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Disclaimer of Liability and Endorsement
Before you arrive

Passport and Visa Requirement:

PASSPORT

• Check the current validity of your passport
  All travelers will need a passport valid for at least 90 days following your departure date from Thailand. However, we strongly recommend traveling with 6 months validity on your passport at all times.

• Make sure your passport has blank Visa pages.
  Thailand, require that you have adequate un-used pages in your passport, allowing for any necessary stamps upon arrival and departure. We recommend that you have at least two free pages in Visas section of your passport before any international travel. Please visit your embassy website for how to extend your passport pages.

VISA

1. Visa for Visitor (Tourist Visa) (Updated August 2014)

UK Residents

The Thai Embassy office @ Birmingham or the Royal Thai Consulate @ HULL (UK) are the two best places in the UK to get your 12 month Visa.

Thai Consulate @ BIRMINGHAM One Victoria Square  Birmingham B1 1BD Telephone:01216439481 Facsimile: 0121 643 9485 web site:  Thai Consulate @ BIRMINGHAM

• Visa on arrival
  If you enter Thailand via any Thailand AIRPORT they give you a 30 day VISA on arrival but if you enter Thailand on foot / car/ bus or boat they only give you a 15 day Tourist VISA on arrival. The exception being if you have 2 or 3 month entry visa or a 6 - 12 month multiple entry Thailand VISA then @ ALL Thailand border crossings they give you 3 month Thailand VISA.
Passport holders from the following 49 Countries are given a standard **30 day Tourist Visa** on arrival @ Thailand. No paper work is required for the visa, you get your 30 day visa stamp when you pass through the customs / Immigration Passport check point @ any Thailand international airport.


Passport holders from the following countries **are eligible for the 30 day Tourist Visa on arrival**

Andorra, Bulgaria, Bhutan, China, Cyprus, Ethiopia, India, Kazakhstan, Latvia, Lithuania, Maldives, Malta, Mauritius, Romania, San Marino, Saudi Arabia, Taiwan, Ukraine and Uzbekistan

Passport holders from the following countries are entitled to APEC Business Travel Card (ABTC) are given a standard **90 day Tourist Visa** on arrival @ Thailand. No paper work is required for the visa. No visa extension is given.

Australia, Brunei, Chile, China, Hong Kong, Indonesia, Japan, South Korea, Malaysia, Mexico, New Zealand, Peru, Philippines, Papua New Guinea, Russia, Singapore, Chinese Taipei and Vietnam

Passport holders from the following countries are waived to apply for visa. Duration od stay is given differently depends on nationality.

Argentina (90 days), Brazil (90 days), Chile (90 days), Hong Kong (30 days), South Korea (90 days), Laos (30 days), Macau (30 days), Mongolia (30 days), Peru (90 days), Russia (30 days), Vietnam (30 days) and Cambodia (14 days)

Passport holders from the following countries **are NOT eligible for the 30 day Tourist Visa on arrival** & should contact their local Thai Embassy office for more information. Thai Embassy

01. ALGERIA 02. BANGLADESH 03. CHINA and TAIWAN 04. EGYPT 05. INDIA 06. IRAN 07. LEBANON 09. NEPAL 10. NIGERIA 11. NORTH KOREA 12. PAKISTAN 13. PALESTINE 14. RUSSIA 15. SAUDI ARABIA 16. SRILANKA 17. SUDAN 18. SYRIA 19. YEMEN
VISA EXTENSION
Unless indicated elsewhere, should you require to stay more than 30 days in Thailand, you have 3 options to extend your visa in Thailand.

7 day VISA Extension  A 7 day visa extension is available from the Phuket or Bangkok immigration office. Visa extension fee = 1900 THB. In Bangkok you can get your visa extention @ the Dept of Consular affairs in the Chaengwattana Bldg (123 Chaengwattana Rd, Laksi Bangkok 10210 . tel +662 981 7171 (near Bangkok Donmuang airport)

14 day Visa Extension  A day trip run through border check by mini bus. Visa Run Fee approx 1800 THB

30 day Visa Extension  Depart Thailand & return same day visa the airport to receive 30 day Tourist visa on arrival at any Thailand airport. From Phuket you can buy a return flight to any of the following destinations for less than $100 return. >> Phuket to Singapore, Bali, jakarta, KL Malaysia, Hong kong, Macau, India, China, Cambodia, Vietnam, Laos.

The 60 day Tourist visa is currently available for FREE at ALL Thailand embassies around the world. You don't need any specific requirements to be eligible for the 60 day tourist visa, you only need to go to a Thai Embassy BEFORE you arrive in Thailand and apply for one.

2. VISA TO WORK IN THAILAND (CONTRACT EMPLOYEE)

If you are come to Thailand as contract employee, you will need to apply for Non-F visa, Please contact Ms. Phung (phung@tropmedres.ac) Our Head of Administration and HR Manager to clarify documents needed for you to apply Non-F visa from Thai Embassy in your home country. List of Thai Embassy oversea can be founded here:Thai Embassy

INSURANCE
It is vital that all visitors have full travel and health insurance before coming to Thailand. This should include medical evacuation to home country. It is also advisable to have insurance cover for unexpected losses/expenses (eg. Cancelled flights, lost passport, stolen cash etc) For Contract Employee, your contract might already covered please check with Ms. Phung phung@tropmedres.ac

WHAT TO BRING
Bangkok and most major cities have a good range of international products on sale but not all your favourites may be available. Below are a few items which you may want to bring with you. Medicines – most generic drugs easily available from private pharmacies but you should bring your own prescription drugs.
Toiletries – all common toiletries are available but it may not be your preferred brand. Ladies may want to bring sanitary products. Appropriate clothes - see section on dress and climate.

ARRIVAL IN BANGKOK
International Visitors travelling by air will arrive at Suvarnabhumi International Airport. Please see Suvarnabhumi airport for facilities and information.
Don Muang Airport is now used for mostly domestic flights and low-cost airlines. See more detail [at Don Muang airport](#)

**Airport Link**

From underground of the arrival hall, you could access to airport link which will take you to city centre.

- **SA Express** provides transportation service between Bangkok City Air Terminal (BCAT) from Makkasan to Suvarnabhumi Airport within **15** minutes, which stops only at Suvarnabhumi Station and Makkasan Station. Fee is THB 150.

- **SA City Line** provides service between Suvarnabhumi Airport to Phayathai Station within **30** minutes, which stops at 6 stations along the way such as Lad Krabang Station, Thab Chang Station, Hua Mark Station, Ramkhamhaeng Station, Makkasan Station and Rajprarop Station and. It covers a distance of 28 kilometers. Fee are from THB 15-45.

**Taxis**

You can take a taxi to any destination from the taxi stands outside the Arrival Hall. Contact Taxi counter, Level 1 - Ground Level, near entrances 3, 4, 7 and 8. as these taxis are organised by the Bangkok airport Taxi Service and will charge you on the meter. metered taxi fare plus THB 50 airport surcharge, and expressway fees (~ THB70). The trip takes approximately 30 minutes to the centre of the city depending on traffic and should cost approximately THB 250 on the meter.

If possible change money at the airport (Several Currency Exchange desk at the arrival hall) Thailand taxi only accept THB, you can use other major currency at Department Stores, Hotels

**Hotel Airport pick up**

Many hotels have airport pickup and drop off service, though it is expensive. You must contact your hotel before arrival to arrange this service. MORU may be able to arrange a pick-up for you but this should be discussed before flying.
ACCOMMODATION

MORU can arrange accommodation for visitor with prior notice. A range of accommodation options are available

1. PAYONG MANSION
This mansion is available for elective student and visitor with no cost, since we have quite a few rooms available so please contact us before arrival

Address: Payong Mansion, No. 6 Ari Soi 3, Paholyothin Road, Phyathai Bangkok
Contact Ms. Phung for reservation at +66 2036311 or phung@tropmedres.ac
2. **VIC 3 HOTEL**
A boutique hotel newly opened with reasonable cost ~ THB 2,000 with ABF and free WIFI

Address: 89 Phahonyothin Soi 3, Phaya Thai Bangkok Tel: +66 (0) 2618 9888
Email: H7930-SM2@Accor.com

Map for Taxi
3. THE SUKOSOL BANGKOK HOTEL
Five Stars Hotel in the heart of city offer rate of THB 3400 with complimentary breakfast and internet
Address: 477 Si Ayuthaya Road, Phayathai, Bangkok 10400, Thailand Tel: +66 (0) 2247-0123 Fax: +66 (0) 2247-0165 Email: thesukosol@sukosolhotels.com
website: http://www.siamhotels.com
BUSINESS HOURS

All Government offices are open from 08.30 to 16.30 (with a one-hour lunch break) Monday to Friday. Banks are open from 8.30 to 15:30 Monday to Friday except branches in the department stores are open from 11.00-20.30. Department Stores are open from 11:00 to 21:00 Monday to Friday and 10.00-22.00 on Weekend and public holidays. Local shop are open from 9.00-19.00.

CLIMATE AND ENVIRONMENT

Thailand is hot. Average temperatures in Bangkok are approximately 30°C throughout the year. The rainy season months are between May and October/November - the relatively cool season is between December and February, and the fiercely hot and humid season is between March and May. Bangkok has a tropical monsoon climate and holds claim to being the hottest city in the world. Sitting at the same latitude as Khartoum and Guatemala City, it is both hot and humid in equal measure.

It may not be the warmest city in the world every day but, overall, it is unrelenting simply because it doesn't cool significantly at night. The two periods of April-May and September-October are the steamiest. The Southwest monsoons arrive between May and October and for many, this is a welcome respite.

Visitors should drink plenty of water (~1 lt/day), use hats and apply sun cream if outdoors. Current Bangkok Weather

Air pollution in Bangkok is now the worst of any urban environment in the world. The city is congested with traffic, and movement is slow. During the cool season, occasionally a pullover might be required in the evening, but for the rest of the year shirtsleeves are all that is necessary. During the dry season it is very hot, and visitors often find it difficult to acclimatise for the first few days. People tend to feel rather weak and "washed out". The rainy season is unpredictable, and occasionally there may be flooding in Bangkok.

COMMUNICATIONS

Local calls are 9 digits. The country code is +66 and the city code for Bangko is 02 Maesot is 055 International calls can be made from most public telephones. International Direct Dialing Access Code is 001, 009. Many hotel rooms are furnished with IDD telephone service and broadband internet access (cost depends on each hotel). In Thailand, mobile telephone service using the GSM standard is available in major area in Bangkok only partially available in up country. Your international mobile phone may work using the roaming service. Standard US phones without international roaming services are unlikely to function in Viet Nam. If possible, it is useful to bring an unlocked phone with you and insert a Thailand SIM Card. SIM cards are readily available from phone shops and convenience stores (AIS, DTAC, TRUEMOVE are used brand of SIM card).

Many cafes and hotels in Bangkok have free wireless access and there are numerous internet coffee shops. Wireless internet access is available in the MORU. Please contact reception area for username and password.
CURRENCY
The currency of Thailand is the Baht (THB), 1 USD = 36.08 (updated 4 Feb 2016). Notes are available in paper denominations of 20; 50; 100; 500; 1,000; and also in metal denominations of 0.25; 0.50; 1; 5; 10. Throughout the country, US dollars are widely accepted for exchange. However, the bills must be relatively new with no markings or tears, and large denominations are preferred. Cash can be exchanged in banks and in the numerous Currency Exchange shops. Traveler’s cheques may be exchangeable in major banks but not at street side money exchangers. Credit cards are acceptable, in the major hotels, department stores and restaurants. There are many ATMs around you should be able to withdraw money from your home account. Please advise your bank before departure to alert them of your travel activities. Most banks in Thailand open from 8.30-15.30

DRESS
Most styles are acceptable in the city centre, In hospitals it is advisable to wear reasonably neat clothes. Male visitor should dress shirt with collar and trousers. Female visitor should dress skirt longer than knee and shirt covering the shoulders. Dress should be polite and professional but doesn't have to be formal. Miniskirt and shorts should not be worn. Long trousers for female visitor could be used

RELIGIONS
Thailand is a Buddhist country. Do not wear shorts or sandals when visiting temples (Wats). Women should not touch or sit next to monks. The rest days are Saturday and Sunday. There are many holidays, although the big one is New Year (January 1st)

LANGUAGUE and FOOD
Thai is spoken everywhere except in the refugee camps on the borders. It is a tonal language. English is increasingly widely spoken, but it is usually not understood extensively in rural areas. As everywhere in Asia, it pays to have a sunny disposition, to smile in the face of adversity, and to remain polite. It does no good to lose one's temper and raise one's voice. The Thai are generally friendly, cheerful, and polite. They are shrewd observers of humanity. The extensive exposure of skin surfaces is not recommended! The feet are considered dirty, and should not be pointed at other people, or raised in the air. The ‘Wai’, or Thai greeting, involves placing the two outstretched hands together in an inverted "V" in front of one's face. The Wai should not be too low as this conveys superiority over the person being "Wai'ed". Although everyone seems very easy-going and forgiving of cultural indiscretions, it is wise to be prepared as social inter-actions and cultural mores are complicated.
DRINKING WATER
You should not drink the tap water. Bottled water is cheap and readily available for drinking. It is advisable that you avoid ice in drinks at street cafes but most restaurants and hotels serve ‘clean’ ice.

ELECTRICITY
Thailand operates a 220/240 volts, 50Hz power supply. Adapter plugs can be purchased easily.

HEALTH ADVICE
In general the risks of a visitor to Thailand acquiring any serious infection are extremely low. Even mild gastrointestinal infections are rare.

Specific diseases:

Malaria: The risks of acquiring malaria during a visit to Thailand are very low indeed. Transmission is confined to the border areas. The incidence of falciparum and vivax is approximately equal. Vivax malaria remains uniformly sensitive to chloroquine. On the eastern and western borders (but not in the far north and south) of Thailand, falciparum malaria is multi-drug resistant. Mefloquine alone can no longer be relied upon for either prophylaxis or treatment. Doxycycline is probably still effective as prophylaxis although there are not good recent studies to confirm this. For treatment we would recommend the following:

In Thailand:
Artesunate (50 mg/tab) take 4 tablets once a day for 3 days plus Mefloquine (250 mg /tab) take 3 tablets for the 1st day then 2 tablets on the next day.

In the U.K. or other countries where artesunate is not available:
Quinine (300mg/tab) take 2 tablets 3 times per day for 7 days combined with Tetracycline (250mg/tab) take 1 tablet 4 times a day for 7 days or Doxycycline (100mg/tab) take 2 tablets per day for 7 days

The Tetracycline should not be given to children under 8 years old. Failure rates with this regime may be as high as 30%.

The chances of acquiring malaria are obviously considerably reduced if visitors to endemic areas use early evening and early morning insect repellant (DEET), and sleep under permethrin-impregnated bed-nets. Visitors to the Shoklo Malaria Research Unit are at risk from malaria, and all visitors to this Unit must ensure that they bring with them insect repellant. They will be provided with impregnated bed-nets. We do not recommend prophylaxis, but all visitors must be aware that they are at risk from malaria if they have visited this research station. We recommend that they should purchase Artesunate locally (in Mae-Sot) to bring back with them to the U.K. as a contingency in case they have acquired an
infection. If they do have falciparum malaria they MUST NOT receive mefloquine alone, as R3 resistance occurs now.

The recommendation dose above was calculated by using 50kg patient. Please consult physician before taking any medication.

**Gastrointestinal infections:**

Typhoid fever is rare in Thailand. Mild gastrointestinal infections are uncommon. There is no particular pathogen of note. Drugs (including antibiotics) can be readily purchased from pharmacies. We do not recommend any particular precautions.

**Arbovirus infections:**

During the midsummer months, June to September, dengue is common in urban areas, and Japanese B encephalitis is a risk to visitors staying in rural villages (particularly if pigs are being kept in or near the house in the North and Northeast parts). We recommend all visitors to Thailand should receive Japanese B encephalitis vaccine.

**HIV:**

Thailand is currently experiencing an explosion of HIV, and the risks of acquisition through sexual or blood exposure are high as a consequence. The virus is prevalent throughout the country, but is particularly common in the north.

**Precautions:**

All visitors to Thailand should have received their usual immunizations and, in addition, we recommend rabies and Japanese B encephalitis vaccines (see below). The risks from typhoid are extremely low. Although cholera is found in Thailand (and recently non-01 biotypes have been reported), the risks are extremely low. Clinical and laboratory workers visiting the Wellcome Units are likely to be exposed to blood, through research, and should take the usual precautions against needle-stick and other accidental exposure. The Unit has a particular research interest in *Burkholderia pseudomallei* infections. This organism is common in soil in the north-east of Thailand. It is regarded as a dangerous pathogen in the United Kingdom, although with good laboratory practices the risks of acquiring the infection are very low. Laboratory workers in endemic areas handle the infection with care in biosafety cabinet in Biosafety level 1-2 laboratory. However, all *B. pseudomallei* works in the Unit are to work strictly in biosafety cabinet class II in the laboratory with BSL 2+ in upcountry sites, and BSL 3 in Bangkok. Visitors to the Unit should not work with this organism until they have been instructed by our Microbiologists on safe laboratory practices. There is no indication for taking prophylaxis.

**A list of recommend vaccinations or immunizations for Thailand and Viet Nam**

Diphtheria / Polio / Tetanus : Boosters should be given if needed

Hepatitis B

Hepatitis A
Rabies

Japanese ‘B’ Encephalitis

Typhoid (still controversial; for Viet Nam only)
When you are here

GETTING AROUND

**Buses**
There are public buses along most major routes. These are very cheap but can be crowded at peak times.

**Motorbikes**
We do not recommend visitors use motorbike taxis or hire a bike to get around the city. If you do choose to drive a motorbike it is compulsory to wear a helmet and carry a valid Thai bike license.

**Public taxis**
Taxis are relatively cheap and very common. Please use only TAXI METER that have sign on the roof. Do not use taxi that do not want to use the meter. Make a note of the taxi number in case you leave valuables as it is hard to retrieve them otherwise. Alternatively, tuk-tuks (motorized tricycles) are more exciting, but not much cheaper.
BTS, MRT, BRT, Airport Link and Chao Phraya Express Boat:

Bangkok is equipped with sky train and subway please see the map for route available:
**BTS**

Sukhumvit Line from Bearing to Mor Chit and Silom Line from National Stadium to Wonwien Yai (Please see the map for stations)

**Ticket Type**

1. **Single Journey ticket**
   - This ticket is valid for a single journey, with fare according to chosen destination. (starting at 15 baht, up to 52 Baht per journey)
   - Valid for travel on date of purchase only.
   - Ticket will be retained at an Automatic Gate upon exit.
   - Single Journey Tickets can be purchased at any Ticket Issuing Machine (TIM), Integrated Ticketing Machine (ITM) and Ticket Vending Machine (TVM).

2. **One day pass ticket**
   - Valid for unlimited rides on the date of issue or registration only.
   - Non-refundable
   - Fee THB 130

3. **Smart pass**
   - 15 trips 450 Baht (30 Baht per trip)
   - 25 trips 700 Baht (28 Baht per trip)
   - 40 trips 1040 Baht (26 Baht per trip)
   - 50 trips 1,250 Baht (25 Baht per trip)

**Promotional price for 30-Day Trips.**

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**BTS 30-Day Smartpass**

1. 5 Year Card Life starts from date of issue.
2. Trips in passes can only be used within 30 days after last refilling trips.
3. Passes can be used for travel, according to trip refilled, for unlimited travel distance.
4. Passes may be refilled with trips at anytime, in accordance with promotions specified by the Company.
5. Trips remaining in passes cannot be exchanged for cash or other services of any kind.
6. A 30-Day Student SmartPass can only be used by a student aged not over 23 years, studying at an academic institution in Thailand, recognized by the Ministry of Education (details as per Conditions of Use for BTS 30-Day Student SmartPass).

**Time Limit for passengers to remain in the Paid Area and Penalty for overstay**
**MRT**

Chaloem Ratchamongkhon Line from Hua Lampong – Bangsue

**Ticket Type**

1. **Adult card**
   - For Adult
   - Initial value of 230 Baht (150 Baht Travel value + 50 Baht Deposit + 30 Baht Issuing fee)
   - Issued and added value at Ticket Office
   - The card can be used in all 18 MRT stations
   - Further top-ups can be obtained at designated graduated from 100 baht. No fragment of a hundred is possible and the remaining value in the card must not exceed 1,000 baht

2. **One day pass**
   - For Adult
   - 1 day unlimited trips (Since the 1st entering in the paid area to midnight of that day)
   - Issued at Ticket Office
   - The card can be used in all 18 MRT stations
   - Cost 120 Baht
   - No Deposit, Non-addable and Nonrefundable

3. **3 day pass**
   - For Adult
   - Unlimited 3 consecutive days travel (Since the 1st entering in the paid area to midnight of the 3rd day)
   - Issued at Ticket Office
   - The card can be used in all 18 MRT stations
   - Cost 230 Baht
   - No Deposit, Non-addable and Nonrefundable

4. **30 day pass**
   - For Adult
   - Unlimited 30 consecutive days travel (Since the 1st entering in the paid area to midnight of the 30th day)
   - Issued at Ticket Office
   - The card can be used in all 18 MRT Stations
   - Cost 1,400 Baht
   - No Deposit, Non-addable and Nonrefundable

**BRT**

Bus Repid Transit commute from Sathorn – Rajpruk

Fare is vary from THB12-20
**Airport Link**

- **SA City Line** provides service between Suvarnabhumi Airport to Phyaathai Station within 30 minutes, which stops at 6 stations along the way such as Lad Krabang Station, Thab Chang Station, Hua Mark Station, Ramkhamhaeng Station, Makkasan Station and Rajprarop Station and.
It covers a distance of 28 kilometers. Fee are from THB 15-45

**Chaopraya Boat Service**

From Pakkred, Nonthaburi Pier to Wat Rajsignkorn Pier connect to BTS at Sathorn Pier (BTS Saphan Taksin)
Fare is differ from:

- Local line (THB10/12/14)
- Orange flag boat THB 15
- Green flag boat (THB13/20/32)
- Yellow flag boat (THB 20/29)
Additional to that, Chaophraya Express Boat offers tourist boat along Chaophraya River. For more information see Tourist Boat.
SECURITY
Thailand is a relatively safe country for tourists but you should be aware of the usual petty crime that can occur in big cities such as pickpocketing and bag snatching by passing motorbikes. Please bring a bag with long, strong strap and wear it across your body when on the street. Use your phone with discretion if on the side of the street. Don’t make it obvious that you are carrying a laptop. If possible, avoid carrying a bag and only take small amounts of cash around with you in your pockets. Do not carry your passport around with you.

Valuables You should not carry large amounts of cash on you. We recommend you don’t bring precious items of jewellery with you. Make a photocopy of your passport as well as all important credit/debit cards and store copies in a secure place. It is advisable to lock your luggage.

Emergency numbers should you need them are: Police: 191 Fire Brigade: 199 First Aid: 1669

Thailand is visited by approximately seven million visitors each year. It is a country of approximately sixty million populations, with a land area equivalent to that of France. It is undergoing a remarkable economic expansion, with growth rates of approximately 8% - 10% each year. Urban areas are well developed.

SHOPPING AND EATING

Eating Thai food is fantastic! Ask local staff for their favourite haunts.
Vegetarian food There are some specifically vegetarian restaurants in the city, but most places can serve a few vegetarian dishes. However, you should specify when you order that you do not eat ANY meat/fish as many supposedly vegetable dishes include a little meat in them.

Groceries Food can be bought at supermarkets, grocery shops or in the local market
Clothes There are a number of cheap clothing outlets where you can pick up bargains, although it’s not always possible to get Western sizes. See MBK Mall for bargains, or Central, Paragon for department stores.

TIME ZONES
The entire country of Thailand falls within the UTC/GMT+7 time zone. Daylight saving time is not used.

TIPPING & BARGAINING
Tipping is common amongst Thai customers, and may be expected in places frequented by Westerners. It’s nice to tip taxi drivers or in small coffee shops & street restaurants, etc. In up-market restaurants and hotels a 10% tip is sufficient.

Bargaining is commonplace in markets and tourist shops, If the vendor comes down to the price you ask YOU HAVE TO BUY IT! Usually the amounts you are haggling over are tiny. If a shop or stall says ‘fixed price’ they don’t want you to bargain. However, be careful if you go shopping early in the morning in the open market, do not ask for a discount and then go away. This is seen to bring bad luck to the vendor and may make them angry.
THAI CUSTOMS
The most important thing that you must know while visiting Thailand is Wai or the Thai mode of greeting. The Thais join the palms of their hands and bow their heads in order to show a respectful greeting. However such greetings are not to be used for a child! There are yet many other things about Thailand's customs and traditions, the knowledge of which would prove beneficial to the tourists. Here are a few of them:

1. Apart from greeting each other with the Wai gesture, the people of Thailand address to the elders by adding a Pi before their names. On the other hand, nong is added before the name of a child to show endearment.

2. Head is considered to be the highest and purest part of human body by the Thai people. Therefore, pointing at someone or touching someone with feet is considered to be highly disrespectful. It is for the same reason that stepping on the Thai coin that contains the king's head or sitting in a temple with feet pointed to the religious icon is considered sacrilegious.

3. It is mandatory to open one's footwear before entering a temple or a house. Finding heaps of shoes in front of a shop or a restaurant in Thailand is a usual phenomenon.

4. The custom of eating food is also singular. Tradition demands that there should be several dishes on the table and the guest is expected to taste a little bit of everything.

5. Public display of affection by couples is forbidden by the Thai custom.

6. Women are supposed to make way for Buddhist monks so as to prevent an accidental physical contact.

7. It has been the tradition of Buddhist families in Thailand to send the boy to endure a 3 months monk hood when they were 20 years of age.

8. Traditional Buddhist marriages demand that the couple must at first bow before the idol of Budha. Also, the presence of a monk during a marriage ceremony was considered to be ominous.

9. Thai funerals usually last for a week and the grieved are requested not to cry so that the soul of the departed is not troubled. The monks chant hymns and the after the cremation of the body, the ashes were put in an urn and kept in a Chedi in the local temple.

10. The Thai folks celebrate various festivals throughout the year such as the New Year, maka and songkran. These festivals are part of the Thai tradition.

If you have a brief idea about the Thai customs and traditions, you are likely to be respected and loved by the local people!

TOUR OPERATORS
There are numerous travel agencies which will organise tours and book cars. Please visit www.bangkok.com for more information and many hotels will book tours for you (although these are generally much more expensive).
HOSPITAL

There are several decent hospitals in Bangkok

1. **Bangkok Hospital**

   Bangkok Hospital was the first private medical institution in the nation. With persistent commitment and the pursuit to establish as the nations leading health care provider, the hospital developed its facilities, technology, service standards and personnel to become a respected and renowned medical leader in Thailand and the broader Asian region.

   Today, Bangkok Hospital Group is the kingdoms largest hospital operator with 13 network locations throughout Thailand. Each facility offers specialized medical treatments, staffed with multidisciplinary teams of highly trained specialists and the worlds renowned hospitality and graciousness of the Thai people.

**Map and Direction**
2. **BNH Hospital**

The First private international hospital in Thailand, over 100 years of medical experience caring for Thais and Expatriates

**Map and Direction**

3. **Bumrungrad Hospital**

Bumrungrad International is an internationally accredited, multi-specialty hospital located in the heart of Bangkok, Thailand. Founded in 1980, today it is the largest private hospital in Southeast Asia, with 554 beds and over 30 specialty centers. Bumrungrad offers state-of-the-art diagnostic, therapeutic and intensive care facilities in a one-stop medical center.
Map and Direction
EMERGENCY TELEPHONE NUMBER

Emergency call center (Police, Fire, Ambulance) : 191
Police :191
Fire Brigades : 199
Ambulance : 1554
Tourism Police (English, French, and German spoken) : 1155
Tourism Authority of Thailand (TAT) : 1672
Crime Suppression : 195
Highway Police : 1193
Immigration Bureau : +66 (0) 2287 3101 – 10

Other useful number
Telephone Directory Assistance : 1133
Tourist Service Center : 1672
Suvarnabhumi International Airport : +66 (0)2 132-1888
Thai Airways : 1566 - Railway Call Center : 1690
Thailand Yellow Pages : 1188
Bangkok Taxi Call Center : 1681, 1661, +66 (0)2 424-2222
Airport Taxi : +66 (0)2 973-3191
Inter-province Bus Call Center : +66 (0)2 579-5599
Credit Card (American Express) : +66 (0)2 273 5100
Credit Card (Dinner Club) : +66 (0)2 238 2920
Credit Card (Visa, Master Card) : +66(0)2 256 7326-7

Embassies number

Argentina : +66 (0)2 259-0401, (0)2 259-9198
Australia : +66 (0)2 287-2680
Austria : +66 (0)2 287-3970-2, (0)2 303-6057
Bangladesh : +66 (0)2 392-9437-8
Belgium : +66 (0)2 679-5454
Belize : +66 (0)2 636-8377
Bhutan : +66 (0)2 274-4740-2
Brazil : +66 (0)2 285-6080 - British : +66 (0)2 305-8333
Brunei : +66 (0)2 204-1476-9
Bulgaria : +66 (0)2 391-6180-1
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Finland : +66 (0)2 256-9306-9
France : +66 (0)2 657-5100
Germany : +66 (0)2 287-9000
Greece : +66 (0)2 679-1462
Hungary: +66 (0)2 661-1150-2
India: +66 (0)2 258-0300-5
Indonesia: +66 (0)2 252-3135-9
Iran: +66 (0)2 259-0611-3, (0)2 258-9322
Iraq: +66 (0)2 278-5335-7
Israel: +66 (0)2 204-9200
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Philippines: +66 (0)2 259-0139-40
Poland: +66 (0)2 251-8891-2
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Romania: +66 (0)2 617-1551
Russia: +66 (0)2 234-9824, (0)2 268-1169
Saudi Arabia: +66 (0)2 639-2960-3, (0)2 639-2999
Singapore: +66 (0)2 286-2111, (0)2 286-1434 - Slovak Republic: +66 (0)2 677-3445-6
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Sweden: +66 (0)2 263-7200
Switzerland: +66 (0)2 253-0156-60
Turkey: +66 (0)2 274-7262-3
Ukraine: +66 (0)2 685-3215
United Arab Emirates: +66 (0)2 639-9820-4
United Kingdom: +66 (0)2 305 8333
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Vietnam: +66 (0)2 251-7202, (0)2 251-3552
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Fax 66-2-354-9169
Office hours are 8:30 - 16:30, but someone is usually in
the office from 07:00 a.m. until about 7 or 8 o'clock at
night.

STUDIES SITES

a) Ubol Ratchatani: Studies take place on melioidosis
in the provincial hospital (Sappasitprasong Hospital). Ubon can be
reached either by 'plane (daily flight), overnight sleeper train (excellent
value), or overnight coach. We usually travel by train. There are many
hotels in Ubon Ratchatani, and accommodation is not usually a problem
except during festivals. Ubon is a delightful town near the borders of
Laos and Cambodia, with many temples and some interesting
archaeological sites nearby. It is in the relatively poor part of Thailand;
a flat, largely rice-growing area. Studies take place in Ubon between
June and November each year.

b) Udon Thani: Studies of presumed leptospirosis and scrub typhus patients started in
2000. Studies take place in the provincial hospital (Udonthani
Hospital). Udon can also be reached either by 'plane (daily flight),
overnight sleeper train (excellent value), or overnight coach. We
usually travel by train. There are many hotels in Udon Thani, and
accommodation is not usually a problem except during festivals.

c) Chiang Rai Studies of presumed leptospirosis and scrub typhus patients started in
2013. Studies take place in the provincial hospital (Chiang Rai
Prachanukroh Hospital). Chiang Rai can also be reached either by
'plane (daily flight), overnight sleeper train (excellent value), or overnight coach. We
usually travel by train. There are many hotels in Chaing Rai, and
accommodation is not usually a problem except during festivals.

d) Mae-Sot: We have a logistic base in the border town of Mae-Sot but the main
unit is located in the camp of Shoklo, 100 kilometres to the north. Mae-
Sot may be reached by overnight coach or 'plane Mae-Sot is a delightful
multi-national thriving border town. Shoklo is located in hill-forest
approximately one mile from the border and is reached by a good road
(one and a half hours) and then by a difficult mountainous mud track
(half an hour) requiring a 4-wheel drive vehicle. The people in the
camp are Karen. They speak Karen, not Thai, and they have different customs from those in Thailand. The Unit has a number of simple houses within this camp. There is radio-telephone communication, but otherwise no electricity or running water. The camp and its surroundings are very beautiful.

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