



THAILAND HANDBOOK

Phuket



The Christian and Missionary
Alliance in Canada

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Where will God take you?

The purpose of For Freedom International Short-Term Mission Trips is to foster an opportunity for God to be glorified through potential partnership and support, education through exposure, transformed worldview, and a nurtured heart for missions.

This is not your typical short-term mission trip. The mission field in Thailand requires empathy, passion, and knowledge, and there is no better way to embody these traits than to join the people who are fighting to break the chains of oppression on a daily basis. This exposure trip will get you out of your comfort zone and assist in equipping you to live more like Jesus.

We want you to see first hand how God is working in Thailand, and to be encouraged to take the next step in His plans for you. Start asking God, "How do you want me to grow closer to you through this trip? What does it look like in my life to trust you more?"

- Tim and Nancy Moore , Thailand Site Coordinators

Welcome to Phuket!

Introduction

As a popular location for tourism located in Southern Thailand, this laid-back region draws many vacationers and “thrill” seekers. Phuket truly is a dream location but beyond the island beauty, the bondage of sin and darkness offers a false promise to those looking for satisfaction. As a result, Thai nationals are exploited into the sex industry with small chances of escape.

Our mission in Phuket is to break the chains of oppression so that people have the opportunity to encounter Christ, live in freedom and change the world. Through Christ, we will do everything short of sin to enable restoration with true freedom, Freedom in Christ Jesus.



Meet the Team!



Envision Site Coordinator & Discipleship Director

Nancy Moore

Nancy joined the FFI team in Phuket in 2020, having served for the last thirty-five plus years in health care as a Registered Nurse specializing in oncology. She loves the tropical weather! Upon graduating from Moody Bible Institute, she married her childhood sweetheart and began life together serving in Regina SK, Canada. Nancy has four adult children and one grandson. Nancy is passionate about sharing her faith in the Lord Jesus Christ through a shared word and through her service in health care. Nancy enjoys mentoring any number of young women in their faith journey as they grow to be more like Christ.

Tim Moore

Tim joined the FFI staff in 2020 and is enthusiastic to apply his thirty-eight plus years of teaching and pastoring in discipling young adults who enroll in our GAP year experience called Justice Semester. He will also welcome and host, along with Nancy, any short-term vision groups interested in exploring a cross-cultural experience here in Thailand. Don't be surprised when he challenges you to know Him and make Him known. In knowing Christ, an individual can turn the world upside down!



Envision Site Leaders & Directors, For Freedom International

Darren and Naomi Herbold

Darren and Naomi are a couple who love to work hard and play harder. They try to have fun with their family in everything they do. Most of their married life was spent in Edmonton, where they had their first two children, Esther and Judah, and adopted their daughter, Rebecca, who was born in Guinea. Darren has a background in business and marketing, partnered with a theology degree. Darren gets excited about organizations that have a compelling vision and teams that are passionately pursuing that vision. Naomi loves caring for people and is passionate about defending the marginalized, the underdogs of society. From working with street workers in Canada to now building systems that provide care to women and children, she is passionately pursuing opportunities to bring the hope of Jesus to the least of these.



Operational Director

Mattias Bjorkvist

Mattias is from Sweden and is passionate about serving God however He calls him to. Mattias and his family have made their home in Phuket, Thailand since 2008. God brought Mattias and Viyada to Phuket from Sweden in a very unexpected way, and it has been challenging but also a time of great blessings. They are thankful for how Jesus has been shaping and molding their family over the years, and also for how they are able to be used by the King of kings to expand His Kingdom in Phuket!



Cornerstone Bakery Director

Viyada Bjorkvist

Viyada is from northeast Thailand and is passionate about serving God however He calls her to. For the last nine years, Viyada and her family have made their home in Phuket, Thailand. God brought Viyada and Mattias to Phuket from Sweden in a very unexpected way, and it has been challenging but also a time of great blessings. They are thankful for how Jesus has been shaping and molding their family over the years, and also for how they are able to be used by the King of kings to expand His Kingdom in Phuket!



Community Development Associate

Kaura-lea Dueck

Kaura-lea is from the Great White North and has been adjusting to the tropical heat of Thailand since 2015. She is passionate about reaching the least reached and fighting exploitation through training and prevention. Community development, awareness, advocacy, relationship, and empowerment are all beautiful tools God uses to grow his Kingdom on earth, and Kaura-lea is delighted that she can be used to help sow seeds of grace in Phuket.



Vocational Training Program Director

Claire Robert

Claire was born and raised in northern California where she studied to become a licensed cosmetologist. Claire's passion for hair and compassionate heart for people found purpose here in Phuket, Thailand. God has given Claire a fervent heart to help the vulnerable and oppressed women of Phuket find physical freedom and spiritual restoration. Claire's hope is that while these women learn a way to make a living, they come to know the saving power of Jesus Christ.

General Information

Team Cost

10 Day Trip, based on a 10-Person Team) **\$1,200/per person ***

*Includes insurance, housing, food, in-field transportation, day trip, project donation.

** Does not include flights, personal spending money

Housing & Food

During your time in Thailand, you will be staying in the dorm at our Ministry Centre. It is located on Thanon Wirat Hong Yok, approximately 20-minute walk from Phukettown (downtown area with local shopping/restaurants/cafes), Limelight Mall, and the Sunday Night Market. Closer to our building is O-Oh Farms (2 minutes), Naka Weekend Market (10-15 minutes) as well as many local food stalls.

We will almost always be eating together, but when we are not, feel free to explore Thai-land on your own and find a restaurant of your choosing. Also, remember that it will be your responsibility to remain hydrated. It's not the easiest thing to do in Thailand, as will sweat a lot due to the heat and humidity. With that said, bottled water is very easy to obtain and is very cheap compared to Canada (for example, at 7Eleven, it is \$0.37 for 1.5 liters of cold bottled water).

Ministry Centre

We will provide bedding and a top sheet and pillows, but please bring a small blanket if you're worried about being cold. All rooms are airconditioned. We also provide a lovely continental breakfast on our outdoor covered patio. Please do not plan on using our washing machine and dryer during your stay. There is an inexpensive laundromat down the road from our building.

Upstairs there are three rooms, with 4-6 beds in each; three bathrooms; and a lounge/common area. On the floor below (main floor) are two classrooms, a boardroom, office, and access to the Child Advocacy Centre. There is also the kitchen patio on this floor, where any meals you have at the building will be held (primarily breakfasts).

On the ground floor of our building is the vocational training Grace Salon and Cornerstone Bakery.

Money Questions

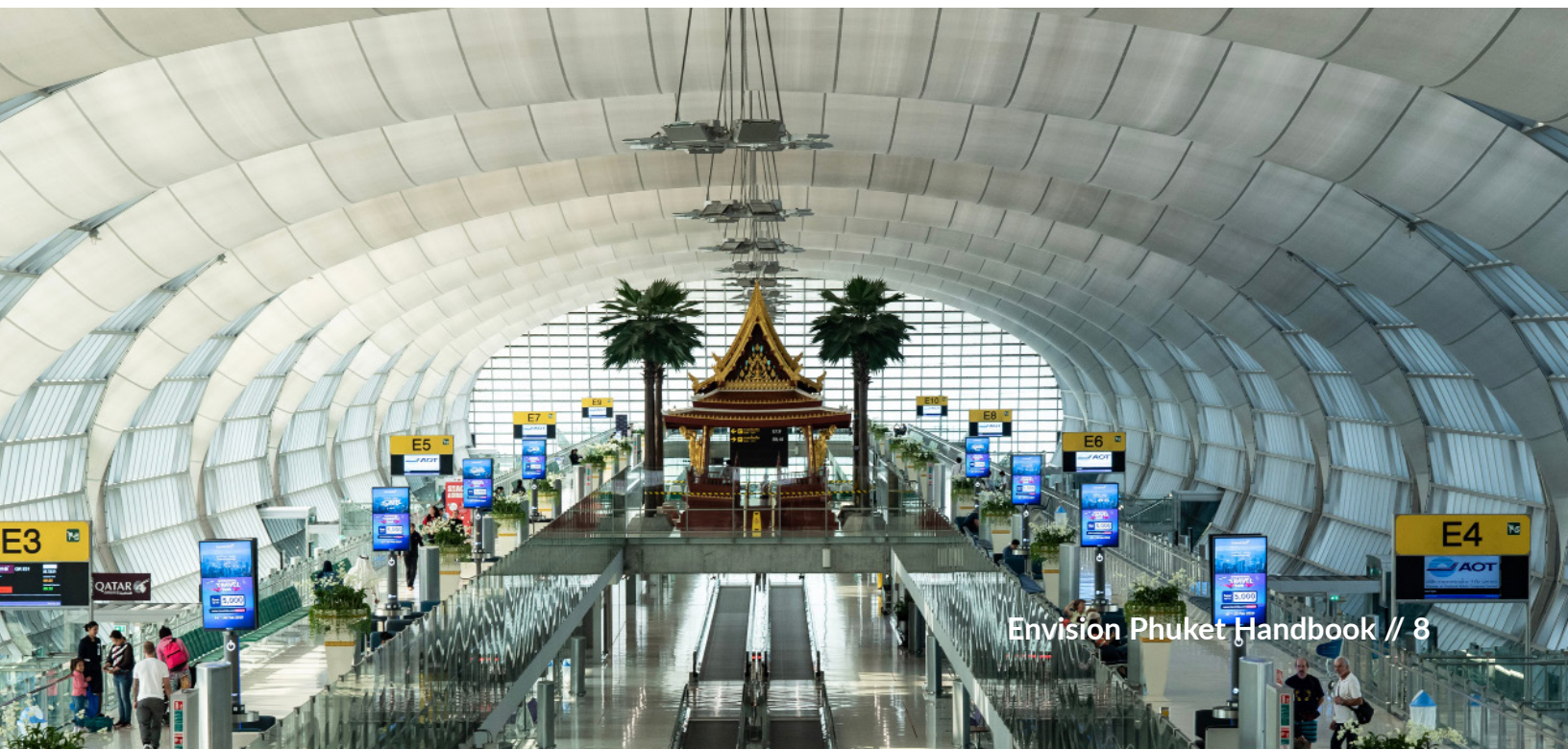
The currency in Thailand is the Thai baht. Be prepared to bring any cash in new \$50 and \$100 bills as they have the best exchange rates. You could also bring new \$20s. You may wish to bring some spending money, depending on how many gifts you plan to buy. We would recommend bringing a few hundred bucks for gifts and snacks. There are 7- 11's everywhere so you can buy snacks whenever you want during your stay. Credit cards can be used in Thailand and there are ATM machines available. Please check with your bank or credit card company about international fees and inform them of your travels prior to traveling.

Airport, Arrival & Visa Information

The Phuket International (HKT) airport has just added a beautiful new terminal. After going through immigration, you will gather your luggage and exit. One of our team members will pick you up from the airport, and before you arrive the site directors will send you a photo of the person coming.

You will be allotted a 30-day tourist visa upon arrival at no cost. 30-day visas can be renewed for another 30 days in country. Your team leader will help you obtain an education either prior to arrival or after coming to Thailand.

Before traveling to Thailand, ensure there is at least 6 more months before your passport expires. If there are less than 6 months before it expires, you may have difficulty entering Thailand or any country, and your entry could possibly be refused.





Health & Vaccines

Recommended vaccinations:

- Up to date with your standard vaccines
- TwinRix – Hep A/B
- No need for Japanese Encephalitis (some travel clinics will recommend this)
- No need for anti-malaria medication (some travel clinics will recommend this)

Communication

Wi-Fi is easily accessible in Thailand, including at your place of stay. If you have an unlocked SIM card operated phone, you can buy a prepaid Thai SIM card and use your phone while in Thailand.

Thailand's voltage is 220V 50 Hertz. The plugs in Thailand are not standardized -- there are at least three different types, some two pins and some three, so be sure to either bring a universal adapter. Sometimes you can jam your iPhone plugs into the wall, but it's not a best practice.

Travel Medical Insurance

Envision Canada requires short-term mission (referred to as STM from now on) teams to have medical insurance including evacuation coverage for all team members.

Insurance will be purchased from Key Travel for all trip members to ensure ease of use in case of an emergency. Insurance is built into the cost of your trip and cannot be opted out of. If you have any coverage through your work or school, it may only be used in addition to what Envision Canada will provide.

Key Travel is a not-for-profit agency partnering with the C&MA to provide travel services including global medical insurance through Manulife.

For insurance to be purchased we will need your team to provide each participant's date of birth, travel dates and home address.

There will be further steps for participants aged 60+.

For any further questions, please contact the Envision office: envision@cmacan.org

How to Dress

We are so glad you asked! In a world of fashion, trends and different cultural norms, you'll see so many different kinds of dress in Phuket. This is one reason why what you wear during your time in South East Asia is so important. We appreciate the many of you who have reached out to ensure their style is appropriate. Here are some helpful tips for what to wear and not wear in Thailand!

In the Ministry Center common areas, please mind that you are living in close quarters with both guys and girls. Since this is where you are sleeping, doing life, etc., casual wear is inevitable, but the risk is when people dress too casually. For example: shorts that are too short, leggings/yoga pants that are a couple sizes too small, going braless during the day, low-riding pants, tank tops that dip really low on the sides, think modesty.

For our JSEM students and interns, keep in mind that this is also a work space for all FFI staff. Therefore, your dress code throughout the common areas/office space/classrooms should be semi-professional. This means always showing up to lectures clean and well-dressed, not in pyjamas or sweatpants. That being said, we want you to be comfortable, so we're not asking you to show up in a suit and tie.



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When you're out in Phuket consider the following: you are representing FFI, therefore you want to dress in a way that represents us well! In Thai-land, the local people dress quite modestly. We don't expect you to dress exactly like the locals do, but out of respect, we hope that you might consider them and the importance of modesty in Thai culture.

At the Beach: Two pieces are fine for girls. That being said, we would appreciate the avoidance of string bikinis, strapless bathing suits, and thong bathing suits when at the beach. Board shorts are best for boys, no tiny speedos please!

Phuket is very laid back and touristy; so, shorts, flip flops, t-shirts, are great for everyday wear. However, Thai culture is formal. So, avoid being sloppy or immodest in dress. For Thai church clothes, please bring a nice shirt (golf or short sleeve casual button up shirt) and pants, with closed shoes (ladies - a long dress or skirt) in case you visit a traditional church.

Packing List

- One sweater (for the airplane/cold stores)
- Casual/comfortable shoes/flip flops
- Running shoes
- Casual shirts
- **Pajamas (you will be sharing a room)**
- More shorts than pants (one pair of dress pants for church)
- Swimsuit
- Raingear
- Toiletries
- Sun glasses
- Medications, prescriptions, ibuprofen, day and NyQuil
- Allergy/Food medications
- Feminine products
- Two forms of identification (passport and license)
- Camera
- Cell Phone and Charger
- Headphones
- Sun screen and insect repellent
- Personal spending money
- Water Bottle
- Day Bag
- Bible, journal, writing utensil

Do's and Don'ts

Like any culture, there are basic “do’s and don’ts” in Thailand, but individual people will choose whether to follow them or not. Informality and general friendliness are characteristics in relationships of all ages, economic statuses, and social groups within the Thai culture. Thai people are tolerant of almost all kinds of behavior and never expect foreigners to understand the intricacies of Thai social customs. By following a few simple rules for conduct, and adopting a few Thai ways, you can gain more respect and be more effective in regards to what you have to say and share to the people of Thailand. For those visiting Thailand on a short-term trip, you are strongly encouraged to follow these recommendations.

Thai Greeting

How does each country represented here greet each other? In Thailand people do not normally say ‘good morning’, ‘good afternoon’, ‘good evening’ or ‘good night’. They greet each other with the word “Sawadee.” Also, instead of shaking hands, they put their palms together in a prayer-like gesture and bow slightly. It is customary for the younger or lower in status to begin the greeting. When taking leave, the same word and procedure is repeated. This gesture is called a Wai. If you are greeted with a Wai you should reply with the same gesture, though it is not necessary to return a Wai to a child. Think of a Wai as you would a handshake. Initiate a Wai because of sincere pleasure at an introduction. You will not cause offence if you Wai inappropriately in Thailand, but you may create confusion. Don’t return a Wai from waiting staff, drivers, or other help. You might hope to strike a blow for equality, but will in fact cause embarrassment. A Wai to your teacher (any kind of teacher) is definitely appropriate; any smiles you receive in return are of appreciation.

Loud Voices

Calling attention to yourself, pointing at people or things, throwing or dropping things, and making big hand gestures all seem graceless to the Thai sensibility. Preferred modes of comportment are those that reflect the quiet, subtle, and indirect as opposed to the loud, obvious, and direct. Although the southern Thais can at times be alarmingly direct in their interactions with others.

The Monarchy Remains Highly Respected

Throughout Thailand and visitors to the country must be respectful also. Avoid disparaging remarks or jokes about the royal family. All Thai people love their king. If you want to know why, ask them politely. The national anthem is played twice a day (typically 8am and 6 pm) and also before every movie at the cinema. Everyone is expected to stand while it is playing.



Public Displays of Opposite-Sex Affection

These are not acceptable in Thailand, although this may be changing with the younger generation in some areas. Thai people are extremely offended by public nudity, along with just about everyone else in the world. Thai people are modest in this respect and it should not be the visitor's intention to 'reform' them. A polite man in Thailand will not touch a woman.

The Feet and Head

In Thailand, feet are considered spiritually as well as physically the lowest part of the body. Don't step over people's legs (or any part of a person), even in a crowded place such as on a train; wait politely for them to move out of the way. Do not point things out or pick things up with your feet. And do not wave your feet around people's heads! If you accidentally touch someone with your foot, apologize. Food in Thailand is often eaten on the floor. Stepping over food is a real faux pas. Also, don't step over books.

The head is also considered sacred. Do not touch anyone on the head. Shoes are not worn inside people's houses or in some guesthouses and shops. If you are not sure, watch other people. A pile of shoes at the entrance is your clue to remove yours (socks are OK). To Thai people wearing shoes indoors is disgusting.

Show Respect for Religious Symbols and Rituals

Avoid touching spirit houses and household altars. Thai people, particularly those in rural areas, can be highly superstitious and may feel the need for lengthy ritual should you 'contaminate' their sacred areas.

Ladies Must Never Touch a Buddhist Monk

Monks can be recognized by his orange robes. Ladies must not hand things directly to him. Remember always that every monk is looked up to and respected (even if he is a child). Women should never be alone in the presence of a monk. But don't think that a monk is unapproachable. Polite conversation is quite acceptable, and if you are driving a car feel free to pick up any monk waiting for a lift.

Do's and Don'ts

Modest Dress and Clean, Neat Appearance

This will create a very good impression in Thailand. Keep up with your laundry and you will receive better treatment everywhere. Most Thai bathe twice a day. Always keep covered. Remember, you cannot expect ordinary Thai people to understand everything you say, or be able to express themselves perfectly in English. Use your interpreters.

Do Not Try To Convince Thai People That You Are Poor

- it is embarrassing. Being poor and having little spending money for your holidays do not equate! Running short while away from home reflects poor money management, not poverty. You may not be as rich as you would like to be, but to claim poverty after spending on plane tickets (either your own or someone else's money, an amount that for some people matches their annual wage), is absurd.

A small amount of money does not magically assume a greater value when held in Asian hands. Many Thai people are wealthy. Poor Thai people (and economic migrants from Thailand's neighboring countries) own much less than you carry around in your backpack. There are very many people in our world struggling to exist through poverty.

Smile!

Thailand is known as the land of smiles. Thai's do not necessarily smile about the same things we do in the west. They smile for a variety of other reasons: To say hello or thank you, to make a request, to apologize, to smooth over bad feelings or to show embarrassment. While ministering with us in Thailand, you will have the opportunity to interact with the culture on various levels

Ministries

- Koh Sirey Outreach (Sea Gypsy Village)
- Compassion food delivery to needy communities
- Evangelistic Beach and Bangla Road Ministry: Patong Beach, Red Light District Outreach to Sexually Exploited Women and Visitors
- ESL Outreach Ministry
- International Church Ministry:
 - o Small Groups
 - o Worship Arts
 - o Youth Ministry
 - o Children's Ministry

To learn more, visit: <https://forfreedominternational.com/>

To learn more about Envision Canada, visit: <https://envisioncanada.org/>



Daily Requirements

Quiet Time/Journaling/Personal Devotions – 30 minutes to spend with God. You decide what this intentional time looks like.

Team Testimony Sharing & Team Worship – Have a team member share their testimony, and start the day with team-led worship.

Topic Presentations – Each day there will be different topics discussed regarding an aspect of Thailand or missions in Thailand (For example, human trafficking, Buddhism, Thai Muslims, etc.). Each visitor is required to pick one topic, research it, and present a 10-minute overview of the topic for the team. (These topics are in bold and underlined).

Team Debrief and Prayer – Take time with your team to process things you are learning. End the day with team prayer.

Sample Schedule

Day 1: Arrival, Orientation, and Thai Church Briefing. We will get you situated in your living quarters and review itineraries. We will do some exploring to fight the jet lag and spend some time praying for our week!

Day 2: Thai Church, Thailand Culture Training, and Expectations – The 3D Gospel-discussion

Day 3: Buddhism, Spiritual Warfare, and Animism

Day 4: Human Trafficking and the Sex Industry

Day 5: Vocational Training/Restoration

Day 6: Southern Thailand – Reaching Thai Muslims and Southern People Groups

Day 7: Prevention - Children at Risk (of trafficking) briefing and visiting Asia Center Foundation

Day 8: Thai Church and Global Missions

Day 9: Tourism/Expat Day and Outreach

Day 10: Debrief and Departure Day

Note

*As an expectation, please note that schedules rarely go as planned in Thailand. Days may switch up depending on weather, available lecturers and transportation situations.

**For Daily Topic Presentations, please be fully prepared upon arrival to Thailand. You will be asked to present with little to no warning. If you have questions, please email Tim.





How to get in touch!

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What is Envision Canada?

Envision Canada launched in 2016 by the Alliance in Canada to be a catalyst for the next generation of Christ-centered, Spirit-empowered, Mission-focused emerging leaders.

As a resource of the C&MA, Envision helps to identify, equip, and launch future missional leaders who innovate, establish, and strengthen communities of faith in Canada and around the world.

We do this by connecting young adults to unique experiences that prepare them for global careers, church leadership, and the deeper life with Jesus.

For more information & opportunities, check out envisioncanada.org