



**MITTAPHAP INTERNATIONAL LIMITED**  
Business Registration No.: 79280605-000-11-25-5  
Registered Office: NO. 5, 17/F STRAND 50, 50 BONHAM STRAND,  
SHEUNG WAN, HONG KONG

# WEEKLY ROUTINE

We are delighted to have you on board! This guide provides a brief overview of the schedule and activities during your stay.



## Sunday - Arrival Day

- **10:30:** Tuk-tuk pick-up from Mad Monkey Hostel.
- **11:00:** Orientation, project tour, and move into dormitory/guesthouse.
- **12:30:** Lunch.
- **14:00 - 16:00:** Visit to Nasom School and Village.
- **19:30:** Dinner & welcome.



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## Monday

- **Morning:** Breakfast and selection of Daily activities.
- **10:00:** Education Orientation (curriculum, schools, and teaching partners).
- **Late morning:** Group discussion and lesson planning ideas.
- **12:30:** Lunch.
- **Afternoon:** Free time and lesson planning.
- **17:00 - 19:00:** Classes.
- **Evening:** Dinner and relaxation.

## Tuesday - Thursday

- **09:00:** Breakfast.
- **10:00 - 12:00:** Daily Activities (gardening, cleaning, etc.).
- **12:30:** Lunch.
- **Afternoon:** Free time and lesson planning.
- **16:30:** Departure for schools.
- **17:00 - 19:00:** Classes.
- **20:30:** Dinner.

## Friday - Funday

- **Morning:** Breakfast.
- **Late morning:** Optional trip to the Blue Lagoon.
- **Afternoon:** Free time / Return to Mittaphap.
- **Late afternoon:** Visit and play with kids at Nasom.
- **16:30:** Toastmasters public speaking event.
- **Evening:** Tuk-tuk to Vang Vieng town.

## Saturday & Sunday

Free time! You are welcome to stay at Mittaphap or travel. If you remain at the project, volunteers organise breakfast and dinner together.

- **12:30:** Lunch is cooked by the restaurant team on both days.
- **Please return to Mittaphap by 10:00 in the morning on Monday at the latest.**



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## Daily Activities (Tuesday - Thursday, 10:00 - 12:00)

These activities support the growth of the project and strengthen our community. On Monday morning, you will choose one activity for the week:

- Social Media & Content Creation
- Gardening & Composting
- Kindergarten Support
- General Maintenance
- *Your own creative ideas are highly encouraged.*



## Toastmasters - Public Speaking Club

Every Friday, we engage with our students at Nasom School. These sessions alternate weekly to help students practise public speaking:

- **Week A - Toastmasters Event:** A public speaking club where students practise their confidence and communication skills in a structured environment.
- **Week B - Training & Q&A:** A preparatory session focused on Toastmasters training and lesson reviews. This is an opportunity for students (especially those in adult and higher grammar levels) to ask questions and prepare for future speeches.

Volunteers can assist by:

- Acting as “Toastmaster of the Day” (Host) or timing speeches during event weeks.
- Mentoring students during training weeks to help them structure their speeches.
- Providing guidance during Q&A sessions to clarify grammar points.

The objective is to encourage students rather than strive for perfection. We aim to provide a safe, supportive space where they feel empowered to speak English.