

THAILAND 2011-2012

Youthlinc Participant Folder

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Contact Information

Youthlinc Office:

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Team Leaders for Thailand

Megan Dunn: 801-633-3747(c); megan@xmission.com

Janessa Halliday: 801-201-0724(c); jenessa.lyn@gmail.com

Please contact our office manager about volunteering in the office or program payment questions:

Office Manager: Julia Wee-- 801-467-4417(w), 801-580-8310 (c); office@youthlinc.org

Please contact our Local Service Director for questions regarding the Local Service Directory, Young Humanitarian Award, or questions regarding your local service commitment that cannot be solved by your alum or team leader.

Local Service Director: Julia Wee-- 801-467-4417(w), 801-580-8310 (c); office@youthlinc.org

Please contact our International Service Director for questions regarding projects or fundraising for projects at the international site only when these cannot be answered by your team or alum leader. She can supply travel agent contact for divergent itineraries, but is not able to make these contacts for you.

International Service Director: Miriam Kramer-- 801-467-4417(w), 801.824.9855 (c); miriam@youthlinc.org

Please contact the Executive Director only for issues that cannot be resolved through contact with those listed above:

Executive Director: Judy Zone-- 801-278-4853(h), 801-403-9927(c); judy@youthlinc.org

Welcome Letter from your Team Leaders

Sá-wát-dee (Hello)!!!

Welcome to the Thailand team! I first want to congratulate you on being accepted to the program! That says a lot about you. I can assure you that not just anybody is accepted to this program and that the admissions team took a good deal of time considering you! I personally have been involved with YouthLinc for over 6 years now. The experiences I have had and people I have met have changed my life. I can assure you that if you put forth a good effort that you too will have amazing experiences.

As a part of the Youthlinc experience you will have the chance to contribute to all our committees, which are: medical, educational, vocational, and cultural and social work. Your skills and commitment to serve will be great assets in making all these committees successful. I can promise you that as do your best and devote your heart and energy to the projects we will plan together, that your experience serving in the Thai community will be one that changes your life.

Please come prepared for some exciting and collaborative monthly meetings where we will plan our trip and prepare for our projects. These meetings will be very informative, so bring any questions and ideas you may have to share or please feel free to contact me at any other time.

This experience will allow you to strengthen you character and give you skills that you will use the rest of your life. This experience will give you back so much more than you can imagine. I cannot wait to get to know you and more importantly I cannot wait to serve those in our community and those in Thailand alongside you. Be prepared to have one of the best experiences you've ever had or will have! I am here to help so please never hesitate to ask any questions.

Welcome,

Megan Dunn
Team Leader, Youthlinc-Thailand
megan@xmission.com
801-633-3747

Everybody can be great. Because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and your verb agree to serve.... You don't have to know the second theory of thermodynamics in physics to serve. You only need a heart full of grace. A soul generated by love.

~Martin Luther King, Jr.

Ráp Rong - Welcome!

Dear Team Member,

Congratulations on your acceptance into the Youthlinc program, and welcome to the Thailand 2012 team! Your commitment to service and to others is impressive and your talents and skills will be a wonderful addition to our group. Our team is truly amazing and we all have a wonderful year ahead of us as we learn more about service in our communities and abroad.

I am very excited to meet you and to get to know you on a personal level. Every person on this team has an amazing background and I cannot wait for the first meetings and for the team sleepover and service trip. I look forward to becoming friends as a team and to learning about each other and ourselves as we work and plan and have fun with our assignments. I believe that our time in Thailand will be an experience that we will remember for the rest of our lives. I know that my first trip with Youthlinc was just that, and I am so glad I now have the chance to help with a Youthlinc trip again.

Feel free to call me, text me, or e-mail me whenever you have a question. I will be the group's unofficial secretary, so I will keep track of the paperwork and help all students choose a local service site and record their service hours. I am always glad to chat and be of help if you should have any questions about the program, local service requirements, or paperwork, and I know I will enjoy getting to know you. This will be a great service year and our team will have a wonderful experience as we serve, work with, and become lifelong friends with people around the world and in our own communities.

Jenessa Halliday
Thailand Alum Leader

jenessa.lyn@gmail.com
(801) 201-0724

---The best way to find yourself is to lose yourself in the service of others. --- Gandhi

Thailand Team Meeting Calendar

This is the tentative meeting calendar for the group going to Thailand. We will be meeting at the Youthlinc office on the **first Saturday of every month** from **4:00-7:00 pm** starting in December. Participants are required to attend. There are only 7 meetings before we depart. Participants are expected to have 100% monthly meeting attendance. Please take time to look forward into your schedules to see if you have any conflicts and then let Megan know as soon as possible. Students are not allowed to miss more than one team meeting! The January Social and the June Packing Meeting are **ABSOLUTELY MANDATORY!!**

Saturday December 3, 2011; 4:00 pm. Youthlinc Office

Tentative Agenda:

- Team Building/Getting to Know You activity
- Local Service Site Reporting, Selection, and Counseling as needed
- **Turn in Local Service Hours to Jenessa**
- Review or Emphasis of any Binder items as necessary
- Committees assigned and Committee Breakouts
- Tentative Committee Goals
- Thank You Notes to Sponsors
- Reminder of **first payment** due date and passports
- Sign up for volunteer office hours

Friday - Saturday January 6-7, 2012 Team Sleepover Social/Retreat! 7:00 pm – Place TBD

Tentative Agenda:

- Food and Games
- **Turn in Local Service Hours to Jenessa**
- Picture review of Thailand and potential work sites
- Team Breakfast
- Team Service project
- We will finish by 12:00 pm

Saturday February 4, 2012; 4:00 pm. Youthlinc Office

Tentative Agenda:

- Team Building
- **Turn in Local Service Hours to Jenessa**
- Basic Language Instruction
- Team Building
- Cultural presentation by cultural committee on Thailand
- Travel Healthy handout
- Review of items needed in-country and drives to get them
- Committee work
- Reminder of **second payment** due date and passports

March, 2011 (an exact date and time has not been set); University of Utah Travel Clinic

Tentative Agenda:

- Mandatory U of U Travel Clinic for information and shots
- **Medical Forms/Doctors Release for Minors due to Jenessa!**

Saturday April 7, 2012; 4:00 pm. Youthlinc Office

Tentative Agenda:

- Team Building
- **Turn in Local Service Hours to Jenessa**
- Local service reflection activity.
- Review packing lists in binders
- Committee Reports
- Team Building
- Basic Language Instruction
- Committee work
- **Passport copies due to Alum Leader (Jenessa)**

Saturday May 5, 2012; 4:00 pm. Youthlinc Office

Tentative Agenda:

- Team Building
- **Turn in Local Service Hours to Jenessa**
- Basic Language Instruction
- Local Service Reflection
- **All Lesson Plans due for review (please submit them to education mentor)**
- Make the Phone Tree
- Update on items needed in-country and drives to get them
- Committee Work as needed or time allows

Saturday June 2, 2012 Packing Meeting!!!! Must attend!!!! 4:00 pm. Youthlinc Office

Tentative Agenda:

- Thailand Packing Meeting
- Final opportunity to **turn in Local Service Hours to Jenessa!**
- Final Committee Reports and all Final Lesson Plans due
- Review of final in-country itinerary
- Distribute the Phone tree
- Final Q&A about packing list

FAQS about Thailand

Here are some of the most frequently asked questions about Youthlinc and our trip to Thailand. We are sure you'll think of more so please ask at any time. You and/or your parents are always welcome to contact us.

Q: When will we be going?

We will be leaving Salt Lake City on July 17th and returning on July 30th (Dates may change).

Q: How much money will I need?

You will need extra money for food in the airports and Phuket, snacks, or drinks other than water, and shopping. All meals are paid for except for one lunch the last day in Phuket. Most people like to shop at the market where you can bargain with vendors for souvenirs. Depending on your budget, \$100- \$200 should be enough. Please also plan to bring money for tipping. Please budget around \$50.00 for tips.

Q: In what form should I bring my money?

To get the best exchange rate you should bring an ATM card to use at many ATMs around the city. This is safe because if it is lost, no one can access your money. American dollars are accepted in the airports and some places in Thailand, but you may get a poor exchange rate. Traveler's checks can be used but are often difficult to get cashed. Credit cards and traveler's checks are not accepted at the markets. If bringing cash, be sure not to store it all in one place. BRING AN ATM CARD!!!!

Q: Do I need a passport?

YES, YES, YES! You also need to make two copies: a copy for Youthlinc (the team leader keeps these copies for the group) and a copy to place in your luggage in case yours is lost.

Q: Is there an exit tax when leaving Thailand?

No. There is no exit tax when departing from Thailand.

Q: How can I raise money?

You will need to raise the cost of the trip not covered by your sponsorship on your own. Most people have raised funds by:

- Asking family or friends for donations
- Going to local businesses for donations
- Holding garage sales
- Hosting a party (ask for donations instead of a gift)
- Sending out a letter to church members, neighbors, friends, and family explaining your local service commitment and your planning meetings for Thailand.
- Selling products (i.e. cookie dough, pizzas, wrapping paper, etc...) that give back a percentage of the sales.
- Holding a raffle for donated services or products
- Having a coin or change drive

Q: Is Youthlinc tax deductible?

Yes, Youthlinc is a 501(c)3 organization, so donations are tax deductible in most cases. Individuals should check with their tax advisor.

Q: Do I need shots?

Shots are strongly recommended for your safety. You should be current on your MMR. Hepatitis A and B and tetanus can reduce some of the worries about traveling out of the country. Typhoid and polio are also recommended. These shots are also beneficial to have in the States. You are responsible for the shots, but you should check with your insurance company see if some are covered. The Hepatitis shots come in sets of 2 to be given 6 months apart, so get the first one now. We will have a medical travel clinic in March and you

should really make sure to be there if you need any of these shots. You will also receive more extensive medical information at this meeting. Minors MUST bring a parent to the vaccination clinic.

Q: *What will the weather be like?*

Warm and sticky! The humidity can be high in Thailand and temperatures average around 85-95 degrees. The sun is intense at this longitude and altitude so start the day with sunscreen. It is also the rainy season, but it is Thailand's hottest time of the year. Bring a lightweight hooded rain parka.

Q: *What should I pack?*

The idea is to pack as lightly as possible as we need room for donated and project stuff. Try to fit your personal things in your carry-on. A complete packing list is included in the binder (includes bug spray, sunscreen, etc.). The clothes worn in Thailand should be modest (no short shorts, low riding jeans for men or women, halter tops, low cut tops, etc.) and should be professional especially if you are involved in teaching. Bring clothes to play sports (volleyball or soccer) and a swimsuit. When we have a chance we sneak in some fun too. In addition to clothes, you may want to bring snacks to hold you over between meals.

Q: *How much can my luggage weigh?*

Each suitcase or duffel bag is limited to 50lbs. You will carry your personal suitcase plus one Youthline duffel bag with supplies. On the way home you cannot use Youthline duffel bags for personal items. If you want an extra bag for the way home, get a duffel bag for personal items, roll it up, and put it in your suitcase. You should also bring packing supplies (e.g., bubble wrap, etc.) if you plan on shopping. Many items are delicate.

Q: *How can I bring donated items?*

We love to bring donated items to Thailand, but some things are unrealistic. For instance, the children need shoes and we have lots of old shoes at our homes, right? But these are often bulky and heavy. We need shoes, but in the right size and right kinds. Sometimes it is better off accepting cash and purchasing items when we get there. However, large bulky items such as working computers or school supplies are needed. Ask your team leader about donating these items. Money is always a better donation in terms of weight and usability.

Q: *What kind of food will I be eating?*

The food in Thailand is very flavorful. There will be many exotic options of foods that you may have never tried. Thailand is well known for seafood dishes. There will also be "comfortable dishes" like rice, chicken, and noodles. Please be aware that one of the exciting aspects of traveling to another country is trying new things. We cannot promise that you will love everything that is served to you, but be sure to be appreciative and open-minded. If you are really concerned about your picky taste buds please bring snacks that you like but make sure that they are unopened and sealed in plastic bags. You do not want to attract bugs. If you are really worried about the food go out to a Thai Restaurant before you leave this summer and give something new on the menu a try. If you are a vegetarian, please be sure to bring plenty of protein bars!!!

Q: *Will there be a lot of bugs?*

Yes, the humidity and standing water attracts lots of mosquitoes. Be sure to bring bug repellent with Deet. Long sleeve thin cotton shirts and pants are also a great way to avoid bugs. Hint: Bring bug spray that you can keep with you...it does no good in your room.

Q: *Can I call home?*

The team leader will call home for the group using the phone tree upon arrival. This will assure your family we have arrived safely. Your family will also have the phone tree with contact information for emergencies. There may be opportunities to email in Phuket at internet cafes or at the hotel. Please do NOT use the phone in your hotel room in Phang Nga! The Team Leader will have an emergency cell phone. Your family will be able to contact you if there is a crucial need... otherwise you will just have to be prepared to speak to your family after you return.

Q: *How about a Christmas list?*

Here are some things you may wish to get before your trip. They are optional, not mandatory. Since this is a once in a lifetime opportunity for most of us, you will want to save those memories.

- Good light weight walking shoes
- 'Parachute' pants or knee length shorts
- Journal
- Good quality camera
- New luggage (with wheels)

Q: *What about local service hours?*

You will need to complete 80 documented hours of local service. We ask that you perform at least 40 of these hours at the same site so that you can build a bond with the people you are helping. You are also encouraged to help at the Youthlinc office, and these hours do count. **You must document every hour with a signature from your service supervisor.** Local hour's sheets are included in this binder. We also have several group service projects planned.

Q: *What if I cannot complete the 80 hours, can I just pay the difference?*

No. If you do not complete all 80 hours, you will not earn your scholarship and you will not go on the trip. We are about LOCAL and INTERNATIONAL service. They go hand in hand.

Q: *Can I go out on my own while I am there?*

It is important for safety reasons that we stay together in groups of no less than three. Although we are all "adults", we ask that you have a Youthlinc staff member when you go out. Our policy is to watch out for each other.

Q: *How are the bathrooms?*

The bathrooms are similar to the ones you use everyday; most have toilet paper and are clean. The only difference is that TOILET PAPER DOES NOT GO IN THE TOILET. The water system in Thailand is different, even in some hotels and restaurants, and cannot handle paper in the toilet. All toilet paper should be placed in trash receptacles located near by. Hint: bring your own toilet paper.

Q: *Can I drink the water?*

No! Bottled water will be available supplied every day to our group. **Please brush your teeth using only bottled water.** Be careful not to run your toothbrush under the tap. Don't let tap water get inside you. Whenever in doubt of where your water is from ask the team leader. She/He will find out to ensure you are drinking from a good source!

Q: *Will we have access to the beach and be able to swim in the ocean?*

There will be specifically scheduled and closely monitored beach time. Due to the treacherous tides during Thailand's monsoon season (that begins in May) certain times of the day are safer than others. There is also the danger of large sharks and being cut by coral. To prevent any accidents, any beach goers must wear some kind of protective footwear in the ocean. **Any Youthlinc affiliated participant is only permitted to go in the ocean during scheduled, monitored times. Swimming during any other time is prohibited.**

Q: *Will there be time to shop?*

There will be some time to shop, but it will be minimal. There is shopping in the local town we will be near. We will also stop for shopping at the very end of the trip on the way back to Phuket.

Global Statistics: If the World were a Village of 100

www.100people.org/statistics_detailed_statistics.php

If we could reduce the world's population to a village of precisely 100 people, with all existing human ratios remaining the same, the demographics would look something like this:

- The village would have 61 Asians, 13 Africans, 12 Europeans, 9 Latin Americans, and 5 from the USA and Canada
- 50 would be male, 50 would be female
- 75 would be non-white; 25 white
- 67 would be non-Christian; 33 would be Christian
- 80 would live in substandard housing
- 16 would be unable to read or write
- 50 would be malnourished and 1 dying of starvation
- 33 would be without access to a safe water supply
- 39 would lack access to improved sanitation
- 24 would not have any electricity (And of the 76 that do have electricity, most would only use it for light at night)
- 8 people would have access to the Internet
- 1 would have a college education
- 1 would have a computer
- 1 would have HIV
- 2 would be near birth; 1 near death
- 5 would control 32% of the entire world's wealth; all 5 would be US citizens
- 48 would live on less than US\$ 2 a day
- 20 would live on less than US\$ 1 a day

When one considers our world from such a compressed perspective, the need for acceptance, understanding and education becomes glaringly apparent. The following is also something to ponder...

- **If** you woke up this morning with more health than illness...you are more blessed than the million who will not survive this week.
- **If** you have never experienced the danger of battle, the loneliness of imprisonment, the agony of torture, or the pangs of starvation ... you are ahead of 500 million people in the world.
- **If** you can attend an ideological meeting without fear of harassment, arrest, torture, or death...you are more blessed than three billion people in the world.
- **If** you can read this article of perspective, you are more fortunate than over two billion people in the world that cannot read at all.
- **If** you have food in the refrigerator, clothes on your back, a roof overhead and a place to sleep...you are richer than 75% of this world. If you have money in the bank, in your wallet, and spare change in a dish someplace...you are among the top 8% of the world's wealthy.

"I expect to pass through life but once. If therefore, there be any kindness I can show, or any good thing I can do to any fellow being, let me do it now, and not defer or neglect it, as I shall not pass this way again." ~William Penn

"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has." ~Margaret Mead

Tentative Thailand Trip Itinerary

(Changes will occur throughout the year)

Tuesday, July 16th – Monday, July 30th

Tuesday, July 17th

- Meet at SLC airport
- Flight #.
- Arrive Seoul, Korea

Wednesday, July 18th

- Depart Seoul, Korea Flight #

Thursday, July 19th

- Arrive in Phuket
- Check in to hotel in Phuket
- Catch up on sleep
- Dinner with Rotarians

Friday, July 20th

- Breakfast at Hotel
- Head to Banthamthonglang School
- Organize Projects/Meet students
- Lunch
- Begin Projects
- Dinner at Hotel

Saturday, July 21st

- 630 am Breakfast, transport to Banthamthonglang School
- Construction at school
- Lunch at the school
- Back to Hotel/Dinner/Team debrief and planning for next day

Sunday, July 22nd

- 630 am Breakfast at Hotel, transport to Banthamthonglang School
- Elephant Ride/River rafting
- Lunch
- Work at construction at Banthamthonglang School
- Team activity at hotel

Monday, July 23rd

- 630 am Breakfast, transport to Banthamthonglang School
- Construction, teaching, vocational training
- Begin basic physicals for school children
- Lunch
- Continue activities in Banthamthonglang School
- Back to Hotel, Dinner, Team debrief and planning for next day

Tuesday, July 24th

- 630 am Breakfast, transport to Banthamthonglang School
- Construction, teaching, vocational training, history & physicals cont'd
- Lunch
- Continue activities in Banthamthonglang School
- Back to Hotel, Dinner, Team debrief and planning for next day

Wednesday, July 25th

- 630 am Breakfast, transport to Banthamthonglang School
- Construction, teaching, vocational training, history & physicals
- Lunch
- Continue activities in Banthamthonglang School
- Dinner and Team debrief and planning for next day

Thursday, July 26th

- 630 am Breakfast, transport to Banthamthonglang School
- Construction, teaching, vocational training, history & physicals
- Lunch
- Continue activities in Banthamthonglang School
- Back to Hotel, Dinner, Team debrief

Friday, July 27th

- 630 am Breakfast
- Boat Tour
- Lunch
- Soccer/Dancing
- Back to Hotel, Dinner, Team debrief

Saturday, July 28th

- 7am Breakfast
- Health Fair
- Lunch
- Carnival
- Dinner at Hotel in Phuket, Team debrief and packing

Sunday, July 29th

- Breakfast, Load Bags in Buses
- Waterfall
- Travel to Phuket
- Check in Aloha Beach Resort Hotel
- Final Team Dinner and Pool Party

Monday, July 30th

- Breakfast at hotel
- Shopping and Beach Day!!
- Re-pack
- Final Dinner in Thailand :(
- Leave for Airport

Thailand Packing Checklist

Things to pack for the plane in your backpack or carry-on: 1 Carry-on and 1 personal bag (i.e., purse, computer bag)

- Thailand is a warm place so please dress accordingly, but it is smart to have a light jacket in case you get cold on the airplane. You want to be comfortable for an entire day on the plane—and the entire night on the way back.
- **Passport** and your ticket (you'll get your ticket at the airport)
- Cash, traveler's checks, ATM card (best to have these on your person)
- Camera, film, extra batteries (packed in Ziploc bags to keep out dust and rain)
- Toiletries (You will want to brush your teeth, etc.)
- Any prescription medicine that you must take (please keep in original bottles to avoid confusion and problems at the airport).
- Blow-up neck pillow for napping
- Sleep aid (if you are into that—If so, please be sure this is not your first time taking a sleeping aid!)
- Socks to keep your feet comfy--your feet will swell during the flight!
- Books, iPods, games to entertain yourself.
- Water bottle
- Snacks
- It would not be a bad idea to pack a change of underwear and something to sleep in just in case your luggage is temporarily misplaced!

Stuff to pack in your suitcase: 50 lb. limit (remember this is not a fashion show!)

- Thailand is **very** hot. We will be experiencing everything from 95 degree + temperatures with high humidity and possible rain. Because of the humidity the heat will be a lot different from what you have experienced here in Utah. Even downpours are common in June. Please bring weather-proof items.
- If you can afford to buy something for this trip, I would suggest **breathable** parachute material **long** pants/capris and shirts. Cotton absorbs the moisture and will keep you constantly wet. REI sells clothing that is breathable and keeps moisture out.
- Work clothes—Here's the dilemma: cool enough to work outside in 95 degrees, yet modest enough that we don't look scantily clad, ratty enough so that we don't care if they are ruined. Plan on a week of outdoor work. It's okay to wear dirty clothes to work in!
- Sturdy old sneakers for outdoor work. (Keens are great or strap on sturdy sandals).
- Socks
- Flip-flops and sandals to shower with.
- Teaching clothes: The teachers will most likely come dressed professionally (not in shorts and a t-shirt). If you are teaching or presenting, you will want to look professional, while accommodating the heat and humidity. You don't have to wear something different everyday. Two/three outfits are fine. Sandals are good.
- A camel-back would also be a good way to have your water with you. Not necessary but will keep you from losing your water bottle. Do not share any water with kids!
- Light weight long pants and several pairs of shorts (keep modesty in mind). Knee length shorts will be your best friend- you want light weight, quick drying ones. They **MUST** be knee length. I'll have some old smelly ones that were accidentally left last year that I will bring in case you forget the length requirement.
- Many, many t-shirts, preferably not cotton... they will be your other best friend!!!!
- Two pairs of sturdy sneakers—they don't have to be new!
- RAINGEAR—lightweight poncho or hooded rain windbreaker (2 is recommended)
- Some things to sleep in.

- LOTS of underwear (laundry service will be available at the hotel, but you will responsible to cover the cost yourself)
- Layering items: lightweight long sleeved t-shirts, jackets that can be worn over and under other jackets and your hooded rain jacket. Remember: you can tie everything around your waist to be prepared for the weather changes.
- Tourist clothes for Phuket—again, it is real warm there.
- Only one swimming suit, there will be specific beach opportunities.
- Small sample sizes of toiletries you will need (shampoo, soap, deodorant, etc.)
- Sunscreen THIS IS A MUST. Bring plenty! chap stick with sunscreen
- Sunburn medication of your choice (just in case)
- Hat for outdoors
- Benadryl, Cipro, aspirin or Motrin, Neosporin, band-aids
- Reusable water bottle
- **Mosquito repellent with DEET** (Sawyer's Timed Release is very good –at REI)
- Alcohol swabs in packets and cortisone cream (for bug bites)
- Hand sanitizer and Handiwipes and Kleenex packets
- Toilet paper (in a Ziploc bag)
- Wash cloth or two if you use one
- Snacks: non-crushable things like: granola bars, fruit roll ups, nuts and trail mix, beef jerky, small cereal boxes (please keep these unopened until we arrive in Thailand as it could cause problems in the airports)
- Hat for outdoor work
- Flashlight/Headlamp and extra batteries
- A few small gifts that you may want to leave with special students you've made friends with
- A journal and pens
- Any stuff you need for your committee assignments that didn't go into duffel bags at the packing meeting
- **Work gloves, work gloves and more work gloves!!!!**
- If you intend to do some major shopping, bring your own empty duffel bag, bubble wrap, scissors and tape in your personal luggage. You WILL NOT be allowed to borrow a Youthlinc duffel bag on the way back for your souvenirs, no matter how much you beg! And if you don't think you will be buying anything....think again.
- Bring packets of electrolytes. It is very hot and you will be working extremely hard. Though I will be all over you reminding you to drink water, you may not be able to drink enough to keep up with the sweat! Please bring packets of electrolytes, they are essential for you to maintain health in the working conditions we will have.
- Protein bars- vegetarian or not, these bars will also be a great asset to you on the trip because I have found that many participants eat considerably less meat than they are used to when they are in the U.S. Your body still needs the protein you are used to and these bars are a great supplement.

Items Needed At International Site

Fund drives are always most useful in accomplishing gals at the international site. When we bring money to Thailand we help the local economy and we are sure that the people there are getting exactly what they need. Also, because of weight restrictions for baggage, we can only bring so much.

Here are projects that need fund drives:

- \$ to buy medical supplies
- \$ to buy supplies for the school
- \$ to buy school supplies

Here are light weight items that we can donate to the project sites in Thailand:

- New or gently worn children's clothing (ages 5 and up)
- New or gently worn lightweight children's shoes and socks
- Materials for Hygiene kits
 - One bar of soap
 - One washcloth
 - One hand towel
 - One toothbrush
 - One tube of toothpaste
 - One package of band-aids
 - One comb
 - The Family Hygiene Kit is made up for 2, 3, and 4 members of a family with the same items listed above. Added to the Family Kits are feminine hygiene products.
- Day Fair Materials
 - Craft supplies, yarn, sewing, beads, etc...
- Recreation Materials
 - Soccer equipment
 - Games
 - Jump Ropes
 - Balls
 - Frisbees
- Health Fair Supplies
- Medical Supplies/First Aid Supplies
 - Neosporin
 - Hydrogen Peroxide
 - Rubbing Alcohol
 - Exam gloves
 - Surgical gloves
 - Sterile needles
 - Sterile syringes
 - Sutures
 - Dressings, sterile
 - Bandage scissors
 - Cleansing agent/soap and antibiotic towelettes to disinfect.
 - Antibiotic ointment to prevent infection.
 - Burn ointment to prevent infection.
 - Adhesive bandages in a variety of sizes.
 - Eye wash solution to flush the eyes or as general decontaminant.
 - Thermometers
 - Tweezers
 - Tubes of petroleum jelly or other lubricant
 - Aspirin or non-aspirin pain reliever
 - Anti-diarrhea medication
 - Antacids (for upset stomach)
 - Laxatives
 - Cotton tipped applicators
 - Bath towels and wash cloths
 - Disinfectant sponges and swabs
 - Ace bandages (elastic)
 - Casting materials
 - Dressings (gauze, bandages, Band-Aids, 4 x 4's, etc.)
 - Tongue depressors and containers
 - Q-tip applicators and containers
- School Kits
 - Note pads of ruled paper (8-1/2 x 11) - at least 200 sheets

- 30-centimeter (12") ruler
- 6 Unsharpened pencils with erasers
- 1 pencil sharpener
- 2 erasers
- 1 box of colored construction paper
- 1 box of crayons
- 1 cloth book bag with handles or straps
- New Baby Kits
 - 6 cloth diapers
 - 10 Clothes Pins
 - 6 disposable diapers
 - Baby Wipes
 - 2 shirts
 - 1 sweater
 - 2 gowns
 - 2 blankets
 - Baby skin cream
- Dental Hygiene Supplies
 - Toothbrushes
 - Toothpaste
 - Dental Floss

Thai Language Course

Offered through the Salt Lake County Library Services

Access from the SLCo Library's website:

<http://www.slcolibrary.org/>

From there:

Research Room >>> Languages >>> Mango Languages

At this point you will need to enter your library card number and PIN #.

Create profile, entering in your information. From there you will be able to access the Thai page.

For SL County Residents:

All you have to do to get a library card is apply for one at your local county library. They have 18 locations for you to apply at.

For all others outside SL County:

There is a \$40 fee for 6 months. You need to pre-register online. After you do that, you will have 30 days to get your permanent card. When you get your temporary card number, send me a copy of your drivers' license and a check made out to SLCLS for \$40. I will be able to pick up your card for you and mail it to you.

If you have any questions, feel free to contact me at #801-633-3747. My address is listed below.

Megan Dunn
9860 So Petunia Way
Sandy, UT 84092

Youthlinc Lesson Planning

Every team does lesson planning, and it is a skill that not everyone is familiar with, and even though there is some instruction in lesson planning offered at monthly meetings, this material is meant to be a reference.

Some things to keep in mind when preparing any lesson:

- **Your audience:** How old are your students? What kinds of activities and materials would be most appropriate for their age and learning abilities?
- **Your time constraints:** How long will each topic/lesson take? Will students get bored with this activity after 5-10 minutes? Will this take a long time to explain?
- **Cultural barriers:** Will they understand the reference I am making? Is this a topic that is applicable in this culture? Some things are not universal, some are, will this get lost in translation?
- **Variety:** Is this lesson full of hands-on/ visual aids? Do I lecture too much? Is this something that would engage my interest?

The following are some examples of materials and lessons that have been a success. These are just to give you ideas. Remember, we stay at the same site for years. Do not replicate these lessons exactly, because they may have already had these lessons.

Lesson Planning Sheet

Thailand Youthlinc 2012

Title of Activity: _____

Creators: _____

Brief Description and Goal:

Number of Participants _____

What age levels can participate in this lesson _____
(try to build it for all age levels or at least either all elementary or all secondary)

Time Needed to Complete (Ex.15-60 minutes) _____

Must an interpreter be present to facilitate the activity? YES NO

Is the activity accessible to all ability levels? YES NO

If no, what might limit a student from participating (i.e., must be able to use hands, etc)?

Supplies Needed (List all possible supplies: glue, scissors, etc.):

Suggested Activity Steps:

Lesson Plan Example

Title of Activity: Emotions

Creators: Erik Jensen

Brief Description and Goal: students will learn 12 basic emotions words plus up to 12 other emotion words depending on time and student ability.

Number of Participants: Any number will work- small to large group.

Age level: This lesson is appropriate for any age group.

Time Needed: 30-40 minutes

Must an interpreter be present? NO

Is the activity accessible to all ability levels? YES

Supplies needed: Pictures of people expressing different emotions, big foam die with different emotions written on it and pictures of my family and of Utah.

Activity Steps:

Introduction: explain that we are learning "emotions" today.

1. Go over emotion pictures, show emotions on my face and say names of emotions. Have students repeat. Practice by saying "I am _____, she is _____, you are _____" and have students repeat and add their own.
2. Introduce emotion dice game and play: student rolls dice, whatever emotion comes up student has to say correct word. The class will repeat the word.
3. Introduce more emotion pictures and words; have class repeat (see #1).
4. Play ball game: students sit in circle and throw ball to each other. Student who catches ball has to show emotion on their face and other students have to say what it is.

** (If there is time I want to show pictures of Utah, my family etc. and practice conversation with students)

Type the name of your lesson here:

Grade _____ Subject: _____ Prepared By: _____
Level: _____

Overview & Purpose What will be learned and why it is useful.

	Teacher Guide		
Objectives (Specify skills/information that will be learned.)			Materials Needed Paper Pencil Others
Information (Give and/or demonstrate necessary information)			
Verification (Steps to check for student understanding)			Other Resources (e.g. Web, books, etc.)
Activity (Describe the independent activity to reinforce this lesson)			
Summary			Additional Notes