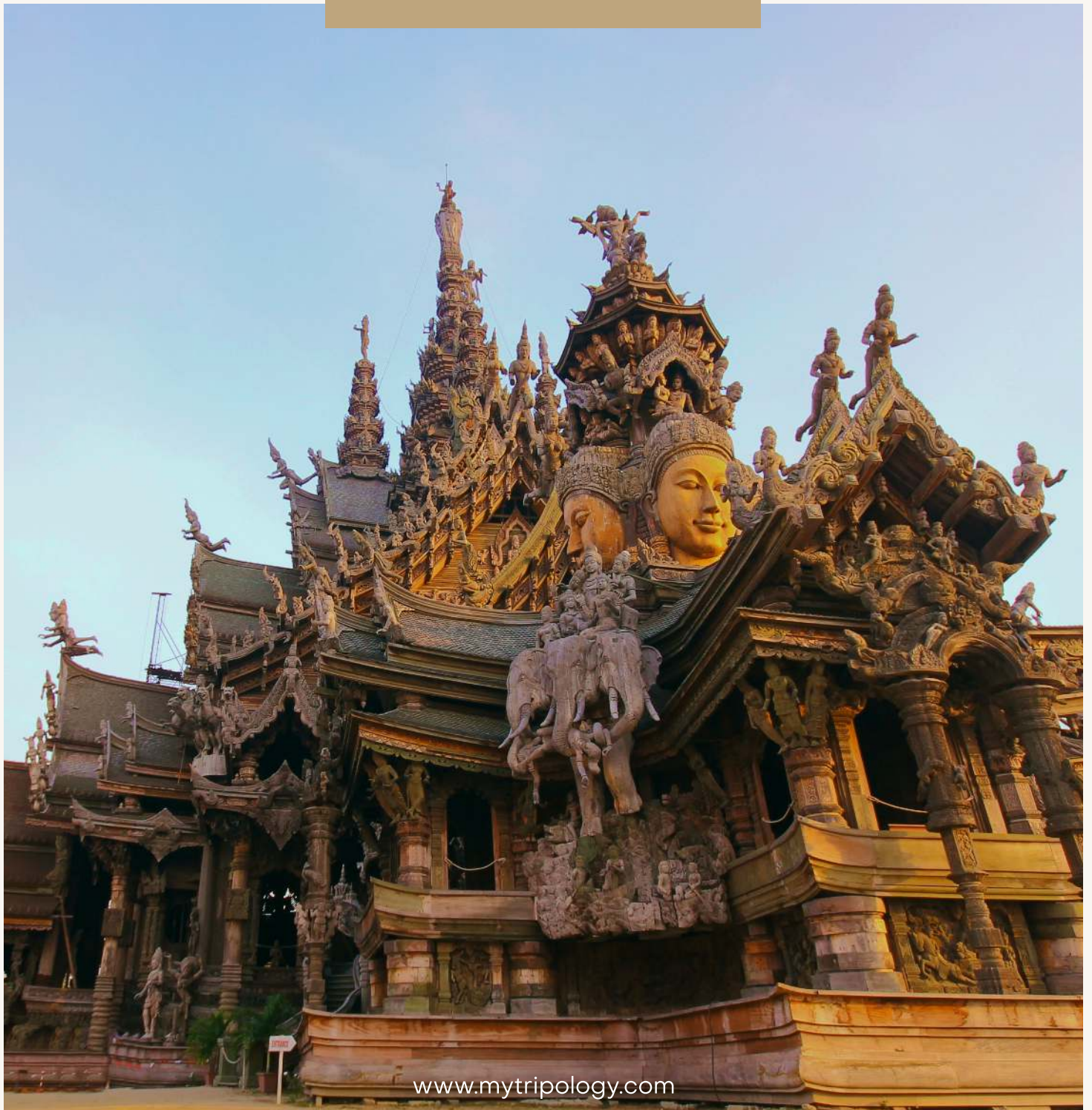


THAILAND

Traveler's Handbook



01

About Thailand

Thailand is located in the heart of mainland Southeast Asia, known for tropical beaches such as Phuket, Pattaya, and Krabi, opulent royal palaces, ancient ruins, and ornate temples displaying figures of Buddha. Thailand has wedged into the Indochina peninsula with neighbors Myanmar to the west, Laos to the north and east, Cambodia to the southeast, and Malaysia to the extended southern region. Bangkok's capital city is home to many impressive Buddhist structures featuring gold-layered spires, graceful pagodas, and giant Buddha statues.



Time Zone

Time Zone Thailand's standard time is UTC +7.

Weather/Temperature

Thailand's weather is tropical. The best time to visit Thailand is from November to March. Rain falls almost every day between May and September, and the moist and humid weather encourages wildlife.

Language

The official language is **Thai**, taught at schools and spoken throughout the country. **English** is widely spoken and understood throughout the country and a compulsory subject of secondary school curricula. Other languages spoken include **Chinese** and **Malay**.



Culture

Many influences have shaped Thai culture, including Indian, Lao, Burmese, Cambodian, and Chinese. Buddhism is the dominant religion in Thailand (95%), but about three million Muslims live in the south near the border with Malaysia. Many of the traditions and beliefs of the people in Thailand stem directly from Buddhist principles. Thai people's most essential values are respect, self-control, and a non-confrontational attitude. Thai people are incredibly polite and have their way of showing affection. They use a gesture called wai, a Thailand traditional practice to show respect to people consisting of a slight bow with the palms pressed together in a prayer-like fashion.



Respect for elders and those in higher social positions is also important. Some etiquette's that may be useful during your trips :

- Thai people eat with a spoon and fork for most meals, sometimes with hands or chopsticks for dishes from India or China.
- Licking fingers is sometimes considered offensive in Thailand, one of the Thailand culture facts you must note.
- Exercise tolerance, especially when ordering food, paying a bill, or waiting for change.
- The left hand is also considered dirty in Thailand, and you shouldn't use it to eat, shake hands, or receive gifts. You must remove footwear when entering houses and temples.
- It is better not to talk about the King of Thailand at all because any discussion about this topic at some point could be perceived wrong.
- Do not give money, food, or gifts to children begging. You encourage them to continue begging, which prevents them from going to school and locks them into a cycle of poverty. You don't know the local culture and laws. Take a child back to your hotel room. When you see a child in need, the best thing is to contact local professionals.





Public Transportation

Thailand offers inexpensive yet diverse transportation facilities which can get you through its cities and different parts. Taxis are the easiest, convenient yet affordable mode of transportation in Thailand to travel around short distances and can be found in major cities. Fares vary due to the absence of meter systems which causes the drivers to charge anonymous rates. Be sure to check if a taxi has a meter in it before getting on. If you want to avoid daily Bangkok traffic, The Bangkok Mass Transit System (BTS) Skytrain and MRT Subway would be the most affordable and fastest.



You can get through almost anywhere across the city, connecting popular tourist destinations and significant places in Bangkok. But the BTS and MRT get crowded during weekdays, and a downside is that it does not cover all of Bangkok. And also there is the tuk-tuk, a three-wheeled vehicle which can carry about 2-3 passengers and can get you through short distances in cities. The tuk-tuk is an attraction among tourists, and the fares vary from around 80-150 Baht. Since tuk-tuks don't have a meter like most taxis and motorbikes, a tuk-tuk ride can get quite expensive if you do not have bargaining skills. Keep your belongings safely, and watch out for notorious snatchers who sway around the city of Bangkok.

Local Currency

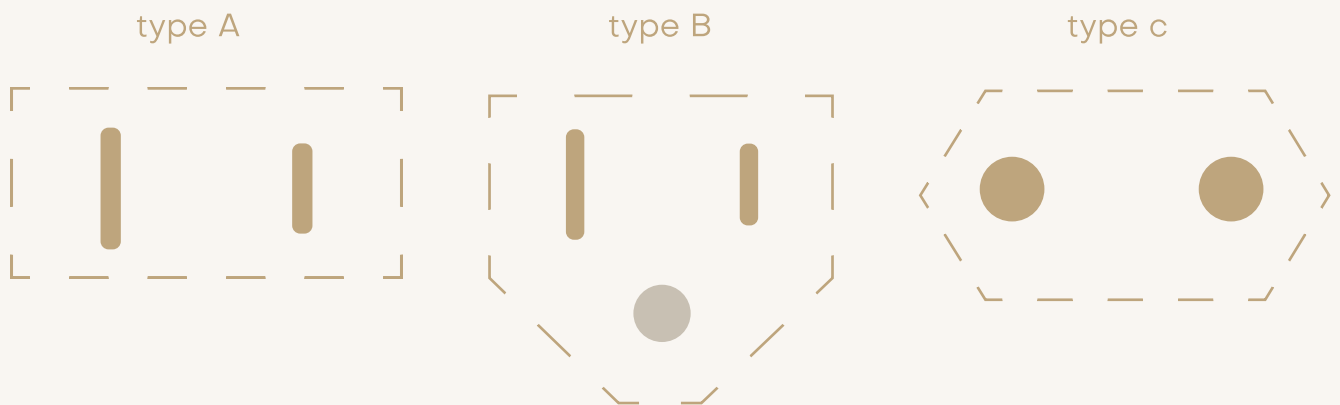
The local currency is Thai Baht, and the current exchange rate is approximately THB 1 = USD 0,030. You will be expected to use Thai Baht for all cash purchases as other currencies are not accepted in Thailand. You can exchange foreign currency in significant cities at banks, hotels, and authorized money changers located at airports and malls.

All the International airports in Thailand have an abundance of ATMs that accept foreign cards, and ATMs are also available in shopping malls, convenience stores, hotels, and banks. A maximum withdrawal of THB 20,000 per transaction usually applies. Most international credit card networks are acceptable in major cities in Thailand. The most widely accepted cards in Thailand are MasterCard and Visa, followed by American Express (Amex). Discover and Diners Club cards are far less commonly accepted. Holders of other cards are advised to clarify whether their card is acceptable in Thailand with a commercial bank.

There will be instances where stores may not display the symbols of the cards they accept, be sure to check with the salesperson in the store before using your card if your card is acceptable or not. You can exchange traveler's Checks (T/C) in authorized banks and money changers in Thailand, but you might struggle with any other type of Traveller's Cheques.

Electricity

For Thailand, there are three associated plug types: A, B, and C. Plug A is the plug that has two flat parallel pins, plug type B is the plug that has two flat parallel pins and a grounding pin, and plug type C has two round pins. Thailand operates on a 230 V supply voltage and 50hz, and we recommend you bring along a travel adapter.



Value Added Tax (VAT)

VAT refund is applicable in any shop (retailer) with a “VAT Refund for Tourists” sign. You can identify these eligible outlets with posters displayed on their storefront and visible to visitors. The sum of tax from several receipts should comply with a minimum of THB 2,000 (two thousand Baht) with VAT included. In the case of luxury goods (jewelry, gold, ornaments, watches, glasses, and pens, of which the value is over THB 10,000), the tourist is required to bring the hand-carry and show the goods again at the VAT Refund for Tourists.

To get your VAT Refund receipt at the store:

- Show your passport.
- Ask the Sales assistant to issue the VAT Refund Application for Tourists form with the original tax invoices.
- Goods must take out of Thailand with the traveler within 60 Days from the date of purchase.
- This is the pledge in which you promise that you take general goods out of the country, that you will not use the purchased consumable goods and take them out of Japan within 30 days, and will pay an extra consumption tax if you cannot present the goods at the time of leaving Japan.

The Tax refund can only be claimed at the airport on the date of your departure before you check in your luggage. Please make sure to prepare all the documents needed. See the step as follow:

1. Tourists must present the goods and VAT Refund Application form with the original tax invoices to a Customs officer for inspection.
2. For refund amount not exceeding THB 30,000, the refund payment can be made in the form of cash (THB only) or Bank draft in four currencies (USD, EUR, GBP, JPY) or transferred into a Credit Card account (Visa, MasterCard, and JCB).
3. For refund amounts exceeding THB 30,000, the refund can be made in a Bank draft transfer into a Credit Card account.

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The expense consists of a draft or transfer fee and the postal fee, which banks and post offices charge and will be deducted from the refund amount.

Basic 'Good to Know' Words

Hello | Sawadee khrup/ka

Use this when you want to greet a person.

Good morning / afternoon / evening

Sawadee don chao / Tohn bai / Tohn yen

Use this when you want to greet a person.

Thank you | Khop khun (khrup/ka)

Use this to thank someone.

Sorry / Excuse me | Khor thoad khrup/ka

Use this to say excuse me before asking someone or can be used to apologize.

Yes/No | Chai (khrup/ka) / Mai (khrup/ka)

Use this when you agree and disagree.

02

Travel Requirements

VISA Information

Your responsibility is to ensure that you have the correct documentation for your holiday and onward travel. mytripology cannot accept responsibility for anyone who is refused to enter the country because they lack the proper documentation. We encourage you to check the latest information with the nearest Thailand embassy in your country.

Vaccine

No vaccinations are required to visit Thailand except COVID-19. Depending on the season and region of travel, we will suggest preventive measures. We highly recommend the Tetanus, Typhoid, and Hepatitis A vaccine and encourage all travelers to be current on routine immunizations.

Yellow fever certificates are required if you are traveling from a country with a risk of Yellow Fever virus transmission and one year of age, including transit 12 hours in an airport located in a country with a chance of Yellow Fever virus transmission. Please consult your medical practitioner, travel clinic, or The World Health Organization (WHO) for all health advisories for detailed information.

Insurance

As per the guidelines of the government of Thailand, you are buying a travel insurance policy is not compulsory to travel to Thailand. Due to the Covid-19 situation, one of the latest requirements for visitors is the mandatory COVID-19 insurance plan for foreigners that covers the traveler for a minimum of USD 50,000 (the Thai policies generally cover THB 3.5 million). This health insurance is another level of security to make sure that the traveler can cover all costs if they are diagnosed with or die from COVID-19 during their stay.

The COVID-19 insurance may be provided by an international insurance provider or by Thailand-based insurance providers.

03



Travel
Tips



Travel SIM Cards

There are several SIM cards to choose from; **AIS**, **DTAC**, and **True Move** are among those you can buy once you arrive at the airport. Prepaid SIM Card is commonly available with a data package and validity of 7, 15, and 30 days. Please note that you must show your passport to buy SIM Card in Thailand.

What to wear

Casual and comfortable lightweight clothing is suitable for traveling in Thailand. Dress modestly and don't wear shorts or sleeveless tops when visiting religious buildings. Comfortable walking shoes are recommended and should be removed before entering religious buildings like shrines, temples, traditional restaurants, and private homes. You are suggested to wear linen, rayon + light cotton, wicking and quick-dry fabrics, and skin-protecting UPF fabrics during hot and humid seasons. When visiting temples, the basic rule is to cover your shoulders and knees and ideally cover your ankles too.

What to bring

- **Universal charger / Travel adapter**
- **Water bottle**
- **Sun protection** (during summer)
- **Insect repellent** (during summer)
- **First-aid kit**
- **International driver's** (only if you're driving)
- **Zip-lock bags/reusable bags**
- **A Key/combination lock**





What to Eat and Drink

Chinese and Indian cultures influence Thai cuisine, and most Thai dishes are spicy. Typical dishes include hot chilies, lemongrass, basil, ginger, and coconut milk. Here is a list of our top 10 best Thai dishes that you have to try



Tom Yum Goong

A traditional Japanese dish of prepared vinegared rice, usually with some sugar and salt, accompanied by various ingredients, such as seafood, often raw, and vegetables.



Pad Thai

A Japanese delicacy consisting of fresh raw fish or meat sliced into thin pieces and often eaten with soy sauce.



Pad Krapow

Thai basil stir-fry usually is made using minced pork or chicken and plenty of chilies. This dish has a very sharp, peppery flavor, while the chilies as a hefty dose of spice.



Gaeng Keow Wan

Thai green curry with a perfect balance of sweet from the added coconut milk and the most mouthwatering ingredients, including fresh green chilies, ginger, eggplant.



Som Tam

A spicy salad made from shredded unripe papaya (sometimes used mangoes, cucumbers, or other vegetables) from the North-Eastern part of Thailand combined with the spice of red chili pepper, fish sauce, lime or tamarind, and palm sugar. You can mix it with crab, peanuts, dried shrimps, and rice noodles.



Tom Kha Gai

Related to tom yam and offers people with a lower tolerance to spice the opportunity to taste the same flavors. It typically comes with creamy coconut milk, creating a rich sweet soup.



Kao Niew Ma Muang

Mango sticky rice, a popular traditional dessert, comprises mango slices and sweet glutinous rice.



Khao Pad

Thai-style fried rice with egg onion usually comes with slices of cucumber to garnish.



Yam Nua

Thai beef salad that's healthy and packed with refreshing flavor. It is made with thinly sliced grilled beef tenderloin strips, tossed alongside sprigs of fresh spearmint, chopped shallots, onions, garlic, chilis, and seasoned with lime juice and fish sauce.



Kway Teow

Thai noodle soup with rice noodles, pork tenderloins, offal, minced meat, fish balls, and vegetables. This dish is best topped with a selection of condiments, including sugar, dried chili peppers, lime juice, and fish sauce.



Shopping Guidelines

Thailand is one of the favorite shopping destinations globally, particularly Bangkok. Renowned all over the world for its traditional Thai products, antiques, silk products, and ornaments from the most luxurious to the cheapest – clothing, shoes, bags, apparel, jewelry, to branded luxury goods and even electronic devices such as mobile phones and laptops computers, you can find almost anything of your fancy here. Bargaining and haggling for a better deal are part of the experience when shopping at markets in Bangkok. The first price offered is rarely the actual price, especially in overly tourist areas like Khao San Road, Silom, Chatuchak Market, or the stalls around Nana BTS station.

Thai are receptive to friendliness, the more aggressive your attempt to receive a discount, the less likely you will get one. Shopping malls like Gaysorn, Siam Paragon, and Emporium are popular among tourists looking for International brands and the world's top-quality designer wear. These shopping centers are accessible via BTS, the city's most efficient modern sky train.

Safety Tips

Thailand has a meager crime rate and is generally a safe country. Beggars are common. We recommend donating money to a reputable charitable organization that will disperse the funds to the community. However, we recommend a few precautions to keep you safe on your travels :

- Be aware of your safety and security at all times.
- Keep your valuables out of sight, close to you, and zipped up.
- Never accept any item from a stranger.
- Never leave any personal belongings unattended in public places.
- Don't give your passport away to anyone, even when you rent motorbikes/ cars.





04

F.A.Q

F.A.Q

How much standard Baggage Allowance/Excess Baggage policy?

Standard baggage allowance for economy class for Thai Airways is two pieces 23 Kg each, business (Royal Silk) and first-class (Royal First) is two pieces of 32 Kg each for International flights. On Domestic flights, passengers may check 30 Kg for the economy and premium economy class 40 Kg for Royal Silk Class. No checked bag should measure more than 158 cm in total dimensions.

If your journey involves multiple airline partners, please know that baggage rules vary. Please contact your airline for further details. You may purchase at the airport ticket desk and charge based on airline regulations for any excess baggage.

Are there temporary baggage storage services?

There are public luggage storage options in Bangkok at airports and shopping malls such as MBK, Central World, and privately operated luggage storage and delivery services with very reasonable prices starting from THB 100 per day.

F.A.Q

Tipping/Gratuities

Tipping is not customary in Thailand, there is absolutely no mandatory requirement to tip anyone, but small gratuities for excellent service are much appreciated. Though service staff at hotels and restaurants and taxi drivers appreciate tips, these should be offered in Thai Baht. Whenever possible, give a cash tip directly to the people who helped you to assure they received it.

At restaurants/bars, it is polite to tip 10% of your total bill. If the service has been exceptional, you can tip up to 15%, which would be considered very generous. Many high-end restaurants and hotels pass a 10% service charge to the bill automatically, so make sure to check the bill first or ask if service is included. Many people round up or add on a THB of 10 or 20 tips for a typical meal. If the restaurant/bar is inexpensive, it may be appropriate to round up and leave the change. Massage and spa depend on the place and the cost of the massage. We recommend a minimum of THB 100 in street-side massage and a 3-star hotel spa, but the high-end 5-star hotel spa is around THB 170 - 350.

Bellhops, porters, service people, and others who carry things for you should be tipped. There are no hard and fast rules for this, but THB 50 per bag is sufficient. Don't forget to tip a tour guide. Based on service, the average is around THB 350 for Full Day and THB 170 for Half Day. We recommend THB 170 for Full Day and THB 100 for a driver.

F.A.Q

Can I bring my e-cigarettes and vape liquid?

Vaping is illegal in Thailand, and you should take it seriously to avoid any unpleasant circumstances. Leave your vape at home when going to Thailand. Smoking in Thailand is allowed, and you can bring 200 grams of cigarettes per person into Thailand without paying customs duty. But there are public places that are forbidden to smoke :

- Shopping malls
- Office buildings
- Government buildings
- Temples
- Schools
- Airports
- Public parks
- Public transport
- Markets
- Many beaches
- Offshore boats
- Many hotels
- Bars
- Nightclubs
- Restaurants
- Zoos

F.A.Q

Drugs Policy

Thailand has strict laws towards using or carrying drugs as the punishment could be in jail or a death penalty depending on the case. We advise contacting the Thailand Embassy in your country for the latest information. Please note that one of the famous tourist scams in Thailand is to sell you drugs and then to call fake police on you. You pay the fine to the fake police, and he splits the money with the seller. So stay safe and do not affiliate with drugs when in Thailand.