



THAILAND TRAVEL TIPS

Dear Travelers,

Welcome to Thailand!

Thailand is a beautifully diverse and culturally enriching travel destination in Southeast Asia. This small country has towering mountains, bustling cities, picturesque beaches, rugged cliffs, dense jungles, and a whole lot more. The people are friendly, the food is mouthwatering, and the activities are endless.

PLANNING YOUR TRIPS TO THAILAND

WHAT IS THE WEATHER LIKE IN THAILAND FOR ALL YEAR ROUND?

Thailand's climate is subtropical throughout most of the country, leading the weather in Thailand to year-round hot and humid conditions. During the hottest months of the year, temperatures regularly top 40° C (105° F). Even during the cooler "winter" season you can expect daily highs to be around 30° C (86° F).

There are 3 seasons in Northern (Chiang Mai), North-Eastern (Chiang Rai), and Central (Bangkok City)

Summer Time (from March to June)

Little rainfall, high humidity, and temperatures that can reach 40 °C characterize this season. Even at night, there isn't much respite from the heat.

Rainy Time (from July to October)

This doesn't mean four months of constant downpours, though. Days usually start off sunny, with thunderstorms and heavy rains arriving in the afternoon or evening. The rain often offers some relief from the summer heat. Flash floods are common in the flatter Central region, including Bangkok.

Wintertime (From November to February)

While hardly comparable to the icy, snowy winters in many countries, this is the season when Thailand "cools off." From November to February, daily humidity drops to 50% – 60%, and temperatures stay at a relatively comfortable 30 – 35 °C. The winter months are Thailand's most pleasant season.

There are 2 seasons in Southern of Thailand (beaches)

Western side with Rainy Time (from May to October)

Short, intense daily downpours characterize this season.

Eastern side with Rainy Time (from September to December)

Short, intense daily downpours characterize this season.

Western side with Dry Time (from November to March)

In Phuket and the western side of Southern Thailand, the cooler temperatures and low humidity of this season makes it the most comfortable part of the year.



WHAT IS THE BEST TIMES TO VISIT THAILAND?

The best times to visit Thailand are from November to March. However, this can depend on your Thailand holiday purposes, budget, and weather preferences. You can enjoy the gorgeous scenery and all kinds of outdoor activities. If you are a beach/island lover, November to March is the best time to visit beaches on the west coast of Thailand like Phuket, Koh Phi Phi, Similan Islands, and Krabi. Koh Samui, on Thailand's east coast, is good to visit from January to March and July to September.

If you want to experience **Thailand festivals**, you should come in November (Thailand Lantern Festivals: Loy Krathong and Yi Peng Festival) or April (Songkran Festival). Many travelers choose to attend the Thailand Lantern Festival to celebrate their honeymoon.

May to September is the best time for low prices in general, when you should find the biggest discounts and more promotions on accommodation, flights, and tours. If you're planning your family's next summer holiday trip, you can consider visiting Southeast Asia during this period for a cost-efficient travel.

The Worst Times to Visit Thailand

If you cannot stand the scorching heat, April is a time to avoid. If you don't like rain, you'd better avoid August and September (or October/November for the Koh Samui area).

However, these worst times bring benefits. You can enjoy very reasonable prices and less-crowded beaches and temples.

You can make these "worst times" better. For example, you could choose northern cities like Chiang Rai, which is cooler, or stay in a beach resort, where the air is cooled by sea breezes.

IMPORTANT NOCES BEFORE YOU TRAVEL TO THAILAND

Check Visa & Passport Requirements

Check if you need a visa before travelling to Thailand. The visa requirements are different for many countries; some nationalities do not need visas for a stay less than 30 days, some nationalities can obtain their visas when they arrive at the airport, and some nationalities must obtain a visa in advance. **Always check the visa requirements for your country** to make sure you are allowed to enter Thailand!

Make sure **your passport is valid at least 6 months** from the arrival date to Thailand to avoid trouble!

Tip: You can see more information for **Thai visa at:** <https://www.thaievisa.go.th/>

Packing for Thailand

Checklist travel documents	Electronics checklist
<ul style="list-style-type: none"> ✓ Original passport ✓ Visa on Arrival if applicable ✓ Insurance certificate if have ✓ Vaccination card (check if you need) ✓ Flight ticket (printout or e-ticket) ✓ Travel credit card 	<ul style="list-style-type: none"> ✓ Cell phone with charger ✓ Travel plug adapter type F + G ✓ Headphones ✓ Power bank or solar charger ✓ Flashlight/headlamp if needed ✓ Optional: Camera with charger



<ul style="list-style-type: none"> ✓ Cash USD & Thai Bath accepted ✓ List of emergency contacts. ✓ International Driver's License ✓ Optional: Diving certificate ✓ Optional: Waterproof document bag 	<ul style="list-style-type: none"> ✓ Optional: Rain cover for your camera ✓ Optional: Laptop/ tablet with charger ✓ Optional: Multiple socket ✓ Optional: Rain cover for your smartphone <p>Note: Electricity Socket: 220V AC</p>
Wearing	
<ul style="list-style-type: none"> ✓ T shirts and bottoms for everyday wear (should be quick-drying, versatile and comfortable) ✓ Longer pants or skirts for entering temples (Or a shawl or sarong) ✓ One or two sweatshirts or sweaters for cooler temperatures and air-conditioned facilities ✓ Pajamas ✓ Bathing suits ✓ One or two nice outfits for going out to a club, a party or a nice dinner ✓ Socks and undergarments ✓ Sandals / Flip flops (Preferably sturdy for visiting rugged beaches and waterfalls) ✓ Comfortable walking shoes ✓ Hiking boots if you plan on trekking ✓ Hat and sunglasses 	
Others	
<ul style="list-style-type: none"> ✓ Hand sanitizer* or wipes ✓ Anti-mosquito repellent (e.g. Nobite, Autan, with ingredient DEET* or similar). ✓ Painkillers (e.g. ibuprofen, aspirin) ✓ Diarrhea medication (e.g. Imodium Akut, charcoal tablets) ✓ Wound cream (e.g. Bepanthen) ✓ Plasters and blister plasters ✓ Tablets for seasickness/travel sickness (e.g. Superpep) ✓ Dental floss* ✓ Hygiene articles 	

Purchase Travel Insurance

Always travel with travel insurance. You never know what will happen abroad, especially if you are taking part in more extreme activities like riding motorbikes, hiking mountains, cliff-jumping, and doing water sports. Even if you don't plan on doing crazy sports, you still want to be covered in case you get sick. InAsisTrips Travel & DMC recommend you to buy travel insurance with a trusted **LOCAL INSURANCE COMPANY** in your country as it is much easier to work with when there is anything happened!

Consult Your Doctor

Visit your doctor at home before you visit Thailand. Ask them if they recommend taking any medications or if you need any vaccinations before you go.

WHEN YOU ARE IN THAILAND

Currencies

The official currency in Thailand is the Thai baht, which is represented by the international code



THB and the symbol ฿, **exchange rates here:**

<https://www.bangkokbank.com/en/Personal/Other-Services/View-Rates/Foreign-Exchange-Rates>

There are six coin denominations in circulation, made up of the rare 25 satang and 50 satang, as well as the more common 1 baht, 2 baht, 5 baht, and 10 baht.

Thai banknotes come in five denominations of 20 baht, 50 baht, 100 baht, 500 baht, and 1000 baht. Thai bills feature portraits of the royal family and are color coded.

What are the Best Places to Exchange Money in Thailand?

Whenever changing cash in Thailand, please **bring your passport with you**. Although some smaller outlets may not always ask for it, banks and money exchangers are supposed to take a photocopy of passports (for foreigners) or ID cards (for Thai nationals).

We advise 3 options as:

1- Super Rich, which is a popular brand of Foreign Exchange Offices in Thailand. They have branches all over Bangkok, and they always have very attractive exchange rates. Can check more at website: www.superrichthailand.com

2- SCB – Siam Commercial Bank

SCB branches have their own currency buying and selling service. And in most branches, their rate is pretty good.

3- Kasikorn Bangkok

Another major bank in Thailand is Kasikorn Bank. They also have a very competitive exchange rate service.

Respect to the King

Thais love their king. You'll find posters, monuments, emblems, and other displays of affection with the king's face plastered on them.

All that this means for travelers is to respect monarchy and never say anything negative or offensive about the king.

Dress Respectfully

When entering temples, you have to abide by the dress code. In addition to removing your shoes, you have to wear clothes that cover your knees, shoulders, chest and stomach.

Remove Your Shoes

Feet are considered the dirtiest part of the body in Thai culture.

You'll have to remove your shoes whenever you enter temples, people's homes, spas, and other establishments, so wear shoes that are easy to slip on and off.

There is no strict dress code for everyday life, but Thais do tend to dress modestly.

Respect their way of life by covering up a bit more.

You are perfectly fine wearing shorts and T-shirts when it is hot out, just try to hide areas like cleavage and the midriff so you seem a bit more aware of the Thai modesty.

Ask Before Photographing People

Before taking a photo of someone, ask for their permission. If you see a local wearing a traditional garment or a monk praying in a temple, this can be a beautiful image to capture.

Thais are usually very friendly, so if you ask for a photo they will most likely oblige.



If you need more help with this, check out our guide to travel photography tips for beginners.

Avoid Touching Other People's Heads

The head is considered the holiest part of the body, so you should never touch someone's head. It seems unlikely that you would touch someone's head anyway, but just be aware that it is seen as disrespectful so try to avoid that.

Learn to Love the Ladyboys

Be prepared to see lots of ladyboys...or not see them.

Ladyboys are Thai men who dress up as women, and sometimes they do it so well that you would never even notice the difference.

You can attend a cabaret show to see the ladyboys performing their hearts out, or you can just wander through the streets of Bangkok and try to spot them in the crowds.

Bargain with Dignity

Bargaining for goods at street markets is a huge part of travelling to Thailand. Definitely give it a try, but always be respectful and don't bargain too low. See what the original price is, and slowly try and lower the cost. Generally speaking, half of the original price is as low as you should go. Anything lower than that may offend the vendor.

If you are buying something handmade or truly unique and special, just pay the full price as your money will benefit the local artist and community.

Budget Travel Tips for Thailand

Tipping is NOT customary in Thailand, there is absolutely NO mandatory requirement to tip anyone, but small gratuities for great service are very much appreciated.

InAsiaTrips Travel & DMC just give you an idea of most common tips as below:

FOR RESTAURANTS & BAR IN THAILAND:

Suggested 10 to 15% of total bill or can leave some 30 to 40 Baths depended on your comfortable feeling.

FOR HOTEL STAFF, TOUR GUIDES & MASSEUSES

- Massage recommended to tip 10-15% of the bill
- Hotel staffs recommended 20 to 50 Thai Baths each time
- **Tour guide: recommended the equivalent of \$10 - \$20** per day in Thailand; this amount should be shared with the driver.

Anyway, If the service was at all passable, we recommend tipping 50 – 100 THB an hour if the tour was exceptional. If it was a full-day tour, tip the guide some 20 USD & driver 15 USD.

Eat Like The Locals

Eat local street food whenever possible! Thailand has some amazing food, and the locals know how to cook it the best. Pad thai, spring rolls, curries, mango and sticky rice, all these essential Thai food dishes you can find in the street. Definitely treat yourself to a few nice Thai restaurants, but you'll find that the street food tastes the same, if not better than the expensive stuff.

Do trust your judgment though. If you have a sensitive stomach, maybe skip the meat and seafood and eat safer street food, like noodles and fruits.

Avoid Drinking Too Much

Drink responsibly to save money. Partying and buying lots of drinks in bars or clubs always adds



up quicker than we'd like to think. If you're on a tight budget, limit your drinking to a few beers a week and you'll save a lot. Also be on the lookout for happy hours so you can get discounted drinks, or consider buying some drinks from the liquor store for cheaper prices.

Consider just cutting down on drinking in general if you want to save the most money; you'll also have a clearer head and fewer hangovers so you can enjoy exploring even more.

Find the Cheapest Form of Transportation

Compare different forms of transportation to find the cheapest option. Thailand has an extensive network of travel options. For travelling short distances you can take a tuk-tuk, rent a motorbike, or hop into a songtaew (red pickup trucks that serve as shared taxis).

For travelling long distances, you can take buses, minivans, trains, or planes.

One transport option isn't always cheaper than the others, so ask around, do some research, and try to find the cheapest option before you travel.

Don't Drink the Tap Water

The tap water is not safe for drinking in Thailand. Bring a reusable water bottle that you can refill at drinking water stations, or bring your own filter so you can always have clean water. You can buy bottled water during your trip to Thailand, but try to reduce your plastic waste whenever possible!

Use Sun Protection

Always wear sunscreen. Whether you are on the beach, in the city or in the mountains, whether it is sunny or cloudy, just wear sunscreen to be safe. The sun is so strong in Thailand, so you are always at risk of burning, no matter what skin type you have. You may want to bring your own sunscreen from home, as the prices are quite expensive in Thailand. Also, wear sunglasses and a hat whenever possible.

Avoid Petty Theft

The biggest crime for tourists to encounter in Thailand is just petty theft. To keep your belongings safe, lock your stuff in a safe or locker at your accommodation and try not to bring too many valuables out with you while exploring. Only take as much money as you think you'll need, and avoid wearing flashy jewelry or expensive watches as it makes you a target for pickpockets. Carry your belongings in a secure bag that you can always have a hand or an eye on, especially when walking through large crowds.

Take Caution on Public Transport

Also, try to keep your baggage safe when travelling on local buses. Especially on overnight buses or when your bags are thrown up onto the roof of the bus, lock everything up and keep your most important items on your person in a smaller handbag.

Stick With a Group

Try to avoid walking around alone at night. This is common knowledge, but it is so true. Stick with a group and don't stray too far from the touristy areas unless you are very familiar with the area. If you're travelling alone, you'll be fine to sightsee during the day or check out touristy areas at night on your own. But if you plan on straying off-the-beaten-path, try to find a travel buddy in your hostel to accompany you, especially at night.

Be Safe on the Road



Drivers in Thailand can be insane to say the least. Sometimes road traffic doesn't seem to have any rhyme or reason, and some locals drive super-fast. You'll see about 10 people on motorbikes in one lane, all packed close together and whipping around corners. It is a bit scary, so always pick bus companies that are reputable so you know you are safe on the road. If you plan on driving in Thailand, either in a rental car or on a motorbike, be very careful at all times!

Credit Cards

Though Thailand still **prefers cash payments**, paying by card in Thailand is on the rise, with many venues allowing payment by card. You'll have more luck using your card in tourist hubs than in remote areas. Some of the best travel money cards include debit, credit and prepaid cards.

Debit Cards

It's common for major shops, hotels, and restaurants to allow card payments, especially if your card is Visa or Mastercard.

Credit Cards

Though best left for big-ticket expenses, credit cards will generally be accepted at modern restaurants, hotels, shops in shopping centers, and 7/11 convenience stores.

Visa and Mastercards are commonly accepted but American Express credit cards are usually only accepted in high-end venues.

ATM

Where? ATMs are extremely common in most major cities and towns. You'll find them at bank branches, on street corners, at major stores such as Tesco Lotus and 7-Eleven and in shopping malls. You'll also find them in major airports.

What kind of credit card accepted? Thai ATMs work with chip-and-pin type cards and with cards that have just a magnetic stripe at the back. They also accept both four-digit and six-digit PIN numbers. However, Thai ATM keypads don't have letters, so you'll need to remember your PIN numerically.

Also, **don't forget to let your bank know when you'll be in Thailand**. Unless your bank is aware you're abroad, they might consider your transactions suspicious and freeze your card for security reasons.

How much to withdrawal limits? ATM daily withdrawal limits vary depending on the bank. F.e. Bangkok Bank's limit is ฿25,000 (~£585). One large withdrawal often works out cheaper than several smaller ones, so you should confirm with your bank whether your card can handle this limit. If it doesn't, try adjusting it accordingly with them.

Withdrawing fee when using ATMs in Thailand? ATM withdrawals offer the best deal on the exchange rate, provided you choose to be charged in the local currency - Baht (฿). Withdrawals in Baht are converted using the mid-market rate, a fair exchange rate.

Choose to be charged in British pounds, and the ATM will make up an exchange rate using Dynamic Currency Conversion. This is a bad deal which can cost you money and most ATMs in Thailand are set to automatically offer this option, so be careful. Always press "no".

Unfortunately, the fees for using an ATM in Thailand are expensive. Most local banks charge ฿300 (around £7) ² per transaction for withdrawals with a foreign bank card. Aeon Bank charges ฿150 per transaction.³ At about £3.50, this is still quite expensive.



WHAT NOT TO DO IN THAILAND

These are some of the most important things to know before you go travelling in Thailand.

DO NOT Flaunt Your Feet

Do not use your feet for anything except for walking. As mentioned earlier, the feet are the dirtiest part of the body and doing anything out of the ordinary with your feet is considered disrespectful. That means no putting your feet up on seats, no pointing at things with your feet, and no pushing or moving things with your feet. Keep them pointed away from people, or under your body and out of sight.

DO NOT Ride Elephants

There are lots of companies that exploit animals for the purpose of tourism, which is a sad and horrible reality. Elephants' spines are made to carry lots of weight underneath them, not above them. That means riding elephants puts lots of stress on their bodies and can be extremely harmful. There are some elephant sanctuaries that rescue elephants and keep them in a safe environment. Here, you can visit with the elephants, photograph them, and observe them without harming them. So if you are eager to see Asian elephants in their natural habitat, always do your research to ensure you are choosing an ethical tour company, and never book a tour that allows you to ride the elephants.

DO NOT Disrespect the Buddha

Buddhism is the main religion in Thailand, so the Buddha is highly revered by locals. When visiting temples and statues of the Buddha, avoid taking any inappropriate or goofy photos and avoid touching the Buddha. You are also not supposed to point your feet directly at the Buddha since the feet are considered dirty. That is why you'll see locals kneeling with their feet pointed behind them when praying to the Buddha.

DO NOT Touch the Buddhist Monks

Especially if you are a woman, avoid touching the monks in any way. That means no hand-shakes or hugs, and sometimes you can't even hand them anything; you'll have to put it on the ground first for them to pick up. Buddhist monks are not allowed to touch women, so, therefore, women should not touch them either.

DO NOT Make a Scene in Public

In Thailand and lots of other Asian cultures, modesty and respect are very important. Try not to attract attention to yourself in any way. That means no screaming, yelling, arguing or fighting, and no excessive public displays of affection. Just carry yourself in a poised and humble manner and you will blend in with the locals more.

DO NOT Abandon Your Passport

Do not leave your passport with any tour companies, medical centers, or scooter rental companies. Some businesses can be sketchy, and leaving them with your most valuable travel item gives them the opportunity to scam you. Always carry a paper copy of your passport and give that to them instead.

DO NOT stay in Thailand longer than your visa allows

Thais are pretty strict with their immigration rules in terms of overstaying visas. Usually, in your



passport they will write the ending date for your visa, so make sure you leave before then. If you fall in love with the country and want to stay longer, which very well may happen, you can apply for a visa extension.

OTHERS

Useful Words and Expressions

Note: For polite conversation males should finish sentences with 'krap' and females should finish sentences with 'ka.' This is regardless of whether you are speaking to a male or female.

General greetings in Thai

Hello / goodbye – Sawasdee krap / ka
 Sabaidee myee? – How are you?
 Very good, thanks! – Dee mak mak krap / ka
 Not good – My dee krap / ka
 I'm not well – My sabai krap / ka
 Have you eaten yet?* – Kin khao reang krap / ka
 It's nice to meet you – Yin dee tidy roojak khun krap / ka
 Thank-you – Kop khun krap / ka
 Thank you very much – Kop khun mak krap / ka
 Excuse me – kotort krap / ka
 Yes – Chy
 No – My chy

Being understood in Thai

I don't understand – My kowjai krap / ka
 I don't know – My roo krap / ka
 I don't speak Thai – Mai poot passah Thai krap / ka
 I speak a little bit of Thai – Poot passah Thai nit noy krap / ka
 Do you speak English? – Poot passah Angrit dy my krap / ka
 Do you speak Thai? – Poot passah Thai dy my krap / ka
 You're very good! – Geng mak mak
 Sure! – Nenorn

Thai food and restaurant phrases

Do you have a menu please? – Mee menu my krap / ka
 Can I have the bill please? – Chick bin krap / ka
 I don't want it spicy – My ped krap / ka
 No sugar please – My sy nam dtang krap / ka
 No MSG (mono sodium glutamate) please – My sy pong choo rote krap / ka
 Can I have water please – Nam plow krap / ka
 Can I have ice please – Ow nam keng krap / ka
 I'm a vegetarian – Kin jay
 I cannot eat nuts – Kin tua mai dai
 I don't eat pork/prawns/chicken/beef – My kin moo/gung/gy/neuya krap / ka



Two beers please – Song bia krap / ka
 Two hot coffees please – Song kafe ron krap / ka
 Iced coffee please – Kafe yen
 Do you have tea? – Mee cha my krap / ka
 Where is the toilet? – Hong nam yoo tinie krap / ka
 I like Thai food – Chob ahan Thai
 I like spicy food – Chob ahan ped
 I don't like spicy food – My chob ahan ped
 I don't like chilli – My chob prik
 I'm really hungry – Hyoow mak mak
 I'm really thirsty – Krahay nam mak mak
 I want more – Ow eek krap / ka
 One more please – Eek nung krap / ka
 I am very full – Im mak mak krap / ka
 Delicious – Arroy mak mak
 Not tasty – My arroy
 I don't like it – My chob krap / ka
 Do you have an ash tray please? – Mee tikeeaburi my krap / ka
 It smells (bad) – Men
 It smells (good) – Hom

Shopping / market phrases in Thai

How much? is it Towry krap / ka?
 Too expensive: Paeng mak!
 I don't want it thank-you – My ow krap / ka
 Can you do a discount? – Lod dy my krap / ka
 Can you do more discount? – Lod eek dy my krap / ka
 Getting to know Thai people
 What is your name? – Khun cheur ally krap / ka
 My name is John – Pom cheur John krap
 My name is Suzy – Chan cheur Suzy ka
 How old are you? – Aa yoo towry krap / ka?
 I really like Thailand – Chob mak mak Prathet Thai
 What country are you from? – Khun majak prathet arry krap / ka?
 I am from England – Pom (m) / Chan (f) majak Angrit krap / ka

Directions and transport

Can you put the taxi meter on? – Dit meter dai mai ka
 To the train station please – By settanee rot fy krap / ka
 To the airport please – By sunambin krap / ka
 Where are you going? – By ny krap / ka
 Where is the market? – Dalat, yoo tinie krap / ka
 Where is the train station? – Settanee rot fy, yoo tinie krap / ka



I am staying close by – Yoo gly krap / ka

Not far – My gly krap / ka

Turn left – Leo sy

Turn right – Leo kwa

Straight on – Dong by

Short cut – Tanglad

Traffic jam – Lot tit

Rush hour – Cheur mong reng duen

Bangkok Traffic

Cheur mong reng duen (rush hour) in Bangkok! (Say this to a taxi driver and they will LOL!)

Numbers & Time

Sun (sun) / 0

Nung (nung) / 1

Song (song) / 2

Sam (sam) / 3

See (see) / 4

Da (da) / 5

Hok (hawk) / 6

Jed (jed) / 7

Baed (bed) / 8

Gao (gow) / 9

Sib (sib) / 10

Today – Wonee

Tomorrow – Prungnee

Yesterday – Meuya wonnee

What time is it? – Gee mong leow ka?

What time does it open? – Burt gee mong leow krap / ka?

What time does it close? – Pit gee mong leow krap / ka?

Do you have a room? – Mee hong wan my krap / ka (for accommodation)

Getting a Thai massage

I like Thai massage – Chob nuat Thai




I want a foot massage – Ow nuat tao krap / ka

I like oil massage – Chob nuat nam man krap / ka

I'd like it harder (massage) – Ow raeng krap / ka, I'd like it softer (massage) – Ow bao krap / ka

It hurts here – Jeb tinee / ka, I feel good – Sabai jy

CONTACT US: INASIATRIPS TRAVEL & DMC

-  **Head Office** : 5th floor, Tower A, D2 Building, Giang Vo str, Hanoi, Vietnam
-  **Email** : info@inasiatrips.com
-  **Phone** : +8491 330 5579 – WhatsApp: +84913305579