



Family

and Kids



## Creative Tourism

Creative Tourism is a new innovative form of tourism that emphasises on learning about the uniqueness and way of life of the local people. This is displayed through hands-on activities that generate great experiences with the community. It also offers tourists the opportunity to live with the locals, so to experience the charming simple local lifestyle.



## What's good about "Creative Tourism"?

The Tourism Authority of Thailand (TAT) aims to promote domestic travel by targeting new destinations, with a collection of small towns spread across 55 provinces throughout the country. This is an effort to introduce a new side of Thailand to both Thai citizens and foreign visitors through offering "local experiences" that are as much educational as they are adventurous. These combined travel and learning experiences touch upon both the lifestyle and cultural aspects of each community in order to help distribute income and create sustainable jobs, as well as provide an introduction to each province in which they are located.



# "Family and Kids"

The 'Family and Kids' group are tourists who love to travel as a family. They are interested in a more creative side of travel, eager to discover new and exciting places that still offer a good level of safety and convenience. Being close to nature (in contrast to city life) is also high up on the checklist for families. These trip should have a good range of activities that each member of the family can try – and hopefully learn something useful from. Cooperating on tasks can enhance communication and strengthen relationships, as well as create new, memorable experiences for younger children.



FAM & KIDS



# GO TRAVEL, GO LOCAL, *go with creative tourism district Thailand*

A cultural city escape with this family-friendly trip to Thailand's charming Sing Buri province



**Family Time** Less than two hours from Bangkok, Sing Buri's combined greenery, culinary experiences and cultural attractions make this an ideal destination for the whole family. This trip takes you to Baan Thong En, a simple community surrounded by nature here, kids can learn about the slow life of the farmers, who have adopted self-sufficient agricultural processes. Temple hopping, market shopping and cooking challenges all await you and your children on this 2-day, 1-night trip to Sing Buri.





## Activity 1

Drop by a local temple in Sing Buri and then do some shopping at Thong Chom market at “Wat Phra Non Chak Sri”

After arriving in Sing Buri in the late morning, there’s time to pay respects to the golden Buddha “Phra Non Chak Sri”, a gigantic Buddhist sculpture which is historically significant. This is also a great chance for kids to learn about Buddhist beliefs and merit-making traditions, such as setting off floating candles to dispel bad luck or making donations to understand the importance of sharing.

The local market is named “Thong Chom Market” and has been located nearby Wat Phra Non temple for 10 years now. As well as a range of local products and snacks, there are also folk-art shows performed by local students in the area too.

Phra Non Chak Sri Temple is open every day 06.00 a.m. - 17.00 p.m.

Further questions - Tel:0-3652-0251, 0-3654-3415

Thong Chom Market is open every day 06.00 a.m. - 17.00 p.m.





## Activity 2

Head back in time by shopping at the retro “Baan Bang Ra Jan” Thai market.

This retro market is located in Wat Pho Kao Ton district, the actual location where the old market was situated since olden times. As you walk around the market, you’ll notice the distinctly retro atmosphere, with all of the stalls and even the attire of the merchants designed to simulate a shopping scene from decades ago. In terms of things to buy, you won’t find any mass-produced designer handbags or electronics; instead, everything on sale here fits together with the authentic feel to the market, including handicrafts, traditional snacks and even classic costumes (which you also can rent). Everything is served in environmentally-friendly containers, with woven mats available to sit on as you watch waterfront show - or you can take part in other family-friendly activities such as horse or buffalo riding!

The retro Thai market at ‘Baan Bang Ra Jan’ is open from 9.00 am - 16.30 pm every Saturday, Sunday and Holidays



## Activity 3

Learn about self-sufficiency agriculture at San Somboon Farm.

Meet P’ Somboon and P’ Pornpan Kaewsan, the owners of the farm. Isolated away the city life, the pair chose this plot of land in their hometown as the site to develop a farm based on the principles of late King Bhumibol’s “Sufficiency Economy” concept. Today, they live a happy and complete life on their farm, which also holds activities for visitors to learn more about agriculture based on the concept of Sufficiency Economy.

Before starting the activities, enjoy a local Sing Buri lunch, with dishes like rice in pandanus leaves with clear soup, red curry, chili dip with fresh boiled vegetables, boiled eggs, omelet and fried chicken – all of which are provided by San Somboon farm and served alfresco-style, outside under the pergola for a very chilled atmosphere. To the right of the dining table, you’ll also be able to spot the Mexican sunflower garden and maybe some of the farm’s very own ducks and geese wandering around.





## Activity 4

### Make traps to catch prawns for your own prawn fritters

These simple traps have been used for generations, and are made from recycled bottles combined with sticks. The empty bottles are filled with fish food (to bait the prawns). Then, the farmers will bring the children to set up the traps at the water side. It's possible to catch a lot of prawns after just two hours.



## Activity 5

### free-time swimming or paddle and adventure through the farm

Following this, you'll have some free-time where the family can play or paddle in the water or go on another adventure through the farm. The farm also has some life jackets to keep the kids safe; these are made from water tanks that can float on the water's surface, although supervision is needed for young swimmers.







## Activity 6

### Learn how to cook salted eggs cooked in pandan

Let the kids do the cooking for once with this family-friendly recipe. First, children are shown how to wash the fresh duck eggs, which are then dried. They'll need to be covered in a thick layer of marlstone, salt, and pandan which are all mixed together before another layer of pandan is added. The eggs are then put in pickling jars for 7 days before being ready to eat. This is a good opportunity to learn how villagers preserve food, which can be applied in your daily lives.



## Activity 7

Travel to the "Au Khao Homestay" via the "e-tuk" car and try to cook bird shaped dumplings, Chormuang.

Jump in the e-tuk car and head back to your accommodation for the night. On the way, admire the splendid green fields on both sides as you make your way through Sing Buri's natural countryside. There are also some fun activities (set up by the staff) for kids to enjoy, such as playing with bamboo guns, or cute folk toys (so they don't have to spend so much on expensive toys!) When you arrive at the homestay, try cooking some bird shaped dumplings and "Chormuang", traditional Thai desserts that are generally quite hard to find elsewhere.



## Activity 8

Take part morning alms-giving to monks in front of your room.

Wake up early on the second morning and begin the day by offering alms to the monks. Buddhists believe that this merit-making activity brings about good luck and karma. The homestay is able to take care of organizing the ceremony, providing the alms (such as food and other basic essentials) for you and your children to place into the monk's baskets.



## Activity 9

Grab yourself a set of wheels and cycle around “Baan Thung Ruang Thong” village, taking in the local way of life along the way before stopping off to collect some lotuses from the canal.

The homestay will provide a bike for you to ride and see the slow, simple lifestyles of the villagers. Also on the morning's itinerary is a visit to the nearby learning center that focuses on boosting agricultural productivity and then to a polyculture farm at “Baan Thung Ruan Thong”, another farmhouse with a range of excellent family activities such as goat feeding, collecting eggs, and picking out lotuses from the canal (in a boat) which can be folded beautifully into petals as instructed by a local farmer. The lotuses will then be used for making merit at Wat Klong Pho Si temple. This particular activity really highlights the villagers' faith in Buddhism.



## Activity 10

Find out how agricultural products are processed at Baan Ka Nom Thong En

Take part in a dessert-making group which is established by a state-owned company operated by the villagers in the district. Some of the ingredients they use include banana, yam, pumpkin, sugar, all of which are used to make a range of sweet desserts that are sold at the market. This activity allows the children to learn practically every step of the processes that go into making snacks, particular those produced from bananas. At the end, you and the kids can also try some fried banana, dried banana and solar-dried banana glazed with chocolate.



## Dish 1

Try to cook bird shaped dumplings and taste the traditional 'Chormuang' dessert.

Bird shaped dumpling is a dessert primarily made from sago, which is then molded to into bird shapes and stuffed with a flavoring of choice. Before being steamed, staff will demonstrate the procedure so that you and your children can try molding the sago into bird shape of your imagination. The end result is a sweet and salty treat similar to rice dumplings. In addition, you can also try making (and eating) Chormuang, another rare dessert.



## Dish 2

Taste pomelo salad at "Teacher Panom's House"

At noon, we will visit "Teacher Panom's House" for another fun learning experience. This energy-efficient house features a high roof that helps to ventilate the building well. The dish you will be trying here is pomelo salad, a healthy mix of raw ingredients that have been grown around the house including grapefruit, kaffir lime leaves, onion, and hyacinth. This vibrant salad delivers both sweet and sour flavors and goes particularly well alongside other spicy dishes.

# Sightseeing map of Baan Thong En community

Asia Highway (Bangkok – Nakhon Sawan)



## Introduction to the sages

P'Somboon and P' Pornpan Kaewsan: owners of San Somboon farm.  
Tel.09-2810-9462  
Khun Pa Jae Kee: Ban Thong En production group. Tel.08-4712-8726  
Kru Panom Ban Rod Loak Ron. Tel.08-5198-7061

# GO TRAVEL, GO LOCAL, go with Creative Tourism Thailand

## Chic Travel at Surin, the Land of Silk



Symbolized by Thailand's national animal, the elephant, Surin is a charming province located in the northeast – or “Isaan” region of the country. The main product to come out of Surin is silk, and the production of this delicate material dictates the local lifestyle at ‘Sawai Community’, one of the most famous silk communities in Thailand.

With a long tradition of silk weaving, practically every household here has its own loom. This trip lets you experience a new kind of travel as you discover the “way of silk”. Learn how this beautiful material is made in every step of the process through fun activities that you, your family and friends can all enjoy together. You'll soon fall in love with Surin, a province not only notable for its elephants and silk but also for its friendly community lifestyle.





## Activity 1

### Feed Silkworm – Water Mulberry Leaf

Without healthy silkworms in Surin, there would be no beautiful silk. And one thing they especially like to eat (as part of a balanced silkworm diet) is mulberry leaves, which are found in abundance in this community. On your visit here, learn how this fruit is grown, harvested and fed to the worms – all for the purposes of silk production. As part of the demonstration, you'll see how the worms turn into cocoons, shedding their shells which are then collected and used as the raw material to produce silk fibers for weaving.



## Activity 2

Try your pulling skills... to make silk cloth in the traditional way

This traditional style of making silk starts off by boiling the silkworm's shell-like cocoons in water until they start to swell up. Then, using the tip of a stick, it's time to try to pull the fibers out together into bundles and then pull the silk strings following that. Also, the freshly boiled pupae can be cooked and eaten with salt!



## Activity 3

### Cloth dyeing with natural raw materials

Cloth dyeing is an easy and fun activity that can be done with the entire family. Although a little messy, you don't have to worry about kids being harmed by the chemicals as this whole process uses 100% natural materials. For example, the yellow color comes from local "lae" plant and red from "lac" plant. This session also teaches you how to fold the cloth to create patterns, mix dyes, and apply them. Definitely an activity that'll bring out your kid's most creative side.



## Activity 4

### Silk warping

Sawai locals have been using this silk warping method for generations. The process starts with bringing the silk warp into the wheel to thread the silk into the spinner. Next, take the spinner is threaded with silk to search for silk network called "silk warping". As part of the workshop, you can join a DIY activity that guides you through each step of the process.





## Activity 5

### Silk tugging – Visit Uttama Mai Thai Factory

Nowadays, the demand for silk around the world is very high. To keep up with growing demand, locals have developed faster, larger-scale processing techniques which can be seen in action at “Uttama Mai Thai Factory”. A visit here provides the opportunity to see this modern silk production process under the supervision of an expert. You can have a go at silk “tugging” and dyeing.



## Activity 6

### Cook and try local dishes made from ingredients sourced from around the village

After learning all about how silk is made, it’s probably time to take a break and fill that empty stomach. At the community of Sawai, some of the homestays offer demonstrations on how to cook up some local dishes using only fresh ingredients collected from around the village like seasonal vegetables and duck eggs from the farm. Using the heat from a traditional stove, the whole family can enjoy learning about every step of the cooking process.







## Activity 7

### Admire the flowers at Phela Phloen

Before travelling back, one final suggested stop-off is at “Phela Phloen”, a flower garden full of activities for the whole family. As the biggest flower garden in southern Isaan region of Thailand, the complex also has a hotel, restaurants, a café, shops and even its own water park. You’ll probably only have time to check out the main attraction – the flowers, which can be found in temperature-controlled greenhouses which alter the climate conditions so that the various types of flower can bloom all year round.

Open daily Monday-Friday on 09.00 – 17.00 hours and  
Saturday-Sunday on 08.00 – 20.00 hours  
Tel. 044-699 435, 087-797 6425





## Dishes 1

### Pupae dipped in salt

A special dish made from the by-products of traditional silk production. The secret is to dip the pupae with silk pulled and removed in salt. They taste salty, buttery, and are high in protein.

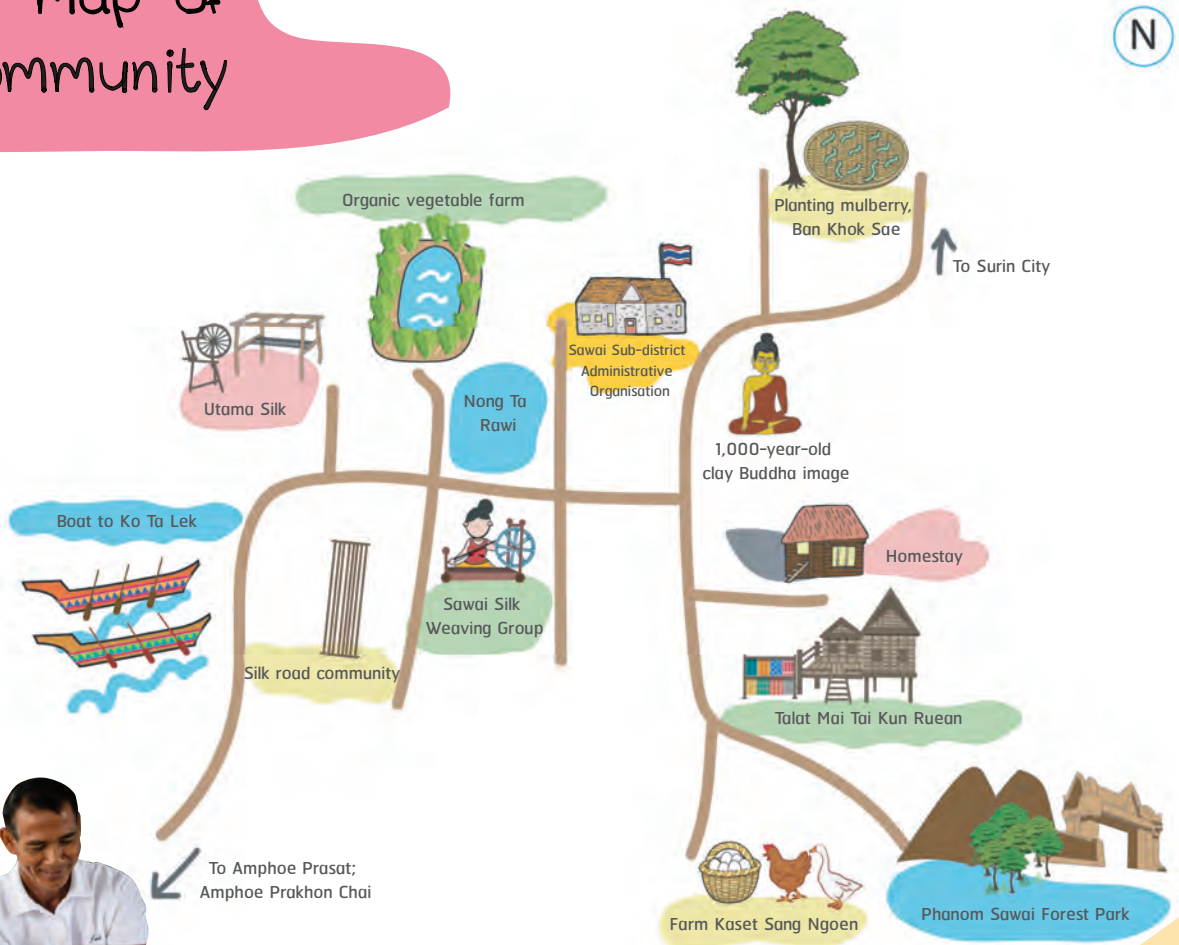


## Dishes 2

### Stuffed Omelet

An easy dish which can be cooked together as a family. Start by collecting duck eggs from the farm, whisk them up and then heat over the stove with your chosen stuffing.

# Sightseeing map of Sawai Community



## Baan Sawai Community, Surin Province

1. Mr. Sombat Utamamaithai Tel. 084-959- 9747
2. President of Subdistrict Administration Organization  
Mr. Tawep Boonworn Tel.086-249- 5683
3. Master Akkadech Supannafhai Tel. 081-470- 2993
4. Mr. Pod Kaewkamol Tel. 081-789- 1511
5. Mr. Pichaipak Yimpenyung Tel. 062-264- 2653

# *Go Local, Go to Ang Thong*

“Go Chill out” in Ang Thong, the tiny central Thai province not to be missed!



While you might not have heard much about Ang Thong before, this small province in central Thailand is located in the heart of the country’s “Creative Tourism District” and boasts a range of fun activities to be enjoyed in various local communities. With the nearby Chao Phraya River basin feeding the countryside with rich minerals, Ang Thong provides a lush green landscape that’s full of interesting attractions. The quiet city center is only 1.5 hour’s drive from Bangkok, making this a great destination for a day trip. On this route, you’ll experience our carefully selected “Go Chill out” activities that focus on both health and the mind while following the lifestyle of the local Baan Thung Ang Thong people. For example, there’s the opportunity to browse through the 100-year old traditional market for good food, visit a fruit farm to pick fresh melons, and pay respect to images of Buddha within the region’s “unseen” ancient temples.



## Activity 1

### Experience the lifestyle of “Baan Thung Ang Thong” community

During this first “Go Chill out” activity, you’ll learn all about the lifestyle of the “Baan Thung Ang Thong” community. This is the land of the wise Master Joy, a pioneer of the self-sufficient agriculture model that has brought lasting prosperity and improved quality of life for the people in this community. You’ll receive a warm welcome from the villagers here, who are more than happy to share their stories and wisdom.

#### Water hyacinth basketry for holding homemade salted eggs

With the guidance from some of the local experts, try your weaving skills as you make baskets for carrying salted eggs. You’ll be using water hyacinth – a type of aquatic plant that is strong and durable enough to form these little baskets. After you’ve made one, it’s time to cook some salted eggs – one of the delicacies of Ang Thong that are normally enjoyed as a healthy snack. First, you’ll need to wash the fresh, large duck eggs and make sure there aren’t any cracks. Cover them with a layer of salted soft marl, then with another layer of rice chaff ash before placing the finished eggs into the containers. The eggs are left to salt for 3-7 days and are good for frying or making omelets – without the need for any seasoning. They can also be left for a longer (around 7-20 days) when they are suitable for boiling.



### Cook your own Pad Thai – “Ang Thong-style”

For brunch at Baan Thung Ang Thong, it’s time to make authentic Ang Thong-style Pad Thai, which is made from fresh ingredients from the local farm, including fresh duck eggs, vegetables, chili, and lime. As well as Pad Thai, there’re other traditional dishes prepared by Master Joy, including chili dip, acacia omelet, grilled fish, and Som Tum (spicy salad) – all making a truly delicious, simple, and nutritious meal.

## Activity 2

### Shop for water hyacinth basketwork products at “Community Development Center, Water Hyacinth Basketwork Group, Baan Bang Ta Phaen”

After filling up with a traditional meal at Baan Thung Ang Thong, the group moves on to the Community Development Center to take a look at all of the water hyacinth basketwork products on sale. These include baskets and bags handmade by the locals for exports which have become popular products both in Thailand and abroad. Anyone interested can visit in person or make an order via Aunt Pranee.

Tel. 035-613769, 08-9900-3474



## Activity 3

### Taste “Keson Lamchiak” and other Thai desserts at Niramit Restaurant

Next, we move on to Niramit Restaurant, a well-known Ang Thong restaurant. They serve up dishes like Pad Thai, fried fishcakes, Tom Yum Pla Khang, and fried Chinese kale with salted fish, as well as a wide variety of Thai desserts like Keson Lamchiak, Khao Tang, Klip Lamduan, and Babin.

As well as eating, Niramit Restaurant also offers the chance to learn how to make “Keson Lamchiak”, a sweet local delicacy. Their demonstration shows how the sticky rice flour is mixed with coconut milk and then rolled around a slightly sweet coconut filling. After, there is a free tasting session for you to discover the soft and sticky texture of this dessert for yourself.

Those interested can order at Niramit Restaurant: tel. 081-852-4777





## Activity 4

### Tour the organic vegetable farm site at the “Pilot Farm Royal Initiative Project”

Experience a true Ang Thong farmer’s way of life at the “Pilot Farm Royal Initiative Project”. This chemical-free vegetable farm is fully open to the public, providing an outdoor classroom for visitors to learn more about agricultural processes, such as preparing the plots, growing, harvesting, and sending the final product to the market. Some of the veggies grown here include hydroponic salad leaves, layered beansprouts (which you can help spray and pick), and various types of mushroom. The project also has a goat rearing area and some shops where you can browse for fresh produce direct from the farm at affordable prices. Those interested to visit the farm project as a group can contact Mr. Somchai (tel. 093-004-7188)



## Activity 5

### Discover rare ferns at “Tanawasi Fern Garden”

Continue along Ang Thong’s “Go Chill out” route with a trip to see some rare ferns at “Tanawasi Fern Garden”, a large fern breeding farm with over 500 species from all corners of the world. Besides ferns, they also collect many other rare and endangered plants. A visit to the garden is definitely a worthwhile educational experience – particularly thanks to the love of agriculture you’ll see from the owner, Uncle Noppadon.

Those interested in visiting the learning center for ecology and biology of ferns, tel. 081-858-4863



## Activity 6

### Visit “Into Farm” restaurant for steak and fresh melon

If you love steak and you love melons (not necessarily on the same plate), then Ang Thong’s “Into Farm” restaurant is the place to come for lunch! As the name suggests, the restaurant is home to its very own organic farm that was borne out of the owner’s passion and devotion for melon growing. The farm provides a natural attraction for recreation, and produces juicy melons for tourists to taste, as well as other snacks processed from melons, like homemade ice cream, blended melon juice, melon bing su, all at very affordable prices. Elsewhere, you’ll find an onsite restaurant (which is where the steak is served), a café, flower garden, and lots of cute spots for some photos.





## Activity 7

### Follow the pilgrimage to Ang Thong's most revered temples Muang Temple, Wiset Chai Chan District

Muang Temple is home to Ang Thong's most famous attraction, The Great Buddha of Thailand (or if you can pronounce it, "Mahaminh Sakayamunee Visejchaicharn"). With a width of 63 meters and height of 95 meters, this 50-million-baht statue is one of the largest in the world and is the tallest in the country. Worshippers believe that whoever comes to pay homage and touches the fingertips of the large Buddha image will be blessed with prosperity in their career. The grounds are also home to more Buddha images which can be discovered inside the temple buildings - especially "Kaew Rattanabrahm-Suvannapal" vihara which has an interior decorated with mirrors, creating dimensions of picturesque and complex images, photogenic from any angle.



#### Admire an "Unseen" sight at Sang Kratai Temple

Wat Sang Kratai is an ancient temple home to an awe-inspiring "unseen" feature comprised of four bodhi trees growing around at each of the four corners of the sanctuary, with their roots supporting its structure, and the branches and leaves covering it in lieu of the roof. There are three rooms inside; the first large one holds an image of a venerable monk "Luang Pho Kaen" to which worshippers come to pay their respects as well as two smaller ones with "Luang Pho Si" and "Luang Pho Suk". This is another Ang Thong temple not to be missed.



#### Make wishes from "Luang Po Num" at "Nang Nai Thammikaram Temple"

We continue temple hopping to the final stop at Wat Nang Nai Thammikaram. This is another popular place of worship in the province, with local Buddhists coming to pay their respects to "Luang Pho Num" a now-deceased monk who was highly revered for his expertise and wisdom.



## Activity 8

### Shop, eat, and sightsee at "San Chao Rong Thong" market

As the heat cools down, the late afternoon is the perfect time to stroll through "San Chao Rong Thong" market in the Wiset Chai Chan district. The locals have worked together to conserve this 100-year-old market, which still today has retained that old world atmosphere. As you walk through, you can take photos of the traditional architecture, try some freshly cooked dishes, or buy something sweet to take home.



## Activity 9

### Pay homage to “Luang Pu Thuat” at “Phuttha Utthayan Maharat” before heading home

End the trip by visiting ‘Phuttha Utthayan Maharat’, a large Buddhist park located around 44 kilometers along the path connecting Ang Thong with Ayutthaya. The highlight here is the huge replica statue of “Luang Pu Thuat”, a Buddhist monk, which stretches 24 meters in width and 51 meters high. Painted in a deep gold color, this magnificent monument can be seen from miles away – but only when you get up close will you realize how big it actually is! Before heading back to Bangkok, there’s time to check out the park’s market and stop by the café for some rest in the shade.



## Dishes 1

### “Keson Lamchiak”

The famous dessert of the local Wiset Chai Chan district, this is made by mixing sticky rice flour with coconut milk, sifted through a sieve onto a piping hot pan into thin sheets, and wrapped around a filling of shaved coconut stirred in sugar. When eaten hot, the wrapping has a soft and sticky texture, and the coconut filling is sweet and mellow with a pandan flavor. This is another rare and traditional dessert not to miss when in Ang Thong.



## Dishes 2

### Pad Thai

Try making the country’s most famous dish yourself at Baan Thung Ang Thong, with a Pad Thai lesson!

With a little help from the local cooks – and some of their fresh produce including duck eggs, vegetables, chili, and lime, you’ll be able to impress family or friends when you get home with your new Pad Thai skills.



# Sightseeing map of Baan Thung Ang Thong Community



## Introduction to the stages

Master Joy, Baan Thung Ang Thong owner. Tel.09-5217-9191

Aunt Pranee, "Community Development Center, Water Hyacinth Basketwork Group, Baan Bang Ta Phaen". Tel.08-9900-3474

Mr. Somchai, "Pilot Farm Royal Initiative Project". Tel.08-0111-1389

Uncle Noppadon, "Tanawasi Fern Garden" owner. Tel.08-1858-4863



Tourism Authority of Thailand 1600 New Phetchaburi Road, Makkasan, Ratchathevi, Bangkok 10400, THAILAND  
Tel: 662 250 5500, TAT Contact Center: 1672