

## **Accommodation:**

Women and men are accommodated in separate rooms, huts (kutis) or the hall.

## **Others:**

Please bring white loose fitting clothes (no inappropriate clothes like shorts or sleeveless shirts). Bring some washing powder, because you have to wash clothes by yourself.

**Wat Prayong doesn't provide white clothes for the students anymore**, you will have to bring your own clothes.

An alarm clock and Mosquito repellent can be useful while doing a retreat.

## **Food:**

7 a.m. breakfast. 11 a.m. lunch with some vegetarian, but primarily non-vegetarian Thai and European dishes, desserts and fruits served buffet-style.

We keep eight precepts at the temple. There is no dinner. Drinks like juice, milk, soymilk etc. are allowed in the afternoon.

**Costs / Donations:** Retreats are free of charge. Donations are welcome. Because we are always asked about how much one should donate to cover the costs at the temple, we recommend 300 thai baht per day (2,100 to 2,500 Baht for the

whole retreat = 80 to 100 \$ or euros) this will cover costs for water, electricity, maintenance of the place and food.

Teachers do not have any income except the donations they receive from the students. If you want to give a donation to support a teacher, please give it to them directly. Envelops can be found at the meditation hall.

If you want to support [MC Brigittes' Social Projects](#) or the printing of Dhamma books in English, German and Thai language, these are not paid by the temple funds and can be given separately to MC Brigitte.