

### SAMPLE PROGRAMME ITINERARY: PANG SOONG LODGE (PSL)

Date	Breakfast	Morning Activity	Lunch	Afternoon activity	Dinner	Evening Activity
Day 1	N/A	Arrive in Chiang Mai and transfer directly to Just Khao Soy for lunch	Set meal	Chiang Mai University for lectures at the Biology Department, followed by fieldwork and tree planting at Huai Thung Tao. Transfer to Pang Soong Lodge	Buffet dinner at PSL	Review of Fieldwork led by FORRU Forest Ecology and Carbon Storage  Nocturnal Nature Trail
Day 2	PSL	Forest Ecology  The Historical Trail – Plants and Soils: Zonation Study	Picnic lunch	Pang Soong Team Building Challenge	PSL	Review of Plants and Soils.  Introduction to Freshwater Ecology (BEFR)
Day 3	PSL	Freshwater Microhabitat Study – adaptation and niche  Review of Microhabitat Study and intro to afternoon study (review niche/comp ex. and specific adaptations)	PSL	Minibus to farm at Huay Kaew Village -Freshwater Biotic Index  Follow Up to Biotic Indexes	PSL	Project Planning Time  Evening games
Day 4	PSL	Project work around Waterfall Nature Trail	Picnic lunch	Pang Soong Jungle Survival Challenge	Camp-fire BBQ	Evening games
Day 5	PSL	Transfer to Chiang Mai city, check in to ImmEco Hotel.  Mountain biking	Picnic lunch	Mountain biking	Thai dinner	Night market
Day 6	ImmEco	Transfer to Crazy Horse for rock climbing	Picnic lunch	Rock climbing	ImmEco	Check out and depart