

Thailand


Natural beauty, captivating culture, charming people and delectable cuisine.

Thailand is almost unimaginable to those with little experience of this South East Asian nation. The mountainous Burmese border is home to incredible, intricately carved temples which house giant golden coloured, luminescent statues of Buddha. Around 30% of Thailand is covered in thick tropical jungle, filled with unique creatures and plant life. Parts of the coastline are a maze of mysterious, canopy covered limestone islands that kindle one's desire for exploration. Thailand's growing popularity is not without good reason as the Land of Smiles is one of the most remarkable holiday destinations on Earth.

Health and Fitness Travel Insider

"Thailand is known as 'The land of smiles' for a reason. The people are so friendly, polite and helpful and care deeply about their spiritual well-being. You're guaranteed to feel welcome in this culturally rich country. Thailand is also home to some of the best cuisine in the world."

Paul Joseph, Founder

A photograph showing a group of people on a wooden deck overlooking a lush, green tropical landscape. One person in the foreground is taking a photo with their phone. The background shows dense foliage and a glimpse of the ocean under a clear sky.

Passport

Before flying make sure to check that your passport has plenty of time before it expires. Your passport will need to be valid for at least 6 months from your day of arrival in Thailand and entry is usually refused if there is damage to the passport.

For more information, follow this link: <https://www.gov.uk/foreign-travel-advice/thailand/entry-requirements>

Visa

Less than 30 days: Citizens of the UK entering Thailand do not need a visa for visits up to 30 days. Most other nationalities can also do the same.

More than 30 days: If you choose to stay more than 30 days you should apply for a visa before you travel. A visa for a maximum stay of 60 days can be applied for at <https://thaievisa.go.th/Home/TourismLeisure>.

We advise applying for your visa at least one month in advance of your holiday to allow room for error.

Visa requirements are subject to change and we therefore recommend checking the up to date requirements. This website allows you to select your nationality and the country you are flying to: <http://www.visahq.com>

Flights

From the UK: please check your travel documentation for your flight details. You will need your flight, booking and transfer vouchers and passport with you. Flights to Bangkok / Koh Samui / Phuket from the UK usually take around 11 hours. The typical baggage allowance is between 20 – 23 kilograms for economy but we advise that you check with your airline's direct website to verify this, as these can change without notice.

From other countries: please enquire for more details.

We also recommend that you keep moving about during the flight to relieve cramped muscles and ensure you arrive feeling healthy. Walking up and down the aisle when the seatbelt sign is off and flexing and stretching your legs when sitting will encourage blood flow around the body and limber up swollen ankles or feet. Here are some tips to [stay healthy whilst travelling](#) and [on long haul flights](#).



Health & Fitness

TRAVEL

Location

Time Difference: GMT + 7

Capital City: Bangkok

Currency: Thai Baht

It might be useful to have a map of the city, or apps such as maps.me or google maps with a download option, to have a general idea of where you are going. If you are to use a taxi, always insist that they put it on the meter. Always keep your passport on your person and in a safe place.

To reduce the effects of jet lag as much as possible, try to adapt to the local time zone as best you can. If you arrive during the day, going for a stroll outside will help you adapt more easily, and the natural light will encourage your body to acclimatise. Likewise, if you arrive in the evening or night, adopt the local bedtime and try to go to sleep.

Airport

You will be flying into **the Suvarnabhumi Airport (BKK)** and then catching your connecting flight to **Koh Samui (USM) or Phuket (HKT) airport**. After going through passport control and collecting your luggage, you will then need to make your way to your transfer meeting place, details of which can be found on your transfer or booking voucher.

Porters offering to carry your bags will expect a tip. If this is something you do not want, just politely (and firmly if necessary) say no. Taxi drivers are also likely to offer their services and can be quite persistent. It is best to approach this offer in the same manner.

Travel Insurance

We recommend shopping around on an insurance comparison website to ensure you get the right product and a competitive quote. It is worth considering annual multi-trip insurance if you are going to make several trips a year.

It is also important to consider repatriation insurance in the off chance that you suffer illness or injury and need help to be brought back to your home country.

Health and Vaccinations

Immunisation and other preventative requirements will depend on your general health, destination travelled to and activities whilst there. We advise that you consult with your GP and/or book a specialist travel consultation at least two months before your trip.

Information on immunisation, medication and other health risks can be found at:

<https://www.fitfortravel.nhs.uk/destinations/asia-east/thailand>

Local medical facilities in India are not comparable to those in the UK, especially in more remote areas. In major cities private medical care is available, but expensive. A list of the most commonly used hospitals can be found on the British High Commission website.

Language

Here are some useful phrases in Thai spelt out phonetically:

Basics		Food and Drink	
Hello	Sawasdee krub (m)/ ka(f)	Could I have...?	Khor...krap(m)/ ka(f)
How are you?	Sabai-dee-mai	Water	Naam
Fine, thank you	Sabai-dee,-kob kun	Tea	Naam-cha
Never mind	Mai-bpen-rai	Coffee	Ga-fae
What's your name?	Khun-cheu-a-rai	Beer	Beer
My name is...	Phom (m)/Chan (f) cheu...	Fresh lime juice	Naam ma now
Sorry/excuse me	Kor-thod	Milk	Nom
I can't speak Thai	Phood Thai mai dai	Ice	Naam Kaeng
Can you speak English?	Khun-phood-pa-sa-ang-grit-dai-mai	Chicken	Nueau kai
Do you understand?	Khao-jai-mai	Fish	Bplaa
I don't understand	Mai-khao-jai	Beef	Nuea wua
Where is the toilet?	Hong-naam-yoo-tee-nai?	Fried rice	Khao pad
How much is it?	tao-rai Krab(m)/ ka(f)	Rice soup	Khao dtom
What's the time?	Gee mong?	Very delicious	Aroi maak
Expensive	Paeng maak	Sugar	Naam dtaan
See you again	Phob gan mai	I'm hungry	Pom chan hiu khao
Goodbye	La-gon	Not too spicy	Mai pet gern bpai
Good luck	Chok-dee	The bill please	Geb ngerm

Numbers		Directions	
One	Neung	I want to go...	Yaak pai...
Two	Song	Where is...?	...yoo tee nai?
Three	Saam	Turn left	Leaw-sai
Four	Sii	Turn right	Leaw-kwua
Five	Haa	Go straight	Trong pai
Six	Hok	Stop here	Yood tee nee
Seven	Jet	Slow down	Cha cha
Eight	Paat	Be careful	Ra wang
Nine	Gao		
Ten	Sip		
Twenty	Yii-sip		
Thirty	Saam-sip		
Forty	Sii-sip		
One Hundred	Raawy		
One Thousand	Pan		

Places			
Airport	Sa naam bin	Market	Ta laad
Bus station	Sa tha nee rod bus	Police Station	Sa tha nee tam ruad
Embassy	Sa than tood	Beach	Bpri se nee
Hotel	Rong raem	Toilet	Hong naam
Hospital	Rong pa yaa baan		

Phone Numbers

In the unlikely event of something going wrong with your travel plans, it is important to have the necessary phone numbers written down somewhere safe. You should contact your insurance/medical assistance company promptly if you are referred to a medical facility for treatment.

Fire and Ambulance Emergencies: 191

Tourist Police: 1155

If you are unsure about anything, please don't hesitate to call us on 020 3397 8891.