

**GUIDELINES
FOR
WHO FELLOWS
&
STUDY TOUR PARTICIPANTS
VISITING
THAILAND**



TABLE OF CONTENTS

	Page
General Information on Thailand	1
• About Thailand	
• Capital	
• Climate	
• Language	
• Electricity	
• Currency	
• Regulations for Foreign Visitors to Thailand	
• Suvarnabhumi Airport, Samut Prakan Province, Thailand	
• Telephone Services	
• Emergency Calls	
WHO Thailand	2
• History of WHO in Thailand	
• Address and Location	
Before Departure from Country of Origin	3
• Visa for Thailand	
• Visa for the Next Country(ies) to be Visited	
• Health	
• Notification of Arrival	
• Fellows' Families	
Upon Arrival in Thailand	4-6
• Immigration Formalities	
• Customs Regulations	
• Local Currency and Payment of Stipend	
• Transport to City	
• Accommodation	
• Clothing	
• Reporting to WHO Office, Thailand	
• Fellowship Programme	
• Termination/Extension of Programme	
• Returning Home during Long-Term Programme Breaks or on Emergency	
• Internal Transportation	
• Personal Property	
• Sending Publications and Other Materials to Home Country	
Before Departure from Thailand	7
• Departure Arrangements	
• Airport Tax	
• General and Personal Security	

Attachments

A:	Suvarnabhumi Airport Map (Level 1: Bus Lobby)	8
B:	Suvarnabhumi Airport Map (Level 2: Domestic and International Arrival Lounges)	9
C:	Suvarnabhumi Airport Map (Level 3: Meeting and Greeting Gallery)	10
D:	Suvarnabhumi Airport Map (Level 4: Domestic and International Departure Lounges)	11
E:	Bangkok Airport Transportation	12
F:	Location of WHO Office, Thailand and Transportation Details	13
G:	Bangkok Map	14
H:	Basic Tips for WHO Fellows/Study Tour Participants	15
I:	Personal Security Tips	16-17
J:	Notes for Visitors to Thailand	18-21

GENERAL INFORMATION ON THAILAND

About Thailand

Thailand is situated in the heart of the Southeast Asian mainland, covering an area of 513,115 sq.km. and extends about 1,620 kilometres from north to south and 775 kilometres from east to west. Thailand borders the Lao People's Democratic Republic and the Union of Myanmar to the North, the Kingdom of Cambodia and the Gulf of Thailand to the East, the Union of Myanmar and the Indian Ocean to the West, and Malaysia to the south.

Capital: Bangkok

Climate: Thailand is a warm and rather humid tropical country with monsoonal climate. Temperatures are highest in March and April with average temperature of 28 degree Celsius to 38 degrees Celsius and humidity averaging between 82.8 percent to 73 percent. The year is divided into three seasons: Hot (March to May); Rainy (June to October); Cool (November to February).

Language: The national and official language is Thai while English is widely spoken and understood in major cities, particularly in Bangkok and in business circles.

Electricity: 220 volts; 50 Hz. throughout the country. Dual-prong rounded plugs as well as flat-pin plugs can be used in sockets.

Currency: Thai currency is called Baht. There are 100 satangs in 1 Baht. Notes are issued in denominations of 20, 50, 100, 500, 1,000 baht. There are 1,2, 5, and 10 Baht coins, and 25 and 50 satang coins.

Regulations for Foreign Visitors to Thailand: Foreign nationals visiting Thailand must possess valid passports or accepted travel documents and appropriate visas before entering the country. Visitors from certain countries are permitted to stay up to 15 days without visas, provided they possess tickets confirming departure within 15 days, while visitors from several other countries are allowed to apply for tourists visas at all ports of entry. Transit visas are granted for up to 30 days and tourist visas for up to 60 days. Non-immigrants, diplomatic and official visas are valid for up to 90 days.

Bangkok International Suvarnabhumi Airport: The Bangkok International Suvarnabhumi Airport was officially opened on 28 September 2006. All domestic and international flights arrive to and depart from this airport. The name of this airport was conferred by His Majesty the King Bhumibol Adulyadej as Suvarnabhumi (pronounced "su-wan-na-poom" which means "The Golden Land" on 29 September 2000 and a foundation stone laying ceremony performed on 19 January 2002. It is located in the Samut Prakan province of Thailand, 30 kilometers east of Bangkok. It has inherited its IATA airport code BKK from Bangkok Don Muang International Airport.

Telephone Services:

Direct Assistance: 1133 (Bangkok) and 183 (upcountry)

Long Distance Service: 100

IDD: 001+country code+area code+phone number

Emergency Calls:

Metropolitan Mobile Police: 191 or 0-2246-1338 to 42

Fire Brigade: 199 or 0-2525-2633

Ambulance(BKK): 0-2252-1133-6

Tourist Information (TAT Head Office): 0-2250-5500

Tourist Police:1155 or 0-2281-5015

UN Security: 0-2288-1113

WHO Thailand

History of WHO in Thailand:

For over 50 years the World Health Organization (WHO) has contributed significantly to Thailand's national health development and capacity building particularly in the areas of communicable disease control, eradication of smallpox, primary health care, development of human resources for health, maternal and child health, and basic health services.

WHO was instrumental in strengthening the planning capacity of the Ministry of Public Health (MoPH) in formulating Thailand's national health development plans during the decades of the 1970s and 1980s. Also during this period the Organization supported innovative activities in primary health care and contributed toward building institutional capacity in tropical diseases and human reproduction research and training. WHO is also credited for having supported for over four decades the development of Thailand's successful programmes in Expanded Programme on Immunization (EPI), essential drugs and malaria control.

In recent years, WHO has made a broad range of contributions, among them helping to plan and implement the control of Human Immunodeficiency Virus/Acquired Immunodeficiency Syndrome (HIV/AIDS), the Directly Observed Treatment (DOTS) Tuberculosis (TB) strategy, strengthen and support the Field Epidemiological Training Programme (FETP) and the Asian Collaborative Training Network for Malaria (ACT Malaria), the Healthy Cities programme, health systems reform, health promotion, and research funding for the development of a dengue vaccine.

The WHO programme devotes a considerable amount of its resources to agencies outside the Ministry of Public Health. Examples include creating awareness and prevention of HIV/AIDS and continuum of care for people living with HIV/AIDS and access to basic health services through the Social Security Scheme, promoting the healthy cities approach to community-based organizations, and supporting technical cooperation among countries. Non-Governmental organizations (NGOs) have been very effective in tobacco control activities in Thailand and have been strong supporters of WHO's tobacco free initiative. The current health system reform movement in Thailand envisions strong civil society actors as building blocks of a national healthy society.

Address and Location:

The WHO Representative to Thailand
4th Floor, Office of the Permanent Secretary Building 3
Ministry of Public Health
Tiwanon Road
Nonthaburi 11000
Thailand
Tel: +66 (0) 2591-8198, 2590-1524
Fax: +66 (0) 2591-8199
Email: registrywhothai@searo.who.int
(Please see the map in Attachment F)

BEFORE DEPARTURE FROM COUNTRY OF ORIGIN

Fellows or Study Tour participants are advised to find out about the visa requirements for travel to Thailand and the next country of visit before leaving his/her country.

1. Visa for Thailand

A Fellow/Study tour participant visiting Thailand is required to apply for a visa from a Thai Embassy or Consulate-General. To do so, he/she must possess a valid passport or travel document that is recognized by the Royal Thai Government and comply with the conditions set forth in the Immigration Act and its related provisions. The visa fee is Baht 2,000 for single entry.

2. Visa for the next Country(ies) to be visited

Before fellows/study tour participants arrive in Thailand, it is essential that they obtain the necessary visas for the other countries to be visited after Thailand. With the tight programme arranged, there will not be enough time to attend to this while fellows/study tour participants are in Thailand.

3. Health

Yellow Fever: A Yellow Fever vaccination certificate is required from travelers over 1 year of age coming from or through the countries which have been declared Yellow Fever Infected Areas.

Malaria: Malaria risk exists throughout the year in rural Thailand, especially forested and hilly areas of the whole country. *P. falciparum* is highly resistant to chloroquine and sulfadoxine/pyrimethamine, and in certain areas to mefloquine.

HIV/AIDS: Thailand, like many other Asian countries, is experiencing a serious epidemic of HIV/AIDS. Because of its policy of openness and because it has no restrictions on the dissemination of HIV/AIDS information, it has the reputation of being one of the most seriously affected nations in the area. This may or may not be true, more information is needed from other Asian countries.

In any cases, places in Thailand are not high risk for HIV/AIDS; practices are. High-risk activities are well known: injecting drugs and having unprotected sex with other persons whose sexual history is unknown to you. Accordingly, patronage of commercial sex establishments is risky particularly when a condom is not used. The safest course of all is to abstain from sex while you are away from your regular partner.

SARS: WHO has declared Thailand SARS-free.

4. Notification of Arrival

Before departure from home country, fellows/study tour participants should furnish WHO Thailand office with their flight details at least one week before arrival.

5. Fellows' Families

Fellows are strongly discouraged from bringing their spouses and/or families while undertaking a fellowship programme.

UPON ARRIVAL IN THAILAND

6. Immigration Formalities

Normally on arrival at the Bangkok International Suvarnabhumi Airport (please see the airport maps in **Attachments A and D** for details), the Immigration authorities will endorse a stay in Thailand for a maximum period of one or two weeks only.

WHO will not approach the authorities for an extension of stay for personal reasons.

7. Customs Regulations

Use the Green Lane if you have no dutiable goods to declare. Your used personal effects are exempted from duties but a deposit may be required to cover expensive items like computers, typewriters, tape recorders, etc. The deposit will be returned when you leave Thailand with the articles.

8. Local Currency and Payment of Stipend

Traveler cheques and most currencies can be exchanged into local currency (Baht) at Bank booths in the arrival hall. On the average **US\$1 = Baht 36.00 – 39.00 (approx)**. It is advisable to change only small amounts sufficient to cover your immediate needs. Fellows under any programme of more than three months should consider opening a bank account at the Siam Commercial Bank or the Krung Thai Bank convenient to them to enable WHO Thailand to deposit subsequent entitlements payments.

9. Transportation:

Fellows should contact the Airport Limousine Service to go to the hotel or other accommodation in Bangkok or utilize one of the following modes of travel:

- | | |
|--------------------------------------|--|
| 1) Success Travel Service limousine: | Free of charge, if arranged by TICA through WHO with <u>at least five working days</u> before your arrival in Bangkok. Over-one-week notification is required during high season.
Contact person/number:
Ms Prapaporn Israngkura Na Ayutthaya
Sales Manager
Tel: +66 (0) 2939-7900 to 7
Mobile: +66 (08) 1350-6225 |
| 2) Airport Bus: | City bus routes operated by Bangkok Mass Transport Authority (BMTA) serve the airport's dedicated bus terminal. There are also direct long-distance services to Pattaya and Nong Khai. |
| 3) Airport Limousine: | Located on 2 nd Level (outer curb), Domestic and International Arrival Lounges. |
| 4) Public Taxi: | Located on 2 nd Level, Domestic and International Arrival Lounges. Alternatively, passengers may take a shuttle bus (Express route) to the Transport Center taxi stand. |

10. Accommodation

Accommodation may be obtained for short duration, with or without a confirmed reservation, at the following addresses:

Florida Hotel:	43 Phaya Thai Square, Phaya Thai Road Next to BTS Skytrain Phaya Thai Station, Bangkok 10400 Tel: +66 (0) 2247-0990, Fax: +66 (0) 2247-7418
Rangnam Apartment:	521/3-4 Soi Si Ayutthaya 2, Si Ayutthaya Road Phaya Thai, Bangkok 10400 Tel: +66 (0) 2247-6301 to 4, Fax: +66 (0) 2247-6300
Golden Dragon Hotel:	Opposite The Mall Department Store Ngam Wong Wan Road, Nonthaburi 11000 Tel: +66 (0) 2589-0130 to 41, Fax: +66 (0) 2589-8305

For fellows/study tour participants undertaking programmes for longer duration, more convenient and reasonable-rated accommodation may also be arranged through the WHO Office or with assistance of the individual programme coordinator.

11. Clothing

Working attire should be worn during official visits. Jeans, T-shirts and miniskirts should not be worn.

12. Reporting to WHO Office, Thailand

When reporting to any of the WHO Offices, please bring along your passport, air tickets, Letter of Award and other relevant documents for checking and reference. See page 2 for the address of the WHO Office, Thailand.

Office Hours: 0800 – 1630 hours (Mondays through Fridays)

(Please refer to map in **Attachment F** for the location of WHO Thailand Office)

13. Fellowship Programme

You are strictly required to follow the programme schedule, arranged by the host institutions in collaboration with the Thailand International Development Cooperation Agency (TICA) and endorsed by WHO SEARO, i.e. be on time and do not skip over or cancel any part of the schedule.

14. Termination/Extension of Programme

The duration of the fellowship is indicated on the Letter of Award. If the programme is terminated earlier, or if any fellow is unable to complete the training programme for whatever reason, he/she should inform WHO Thailand or WHO Fellowship Unit in SEARO, in advance about fellow's departure plans to facilitate timely and accurate settlement of entitlements. Stipends will be paid only up to the date of departure from Thailand and any overpayments due to premature termination of the programme will need to be refunded to WHO.

Request for the extension of a programme entails a lengthy process, requiring at least 6 weeks. Approvals from WHO SEARO, your Government and the Thai authorities are needed.

15. Returning Home During Long-Term Programme Breaks or on Emergency

Send your request to the WHO Office well in advance if you wish to return to your home country during long-term programme breaks or in case of emergency. WHO will take action on the matter and advise you accordingly.

16. Internal Transportation

Government Departments concerned or Host Institutes may provide transportation for the fellows as may be required in the programme schedule. WHO provides air tickets for travel of the fellows if such travel is included in the programme.

For personal trips, the **Skytrain (Bangkok Mass Transit System or BTS)** is recommended. With stations in major commercial areas and departures every 5 minutes, names of stations are displayed in **Attachment G**. Service is via 2 routes: the Mo Chit - On Nut route (runs along Sukhumvit Rd.) and the National Stadium - Taksin Bridge route (runs along Silom Rd.). Running from 6 am to midnight, fares range from 10 to 40 Baht depending on distance. Routes and fares are posted at every station, where tickets can be purchased.

Bangkok Subway: Bangkok's newest mass transit system, the subway, was opened on 3 July 2004. The subway runs from the city's main railway station, Hua Lamphong, under two major thoroughfares, Rama 4 Road and Ratchadaphisek Road. Fares range from 14 to 36 Baht depending on distance.

17. Personal Property

You are advised not to carry too much money and valuables when going about for your programmes. If you lose your passport, money, including traveller checks, or air tickets, please report to your programme coordinator immediately.

18. Sending Publications and Other Materials to Home Country

Publications, reports, note papers and other materials which you collect during the course of your programme should be sent to your home country by parcel post, NOT through the mailing service of WHO.

BEFORE DEPARTURE FROM THAILAND

19. Departure Arrangements

TICA will arrange for transport (Success Travel Service limousine) to take fellows/study tour participants to the airport on departure, if WHO Fellowship staff receives their requests [with departure flight, expected time of departure (ETD) and your present address] within a reasonable time, i.e. **at least 3 working days in advance.**

20. Airport Tax

Fellows/study tour participants are required to pay airport taxes as follows:

International departure: **Baht 500 / person**

Domestic departure: **Baht 50 / person**

21. General and Personal Security

Read and study the WHO Fellowships booklet for more information on WHO Fellowships.

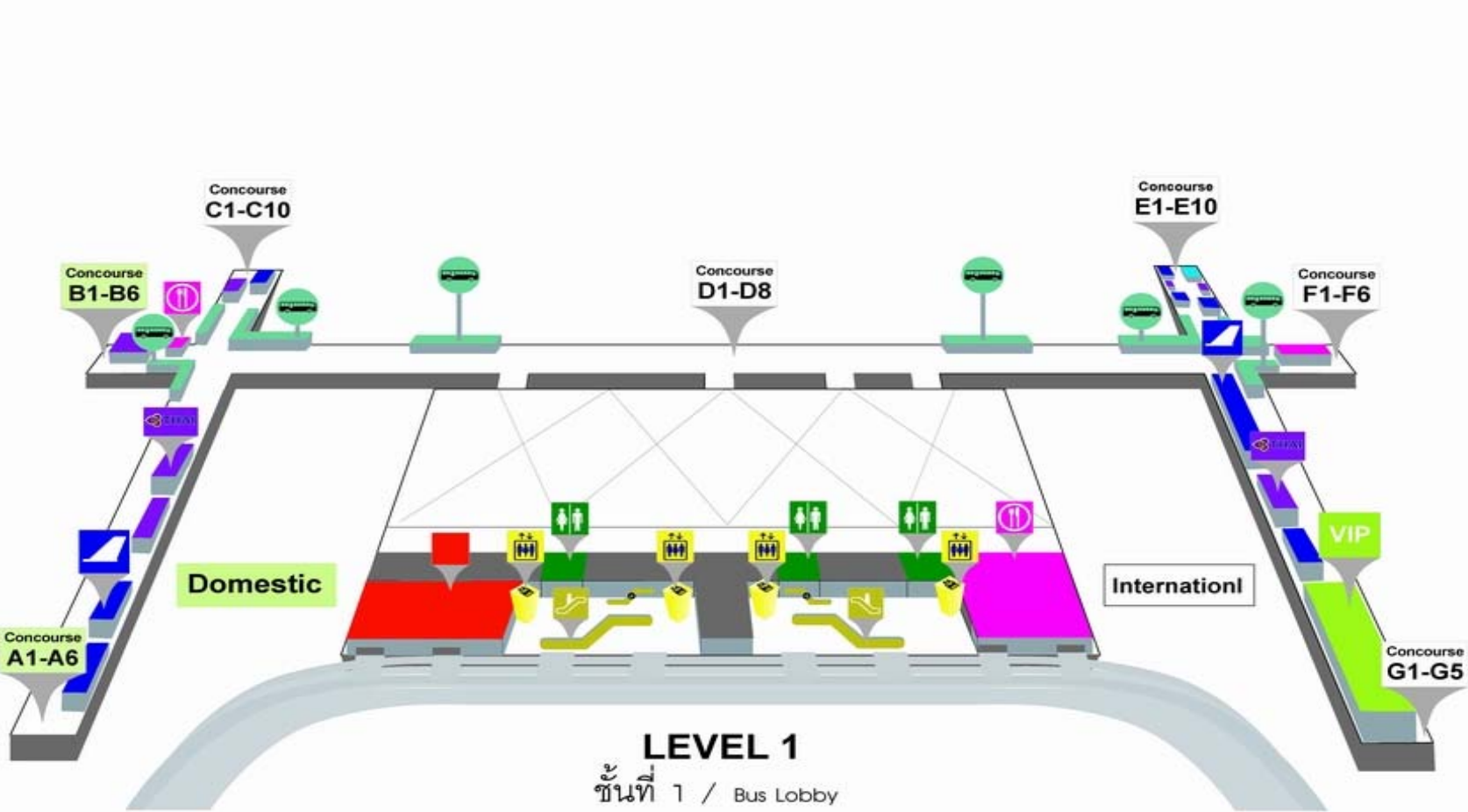
ATTACHMENTS:

- Attachment A: Suvarnabhumi Airport Map (Level 1: Bus Lobby)
- Attachment B: Suvarnabhumi Airport Map (Level 2: Domestic and International Arrival Lounges)
- Attachment C: Suvarnabhumi Airport Map (Level 3: Meeting and Greeting Gallery)
- Attachment D: Suvarnabhumi Airport Map (Level 4: Domestic and International Departure Lounges)
- Attachment E: Bangkok Airport Transportation
- Attachment F: Location of WHO Office, Thailand and Transportation Details
- Attachment G: Bangkok Map
- Attachment H: Basic Tips for WHO Fellows/Study Tour Participants
- Attachment I: Personal Security Tips
- Attachment J: Note for Visitors to Thailand

Revised: October 2006

Bangkok International Suvarnabhumi Airport LEVEL 1 – Bus Lobby

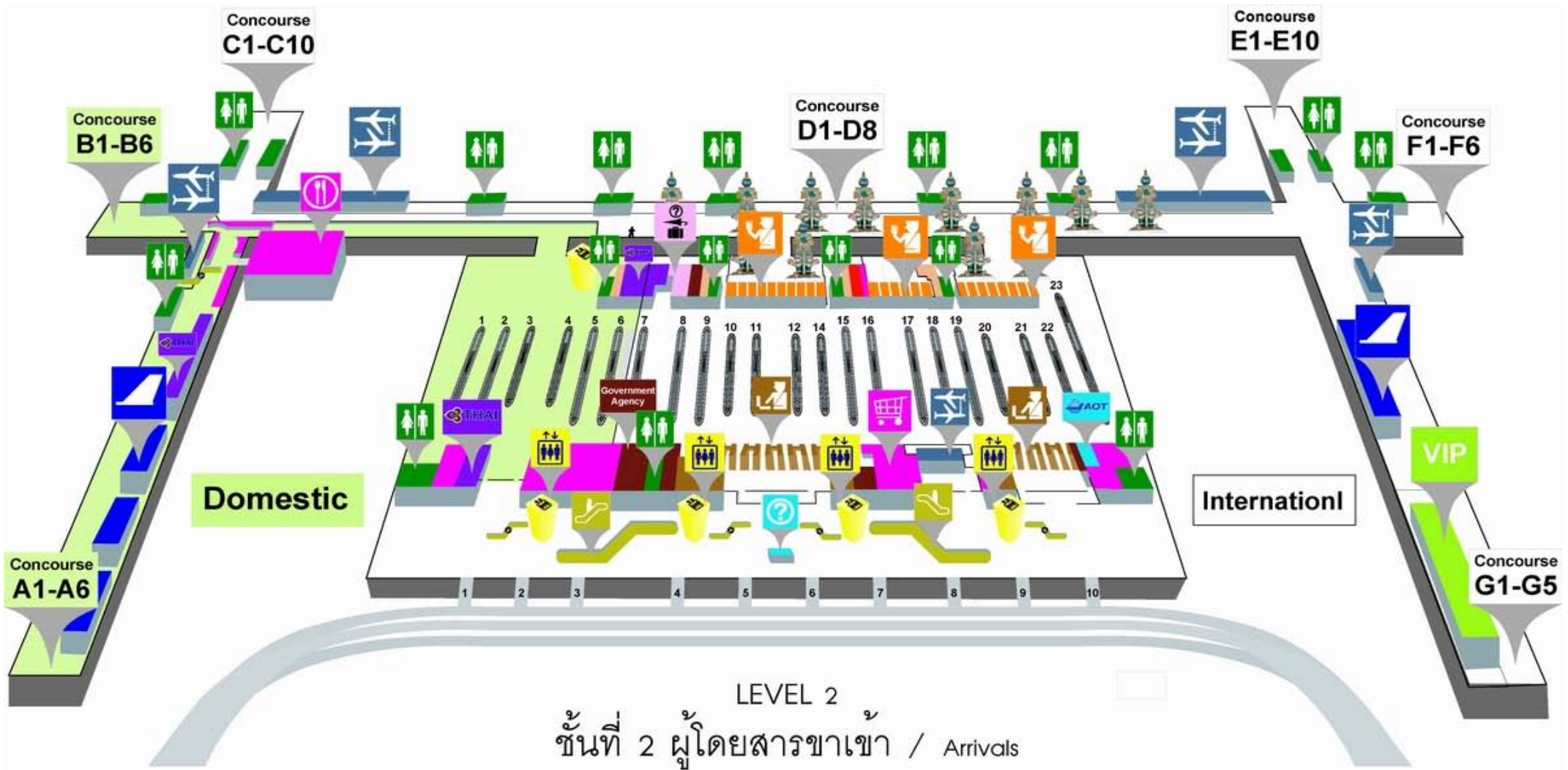
Attachment A
(October 2006)



-  AOT
-  Information Counter
-  Airlines
-  VIP
-  Shops / Restaurants
-  Customs
-  Passport Control
-  Transfer Passengers
-  Government Agency
-  Thai Airways
-  Toilets
-  Over size Baggage
-  Escalator
-  Elevator
-  VAT Refund
-  Security Checkpoint
-  Medical Center / Clinic
-  Car Parking Building
-  Meeting / Greeting Area
-  Bus Gate
-  Baggage Service
-  Day Rooms
-  Airline Lounges

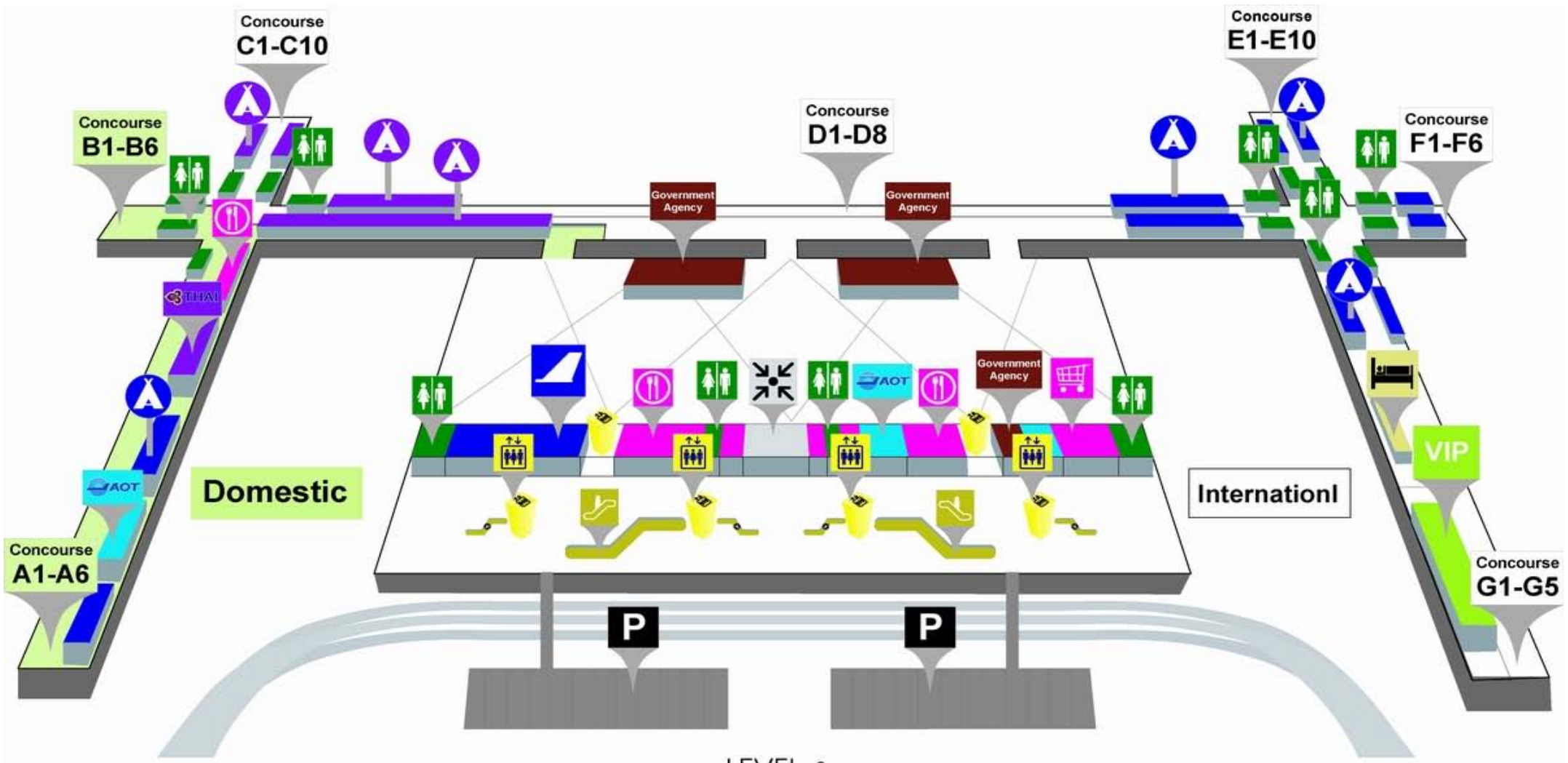
Bangkok International Suvarnabhumi Airport LEVEL 2 – Domestic and International Arrival Lounges

Attachment B
(October 2006)



Bangkok International Suvarnabhumi Airport LEVEL 3 – Meeting and Greeting Gallery

Attachment C
(October 2006)



LEVEL 3
ชั้นที่ 3 จุดนัดพบ,ร้านค้าต่างๆ / Meeting and Greeting Gallery

Bangkok International Suvarnabhumi Airport
LEVEL 4 – Domestic and International Departure Lounges

Attachment D
(October 2006)



Shuttle Bus Service: Free shuttle bus service is provided for passengers and airport staff. Express route connects the main terminal directly to the transport center. Ordinary route connects to other airport facilities. For passenger convenience shuttle buses serving Suvarnabhumi airport are low-floor type.

Shuttle Bus Express Route:

1. Passenger terminal
2. Car rental center
3. Public transportation center and bus terminal

Public Taxi Service: Public taxis can be found on Level 2 (Arrivals). Alternatively take a shuttle bus (Express route) to the Transport Center taxi stand.

- Passenger drop off at Departures (level 4 – outer curb).
- Passenger pick up at the taxi stand at Transport center.

Limousine Service: To get a limousine contact the 'Limousine Service Counter' at the Arrivals level (2nd floor). Limousine pick up area is at the Arrivals Level (outer curb).

Airport Express: Airport express provides air-conditioned bus service between the Bangkok International Suvarnabhumi Airport and first-class Bangkok hotels. Airport express operates 4 bus routes to downtown. The cost is 150 baht for entire route.

AE1 Suvarnabhumi – Silom (by expressway)

AE2 Suvarnabhumi – Bang Lamphu (by expressway)

AE3 Suvarnabhumi – Sukhumvit 3 or North Nana

AE4 Suvarnabhumi – Hua Lamphong (by expressway)

- Pick up area at the Arrivals level – 2nd floor (inner curb).
- Drop off area at the Departures level – 4th floor (inner curb).

Public Bus Service: Public bus service is provided from the Bus Terminal at the Transport Center. Take a shuttle bus (Express route) to the Transport Center.

Public Bus Service to Bangkok and area:

Bus Number 549 – Suvarnabhumi Airport – Minburi

Bus No. 549 connects Suvarnabhumi Airport to Minburi via Ladkrabang Road, taking a right turn to Rom Klao Road, cutting left to Sihaburanukit Road, taking left turn to Seri Thani Road. End the route at Bangkokkapi.

Bus Number 550 – Suvarnabhumi Airport – Happy Land

Bus No. 550 connects Suvarnabhumi Airport to Happy Land via Ladkrabang Road, On-Nut Road, turning right to Sri Nakarin Road, turning left to Ladprao Road and turning right to Happy Land.

Bus Number 551 – Suvarnabhumi Airport – Victory Monument (Expressway)

Bus No. 551 connects Suvarnabhumi Airport to the Victory Monument via New Bangkok – Chonburi expressway to Srirat expressway for exit at Rama 9 toll gate to continue further along Asoke-Dindang Road and Rachawithi Road for the final stop at the Victory Monument.

Bus Number 552 – Suvarnabhumi Airport – On Nut Bangkok Transit System (BTS) sky train station

Bus No. 552 connects Suvarnabhumi Airport to the On-Nut sky train station via Bangna-Bangpakong Road, taking a right turn to Sukhumvit Road until the On-Nut sky train station.

Bus Number 553 – Suvarnabhumi Airport – Samut Prakan

Bus No. 553 connects Suvarnabhumi Airport to Samut Prakan province via Ladkrabang Road, taking a left turn to Kingkaew Road, turning right to Bangna-Bangpakong Road, turning left to Sri Nakarin Road, turning right to Sukhumvit Road, turning left to Sai Luad Road until Samut Prakan.

Bus Number 554 – Suvarnabhumi Airport – Don Muang Airport (Expressway)

Bus No. 554 connects Suvarnabhumi Airport to Don Muang Airport via New Bangkok-Chonburi expressway, turning right to the eastern ring road, taking a left turn to Ramintra Road, Changwattana Road, turning right to Vibhavadi Rangsit Road until reaching Don Muang Airport.

Public Bus Service to other provinces:

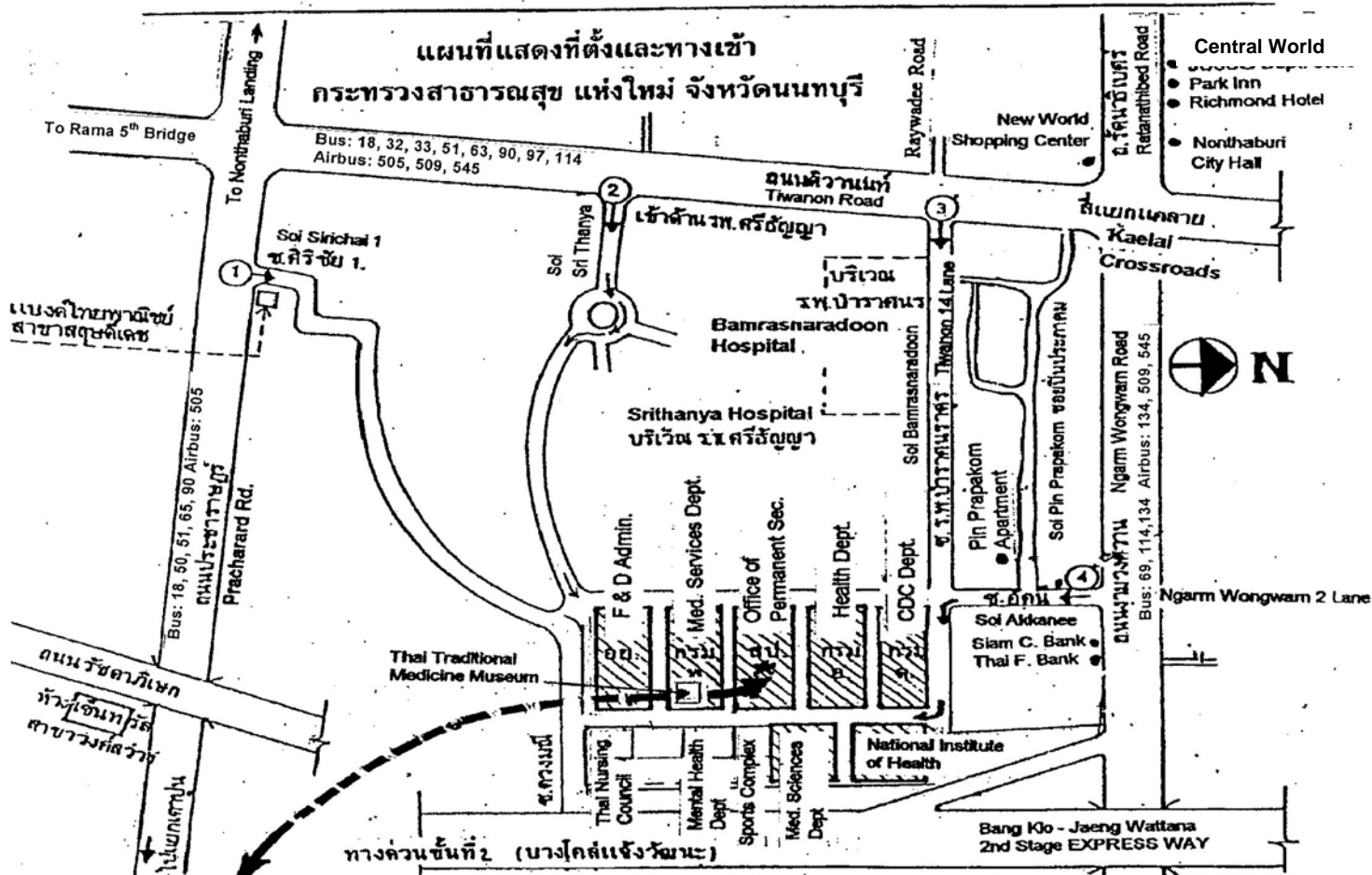
Bus Number 389 – Suvarnabhumi Airport – Pattaya

Bus Number 390 – Suvarnabhumi Airport – Talad Rong Kluea

Bus Number 825 – Suvarnabhumi Airport – Nong Khai

Location of WHO Office, Thailand
 4th Floor, Permanent Secretary Building 3
 Ministry of Public Health
 Tiwanon Road, Nonthaburi 11000, Thailand

Attachment F
 (Revised: October 2006)



WORLD HEALTH ORGANIZATION
 4th Floor, Permanent Secretary Building 3
 Ministry of Public Health
 Tiwanon Road, Nonthaburi 11000
 Tel: +66 (0) 2590-1524, 2591-8198
 Fax: +66 (0) 2591-8199
 E-mail: Registrywhothai@tsearo.who.int

องค์การอนามัยโลก
 อาคาร 3 ชั้น 4
 สำนักงานปลัดกระทรวงสาธารณสุข
 กระทรวงสาธารณสุข
 ซอย ร.พ. ศรีธัญญา
 (หรือคลองแก้วแสนราตร)

Office Hours: 0800 – 1630 hrs. (Monday to Friday)
Persons to Contact: Ms. Charoenporn Eiemwongsri, Programme Clerk (Fellowships)

Footbridge
 The Mall 6 Dept. Store
 Footbridge
 Golden Dragon Hotel
 About 10 kms to / from the Bangkok Airport

HOW TO HAVE ACCESS TO WHO

By Bus – passing Samsaen Road:
 Non-air-conditioned bus Numbers 18, 32, 33, 51, 63, 90, 97, 114
 Air-conditioned coach Numbers 505, 509, 545

By Bus – passing victory monument:
 Non-air-conditioned bus Numbers 63, 69, 114
 Air-conditioned coach Numbers 509, 522, 543, 138, 97

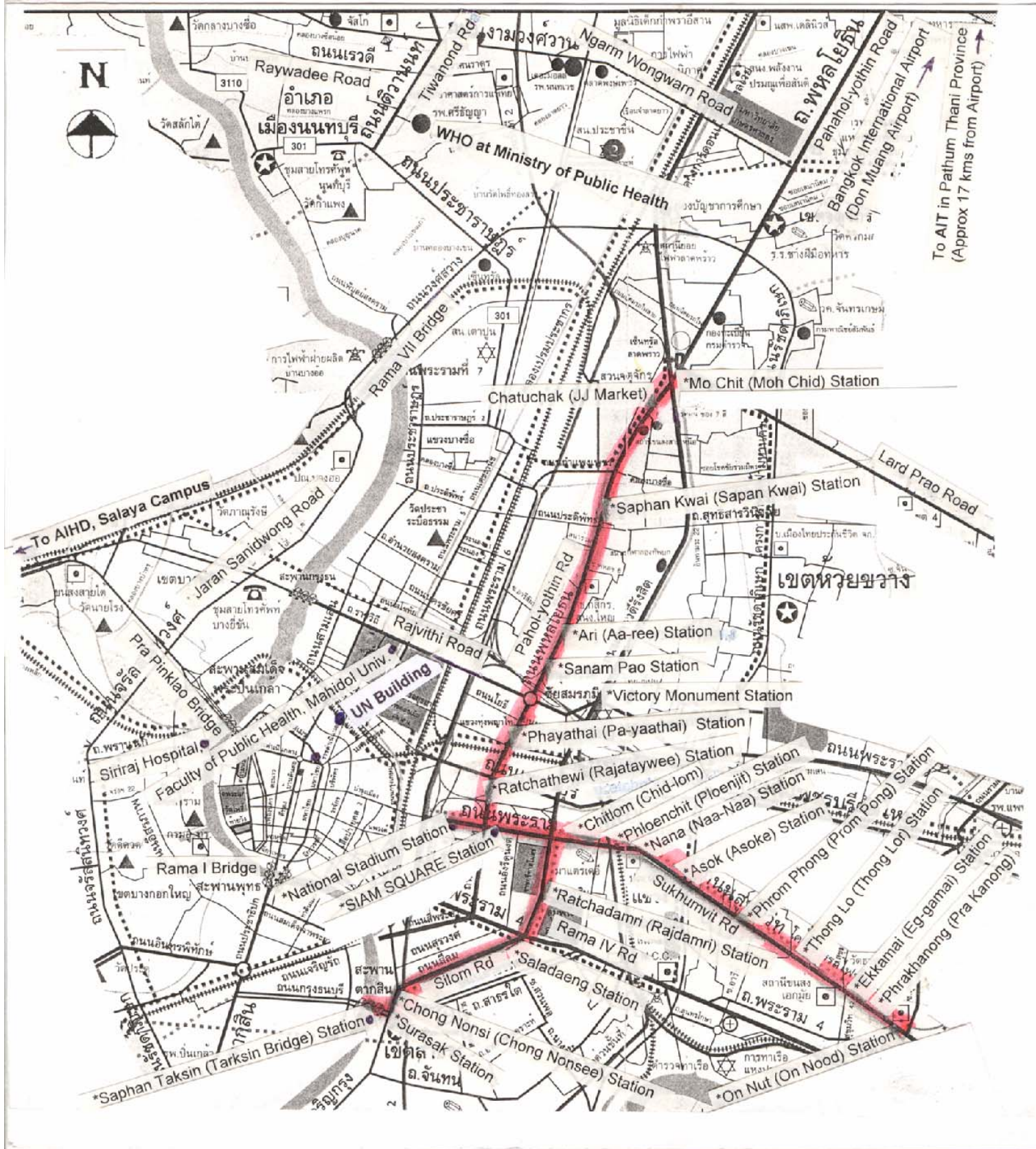
By Chaophaya Express Boat:
 (From Siriraj Hospital Landing to Nonthaburi Landing
 Non-air-conditioned bus Numbers 32, 33, 63, 97
 >>N.B. Bus Number 97 goest inside the MoPH compound
 through Soi Srithanya Hospital

By Bus passing Pracharad Road (Krungthep–Nonthaburi Rd.)
 Air-conditioned coach Number 505
 Non-air-conditioned bus Number 51

Office of the WHO Representative to Thailand
 4th Floor, Permanent Secretary Building 3
 Office of the Permanent Secretary
 Ministry of Public Health
 Soi Sri Thanya Hospital, Off Tiwanon Road
 Nonthaburi 11000, THAILAND
 Tel.: +66 (0) 2590-1524, 2591-8198
 Fax: +66 (0) 2591-8199
 Office Hours: 0800 – 1630 hrs. (Mondays through Fridays)

Attachment G
 (Revised: October 2006)

BANGKOK MAP
 with BTS Skytrain Stations
 Minimum Fare: Baht 10



BASIC TIPS
For WHO Fellows/Study Tour Participants Visiting THAILAND
 (Revised: October 2006)

While in Thailand

1. Buy yourself a **bi-lingual Bangkok map** at any of the airport souvenir shops.
2. If you find that your conversational partners do not speak English well, please be patient, **speak more slowly** and **use hand signals** or **pictorial aids** in communicating with them. Many Thai people in Bangkok have come from the rural areas where the English language is rarely used.
3. **Your passport and air-ticket** should be kept close by – in your brief-case or hand-bag. Your **traveller's cheques** should be **kept away** from your passport, to avoid being stolen and cashed.
4. When on a public transport, be alert and aware **of pick-pocketing**. Do not keep your cash in one place only.
5. To get a taxi, choose the one with the sign "**TAXI METER**" on the sedan roof. The fares, according to the meter installed on the left of the steering wheel, **start with "35"** denoting Baht 35 for the first 2 km. Before getting out of the taxi, **make sure not to leave your belongings behind**.
6. If a problem arises while in Bangkok, **keep calm, smile, apply a sense of humor** and seek help from a nearby policeman, especially the **Tourist Police (Tel. 1155)**.
7. **Any requests for change or extension** of the programme already confirmed by TICA and SEARO will **not be processed**. Any portions of the programme that you find unsatisfactory should be reported in the WHO evaluation form attached to your Letter of Award.
8. Under the WHO Fellowship, you derive **neither diplomatic immunity nor privileges**. If you commit any offenses under Thai law, you are liable to prosecution. **Please do not expect or demand special treatment as a WHO Fellow/Study Tour Participant**.

Before Departure from Thailand

9. Keep your local currency of **Baht 500** for payment of the international airport tax.

PERSONAL SECURITY TIPS

(The following is an excerpt of a message from the Chief of UN Security and Safety Service, Bangkok. Though this is an extract of 'Monthly Security Advice' for the month of March 2002, we would advise the fellows visiting Thailand to be aware of the prevailing/current advice by establishing contact with the WR Thailand Office (e-mail: registrywhothai@whothai.org and charoenporn@searo.who.int of any special instructions/advice during the duration of their stay, which will be of help to them).

1. Introduction

Personal security is an individual responsibility whether you are in the office, traveling, or at home. You – the individual – play the most important role in maintaining your personal security by using common sense and precautionary actions to help reduce your vulnerability. The tips offered here are not all inclusive.

2. Prevention

The best way to be safe is to feel safe. Avoid trouble in the first place rather than try to extract yourself later. This means that you should develop a strong sense of security awareness and adjust your behavior to take into account of the environment in which you find yourself and possible risks related to it. Consider these tips on how to increase your own personal security awareness:

- Follow your instincts. If you feel uncomfortable about a location or a person, leave immediately. The “brain” in your gut is the most highly developed of sensory organs programmed primarily to keep you alive.
- At a new duty station find out about customs, how you are expected to behave, potential threats and areas to avoid.
- Practice the habit of noticing details about people. In the event of an incident this knowledge (description of an individual) will be helpful in a later investigation.
- Be knowledgeable about your neighborhood. Where are the nearest police station, hospital, stores and restaurants that open late at night?
- Don't hesitate to call attention to yourself if you are in danger: scream, shout, blow the horn of your vehicle.
- Use several routes to work and vary your selection of them and the time you depart for work and return home. Most incidents take place as the individual either leaves or returns home.
- Stay away from situations which may be expected to attract threats, e.g., political rallies, demonstrations.
- Learn to correctly speak phrases in Thai so that you can signal your need for help or to stop intrusions on your person.
- Rehearse what actions you would take if you were to be confronted. There is no right or wrong way to respond to an attack. Each situation will be different. Whether to resist an attacker or not can only be your decision. Generally, the following options will be open to you: talk your way out of a situation; give in to the demands made of you; shout out for help; run or drive away; fight. Remember your life is not worth losing for material possessions.

3. Taxi Rides and Worse

A number of international staff members have mentioned that they have encountered difficulties with taking taxis. Some difficulties have included being taken on wild excursions; the driver refusing to use the meter; speeding that leaves the passengers feeling that their safety is threatened. In such instances, the UN Security and Safety Service can help if you have your mobile phone with you, simply call 0-2288-1113 and report what is happening. The Officer on Duty may be able to give help by giving directions

to the driver or intervening in other ways. Otherwise, individuals can report incidents directly to the Tourist Police at 1155.

4. Emergency Numbers

As a matter of practice, keep the following numbers at hand or store them into your mobile for easy dialing:

0-2288-1113	UN Security Control Centre (available 24 hours)
0-2252-1133-6	Ambulance (Police Hospital)
1155	Tourist Police hotline
191 or 0-2246-1338-42	Metropolitan Mobile Police
197 or 0-2245-3934	Traffic Control Centre hotline

5. Bangkok Health and Safety

- Checks done by the Public Health Ministry in the Huay Kwang District revealed that 30 percent of the hawker food samples (grilled pork, chicken and sausages) contained contaminants such as “borax and toxic coloring agents”. Food sold by hawkers in general has contaminants primarily caused by motor vehicle exhausts and from coloring added during cooking to make it more appealing to the eye.
- Following an investigation by the Food and Drug Administration on trademark infringement, some brands of seasoning sauces and distilled vinegar were found to either contain sulphuric or hydrochloric acid that can cause serious health risks if ingested. Legitimate seasoning containers display clearly marked bar codes.

Notes for Visitors to Thailand

(Revised: October 2006)

General

Thailand, formerly Siam, means the land of free. Unlike other Asian nations, Thailand was never colonized by a foreign power. Its people enjoy a large degree of personal freedom.

Thai people deserved their reputation for being helpful and hospitable. For that reason the visitor who acts with common sense, decorum and respect for custom, will feel as safe in Thailand as anywhere else in the world.

The following are some tips that we hope you will find useful during your visit to Thailand.

Imports/Exports

Imports: Customs authorities are liberal towards visitors. They permit the import of personal effects, professional instruments and used household effects free of duty. One still camera or one movie camera with 5 rolls of still camera film or 3 reels of movie film are permitted.

Exports: Thailand imposes stringent controls on the export of art objects. No Buddha image or fragment, irrespective of its age, may be taken or sent out of the country. All other art objects, irrespective of whether they are originals or reproductions, require export licenses from the Fine Arts Department. Permission takes at least two weeks.

Please be warned that the DEATH PENALTY is the punishment for persons attempting to smuggle narcotic drugs for trafficking and this penalty has been applied to foreigners.

Food

Thai food provides quite a different adventure from Chinese and Indian cuisine. It is a blend of five distinct tastes – sweet, sour, salty, bitter and spicy hot.

Essential for Thai cooking are fresh ingredients and fragrant and pungent spices and herbs, including lemon grass, basil, garlic, ginger, turmeric and coriander. A typical meal includes steamed rice, however, in the North and the Northeast it may be glutinous (sticky) rice. Some of the most popular Thai dishes include:

Tom Yam Kung:	A pungent soup of shrimp, fish or chicken, with lemon grass, chilies and other herbs. This is sometimes referred to as the Thai National dish.
Khao Tom:	Clear rice gruel soup.
Tom Kha Kai:	Chicken soup with coconut milk, flavored with galanga root.
Kaeng Som:	Sweet/sour fish curry type soup.
Som Tam:	Unripe papaya salad (goes well with roast chicken and sticky rice).
Kaeng Khio Wan:	Rich coconut green curry with chicken, fish or beef.
Khao Phat:	Fried rice.
Khao Phat Mungawirat:	Vegetarian fried rice.
Kaeng Masaman:	Thick coconut curry with potatoes, onions and chicken.
Phat Prio Wan:	Sweet and sour fried pork or chicken.
Phat Thai:	Fried noodles (Thai style), one of Thailand's national dishes.

Some of the best Thai dishes are served in open fronted shop-houses or in outdoor markets in Bangkok and other cities and towns. When there is a language problem, just point and you will almost certainly get what you want. Good areas for these purposes in Bangkok are Pratunam market (near the junction of Petchaburi and Ratchaprarop Roads); the vicinity of the Rajdamnern Boxing Stadium (opposite the UN Building, Ratchadamnoen Avenue); along Sukhumvit and Silom Roads and in the Bang Lamphu area.

Holidays

The dates of many Thai festivals, particularly those connected with Buddhism, are determined by the lunar calendar and therefore vary from year to year. The most interesting for visitors are **Songkran** (pronounced **Song-graan**) which marks the traditional Thai New Year in April and **Loy Krathong** in November when candle-lit floats are released on rivers and streams throughout Thailand.

Songkran
Festival



Loy Krathong

A chronological list of Thai holidays follows:

- January 1:** **New Year's Day**
- February:** **Makha Bucha Day**, on the full moon day, commemorates the occasion when 1,250 disciples spontaneously gathered to hear the Lord Buddha deliver a particular sermon.
- April 6:** **Chakri Day** observes the founding of the present ruling dynasty in 1782.
- April 13-15:** **Songkran Festival**. The Thai New Year marked by religious merit-making, beauty contests and water throwing throughout the country.
- May 1:** **Labour Day**
- May 5:** **Coronation Day**
- May:** **Royal Ploughing Ceremony**. H.M. The King presides over this Brahman ritual near the beginning of the month to mark the official beginning of the rice planting cycle.
- Visakha Bucha Day (Vesak Day)** on the full moon day, is the holiest of all Buddhist days venerating Lord Buddha's birth, enlightenment and death.
- July:** **Asanha Bucha Day**, on the full moon day, commemorates Lord Buddha's first sermon to his first five disciples and the beginning of Buddhist Lent.
- August 12:** **H.M. The Queen's Birthday Anniversary**
- October 23:** **Chulalongkorn Day**, honours King Chulalongkorn who reigned from 1868-1910.
- November:** **Loy Krathong Festival**, on the full moon night, is when Thai people float small lotus-shaped banana leaf boats, each containing a candle, three incense sticks and a small coin, to honour to water spirits and to wash away the previous year's sins.
- December 5:** **H.M. The King's Birthday Anniversary**
- December 10:** **Constitution Day**
- December 31:** **New Year's Eve**

Thai Tradition: Do's and Don'ts

- Their Majesties the King and Queen are highly revered in Thailand. Please avoid any derisive or offensive remarks about the monarchy, even if they are intended to be made in jest, otherwise you may be charged with Lese Majesty. When the national anthem is played in the cinema and other public places, everyone is expected to stand silently in respect.



- The best greeting for a visitor is a smile. The traditional Thai greeting, called "wai", is done by placing your hands together in praying position in front of your face and slightly nodding the head. The higher the hands the deeper the respect. Many Thai people will "wai" you in return. The gesture has no religious meaning.

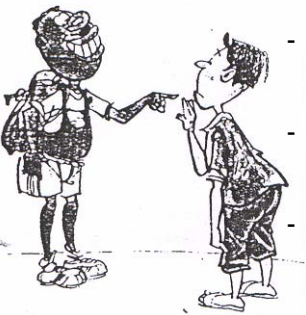
Shorts and sleeveless garments (including rolled-up long-sleeve shirts) are forbidden in parts of the royal Grand Palace in Bangkok and other holy places. Be sure to remove your shoes when entering a temple, mosque or other places where you observe Thai people doing so.

- Thai people consider the top of the head to be the most sacred part of the body. The foot is the lowest. Touching a Thai on the head or shoulders are considered offensive.

- Standing over a seated Thai while speaking may cause discomfort. If possible, sit at the same level.

- Never raise your voice or lose your temper in other ways no matter how much you are provoked. Smile – it is not possible to be too polite.

- Thai people often laugh or smile to hide their embarrassment when something goes wrong. On such occasions please do not regard this as derision.



- Do not stamp your foot or point your finger at someone or point at something with your foot. Such behavior is offensive.

- Thai people very rarely kiss each other in public although they may walk hand in hand. Anything more extreme is frowned upon.

- Showing fondness of a Thai woman in public is considered improper and offensive. Visitors should refrain from casually touching members of the opposite sex.

- Buddhist monks are forbidden to touch or be touched by a woman. If a woman has to give anything to a monk or novice, she must place the item in front of the monk on a piece of cloth carried by monks for this purpose. Alternatively, she can first hand it to a man who will pass it on.

- Never get drunk in any public places.

- Remember that by maintaining a sense of humor, being pleasant and showing courtesy to others, you should be able to overcome any inadvertent cultural errors.



- Never step over any Thai's feet if he/she is sitting up or any part of the body if he/she is lying down.

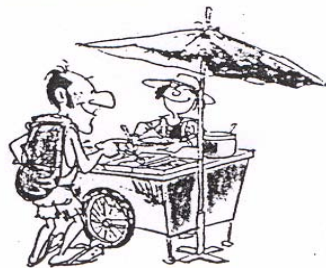


Never cross your legs or your feet point at another person, a Royal portrait, a Buddhist monk or a Buddha image.



Miscellaneous

- Gambling:** Gambling is officially illegal. You should reject invitations to play cards. Police are known to raid private houses and arrest gamblers.
- Smoking:** Smoking is forbidden on buses, in cinemas, restaurants and most other public places.
- Drinking Water:** Although most tap water is now officially potable, visitors should drink bottled water available throughout the country.
- Electricity:** The current used in Thailand is 220 volts, 50 cycles.
- Shopping:** Bargain before purchasing any item on the streets. Areas for good street markets are **Bang Lamphu, Pratunam, Chatuchak** (J.J. week-ends market), **Phahurat** (clothes) and **Sampeng** (China Town).



Do not bargain in Department Stores as a fixed price policy applies. The leading Department Stores in Bangkok are **Central, Robinson, Isetan, Emporium, PATA, The Mall, Central World Plaza, Maboonkroong (MBK), and Siam Discovery.**

- Tipping:** Major hotels and restaurants add a service charge to the bill, but this is not the case in smaller establishments. If a service charge is not included on a bill, a 10% tip is appropriate. Hotel porters should be tipped Baht 5 to 10. Street stalls and open-fronted shops do not expect a tip with your payment. Taxi drivers are not tipped.
- Public Transport:**
- 1) Currently, air-conditioned buses are in operations in addition to non-air-conditioned ones.
 - 2) Since 5 December 1999, **Bangkok Transit System (BTS)** skytrain has provided passengers with more convenience and rapid travel. Names of stations are indicated in **Attachment F.**
 - 3) Bangkok's newest mass transit system, the subway, was open on 3 July 2004. The subway runs from the city's main railway station, Hua Lamphong, under two major thoroughfares, Rama 4 Road and Ratchadaphisek Road. The fares range from Baht 14 to 36, depending on distance.

Source: *Far Eastern Economic Review Asia Handbook*