg naar uit keek was het duiken. Het was allemaal zo nieuw voor me en eenmaal in de zee keek ik mijn ogen uit! (En nog steeds) Wow! Geweldig. Het grootste deel van de week ben je aan het duiken en doe je "salvage dives", wat betekent dat je dus zoveel mogelijk troep opruimt wat je tegenkomt onderwater. Ook doe je Crown of Thorn removals. Crown of Thorns zijn kort gezegd giftige zeesterren die wanneer er teveel van in een bepaald gebied zijn het koraal aantasten. Als je dan weer terug bent van het duiken begin je aan de theorie van het Reef Check Programme. Reef Check is een wereldwijd programma waarmee je de gezondheid van een bepaald koraalrif als het ware berekent door drie categorieën te bestuderen. Fish, Invertebrates, Substrates. Fish spreekt voor zich. Invertebrates zijn dieren zoals: Zeekomkommers, zeesterren en kreeften. Substrates is datgene wat het koraalrif opbouwt en alle soorten koraal en steen. Je doet in deze drie categorieën een aantal tests en dan ben je gecertificeerd om mee te doen aan het Reef Check project en kun je in teams onderwater onderzoek doen. Ik vond die onderzoeken altijd heel leuk om te doen! Je bent geconcentreerd bezig en het voelt elke keer weer als een avontuur en uitdaging. Je weet namelijk nooit wat je allemaal tegen gaat komen. Haaien? Schildpadden? Of "gewoon" alleen maar mooie vissen en kleurig koraal.



Het is natuurlijk niet alleen maar leuk (én intensief) duiken. Er zijn ook nog de mangroves, de beach clean-ups en de maandelijkse sociale dagen. Mangroves en beach clean-ups zijn vermoeiend, hard werken en vooral heet werk! Ik ben naar verschillende plekken geweest waar wij nieuwe mangrove plantjes in de modder hebben geplant of de plek waar nieuwe plantjes moesten komen

hebben schoongemaakt. "Lekker" in de modder, de zon en in het water en in teamverband kon ik altijd plezier hebben. Je moet niet bang zijn om vies te worden! Op de heen- en terugreis kom je nog wel eens vast te zitten met de truck en moet je met zijn allen duwen, trekken of gewoon beweging in de truck te zien krijgen. Na een tijdje het conservation project gedaan te hebben wordt je een hecht team! Ik ben zelf altijd al een teamspeler geweest, vooral door team-/elftalsporten en het beviel mij heel goed. Voor de beach clean-ups heb je niet veel vaardigheden nodig. Met een beetje doorzettingsvermogen en een positieve spirit is zo'n beach clean-up altijd zo voorbij! Daarnaast voelt het heel goed als je na een uurtje of twee meer dan 200 kg afval hebt opgehaald. De sociale dagen verschillen elke maand. Ik ben een paar keer naar Pattalung geweest om de families die getroffen waren door de overstromingen een soort van "overlevingspakket" te geven. Of een dag met kinderen op een school leuke dingen doen en meehelpen met de nationale "Children's Day".

Mijn ervaringen hier in Ao Nang en Krabi zijn alleen maar positief! Het Conservation project is mijn favoriet. Ik heb er voor gekozen ook nog een maand een Care project te doen. Ik vind kinderen leuk en wilde graag de ervaring hebben hoe het is om met hen te werken. Je hebt veel geduld nodig, maar als ze de dingen die je verzonnen hebt om met



ze te doen leuk vinden, kan je dag niet meer stuk; bij mij in ieder geval niet meer. Voor Teaching en Care moet je veel initiatief tonen, niet bang zijn om fouten te maken en niet te weinig zelfvertrouwen hebben. Ik ben in Thailand geboren en heb van de zusters in het ziekenhuis een Thaise naam gekregen. Het leuke was dat alle kinderen en leraren me bij mijn Thaise naam aanspraken, dat geeft toch wel een klein beetje een band. Mijn gastgezin is super. Pi Nong, onze gastmoeder, is een superkok en het huis is groot en schoon. We zitten vijf tot tien minuten lopen van het centrum van Krabi Town, je zit dus niet ergens in 'the middle of nowhere'. Heerlijk.

Wat ik me heb gerealiseerd is dat ik het heel fijn vind dat ik een aantal maanden in Thailand ben geweest. Persoonlijk zou ik niet minder dan twee maanden hier willen zitten. Je leert namelijk de omgeving, de mensen, de cultuur en het doel van je project veel beter kennen als je hier voor iets langere tijd zit. Daarnaast word ik graag gezelschap gehouden door de mensen om me heen en dat is in de vier maanden hier aardig gelukt. De projecten in Krabi, Thailand zijn zeker aan te raden! Ik ben mezelf hier een aantal keer flink tegen gekomen en ik ben blij dat ik mezelf nu een stuk beter ken. Projects Abroad is een goede organisatie en er wordt goed voor je gezorgd hier. Ik ben naar Thailand gegaan in mijn gap year tussen de middelbare school en de universiteit en voor mij was dit de ultieme ervaring! Projects Abroad bedankt!

Jet Opbroek  
(Conservation/Care, Holland)



**สวัสดีปีใหม่ นะ or Happy New Year!**

We had a very strange winter this year due to unexpected rain right up to December and part of January 2011. I know this must sound funny to say that Thailand has a winter but we really do! In the high mountains of northern Thailand the temperature drops below zero sometime and sometime people die because they do not have warm clothes to wear. Many businesses and organizations donate sweaters and blankets to those who need them on a yearly basis.

We started January by giving gifts and organized games for the children of Baan Klong Hang School and Baan Naichong Mittaparp 123 School in Krabi. In return they showed their appreciation by welcoming us back and Baan Klong Hang School gave us permission to use their basket ball court and school ground to play sports. They also said that we can return to help them any time.

I would like to introduce a new section to our Newsletter...“Ao Nang News”. In this section we will keep you up dated on what is going on in and around Ao Nang and Thailand. Sometimes you may hear about the people you know and events that took place here in our community.

Please feel free to write to us on any of our topics for discussion as well. If you would like to learn more about us, please check out our Projects Abroad website. If you have any questions please feel free to contact me at [chanesutsadang@projects-abroad.org](mailto:chanesutsadang@projects-abroad.org).

**Projects Abroad Thailand The Official Group Members are now 469!**

Now you can view our Newsletters on Projects Abroad Thailand The Official Group on facebook. You just click on the link and that's it! Photos can be seen of our weekly activities in our Projects Abroad Thailand the Official Group on facebook.

This Newsletter would not have been possible without the following people's help. Thanks guys!

**Happy Birthday Guys!**

Articles: Maikke Reindeer & Jet Opbroek  
Your Shot: Darshan Patel  
Cover Photo: Rasmus Kofod

**Thai Holidays**

1 Jan. New Year Day  
8 Jan. Thai National Children Day

Best Wishes,

*Chane*

Chananan Sutsadang  
Social Manager/Editor



Kevin



Raymond

## Dinner

### *Dinner Out at Viva's Pizza...*



## Media Link

Join our official Facebook Group: Projects Abroad Thailand – The Official Group

<http://www.facebook.com/group.php?gid=2423896856>

Read our monthly newsletters.

<http://www.projects-abroad.co.uk/volunteer-destinations/thailand/newsletters-from-thailand/>

See what is going on with Projects Abroad! Read our Country Blog!

[http://www.mytripblog.org/mod/blog/group\\_blogs.php?gl=true&group\\_guid=3042](http://www.mytripblog.org/mod/blog/group_blogs.php?gl=true&group_guid=3042)

[WWW.project-abroad.net](http://www.project-abroad.net)

[www.projects-abroad.net](http://www.projects-abroad.net)

# Darshan Patel

(Conservation, U.S.A.)



Taoufik with students...also having fun .



"The calmness of the sea"

*Thai-spiced coconut squash soup recipe*



1 tbsp sunflower oil  
2 x onions  
1 x celery stick  
2 x cloves garlic  
2cm piece ginger  
1tbsp Thai red or green curry paste  
500g squash (peeled and de-seeded)  
750ml vegetable or chicken stock  
250ml coconut milk  
TO SERVE

Fresh coriander and chili (optional)

Heat the sunflower oil and soften the 2 finely chopped onions with a stick of celery, 2 chopped cloves of garlic, and 2cm piece grated ginger. Stir in 1 tbsp Thai red or green curry paste and 500g squash (prepared weight), peeled, de seeded and chopped.

Mix everything together well cooks for a couple of minutes more then pour over 750ml veg. or chicken stock. Simmer slowly for 20-25 minutes till all the vegetables are soft.

Add 250ml coconut milk, season well and puree with a stick blender or in a liquidizer. Add a little more water if too thick. Serve with some chopped coriander and chili if you like.

Serve 4 35 minutes to cook

## January Social Activities

| Date    | Day      | Activities  | Time          |
|---------|----------|---|---------------|
| 4 Jan.  | Tuesday  | Chane in Krabi Town to meet with Community Volunteers<br>(Location: Good Dream 1) Community Volunteers must organize your own transportation.   | 16:00 – 17:00 |
| 6 Jan.  | Thursday | Meeting at J Guest House to prepare for Children’s Day Activities<br>(Community Volunteers must organize your own transportation)   | 16:00 - 18:00 |
| 7 Jan.  | Friday   | Children’s Day at Klong Hang School Meet at J Guest H.<br><br>(Patrick will meet you in Krabi Town across from Vogue Mall)<br>Lunch will be provided by the School (Please wear your Projects Abroad T-Shirt) | 08:30 – 17:00 |
| 7 Jan.  | Friday   | Monthly Dinner at Bernie’s Restaurant in Ao Nang<br>(Patrick will meet you in Krabi Town across from Vogue Mall)<br>You must organize your own transportation home.   | 18:30 – 20:30 |
| 11 Jan. | Tuesday  | Chane in Krabi Town with Community Volunteers<br>(Community Volunteers must organize your own transportation)   | 16:00 – 17:00 |
| 15 Jan. | Saturday | Basket Ball Game at Klong Hang School<br>(Community Volunteers, Patrick will take you home)   | 17:00 – 18:00 |
| 18 Jan. | Tuesday  | Chane in Krabi Town with Community Volunteers<br>(Community Volunteers must organize your own transportation)   | 16:00 – 17:00 |
| 21 Jan. | Friday   | Games Night at J Guest House<br>(Community Volunteers, Patrick will take you home)  | 18:00 – 20:00 |
| 25 Jan. | Tuesday  | Chane in Krabi Town with Community Volunteers<br>(Community Volunteers must organize your own transportation)   | 16:00 – 17:00 |
| 28 Jan. | Friday   | Pizza Night at Viva in Krabi Town (Cost around 200 baht each)<br>(Community Volunteers Patrick will take you home)<br>Conservation meet in the lobby at 18:00 to leave for Krabi                              | 18:30 – 20:00 |

I hope you will join us in our different activities.

Kind Regards,

*Chane*

Chananan Sutsadang  
Social Manager/Editor

## Mail Bag

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Hey Chane!

I hope all is going well down there.

I finally got home, back in the cold freezing Canada, I spent my last couple of weeks surfing in Bali, Indonesia and it was such a great time, I actually found a home stay to live in and they had young kids that I went out surfing with every day, so now I've learned about three major religions in one huge trip. Muslim from my host family in Krabi, Buddhism from being around all the other Thai people...speaking of that Chiang Mai was breathtaking with all the temples. I also went on a jungle trek there for a week it was amazing and then lastly Hinduism from the Balinese people. Weather wasn't that good but it was still a time to remember. Christmas and New Year were amazing!

Ben

Oh by the way, it was really cool to read my own article in the newsletter ha ha!  
Thank you very much!

## Ao Nang News!

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### **"Babies are coming!"**

We would like to congratulate Mr. Big and Khun Bpun, his wife because they are expecting a baby boy in August!

Kevin, J Transport Driver is also expecting a baby girl in February!

### **"New Neighbors"**

We also have new residence living near J Guest House this year. The construction workers have moved in the area because new Town Houses are being built beyond our property. They can expect to have steady work for a full year without having to move to another area for work. These workers are seasonal workers and they go where they can find work.



### **"New Location for Kon-Tiki Work-Shop"**

We are sorry to see that Kon-Tiki Shop next to our J Guest House has moved to their new building on Na Thai road. We will surely miss them!