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Round the World - Sand and Tanned

Adventure



Relaxation



Culture



Trip Name: Round the World - Sand and Tanned **Trip Code:** QTAN **Duration:** From 1 year

Trip Highlights

- Gain an insight to the life, religion and culture of Thai people.
- Take part in a rewarding volunteer project
- Live and work alongside the locals in Australia & New Zealand to fund your trip
- Explore the magic of the Great Barrier Reef
- Travel New Zealand's epic landscapes
- Be flexible with your time... it's your trip!



Overview

An exciting, all-encompassing way to visit three of the most popular backpacker destinations. Witness the beauty of the exquisite Erawan waterfalls in Thailand, learn to scuba dive in the awe-inspiring Great Barrier Reef in Australia and travel through New Zealand's epic landscapes.

This programme combines volunteer work in Thailand, a work and travel programme in Australia and a working holiday in New Zealand! The ideal opportunity to immerse yourself in local culture and work your way around the world on your year out. And remember, this itinerary is totally flexible so feel free to mix and match our trips to suit you .

Destination Info

The Kingdom of Thailand, is located in the heart of Southeast Asia and shares borders with Cambodia, Laos, Malaysia and Myanmar. It is an area of outstanding natural beauty, also well known for its appetising food and the people renowned for their friendly manner.

Itinerary



[Thailand Experience](#) – 4 weeks

Learn about Thai culture, food and people on this unforgettable introduction to Thailand. Enjoy temples, markets, cooking lessons and tours and take part in a variety of volunteer projects or enjoy trekking in the hills of Sangkhlaburi. Spend your last week relaxing on the beautiful island of Koh Pha Ngan

[Community and Elephants Volunteering](#) - 2 weeks

Work and live within the local community, play a hands-on role in the care of Thai elephants and help to ensure their survival by preserving their habitat!

If you don't fancy any of these Thailand suggestions take a look at our [other trips](#).



[Ultimate Aussie Paid Work](#) – plus working holiday visa

Earn as you travel on a hassle free gap year, live the surfer dream, work your way along the coast or head to the outback for the outdoor travel experience!

[7 day PADI diving course in Cairns](#)

Plumb the depths of the Great Barrier Reef, experience life on the open seas and gain an internationally recognised scuba diving qualification!



[New Zealand paid work package](#)

Do more with your gap year as you earn your way around this beautiful and fascinating country, live and work with the Kiwis and gain useful work experience!

[Kiwi Experience bus pass - Funky Chicken](#)

Make your way through New Zealand's epic landscapes; from glaciers and snow-capped mountains to the wild depths of the jungle map out your own journey of a lifetime!

Accommodation

You will be staying in a variety of accommodation where it is included during your trip. These will range from hostels and guesthouses to hotels and beach resorts.

Meals

Depending on your choice of countries and experiences, some meals may be included but it will vary from place to place and project to project. Please refer to specific programme information to find out what's included.

What's Included

- Flights: London – Bangkok - Australia – New Zealand - London



What's Not Included

- Travel Insurance
- Any necessary visas apart from working holiday visa as stated above.
- Extra activities not on itinerary



Minimum Age

Minimum 18 years, maximum decided on potential participants health

Police Check

This trip requires a Police Check to be carried out - please contact us for further information on how to do this.

Support & Advice

Your safety is paramount which is why all our programs have been visited and assessments have been conducted to ensure any major risks have been minimized.

In addition, you will have access to a 24 hour emergency contact number so you can contact one of our staff at any time should you need to. In addition our overseas partners and coordinators are on hand in-country to assist you.

Financial Security

We know that the last thing you want to worry about when you're planning your trip of a lifetime is whether your money is in safe hands. As a leading global gap year provider it's our job to make sure your finances are secure, so when you book with us you can be confident that we do just that.

Real Gap Experience is part of TUI Travel Plc, one of the largest travel organisations in the world, and these days in the travel industry, large means secure.

Insurance

Whether you're traveling for two weeks or two years, trekking the Amazon in Ecuador or on safari in Africa, insurance is an essential part of your adventure and will help you enjoy your travels, secure in the knowledge that you have the protection you need. In fact, everyone traveling with us must have adequate cover before their trip begins.

Of course you are free to buy insurance from any provider, however at Real Gap Experience, we have partnered with World Nomads to offer policies that have been specifically designed to meet the needs of global travel. If you think you're already covered by an existing policy, such as those offered by credit card providers, check the policy wording very carefully to ensure it covers you for your Real Gap Experience.

For more information on travel insurance please contact us to speak to one of our travel advisors.

Money Matters

Australia

The unit of currency is the Australian Dollar. Changing foreign currency or travellers cheques is usually no problem at banks throughout Australia or at licensed moneychangers.

Australia is affordable by Western European and American standards, but if you are travelling on from Southeast Asia you'll notice a big increase in costs!

Meal, Inexpensive Restaurant 13.37 \$

Domestic Beer (0.5 litre draught) 5.04 \$

Coke/Pepsi (0.33 litre bottle) 2.40 \$

Water (0.33 litre bottle) 2.14 \$

(Prices quoted in US Dollar)

New Zealand

The unit of currency is the New Zealand Dollar. Changing foreign currency or travellers cheques is usually no problem at banks throughout New Zealand or at licensed moneychangers.

New Zealand is affordable by Western European and American standards, but if you are travelling on from Southeast Asia you'll notice a big increase in costs!

Meal, Inexpensive Restaurant 13.21 \$

Domestic Beer (0.5 litre draught) 4.19 \$

Coke/Pepsi (0.33 litre bottle) 1.76 \$

Water (0.33 litre bottle) 1.68 \$

(Prices quoted in US Dollar)

Thailand

The unit of currency in Thailand is the Baht (THB; symbol). There are 100 Satang to the Baht and coins come in denominations of 1, 5, 10, 25 and 50 Satang or 1, 2, 5 and 10B. Paper bills come in 20B (green), 50B (blue), 100B (red), 500B (purple) and 1000B (beige).

US Dollars are the other most widely accepted currency and credit cards can be used for a fee in most large cities or at resort hotels but are not often accepted by small locally run businesses. ATMs are found in all major cities and almost all provincial banks.

Meal, Inexpensive Restaurant around \$3

Domestic beer (from a local store) \$2

Domestic beer (at a restaurant) \$3

Coke/Pepsi (0.33 litre bottle) \$0.53

Water (1.5 litre bottle) \$0.5

(Prices quoted in US Dollar)

Round the world

Passports and Visas

Australia

You should ensure that you have a full passport that is valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information provided below is to help you with that process. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

All visitors to Australia need a visa – only New Zealand nationals are exempt, however you will receive a 'special category' visa on arrival.

For entry into Australia you will require an eVisitor visa. UK passport holders can apply for a 90-day tourist visa online at www.immi.gov.au All other nationalities should consult the relevant embassy.

If you intend to work after your week in Sydney you will be required to apply for a working holiday visa.

Working Holiday Visa

To take part in this programme you will require a working holiday visa. The working holiday visa is available to anyone age 18-30. The emphasis is on casual employment: you are meant to work for no more than six months at any one job. If you want to stay in Australia for up to 24 months, this is now possible for some nationalities. Speak to one of our sales advisors for more information.

To be eligible for a Working Holiday Visa, you must:

- Be aged between 18 and 30 years at the time of application
- Have a valid passport for one of the countries listed at Australian Immigration, www.immi.gov.au
- Have no dependant children
- Have not previously entered Australia on a working holiday visa
- Meet health and character requirements
- Be outside Australia at the time of visa grant

To be granted a working holiday visa you must also agree that:

- Your main reason for coming to Australia is to holiday
- You must not undertake studies or training for more than 4 months
- You will leave Australia at the end of your authorized stay
- You must have sufficient funds to support yourself for the initial part of your stay. AUD\$5000 minimum is regarded as sufficient. You may have to provide evidence of this in the form of a bank statement.

For the most up to date information on visa requirements, please visit <http://www.immi.gov.au/>

New Zealand

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For stays up to 6 months, the following nationals DO NOT need a visa before you leave, you will receive a 6-month tourist visa on arrival into New Zealand: holders of passports endorsed British Citizen & other British passport holders who produce evidence of the right to reside permanently in the United Kingdom, holders of Australian passport. For all other nationals, please visit the following website for the most up to date information on visa requirements: <http://www.immigration.govt.nz>

Working Holiday Visa

If you intend to get paid work in New Zealand then you must apply for a working holiday visa instead and this must be granted before you enter New Zealand. To be eligible for a work visa under this scheme you must:

- Be a British citizen resident in the United Kingdom at the time of applying, and
- Aged between 18 and 30 years, and
- Not accompanied by children on your visit.

You can apply online for the working holiday visa at: <http://www.immigration.govt.nz>

Thailand

You should ensure that you have a full passport that is valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information provided below is to help you with that process. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

Citizens of the UK, the USA, Ireland, Australia, South Africa, New Zealand and most European countries do not require a visa for stays of less than 30 days. For stays of between 31 and 60 days you can obtain a 60-day tourist visa for a fee from a Thai embassy or consulate before you travel. For stays of up to 90 days, you can extend the

60-day visa for a further 30 days while you are in the country, for a fee.

Visa courier service

For those of you who would prefer to use a specialist visa service to help you obtain the right visa for your travels, we have teamed up with VisaCentral, to offer you specialist assistance and advice - making preparations for your trip easier and more straight forward.

Click on [VisaCentral](#) to find out more about their services and prices.

Round the world

Cultural Considerations

Australia

Australia is a melting pot of different cultures. It has a population of over 21 million people with most of the population living on the east coast between Adelaide and Cairns. High waves of immigration from England, Ireland, Italy, Greece, Malta and Eastern Europe have occurred during Australia's brief history, particularly after World War II, and the later waves from the Middle-East, East, and South-East Asia, as well as the Indian subcontinent, have created a truly diverse population.

Although Australia has no official language, English is spoken by 80% of the population. Chinese, Italian and Greek are respectively the next most common languages, reflecting Australia's cultural diversity and concentration of nationalities. Australians have very strong attitudes and belief systems which are reflected in their culture. Australians traditionally have a very ironic sense of humour.

New Zealand

Thailand

Whilst parts of Thailand are developing very quickly and Bangkok can feel more modern than many Western cities, much of the country is still very poor and people have challenging lives. The accommodation you will be staying in is very basic and you will not have the luxuries that you may have in this country. Please respect that this is the way locals live and take the opportunity to experience this new way of life. The friendly people, the great atmosphere and beautiful location will more than make up for this. Most travellers enjoy this change in lifestyle. It is very healthy, refreshing and opens your mind to a new world.

Religion

Religion is an important part of Thai day-to-day life and the main religion is Buddhism. Around 4% of the country are Muslim (largely concentrated in the far south of the country) and there is a small Christian population.

Clothing

Note to all regarding clothes: Thailand is a very conservative country and, away from the beaches, people generally like to dress as smartly as possible and, even in rural areas you will see that most people are very conscious of being in clean and conservative clothes. Although no-one expects you to wear a suit and tie, and when at your project old t-shirts and shorts/jeans are totally appropriate, please do remember to cover up and try not to show too much flesh.

Boys – please note that wandering around without wearing a shirt/t-shirt is frowned upon (away from the beach) and in urban areas can draw the attention of the police.

Girls – please try not to expose too much flesh. Try to avoid t-shirts that expose too much and don't wear short shorts.

NOTE: When visiting a temple you are expected to cover up. Wear trousers or skirts and cover your shoulders, midriff and back.

There are plenty of opportunities to sunbathe and swim whilst in Thailand, so remember to take your bikini, swimsuit, swimming shorts etc. Flip-flops are the easiest and coolest footwear to take with you. Whenever you enter houses, temples, or home stays you will need to remove your shoes and leave them at the door. This will soon become habit and you won't even realise you are doing it. Remember to take some trainers with you as well for the outdoor activities.

There are many opportunities to buy cheap clothes from markets. These are cool, cheap and ideal for the climate and social norms.

Smoking, Alcohol and Drugs

Smoking and drinking is acceptable in Thailand and readily available. However, please respect other people. Smoking is not permissible in volunteer apartments or the host families' homes. Drinking is only permissible in moderation and must not impact upon any volunteer work you undertake. While we want you to have fun in your free time, antisocial behaviour will not be tolerated.

It is absolutely forbidden to carry drugs into Thailand. Being caught in possession of drugs can lead to at least a prison sentence and a hefty fine if you are lucky but remember there is still a very real threat of the death penalty for carrying drugs in Thailand. Always keep an eye on your luggage while travelling. Never bring anyone else's luggage through customs.

Bathroom Facilities

You will experience a range of different shower and toilet facilities. Unless you are staying in a hotel you will rarely have hot water. The cool water takes a little getting used to but we are sure you'll find it refreshing after a hot and humid day. Toilets will be a combination of western and Asian. Remember to put all toilet tissue in the bin provided and not in the toilet.

You'll find that many places don't have soap or toilet/tissue paper in the bathrooms. Without going into too much detail, that's what the water can be used for (as well as flushing) or often a small water spray pipe next to the toilet. It can be useful to carry a small bottle of antibacterial gel for washing hands and small packets of tissues.

Round the world

Vaccinations & Health

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad. The risks to your health whilst travelling will vary depending on your general health and the type of activities you are going to be partaking in and the length of your stay.

Since we are not medically qualified, it is recommended that you consult with your Doctor or a recognised Travel Medical Advisory Service who will assess your particular health risks before recommending vaccines and/or anti-malarial tablets and advising you on what precautions you should take.

Safety

Australia

Round the World - Sand and Tanned

As in most countries there are people who try to take advantage of tourists. The following advice is intended to help you keep safe:

- Always keep your personal items such as passport, money and camera with you and in a safe place. You can buy mini padlocks to prevent people from going into your bag without your permission.
- Don't carry excess amounts of cash
- Wherever possible, walk around in groups, especially after dark, and avoid taking short cuts
- Do not pick up hitchhikers if you are driving and do not hitch hike yourself
- When you are out do not leave your drinks unattended, as there have been reports of drinks being spiked

We advise that you check your government's advice before travelling abroad. For UK and American customers please see the relevant links below;

UK: www.fco.gov.uk

USA: www.travel.state.gov

ATM Theft

It is very likely that you will need to withdraw cash at some point during your travels. Please be cautious when withdrawing money from an ATM and ensure that you are vigilant of other people near the ATM, especially those that offer unsolicited assistance if your card is detained. It has been recognised that individuals are operating unlawful withdrawals by placing 'traps' in ATMs whereby personal bank cards are being detained, causing the victim to believe their card transaction has not been completed, and leaving their bank card in the ATM which is then later retrieved by the thief.

If your card is confiscated or you are concerned that your card has been tampered with, please report immediately to the bank or cancel your card.

New Zealand

As in most countries there are people who try to take advantage of tourists. The following advice is intended to help you stay safe:

- Always keep your personal items such as passport, money and camera with you and in a safe place. You can buy mini padlocks to prevent people from going into your bag without your permission.
- Don't carry excess amounts of cash
- Wherever possible, walk around in groups, especially after dark, and avoid taking short cuts.
- Do not pick up hitch hikers if you are driving and do not hitch hike yourself.
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Thailand

As in most countries there are people who try to take advantage of tourists. The following advice is intended to help you keep safe:

- Always keep your personal items such as passport, money and camera with you and in a safe place. You can buy mini padlocks to prevent people from going into your day sack without your permission.
- Always walk around in groups, never go off with strangers and people that you have only just met
- Never go out alone after dark
- Stick with the escorted trips. If you do go out in the evening unescorted, you do so at your own risk. Please tell the co-ordinator or your home-stay family where you are going, what time you will be back and ensure you sign the release from.
- Please do not get into fights, or arguments with local Thais. We cannot guarantee your safety and it could provoke future attacks on other travellers
- As in this country there have been reports of drinks being spiked on the islands. Please do not leave your drinks unattended and do not accept drinks from strangers.
- Most importantly of all, if you wouldn't do whilst your at home, then don't do it whilst you are away!

This information is not intended to scare you. Unfortunately, bad things can happen, as they can do in any country and we want you to be prepared. We want you to stay safe and have a good time.

We would like to add that the majority of the locals are friendly, warm and hospitable people who love meeting our travellers. Please be friendly, respectful and stay aware and you will have a great time.

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to the bank or cancel your card.

Thailand Terrorist Threat

Thailand is one of the most popular destinations for visitors to Southeast Asia. Most visitors enjoy a trouble-free stay. However, Thailand does have a history of political instability and has experienced a number of military coups since 1932. The political future of the country remains uncertain, though the situation remains stable.

Over the past 3-4 years there have been a number of political demonstrations in Bangkok and some other urban areas. Tensions rise and fall but other than in 2010, most protests are usually peaceful and Thais still go out of their way to be hospitable to visitors. However, it's always advisable to avoid large gatherings and listen to the advice of the team in country

Round the world

Language Guide

Australia

Here are some Australian terms and phrases that you might find useful:

Bottle Shop - *Off-licence/Liquor store*
 Bonzer - *Good*
 Bush - *Unsettled country area*
 Dag - *Nerd*
 Esky - *Portable insulated box to keep food/drink cold*
 Fair Dinkum - *Honestly, truly*
 Pokies - *Gambling machines*
 Pom - *Person of English descent*
 Singlet - *Sleeveless cotton vest*
 Smoko - *Tea break*
 Thongs - *Flip flops/Sandals*
 Ute - *Utility vehicle/pick-up truck*

New Zealand

Thailand

Here are some useful phrases to remember when you get to Thailand. We also suggest you obtain a Lonely Planet or language guide for the destination(s) you are travelling to.

Hello (Male speaker) - *sawatdee krup*
 Hello (Female speaker) - *sawatdee kaa*
 How are you? - *sabai dee reu*
 Thank you - *kop koon*
 I can't speak Thai - *phoot Thai mai dai*
 I don't understand - *mai kao chai*
 Do you understand? - *kao chai mai*
 Where is the rest room? - *hong nam yoo tee nai*
 How much does this cost? - *nee tao-rai*
 What is this? - *nee aria*
 Good-bye - *la gon*
 Sorry/Excuse me - *kor thoad*
 The bill please - *Gep taang*

Round the world

Food & Drink

Australia

You will find food in Australia to suit all taste buds, with the larger cities in particular offering a great range of places to eat. Due to the large amount of British settlers, Australian food is reasonably similar to that in Western Europe, but if you are feeling particularly adventurous get involved in some bush tucker (kangaroo, emus) or the infamous vegemite. For less scary Aussie food, look out for fresh seafood and of course, a typical Aussie barbecue!

Please let Real Gap know before you depart if you are a vegetarian or have any other dietary requirements.

New Zealand

You will find a range of cuisine in New Zealand to suit all taste buds. But quintessential New Zealand cuisine takes inspiration from Europe, Asia and Polynesia. Meat and fish feature majorly in native dishes, and keep an eye out for kumara (sweet potato). Those with a sweet tooth will be pleased to know that Pavlova is the National dessert along with the kiwi fruit.

It is really important that you let Real Gap know before you depart if you are a vegetarian or have any other dietary requirements.

Thailand

It's normal in Thailand to eat rice dishes for breakfast and it is all part of the cultural experience. In fact, rice and noodles are served with all meals. The food is gorgeous, with fresh vegetables tasting far better than they do back home. Vegetarians will be happy, as Tofu is widely available as is plenty of fresh fruit. And meat lovers will also be tantalising their taste buds visiting the many local markets where you can buy chicken satay (marinated kebabs), beef kebabs and other types of meat. It is very cheap too. Remember to let us know before you depart if you have any special dietary requirements.

Round the world

Public Holidays

Australia

When planning your trip, you should be aware of the major national holidays celebrated throughout the country.

To view a list of the public holidays for Australia, please see the link below:

www.timeanddate.com/holidays/australia/

New Zealand

When planning your trip, you should be aware of the major national holidays celebrated throughout the country.

To view a list of the public holidays for New Zealand, please see the link below:

www.timeanddate.com/holidays/new-zealand/

Thailand

When planning your trip, you should be aware of the major national holidays celebrated throughout the country. However, although businesses and government offices are closed on public holidays, tourist attractions and shops are almost never closed. The main impact on the tourist of these holidays is the increased competition for travel and accommodation from Thais who use long weekends to get away from the big city.

Round the world

Weather

Australia

Australia is located in the southern hemisphere, where seasons are the opposite of those in the northern hemisphere.

The summer months in Australia (November to March) can get very hot. Up north, in Queensland for example, the summer period brings the rainy season and the weather can be very hot and humid with lots of rainfall. The winter months (June to August) in Queensland bring much dryer weather but still heat. The further south you go the colder and wetter winter becomes and in some mountainous areas of New South Wales, Victoria and Tasmania skiing is possible.

New Zealand

The climate differs from the North Island to the South Island. On the North Island, the far North boasts warm summers and mild winters, with the rest of the island being slightly cooler. On the South Island, you'll find much lower temperatures throughout the year. The New Zealand Alps are covered in snow throughout the year.

Thailand

Thailand's equatorial climate remains tropical and warm for most of the year, with the south getting the best of the weather. The monsoon season falls between May and October, bringing warm and humid air and dipping to a minimum of 18°C. This means that Thailand is a great destination at most times of the year, though the best months are between November and February when temperatures are comfortable and rains have slackened off.

Round the world

Time

Australia

Australia is such a big country that it has three time zones:

Eastern Standard Time (Queensland) – 10 hours ahead of GMT depending on Daylight Savings

Central Time – 9.5 hours ahead of GMT

Western Time - 8 hours ahead of GMT

New Zealand

New Zealand is 12 hours ahead of GMT.

Thailand

Thailand is 7 hours ahead of GMT.

Round the world

Electricity

Australia

Electricity in Australia is 240 Volts, alternating at 50 cycles per second.



Sockets in Australia are V-shaped flat prongs.

New Zealand

Electricity in New Zealand is 230 Volts, alternating at 50 cycles per second.



Sockets in New Zealand are V-shaped flat prongs.

Thailand

The electricity in Thailand is 220 volts and frequency 50 Hertz. Devices that do not accept this voltage will need to be used with an adapter. Outlets in Thailand generally accept 2 types of plug:



Flat blade plug

or



Two round pins

Round the world

Trip Note Disclaimer

The information contained in this trip note has been compiled with great care and is provided in good faith. Any itinerary featured is correct at time of release. However, our itineraries may change as make improvements that result from travellers' comments, our own research or from time to time as a result of recommended travel advice.



Round the World - Sand and Tanned

You can rest assured that it is always our goal to provide you with the most rewarding trip and experience ever!

Our Details

If you have any questions about this trip please do not hesitate to contact us and we'll be happy to answer them.

Phone: 1-800-985-4852

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Post: Real Gap Experience, 8 Essex Center Drive, Peabody, MA 01960

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