



Cultural & Thai Boxing Camp

Where Samut Prakan & Pattaya Provinces

Date : September 10, 2011

08.30 Leave the university (meeting at the Main Auditorium Building)

09.30 -14.00 Taking a bike visit the Ancient City and lunch on your own @ floating market

14.00 Meet at a bus parking & leave for Fairtex Sport Club & Hotel

15.30 Check in at Fairtex Sport Club & Hotel

16.00 -17.30 Games/Futsal (Optional: Rock climbing wall)

18.00-19.00 Thai Boxing Class

19.30 Dinner

- Fish cake
- Hot & sour seafood creamy soup
- Red pork with baby Chinese kale
- Tuna salad
- Stir fried ham with cabbage, carrot and asparagus
- Sago and cantaloupe in coconut milk



www.ancientcity.com/



Date : September 11, 2011

06.30-09.30 Breakfast

09.30 - 12.00 Enjoy sport activities (Fitness, Swimming, Tennis, Badminton, Squash etc.)

11.45 Check out

12.00-13.30 Lunch

- Deep fried chicken wing
- Seafood soup with seaweed
- Stir fried seafood with green curry sauce
- Thai omelette
- Fresh fruits in season

13.30 Heading back to Bangkok

16.00 Arrive Thammasat University



NOTE:

Please bring your own sport equipment (tennis racket, swimming suit, sport shoes) and sunblock, hat, sunglasses etc.