



## **Training Session Details**

### **What should I expect at school?**

During the weekdays, you will be in class from 8:30am to 4:00pm. Each day begins with prayer and is followed by a wide variety of lessons taught by seasoned missionaries from a variety of organizations. Hands-on training is also a regular part of the program. There are a variety of evening events, as well.

### **What should I expect on the weekends?**

Saturdays include a variety of fun tourist adventures, for an additional cost (covered by your living allowance). These include a trip to the beach, the weekend market, and some other tourist adventures. On Sundays, you will attend church and other volunteer activities with ISM.

### **What are the extra expenses?**

Your fundraising budget will cover all necessary expenses. However, if you wish to purchase souvenirs or eat expensive food, you should plan to bring extra personal spending money.

### **What is the food in Bangkok like?**

Thai food is flavourful and often spicy. It is served in small portions and almost always with rice. Main dishes include fish, pork or chicken. If you are a vegetarian, you will need to pick the meat out of your food at school. You should also be aware if you ask for vegetarian dishes at restaurants and on the street, they will still likely include fish/oyster sauce and egg. Part of living cross-culturally means adapting your lifestyle to honour and respect those you are coming to serve, and unless there are medical dangers involved, it is wise to approach your diet as 'flexible' while you are overseas. There are corner stores all over that offer a variety of snack foods and drinks for much cheaper than Western prices.

### **How do I keep clean?**

Laundry services are available close to your apartment. ISM can help you get connected the first time. Details depend on the exact business you end up using, but they usually charge by the kilo, and are not too expensive.

Be aware that sanitation in developing nations is not likely to be at the same quality to which you are accustomed. In many areas, including Bangkok, you will be able to use Western toilets. However, in more rural areas, you may need to use squatty potties. Note that you should not depend upon washrooms being stocked with toilet paper; it is safest to carry your own with you. Toilet paper is usually thrown out, not flushed. Non-flushing toilets are "flushed" by using a small bucket to pour water into the bowl.

### **How do I stay healthy?**

Make sure you are up-to-date on all childhood immunizations. Check with your doctor to find out what vaccinations they would recommend, and use your discretion. Japanese Encephalitis and Malaria are not necessary for Bangkok, but if you will be serving in other areas, they may be needed. If you have a medical emergency, you will likely return to Bangkok from wherever you are serving. Please bring enough of any prescription medications and health supplements you will need to last for your entire time in South East Asia.

ISM requires that you have overseas medical insurance.

### **How can I contact my family?**

During your in-class phase, WiFi is available in the apartment. The fee is included in the housing fee. There are many places to find internet around Bangkok, too, from Internet cafes to coffee shops. Once you leave Bangkok for your internship phase, you may have more difficulty accessing the Internet.

If you have an unlocked (unblocked, 2G or 3G) cell phone, bring it with you. ISM also has several phones you can borrow while in Bangkok. Either way, ISM will have a SIM card ready for you to use while in Bangkok. Pay-as-you-go top-ups are easily available at any 7-11.

If you are serving outside of Bangkok, you will need to talk to your host about cell phones and SIM cards.

If you do not have Skype yet, it is worth downloading. It allows for free Skype-to-Skype calls, and is also a very cheap way to phone landlines around the world.