**Thailand Trip - Accommodation Recommendations, Checklist and Training Overview**

If you don’t know anyone on the trip to book a room with, message your smaller group chat – see if there’s anyone else – if not alternatively message one of the organisers and we’ll try to find other people in the same boat.

**Bangkok (9th - 13th June)**

Accommodation

* Area - Bang Kapi District, specifically close to Sasiprapa
* Transport - Sky Train (Yellow Line) - closest station is Lat Phrao 101
* Recommendations
  + Metro Point Hotel\* (£14 a night for one, £8 a night per person in twin room)
    - <https://www.agoda.com/en-gb/metro-point-hotel/hotel/bangkok-th.html>
  + Livotel\* (£19 a night for one (w/o discounts), £9.50 per person in twin room)
    - <https://www.agoda.com/en-gb/livotel-hotel-lat-phrao-bangkok/hotel/bangkok-th.html>
  + Vabua Asotel (£17 a night between 2 for twin room)
    - <https://www.booking.com/hotel/th/vaboir-lodge-royal-suite.en-gb.html>
  + Grand Mandarin Hotel (also nearby, £14 a night ish)

**Koh Samui (13th - 27th June)**

Accommodation - Samui is more touristy, and as such, more expensive - save money by pairing / grouping up to look at twin rooms !!

* Area - Choengmon Beach
* Transport - Red Buses, Taxis, Bikes (at your own risk !)
* Recommendations
  + Chill Inn
    - Hostel - cheapest prices - potentially mixed rooms
    - <https://www.chillinnthailand.com/choeng-mon>
  + Island View Bungalows (£24/night for one)
    - Right by the beach
    - <https://www.agoda.com/en-gb/island-view-bungalows/hotel/koh-samui-th.html>
  + Choengmon Residences (£15 a night per person in a twin room)
    - <https://www.agoda.com/en-gb/choengmon-residence/hotel/koh-samui-th.html>
  + Joon Hostel
    - Very close to YodYut gym and a few other restaurants
    - Has beds in mixed dormitory rooms as well
  + Maryoo Samui Hotel - only seems to have king rooms
    - In other direction from the gym, slightly higher cost
  + Honey is another place right next to Island View Bungalows, slightly higher cost

For accommodation in Koh Samui, we are asking you to book it yourself due to limited capacity in hotels/hostels for a group our size. If you’d like to reduce costs, I’d suggest pairing up / getting into small groups if you fancy sharing rooms, there’s limited twin rooms available across these options, etc. Ideally we’re aiming for everyone to be within walking distance away from the gym. There are also more expensive places nearby, but these aren’t listed in our recommendations :)

**Checklist**

* Flights to/from Thailand Booked
* Bangkok Accommodation Booked
* Flights to/from Samui Booked
* Samui Accommodation Booked
  + Take a screenshot of your booking confirmation and send it to [treasurer-muaythai@gusa.gla.ac.uk](mailto:treasurer-muaythai@gusa.gla.ac.uk)
* Travel Insurance Sorted

**Training Overview**

**Bangkok** - Sasiprapa Gym (<https://www.instagram.com/sasiprapa_gym/>)

* 3 private group sessions
* Traditional-style training and gym – occasionally see Marie Ruumet training there (!)

**Koh Samui** - YodYut Gym (<https://www.yodyutmuaythai.com/>)

* Train twice a day - group training sessions
* More touristy gym but very similar class structure to Glasgow, except you don’t have to hold pads and get thai pad rounds – where Smilla Sundell / Alek YodYut/Singmawynn were trained before