

Site 1 Field Trip Agenda, PMAC 2023
“Nan Sandbox Project-forest rehabilitation with medicinal plants”
Nan Province
January 25-26th, 2023

Time	Description
January 25th, 2023	
05:30 am.	Check-in at the Meeting Point, Centara Grand Hotel
06:00 am.	Commute from the Centara Grand Hotel to Don Mueang Airport
07:55 am. – 09:10 am.	Depart from Don Mueang Airport to Nan Nakhon Airport
09:30 am. – 10:45 am.	Brunch at Erabica Coffee - Nan’s signature coffee place
10:45am. – 12:00 pm.	Visit Phumin Temple – The most famous and ancient royal temple of Nan
12:30 pm. – 02:00 pm.	Lunch at Nan Nimit Restaurant - Lanna-styled pedestal tray (Khantoke)
02:00 pm. – 02:30 pm.	Travel to Ban Nam Kian sub-district
02:30 pm. – 03:30 pm.	Visit “ A bio-lifestyle community enterprise of Ban Nam Kian ” -wisdom of community to reduce chemical use and raised household income from local herbs
04:00 pm. – 04:45 pm.	Check in at Nan Trung Jai hotel - Getting ready for dinner with “smart casual attire”
04:45 pm. – 05:00 pm.	Commute to the dinner venue Ban Chao Sua
05:30 pm. – 06:45 pm.	Special session of “Nan Sandbox” by Mr. Banthoon Lamsam, Chairman emeritus of Kasikorn Bank PCL.
06:45 pm. – 08:45 pm.	Dinner at “Ban Chao Sua”
January 26th, 2023	
06:30 am. – 07:00 am.	Merit making by offering food to the Buddhist monks in front of the hotel (optional)
07:00 am. – 08:00 am.	Breakfast at the hotel.
08:00 am. – 09:00 am.	Travel to Pua district to experience the “Bald mountain” scenery
09:00 am. – 10:00 am.	Immerse yourself in nature at 29 Base for morning tea, coffee and snacks.
10:00 am. – 11:00 am.	Witness the “ Bald mountain ” scenery
11:00 am. – 12:00 pm.	Commute back to Nan-city center
12:00 pm. – 01:30 pm.	Lunch at “ Ban Prae Restaurant ”
01:30 pm. – 02:00 pm.	Commute to Rajamangala University of Technology Lanna (RMUTL), Nan Campus.
02:00 pm. – 04:00 pm.	Visit Pharma-Agroforestry District (PAD) at RMUTL
04:00 pm. – 04:30 pm.	Refreshments at Pharma-Agroforestry District
04:30 pm. - 04:45 pm.	Commute to Nan Nakhon Airport for travelling back to Bangkok.
06:15 pm. - 07:25 pm.	Depart from Nan Nakhon Airport to Don Mueang Airport
07:30 pm. - 08:30 pm.	Commute from Don Mueang Airport to Centara Grand Hotel
08:30 pm.	Arrive at Centara Grand Hotel
Liaison	Sukjai Charoensuk, Ph.D., RN: email address: sukjai@bnc.ac.th Yupawan Thongtanunam, Ph.D., RN: email address: yupawan@bnc.ac.th

Note: PMAC Field Trip Coordinator will arrange transportation for you to Nan Airport, so we will contact attendee individually in advance.