



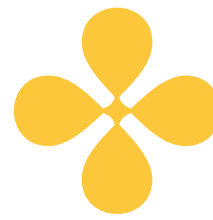
International Education
UNIVERSITY OF DENVER

THAILAND SUSTAINABILITY GUIDE



Congrats for choosing to study abroad in Thailand! In addition to any cultural and social considerations you may have to make before and during your time abroad, you should consider how you want your actions to affect the ecosystems and communities that you will be a part of. This guide will walk you through ways to consciously and sustainably study abroad in Thailand, including your options to shop locally, ride public transit, and give back to the communities you will be staying in.

BANGKOK



Public Transportation

- Around Mahidol: Shuttle buses and trams are available free of charge to students who wish to travel around campus
- To Bangkok: The BTS Skytrain runs from the Salaya campus to the city center and costs between 15-60 Baht, or about \$1 USD. The MRT subway has 18 stops in Bangkok and is an ideal way to get around the city.

Food Options

- Salaya market is a market near campus offering local produce and hot food options
- Local produce: coconut, potato, coffee, soybeans

Volunteering

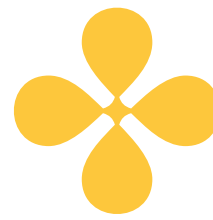
There are multiple environmental clubs, sustainability clubs, and local volunteering opportunities in Bangkok. Checkout the university website for details.

Recycling and Thrifting

- Mahidol runs a yearly "Care and Share" event where students donate their used items and goods to the MUIC foundation. Anything goes, and includes stationeries, clothes, toys, furniture, sports equipment etc. This may be a great option to give away your stuff before leaving back to Denver, and also gives back to the local community without contributing waste.



CHIANG MAI



Public Transportation

- Around Chiang Mai University: Shuttle buses are available free of charge between campuses and around the main campus
- In Chiang Mai: City bus, songthaew, and tuk-tuks are all great options to get you around the city without calling a taxi. These options cost between 15-100 Baht (\$.50-3 USD)

Volunteering

There are multiple environmental clubs, sustainability clubs, and local volunteering opportunities in Chiang Mai. Checkout the university website for details.

Recycling and Thrifting

- There are limited Recycling options in Chiang Mai, though there are some places where waste can be recycled through a collaboration between 2nd Life and Chiang Mai University. Information can be found in the link below.
- <https://secondlife.earth/plastic-recovery-projects/recycling-in-chiang-mai-thailand/>

