AMANPURI

Adventure Guide

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NATURAL WONDERS

Nestled in a coconut grove on a peaceful peninsula, Amanpuri offers voyages of discovery in every direction.

The Amanpuri Experience

Surrounded by the tranquil turquoise waters of the Andaman Sea, Amanpuri is a gateway to the natural wonders of Phuket. The coast offers adventures of many kinds, from gentle kayaking to the thrill of wakeboarding. Inland, the serene, white-sand beaches and lush jungle vegetation are complemented by a rich cultural history, including 30 Buddhist temples.

Guests are encouraged to explore the local culture and landscape through a wide range of experiences, from trekking in a national park and seeing apes in their natural habitat to receiving a traditional blessing at a local Buddhist temple.

To find out more about the possibilities on offer, please consult the Amanpuri Experience Team. They will be delighted to advise and to create a customised itinerary tailormade to your individual requirements. Advance booking is recommended.

AUTHENTIC CULTURE

A WEINER

ALADALLA

Enjoy immersive encounters with Thai culture - from its Buddhist faith to its legendary cuisine.

Cultural Experiences

Make your own fragrant curry paste, receive a traditional blessing from monks or visit the breathtaking Big Buddha. Amanpuri offers many different opportunities to experience the local culture.

Thai Cooking Masterclass

Unlock the secrets of Thai food and then enjoy the fruits of your labour with a glass of local wine. Amanpuri's Thai Master Chef, Kannika, will explain Thai cuisine's key ingredients before guiding you step-by-step in the preparation of a delicious four-course meal.

Daily, 11am-2pm. Advance booking essential.

Buddhist Blessing at Wat Manik Temple

Depart early in the morning to visit a local Thai temple, set in a peaceful rubber plantation. Traditional offerings can be prepared using ingredients bought at the local morning market. These can be offered as alms to the monks who will pray for and bless you in return. Visits can be arranged any time before 11am. *Location: Manik. Journey time: Ten minutes each way.*

Big Buddha

Offering 360-degree views of the island and iconic Phang Nga Bay, the Phra Puttamingmongkol Akenakkiri Buddha stands 45 metres (148 feet) tall at the peak of Sakayamuni Hill. Clad in gleaming white marble, this cross-legged colossus sits on a marble lotus flower alongside a much smaller golden Buddha. No beachwear, short skirts or shorts should be worn when visiting this religious site.

Location: Chalong. Journey time: One hour each way. Daily, 8am-7.30pm.

THE GREAT OUTDOORS

Outdoor activities at Amanpuri bring you closer to nature and open up spectacular views.

Outdoor Activities

Canter along Phuket's powder-soft beaches or trek into pristine rainforest with a private guide who will tell you about the indigenous plants, fruit and small animals you encounter along the way.

Elephant Sanctuary

Spend a morning at the Phuket Elephant Sanctuary. You will have the opportunity to feed the elephants and enjoy a leisurely walk, observing the herd as they roam, bathe, and play in the mud or one of three lagoons. *Location: Paklok.*

Journey time: 40 minutes each way. Daily tours 10am-2pm, including lunch. Private tours on request.

Nature Trek

Embark on a four-hour morning trek with a private guide through Khao Phra Thaeo National Park -22 square kilometres of pristine rainforest. Start at Ton Sai Waterfall, then head uphill through the jungle, learning about the native flora and fauna as you go.

You will see the rare white-backed palms which are unique to this area, and may also glimpse colourful local birds such as the red-billed malkoha, the greater racket-tailed drongo and red-backed sea-eagle. Ending at Bang Pae Waterfall and the Gibbon Rehabilitation Project for close and personal encounters with these inquisitive apes, the hike covers approximately five kilometres, is mostly uphill, and moderately challenging.

Journey time: 30 minutes each way. Monday, Tuesday, and Friday. Minimum of two people. Advance booking essential.

Horse Riding

Trot or canter along Phuket's beautiful beaches and enjoy beautiful ocean and lagoon views. Horse riding can be arranged at any time but the views are particularly spectacular at sunset when the Andaman Sea turns gold. Horses and hacks are available for all levels, from beginners to experienced riders.

Location: Laguna.

Journey time: Ten minutes each way. Daily, 9am-5.30 pm.

Phuket Tour

Visit Phuket's most famous landmarks in a chauffeured limousine. Take in Old Phuket Town for local shopping and dining, step inside the island's most picturesque temples and marvel at the Big Buddha. Finally, soak up the sunset views from Promthep Cape before driving back along the scenic west coast. Trips can be personalised to suit individual interests.

Tennis

Amanpuri offers four tennis courts. Two are made from sand-filled artificial grass and two are hard courts for a faster play. Professional coaches are required to guide, instruct, or play against.

Star Gazing

The clear, dark Amanpuri night lends itself to star gazing. On a still, use our Meade LX90 Telescope to explore the stars and planets shining above you. Computerised GoTo technology tracks the night sky and will highlight the best of what you can see. This is a chance for the whole family to enjoy the wonders of planet Earth and embark on a journey of discovery across constellations, moon craters and other planets.

WATER SPORTS

Enjoy a peaceful evening paddling around the nearby bays while the sun sets or the excitement of a ride on the world's fastest underwater vessel.

Take to the water

Amanpuri offers water sports to suit every tempo including boogie boards, stand up paddleboards, snorkelling, sailing and jet-skiing. Take to the water your way and discover the delights of the Andaman Sea.

Stand Up Paddleboard or Kayak Tours

Stand up paddleboarding and kayaking allow you to explore Phuket's sublime coastline at a mellow pace. Paddle around the bays of Bangtao or Surin, find hidden coves, and encounter the local wildlife at sunrise or sunset. This trip will develop your balance, strength and endurance. *Age 12+.*

Sailing Lesson

The Hobie 16 is a popular catamaran for racing and day sailing. This one-hour lesson will teach you how to read the wind, hoist the main sail, jib and set sail.

Stand Up Jet Ski

Our Kawasaki Stand Up Jet Skis offer serious acceleration. If you have never tried jet skiing, our experienced instructors will teach you the basics and get you safely on your way. *Age 16+.*

Hobie Mirage Eclipse

Also known as a stand-up 'pedal' board, the Hobie Mirage is wider than a paddleboard with handlebars for optimal stability. Set off on a smooth, balanced ride as you pedal yourself fit on the Andaman Sea. *Age 12+*.

Schiller Bike

This high-performance water bike promises a memorable cycling experience on the Andaman Sea. Enjoy a leisurely ride exploring our beautiful waters and give yourself a good workout at the same time. Schiller Bikes are easy to ride, suitable for all fitness levels and a wonderful way to connect with nature at a gentle pace. *Age 12+.*

Fliteboard eFoil

Discover the Andaman Coast in a new ecofriendly way with the freedom to ride anywhere, anytime, without wind or waves. Wings fly below the surface while you soar above the water. The Fliteboard eFoil carves like a snowboard in fresh powder. It's fast, quiet, and emission-free. Almost anyone can learn, yet Fliteboard is engaging for even the most experienced water sports athletes. *Age 12+*.



Seabob

The Seabob offers six speed levels from gentle cruising to extremely fast, allowing you to travel at the speed of your choice. You can also dive to three metres and discover the underwater world at leisure.

Advance booking is necessary to ensure full charging. Age 12+.

Flyboard®

Experience the sensation of flight, challenging your agility and stability at the same time. Using powerful water jet propulsion, this balance board will see you soaring over the Andaman Sea. Flyboard[®] is designed for both beginners and experienced balance board users, with instructors on hand to demonstrate the basic steps. *Advance booking is necessary. Age 12+.*

Water-skiing / Wakeboard

Discover the thrill of skimming across the sea on two skis or a wake board. Our Mastercraft Xstar is the original high performance boat, now redesigned for unparalleled wake. Whether you are honing your skills or starting out, we will support and challenge you. *Minimum two people per booking. Age 12+.*

Stand Up Paddleboard Yoga

Slow right down and perfect your poise on the board with a private yoga lesson on the Andaman Sea. This is a truly unforgettable experience. *Age 12+*.

Ceclo

The latest addition to Amanpuri's fleet of watercraft is the Ceclo, a pedal-powered electric catamaran that gives you a new way to enjoy the Andaman. Ceclo allows you to travel across the waters with effortless elegance. *Age 12+*.





Scuba-diving

Amanpuri is a stepping stone to a wide range of dive excursions and training courses, suitable for both experienced divers and those new to this enthralling sport. Our preferred dive operator is H2O Sportz, a PADI five-star training organisation. Their custom-built boats depart daily to the best dive sites around Phuket including Shark Point, Koh Dok Mai, Anemone Reef, and Sea King Wreck.

H2O Sportz also offer the PADI Open Water Diver, Adventure Diver, Specialty Diver, Rescue Diver, Enriched Air Diver and Bubble Maker courses as well as an introductory programme for beginners.

Minimum numbers apply for all dive excursions. Advance booking is essential. Departure times depend on tidal movements, weather conditions etc. but are usually 8.15am or 11.40am.

PADI Discover Scuba Diving Course

This one-day introductory course starts with a pool session and ends with you exploring the coral reefs alongside your instructor. If you have always wanted to try scuba-diving but have never found the time, this is for you.

PADI Open Water Diver Course

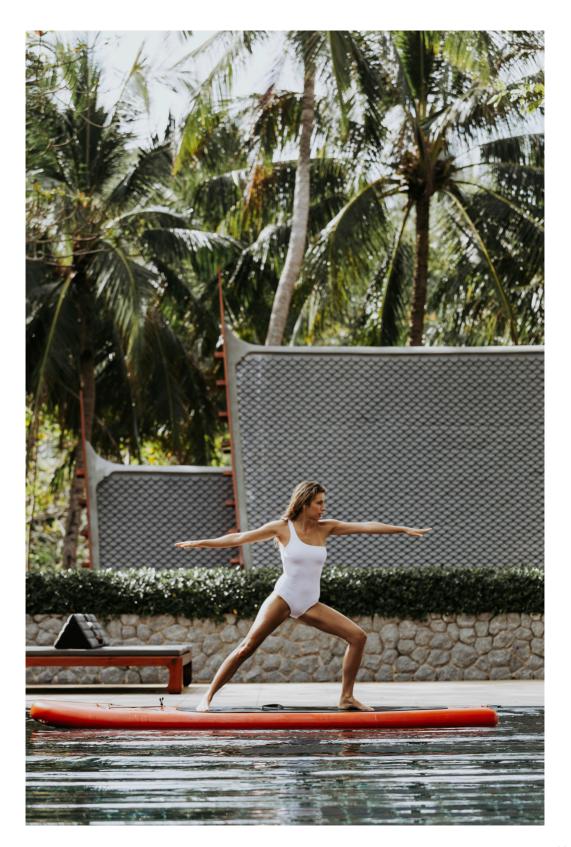
There are two streams to this four-day examined course: classroom sessions and in-water training. In the classroom, cover topics such as safety procedures, the marine environment and dive planning. In the pool, learn how to use scuba equipment safely, before taking to the ocean on four open water training dives.

PADI Advanced Open Water Diver Course

Divers looking to improve their skills and experience will be best suited to this course. It can be completed within two or three days and fuses theory with practice, as five dives teach advanced skills such as navigation, night diving, and deep dives. Further options include naturalist, wreck or multi-level dives. With no formal tests, this is a fun way to become a far more proficient diver.

Private Charters

Amanpuri has a selection of vessels available for private charter. Enjoy sailing, deep-sea fishing and scuba-diving. Over-night charters are available for island-hopping in Phang Nga Bay and the Andaman Sea, serviced by a full crew.



EXCEPTIONAL COURSES

Phuket has six superb golf courses offering challenges to suit everyone from casual players to seasoned professionals.

Golf

Set in diverse landscapes, from prestine gardens and coconut plantations to coastal settings, Phuket offers both award-winning and champion golf courses. Guests enjoy complimentary use of our quality golf clubs, with both right-handed and left-handed gentlemen and ladies' sets available.

Blue Canyon Golf & Country Club

One of the most beautiful and challenging golfing destinations in Asia, this famous club has hosted the PGA Tournament. It boasts two award-winning championship golf courses, the Canyon Course and the Lake Course.

Location: Blue Canyon. Journey time: 30 minutes each way.

Red Mountain Golf Club

This 18-hole club winds its way through a former tin mine site in the heart of Phuket. The course has been cleverly routed to take advantage of a huge variety of landforms with dizzying elevation changes.

Location: Kathu. Journey time: 30 minutes each way.

Laguna Golf Club

Nestling in a peaceful valley overlooked by low wooded hills, this attractive resort-style course is a par-71.

Location: Laguna. Journey time: 10 minutes each way.

Designed by the legendary Jack Nicklaus, this is an 18-hole championship course on Phuket's East Coast.

Location: Pa Klok. Journey time: 40 minutes each way.

Phuket Country Club

A reclaimed tin mine turned championship venue, this was Phuket's first golf course. It now offers two courses: the challenging, 18-hole Old Course and the 9-hole Country Club Course. Both are set in picturesque garden landscapes. *Location: Phuket Town. Journey time: 30 minutes each way.*

Loch Palm Golf Club

These rolling fairways and greens border the shores of Crystal Lake, the largest expanse of water on any of the island's golf courses. *Location: Kathu. Journey time: 30 minutes each way.*

Reservation of golf sets is essential.

TIMELESS TRADITIONS

Phuket's colourful markets are a fascinating way to sample traditional Thai food, watch street performers, and browse local arts and handicrafts.

Markets

Spend a morning wandering around the local markets and pick up some attractive gifts and souvenirs to take back home.

Naka Weekend Market

The weekend market in Phuket, locally known as Naka Market, is a treasure trove of souvenirs, from second hand goods to Thai trinkets. Spend some time sifting through the stalls to find hidden gems, or sit back and savour the atmosphere with a plate of local street food.

Saturday and Sunday from 5pm - 10pm Phuket Town: 45 minutes from Amanpuri

Boat Avenue

This lively weekly market is held every Friday evening in the parking area of Villa Market. Here you can find souvenirs and sample local Thai food while listening to live music.

Location: Boat Avenue. Journey time: 15 minutes each way. Fridays from 4pm.

Walking Street Market

Set in a charming pocket of Phuket Old Town, Walking Street is well worth a visit on any day of the week, but we recommend that you time yours to coincide with the vibrant weekly night market. On Sunday evenings the old Sino-Portuguese houses lining the street light up with bright colours as the spaces between them fill with buskers, performers, and stalls selling local food, handicrafts, clothing and souvenirs. *Location: Phuket Town. Journey time: 45 minutes each way. Sundays from 4pm.*

Patong Night Market

Many of the vendors in this market open for trade from late morning, but it really comes alive at night. When the sun goes down, up springs a huge night bazaar filled with shops and stalls lining Beach Road and spilling down the side streets.

Location: Patong. Journey time: 30 minutes each way.

HAPPY DAYS

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Activities for children and teenagers blend education with discovery, adventure, and pure and simple fun.

Activities for Children and Teenagers

Amanpuri offers meaningful and memorable experiences for both children and teenagers.

The Eco-Beach Discovery Centre

The Eco-Beach Discovery Centre is the hub of our many exciting activities for children. It has its very own Nature Museum including custom-made terrariums, a fresh water aquarium, and a unique collection of Thailand's indigenous butterflies. Outside, there are turtle and koi ponds, a vegetable and herb garden, and an orchard together with cosy hammocks and bean bags for chilling on the deck.

The Eco-Beach Discovery Centre is open 9am to 6pm. For children aged 5+. Full/half day programmes or à la carte activities. Babysitting services are also available.

The Hot Spot

The Hot Spot is the ultimate environment for young people aged 12 and over to relax, challenge themselves and enjoy exciting new experiences. It offers a skateboarding half pipe, bouldering wall and digital room for those wanting to try out their film-making skills.

The Hot Spot is open 9am to 6pm. Ages 12+. Full/ half day programmes or à la carte activities.

ACTIVITIES FOR CHILDREN

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Children can take part in a wide range of different activities every day including nature and science activities, Thai art, craft and dance sessions, and culinary and wellness workshops.

Science and Nature Activities

Our science and nature activities give children the chance to explore our highly educational indoor and outdoor spaces, learn about Thailand's plants, animals and their habitats, and express themselves creatively. Activities are ideal for children aged five to 12.

Terrarium and Aquarium Introduction

Explore the ecosystems of our fresh water aquarium, reptile and snail terrariums, and turtle and koi ponds. Observe the animals in their habitat, discover what it takes to make an ecosystem work and create your very own mini snail habitat. This activity is designed to raise awareness and promote stewardship of our natural environment.

Farming Fun

Our Garden Patch and orchard are excellent places to start learning about Thai farming. Instructors will show you how to grow and cultivate plants and explain why farming is so important for the people of Thailand. Design your own paper plant pot, plant a seed and learn how to nurture it with the right amount of water and sunlight. Then watch it grow.

Critter Safari

Join us for a critter hunt on the beach, or at the edges of our turtle and koi ponds. Learn about Thai reptiles, birds, butterflies, frogs, and crickets as well as techniques for collecting specimens and recording information. Along the way create your own Nature Journal about the plant and seashore specimens you find.

Sand Sculpting

This is no ordinary sand castle. Master the art of sculpting with beach sand and ocean water to create a shoreside work of art. Learn the techniques we use to keep sand firm and collect beach treasures to decorate your creation. This is a simple and fun activity for all ages.



Get Creative

Make your own Thai kite, design a Batik scarf or impress your family with some new dance steps. If you love making and creating things, these activities are for you. Local artists will help you learn new skills and create your own work of art.

The Batik Corner

Learn how to make Thai Batik paintings using wax-resist dyeing. Fashion a T-shirt, scarf, head wrap or wall painting using one of our custom designs. As you create, you will unwrap the secrets of Batik art and also practise your language skills as you learn Thai colours.

Thai Arts and Crafts

Craft a pretty necklace from coconut beads or weave palm leaves together to create a decorative dish. Master the traditional Thai arts of fruit carving, making and flying kites, and Thai flower arranging.

Thai Dancing Lessons

Choose between Li-Khe, a funny and engaging dance, or Khon, a Thai masked performance. Make a fun and decorative costume and mask, then try out your skills in this popular Thai art form.

The Aman Treasure Hunt

Treasure has been buried around Amanpuri and now it is up to you to uncover it. Dress up like a pirate and use a compass to follow the pirate map. Along the way, you will find vital clues, explore artefacts and delve into the history of the Pirates of the Andaman Sea.

Making Jasmine Garlands

Thai floral garlands are traditionally given as tokens of welcome. Made by threading petals and flowers onto a thin cord with a large needle, the most common garlands feature creamy jasmine buds and white mali blossoms, finished with yellow and orange marigolds or red roses. *Afternoons. From seven years. Advance booking essential.*



Get Cooking

Cooking is another way for children to express their creativity. Careful supervision and instruction will ensure success for both novice chefs and those more experienced in the culinary arts.

Junior Culinary Classes

If you have always wanted to try your hand in the kitchen, here is your chance to make something delicious and relish the results. Choose to make traditional Thai cuisine, fresh Japanese sushi, delicious authentic pizza or healthy fruit smoothies.



Junior Wellness Programme

Wellness is not just for adults. We offer junior classes in yoga, Pilates and Thai boxing as well as swimming and tennis lessons. In our Spa, special junior treatments help children relax.

Aman Spa Junior

Treat your child to a relaxing treatment. A range of therapies are available at the Aman Spa with adult supervision - please consult with the spa for suitable experiences. 9am-3pm. Ages 6-14.

Swimming Lessons

Internationally qualified, professional instructors are available to teach our younger guests how to swim, improve their stroke technique and build their stamina. *7am–6pm. All ages.*

Tennis Lesson

Help your child rally their tennis game with a daily lesson or a ball-hitting session with one of our professional tennis coaches. All equipment is provided. *7am-7pm. Ages 4-14.*

Pilates

Discover the world of Pilates as you develop your strength, flexibility, balance and inner awareness. *7am–6pm. Ages 10-14.*

Yoga

Build confidence, strength and flexibility through this ancient practice in fun, light-hearted, relaxing sessions with our yoga expert. *7am–6pm. Ages 8-14.*

Thai Boxing

Learn the basics or build on what you already know with an active hour of Thai boxing or MuayThai. 6am-9pm. Ages 8-14.



Other Outdoor Activities for Children

Children are encouraged to enjoy the great outdoors in many ways, from horse riding on the beach to discovering the underwater world of the Andaman Sea.

Water Sports

Several of our water sports activities are suitable for children accompanied by an adult including kayaking, hobie cat sailing and snorkelling from our beach.

9am-5pm. From six years (with adult supervision).

Guided Horse Riding

Ride along the beach on horseback, taking in beautiful views of the sea and lagoons, especially at sunset. Gentle horses are available for all levels, from beginners to experienced riders. *Location: Laguna. Journey time: 10 minutes each way. 9am–5.30pm.*

Fish Feeding

Paddle out to our wooden deck floating in the bay with a member of our water sports team. From here, feed bread to the multitude of tropical fish that seek shelter in the shadows below the deck. You can even snorkel amongst them too. 9am–5pm (weather permitting). All ages (with adult supervision).

ACTIVITIES FOR TEENAGERS

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Teenagers at Amanpuri can be themselves - or try out a new self, discovering talents and enthusiasms they never knew they had.

The Digital Room

Shoot your own sports video in the Digital Room using footage you have recorded yourself.

DJ Scratch Class

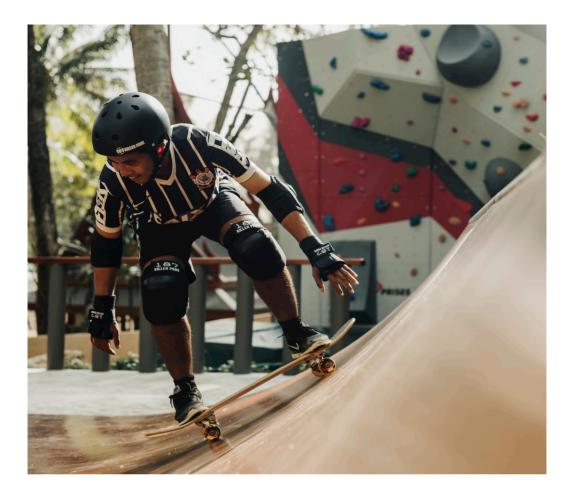
If you have always wanted to try out your DJ skills, here is your chance. One of Amanpuri's professional DJs will show you how to control a deck and play your favourite tracks.

Music Lessons

Whether you are a beginner or already taking classes at home, our music teachers are on hand to help you learn new skills on the guitar. Team up with old or new friends to record your own soundtrack, and invite your family to listen.

Make Your Own Movie

Grab a Go Pro video camera from our Digital Room and capture yourself and your friends in action on the ramp, wall, or wake. Next, you can edit what you have filmed and record your own soundtrack in our Sound Box. Finally, put it all together and share it with friends and family in the Hot Spot Screening Room.



Outdoor Activities for Teenagers

Grab a board and try your skills on our outdoor skateboarding half pipe, climb our custom- built bouldering wall, or enjoy an afternoon's deep sea fishing. Other experiences that may appeal include a visit to Phuket Elephant Sanctuary where you can feed elephants bananas and pineapples (see page 13) or a trip to one of Phuket's many water or adventure parks (see page 44).

The Half Pipe

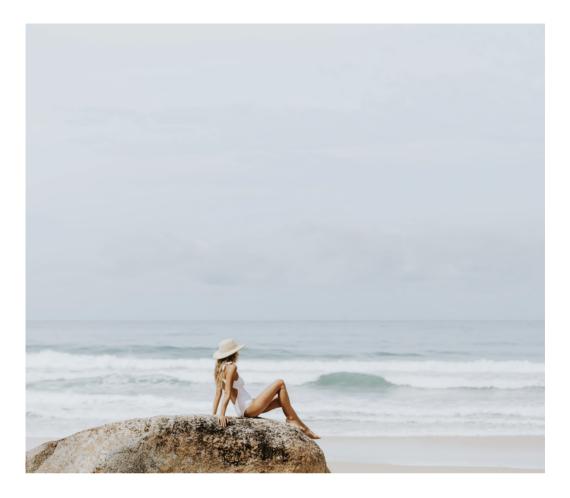
Whatever your experience, our OC Ramps custom-built outdoor half pipe is waiting for you. If you are a beginner, our expert instructors will teach you the basics. If you are already a skater, they will help you jump up to the next level.

Climbing Wall

Our four-metre-high bouldering tower is customdesigned for different climbing styles and all levels of experience. Instructors will be at hand to offer expert advice.

Backyard Slackline

Try your skills on the slackline and test your focus and agility. Balancing on the slackline builds core strength and will help you on the skate ramp, climbing wall or out on the wake.



Snorkelling Trip to Kohwa Point

Take a smooth cruise along the Andaman Sea in the Mastercraft and discover islands to explore. Grab a Go Pro from the Digital Room and, as you sail, take great footage of coral reefs, serene views, and time with friends. *Maximum of six people.*

Thai-style Deep Sea Fishing

Join us for a peaceful half day of deep sea fishing in the Andaman Sea. All experience levels are welcome, as our expert team will show you the ropes and lead you to where you will have the best chances of making a catch. *Maximum of six people per boat.*

Water Sports for Teenagers

Most of our water sports activities are open to young people aged 12 and over. See pages 16-21 for details and discover our world-class equipment. This includes the Seabob, the world's fastest underwater scooter, and the powerful XStar Mastercraft wake boat.

WATER AND ADVENTURE PARKS

From thrilling water rides to zipline jungle adventures, Phuket is home to water and adventure parks that suit all tastes and children of all ages.

Fun for all ages

Fly from tree to tree, splash around in a six-level wave pool or discover cable wakeboarding.

Flying Hanuman

Soar from tree to tree, launching yourself off more than 20 different platforms across 80,000 square meters of jungle. You will join a small group, each accompanied by several guides who will help and instruct you all the way to ensure your absolute safety.

Location: Kathu. Journey time: 30 minutes each way. 8am-5pm.

Splash Jungle

This park has thrilling rides such as the Boomerango and Superbowl as well as a six-level wave pool and an aqua-play pool for children. If the exhilarating slides are not for you, then why not float peacefully on the 335-metre-long river or treat yourself to some hydrotherapy in the spring pool.

Location: Maikhao. Journey time: 45 minutes each way. 10am–6pm.

Adventure Mini Golf

Fun for all ages and skill levels, this mini golf course offers plenty of bunkers and water hazards to keep things interesting.

Location: Bangtao. Journey time: ten minutes each way. 11am–11pm.

Surf House - FlowRider

Learn the ropes or improve your surfing game on a perfectly consistent wave with this high- tech wave-in-a-box. Or simply watch the action while enjoying a snack or cocktail.

Location: Patong. Journey time: 30 minutes each way. 10am-12am.

Anthem Wake Park

This is the first clockwise cable wakeboarding park in Asia. Part of a huge fresh water lake and surrounded by nature, it boasts six pylon towers and eight carriers running along a 12- metre-high cable track.

Location: Manik: Journey time: 15 minutes each way. 9am-6:30pm.

CONSERVATION AND OUTREACH

As a place of peace designed to help guests discover and enjoy the natural world, Amanpuri partners with three charities that closely



align with these aims.

Amanpuri Clean Ocean Conservancy

Amanpuri has partnered with Ecoalf, an upcycling ocean initiative founded by free diver Javier Goyeneche. Ecoalf's mission is to reduce ocean waste and transform it into top quality yarn, ultimately creating fabric for shoes and clothing. Through the partnership, Amanpuri is encouraging stewardship within Phuket's fishing community and has been also working towards becoming a 100% plastic-free resort since 2020.

Amanpuri Animal Sanctuary Fund

This fund champions local projects that rescue and rehabilitate indigenous animals, primarily the Phuket Elephant Sanctuary and the Gibbon Rehabilitation Project. We support them through volunteering, raising awareness of their work with guests, and fundraising.

