

Lahu Life in Ja Boo See Community

3 days and 2 nights. Depart from Chiang Rai

Highlights:

- Many opportunities to learn more about the Hill Tribe people, their way of life and how the villagers live harmoniously and support each other between people and nature;
- Participate in all aspects of life with your host family: cooking, going to the fields, learning traditional crafts and trades, going to any ceremonies which occur during your stay;
- The villagers would also like to learn about where and how other people live.

Overview of Trip:

This program provides a fun opportunity to exchange knowledge and understanding between visitors and the local community, and promotes local cultures and the environment. Guests can share and join in many aspects of local life. Welcoming guests encourages and empowers the communities and promotes an awareness of the need to live in harmony with each other and nature. Profits are used in community development activities for the village. The villagers benefit by earning an alternative income through providing accommodation, meals, and handicrafts and by taking on the roles of guides and local experts.

Background to community:

Jaboossee village

Most local people in Ja Boo See still wear their colourful traditional dress, and farm rice using traditional methods. Daily life in Ja Boo See revolves around rice paddy and crop fields, where corn, maize, cucumber and pumpkin are grown. Other typical activities include feeding pigs and chickens, and gathering fire wood. In the morning, the villagers pound paddy rice using a foot mill, which drops like a huge wooden hammer to separate rice grains from chaffs.

The village is a living workshop of traditional arts and crafts. Villagers spend hours in the forest gathering medicinal plants to make herbal remedies. They produce bamboo basketry, various animal and fishing traps, winnowing baskets, mats, brooms and tobacco pipes. Guests can see weaving, sewing, blacksmithing, knife and crossbow crafting. The Lahu also craft and play traditional musical instruments including the Lahu pipe or "**Kan**", and the "**Sueng**" string instrument.

Spiritual life is also vibrant in Ja Boo See. Regular ceremonies are performed at "**Baan Tow Bow**" (the religious leader's home), while other festivals take place annually in a sacred dancing circle. The New Year in January is a special time to pay respect to village spiritual leaders and elderly community members.

Villagers offer food to the elderly and dance '**Jaku**' until the dawn. Guests are welcome to join this festival.



Program: (Start in Chiang Rai town)

Day 1:

Take a journey to Mae Salong, enjoy picturesque scenery along the way. Enjoy a short trek for 1¹/₂ hr. to a little red Lahu village surrounded by mountains and forest. This community is one of the leading examples of community based tourism.

Activities for day 1 at the village:-

- Welcome ceremony, done by the spirit and soul leader of the village.
- Short trek to a lovely waterfall and have lunch there in traditional style.
- Learn about flora and fauna of the area during trekking.
- Handicraft workshop
- Enjoy local food
- Chat and exchange experience with host families
- Stay with host family in a traditional house.

Day 2:



Woken by chickens in the village to welcome the sun rise!

Activities for day 2 at the village:-

- Pounding grain with host family.
- Trekking to the forest.
- Go fishing local style with a local guide.
- Cooking traditional dessert.
- Exchange culture performance.

Day 3:

Activities and places to visit for today:-

- Farewell ceremony, done by elder people in the village.
- Visit Yunanese village, learn about the area of the Mae Salong memorial.
- Visit an U-long tea plantation, and taste the superb tea there.
- Have lunch with Yunanese dish
- Visit Golden Triangle and opium museum before return Chiang Rai.



Itinerary : Local communities live according to the seasons and cycles of nature, not a strictly-timed schedule. Sometimes, guests may be invited to join interesting local events which are not described in the itinerary above. Occasionally, a specific activity may not be possible, due to the weather, local cultural or agricultural calendars. The tour operator will make every effort to ensure that the program runs as described. However, guests are requested to be flexible and to understand that there may be minor changes to the tour program. Often, such changes actually enhance the program, as guests get a more authentic insight into the rhythms of local life. Similarly, weather, road conditions, or other prevailing safety factors may influence a change in the published route & itinerary. However, the content of the tour will remain similar. The final decision of the actual itinerary will be made by the tour operator's staff, after consultation with community members on the day of the tour.

Transport: E.g. Minivan

Meals: 7 Meals (1st day lunch, 1st day dinner, 2nd day breakfast, 2nd day lunch, 2nd day dinner, 3rd breakfast and 3rd lunch.)

Accommodation Style: e.g. basic homestay

The Price includes :

- accommodation : 2 nights (2 nights homestay)
- food : 7 meals (2B, 3L, 2D)
- transportation : visits & excursion by a minivan
- all activities mentioned in the program and admission fee
- allowance for an English speaking guide
- a travel accident insurance : 1 million baht / person