



Mindfulness Project

DIRECTIONS

How to get here:

The best way to reach us **from Bangkok** is by bus. The bus terminals are a short regular or bike taxi trip from the Mo Chit BTS sky train station. We recommend the company Chan Tours (Counter 45 on the first floor), which offers a VIP bus ticket for around 420 baht to Khon Kaen. Cheaper alternatives are also available. There are busses nearly every half hour. This journey will take about 7 hours. Tickets can be bought at the terminals, or booked in advanced through ThaiTicketMajor.com.

Trains that travel from Bangkok are also available and take between 8-13 hours depending on the time of day. Flights into Khon Kaen Airport are also an option but are more expensive.

From Chiang Mai there are several buses to Khon Kaen every day. We prefer the company Sombat-Tours but they do not run every day. Buses from Chiang Mair take about 10 hours and cost around 680 Baht. Best is to travel overnight.

You will arrive at the Central Bus Station outside of Khon Kaen. If it during the day, then directly take a Songtaeu or local bus to Ban Muangwaan. You will want to take the orange Songtaeu with the number 13 on the side. This is the cheapest option. See the next pages pages for photos and detailed directions.

Please note...

NEVER arrive after dark! We are in a super remote area.

Please refer to your confirmation email to see everything you need to bring to make yourself more comfortable at the project!

Please remember that you will need work clothes and appropriate clothing for the monastery to show respect while spending time there. Also please remember that we only use natural products at the land such as soaps, shampoos, deodorants and mosquito repellent. Bring your own along or we have some options for sale here.

The project is a 100% drug and alcohol free zone and this must be respected during your entire stay!!!

Contact Details

Best way to contact us:

Email: info@mindfulness-project.org

Facebook: www.facebook.com/mindfulnessprojectthailand/





Mindfulness Project

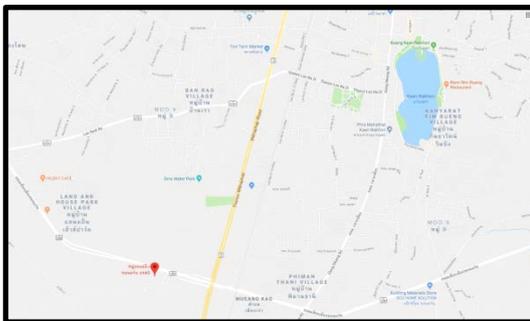
Directions

Buses from Bangkok or Chiang Mai will bring you to the Central Bus Station outside of Khon Kaen. If it is still day time (before 4pm) you can directly take a Songtaeu to the road leading to the project. Pictures of the Central Bus Station and number 13 Songtaeu are posted below. If you are running late that day, take a motorbike taxi or Songtaeu into Khon Kaen and stay the night. We recommend the Roma Hotel with fan rooms for 230 baht or Slove U House with cheap dormitory options.

If you are having trouble finding a Songtaeu please ask for help at the station. Tell them “Baan Muangwaan” or show them the following word in Thai. You can also show them the pictures on the following page to insure they understand where you would like to go.

This Thai word says “Baan Muangwaan.”

บางม่วงหวาน



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Tell the driver you want to get off the bus after the upcoming pedestrian bridge over the road. (There are several pedestrian bridges so make sure to look for this black sign directly before).



The building on the left is a fire station (usually with a big red truck outside). Next to it you will see these three road signs. Turn left down this road. Prepare for a long walk (Altogether 5km.) Local Thai people are VERY likely to pick you up on the way, they are very nice!



Continue straight down this road for 1.5km.



Keep going straight until you see the monastery gates and turn right just before you reach them.



Follow the main road all the way round until you enter the village. When you see another monastery on your right, you need to turn left down the side road.



Walk until you see the 4 big palm trees and turn left down the dirt road.



When you see the signs for the Mindfulness Project and the small dirt road leading right you will know you have arrived!

Welcome home!