



THE MAGNET OF TRAVELERS

Travel Guide for Thailand





KNOW BEFORE YOU GO

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GREETING & CULTURE

Thailand, the land of smiles, has been able to absorb Western influences while maintaining its own rich heritage. It doesn't matter if you are coming for the Buddhist culture, the stunning beaches or the sophisticated cuisine, you will fall in love with Thailand and once your trip is over, you'll be coming back for more.





GREETING

The standard greeting in Thailand is Sawasdee ("sah-wah-dee"). The greeting is followed by the appropriate finishing female or male participle to make it polite.

The Thai people will greet you on many occasions with a wai. A wai is a form of communication and a customary greeting in Thailand where you fold your hands close to your chest with your fingers pointing upward and your head slightly bowing forward.



CULTURE

As the only nation in Southeast Asia that was never colonized by a European country, Thailand is a very proud and diverse nation. The Buddhist culture is influenced by India, China and other countries in Southeast Asia. Age, job, education and family connections are all contributing factors to a person's perceived status in society. Thai people avoid any behavior or actions which could be considered rude. Therefore, **Thai people are rightfully known as friendly and welcoming people.**

RELIGION & LANGUAGE

Delve into the Kingdom of Thai, previously identified as 'Siam'.





RELIGION

The main religion in Thailand is Buddhism, specifically Theravada Buddhism. The Thai Buddhism is unique because of the many other influences. Thailand has with 95% one of the highest active religion participation rates in the world. Buddhism is dominated and promoted by the government, but Thailand is very accepting of people of all faiths and backgrounds.

Yes – Chai (khrup/ka)
No – Mai (khrup/ka)
Thank you – khop khun (khrup/ka)
Sorry/excuse me – Khor thoad khrup/ka
Where is the restroom - Hong nam yoo tee nai khrup/ka?
I need a doctor- Phom dong gaan hai mor maa raak sa khrup/ka

LANGUAGE

The official language in Thailand is called Thai and it is comprised of 44 consonants, 32 vowels and five tones in Thai pronunciation, along with its own script. Besides the many varying dialects of Thai, there are also other minority languages throughout Thailand, including Khmer, Malay and various dialects of Chinese and numerous tribal languages. English is taught in school and therefore becoming more and more prevalent.

FESTIVALS

One of the best ways to experience and understand other cultures is to actually take part. That said, Thailand offers plenty of opportunities to glimpse into the heritage and traditions of the country.





SONGKRAN

Thailand's most famous festival, Songkran, marks the beginning of the traditional Thai New Year. The event is usually celebrated with parades, family events and religious ceremonies. **Due to Buddhist association of water with purification, this large festival involves a 3-day water fight.** During the water festival people are completely soaked and use buckets or water guns to splash water on others. Pure fun!



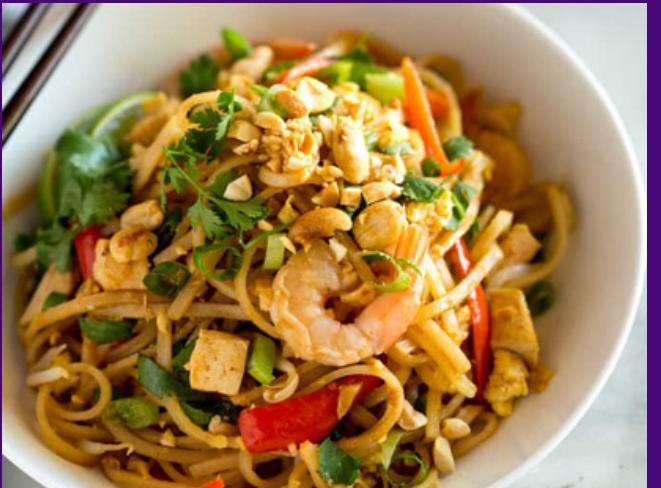
YI PENG

Yi Peng, the Lantern Festival, in Chiang Mai is a postcard-perfect panorama. **People gather down by the banks of the Peng River and release thousands of paper lanterns into the sky.** Capture some beautiful memories during the firework, the parade, or of course during the releasing of the paper boats into the river.

CUISINE

Thailand is celebrated around the world for its mouthwatering cuisine. **The harmony is created by a perfect fusion of sweet, sour, salty, spicy and bitter flavors.** Thai cuisine varies depending on region and the influences of the region's neighbors.





PAD THAI

Thailand's national dish, Pad Thai, is a fried noodle dish which is usually made with shrimp or chicken, but there is also a popular vegetarian option. Pad Thai is cheap, tasty and available on almost every street corner.



THAI GREEN CURRY

This is a fragrant and popular dish, which consists of coconut cream, green chilies', lemon grass and a key ingredient such as chicken or fish balls.



TOM YUM SOUP

This iconic bowl of steaming soup is aromatic and refreshingly spicy. The basics of Tom yum soup are lemongrass, chilli, kaffier lime leaves, fresh lime juice and plenty of fish sauce. Topped with fresh prawns and mushrooms, delicious.



MANGO STICKY RICE

Kao niew ma muang is simple but extremely delicious. This crowd pleaser is made with sticky rice, fresh mango slices, and lashings of sweet condensed milk. Yum!

BEST TIME

The weather in Thailand is split into three seasons: rainy (roughly May–Oct) cool (Nov–Feb) and hot (March–May).

The rains usually build momentum between June and August, hitting its peak in September and October. The cool season is when travelling in Thailand is most pleasant, though temperatures can still reach a sticky 30°C. In the hot season, you're best of hitting the beach.

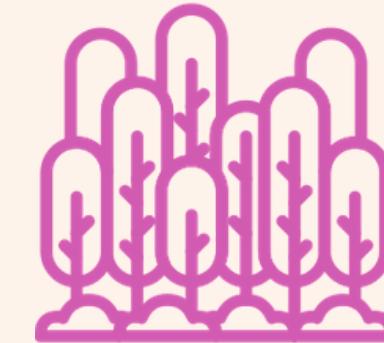
So, the best time to go to Thailand is during the cool season: more manageable temperatures and less rain, offering waterfalls in full spate and the best of the upland flowers in bloom.

EXPERIENCE

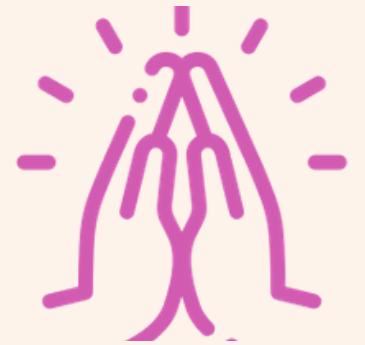
Starting from the countries largest capital city of Bangkok to the largest island of Phuket, Thailand is full of ancient museums and national parks, beautiful beaches, abundant wild life, fascinating nightlife , frantic city life and stop shopping spots. So, until you visit this mesmerizing country, let the idea of these places excite you to journey here.



Culture



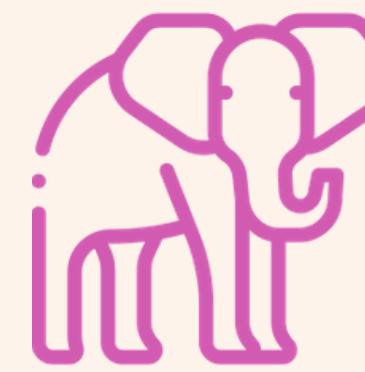
Nature



Religion



History



Animal



Beach

North Thailand



CHIANG MAI

A historic city and a vibrant cultural hotspot for old-town temples, Thai cooking courses and a lot of colorful festivals. The sophisticated capital of the north is a great place to plan a hiking trip in the surrounding region. Beyond the city limits, you can visit unique tribal villages, enjoy a massage or relax in a hot spring.



CHIANG RAI

A small provincial town with a pleasant atmosphere and a strong remaining Lanna identity. The city offers a great collection of temples, art, language, cuisine and music. In the last few years Chiang Rai has acquired several genuine sights of interest, notably the Mae Fah Luang Art & Cultural Park, a beautiful storehouse of Lanna art.

North Thailand



SUKHOTHAI

The UNESCO World Heritage, Sukhothai houses a vast number of historical sites and temple ruins. As the first capital of Siam, the

Sukhothai Kingdom (1238 – 1438) was the cradle of Thai civilization – the birthplace of Thai art, architecture and language.

'Sukhothai' means 'the dawn of happiness', and the kingdom did enjoy an extended period of peace and prosperity.

PAI

Pai, a postcard-perfect town, surrounded by mountains, tucked deep in a valley seems to exist in its own time zone.

Surrounded by stunning scenery and calming nature you will forget time and all your worries. Bamboo rafting and white-river rafting, popular among adventurous souls, are two of the best ways to appreciate Pai's picturesque landscape.

Central Thailand



HUA HIN

Hua Hin is the oldest beach paradise of the royal family of Thailand. A wonderful city with wide beaches and a well-retained Thai charm. Due to its diverse activities, Hua Hin is particularly popular with locals. So, if you are looking for various excursions, great sights and a city beach, look no further.

BANGKOK

Bangkok is the capital city with endless opportunities ranging from the Reclining Buddha in the Wat Pho temple to its electrifying nightlife keeping you awake until dawn. A must-see, the Grand Palace, encompasses the country's holiest and most beautiful temple, Wat Phra Kaeo. Other highly recommend activities include a visit to one of the thrilling canal side markets or a walk-through downtowns skyscraper filled with cutting edge fashion and hip bars.

KANCHANABURI

Learn more about Kanchanaburi's World War II history while visiting the Death Railway, the Bridge over the River Kwae (Kwai) and the Allied War Cemetery. Bamboo rafting on the Kwae River, a Khmer temple ruins tour, or shopping at the gemstone village are also possible activities. The scenic riverside area is a perfect place for a lovely evening with karaoke.

South Thailand



SURAT THANI

Surat Thani is the capital of the province of the same name. It's located on the muddy Tapi River that flows into the Gulf of Thailand. Explore Surat and be rewarded with insanely tasty Thai food, deserted beaches, secret



KO SAMUI

Ko Samui is easily one of the most beautiful islands, with its long white-sand beaches, clear blue waters and arching fringes of palm trees. The island has over a dozen scuba-diving companies, offering trips for divers and snorkellers and courses throughout the year. Also on offer are plenty of spas, as well as meditation retreats, island tours, ziplines, kiteboarding and cooking classes.



PHUKET

Phuket, Thailand's largest island, offers many cool beaches with exceptional offshore snorkeling and diving. As the region's major resort destination, it has many different dining, shopping and entertainment facilities. Kid or Adult, Local or tourist, Phuket has an activity for everyone.

South Thailand



KOH PHI PHI

Maya Bay became famous through the Hollywood film, *The Beach*, starring Leonardo DiCaprio. Aside from crystal clear waters and white sand beaches, it also offers a snorkeling experience suitable for beginners.

KO KOOD

The fourth-largest island in Thailand Ko Kood is still a wild and largely uncommercialized island. Ko Kood is a nature-lover's destination. The white sand beaches and the exceptional clear turquoise water awaits you.

KOH CHANG

Picture-perfect beaches, lush green jungles and year-round bath-warm, turquoise-blue sea – the "elephant island" Koh Chang is one of the most beautiful holiday islands in Thailand and also less touristy than its two larger sisters Phuket and Koh Samui.

South Thailand



KOH TAO

Koh Tao – meaning ‘Turtle Island’ – lives up to its name, being the best scuba diving destination in Thailand. The perfect white-sand beaches which ring the hilly 21 km² island are surrounded by the crystal-clear waters of the Gulf of Thailand. The vibrant coral reefs there are home to a wide range of exciting and colourful sea creatures, including turtles, naturally.



KOH LIPE

The “Maldives of Thailand” are of course known for their beautiful beaches. The island is quite small, making it not that difficult to discover the most beautiful beaches on Koh Lipe.



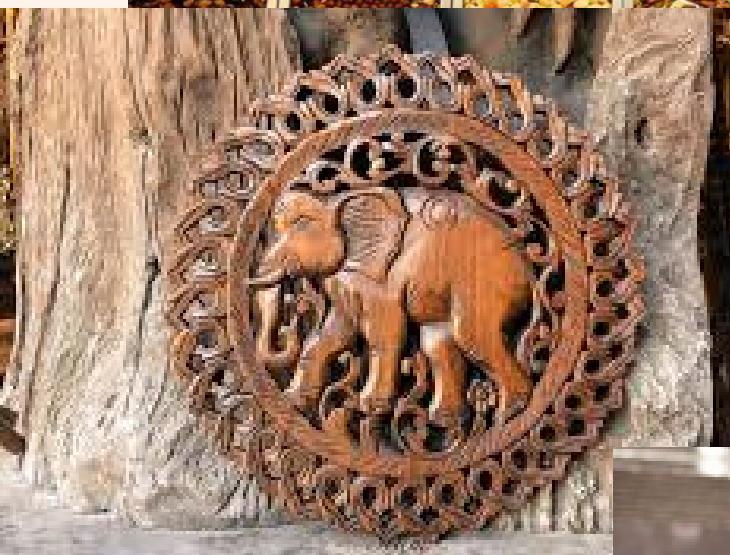
KRABI

Krabi features incredible scenery ranging from its incredible coast line to the exotic jungle. Caves, waterfalls and limestone cliffs are scattered around the province, waiting for you. Island-hopping, snorkelling, rock climbing, kayaking, jungle trekking and scuba diving, are among the most popular activities that can be enjoyed while staying in Krabi.

SOUVENIRS

We all want our travel memories to remain fresh forever. But if only memories were left alone. It is human nature to possess material belonging as a reminder of their cherished memories. Whether you splurge on your travels, buy a cheap souvenir, pick a free memento or just take lots of photos, there is always something to look back to after your return.

Tahi Snacks and Spices



Wooden Carvings



Tahi SPA Products

Handmade Bags



ITINERARY

His majestic country is in the centre of southeast Asia, with a population of more than 68 million people. Every year, over 16 million tourists flock to witness the beauty of this free land.





9 - Day Thrilling Thailand Tour

Day 1: Welcome to Thailand!

- Pickup from the Bangkok airport, on arrival. Transfer to the hotel in Bangkok city.

Day 2: Damnoen Saduak Floating Market & River Kawi

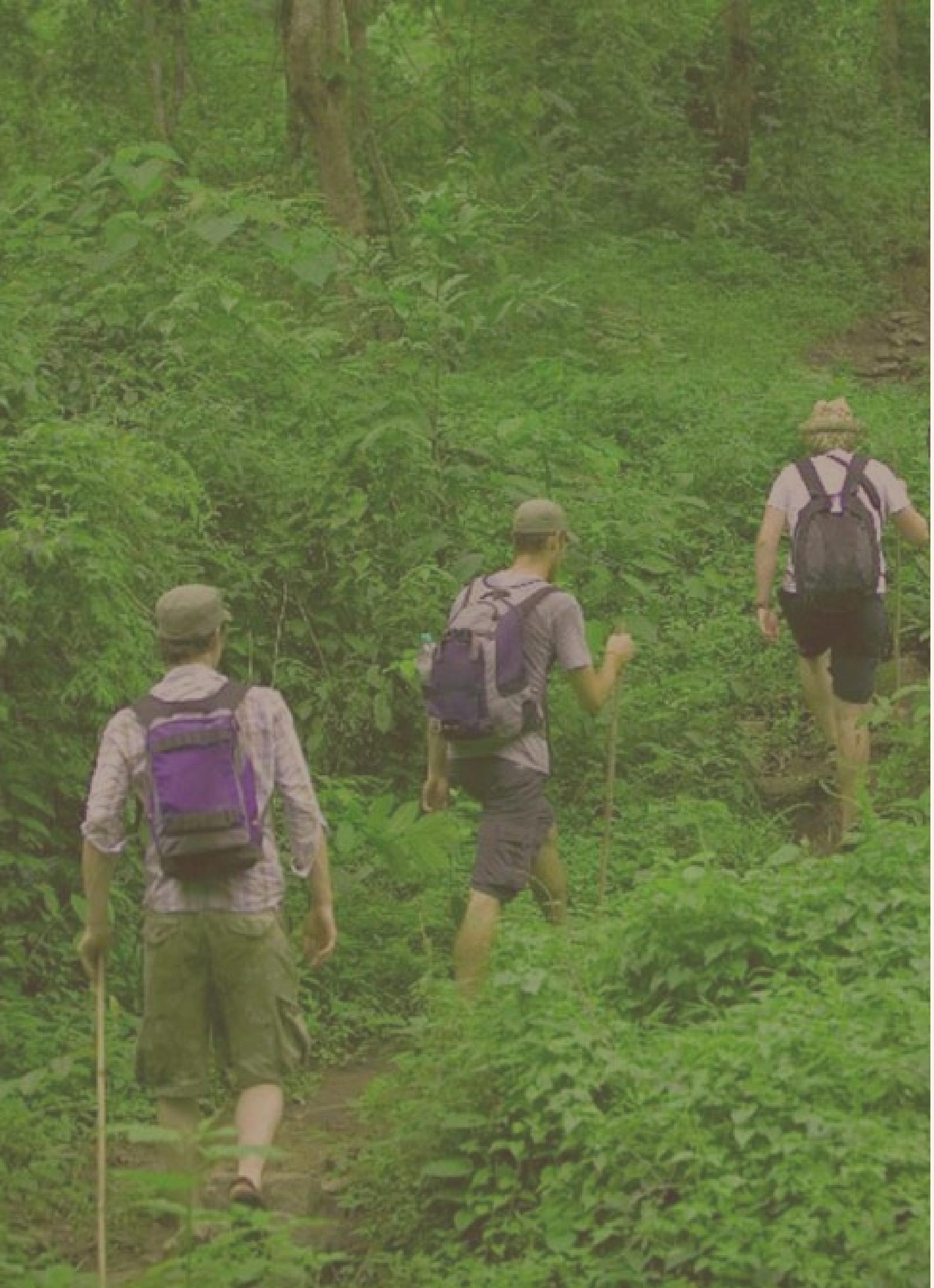
- Visit Damnoen Saduak floating market by boat.
- Have lunch at a local restaurant.
- Explore the infamous Bridge over the River Kwai, War Museum & War Cemetery.
- Enjoy a Train ride on the death railway.

Day 3: Bangkok City Temples - Grand Palace & Thonburi

- Visit Golden Buddha Temple, Reclining Buddha Temple, Royal Grand Palace, and Temple of the Emerald Buddha.
- Have lunch at a local restaurant.
- Discover Thonburi Canals (Klongs) by a long-tail boat and Temple of Dawn.

Day 4: Bangkok to Chiang Mai

- Take the flight to Chiang Mai.



Day 5: Doi Inthanon National Park SIC Tour

- Pick up early (08:00-08:30 AM) from the hotel.
- Drive to Doi Inthanon National Park and visit the highest mountain in Thailand.
- Enjoy Wachirathan & Sirithan waterfalls.
- Explore White Karen Hill Tribe village.
- Drop by the colorful Hmong tribal market.
- Transfer back to the hotel.

Day 6: Jungle Trekking SIC Tour

- Pick up early (07:30 - 08:00 AM) from the hotel.
- Drive to South of Chiang Mai (approx. 1 hour ride).
- Arrive in Mae Wang National Park.
- Start the 3 hour trekking in the jungle.
- Enjoy a traditional Thai lunch prepared by our guide.
- Swim in a beautiful waterfall and relax for about 30 minutes.
- Explore the nearby caves and caverns.
- Head to the Elephant Sanctuary.
- Change into traditional Karen clothes.
- Spend time feeding, washing, and playing with the elephants.
- Transfer back to the hotel.

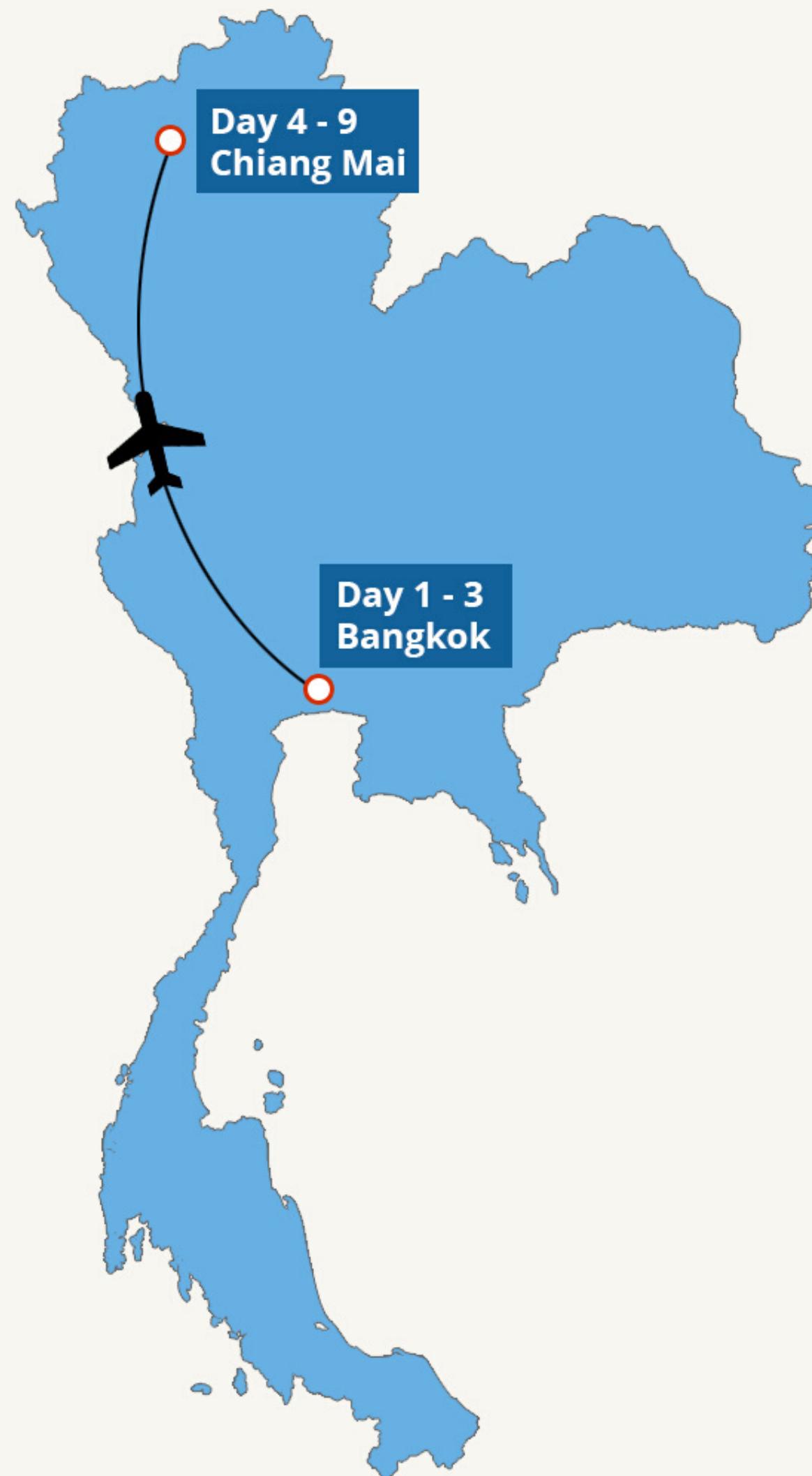


Day 7: Chiang Mai Elephant Park SIC Tour

- Pick up (08:30-09:00 AM) from the hotel.
 - Drive to Happy Elephant Home.
 - Change to traditional Karen clothing. Learn as the guide explains about Asian elephants and Happy Elephant Home.
 - Meet the elephants and start feeding them to become friends.
 - Enjoy a mud spa with the elephants.
 - Lunch and short break by the swimming pool.
 - Go to the local farm to find sugarcane, corn and other food.
 - Take a leisurely walk with the elephants to the river and bathe them.
- Transfer back to the hotel.

Day 8: Chiang Mai - Golden Triangle SIC Tour

- Pick up early (07:00-07:30 AM) from the hotel.
- Discover beautiful hot springs.
- Visit White Temple (Wat Rong Khun).
- Take a trip to the Golden Triangle.
- Take a boat down the Mekong River to Laos (Done Sao Island).
- Wander around the Maesai Border market (Thai - Myanmar border).
- Transfer back to the hotel.



Day 9: Bye Thai!

- *Pick up from the hotel.*
- *Transfer to the Chiang Mai airport.*
- *Take the flight back home.*

From 1,199 USD / per person

Note: Expats Holidays can arrange the tour according to your needs. The tailor-made tour price will change depending on your needs.

VISA

The Visa exemption rule allows tourists from 64 countries to enter Thailand without a visa. They are granted to stay a maximum of 30 days if they are entering Thailand via an international airport or entering through a land border checkpoint from neighboring countries.

The tourist visa is stamped on your passport upon arrival at the airport in Thailand, or it can be obtained in your home country through the Thai embassy or consulate located there. The tourist visa is valid for a period of 15 or 30 days and can also be extended if necessary.



FLIGHT

Airline	Destination	Nonstop	Duration
Thai AirAsia X, Thai Airways, Shanghai Airlines, China Eastern Airlines, Thai Lion Air, Spring Airlines, Air China	Bangkok	Yes	4:30 h
Juneyao Airlines, Shanghai Airlines, China Eastern Airlines, Delta Air Lines, Thai Lion Air, Spring Airlines	Phuket	Yes	5 h
Shanghai Airlines, Juneyao Airlines, China Eastern Airlines.	Krabi	Yes	5 h
Juneyao Airlines, China Eastern Airlines, Delta Air Lines, Spring Airlines	Chiang Mai	Yes	4:30 h

TRAVEL TIPS

- Don't disrespect Monks, since they are highly respected in Thai culture
- If you happen to visit a temple, make sure to remove your shoes before entering as a sign of respect.
- Public displays of affection are not common, so avoid these if you can.
- As in many Asian countries, avoid passing things with your left hand, as this is considered unclean.
- Do not sit with your feet pointing towards people. Avoid showing the soles of your feet, as they are also considered unclean.
- Do not point at people or things, as this is considered rude.
- Leave a little food on your plate to show that you are full. Finishing everything indicates that you are still hungry.
- Never leave rice on your plate as it is considered wasteful. The words for food and rice are the same.
- Do not give black gifts or yellow flowers as gifts.
- Do not criticise the royal family.
- Do not touch the top of someone's head as this is considered the most sacred part of the body.
- Appropriate gifts are flowers, good quality chocolates or fruit.
- Fork and spoon are the usual eating utensils. However, noodles are often eaten with chopsticks.
- Kissing and other public displays of affection are a big no go.
- Pointing with a finger is also seen as impolite. Thais will often use their lips to indicate a direction. Alternatively, you can use the whole hand, with all fingers outstretched.



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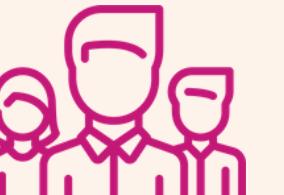
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