



Medical Student Placement Pack



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INTRODUCING THE CLINIC

Mae Tao Clinic (MTC) was established in 1989 by Dr. Cynthia Maung and five other Burmese refugees who left Burma to flee the violence during the 1988 Student Protest.

Since then, MTC has grown from a small house serving fleeing Burmese pro-democracy students, to a busy clinic providing free health care in multiple areas for an increasing number of Burmese migrant workers and people crossing the border from Burma.

The clinic also acts as a health training hub, for both staff at MTC, and also the medics working in health clinics in Eastern Burma.

Mae Tao Clinic runs various other programmes – CDC school for over 800 students, supporting Boarding Houses on both sides of the border which house over 2,500 students, school health, community outreach and children protection programmes.

To read more about the clinic, our work and partners please take a look at the our website - <https://maetaoclinic.org/>

Mae Tao Clinic is funded by a large number of donors, from foreign government aid, foundations and charities and businesses to individual donations, from all over the world.

MEDICAL STUDENT PLACEMENT

PLACEMENTS

- First and second year medical students are normally not accepted. Pre-final and final year students are considered after providing the required documents.
- Currently, a maximum of 5-6 students are invited to work at the clinic at any given time
- The minimum time frame for students undertaking placements at the clinic should be 4 weeks
- Places are confirmed on a first come first served basis, so applications should be made well in advance
- On reviewing your application, we will try to fit you into a time frame that best suits both yourself and the clinic
- We ask a fee of 8,000 Thai Baht per student to do an elective in Mae Tao Clinic, (approx. £220, €240, \$260) The collected fees will be strictly used for the clinic purposes. We prefer payment in cash Baht to the finance department upon arrival.

APPLYING

- You should firstly notify us of your desire to do your elective placement at MTC. Please include the dates you would like to come to MTC, and if possible, alternative periods you could come
- We can accept pre-final and final year medical students after providing the required documents. First and second year medical student are not considered.
- If we have spaces available, we will ask you to send us your:
 - Most recent CV
 - A copy of your passport
 - A reference from your Medical Supervisor
 - A second reference
 - An official transcript of your academic record to date
- We will then review your application and the dates, and if successful we will send you a confirmation letter
- One month prior to arrival we will write to confirm you are still attending and send you the latest medical protocols used in the clinic

ROTATION

- Students undertaking placements at the clinic will rotate through the various departments in 1-week blocks. Should certain students have particular areas of special interest, it is usually acceptable for a longer period of time to be spent in that department provided that consultation with the Department In-Charge and administrative staff has taken place
- The OPD can get comparably quiet in the afternoon, so you can sometimes move to an IPD department in the afternoon, with that Department's In-Charge's agreement
- The IPD is usually quite busy and there are many medics working there at any one time (more than 6 per shift, plus trainees). It can be overwhelming at the beginning to understand how things work and are organized. To make it a bit easier for you here are some tips:
 - There is one clinical supervisor who oversees the IPD
 - There will also be one senior medic in charge during every shift
 - The other medics will have patients allocated to them whom they will be responsible for in the duration of the shift
 - The medic least busy at any one time helps to admit any new patients
 - Medics in the IPD often take on multiple roles i.e. a doctor, nurse and cleaner
- In IPD you will normally work 8am to 3pm and in OPD you will work 9 am to 4pm from Monday to Friday.
- Some students ask to do some night shifts. In general, we don't allow students to do nightshifts.

YOUR ROLE IN THE CLINIC

- It is very important to understand that as a medical student at the clinic you work on a learning and observational basis, under the supervision of the senior staff members
- The medics work in conjunction with the medical students to take the patient history, perform physical examination, formulate diagnoses based on findings, and make treatment plans
- Medical notes are documented in English so medical students may be asked to document history and physical exam findings in the patients' charts on ward rounds or in OPD
- The senior medic will often decide the most appropriate medic who can provide translation. Often you will shadow the assigned medic round their patients and assist them with their other duties
- Understand that everyone carries nursing and cleaning responsibilities and, if possible, help the medics not only with the discussion of cases, but also by helping with checking IV fluids, preparing drugs for the rounds and general cleaning duties
- Much like when working with consultants in your home country, respect the medics despite their lack of formal medical training
- Do not feel compelled to make a diagnosis or decide on a treatment plan when asked by the medics. You are here to learn, not to take over patient care. Also bear in mind that there are many interns, community health workers and health assistants that require training. Please do not take over their learning opportunities. It is important to remember that in a few weeks you will be gone from the clinic but the junior staff members will remain and have a short time to become proficient in many areas
- There is a big variation in English proficiency amongst the medics. Also keep in mind that sometimes the medics do not speak the patient's language fluently either, due to the various ethnicities that make up our staff and patients
- The medicine you will experience at the Clinic might be quite contrasted to that which you have been used to back at home. Additionally, when it comes to treatment modalities, we rely on our experience and intuition as there are a limited number of investigations that we can perform.
- Medics can ask you to help them with preparing lessons for CME (continuous medical education) Feel free to do so, either with helping preparing study material, a PowerPoint presentation or actual teaching.
- In general, staffs use the Burmese Border Guidelines for guidance, which we will send you one month prior to your arrival and is available in any of the departments
- You also need to remember that MTC has limited resources, and so has to make financial decisions alongside clinical ones

- The health managers and resident clinical consultants will provide guidance when you are here.

RULE & REGULATIONS

- Medical students are expected to attend the clinic 5 days per week, Monday to Friday.
- If you intend to take days off, please arrange via volunteer support (Khun Way). In general, try to minimize taking days of, especially if you are here for four weeks.
- We appreciate your feedback about your placement at Mae Tao clinic a lot. We ask you to fill out the feedback form before you finish your placement. We hope to learn about the received feedbacks and make adjustments in the program if necessary.
- The computers in the IPD's are there to be used by department staff (checking lab, x-ray, reading up, etc..) we ask medical students not to use them. Remember if staff needs the computer, but you are using it, hardly they will ask you to leave the computer to them since this is culturally inappropriate.
- If medical students would like to use wifi / internet of MTC by phone, they need to ask Volunteer Support for registration and provide day of arrival and return date.

HOW WILL THIS EXPERIENCE CHANGE YOU?

Apart from your own reasons, experience has taught us that most medical students benefit from their experience at Mae Tao Clinic in the following ways:

- You will be exposed to a completely different approach to medicine and see how one can work with limited resources and hardly any modern technologies but still be able to make a difference for the better
- You will see pathologies different to those that you have become used to. In addition, medical students who come to the Clinic can see first-hand the devastating effects that civil war and poverty can have on otherwise peaceful and content communities
- You can also see tropical diseases such as typhoid, scabies, intestinal parasites, liver and lung flukes, dengue, chikungunya and occasional malaria.
- Students often form close bonds with the medics and work side by side in discussing the patient cases. You will also be able to share your skills with the medics in how to take a concise history and perform a thorough physical examination
- You will be able to experience a culture so rich and different from your own that we hope the experience will enrich your life in return and help you to develop a higher sense of cultural appropriateness in your developing career
- You will have the opportunity to hear the life stories and struggles faced by the displaced people of Burma and gain a sense of understanding of the hardships and

efforts they are making towards establishing a new life away from violence and oppression.

ONE MEDICAL STUDENT'S IMPRESSION

"Since arriving 6 weeks ago I have repeatedly attempted to get my thoughts and impressions onto paper. How do you describe the sights, the sounds and above all the people of the Mae Tao clinic?"

You could start by talking about the medics, committed, intelligent, skilled and friendly - they practice medicine under unbelievable conditions. While at first they seem to be chaotic and rather slapdash a few weeks spent watching them in action builds a deep respect for the compassionate easy-going but still knowledgeable approach to medicine. Just because you've been force fed textbooks for four years doesn't mean that you know more than the medics when it comes to treating a patient with malaria.

The more senior medics function as a sort of combination mentor for trainees, consultant, matron and finally cultural interpreter for 'farang'. Their knowledge in their own field rivals that of any doctor and their in-depth understanding of their patients makes them far more useful.

It would be a waste if you leave the clinic having only learnt medicine from the medics. From long chats over coffee or in a quiet afternoon you can gain an insight into a life so different from your own. The friendly, welcoming nature of the Burmese/Karen shines through despite everything going on. Many of the medics speak amazing English and even those who don't are still keen to chat to in any means they can. Despite being purely an observer, unable to communicate, not understanding enough to offer advice and living a life of unbelievable luxury compared to the medics I never found the attitude to be anything less than welcoming and grateful.

If you are a student or doctor reading this to gain advice on how to spend your time in the clinic then I'm afraid that I have little to offer. While I've learnt an enormous amount in my time here, it has all been from spending time with the medics. Despite the massive amount of tropical medicine that you will be exposed to, the most important thing to come away with is insight – into the medics lives, into the problems facing refugees everywhere, into the horrific conditions in Burma and finally into yourself."

HOW THE CLINIC WORKS

STAFF

A **Programme In charge** and a **Clinical Supervisor** are in charge of each department. These senior medics have usually had years of clinical experience. In addition to seeing

patients, they also have the responsibility of managing the wellbeing of their staff as well as coordinating relevant training programs. In fact, visiting doctors and nurses trained in foreign countries are often impressed by the level of expertise that these health workers have, despite them never having attained formal university degrees. Indeed, the challenge of maintaining a high standard of patient care despite the high turnover of junior staff is a demanding one. However, with years of experience behind them, these senior medics work very effectively in these difficult conditions.

The new structure of MTC means that departments are supported by health managers, clinical consultants and deputy directors.

There is a lot of emphasis placed on training and teaching at MTC. After passing the initial entry exam, interns will begin the community health worker training which consists of 6 months theory and 6 months practical experience. This is done in Karen State in Burma. Following this the interns will spend 6 months to 1 year at MTC rotating through the various departments as a **Community Health Worker**. On completion of this they will have the option to complete a further two years of training in order to become a **Medic**, and then go onto more specialised training.

The clinic also runs an **internship programme** which trains individuals for other organisations such as the Backpack Health Worker Team, (BPHWT), the Karen Department of Health and Welfare (KDHW), Burma Medical Association (BMA)s and other community-based organisations. The internship programme consists of six months practical study.

Many community health workers will return to Burma to work in various communities at different clinics along the border, therefore the turnover of junior staff members in the various departments is very high.

There are some international staff, as well as volunteers, depending on the time of the year and their availability.

The medics and support staff working here receive a small stipend and currently there are over 150 staff working in the clinical and health departments.

For more detailed explanation of the services offered and the departments' activities, please see our website - <http://maetaoclinic.org>

THE PATIENTS

The patient population is made up of migrant workers from Burma living in the Mae Sot town and people travelling from within Burma itself. They are mostly Burman and Karen, but other ethnicities such as the Mon and Palaung are not uncommon. For communication amongst the staff and the patients, therefore, the standard language used is Burmese, and occasionally Karen.

The clinic provides medical care as well as health education for patients visiting the clinic. Certain programmes are also in place for the people in the local community. The clinic also organises health and dental visits to local schools.

PATIENT INTAKE

The number of patients attending MTC can vary greatly depending on the slightest of changes in the precarious political situation surrounding the area that is the Thai-Burmese Border. Usually, however, an estimated 200 patients attend the clinic each day.

For annual patient caseloads, please see out annual reports - <https://maetaoclinic.org/publications/annual-reports/>

When the clinic is unable to provide treatment to a patient requiring specialist care they will be referred elsewhere, either to Mae Sot General Hospital or to Chiang Mai. The funding comes directly from MTC and unfortunately it is not always possible to allocate funds, each case is assessed on an individual basis.

WORKING HOURS

- The **Outpatient Departments** are open from Monday to Saturday and start receiving patients from 9 am until 4 pm.
- The **Inpatient Departments** work around the clock with 3 rotating shifts every 24 hours. Staff take turns in rotating between different shifts weekly.

INFORMATION ON MAE SOT

There are many excellent guidebooks to Thailand, specifically Northern Thailand, so it would be worthwhile to purchase one. The following tips are also worthwhile keeping in mind.

GETTING FROM BANGKOK TO MAE SOT

BUS

You can take a bus from Bangkok to Mae Sot, which leaves from the Northern Bus Terminal (Moh Chit). Buses leave early in the morning and late at night. It is approximately an 8 hour journey. The night buses arrive in Mae Sot between 4 and 5am so it is advisable to arrange to be collected by someone at your accommodation.

A taxi from the Airport to Moh Chit will cost around 500 Baht. You can get either a VIP bus, 1st or 2nd class ticket. All VIP, 1st & 2nd class buses have air-conditioning. Whereas the 1st & 2nd class buses sit more people, the VIP buses carry only 24, therefore each seat is

bigger. At the time of writing, a one-way VIP ticket costs around 580 Baht and 400 Baht for the 1st class buses.

PLANE

Mae Sot has an airport which is located close to the clinic. There are daily flights available from Don Muang Airport, Bangkok to Mae Sot with Nok Air (www.nokair.com).

VISAS

Citizens of most countries can get a visa on arrival to Thailand, but this is for a maximum of 30 days, with some getting more or less. Our advice would be to apply to your nearest Thai Embassy / Consulate well before leaving, to get a tourist visa with a double entry to allow a longer stay in the country.

Since the Mae Tao Clinic is not a legally recognised institution in Thailand, you must obtain a Tourist Visa and remember at all times that you are a tourist here. Under Thai law it is illegal for foreigners to work or volunteer without an appropriate permit.

Mae Sot is a border town with entry into Burma, so you can cross the border into Myawaddy (Burma side). The charge on the Burma side is 500 THB to enter Myawaddy for the day if you don't have a Burmese visa, you give the money directly to the immigration officer on the Burmese side, he will normally keep your passport and give you a laminated card which he will exchange for your passport on your way back.. You can spend the day in Myawaddy but must cross back into Thailand before the bridge closes (around 8pm). Check your stamp when you cross back to Thailand to know when your new visa expires. If you had another entry on your original tourist visa, any time left on that visa will cease and the new visa will start from the day you get your stamp. The extension given is 30 days if you have no visa or 2 months if you are returning on a multi entry visa. You are currently allowed to make 2 land crossings in one calendar year without having a Thai visa – you will be given 30 days on each occasion if you are from a country included in the visa exemption programme.

As the visa situation changes – please always consult your nearest Thai Embassy / Consulate.

PUBLIC TRANSPORT (AROUND TOWN)

- There is not much in the way of public transport in Mae Sot. There are only a handful of Tuk Tuks, but there are a lot of motorbike taxis that tend to wait around in groups and wear coloured bibs. There are some directly outside MTC.
- If you need a normal taxi you can call for one (google mae sot taxi as numbers change regularly) and the fare is normally 100 THB to anywhere in town.
- There are a lot of songtaws (pick-up trucks with bench seating) in Mae Sot that go to and from the border and out to small villages nearby, but rarely go into town

- Nearly everyone uses bicycles or small motorbikes. Both are easy to rent and Mae Sot is small enough to get from one side to the other in around 20 minutes.
- It is easy to buy a bicycle for your time here (there are numerous 2nd hand bike shops or it is easy to find a bargain on Mae Sot buy and sell facebook group for approx 1500 THB). To rent a 100-120cc motorbike expect to pay a round 3000 THB for month (from Honda shop in centre of town)
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MONEY

- There are many banks in Mae Sot and you are able to withdraw money from most ATMs with a debit card or credit card. Most ATMs have an English-language option. Annoyingly there is a fee for all international transactions of about 200THB.
- All banks with a currency exchange sign will exchange traveller's checks for a small fee provided you present your passport as proof of identification. Without a work permit it is very difficult to open an account.
- There is a Western Union so it is possible to wire money should you need this service or most banks offer international transfer services with the appropriate information.

HEALTH

- Check your immunisation requirements with your local Travel Health Clinic or General Practitioner. Most vaccine preventable disease remain prevalent in the local population, so make sure you received all your childhood vaccinations.
- We would advice you to stringly consider rabies vaccination as this is still a problem on

the border and there are many stray/street dogs in Mae Sot. It is much easier to get the pre-exposure prophylaxis than look for immunoglobulin after exposure without being pre-exposure vaccinated. We would also recommend you to consider Japanese encephalitis and cholera if you are staying long term in the area.

- It is possible to get the rabies vaccinations here in Thailand (only about \$7/shot) either in Bangkok (<https://www.thaitravelclinic.com>) or this can be obtained in 'The Yellow building' clinic in the evenings or from Maesot Ram private hospital or from Mae Sot general hospital.
- Malaria is no longer a common problem in Tak/border area. It is no longer recommended that you need to take malaria prophylaxis during your stay. This information may differ from that which you are given in UK/US/Canada.
- Mae Sot General Hospital (055-531-229) is a state hospital and has a good reputation for sound medical care. It is very inexpensive by western standards, with adequate facilities and safe equipment. This is at the far end of town near the main NGO office strip. They are usually quite busy and some of the local staff can speak varying amounts of English. Mae Sot General hospital is good but getting your care can take a very long time waiting for the doctor to see you. It is often better and only slightly more expensive to go to one of the 2 private hospitals in Mae Sot ; Mae Sot Ram (by Burmese market) or Nakhorn Maesot International hospital (5 mins out of town on the Mae Ramat road)

It is strongly recommended that all medical students bring their own anti-retroviral post-exposure prophylaxis in case of exposure to HIV as the clinic is only able to provide the first day's dose. If needed the rest of the month's supply would need to be purchased from a local hospital

PHARMACIES

There are numerous pharmacies in Mae Sot. Most pharmacy staff can understand small amounts of English and the generic drug names in English. Please keep in mind that some drugs in Thailand need a doctor's prescription before it will be dispensed. It is surprising that some drugs in Thailand are actually a lot more expensive than in your home countries so worth bringing a supply of medicines which you need. There is an excellent pharmacy with an english-speaking pharmacist opposite the Thai food market near Picture book guesthouse.

PERSONAL NEEDS

In Mae Sot, there are supermarkets that sell most things that you may need, including toiletries, sanitary supplies (tampons are sold in a few places but without applicator) and mosquito repellents; however, if you prefer a particular brand, or have specific needs, it is recommended that you bring your own supply, as many items periodically become unavailable.

CLOTHING

- Light cotton, silk and airy clothing is more comfortable in the warm climate. Trousers and shirts should be **loose** fitting and it would be a bonus if they can be washed and dried easily, especially in the wet season
- If coming in December or January, the nights and early mornings can get chilly and a jumper or fleece may be needed
- Be aware that many foreigners that come to Mae Sot are unable to find clothing here that fits them, as the local population are generally smaller than many foreigners, so don't plan on buying the clothes you need for work etc. when you get here
- Singlet's/tank tops (sleeveless tops that expose shoulders and chest), short shorts and skirts are **not** culturally acceptable whilst working at the clinic. Please wear loose t-shirts/blouses and shorts or skirts that come to at least your knees.
- Sandals or slip-ons/flip-flops are the most appropriate as shoes are to be removed before entering any clinic, ward or the office at MTC, as well as many other places in Thailand/Mae Sot (homes, temples etc.).
- When working in the Inpatient Departments it is highly recommended to bring a pair of sandals only to be used inside.

Clothing that exposes the chest, shoulders and thighs are considered culturally inappropriate at Mae Tao Clinic, and amongst the local community.

It is very important to remember this, especially if you will be having contact with patients.

LANGUAGE

While people in Mae Sot mainly use Thai to communicate, the people who work in Mae Tao Clinic mainly communicate in Burmese and Karen, as most of them are from Burma.

ACCOMMODATION

The clinic does not provide accommodation for foreign visitors. However, there is a wide range of accommodation available in Mae Sot at reasonable prices.

- **Home Stay:** There is currently a Home Stay (Home Stay "A") managed as something between a guest house and a home. Set in a peaceful backstreet in Mae Sot, the house has cooking facilities, a garden, plenty of living room space and bicycles for rent. For bookings contact Sylvia on homestaymst@gmail.com
- **Baan Thai Guesthouse:** Baan Thai has more than adequate rooms and well-tended gardens. If you are staying for an extended period of time you may be able to

negotiate a lower rate. (approx 1000 THB /night) (740 Intharakiri Rd, Mae Sot. T: +66 (055) 531 590, Email: banthai_mth@hotmail.com). Next to Baan Thai is **Baan Pruksa** which has cheaper accomodation for long stay visitors. The accomodation is adequate and some have air conditioning.

- **Baan Arisa Guesthouse:** Located close to the old clinic this is very convenient. The rooms are large and if you ask for the top floor and facing away from the street they have nice views. Including breakfast it is 600-800 Baht a night. There are many rooms but they don't speak good English but normally they will be able to help if you just arrive (Intharakiri Rd soi 5, Mae Sot. T: +66 (55535111))
- **Picturebook Guesthouse:** Located on the other side of town this is a pleasant small hotel run by an NGO. Local staff are taught in hotel management and how to run a hotel. The rooms are smallish but very comfortable and include a tasty breakfast. Room rates including breakfast is from 600 THB. Yoga classes are also held here on Tuesday, Thursday and at the weekends. www.picturebookthailand.org
- **Phannu Guesthouse:** Located down the road from Bai Fern, this hotel/guesthouse has rooms with fans starting from 300 Baht a night. Most rooms have a television a private bathroom. Discounts are provided for stays for 1 month or longer. (T:+66 (081)9724467, +66(081)8862950, Email: phannuhouse@gmail.com)
- **Yellow Building R-1:** Located opposite Braverly Coffee shop this is a good option for longer stays. Rooms vary between 5000-7000 THB/month. The accomodation is run by the ex-director of Mae Sot hospital, DR Ronatrai and his wife. They are very kind and helpful and there is a clinic in the evenings on the ground floor. You can contact Kalya via facebook; facebook.com/ROneBuilding

INTERNET & TELEPHONE

- There are many cafes and restaurants in town with Wi-Fi, and most guesthouses offer internet.
- It is cheap and easy to buy a sim card in Thailand. There are several mobile providers (12call, True, Dtac, AIS). AIS charges 89THB/week for mobile data.

RESTAURANTS AND FOOD

There are many choices in Mae Sot that we are sure you will find your own favourite places to eat. In addition there is an ever-changing array of street food on offer from various stalls. Hygiene standards are good and water is almost always treated.

Bismillah – good Indian food

Vietnamese - Soi Don Kaew

Lucky's tea shop - near the market

Mai Tai's – fantastic Thai food opposite Picturebook Guesthouse. Highly recommend the pork and aubergine Som Tam and the Hang Lay curry!

Casa Mia; Fish tank; Borderline; Bai Fern; Mughal – along Intarakeeree Rd where it becomes one way starting from the police station

At some point during your stay it is recommended to go to Jungle restaurant (aka Khaomao Khaofang restaurant) which is about 10 mins out of town on the road to Mae Ramat – on the left hand side. Either take taxi or motorbike. It is a great Thai restaurant frequented by the Thai royal family (surprisingly reasonable prices).

SPORTS AND RECREATION

There are a variety of sports available in Mae Sot, including football at NFC and W'R soccer fields.

Muay Thai boxing at the entrance of Mae Sot Villa

Badminton courts are available for hire in Mae Sot Villa

Tennis courts are available at Centara hotel – bring your own rackets

Swimming is available at Centara (120 THB/day or 1000 THB/month) and another pool by Mae Sot hospital and Amnuayporn swimming pool on the same road as the football club.

There are various gyms in town including Fit club, Coach fitness (only gym with aircon). Most charge around 80THB/visit.

Yoga is available at Irrawadee resort and coach fitness amongst other places.

You can run in the evening at Sapphawitthayakhom school – there is a running track in front of the school, no charge.

For an insight into other activities and group support to any other questions there is a Facebook page called "What's Happening in Mae Sot"
<https://www.facebook.com/groups/whathappening/>

WEEKENDS AWAY

There are many nice activities that you can do on your time off around Mae Sot. Here are just a few:

Visit Umphang – 4 hour trip at least – very curvy road. Worth staying at least 2 nights. Can visit nearby Thi Lor So waterfalls – requires planning as may need to rent a driver/4*4 depending on weather.

Visit cave/waterfalls and hot springs at Mae Kasa – about 45 mins on motorbike – a great day out. Take road to Mae Ramat and will see turning on right signposted for waterfall and caves.

The Umphang road has various nice options: Tararak is a nice waterfall with a reservoir at the base where you can swim.

Rocha café is a very scenic café which is definitely worth the 45-60 minute drive.

Overnight accommodation is available in simple bungalows at Phra Chareon national park which is another 15-20 mins drive further towards Umphang. The website/phone number on national park website doesn't seem to function but you can just turn up and they normally accommodate you.

Phop Phra is a nice little town and has an alternative road back to Mae Sot which is very scenic and has hot springs on the way.

It is fun to explore the river Moei area and surrounding border countryside. A fun trip over the river to Myawaddy complex (or any other complex) involves taking a boat over into a Burmese 'duty free zone' (no passport/visa needed) and there is cheaper alcohol/casino/restaurant/bar

Ask around the staff and they will give you many more excursion ideas.

SECURITY RISKS AND PRECAUTIONS

While Mae Sot is a relatively safe place for foreigners, it is important to remember that there are still some risks involved in being here. We recommend that you ensure you have comprehensive travel insurance for the duration of your time here.

- The most likely thing that you may experience as a foreigner is having your bag stolen from the basket of your bike – it is recommended that you only carry unimportant items in your basket (groceries etc.), as drive-by bag snatching does happen.
- It is unlikely to happen, but it is possible that armed conflict could break out on the border at any time, and this is something that you need to be aware of.
- Remember that it is illegal to work or volunteer in Thailand without the appropriate visa, and that if you are here on a tourist visa, you are a tourist at all times
- There are numerous checkpoints around Mae Sot, so if you are travelling in or out of town, make sure you always take your passport with you. As a foreigner, you are not who the checkpoints are generally interested in, but remember staff at the checkpoints are police/government/army officials who are usually armed, so all interactions at checkpoints should be taken very seriously.

We suggest you consult your country's travel advice and register your travel with your embassy in Thailand.

SUGGESTED RESOURCES

There is a comprehensive list of reading, news and other resources of information that can be found on our website. Please click on the link below

<https://maetaoclinic.org/news-background/>

AWARDS

In recognition of their dedication and vision, the Mae Sot Clinic, Dr Cynthia and the staff have won many awards from various groups and organisations across the world. All of these can be viewed on our website

<https://maetaoclinic.org/about-us/award>

CONTACT INFORMATION

If you are interested in volunteering at the Mae Tao Clinic please apply by sending the required documents to:

Mae Tao Clinic

702 Moo 1, Tha Sai Luad, Mae Sot, Tak 63110, Thailand

Email: info@maetaoclinic.org

Website: www.maetaoclinic.org