

## Contact IAESTE Thailand

Contact IAESTE Thailand's office in one of the following ways:

### Address:

IAESTE Thailand  
Office of the President, Room 1003  
King Mongkut's Institute of Technology North Bangkok  
1518 Pibulsongkram Rd. Bangsue, Bangkok 10800 THAILAND

**E-mail:** iaeste@kmitnb.ac.th

**Telephone:** +66-2-912 2009 (direct line)  
+66-2-913 2500-24 Ext.: 1025, 1193 - 1194

**Fax:** +66-2-912 2009

...Or...

Assistant Professor Tongdee Cheevapruk  
National Secretary

**Mobile:** 661-805-2392, 661-628-6394

**E-mail:** tck@kmitnb.ac.th

**Staff:** Miss Supitcha Cheevapruk

**Mobile:** 666-3236415

**E-mail:** sdcp@kmitnb.ac.th

## About Thailand

Thailand has about the same land area as France. With a population of about 60 millions the country is ruled over by the much beloved King Bhumipol Adulyadej. Since 1932 the country has been a democracy with an elected lower house and an appointed upper house. However, from time to time the Army revolts and takes power – 15 coup d'états or attempts since 1932 – and the country is now under the 11 th constitution. All the civilian governments have been coalitions. Things have been quite on the political front for several years now but you are advised not to become involved in Thai politics in any way.

About 95% of Thais are Buddhists. Here temples are as common as churches in other countries but the major difference is that here there is a crematorium at each temple. Important minorities (about 4%) are followers of Islam and live mainly in the southern provinces. The remaining 1% follows many different religions, including Christianity.

## Preparations for Living in Thailand

### Necessary documents for IAESTE

The IAESTE Committee in your home country should have received the following documents:

- The internship consent form (Form N/5-a)
- The acceptance confirmation (Form N/5-b)
- IAESTE Thailand brochure

The acceptance letter (Form N/5-a) is for your personal information. Please do not fail, however, to send the Confirmation of Acceptance (Form N/5-b) back immediately. Please send Form N/5-b as soon as possible. This information should arrive, if possible, four weeks before your arrival in Thailand.

If you are unable to send the aforementioned IAESTE papers on time, please call your employer and your IAESTE Local Committee or contact them via fax or e-mail. If you have an e-mail address, it will be much easier for the Local Committee to get in contact with you. If you live in a country where it is difficult to establish contact with Thailand by telephone, contact the IAESTE National Committee in your homeland, and ask them to pass on the information to IAESTE Thailand. We will then inform your employer.

Please note that we require your exact time of arrival and flight number in order to arrange your accommodation and clarify other important matters. We will normally meet you at DonMuang Airport but, if possible, please avoid arriving in Thailand on Saturday and Sunday. You should also be aware of the Thai public holidays so you can avoid arriving on these days.

## Useful Address

### Tourism Authority of Thailand (Head Office)

1600 New Phetchaburi Road  
Makkasan, Ratchatwi, Bangkok 10400  
Tel : 6602 250 5500 ( 120 automatic lines )  
Fax : 6602 250 5511  
http : [www.tourismthailand.org](http://www.tourismthailand.org)  
E- mail Address : center@tat.or.th

### TAT Information Counters in Bangkok:

Arrival Hall Don Muang Airport, Terminal 1  
Tel: (662) 523-8972 Open Daily 08.00-24.00  
Arrival Hall Don Muang Airport, Terminal 2  
Tel: (662) 535-2669 Open Daily 08.00-24.00  
4 Ratchadamnoen Nok Avenue, Bangkok 10110  
Tel: (662) 282-9773 Open Daily 08.30-16.30  
10<sup>th</sup> floor, Le Concorde Building,  
202 Ratchadapisek Road, Huay Kwang, Bangkok 10310  
Tel: (662) 694-1222 Ext. 1000-1004  
Open Monday-Friday 08.30-16.30  
Chatuchak Weekend Market, Phahonyothin Rd.,  
Bangkok Open Saturday-Sunday 09.00-17.00

### Tourist Service Centre

The one-stop, 24-hour Tourist Service Centre assists tourists with any complaint on emergency and provides general tourist information. It is located at 4 Ratchadamnoen Nok Avenue with the toll-free 1155 hotline service.

IAESTE

At present, there is no IAESTE Local Committees in Thailand. You should contact the address below for all matters concerning your stay in Thailand.

## Checklist

IAESTE forms

Passport

Spare passport photos

Visa

Money-at least for one month

Insurance

Ticket

Medicines-malaria, tetanus, typhoid etc.

Travel guide & phrasebook

Contact address at home in case of accident

IAESTE Thailand address

## Information for Entry

### Necessary documents for your departure from home

Your biggest priority should be the application for a valid passport, which must remain valid for the entire duration of your stay in Thailand. You will need it when you apply for a visa.

As an IAESTE student you will require a non-immigrant visa from the local Thai Consulate or Embassy but you will not need a work permit. Get a visa application form before you apply for a visa, so everything is ready for when you apply.

Your local or national IAESTE committee will advise you of which documents you need to present when you apply for a visa but these are the usual ones.

- A valid passport
- Acceptance letter (Form N/5-a)
- Proof of financial status during your stay here (e.g. salary from the training position)
- Proof of insurance

***Please note that the processing of your visa may take some time so do not delay until it is too late!***

## Your Arrival in Thailand

If you inform the IAESTE Thailand National Office in time, by e-mail, by fax, or by post, their staff will be able to pick you up from the Airport by or the railway station, arrange accommodation for you and assist you with administrative matters. Additionally, many weekends trips and other free-time activities are arranged. On your internship offer form (Form O), you will find the address of IAESTE Thailand responsible for you. If you are not met upon your arrival in Thailand, please telephone the National Office. Normal working hours are 08.30 to 16.30 from Monday to Friday.

### IAESTE Thailand

C/o Office of the President, Room 1003,  
King Mongkut's Institute of Technology North Bangkok (KMITNB)  
1518 Pibulsongkram Road Bangsue, Bangkok 10800 THAILAND  
Phone: +662-912-2009 or 913-2500-24 Ext. 1025, 1193 - 1194  
Fax: +662-912-2009  
E-mail: iaeste@kmitnb.ac.th

#### **Staff:**

Asst. Prof. Tongdee Cheevapruk, National Secretary  
tck@kmitnb.ac.th  
Ms Supitcha Cheevapruk  
Ms Napa Iamjareun  
Ms Teerapa Plaitongdee  
Mr. Nantavooth Meehirun Mr. Krittipat Srisukontarat

### **WARNINGS**

#### **Residence**

You should notify the Immigration Department in Bangkok, or the province in which you are living, of your address every 90 days.

- |  |  |
|--|--|
| 9. One Thousand, Two Thousand<br>Ten Thousand<br>Nung phun, Sawng phun,<br>Nung muen | วัน เทาซันด์, ทุ เทาซันด์<br>เท็น เทาซันด์<br>หนึ้งพัน, สองพัน<br>หนึ้งหมื่น |
| 10. First, Second<br>Thi nung<br>Thi sawng   | เฟิสท์, เซกันด์<br>ทีหนึ้ง<br>ทีสอง  |
| 11. Large, Small, Medium<br>Yai, Lek, Parn-klarng.                                   | ล้ารจ, สม่็อลล์, มีเดียม<br>ใหญ่, เล็ก, ปานกลาง                              |
| 12. Alike, Diffeent<br>Yarng deo kan.<br>Tarnng-kan                                  | อะไลค์, ดีฟเฟอเรนท<br>อย่างเดี๋ยวกัน<br>ต่างกัน                              |
| 13. A pair, A dozen<br>Koo-nung, Loe-nung  | เอ แพร์, เอ ดีส์ เซน<br>คู่ หนึ้ง, โหลหนึ้ง                                  |
| 14. Half a dozen<br>Krueng loe   | ฮาล์ฟ เอ ดีส์เซน<br>ครึ่งโหล   |

## PART VI-APPENDIX

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|--|--|
| 15. Last year. Last month<br>Pee-thi laew.<br>Duen-thi laew. | ล้าสทฺ์ เยียร. ล้าสทฺ์ มั้นทฺ์.<br>ปี ทฺ์ แล่ว (ปีกลาย)<br>เดือน ทฺ์ แล่ว (ปีกลาย) |
| 16. Next Monday<br>Next week<br>Wan chan nah.<br>Sap-da nah. | เน็กซทฺ์ มั้น เดย<br>เน็กซทฺ์ รี้ด<br>วันจันทรฺ์หน้า<br>สัปดาห์หน้า                |
| 17. Two weeks ago.<br>Sawng sap-da l<br>Luang ma laew        | ทฺุว-วี้ด อะโก<br>สอง สัปดาห์ ลวง มา แล่ว  |
| 18. Three months ago.<br>Sarm duen luang ma laew.            | ทฺริ มั้นทฺ์ อะโก<br>สาม เดือน ลวง มา แล่ว   |

### D. Numbers

- |  |   |
|--|---|
| 1. One, Two, Three<br>Nung, Sawng, Sarm                                  | วัน, ทฺุ, ทฺริ<br>หนึ่ง, สอง, สาม                                     |
| 2. Four, Five, Six<br>See, Ha, Hok                                       | โพร์, ไฟฟ, ซิกส์<br>สี่, ห้า, หก                                      |
| 3. Seven, Eight, Nine<br>Ched, Pad, Kao                                  | เซเวน, เอ็ท, ไนน<br>เจ็ด, แปด, เก้า                                   |
| 4. Ten, Eleven, Twelve<br>Sib, Sibed, Sibsawng                           | เท็น, อีเลเวน, ทเว็ล<br>สิบ, สิบเอ็ด, สิบสอง                          |
| 5. Thirteen, Fourteen, Fifteen.<br>Sib-sarm, Sib-see, Sib-ha.            | เธอร์-ทีน, โพร์-ทีน, อีเลเว่น<br>สิบสาม, สิบสี่, สิบห้า               |
| 6. Sixteen, Seventeen, Eighteen.<br>Sib-hok, Sib-ched, Sib-paed.         | เธอร์-ทีน, โพร์-ทีน, เอ็ด-ทีน<br>สิบหก, สิบเจ็ด, สิบแปด               |
| 7. Ninety, Ninety-one, Ninety-two<br>Kao Sib, Kao Sib ed, Kao Sib sawng. | ไนน์ตี้, ไนน์ตี้-วัน, ไนน์ตี้-ทฺุ<br>เก้าสิบ, เก้าสิบเอ็ด, เก้าสิบสอง |
| 8. One hundred, Two hundred.<br>Nung roi , Sawng roi                     | วัน ฮันเด็ด, ทฺุ ฮันเด็ด<br>หนึ่งร้อย, สองร้อย                        |

## Useful Things to Bring to Thailand (Optional)

- Identification (other than passport). You will probably want to try the local nightlife, and since many clubs and bars require you to show ID at the door, you will need some sort of picture identification. It is a bad idea to carry around your passport when going out as you are more likely to lose it.
- Thai phrasebook (see "Language" section for more information)
- If you are female and plan on teaching in Thailand, you may have special dress code requirements:
  - Skirts that fall below the knees must be worn.
  - Only sandals with a strap across the back of the foot can be worn.

### Accommodation

Under the category accommodation on your internship offer form (Form O), you will be able to gather whether this will be arranged by your IAESTE staff or by your employer. Please note that IAESTE always arranges accommodation for you, unless specifically requested otherwise. **Exception:** If you have arranged your traineeship placement yourself (Reserved Offer), the IAESTE staff are not obliged to organize accommodation for you. In this case, the matter must be dealt with either personally or by your employer.

Your IAESTE Local Committee endeavors in every way to help you find the accommodation. In order to reserve a room for you. It is likely that the first month's rent will have to be paid in advance, and more so, if you arrive after the 1st of the month. Please send Form N5/b (Confirmation of Acceptance) back. You will be made responsible for all financial loss incurred to the IAESTE staff for any change made to your arrival date or, any alteration to the accommodation arrangements.

In emergency cases, please contact the Thailand IAESTE staff or National Secretary immediately.

## Lease/tenancy contracts

It may be that you will need to sign a legally binding tenancy contract. With this, it is legally predetermined when you may give notice for terminating your contract. Please note that after signing your tenancy contract, you cannot simply move out of your accommodation. This also applies when IAESTE has completed a tenancy contract for you! This information is in the contract. As all contracts will be written in Thai you should consult IAESTE staff or employer before signing.

In many cases there is no formal contact: you pay two months rent in advance. One month's rent is kept as a deposit and returned to you when you leave. Telephone and laundry charges are usually paid weekly or monthly.

### Financial matters

It is important that you carefully consider how much money you will bring with you to Thailand. The minimum you should bring is enough for one month's expenses while you wait for your first paycheck. The maximum can be quite a lot more depending on what sort of lifestyle you expect to lead while abroad.

You will, of course, hear that Thailand is an incredibly cheap place to live. This is quite true under certain circumstances. If you eat the local Thai food and mostly stay home during nights and weekends, the salary you receive should be more than adequate. However, if you hope to go out on the town a few nights each week and then take trips around the country, be prepared to cover these costs with money brought from home.

Thailand has much to offer and you will, no doubt, feel pressure to participate in the activities going on around you.

## PART VI-APPENDIX

### C. Time and Time Expressions.

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|--|--|
| 1. What time is it?<br>We-la tao rai ?                       | วอต ไทม์ อีส อิต ?<br>เวลา เท่า ไหร่ ?                               |
| 2. It is eight O'clock<br>a.m.<br>Pad na-li-ka               | อิต อีส เอท โอ คล็อค เอ เอ็ม.<br><br>แปด นาฬิกา.                     |
| 3. It is two O'clock P.M.<br>Sawng na-li-ka<br>Lhang thieng. | อิต อีส ทู โอ คล็อค พี เอ็ม.<br>สอง นาฬิกา หลังเที่ยง<br>( บ่ายสอง ) |
| 4. It is half past.....<br>.....mong krueng.                 | อิต อีส ฮาฟ พาสต์ .....<br>.....โมงครึ่ง                             |
| 5. It is half past three<br>p.m.<br>Bai sarm mong krueng.    | อิต อีส ฮาฟ พาสต์ ทรี พี. เอ็ม.<br><br>บ่าย สาม โมง ครึ่ง            |
| 6. It is a quarter part .....<br>..... mong sib ha na-tee.   | อิต อีส เอ ควอเตอร์ พาสต์.....<br>โมง สิบ ห้า นาที                   |
| 7. It is a quarter part four.<br>See mong sib ha na tee.     | อิต อีส เอ ควอเตอร์ พาสต์ โฟร์<br>สี่ โมง สิบ ห้า นาที               |
| 8. It is a quarter to.....<br>Ik sib ha na-tee..... mong.    | อิต อีส เอ ควอเตอร์ ทู .....<br>อีก สิบ ห้า นาที.....โมง             |
| 9. It is a quarter to five.<br>Ik sib ha na-tee ha mong.     | อิต อีส เอ ควอเตอร์ ทู ไฟฟ์<br>อีก สิบ ห้า นาที ห้าโมง               |
| 10. At ten minutes to .....<br>Ik sib na-tee ..... mong.     | แอ็ด เท็น มินิตส์ ทู .....<br>อีก สิบ นาที .....โมง                  |
| 11. At five minutes to six.<br>Ik ha na-tee hok mong.        | แอ็ด ไฟฟ์ มินิตส์ ทู ซิกส์<br>อีก ห้า นาที หก โมง                    |
| 12. At ten minutes past seven.<br>Ched mong sib              | แอ็ด เท็น มินิตส์ พาสต์ เซเวน<br>เจ็ด โมง สิบ นาที                   |
| 13. The day before yesterday.<br>Warn suen nee.              | เดอะ เดย์ บี โฟร์ เยสเต็ดอร์ เดย์<br>วาน ซึน นี                      |
| 14. The day after tomorrow.<br>Ma-ruen nee                   | เดอะ เดย์ อ๊าฟเตอร์ ทู-มอร์โรว์<br>มะรืน นี                          |

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|---|---|
| 17. I hope to see you again soon.<br>Whang wa kong pob tharn eek nai rew-rew nee. | ไอ โสพ ทู ซึ่ ยู อะ เกน ชุน<br>หวังว่าคงพบท่านอีกในเร็ว ๆ นี้ |
| 18. Come to see me (us)<br>Ma ha Chan. (Rao)                                      | คัม ทู ซึ่ มี (อัส)<br>มา หา ฉั่น (เรา)                       |

### B. Days of the week

- |                                    |                             |
|------------------------------------|-----------------------------|
| 1. Sunday<br>Wan ah – tit          | ซันเดย์.<br>วันอาทิตย์      |
| 2. Monday<br>Wan chan              | มันเดย์.<br>วันจันทร์       |
| 3. Tuesday<br>Wan ang – karn.      | ทิวส์ เดย์.<br>วันอังคาร    |
| 4. Wednesday<br>Wan ang – karn.    | เว็นส์ เดย์.<br>วันพุธ      |
| 5. Thursday<br>Wan Paruhath sabodi | เทิร์ส เดย์.<br>วันพฤหัสบดี |
| 6. Friday<br>Wan Sook.             | ไฟร์ เดย์.<br>วันศุกร์      |
| 7. Saturday<br>Wan sao.            | แซตเดอ์ เดย์.<br>วันเสาร์   |

## Mandatory Insurance

All IAESTE trainees must be insured for the entire period of their training in Thailand. The name of the insurance company as well as your insurance number must be submitted on form N/5-b (confirmation of the internship acceptance). You must be covered for illness, accident and personal liability. Your employer may ask to see your insurance certificate.

## Methods of travel

Thailand's main port of entry is Don Muang Airport on the outskirts of Bangkok. If you enter Thailand from Malaysia, in the south, you can come by road or by rail. Customs formalities will be completed at the border. Travel within Thailand is easy and cheap. Domestic flights are offered to the North, South and Northeast. Most flights take just over an hour. The State Railways of Thailand provides services to most parts of the country but are not terribly quick. Air-conditioned buses are just as fast and a little cheaper. Advance booking is necessary around national holidays. It is possible to hire self-drive cars using a credit card, however, you cannot hire one at one place and leave it at a different place. Driving is on the LEFT side of the road. Be warned that many vehicles are not insured and you will have considerable problems if you cannot speak at least basic Thai. It is much less risky to use public transport.

## Living in Thailand

The first recommendation that IAESTE-Thailand can make to incoming interns is to buy one of the many popular Thailand guidebooks available. Guidebooks such as "Lonely Planet" and "Rough Guide" are immensely useful to someone visiting Thailand for the first time. Generic question about Thailand can usually be answered quickly and easily by consulting one of these books. If you want information more specific to your life as an IAESTE student in Thailand, then the information on this web page should prove to be helpful.

## Mobile Phones

Mobile phones experience great popularity throughout Thailand. It is highly recommended that you use a mobile phone during your stay.

If living in Bangkok, you will likely experience unpredictable roadway traffics that will continually keep you from arriving to appointments on time. It is nice to be able to make changes in your day's plans when away from home or office.

If bringing a phone from home, ensure that the phone is compatible with 900 MHz or GSM networks; only these networks exist in Thailand. To begin using mobile phone service you will need to purchase a SIM card these will usually cost 500B. Calls are charged by the minute, typically 3B per minute.

## Launderettes/and Laundry

Launderettes are few and far between. If you don't want to wash and iron your clothes yourself (who does?) you can usually find a laundry service nearby. Your apartment block normally has one available. If you are living in Bangkok, you may be able to find coin-operated washing machines at a local apartment complex that you can use. Dry cleaning is not readily available except in major hotels and in the central area of Bangkok.

## Banking

Banks are generally open on working days from 08.30 to 15.30 but in Bangkok from 09.00 to 16.00. The exchanges in airports and tourist centre are open evenings and weekends. It is not worth opening an bank account if you are only here for a short time. You will be paid in cash and most places do not accept cheques

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|--------------------------|----------------------------|
| 5. Hello                 | เฮลโล โหล                  |
| Sa-wasdi                 | สวัสดี                     |
| 6. Good-bye              | กุ๊ด บาย                   |
| La-kon                   | ลา ก่อน                    |
| 7. I will be seeing you  | ไอ วิลล์ บี ซึ้ออิง ยู     |
| Pob kan mai              | พบ กัน ใหม่                |
| 8. My name is            | ไม เนม อีส.....            |
| Chan shue.....           | ฉัน ชื่อ .....             |
| 9. I am happy to make    | ไอ แอม แฮปปี้ ทู เม็ค      |
| Your acquaintance.       | ยัวร์ แอ็คควาเอนแต็นซ์     |
| Chan pen sook chai       | ฉัน เป็น สุข ใจ            |
| Thee dai naeh-num        | ที่ ไต่ แนะ นำ             |
| hai ru-chak kan.         | ให้ รู้ จัก กัน            |
| 10. How are you ?        | เฮาร์ อาร์ ยู ?            |
| Tharn sa-bai dee rhue ?  | ท่าน สบาย ดี หรือ ?        |
| 11. Fine, Thanks,        | ไฟน์, แทง, แอนด์ ยู        |
| And you ?                | สบาย ดี, ขอบ ใจ,           |
| Sa-bai dee, khob-chai    | ท่าน ละ ?                  |
| Tharn lah ?              | เฮาร์ อีส ยัวร์ แฟมิลี ?   |
| 12. How is your family ? | ครอบครัว ท่าน สบาย ดี หรือ |
| krob-krua tharn          |                            |
| Sa-bai de rhue?          |                            |
| 13. Very well.           | เวรี่ เวลล์                |
| Sa-bai dee mark          | สบาย ดี มาก                |
| 14. Not very well.       | น็อท เวรี่ เวลล์           |
| Mai su sa-bai            | ไม สุ สบาย ดี นั้ก         |
| Dee nak.                 |                            |
| 15. Please sit down.     | พลีสส์ ซิต ดาวน์           |
| Churn nang.              | เชิญนั่ง                   |
| 16. I have enjoyed       | ไอ แฮฟ เอ็น จอยด์          |
| myself very much.        | ไม แฮลฟิ เวรี่ มัซ         |
| Chan berk barn chai mark | ฉัน เบิก บาน ใจ มาก        |



## PART VI-APPENDIX

### Thai Language

Thai is a tonal language. This means that your tone of voice will change the meaning of the word you are saying. Thai has five tones: Low, Mid, High, Falling, Rising. You will be glad to know that only a few "words" exist in all five tones. Here is an example for which the basic pronunciation is similar to the English word "my".

มี	mai	(high tone)	? (question word)
ไม	mai	(mid tone)	mile
ใหม่	mai	(low tone)	new
ไม่	mai	(falling tone)	not (negative, like un-)
ไหม	mai	(rising tone)	silk

Difficult? Yes, but knowing a little basic Thai will make life a lot easier. As bargaining is a way of life here, learning the numbers is sure to be a rewarding experience.

Try a self-study course which has a cassette tape before you leave and a good buy for your visit is Lonely Planet's Thai Phrasebook.

Your language notes-

### A. Greetings and Introduction

- |                                     |                                |
|-------------------------------------|--------------------------------|
| 1. Good morning.<br>Aroon - sawasdi | ก๊อด มอญิง<br>อรุณสวัสดิ์      |
| 2. Good evening.<br>Sayan-sawasdi   | ก๊อด อีฟนิง<br>สายันท์ สวัสดิ์ |
| 3. Good day.<br>Ti-wa-sawasdi       | ก๊อดเดย์<br>ที วา สวัสดิ์      |
| 4. Good night.<br>Ra-tree-sawasdi   | ก๊อดไนท์<br>ราตรีสวัสดิ์       |

## Public Transport

Travel within Thailand is easy and cheap. Domestic flights are offered to the North, South and Northeast. Most flights take just over an hour. The State Railways of Thailand provide services to most parts of the country but are not terribly quick. Air-conditioned buses are just as fast and a little cheaper. Advance booking is necessary around national holidays.

Intercity buses can be crowded and unpredictable but will likely end up being your main method of transport because of their low cost. If living in Bangkok, a good bus map is highly recommended.

## Driving in Thailand

To be permitted to drive in Thailand, you must have an International Driving License. You must get this before you leave home. You cannot get one in Thailand. There are several international hire companies operating in Thailand, but all will require you to pay by credit card. You will also have to return the car to the place you hire it from. You cannot hire it here and leave it there.

You should also be aware that not everyone is insured. Make sure you have full comprehensive (Class A) insurance. If you have an accident do not move the car until the police and insurance company representative have seen it. It is better not to drive in Thailand unless you can speak Thai. However, many tourist areas have Tourist Police who can help you in English.

You should ask your national automobile association for any information on particular aspects of driving in Thailand. For example, driver and front seat passengers must wear safety belts if the car is fitted with them. Many drivers must also accustom themselves to driving on the left (Myanmar, Malaysia and Singapore, Laos, Cambodia and Vietnam drive on the right).

## Holidays

Some holidays are on fixed dates and if they occur on Saturday or Sunday, a substitution day is sometimes given. Other holidays are linked to the lunar calendar.

## Shopping: Food

Thailand is one of the countries with a low cost of living, due to the low pay scales. Living in Bangkok is not significantly more costly than living anywhere else in Thailand - provided you eat Thai food! Imported food is very expensive. Cheese, for instance, has a 43% import duty to protect the local producers of junk food while the tax on local spirits is low and on local beer is high. The cheapest place to buy wines spirits and beer is the local big supermarket. Fresh food is sold in supermarkets but it is cheaper, and possibly less hygienic, in the local market. Each town has it's own fresh food market and bigger cities have one in each area.

## Payment

Big supermarkets, large stores and many retailers do accept credit cards but food at the market is still paid for in cash. If you would like to pay by credit card, you should enquire whether this is possible first. Bargaining at roadside stalls and the flea markets is quite usual. In supermarkets and most shops the prices are fixed. If you are buying tailor - made clothes though, (good value here) be sure to bargain the price down!

## Shop Opening Hours

Most smaller shops selling food, drink etc. open daily from 08.00 to 20.30. The majority of shops in large cities close earlier. Supermarkets and department stores generally open about 10.30 and close about 20.30 or even later. The profile 7-Eleven stores are open 24 hours and most filling stations have forecourt shops.

## PART V – GENERAL INFORMATION

The State Railways of Thailand organises one-and two-day economy tours to various destinations on weekends and official holidays. Other tours include trips to Surat Thani (for Ko Samui), Chumphon and Chiang Mai. Railway schedules can be obtained from Bangkok's Railway Station, Tel: (66-2) 223-7010, (66-2) 223-7020, Train tickets of all classes may be purchased 90 days in advance at principle stations and at the advance Booking Office (in Bangkok Railway Station) anytime from 8.30 A.M. – 12.00 P.M. (midnight) on Saturdays, Sundays and official holidays.

Some major travel agents in Bangkok also provide train reservation services. For further information, please contact the Bangkok Advance Booking Office. Tel: (66-2) 223-3762, (66-2) 224-7788.

## By Road

A modern highway system reaches into all corners of the Kingdom. A domestic bus service offers a quick mode of travel. Air-conditioned tour coaches offer more comfort. Bangkok's Northern/Northeastern Bus Terminal is on Kamphaeng Phet 2 Road. Tel: (66-2) 936-3674, (66-2) 936-3667-8. Bangkok's Southern Bus terminal is on Pinklao-Nakhon Chaisri Road. Tel: (66-2) 435-1190, (66-2) 435-1200 (air-conditioned) and (66-2) 434-5558 (regular).

## PART V – GENERAL INFORMATION

### Travel within Thailand

Domestic air, rail and road transport in Thailand is surprisingly inexpensive. Certain temporary visitors traveling on holiday can stay for a maximum of 15 days in Thailand, and may obtain an official stamp from an immigration officer upon arrival.

#### By Air

Thai-Airways International, Thailand's national airline, flies to eight destinations in the Northeast, and six in the South, Bangkok Airways flies from Bangkok directly to Ko Samui, Ranong, Cha-am (HuaHin) and Sukhothai. It also flies one-stop to Chiang Mai and Phuket and from Samui to U-Tapao (Pattaya). There is also a service linking Samui and Singapore. Orient Thai Airlines connects major Thai cities such as Chiang Mai – Hat Yai, Chiang Mai – U-Tapao, Chiang Mai – Udon Thani -Ubon-Ratchathani, Chiang Mai – Khon Kaen – Ubon Ratchathani, PB Air flies to Krabi, Chumphon, Roi-Et, Khon Kaen, and Chiang Mai.

Angel Air operates flights to Chiang Mai, Chiang Rai, Khon Kaen, Phuket, Udon Thani. Chendu, Luang Prabang, Kunming and Singapore.

Reservations can be made through any authorised travel agent. Thai Airways International's Lan Luang Office is on Lan Luang Road, Tel: (66-2) 280-0110, (66-2) 280-0060 or (66-2) 628-2000. The airline also organises "Royal Orchid Holiday" tours for every destination it flies to.

#### By Rail

An efficient rail system links major northern and northeastern towns with the capital. A southern route enables visitors to travel by train into Malaysia and Singapore. Domestic express train comprise first-, second, and third-class carriages. Slower trains may have only third-class seats.

## Typical Food Prices

Large sliced bread 420g	B23
Butter 250g	B36
Fresh Milk 1 litre	B30
Coke 2 litres	B26
100% Fruit juice 1 litre	B71
Imported Cheese 1 kg	B350++
Chipolata Sausages 280g	B58
Sliced bacon 350g	B50
Potatoes 1 kg	B25
Campbells condensed soup	B40
Fresh eggs	B2
Head & Shoulders shampoo 200ml	B99
Detergent, Surf 1.5kg	B62

## Eating Out

The choice of restaurants in Thailand is limited except in big cities and tourist areas. In Bangkok, for instance, you will find restaurants of almost every nationality. In the smaller cities you may only find western food in the larger hotels. A lot of Chinese style food has made its way into the Thai diet and you can buy noodles everywhere. Remember that rice is the staple food, so almost every Thai meal is rice plus one or more things to eat with it. The country is known for its variety of sweet desserts and the fruit is delicious. Unless you are going to peel the fruit, you should wash it thoroughly before eating.

## Tipping

In hotels you will be charged VAT plus a service charge. Outside leave the coins that comes with the change but with a more expensive meal 20 baht should be adequate on most occasions.

## Post

Post offices have the name in English and Thai and mail boxes are red also with English and Thai lettering. Post offices are usually open from 08.30 to 16.30 Monday to Friday. Saturday from 09.00 to 12.00 . The main post office in Bangkok is open 24 hrs. Internal letter rate is 1 baht second class or 2 baht first class. Overseas post is sent by airmail. The clerks are quite good at reading addresses in English so just hand in your letter or parcel and wait to be told the price. If you don't understand, the clerk will write down the price for you.

## Telephoning

You can ring any number you like in Thailand or abroad from the blue telephones which take 5 and 10 baht coins. The green ones take phone cards only. The little phones in shops need a five baht coin. It is best to use your country direct service for calling home (find out the number before you come). Inland tariffs are based on the distance of the call and the time of day. Within the local area calls are timed. You can also rent or buy mobile phones - the service is nationwide.

## Packing List

Here is a list of items that can be packed for your trip to Thailand.

## PART IV – GENERAL INFORMATION

### Visas

#### Immigration Information

Certain temporary visitors to Thailand traveling on holiday are exempted from applying for entry visas, and can stay for a maximum of 30 and 90 days in the country.

Certain temporary visitors traveling on holiday can stay for a maximum of 15 days in Thailand, and may obtain an official stamp from an immigration officer upon arrival.

It is important that you keep a valid Thai visa during your entire stay in Thailand. If your visa runs out and you try to leave the country, you will be charged 200B for every day you stay without the coverage of a visa. Even worse, if the police happen to stop you on the street and check your passport when you don't have a valid visa, you may be sent to the Department of Immigration's detention center for a few days.

**If you see that your visa is about to expire, contact the IAESTE Thailand as soon as possible.**

For getting your visa extended, we will provide you with the supporting letter which is signed by the President of the KMITNB (this will be handed to the immigration office). In order for us to create the supporting letter for you, we will need a copy of your passport and visa. You will need to go to the immigration office and get your passport stamped on your own. Each visa extension will cost 1900B

## **PART IV – GENERAL INFORMATION**

Retreat a three-month period during the rainy season when all monks forego travel and remain within their temple.

Besides, sustaining monastic communities, Thai temples have traditionally served other purposes – as the village hostelry, village news, employment and information agency, school, hospital, dispensary and community centre- which give them vital roles in Thai society.

The Thais have always subscribed to the ideal of religious freedom. Thus, sizeable minorities of Muslims, Christians, Hindus and Sikhs freely pursue their respective faiths

### **Language**

Spoken and written Thai remains largely incomprehensible to the casual visitor, However, English is widely understood, particularly in Bangkok, Chiang Mai, Pattaya and Phuket where it is an important language in commerce. English and other European languages are spoken in most hotels, shops, restaurants, banks, international offices and car rental services in major tourist destinations, and Thai-English road and street are found nationwide.

### **Passports**

All visitors entering Thailand must possess a valid passport.

## **Necessary Items**

- Passport
- IAESTE forms
- Thai visa
- Money (at least for one month)
- Traveler's insurance
- Plane ticket
- Contact phone numbers and addresses at home in case of emergency
- Clothes for work
- Prescription medication - bring enough to last your entire stay in Thailand if necessary
- Eye glasses and/or contact lenses and supplies, cleaning supplies

## **Optional Items**

- Malaria pills
- Travel guidebook
- Thai phrasebook
- Mobile phone
- Backpack, for weekend trips
- Non-prescription drugs for headaches, colds, stomach/gastric pains, muscle pains, motion sickness, athlete's feet and other conditions
- Simple first aid supplies like band aids
- Bath soap, shampoo, toothpaste, toothbrush
- Bag/Organizer for toiletries
- Personal cosmetic and toiletry items, small travel mirror (comb, razor, deodorant, Q-tips, lotion)
- Paperback books
- Gifts for your employers, coworkers, and new friends
- Travel belt for securely carrying your passport
- Sandals / Flip flops
- Umbrella and/or rain jacket

- Alarm clock
- Batteries - batteries bought in Thailand might not work with some of your electronics
- Flashlight
- CD Player
- Music
- Notebook, journal, pens/pencils, envelopes, stationary
- Credit card
- Sunglasses
- Brimmed hat, for sun protection

## Cultural Tips

Thai culture can differ in many ways from cultures observed in other parts of the world. While Thai people are very patient and very understanding of those that visit their country, it is still a good idea to learn some Thai practices so as to avoid minor embarrassments during your stay in Thailand.

## Do's and Don'ts

This section quoted from the book "I Walked Away" by Michael Ziesing (published by Loom panics Unlimited).

### DO

- Smile a lot.
- Say good things about Thailand, Buddhism and the Royal Family-- they deserve it.
- Be patient.
- Learn to speak a little Thai.
- Learn to say no-- especially in a polite way.
- Bargain for prices for everything, but with a happy and friendly attitude.
- Get off the beaten track to the real Thailand occasionally.

## PART IV – GENERAL INFORMATION

### Location

The Kingdom of Thailand is a predominantly Buddhist country located in Southeast Asia, almost equidistant between India and China and known for many Southeast Asian nations.

Thailand covers an area of 510,000 square kilometers, approximately the same size as France, and has a population of some 60 million. Thailand Shares borders with Myanmar to the west and north, Laos to the northeast and north, Cambodia to the east, and Malaysia to the south.

### Time

Time in Thailand is seven hours ahead of Greenwich Mean Time (GMT+7)

### Religion

Theravada Buddhism is the professed religion of more than 90 percent of all thais, and casts strong influences on daily life. Buddhism first appeared in Thailand during the 3<sup>rd</sup> Century BC at Nakhon Pathom, site of the world's tallest Buddhist monument, after the Indian Buddhist emperor Asoka (267-227 BC) despatched missionaries at Southeast Asia to propagate the newly established faith.

Besides, moulding morality, providing social cohesion and offering spiritual support, Buddhism has provided incomparable artistic impetus. In common with medieval European cathedrals, Thailand's innumerable multi-roofed temples has inspired major artistic creations. Another reason for Buddhism's strength is that there are few Thai Buddhist families in which at least one male member has not studied the Buddha's teachings in a temple. It has long been a custom for Buddhist males over the age of 20, at one time in their life, to be ordained for a period ranging from five days to three months. This usually occurs during the annual Rains

## **PART IV – GENERAL INFORMATION**

### **Climate**

We enjoy a tropical climate with 3 distinct seasons – hot from March through May, wet from June to September, and cool from October through February. The average annual temperature is 28° C (83°F), ranging from in Bangkok, for example, from 30° C in April to 25° C in December.

### **What to Wear**

Light, loose cotton clothing is best, Nylon should be avoided. Sweaters are needed during the cool season evenings or if visiting mountainous areas or national parks, Jackets and ties are required in a few restaurants and nightclubs. Neat clothes are required for entering temples or palaces.

### **Business Hours**

Most offices open from 9 am to 5 pm, Monday to Friday, except on public holidays, General banking hours are Monday to Friday 9.30 am to 3.30 pm. Many stores open 12 hours a day, seven days a week.

### **Electricity**

The electric system is 220 Volt AC (50 cycles). There are many plugs and sockets in use. Travelers with shavers, tape recorders and other appliances should carry a plug-adaptor kit.

- Accustom yourself to Thai toilets.
- Bend down a little bit when walking in front of or between people.
- Learn to enjoy Thai food.
- Wear decent clothing in temples, visits to Immigration or other offices, and in the evening.
- Take your shoes off before going into temples or people's homes.

### **DO NOT**

- Speak badly of, or make jokes about, Thailand, Buddhism or the royal family.
- Wai children, bar staff, or service workers. Do not even do it as a joke. These things are a sign of ignorance.
- Mistake Bangkok, Patong Beach, or Pattaya for Thailand.
- Give people the finger or otherwise display anger in an aggressive way.
- Tip cab or tuk-tuk drivers.
- Count on any "deadline" being met.
- Be afraid to ask for a better price on anything. Oftentimes, the real price for something (especially in a tourist destination) is one-fourth to one-half of the first price quoted. Paying too much hurts other ex-pats.
- Touch people on the head, even in a joking manner.
- Do favors with the expectation that favors will be returned. You do kind things because you want to, and it is you who makes merit.
- Talk about how much better your home country is than Thailand.
- Expect people to say "thank you" a lot.
- Make a scene in public with your friends, shopkeepers, etc.
- Make a public show of affection-kissing, handholding, etc. (This may not apply in more progressive parts of Bangkok).

## Considerations for an IAESTE student

Clothing that you wear to work should be conservative. Guys should wear long pants. Girls can usually wear long pants or a skirt that reaches below the knees.

Unless living in an apartment away from work/campus, it is necessary to follow rules of the accommodations you stay in. For example, it is unacceptable in Thai culture for persons of opposite sex to be allowed into one's living quarters without supervision.

## Language

### Phrasebook

We recommend a Thai phrasebook published by Lonely Planet (title: "Thai Phrasebook" author: "Joe Cummings"). It contains invaluable information about Thai language as well as Thai customs-- all within a compact, pocket-sized book.

### Other Resources

One highly recommended website is [www.learningThai.com](http://www.learningThai.com). This website is especially useful since you can click on Thai words and phrases and actually hear them spoken.

## PART III - LEAVING THAILAND

### Temporarily

Leaving Thailand will cancel your current visa. To prevent this you must go to the Immigration Department in your local province or in Suan Plu, Bangkok and obtain a Re-entry Permit. At present, this costs 500 baht and you may have to return the following day.

Complete the white departure card that you were issued with on arrival and hand it in to immigration as you leave.

There is an airport departure tax of 500 baht at Don Muang International Airport.

### Permanently

Take any Thai money you have out of the bank and close your account.

Make sure your rent and any other bills you have are paid. Neither your employer here nor IAESTE Thailand want any problems! Complete the white departure card that you were issued with on arrival and hand it in to immigration as you leave.

There is an airport departure tax of 500 baht at Don Muang International Airport.

Change any Thai money you have at the airport. You'll get a better price for your baht here than at home.

Please come back and visit us soon.



## **PART II-WORKING IN THAILAND**\_\_\_\_\_

### **Working Hours**

Check your working hours. They are bound to be different from home. You may be required to work at least half a day on Saturday.

There are numerous holidays during the Thai year (see p.7). Check your lucky dates frequently!

### **Salary**

Office staffs usually have their salaries paid monthly. In factories it is common to be paid fortnightly. When you start work check when and how you are to be paid.

Cheques are not widely used in Thailand but many people have savings accounts with banks. Banks issue ATM (cash machine) cards which allow you to withdraw cash from your account all over the country even from the machines of rival banks. Some ATMs will allow you to use foreign credit and charge cards. Check yours!

### **Taxes**

Under current regulations your salary will not be high enough to attract income tax.

## **Tones**

Thai is a tonal language. This means that your tone of voice will change the meaning of the word you are saying. Thai has five tones: Low, Mid, High, Falling, Rising. You will be glad to know that only a few "words" exist in all five tones. Here is an example for which the basic pronunciation is similar to the English word "my".

mai (high tone)	? (question word)
mai (mid tone)	Mile
mai (low tone)	New
mai (falling tone)	not (negative, like un-)
mai (rising tone)	silk

Difficult ? Yes, but knowing a little basic Thai will make life a lot easier. As bargaining is a way of life here, learning the numbers is sure to be a rewarding experience.

## PRACTICAL INFORMATION

### Currency

The smallest unit of Thai currency is the satang. 100 satang are in 1 Baht. There are 5 different coins: 25 satang and 50 satang in brass; 1 baht and 5 baht in cupro-nickel on copper and 10 baht in cupro-nickel with a brass insert. Occasionally you might see some of the older and larger coins of 1 and 5 baht (brown); 20 baht (green); 50 baht (blue paper or plastic); 100 baht (red); 500 baht (purple) and 1000 baht (white). The baht floats against foreign currencies, but US\$1 is generally worth more than 43 baht.

### Air Travel

Thai Airways International is the main carrier for internal flights. If you are in Bangkok and want to get to the provinces quickly Thai International have a daily service to major cities in the North, Northeast and South. Inter-province services are almost non-existent.

Bangkok Airways has regular flights to Koh Samui-a quiet Tropical Island in the gulf of Thailand. Lots of sand and sea.

Angel Airlines is a new carrier but its schedules are not yet available.

### Toilets

Traditional Thai toilets require you to squat. If you are young and athletic, you may be able to do this. Most toilets do not have toilet paper available and a bowl and water is provided for you to wash yourself and to flush the toilet. So always travel with toilet paper and use the nearest hotel, if possible.

## PRACTICAL INFORMATION

### Dos and Don'ts

Thailand is a Buddhist country so don't climb on statues or be disrespectful to Buddha images. This action is a criminal offence and you are likely to be deported as persona not grata.

The monarchy is held in high regard and you should take care not to insult any member of the Royal Family. Always stand up and keep still when either the National Anthem or Royal Anthem are played: just copy those around you. Resist the temptation to put your foot (the lowest and most disrespectful part of your body) on a bank note that might be blowing away in the wind: banknotes carry a portrait of the King.

The seat just inside the door of buses is reserved for monks. You can sit there, but please stand up if a monk gets on the bus and let him sit there. Girls-it's a strict NO to touch a monk or his clothes so don't try and sit next to one. Please take care if you are on a bus when a monk boards and stand well out of his way.

Do take off your shoes when you enter a temple or a private house. The floors are kept clean enough to eat off.

Don't try to take any Buddhist images or ancient artifacts out of the country when you leave without special permission from the Fine Arts Department.