



มูลนิธิพิทักษ์รักษาสัตว์เพื่อสังคม  
Care for Dogs  
FOUNDATION

## Travel Volunteer's Resource Guide

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## **Introduction**

Whether you are just passing through town for a few days or plan on staying for a while, we want you to know how much we appreciate your service. We hope that this guide will help make your stay in Chiang Mai and time at Care for Dogs, that much more enjoyable.

## **Where to Stay Near the Shelter**

While most of our volunteers choose to stay at one of the local resorts or guest houses we do have some that prefer to stay in the city and commute to the dog shelter. Care for Dogs is approximately 16km from [Maya Shopping Mall](#) in the popular Nimmanheiman area northwest of the Old City) and [Thapae Gate](#), one of the most popular tourist areas in the city. The shelter is located in Hang Dong, a quiet community away from the busy tourist areas of Chiang Mai with little in the way of after dark activities.

Choosing where to stay is largely dependent on the duration of your visit, your budget, and what you want to see and do while **you are not** at the shelter. Many of our foreign volunteers come strictly to volunteer at the shelter and always stay at one of the nearby accommodations.

The Old City / Nimman areas are busy at all times of the day and have a very active nightlife with plenty of bars, more restaurants than you can visit in a year, as well as various farmers markets and large shopping centres. Transportation to the major tourist attractions, shopping malls, etc. is easy to find and will require little advanced planning. Getting to and from these locales from outside the city, during the high season (November thru February), can be very time consuming.

## **Local Homestay**

### [Google Maps](#)

We can help coordinate a village homestay (basic accommodation with no A/C and little English spoken) for 250 Baht per night with a family within walking distance of the shelter. At this homestay you have your own room, bathroom, fridge, and hot water kettle. WiFi is also available. As with many homestays, you would not be staying in the family's personal residence, but in a detached room separate from the house. Currently there are several roosters living in close proximity to the homestay, so you should be prepared for an early a.m. wake up call. (Note: The homestay owner charges a 250 Baht cancellation fee regardless of when the cancellation is made.) The homestay will arrange to have your laundry done for 5 Baht per piece.

## **Baan Suan Him Doi**

### [Website](#), [TripAdvisor](#), [Google Maps](#)

This family run resort is just 1.5km away from the shelter. They offer bungalow style rooms with all of the necessary amenities including WiFi, fridge/freezer, air-con, king size bed, flat screen TV and a weekly cleaning. Bikes are free for guests to use and scooters can be rented at very competitive rates. They will also pick you up and drop you off at the airport. When booking be sure to mention that you are volunteering at Care for Dogs for a discounted rate. The owner will also make a 100 THB donation to Care for Dogs for each guest that stays with them.



*Baan Suan Him Doi bungalows.*



*A bungalow from the inside.*

The restaurant is one of the few in the immediate area that is open in the evening. The restaurant is usually open from 9am to 10pm although (like many businesses in Thailand) they are closed on Mondays. The menu includes a number of traditional Thai dishes as well as several vegetarian / vegan and western options. After dinner, you can have a beer and put your vocal talents on display when the karaoke machine gets fired up.



## **Narittaya Resort & Spa**

[Website](#), [TripAdvisor](#), [Google Maps](#)

Narittaya Resort & Spa is a short walk away from the shelter and the restaurant is a favorite amongst our staff and regular volunteers. While the prices are a bit more than you will find at some of the other properties, they offer a full range of amenities including a spa where you can relax and rejuvenate after a long day of walking dogs. Yoga and cooking classes are also available.



*A bungalow at Narittaya.*



*The scene from Narittaya restaurant.*

Narittaya Resort has a special menu for CfD volunteers and is by far the most popular restaurant in the area. The entrees on the volunteer menu are generally 50–60 Baht each. The menu includes 6–8 dishes, including various curries, fried rice, basil chicken, fried vegetables and a salad. All dishes are available vegetarian/vegan (although curry pastes and chili pastes may contain some non-vegetarian ingredients) and most of the vegetables are organic and grown right on the property. The staff will often recognize CfD volunteers, but it's always a good idea to tell them that you are from Care for Dogs and they'll bring you the discount menu.



## Chiang Mai Royal Creek

[Website](#), [Google Maps](#)

Chiang Mai Royal Creek resort is just a short walk north of the dog shelter. While it is one of the more costly accommodations in the area, they offer all of the amenities that one would expect from a full-service resort. Guests can relax by the large infinity pool or get a Thai massage in their room. The restaurant offers traditional Thai cuisine as well as a variety of international dishes. They'll even arrange for a helicopter tour of Northern Thailand.



## Nugent Waterside Guesthouse

[TripAdvisor](#), [Google Maps](#)

This guesthouse sits in a very quiet, serene setting just south of Baam Suan Him Doi. Breakfast, lunch and dinner are served in the restaurant, however the restaurant closes early in the evening.



*The restaurant of Nugent.*



*The scene from one of the lakeside houses.*

## **Little Village Chiang Mai**

[Website](#), [TripAdvisor](#), [Google Maps](#)

6 km away has traditional Thai-style bungalows, a swimming pool, restaurant and bar, free WiFi and bicycles for volunteers to ride to the shelter. Standard rooms (2 people max.) have a double bed, private bathroom with hot water, mosquito screens and ceiling fans.



## **Where to Eat Near the Shelter**

As noted above, many of the local resorts have restaurants that serve breakfast, lunch and dinner. There are a number of other restaurants, noodle shops, and food stalls in the area that you may want to try as well.

### **9 Moo 9**

[TripAdvisor](#), [Facebook](#), [Google Maps](#)

9 Moo 9 offers more traditional western dishes and the menu changes often. The dishes are a little more expensive (eg. aubergine with tomato sauce might cost 165 Baht) than in other restaurants but well worth the additional cost. There are usually a couple of vegetarian dishes that can also be made vegan. The cafe also offers some home baked goods. 9 Moo 9 is open from Thursday – Sunday, 10am to 5pm.



The entrance to 9 Moo 9.



The garden.



## The Village Coffee & Eatery

[TripAdvisor](#), [Google Maps](#)

The Village offers a variety of Thai dishes as well as international items and what might be the largest selection of international beers anywhere in the area. There is plenty of indoor and outdoor seating as well as a small area for kids to play. The property is very well maintained and provides a very serene atmosphere. The Village is 1.5 km from the shelter, just north of Narritaya Resort. Care for Dogs volunteers also receive a 15% discount on food purchases. The Village is open Tuesday - Sunday, 11am - 10pm.

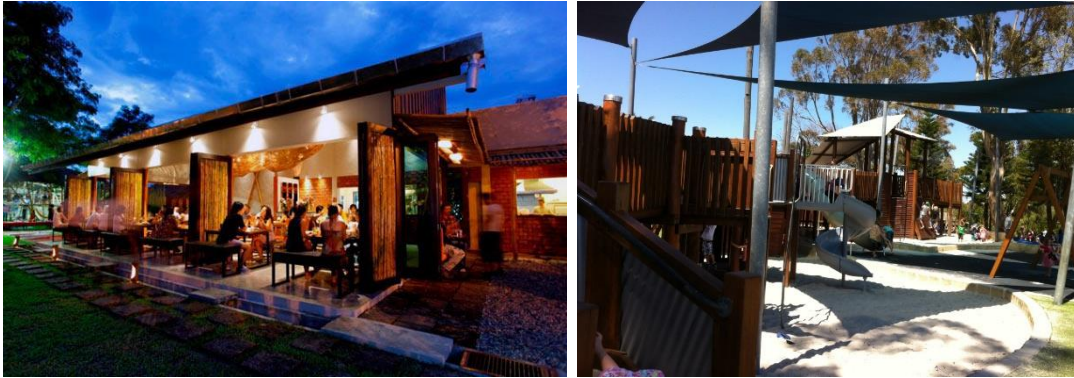


## Nic's Restaurant and Playground

[Website](#), [TripAdvisor](#), [Google Maps](#)

Nic's Restaurant is also a bit pricey but well worth the cost. Nic's has a full menu of appetizers and tapas, as well as Thai, American and European dishes. If you are in the mood for a nice cut of steak, Nic's also has a variety of imported beef from New Zealand. Nic's

has indoor and outdoor seating and a large playground for children. Nic's is open Tuesday – Sunday from 11am to 9pm and is located approximately 8km northeast of Care for Dogs.



## Noodle Shops

If you are in the mood for an inexpensive yet authentic place to have lunch there are several small noodle shops nearby. There is one just 100 metres south from the shelter next to the small shop on the corner. There is another small shop about 400 metres north from the shelter, just before you get to the Royal Creek Resort. There are many more food stalls along the side streets that connect Canal Road with Hang Dong Road. You may not always recognise these shops as restaurants because they don't have any signs or distinguishable features, but taking a little risk is all part of the experience.

## Grocery shopping

7-Eleven & Tesco Lotus convenience stores sell frozen meals (including vegan options), noodles, assorted snacks, beverages, and personal hygiene products. There are many 7-11's along Canal Rd. and another one on each side of Canal Rd. on Hwy. 1269.

On Canal Road there is a small open-air market that sells fresh fruits and vegetables. You will find it almost directly opposite the turn for Baan Suan Him Doi, Nugent and 9 Moo 9.



For **grocery stores** with a larger selection, you'll need to go to the Big C ([south on Hang Dong Road](#)). There is also a Big C and a large Tesco Lotus north on Hang Dong Road on the way to Chiang Mai (see the [Map of Chiang Mai and the Shelter Area](#) below).



## Getting Around Town

While most of our travel volunteers stay in one of the local accommodations near the shelter, we do have those that want to visit the more popular tourist areas of Chiang Mai or may prefer to stay in the Old City and commute to the shelter. A number of the local guest houses / resorts have bicycles available to rent. Guests of Baam Suan Him Doi can also rent a scooter for a reasonable fee.



If you decide to stay in the Old City and commute to the shelter it can be a bit costly as well as time consuming to get back and forth each day, especially during the peak tourist season.

If you volunteer at the shelter for an extended period of time you'll quickly discover that Hang Dong is a rather quiet community with little nightlife. If you want to experience the nightlife in Chiang Mai, you can always spend a couple of nights in the Old City. Room prices at hostels can start as low as 250 Baht so it's not that expensive even if you are renting a room in Hang Dong at the same time. Thapae Gate on the east side of the Old City is undoubtedly one of the most well-known and popular areas for tourists.

## **Songthaew (Red Car)**

The most common form of public transportation in Chiang Mai is a modified pick-up truck called a songthaew (literally "two rows"). Care for Dogs has made arrangements with a local Songthaew operator to provide rides at a discounted rate of 250 Baht. His drivers are familiar with the location of Care for Dogs as well as many of the local accommodations. The following drivers will charge 250 Baht (each way) and are familiar with the location of the shelter as well as many of the nearby accommodations:



- Khun Neng (081 909 3578, 081 112 9905) – speaks good English
- Khun Sompan 089 69 32 755
- Khun Sompong 081 88 50 960
- Jeffrey (Red Ride Thailand) 089 95 46 001 (English speaking)

## **Taxis and Tuk Tuks**

Traditional taxis will usually only be found near the airport. Tuk-tuks are also available however seating is generally limited to 2-3 passengers and may be quite expensive.

As Care for Dogs is outside of the normal tourist areas, be prepared to negotiate the price with taxis and tuk-tuks as they don't have meters and will try to overcharge you. Based on

feedback from a number of volunteers, most taxis and tuk-tuks will eventually take you for 300–400 Baht each way. Many drivers will not be familiar with Care for Dogs by name so be prepared in advance to help navigate. It would be wise to have the Care for Dogs phone number readily available should the driver need to call for directions.

## **Scooter or Bicycle**

There are plenty of shops where you can rent a scooter or bicycle in Chiang Mai city. Scooter rentals can range from as low as 200 Baht per day during the low season to 400 Baht per day in the high season. Scooters are by far the most cost efficient and convenient means of getting around town, however driving in Thailand is not something to be taken lightly. If you decide to rent a scooter you will be asked to turn over your passport, if this makes you uncomfortable most rental shops will take a copy of your passport and a few thousand Baht on deposit. As a precaution be sure to take photos of any scratches or damage on your rental bike / scooter prior to leaving the rental store and ALWAYS wear your helmet.



Baam Suan Him Doi, Nugent Waterside, Little Village and Narittaya Resort have bicycles for their guests for free or for a small fee.

## **Activities**

### **Adoption Fair at Central Airport Plaza**

If you have a few hours to spare on a Saturday, Care for Dogs hosts an adoption fair twice a month at Central Airport Plaza. Volunteering at the adoption fair will give you an opportunity to help educate the general public on the benefits of adopting from a dog shelter as well as an opportunity to help raise donations. If you are interested in assisting at the adoption fair please contact the Care for Dogs office.



There are restaurants, cafes, a cinema, western clothes chain stores, Robinson department store, a Tops super market and Northern Village which sells beautiful Northern Thai lanna-style products.

## **Swimming Pools, Spas and Fitness**

You may use the swimming pool in **Narittaya Resort** when you have a lunch or dinner there. The **Royal Creek Resort** just 1 km. north of the shelter has an infinity pool as well.

If you are a fitness buff, the **Sansaran Sports Club** on Canal Road has just about everything you'll need. You can do laps in the salt water pool, take a spin or yoga class, decompress in the sauna, or do a full body workout with exercise machines and free weights.

[www.sansaransportclub.com](http://www.sansaransportclub.com)

**The Grand Canyon** is a former open pit mine that was converted to a swimming hole. It has become quite the popular spot for young travelers to spend a day floating in the water. For the really adventurous types, you can test your nerves by jumping into the water from one of the surrounding cliffs. Visitors can take a break and get a meal at the Tuang Thong Canyon View Restaurant located on the rim of the canyon. The Grand Canyon is located approximately 1km south of Baam Suan Him Doi.



## Nightlife

There are several small, indelible bars along Canal Rd., that open after sunset however it is unlikely that there will be other foreigners around. Dinner is served at Baam Suan Him Doi, 9 Moo 9, Royal Creek, The Village, and Narittaya Resort. If you are looking for an active nightlife your best bet is to make your way to the Old City or Nimman areas. If you intend to use a songthaew or tuk-tuk to return to Hang Dong at night, we recommend making advanced arrangements with a driver, otherwise you can expect to pay a premium for transportation.

## Shopping

**Kad Farang** is the closest retail shopping center in the Hang Dong area. There are a number of outlet shops including various men's and women's apparel, accessories, and specialty stores. There is at least one pharmacy, a [Rimping Shopping Market](#), Starbucks, and a variety of restaurants, including a food park of assorted Thai food stalls. ([View on Google Maps](#))

The **Sunday Night Walking Street** in the Old City is a street-market shopper's dream. If you want to buy souvenirs, gifts or novelty items for friends and family back home, the Sunday Night Walking Street offers just about anything that you might want. Many of the local artisans will have their artwork on display and there's always a musician playing within earshot. If your feet get tired from all of the shopping, you can stop and get a foot massage from one of the many vendors setup along the road. There is wide variety of food stalls setup outside of Thapae Gate and many more food vendors set up throughout the walking street area. During high-season, the streets will be packed with tourists shoulder-to-shoulder so we suggest arriving in the late afternoon / early evening to beat the crowds. As the shelter is closed on Sundays, it's a perfect day to see the Old City / Sunday Night Walking Street and everything it has to offer.

The **Mae Hia Market** is just 15 minutes north of Care for Dogs. With a large number of shops and local vendors, this is a good spot to stock up on fresh fruits and vegetables,

personal care items, etc. There's also a Rimping Shopping Market, beauty salons, a pharmacy, print / copy shop, Thai Boxing Gym and massage parlor. If you are in search of western food, there is a restaurant called the Pancake House that serves very good food (breakfast, lunch and dinner) with excellent service. ([View on Google Maps](#))

## **Wats**

There are over 300 wats (Buddhist temples) in the greater Chiang Mai area, including several within short distance of the shelter. You can easily spend a day walking around the Old City visiting a number of the various temples.

The most famous Wat in Chiang Mai is Wat Phra That Doi Suthep, located on the mountain (Doi) to the west of the city. If you choose to take a scooter up the mountain please be extra cautious as the roads are steep and curvy. The view of the Chiang Mai valley from Wat Phra That Doi Suthep is incredible when the weather is good. If you decide to visit Doi Suthep, we recommend extending your tour a bit further up the mountain to Bhubing Palace.

One of the more notable temples within city limits (and a favorite of photographers) is Wat Chedi Luang. This historic wat is located in the center of the Old City, a couple of streets south of the Three King's Monument.

When visiting temples, please dress modestly (shoulders to knees covered).

## **Other Activities**

If you have the time, an overnight trip to the [Elephant Nature Park](#) is an unforgettable experience. Day trips are also available.

If you would like a break from the heat and take in some wonderful views, [Doi Inthanon](#), the highest mountain peak in Thailand is just a couple hours drive south. If you visit during the cool season, you will get to enjoy the Siamese sakura (cherry blossom) flowers blooming. There's also a number of waterfalls on the way to the summit. The twin pagodas near the summit enshrine Lord Buddha's relics and beautiful Buddha images. (Admission is 300 baht for adults, 150 baht for children)



If you are interested in learning how to make traditional Thai dishes, there are a number of inexpensive Thai cooking classes available in the Old City.

If you contact Khun Neng (081 909 3578, 081 112 9905) he can help you plan a partial or full day tour of the area and he will pick you up and drop you off at your residence.

## **Thai Holidays**

Thailand observes many National holidays, however the most notable are Songkran (in mid-April), and Loi Khratong or the Lantern Festival (typically in November). During these holidays tourists flock, by the tens of thousands, to Northern Thailand to participate in the festivities. If you are planning ahead, it is well worth including these holidays in your itinerary (please note that the shelter is closed most of the week of Songkran). For those volunteers from the west, Songkran and Loi Khratong are incredibly unique holidays and unlike anything you are likely to experience in your country of origin.

## *Songkran*

We will emphasize that the purpose of Songkran is to offer a blessing by wetting others. Be mindful of this as you venture out to participate in the festivities. If you are in Thailand during the Songkran festivities we recommend keeping your wallet, phone and any valuables in a closed plastic bag or similar container while out in public. If you are staying in the Nimman area or the Old City, take some time to prepare yourself mentally to get wet every time that you go out into public, day or night for several days. The intersection where Maya Shopping Center is located and all of the streets around the moat are packed with locals and tourists participating in the festivities.



The farther away from the city and dense tourist areas you are, the more likely you are to experience the true spirit of Songkran. Local residents will often wave you down as you approach on a scooter or bicycle and lightly bless you with a cup of water. If you venture into the city at night, we recommend hiring a driver. While it's easy to get overwhelmed by the excitement of the holiday, if you participate in the festivities please do not spray people in the face, especially those passing by on a bicycle or scooter. Be mindful of the intent of this holiday.

## *Loi Khratong & Yi Peng (Lantern Festival)*



The Loi (*to float*) Khratong (*basket*) / Yi Peng (*festival of lights*) is another truly unique holiday experience in Thailand. If you are planning on volunteering at the shelter late in the year it will definitely be worth planning your trip around this holiday. The Loi Khratong holiday also marks the beginning of the peak of the tourist season in Northern Thailand. For safety reasons, flights into or

out of Chiang Mai International Airport are typically restricted after 9:00pm in the days leading up to the holiday.

The most popular area in Chiang Mai to celebrate this holiday is east of the Old City along the Ping River. From there you can purchase khratongs to launch into the river as well as lanterns from one of the many street vendors.

You can also watch a parade at the east gate of the Old City. The parade features authentic Thai dancing, brilliantly colored floats, and traditional Thai music.



## **Etiquette in Thailand**

Thais are tolerant of individualism, but find comfort and security in being part of a group. Mai Pen Rai (never mind) is the Thai expression which characterizes the general focus of

life - "it is to enjoy." They are smiling, pleasant, humble and patient people who laugh easily, speak softly, are slow to anger, and never try to cause anyone to lose face. Thais are very proud of their cultural heritage and enjoy talking about it with visitors.

- When being introduced or greeting someone, men say Sawatdee-krap and women say Sawatdee-kah.
- Thai given names are preceded by Khun (Mr. Mrs. or Miss). Khun is used for men and women, married or single. If you don't know a person's name, address them as Khun. Example: Anuwat (Given) + Wattapongsiri (Family) is Khun Anuwat.
- Never touch or pass anything over anyone's head. The head is considered sacred in Thailand and must be respected.
- Never point your feet at anyone or use your feet to move anything or touch anyone. Feet are regarded as unclean and symbolically (as well as physically) the lowest part of the body.
- Modest clothing is recommended. While we recognize that it is likely much hotter here than your country of origin, we must remind volunteers that they are a representation of Care for Dogs to the local community and what may be acceptable in your home country (short-shorts, skimpy tops) is not appropriate in public.
- Show respect for the royal family, they are highly respected by most Thais. Stand in respect when the Thai national anthem is played (eg. prior to a movie starting at the cinema).
- When going through a doorway step over the threshold, not on it. Thais believe a spirit resides in the threshold.
- Take off your shoes before entering a home, wat or building which has a Buddha image within.
- Do not speak in a loud voice or show your temper. Never criticize anyone publicly, this includes Facebook.
- Ladies may not enter a bot, the restricted area of a wat (temple). Never touch a monk, hand him anything or sit next to or higher than him. When visiting a mosque, cover your body.

## Currency Exchange

If you arrive by international air in Chiang Mai, you'll need to get Thai Baht from your country of origin or immediately upon arrival in Chiang Mai as foreign currencies are not accepted in general business exchanges what so ever. Foreign currencies can be exchanged at the airport, however you can get better exchange rates in town. You'll also get a better exchange rate for higher denominated bills. Additionally, please note that the currency exchange shops will only accept bills that are in very good condition. You can always get cash with a debit card at an ATM but expect to pay a 200 Baht transaction fee. For your security, we recommend making cash withdrawals from an ATM that is immediately outside of a bank (preferably during normal business hours) and always be sure to cover the keypad when entering your PIN.

## Weather

The weather in Northern Thailand is characterized by 3 seasons:

- The *hot season* season begins in March and lasts until June with April and May being the hottest. It is also worth noting that the burning season in Northern Thailand begins in early March and lasts until mid-April when the first rains arrive.

Individuals with respiratory sensitivities should avoid Northern Thailand during the burning season.

- The *rainy (Monsoon) season* begins in May and extends through September. It is characterized by short periods of heavy rainfall with the greatest amount of rain occurring in August and September. Light, fast-drying clothing is the most suitable for this time of the year.
- The *cold season* is November through February with January and February being the coolest. The days will still be warm however a light jacket or sweater may be necessary if you are out after sundown. Little to no rain falls during this period of the year.

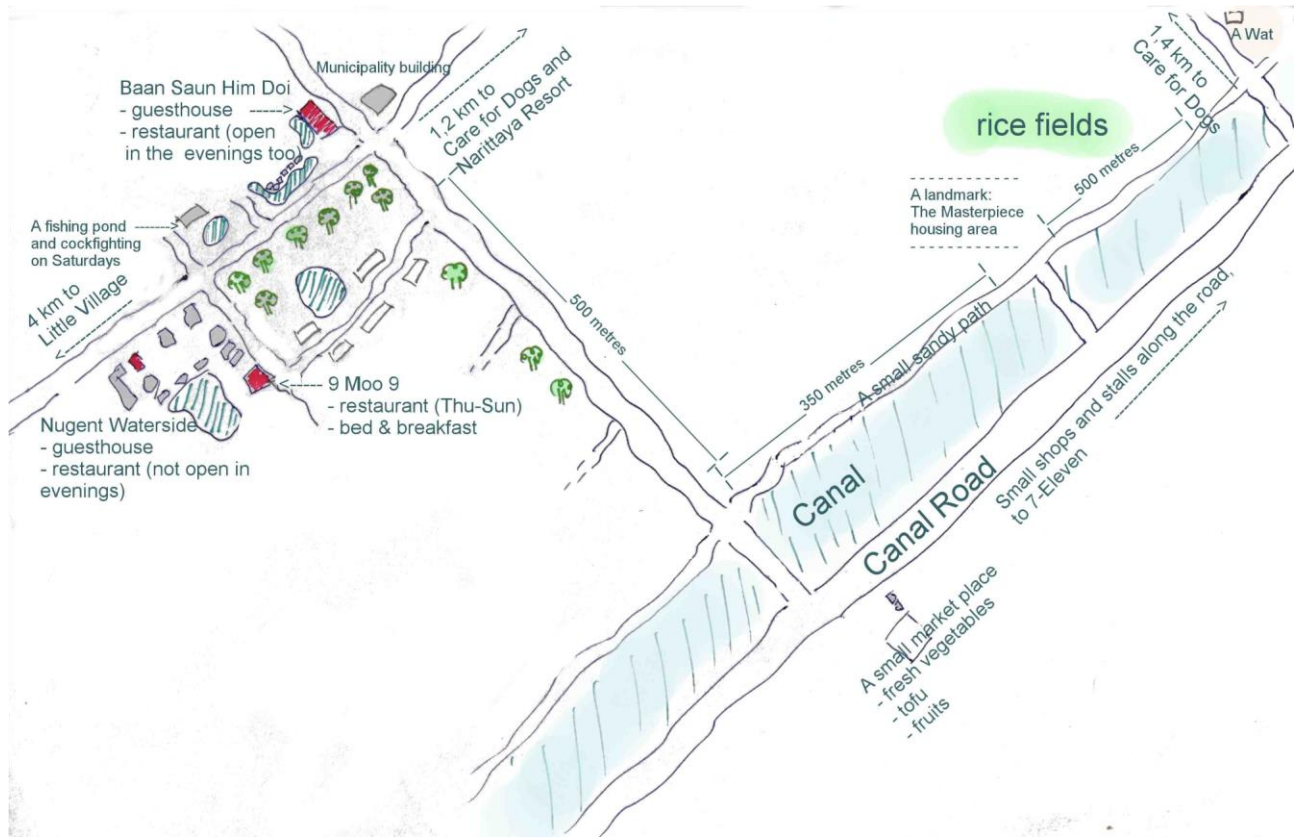
For more specific details about average temperatures and rainfall throughout the year, please [click here](#).

### **Other Tips and Suggestions**

- Need a recommendation for a dentist while you are here, not sure how to extend your visa, or need your laptop repaired in a hurry? There is an excellent group of long-term expats on Facebook that are very helpful for short and long-term visitors. Before posing any questions, be sure to use the Group search function as the moderators make a concerted effort to reduce redundancy of the most frequently asked questions and topics. <https://www.facebook.com/groups/farangcommunitychiangmai/>
- Never drink tap water unless it has been boiled.
- Avoid eating salads that haven't been washed in purified water and always peel fruit before eating.
- Many Thai dishes are hot and spicy with herbs, lemon grass, and coriander. Food is always sweet, sour, hot, salty or spicy never bland. Each region has its own specialties. Ped is Thai for "spicy". Nit noi is Thai for "a little bit".
- Choose from food carts carefully.

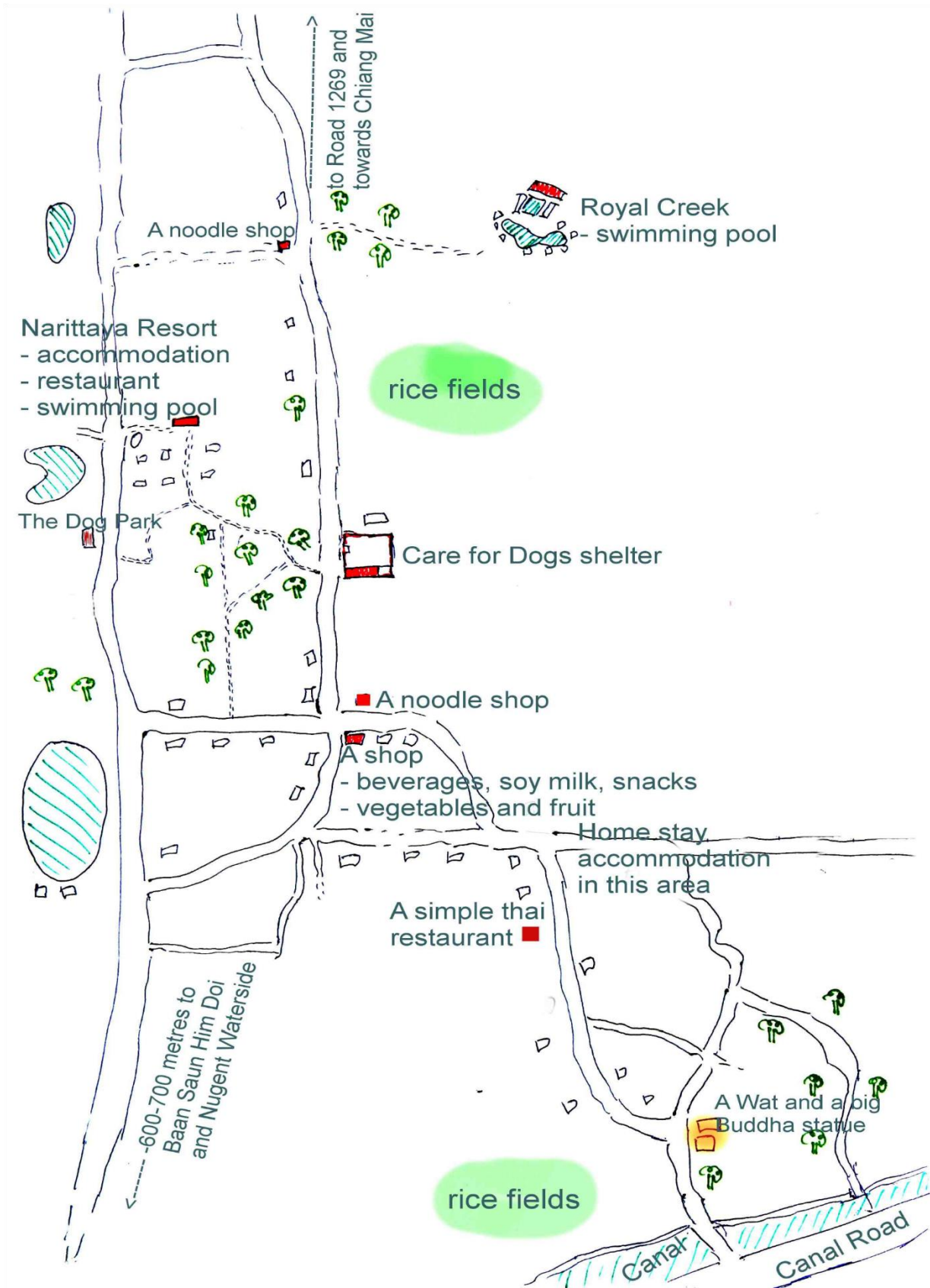
## Maps of the Area

### Baan Suan Him Doi, Nugent and 9 Moo 9

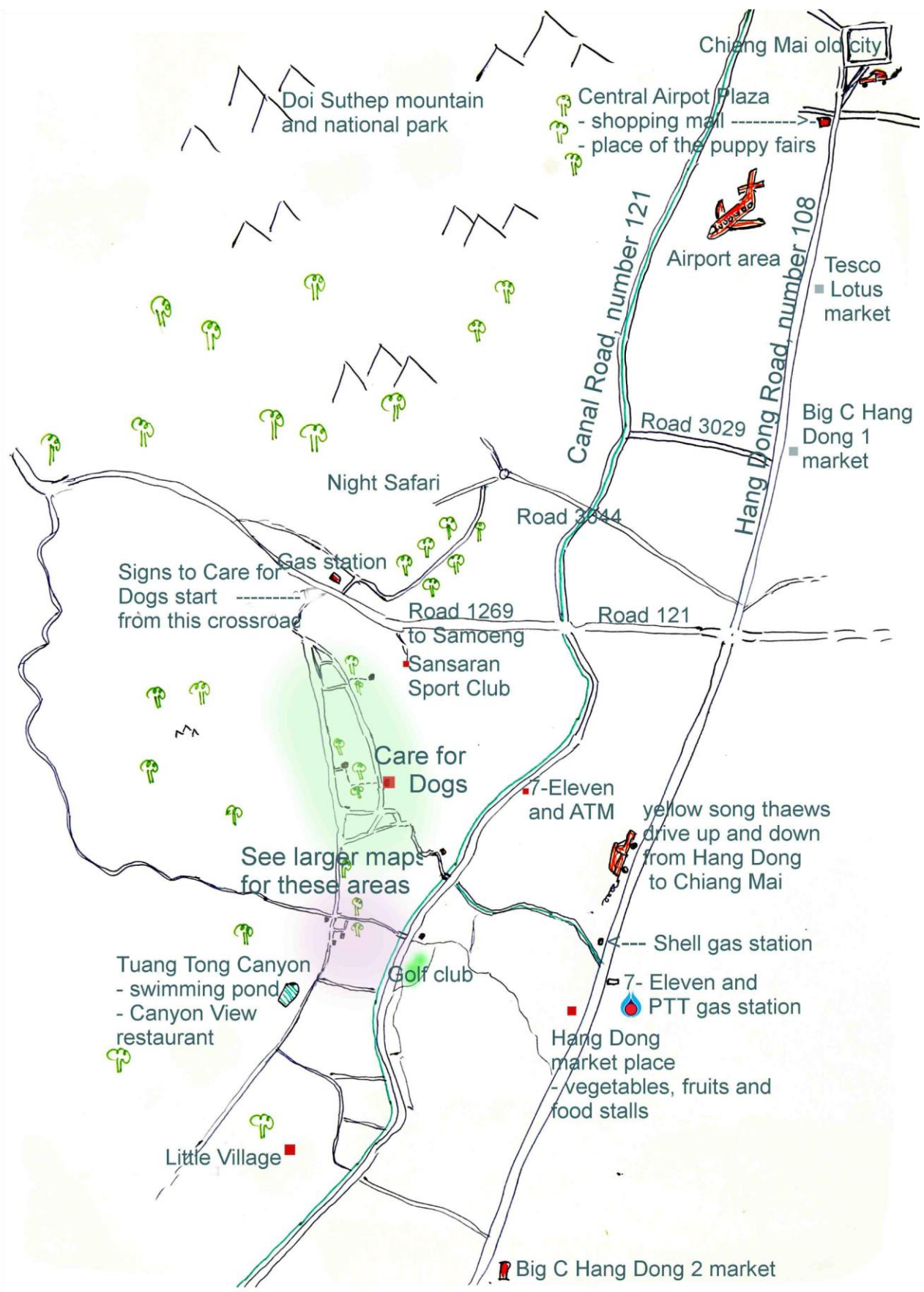




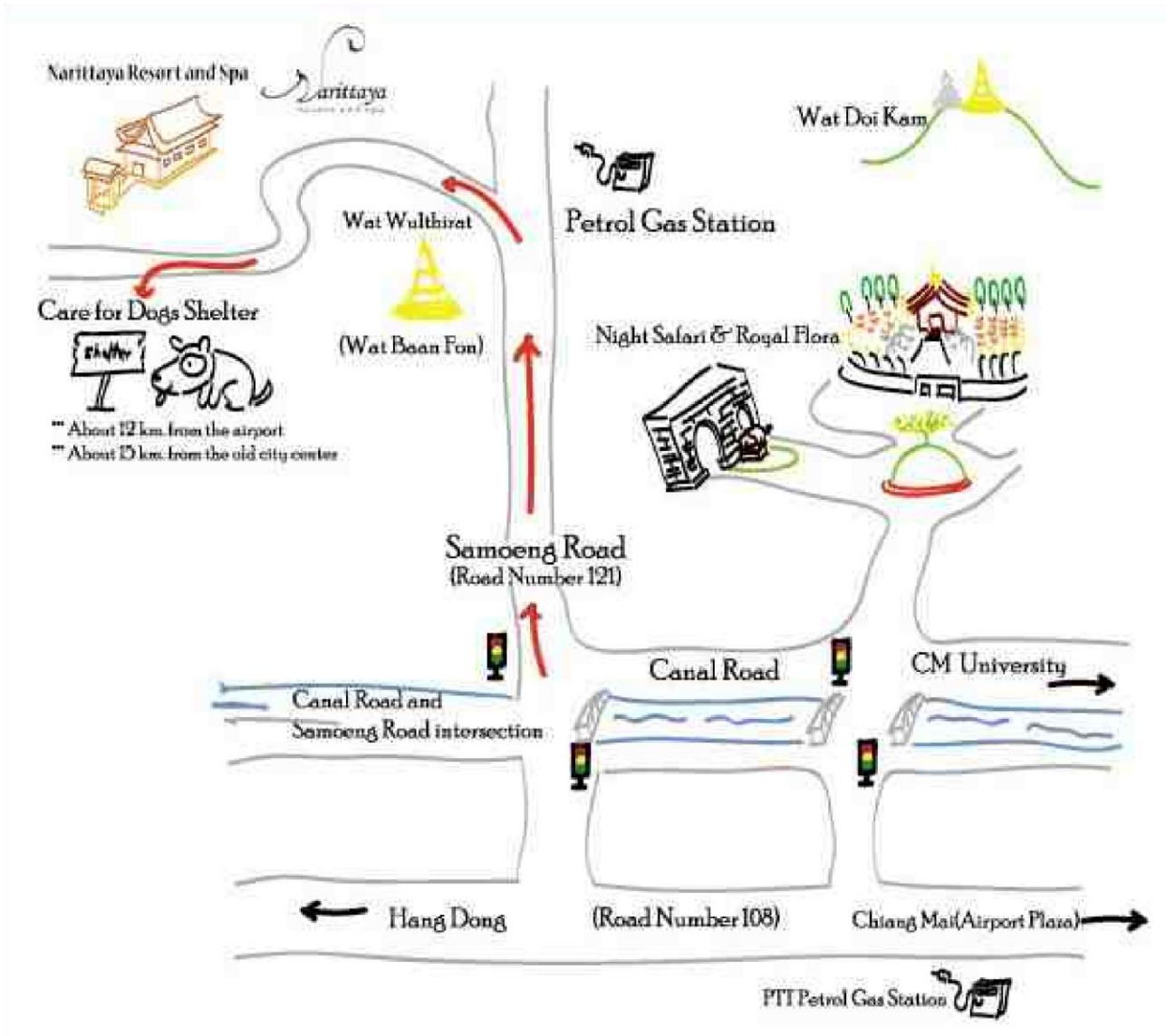
# Shelter Area



# Chiang Mai and the Shelter Area



## Chiang Mai to the Shelter



We want it to be easy for our travelling volunteers to find places they can shop, eat, sleep, exercise and have fun when they are staying near the shelter. Please send your tips, feedback, corrections and questions to [contact@carefordogs.org](mailto:contact@carefordogs.org).

### Care for Dogs Foundation

[12 Moo 11, Wiang Dong, Nam Phrae, Hang Dong,  
Chiang Mai 50230 / Thailand](#)

Phone: 084 752 5255 (English) / 089 559 8313 (Thai)

Email: [contact@carefordogs.org](mailto:contact@carefordogs.org)

[www.carefordogs.org](http://www.carefordogs.org) - [www.facebook.com/street.dog.rescue](https://www.facebook.com/street.dog.rescue)