



Longtail boat, Phuket

Thailand Post WFOT Congress Tour 2026

13 – 20 February 2026



Inspiring Change, Innovating Futures



Level 3
MODERATE





Terraced rice fields, Chiang Mai

This tour offers a fascinating journey through Thailand's history and culture, showcasing how Thai traditions and local practices are integrated into occupational therapy.

Following the WFOT conference in Bangkok, journey to Chiang Mai, a city in the mountainous north known for its many beautiful and historic Buddhist wats. From here, venture into Doi Suthep-Pui National Park and an elephant sanctuary, where you can explore the jungle after dark and even join the elephants for a river bath. Continue to Phuket, a sun-kissed island famed for its colourful 19th-century shophouses and charming Sino-Portuguese architecture, offering a blend of culture, history, and seaside charm.

This professional tour explores the evolution of occupational therapy in Thailand within its unique social and economic contexts, highlighting how Western therapeutic practices are integrated with traditional Thai medicine. Designed to provide insights into Thai society, history, and healthcare, the tour also provides a superb cultural program and ample time to discover Thailand's breathtaking landscapes and contemporary culture.

THIS TOUR IS CLASSED AS:

Level 3 | Moderate



Regular walking at destinations, extended standing and /or increased travel distances. Good fitness is required.

Tour Leader

Marilyn Pattison is the founder and General Manager of MPOT/Access Fitness, a leading provider of adult community rehabilitation services in South Australia; the General Manager of Talking Matters, a leading provider of paediatric services in South Australia; and the immediate past president of the World Federation of Occupational Therapists (WFOT).

Marilyn has been involved in a wide variety of practice settings and has been involved with the state and national Australian Occupational Therapy associations and worldwide with WFOT, including liaising with the World Health Organisation. Marilyn is recognised as an international expert in workplace health, rehabilitation and entrepreneurship and is regularly invited as a guest speaker internationally.

Marilyn has been awarded the OT Australia National Award for her contribution to her



professional association as well as the Sylvia Docker Lectureship for her contribution to the profession. Internationally, Marilyn has been made an Honorary Member of the Swedish Occupational Therapy Association and the Moroccan Association of Occupational Therapy, and an Honorary Fellow of WFOT, the highest international honour an occupational therapist can receive.

Ban Rim Pa, Phuket





Day 1: Bangkok/ Chiang Mai (Fri, 13 Feb) **D**

Am: Depart Bangkok following the WFOT Congress. You will be picked up from your hotel in Bangkok and transferred to Krung Thep Aphiwat Railway Station for your Special Express train to Chiang Mai.

Eve: Arrive in Chiang Mai and check in to the hotel before dinner at the hotel.

Day 2: Chiang Mai (Sat, 14 Feb) **B D**

Am: Explore Chiang Mai, a city known for its beautiful and historic Buddhist wats. Visit 600-year-old Wat Phrathat Doi Suthep Temple and enjoy unparalleled views across Chiang Mai. Continue to Wat Suan Dok,

distinguished by its large central stupa, said to contain a Buddha relic that self-multiplied, finishing at Wat Chedi Luang.

Pm: Visit a community rehabilitation centre and see firsthand how community-based services support individuals with physical disabilities and older adults in rural areas. These programs are delivered through close collaboration between Chiang Mai University, the local administration and occupational therapists, physical therapists, and trained Village Health Volunteers (VHVs).

Eve: Experience a Khantoke dinner in traditional northern Thai style, with food served in large platters at low tables.

Day 3: Chiang Mai (Sun, 15 Feb) **B**

Am: Chiang Mai is Thailand's hub for exquisite, high-quality handicrafts, created by the local Lanna Thai people. Observe traditional production techniques in local workshops and browse a wide array of handmade treasures, from Saa paper umbrellas and lacquerware to silk and cotton textiles, gemstones, and finely crafted wooden furniture.

Pm: Discover how Thai traditions and local culture are integrated into occupational therapy practice. At the Industrial Rehabilitation Centre, occupational therapists work with individuals recovering from workplace injuries as usual, with the addition of using traditional crafts such as silver carving as part of rehabilitation. Several community-based rehabilitation centres provide tradition-based programs for older adults—such as stroke survivors—that promote physical health, cognitive function, emotional well-being, and social connection.

Eve: Travel to Doi Suthep–Pui National Park for the magical Chiang Mai Night Safari. The park features three distinct zones—

Savanna Safari, Predator Prowl, and Jaguar Trail—each offering its own unique encounters.

Day 4: Chiang Mai (Mon, 16 Feb) B D

Am: Enjoy a scenic drive north of Chiang Mai, through verdant forests and rural landscapes, en route to an Elephant Sanctuary. Feed and interact with the elephants in their natural environment, as you learn about their behaviour and history. Watch as they bathe in the river, wade in and join the muddy fun.

Pm: Visit the Occupational Therapy Department and clinic at Chiang Mai University to learn about occupational therapy in Thailand. Meet with staff and students and share a meal together.

Day 5: Chiang Mai / Phuket B D (Tues, 17 Feb)

Am: Transfer to Chiang Mai Airport for flight to Phuket.

Pm: Arrive in Phuket and transfer to your hotel for check in. At leisure.

Day 6: Phuket (Wed, 18 Feb) B L

Am: Take a guided tour of a local market to buy fresh ingredients, before returning to a cooking school led by expert chefs at the iconic Governor's Mansion for a step-by-step lesson in preparing a delicious four-course Thai meal. Enjoy your creations at the renowned Blue Elephant Restaurant.

Pm: Learn about the lessons learned from the tsunami, including a discussion with Marilyn Pattison.

Day 7: Phuket (Thurs, 19 Feb) B D

Am: Learn how Thai therapeutic massage is used and its benefits in physical and mental rehabilitation.

Pm: At leisure before a farewell dinner at Baan Rim Pha for Thai fusion cuisine with stunning views of Phuket Island.

Day 8: Phuket (Fri, 20 Feb) B

Am/Pm: Depart hotel after breakfast.

All itineraries are subject to change according to local conditions.



Elephant sanctuary, Chiang Mai



Doi Suthep

Hotels

Bodhi Serene Hotel (Chiang Mai)

A boutique hotel nestled among historic temples in the charming heart of downtown Chiang Mai. Deluxe rooms are spacious and bright, featuring understated traditional décor. The property offers a large, tranquil outdoor swimming pool with a bar, lovely garden spaces, and a restaurant.

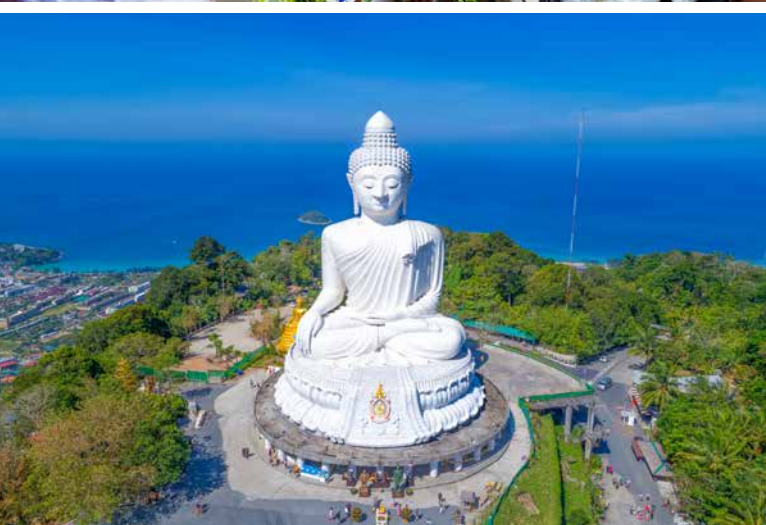


Nap Patong Hotel (Phuket)

A spacious, contemporary resort just steps from the beach, the location is quiet and peaceful but still within reach of Patong's lively centre. Rooms are generously sized, featuring modern amenities and natural light. The two-level 76Bar Drink & Dine offers a buffet breakfast, a full dining experience, and a lively bar atmosphere. Guests can also enjoy a large outdoor swimming pool and a relaxing spa area.



Bodhi Serene Hotel, Chiang Mai (top);
Nap Patong Hotel, Phuket (above)



Karon Viewpoint (top); Freshly cooked Northern Thai food;
The Big Buddha, Phuket; Suan Dok Temple (above)

**The cost of the tour is £1,948
per person sharing**

**The cost of the tour with a room
to yourself is £2,288**

The cost includes:

- 7 nights' accommodation in standard rooms with private facilities
- The services of tour leader, Marilyn Pattison
- The services of registered English-speaking guide to accompany the group for the duration of the tour
- All internal transport, including flights and special express air-conditioned train travel between Bangkok and Chiang Mai
- A full programme of cultural visits, excursions, talks and activities as detailed in the itinerary
- Breakfasts daily and other meals as indicated on itinerary
- All admission fees, tips and taxes

The cost excludes

- International flights and transfers on arrival and departure
- Meals not mentioned
- Drinks with meals
- All optional excursions, tours and visits; all personal extras such as portage, laundry and inoculation fees; travel insurance and visas



Delicate craftsmanship of the Lanna Thai people

About Us

To travel with us is to dig below the surface, revealing the deeper destination. Of course, you will visit the great historical sites; marvel at the wonders of architecture and engineering; be moved by the riches of culture and art; and experience the most spectacular landscapes in the world. What we also do is make sure that you see the country as it is today, giving you privileged access that independent travel and other tour companies rarely get close to. We give you a variety of experiences, from the sublime to the humble, in the company of intelligent, curious, like-minded people. And while we can be worthy, we also make sure that you have a lot of fun.

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Doi Suthep (top); Elephant Sanctuary, Chiang Mai, Kanta;
Nai Harn Beach; Chedi Luang Temple (above)



JON BAINES
TOURS

