

2012

Ins and Outs of Baan Unrak



Baan Unrak Children's Home

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last updated

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I. Background Information

What is Baan Unrak?

Baan Unrak, “Home of Joy” in Thai, is a project of the Neo-Humanist Foundation. The project in Sangklaburi has several components:

- The largest part of the project is the Children’s Home which provides a safe and loving home to over 140 children.
- The Baan Unrak Primary School teaches over 200 students, is fully accredited by the Thai government and functions under its own budget.
- The Women’s Project includes several enterprises including a weaving center, sewing center, a bakery, a shop and an internet café which provide employment as well as a small income to the home.
- The Outreach Program provides food and assistance to those in the community (mainly Burmese refugees) without incomes, who have dire medical conditions and/or do not have the resources to get the care that they need.

What is Neo-Humanism?

Neo-Humanism is a philosophy developed by the Indian philosopher Prabhat Rainjan Sarkar. The practice of Neo-Humanism follows a set of principles based on the ethic of universal love. This includes respect for all beings including plants and animals. The children at our home follow the philosophy by not eating meat and meditating twice daily. The children are encouraged to express and continue to follow their own religions of choice (mostly Christian or Buddhist.)

The women who founded and run Baan Unrak are called Didis. They are similar to nuns in that they are full-time volunteers who have devoted their lives to service.

Volunteers need not be followers of the Neo-Humanist philosophy, but are asked to respect the principles by maintaining a vegetarian diet, by not smoking and/or drinking alcohol while volunteering at the home. There are daily meditation sessions, which you are welcome to attend but are not required. The food at the home follows a balanced and healthy vegetarian diet (including no eggs, mushrooms, onion or garlic) and we ask that you respect this diet of ‘pure foods’ and not bring any foods from the outside into our home.

Our History

The children's home is managed by Didi Devamala, who came to Sangklaburi (situated 22 kms from the Thai/Burmese border) in 1989 as a volunteer for the Neo-Humanist foundation in the hopes of creating an agricultural project. When she arrived at the border she found people suffering in the forests, mainly women and children and Burmese refugees in need of help. Didi founded the Baan Unrak Children's Home in 1990 to provide for one young girl in need of shelter, food, love and safety. One quickly became two; two quickly became three, and so on. Today, Baan Unrak Children's Home has grown to accommodate and care for more than 140 children that are orphaned (often from parents suffering from illnesses related to HIV and AIDS), sick and poverty stricken, many of whom are Burmese refugees fleeing persecution. Most of the children at Baan Unrak are border children who lack legal papers claiming their national identity. Baan Unrak is home to boys and girls, ages ranging from infancy to teens.

Baan Unrak's mission has expanded to accommodate abandoned and destitute women as well. A weaving and sewing center was established in 1996 to provide jobs to women in need as well as regular income for the women and children. We currently have 12 women working for us and we have a training program to give other women the skills they need to provide for their families. Other business ventures include a bakery, established in 2003, which produces fresh baked goods, and a shop to sell the hand woven goods we make.

In 2005 we established the outreach program in response to the need for medical care for those who could not get medical care in the area. Our full-time outreach coordinator provides:

- natural medicine (with the assistance of a volunteer physician)
- transportation to get medical care
- we assist with getting documentation for those who need to travel for medical care
- we pay for life saving operations
- food and housing for convalescing women
- translation services for women who do not speak Thai
- checks on the condition of our patients on a weekly basis
- donations of clothes, rice, cooking oil, beans

Why are there so many children in need?

The number of destitute children in this area is astonishing – particularly when you realize that Baan Unrak is not the only children's home working to meet the needs of the community. Why are there so many?

Some children are truly orphaned, both parents have died and there is nobody to care for them. Other children have had one parent pass away, and the surviving parent may no longer be able to support the children. In some instances, drugs or alcohol related problems contribute to the abuse of many of our children. This is a particularly big problem for children whose parents have been

divorced and remarried. In other instances some children have been rescued from environments rife with crime, such as: abuse, neglect, child slavery and human trafficking.

This area is home to many refugees fleeing war and forced labor in Burma. Leaving family and community behind has destroyed the support network for families and exacerbated the immense challenges they face when relocating to a foreign country and culture. In addition, many are weakened or injured when they arrive in Thailand. These problems, along with the lack of employment opportunities, put tremendous stress on families.

HIV/AIDS is also a significant problem as many men travel to find work in urban areas where they visit prostitutes. When they return to this area, they carry the disease with them and transmit it to their wives and unborn children. Women are often forced into prostitution due to lack of employment prospects making them more likely to contract the disease.

Poverty is also a factor among both the Thai population and refugees. Some parents are simply not able to feed their children, let alone pay the school fees that would allow their kids to gain an education and break the cycle of poverty. Many parents are also forced to move frequently to find seasonal work and are unable to provide a stable home for their children.

Not all children living at Baan Unrak are orphans. Some children have mothers living with them at the home. Some children are sick and their parents bring them to Baan Unrak because they don't have the resources or capacity to provide care. Baan Unrak tries to work with parents and children to meet the needs of their individual situations. Priority is placed on the safety of the children. If the safety of the children is not at risk, Baan Unrak attempts to provide the support necessary to keep families together.

Meet the Team

Didi Devamala – Founder/Director of Baan Unrak Children's Home

Didi Anuraga—Director of Baan Unrak Primary School

Aye Aye San—Accountant

Krpa – Personal assistant to Didi Devamala

Stefanie Langley –Volunteer coordinator

Ta—Office secretary

Saw Dwise Chit – Coordinator of medical records and patient care

Annie –Volunteer nurse

Malek- Care Mother manager/ Head teacher of Baan Unrak Nursery

Jacopo—Construction supervisor

Babu – Agricultural supervisor

Ken—Volunteer psychologist

Jaya and Prachana—Bakery supervisors/ Massage therapists

II. What can volunteers do?

Every volunteer brings a unique set of skills, experiences and expectations to Baan Unrak. We will try to utilize these skills to meet the needs of the home. **It is helpful for volunteers to remain flexible**, as some roles will need to be filled more urgently than others and assignments will depend on a variety of factors including the presence of other volunteers and the best distribution of available skill sets. At some points you may feel overloaded and others underutilized. You will be expected to ask for help when overloaded and find more duties for yourself when underutilized. You are expected to be independent, and to be able to work unsupervised.

Some examples of what volunteers do:

- Teaching English to housemothers, home schooled kids and other staff
- Teaching basic Computer P.C. skills to staff
- Organize weekend games/activities with the children
- Relief work with the teenagers
- Supervising teenagers' morning chores
- Driving the school bus and assisting with weekend field trips
- Supervising children and managing our library
- Corresponding with potential/new volunteers
- Conducting tours for guests/ visitors
- Updating children's profiles
- Updating sponsors on children's progress
- Producing newsletters
- Fundraising
- Website maintenance
- Marketing Baan Unrak Weaving Center products (e.g. producing catalogues)
- Updating staff and children's board as and when required
- Office/administrative tasks as required
- Assisting other staff as required
- Maintenance
- Painting and decorating
- Agriculture/gardening

Other:

- The Primary School operates independently from the Children's Home and Didi Anuraga recruits her own volunteers; however, she is always looking for staff so those who are interested/ available can work part time at the school teaching English, Art or Kindergarten.
- Volunteers can also teach English at the local government High School (part time or full time) through a new partnership with Baan Unrak.

Long-term volunteers are expected to take on a full-time workload while at Baan Unrak, taking only one day off per week. Food and accommodation are provided free of charge to full-time volunteers who stay for 6 months or longer. **Volunteers who stay for shorter periods are asked US\$150 per week, with a maximum of US\$900 as a donation to help cover the expenses of the project.**

We do quite a lot of teaching here at Baan Unrak, but if that is your main interest then we suggest that you apply to volunteer at the Baan Unrak Primary School. Volunteers at Baan Unrak have great freedom to start whatever projects they are interested in, provided that they are willing to put the initiative and work in. Past volunteers have been involved with daily yoga classes, a jazz choir, circus performing, video editing, and relief work, to name but a few. However, bear in mind that some of the work that is most vital to us is 'office work' and that you will be asked to share some of the responsibility.

III. Travel Health, Visas & Accommodation

Travel Health

Travel insurance, or an insurance policy that covers you medically during international travel, is required for all incoming volunteers. Baan Unrak is not responsible for covering any expenses or costs regarding your personal health or medical care while volunteering with us.

If you have never been to Thailand, please take the time to familiarise yourself with the country and its customs by checking online resources; for example:

- CDC Traveler's Health: <http://wwwnc.cdc.gov/travel/destinations/list.htm>
- Lonelyplanet.com
- Wikipedia
- Thailandguidebook.com

You may also want to buy a travel guide for Thailand and SE Asia. Recommended titles include *Lonely Planet* and *Rough Guide*.

No vaccinations are required for travel in Thailand, however we recommend that you have up to date tetanus, diphtheria, and Japanese B Encephalitis vaccinations. Long term volunteers may also consider getting the rabies vaccine, as there are many stray dogs in the area.

There are a few health risks to consider when visiting the area:

- **Malaria** is present in the surrounding area; however the infection risk is low in towns. There is some debate around malarial prophylactics (effectiveness versus side effects) so please consult your doctor. The best prevention is use of mosquito repellent containing at least 25% DEET and a permethrin treated mosquito net. You can buy these in your home country and in large cities throughout Thailand.
- **Dengue Fever** is another mosquito-borne disease that is becoming more prevalent; the symptoms are usually like a bad case of 'flu. There is no vaccination or cure and the best prevention is using repellent and DEET as mentioned above for malaria.
- **Women's Health**- there are limited selections of tampons in Sangklaburi (the common product used is OB), so bring your own if you don't use sanitary towels.

The pharmacy and local hospitals have standard medicines but if you take any specialised medication it is advisable to take enough to last your whole stay. If you need medical attention during your stay in Sangklaburi, there is a Thai government hospital in town, as well as a Christian hospital in Huai Malay, a village thirty minutes away from Sangklaburi by car. Many westerners prefer the Christian hospital because nearly the entire staff speaks English and the quality of care is considered to be superior to the hospital in town. Some doctors at the Thai hospital will also be able to speak English. For minor ailments and medical concerns, the pharmacist next to the bank speaks some English and can usually be of assistance.

TRAVEL VISAS

Visa information

Short term volunteers arriving by air can get a 30 day visa on arrival, which can be extended for another 7 days at any immigration office.

N.B. As of December 2008 visitors arriving by land will only receive a 15 day visa on arrival.

If you apply for a Tourist Visa, you will be allowed to stay in Thailand for a total of 60 days, with an extension of 30 days possible. A tourist visa is easy to apply for at your nearest Thai embassy or consulate. More information about the tourist visa can be found here:

<http://www.thaivisa.com/tourist-visa.html>

Volunteers staying for more than 60 days should apply for a Non-immigrant B category 'O' volunteer visa. You must apply for this in your home country and **provide Baan Unrak** (via email) with **your passport details, address, date of birth and the address of the Thai Embassy or Consulate** to which you are applying, so that we can provide you with the invitation letter required to attain it. If you are staying for 6 months or more we recommend you get a 'multiple entry' visa. You will still need to

leave the country every 90 days but it is easier than getting tourist visas and you don't have to pay for your recurrent entries to Thailand.

N.B. If you receive a Non-immigrant "O" visa to volunteer with Baan Unrak and then leave earlier than stated we are obliged to inform Immigration.

Visa run

The quickest way to cross the border is to go from Bangkok to Cambodia. You can get a bus from Khao san road at 8am, cross the border and return by 8pm that night. You require a visa to get into Cambodia; you can arrange this yourself or the tourist bus companies will arrange it, but they charge an exorbitant price for the convenience! Remember to take a couple passport photos with you. You can also go easily (and quickly) to Laos and Ranong. You **cannot** get a new visa at Three Pagodas Pass.

Travel to Cambodia, Laos or Malaysia is reasonably priced and good for a visa run. Some embassy addresses in bordering countries above:

Cambodia 196 MV Preah Nordon Blvd, Phnom Penh 023-363 869-71	Malaysia 206 Jalan Ampang, Kuala Lumpur 603-248 8222
Laos Th Phonkheng, Vientaine 21-214581-3	Malaysia 4426 Jalan Pengkalan Chepa, 15400 Kota Bharu, Kelantan 609-744 5266
Laos No 26, Ban Xayamongkhon, Th Kouvoravong, Savannakhet 41-212445	Malaysia No 1 Jalan Tunku Abdul Rahman, 10350 Penang 094-2268029

There are overland routes to all of the countries mentioned above. Many small air carriers offer reasonable rates for flights within Asia. Some budget airlines include: Air Asia – www.airasia.com Bangkok Airways – www.bangkokair.com Lao Airlines – www.laoairlines.com Malaysia Airlines – www.mas.com.my

The website [-www.bangkoktickets.com](http://www.bangkoktickets.com) -is recommended by Lonely Planet as a good source for discounted fares leaving from BKK. (Be aware that some countries may require a payment of departure tax on international flights.)

Some volunteers have been able to purchase multiple entry visas in their home countries. This means the same visa is good for multiple visits to Thailand, each consisting of 90 days. You still have to leave the country after 90 days, but you need only cross the border, after which you can re-enter on the same visa. If you do not have a multiple entry visa, you will have to go to a Thai embassy (in Phnom Penh, Vientienne, Kuala Lumpur etc.) or consulate to obtain a new visa along with the necessary paperwork which we will provide.

Accommodation

Volunteers will be provided with their own room whenever available but it may be necessary to share a room for short periods of time when our house is full. Accommodation is basic but adequate. Volunteers at Baan Unrak stay at one of two places inside the town, both about a fifteen minute walk from the home.

Accommodation for men is in a block of rooms behind the Baan Unrak Bakery and Café. Each room has its own bed, mosquito net, electric fan and some basic furniture. Toilets and (cold) showers are shared with the Bakery. There are two Western style toilets and one Asian style. Volunteers can use the wireless internet at the bakery. There are no cooking facilities.

Accommodation for women is located in a four-roomed traditional Thai wooden house on the street parallel to the Bakery, about five minutes walk from there. Each room has its own bed, fan, mosquito net and some basic furniture. There are basic cooking facilities. There is a large communal living space, a porch and a small garden. There is only a cold shower and an Asian style toilet .

We provide mosquito nets, fans, Thai style mats for the beds, quilts and pillows; you can buy your own bedding here quite cheaply. As per the philosophy at Baan Unrak, you cannot smoke, eat meat or consume alcohol or drugs on our premises.

Volunteers are welcome to stay outside of the Baan Unrak accommodation if they so choose, either renting an apartment or staying at one of the many guest houses in town.

IV. Sangklaburi Village, How to Get There, Things to See & Do

Sangklaburi is currently located on the edge of Kheuan Khao Laem – an artificial lake created in 1983 when the Khao Laem Dam was constructed across the River Kwae Noi. The old town of Sangklaburi was submerged in the reservoir and the residents were relocated to the current site. The town is divided into two parts – what are commonly called “Thai Side” and “Mon Side.”

Officially known as Wang Kha, the Mon settlement is located across the lake from Sangklaburi proper and is connected to the Thai Side by the longest wooden bridge in Thailand. The Mon Side is populated by ethnic Mon people, who have resettled in this area from Mon State in neighboring Burma. Homes on the Mon Side are built in the traditional Mon style and Mon language is most commonly spoken. There is a market which sells carved wood and various fabrics on the Mon Side and also a small collection of food vendors who set up near the market each evening. The food sold

here is “ahaan Mon” or Mon food. It is distinct from Thai food and definitely worth a try.

Baan Unrak is located on the Thai side of town, about a 30 minute walk from the town center. The main market area has shops, restaurants and fruit stands where you can buy almost anything you need. If you have an ATM card with a MasterCard, Visa or Cirrus (and other) logo, you can withdraw money from your bank at home in the ATM in town.

Guest Houses There are a variety of guest houses on the lake close to Baan Unrak. They offer rooms that range from basic (for about 150 baht) to very comfortable (for about 1700 baht).

- Graph Cafe – 650 with hot shower
- Cheun Jai Tea House – 450 with cold shower
- Burmese Inn – 400 with hot shower.

Getting around

Sangklaburi is a small town and most places can be walked to. There are motorbike taxis which will generally cost 10 baht a ride; traveling between the Thai Side and Mon Side is usually around 40 baht. There are also sangteaws (pick-up trucks with two seats in the bed and a roof covering the back) which run set routes to nearby villages or they can be hired if you want to travel somewhere with a group. Motorbikes can also be rented by the hour or by the day (for about 200 baht a day) from local guest houses.

Directions to Sangklaburi from Bangkok

There are several ways to get to Baan Unrak from Bangkok, and any of these options will roughly cost you between 200 THB-300 THB, one way.

The easiest way to get to Sangklaburi is to take the bus from Mochit (The Northern bus terminal), bay no.114-115 to Dan Chedi SamOng (3 Pagodas Pass), the journey is 7 hours. You can also take a big bus to Kanchanaburi, then transfer to minivan service to our town Sangklaburi, this option will get you to Baan Unrak faster.

From Kanchanaburi you can grab a minibus from just outside the Kanchanaburi bus terminal (ask the tourist police to point you in the right direction) to Sangklaburi. It costs 175 Baht and takes 3.5

hours. The last minivan leaves Kanchanaburi at 4.00pm so please ensure you depart Bangkok in time to catch it!

When you arrive in Sangkhlaburi you will be dropped off in the main market; from there you can take a 20 Baht motorbike taxi ride to the Baan Unrak Children's Home. (Be sure to tell your driver in your best Thai effort that you want to go to 'Baan Didi tambon' that way you get to the Baan Unrak Children's Home on top of the hill, and not mistakenly dropped off at the Baan Unrak Primary school in town.)

Communication

- Phone: Skype available at internet café; payphone nearby; Thai SIM cards available in town.
- Internet: Baan Unrak has an internet café. There are also several options in town.
- Mail: The Post Office is on the main street. Mail can be sent to you c/o our address (on the website).

Things to do and see

The wooden bridge is a key sight in Sangklaburi. A walk to the Mon Side makes a nice evening activity, as sunset is very scenic on the lake. The Golden Temple (officially called Wat Wang Wiwekaram) on the Mon Side is an impressive sight to visit and there is a handicraft market beside the temple. For many, the one hour walk to the temple is a bit too far but you can walk to the Mon Side of the bridge and get a motorbike taxi from there. The Monastery on the Mon Side is also worth a visit.

Boat rides on the lake are very nice. You can visit the old temple, which is now submerged in the lake. The top of the bell tower can still be seen emerging from the water nearly year round. In the hot season, as the water level in the reservoirs recedes, the upper floors of several buildings in the old temple complex also rise up out of the water. Several guest houses rent canoes and kayaks for recreation on the lake or you can hire a long-tail boat. Local guest houses organize treks, which include boat rides on the lake, elephant riding and bamboo rafting.

Three Pagodas Pass is a 30 minute drive from Sangklaburi. The scenery around Three Pagodas is stunning and worthy of the trip. There is also a handicraft market on the Thai side of the border here.

On the way to Three Pagodas there a couple of nice stops:

- There are waterfalls in the area, which can make a nice stop. They are about 10 minutes off the main road and accessible by motorbike. In the same area there is a cave that is home to a simple temple.
- There is a great lunch spot along the Songkalia River. Here small bamboo huts are set out over the water and food is brought to you in your river hut. You can swim or wade in the shallow water or just dip your feet in and watch the lazy river flow by. . .

V. Recommendations from Previous Volunteers (Packing List, Good Eats)

Suggested Packing List

The following is a list of suggestions from previous volunteers:

1. **Laptop Computer** (we currently do not have enough computers to lend out)
 - a. **Wifi** is available in most coffee shops in town as well as on our home premises
2. Conservative clothing for hot weather (t-shirts that cover the shoulders, shorts and skirts to the knees)
3. Waterproof rain coat/ umbrella (during the rainy season)
4. Quick dry trousers and shorts (to the knees)
5. Comfortable flip flop-style shoes
6. Walking boots, good grip sandals or trainers
7. Mosquito repellent
8. Sun screen
9. International adapter plug
10. Hat, sunglasses
11. Comfortable, loose clothing to sleep in
12. Underwear and socks
13. Warm clothing (if coming between December-February)
14. Torch/headlamp
15. Plate and spoon (if eating at the home)
16. Bed sheet and pillowcase (We provide a quilt and pillow)
17. Towel
18. Toiletries
19. Women's sanitation products

20. First aid kit that includes: bite and sting relief products, plasters and gauze
21. Small day bag or backpack
22. Camera (waterproof and water resistant handy during rainy season) and chargers
23. Travel water bottle
24. Journal and pens
25. Materials for coordinating games and activities for the children: arts and crafts, sporting events, etc.
26. **If teaching:** Smart clothes (skirts/ trousers), 1-2 nice outfits for special occasions

Where to eat and drink in town?

For some of us food is an essential part of our experience in Sangklaburi, here are some recommendations of food and drinks to try while here, and where to find them:

Som Tam is a salad made from green papaya and a mix of other tasty ingredients. There is a small bamboo structure on the left-hand side of the road on the way to town. The friendly family who lives in the house next door makes Sam Tom, along with a few other dishes. If you're vegetarian ask for Sam Tom 'Jeh' – they are very familiar with this request. . . Sam Tom is great with sticky rice (khao niaw).

Quality Beverages – T-House (Baan Cheun Jai) – You are very likely to spend quite a lot of time here as a volunteer, if you have money to spare on small luxuries. It is located outside the center of the town and a ten minute walk from the house or volunteer accommodation. Run by the unique P Ton and her family, it sells Thai food and snacks and has a very relaxed atmosphere, a home away from home. It is also possible to watch movies there on evenings and lazy afternoons.

Please remember it is Baan Unrak's Policy for volunteers to refrain from smoking or drinking alcohol during your stay as role modeling for our children is just as important as the work you do while you are here.

Graph Café – This trendy café opened up in 2010 directly opposite P Guest House and a five minute walk away from the volunteer accommodation. It sells coffee so nicely made that most people take photos of it before drinking it. Like the Cheun Jai Tea House, you can feel comfortable sitting there for hours. They have perhaps the most consistent wireless internet access in town.

Thai Sweets (Ka-nohm) In addition to dinner food, night market vendors in town sell a variety of sweet desserts. The formula commonly involves sticky rice mixed with sugar and coconut milk. This mixture is available with a variety of accompaniments, such as fresh mango, sweet beans. Khao-Tom-Mat is made of sticky rice wrapped around a banana and stemmed inside a banana leaf. There are also a variety of brightly colored gelatinous treats to experiment with.

Roti Mobile vendors can be seen around town making roti – a thin dough fried with lots of oil and

butter, then topped with sweetened condensed milk and sugar.

Cha Yen Cha means tea, yen means cool. Cha Yen is what many of us know in the west as Thai Iced Tea. This reddish tea includes ground tamarind, is sweetened with tons of sugar and condensed milk and is served over ice. You can get Cha Yen in the market on the Thai side, at shops on the Mon side of the wooden bridge or from the motorbike vendor who cruises the streets of Sangklaburi.

Yam Yam means salad. Salads come in many varieties and can be a great alternative to fried dishes on really hot days.

Ahaan Mon Two dishes stand out at the night market on the Mon Side. Mon Noodle Soup includes a unique soup made from the trunk of banana trees. A variety of add-in are provided, such as tamarind, chilli and crumbled pieces of fried corn patty. The other recommended dish is Yam Mon or Mon Salad. This is made with noodles, shredded cabbage, cucumber, ground bean powder and a tasty sauce. It generally includes bits of pork, but can be made with pieces of fried tofu as an alternative.

Other Organizations in the Area

There are many groups working toward improving the living conditions of people in this region. These organizations represent great opportunities for collaboration and resource sharing. Many organizations have websites and are very approachable if you're interested in meeting with them to learn more.

Homes for Women and Children

- Children of the Forest Home to over 100 children, Children of the Forest also has a free school that provides education to over 150 students. Children of the Forest is also a home for single mothers. The home focuses its efforts on migrant worker communities and provides transportation to the children of plantation workers so they can attend school. Children of the Forest sends their children who have sponsors to attend our Baan Unrak Primary School.
- Whispering Seed Whispering Seed is a children's home and community learning center.

Mon News and Human Rights Agencies

- Human Rights Foundation of Monland (HURFOM) A variety of activities and publications are organized under the umbrella of HURFOM. The Mon Forum is a monthly journal focused on the human rights abuses in Southern Burma. The Plight is a quarterly journal focused on the rights and conditions of women and children in Burma, produced by the Women and Child Rights Project, a

subset of HURFOM. The Women and Child Rights Project also organizes human rights trainings and facilitates an internship program that brings women from Mon State to study in Sangklaburi. HURFOM contributes to the development of a database documenting human rights violations by the Burmese military government. Education is also provided to Mon people through HURFOM. Subjects include English language, Thai language, Mon language and computer skills.

- Independent Mon News Agency (IMNA) – www.monnews-IMNA.com The Independent Mon News Agency is administered in conjunction with HURFOM. IMNA publishes Guiding Star -a monthly, Mon Language newspaper. IMNA also produces daily news in English on their website and a weekly radio program, broadcast through the Democratic Voice of Burma.
- Kao Wao – www.kaowao.org Kao Wao is a web-based project providing news and analysis concerning the situation in Burma.
- Mon Women’s Organization The Mon Women’s Organization provides education and vocational training to the Mon community inside Burma and in the border region.
- Patanarack Patanarack is a Non-Government Organization that provides a variety of services throughout Thailand. Some projects in this region include Malaria education and prevention, HIV/AIDS education and prevention, and permaculture training.

Thank you for your applications and support, please don’t hesitate to contact us for more information. Cheers from the Baan Unrak Family!

Contact Us

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 Youtube: <http://www.youtube.com/user/BaanUnrakHome2>
 Our music : <http://cdbaby.com/cd/baanunrak>
 Twitter : [baanunrak](#)