



## THE ULTIMATE GUIDE TO

# BANGKOK

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Everything you need to know about interning in Bangkok



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# WELCOME TO BANGKOK

Interning abroad is a fantastic opportunity for anyone wanting to experience a new culture, meet other students and interns, and expand one's professional resume. Thailand has a wealth of experiences available at your fingertips, and Bangkok is the perfect city for a rich and rewarding overseas internship.

Bangkok remains the most visited city in the world with almost 22 million annual international visitors. Mastercard's 2018 Global Destination Cities Index has ranked Bangkok as the most popular destination spot for international visitors for the third year in a row and CNN has called Bangkok the 'World's Greatest City' with the best street food! Thai people are very gracious and friendly hosts and you will often be greeted with smiles and welcoming hospitality.

Thailand has developed a lot over the past two decades, and Bangkok has grown into a modern city full of young professionals and startups. While the city now boasts a population close to 10 million, it remains inexpensive and safe. If you're looking for work experience in an exciting city full of life and endless activities, Bangkok is the perfect city for an internship.







Among locals, Bangkok is known as the 'City of Angels' or Krung Thep. Krung Thep is actually the shortened name for Bangkok which holds the world's longest place name in the Guinness World Records! The full name for the city of Bangkok is:

*Krung Thep Mahanakhon Amon Rattanakosin Mahinthara Ayuthaya Mahadilok Phop Noppharat Ratchathani Burirom Udomratchaniwet Mahasathan Amon Piman Awatan Sathit Sakkathattiya Witsanukam Prasit*

Try saying that five times fast!

Bangkok is also a very international city and many get by easily just speaking English. However, locals are happy to see foreigners embracing the Thai language so it's useful to brush up on some phrases!

**Sawadee khap/kha - hello**

**Bai - bye**

**Sabaidee mai khap/kha - how are you?**

**Sabaidee - I'm well**

**Mai pen rai - no worries**

**Chai - yes**

**Mai chai - no**

**Mai khao jai - I don't understand**

**Aroy - delicious!**

**Khop Khun khap/kha - thank you**

**If you are male, use 'khap' and if you are female, use 'kha' to be polite**

# INTERNSHIPS AT RELIEFWEB

[ReliefWeb](#) is run by the United Nations Office for the Coordination of Humanitarian Affairs and has been the leading online source for reliable and timely humanitarian information on global crises and disasters since 1996. [ReliefWeb](#) provides an extensive variety of articles, analyses, visual products, vacancies, training opportunities and events related to the humanitarian field.

Internships at the OCHA ReliefWeb office in Bangkok, Thailand will depend on your background and interests. Previous interns worked in areas such as communications, marketing, research, and UI/UX design. Your work will support OCHA in fulfilling its mission to coordinate effective humanitarian action.

If you're not 100% sold on interning at [ReliefWeb: reliefweb.int](#), check out the [Jobs: reliefweb.int/jobs](#) section of our website to browse through other overseas internship and employment opportunities!

# VISAS

Before obtaining your visa, check the validity of your passport and ensure that it is valid until at least six months after your departure date, especially if you're considering extending your internship! Be sure to obtain an 'ED' (education) visa from a Thai embassy or consulate prior to entering Thailand. Don't worry, it's super straightforward - the UNESCAP protocol unit will issue you a visa authorisation letter which will be sent to the Thai embassy or consulate in your country. We'll let you know once it is available and you will be able to obtain the 'ED' visa.

When you arrive at the airport, be sure to receive the three month visa stamp. If you are not issued with the correct three month visa stamp, you are issued with a 30-day permit which will need to be corrected. In the case that your contract is renewed, UNESCAP will process an 'extension of temporary stay' letter for you to extend your visa at the immigration office at Chaengwattana.

## **Immigration Office Chaengwattana**

120 Chaengwattana 7 Alley  
Khwaeng Thung Song Hong  
Khet Lak Si  
Krung Thep Maha Nakhon 10210

# TRANSPORT FROM THE AIRPORT

Transport within Bangkok has developed a lot in recent years so it's easy to get around and find your way into the city from the airport.

## ***Metered Taxi - Suvarnabhumi Airport (BKK) 24hrs***

Taxi services are located on the ground floor of the terminal where you can collect a numbered ticket and make your way to the matching numbered taxi rank on your ticket to meet your driver. There is an airport surcharge of 50 baht and you will be required to pay any tolls on your ride. Taxis also do not take credit card payments so make sure to have some small notes handy! Fare from the airport to inner Bangkok can range between 300-500 baht.

## ***Airport Rail Link - (BKK) 06:00-00:00***

The Bangkok Airport Rail Link connects from Suvarnabhumi Airport to downtown Bangkok. This train goes directly to the BTS Skytrain at Phaya Thai and the MRT Underground at Makkasan station. The fare varies between 15-45 baht depending on distance and is a great way to beat the Bangkok peak hour traffic!

More info here:

<https://www.bangkokairportonline.com/bangkok-airport-rail-link/>

## ***Metered Taxi - Don Muang Airport (DMK) 24hrs***

Taxis are located in front of the Arrivals International and Domestic Terminal. Like all taxis in Bangkok, card payments are not accepted so be sure to have cash and smaller notes of 100, 50 and 20 baht before you hop in.

## ***Shuttle Bus - (DMK) 8:30-23:30***

The shuttle bus is located on the 1st floor of the airport. Airport shuttle buses have routes to different BTS stations.

More info here:

[https://www.transitbangkok.com/to\\_Bangkok\\_airport.html#donmuang](https://www.transitbangkok.com/to_Bangkok_airport.html#donmuang)

# TRANSPORT TO UNESCAP

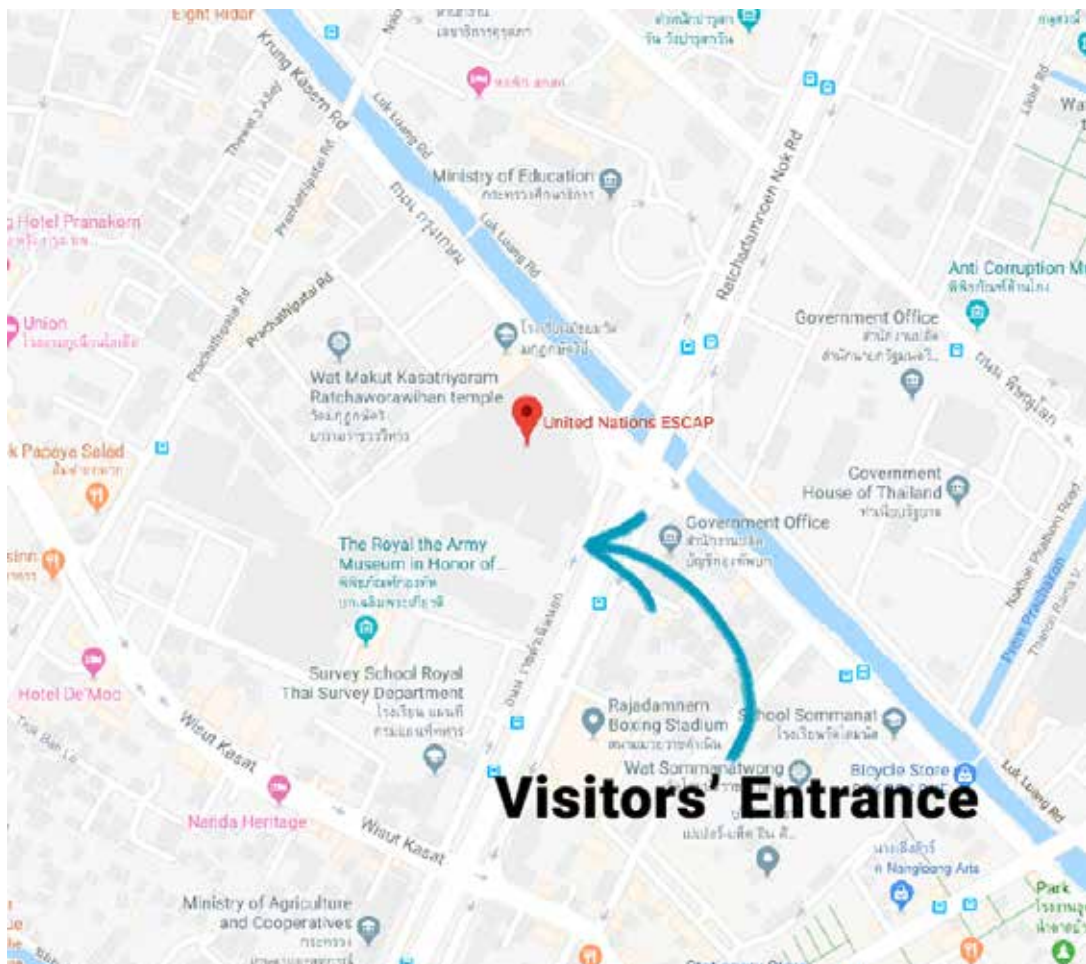
## UNESCAP office address

The United Nations Building  
76 Rajadamnern Nok Rd  
Pranakorn  
Bangkok 10200

For taxi driver (in Thai)

องค์การสหประชาชาติ (ยูเอ็น)  
แยกสะพานม้ชวานรังสรรค์  
เลขที่ 76 ถนนราชดำเนินนอก  
เขตพระนคร กรุงเทพมหานคร  
10200

There are two entrances to the building so be sure to enter through the visitors' entrance on Rajadamnern Nok Rd.





### ***Metered Taxi***

Taxis are widely accessible throughout the city and show their availability with a light-up sign on their dashboard. When getting a taxi, insist that they use the meter. The starting fare for all taxi rides is 35 baht and the cost of a taxi to Phaya Thai or Ratchathewi BTS station from the UNESCAP compound is around 60-80 baht. Many UN staff carpool to the BTS station from the office and split the fare which is a great way to save on transport and get a little networking in too! Please note that not all taxi drivers speak English so it is helpful to have the address of your destination written down in Thai to show to your driver.

### ***Ride Sharing Apps***

Grab is the largest ride sharing app used in Thailand since Uber was bought out in early 2018. The app offers Grab cars, metered taxis, motorbikes, postal services, food and grocery delivery. You also have the option to pay via cash, however paying through the app will have a discounted rate.

<https://www.grab.com/th/en/>

LINE MAN is another ride sharing app that offers taxi, food delivery and postal services throughout Bangkok. It's available for iOS and Android phones.

### ***Tuk Tuk***

Tuk Tuk fares are often similar or slightly cheaper than taxis, depending on the traffic. Tuk tuks can be a little faster in heavy traffic as they can weave through the cars, but are not recommended for longer trips. Be sure to negotiate the fare before getting in the tuk tuk as they are not metered, which can be challenging if you are new to the city and do not know the average fare for distance.

### ***Boats***

The boats go up and down the canal with around 20 main stops. Boats come around every 20 minutes and the fare can vary between 15 and 30 baht. When travelling to UNESCAP, you can take the Khlong Saen Saep Express boat to Panfa Leelard, where it is a 10 minute walk to the office.

### ***Motorbikes***

Motorbikes are the cheapest and fastest form of transportation around the city, but are also more dangerous than travelling by tuk tuk or taxi. Be sure to wear a helmet when riding and negotiate the fare before hopping on.

## **BTS**

The BTS or Skytrain is relatively new and has not yet expanded to all parts of the city, but it is clean, air conditioned and runs frequently. You can catch the BTS along the Sukhumvit Line to Phaya Thai or Ratchathewi station. From the train station you can hail a taxi or bike and tell them you would like to go to the 'UN'. It is recommended to have the Thai language translation of the exact address which is written down on page 7.

More info here:

<https://www.transitbangkok.com/bts.html>

## **MRT**

The MRT is the underground line and is also well maintained, air conditioned and frequent. You can take the MRT Blue Line to Hua Lamphong station from which you can also hail a taxi to be taken to the UNESCAP compound.

More info here:

<http://www.bangkokmetro.co.th/map.aspx?Lang=En&Menu=8>

## **Bus**

Buses are more difficult to navigate for non-Thai speakers as they are often overcrowded, unpredictable and routes can be difficult to understand. However, the buses that stop close to the United Nations Building are route 70, 1527, 503 and 509.

More info here:

[https://www.transitbangkok.com/bangkok\\_buses.html](https://www.transitbangkok.com/bangkok_buses.html)



The Rabbit Card is a rechargeable contactless smart card used for fares for the BTS Skytrain. The Rabbit Card can be bought at all BTS stations and can be recharged at BTS ticket offices and most McDonald's branches. If you're regularly catching the BTS, you should prebuy your fares as you'll get a considerable discount. Rabbit Cards can also be used for payments at their partner convenience stores, some supermarkets, restaurants and cinemas!

# MONEY

The cost of living in Bangkok is very affordable for students and young professionals with the bustling and diverse city catering to every budget. Depending on where you live and how much you spend on transport, the average daily spend can range between 500-1000 baht (excl. accommodation). However, costs can be greatly reduced by eating locally and catching public transport.

Thailand is also mostly a cash country, so while many restaurants, shopping malls and hotels will accept card payments, you should always carry some cash on you. Street vendors, food carts and taxis will only accept cash. ATMs are readily available throughout the city, with a few Siam Commercial Bank ATMs and a branch available within the UNESCAP compound. However, ATM withdrawal fees average at 220 baht, so it's a good idea to look into travel card options before arriving in Thailand. Many international banks operate in Thailand such as ANZ, Citibank, Deutsche Bank and HSBC, just to name a few.

**Thai banknotes come in denominations of 20, 50, 100, 500 and 1000 baht, and coins in 1, 2, 5 and 10. Always be sure to carry smaller denominations of currency as streetcars and taxis most likely will not have change for larger banknotes.**

# FOOD

Thailand is renowned for its food which is very affordable and accessible everywhere 24 hours a day, seven days a week. Ranging from street food and market stalls to refined dining and skyline views, Bangkok has something for every palate.

Thai cuisine is well known for its spiciness with Som Tam (spicy papaya salad), Tom Yum Goong (spicy shrimp soup) and curries being famous examples. The secret to Thai food is a balance of sour, sweet, salty, bitter and spicy - or Umami. Having easy access to the coast, food in Bangkok also features a lot of seafood. Fish sauce is very common in Thai cuisine with Thailand being the No. 1 exporter in the world! It is used similarly to salt, which is something to be wary of if you have a vegetarian diet.

There are many places to eat within and around the UN compound and you can easily find a meal for under 80 baht. While you're staying in Bangkok, you should take advantage of being in Thailand's food capital and explore the local street food culinary culture. Some of the best street food areas to explore in the city are Chinatown, Banglamphu, Hualamphong, Silom and Sukhumvit. The options are endless and you could easily go your entire internship without ever needing to eat at the same place twice!

There is a large culture of eating out in Thailand so it is uncommon to bring a packed lunch to work. Lunch and dinner are very social affairs which are often enjoyed with a group of colleagues and friends where a variety of dishes are shared amongst the table. Snacking is also common in offices, with many having a small desk set aside with snacks that are shared amongst everyone. Eating and sharing food is an important part of Thai culture and is a great way to meet new people in the city and socialise within your workplace.

**In 2017, a streetcart run by 70 year-old Jay Fai was awarded a Michelin Star for her iconic crab omlette! She is known by locals as the queen of streetfood and has a signature look of wearing ski goggles to protect herself from the splashing oil.**



Eating on a budget in Thailand is very easy and extremely delicious. Street food is cheap and the average price for a meal is usually no more than 60 baht. Thai restaurants usually charge slightly more than street food, and range from 80 to 200 baht. Other non-Thai restaurants are naturally more expensive but still affordable. If you are eating three meals out on a budget, your daily average spend should be no more than 300 Baht. Also, don't forget to stock up on deliciously exotic fruit like durian that sell at a fraction of the cost in most other countries!

Thai food is also famous for its spiciness so be aware of this if you cannot handle much heat. Most food vendors and restaurants are aware that foreigners do not like as much spice as locals so often they will ask how spicy you would like your meal, but just in case, it could be useful to have these phrases handy if you don't like playing chilli roulette.

**Mai phet - not spicy**

**Phet nit noy - a little spicy**

**Phet mak - very spicy**



Thailand is one of those special places where quality and taste do not necessarily improve with price, you just need to know where to go! Street-food was almost outlawed in 2017, but thankfully this was overturned as it is one of the most vibrant aspects of the Bangkok food scene.

**Bangkok is one of the most built and cosmopolitan cities in South East Asia, which means it has become a skyline rich with rooftop bars! Bangkok is a relatively flat city which means no two rooftop bars have the same view. Most hotels will have a rooftop bar with a killer view, and makes it the perfect place to escape the hustle and bustle of the streets below.**

# HEALTH

Before you start your internship, make sure you get comprehensive travel insurance that will cover the entire duration of your stay in Thailand (your health insurance from home may not cover extended international stays). It's also helpful to register your travel plans to your home country's department of foreign affairs.

There is a medical centre on first floor of the UNCC building with a full-time medical doctor and a registered nurse. The names of hospitals where the United Nations Medical Service usually refer patients to are: Bumrungrad, Bangkok, BNH, Mission (Bangkok Adventist), Phya Thai, Samitivej and Vichaiyut. There are some private medical care centres providing qualified nurses, but most of them do not speak English.

Upon your arrival at the UN for your internship, you will be issued with an ID badge along with a list of emergency contact numbers including the following:

Thai Emergency Medical Service - 1669

Tourist Police - 1155

Emergency Services- 191

Fire - 199

Taxi Complaint - 1584

Tourist Assistance Centre - 02 281 5051

As a precaution, do not drink the tap water. Water stations are widely available throughout the UNESCAP compound and water is very affordable at all convenience stores which are plentiful around the city.

If you plan on doing some travel to areas outside of the city, make sure that you are up to date on all of your vaccinations.

# ACCOMMODATION

Accommodation is easy to find in Bangkok as an intern, as thousands of interns enter the city each year. Depending on how close you would like to live to the UN compound or to the city centre, prices can vary. Some interns choose to stay close to the compound and can walk to work, but many others working at UNESCAP catch the BTS and then a taxi from the closest station which is quick and easy. Here is a list of accommodation sites that have been popular amongst previous interns in Bangkok that are located close to UNESCAP.

## **Alameda Suite**

**Address:** 27/5 Kaoom Rd, Pomprab, Bangkok 10100

**Rent:** 15,900 baht/month

**Utilities:** 19 baht/unit (water), 6 baht/KwH (power)

**Website:** <http://www.alamedasuites.com/index.php>

**Distance to UNESCAP:** 5 min walk

**Additional Info:** To get the special UN rental rate, show your UN ID or internship letter at reception. Air-con and WiFi available, and guests allowed to stay.

## **Banglampoo Palace**

**Address:** 84-86 Phrasumen rd, Chanasongkram, Phranakorn, 10200 Bangkok, Thailand

**Rent:** 9,000-10,000 baht/month

**Utilities:** 17 baht/unit (water), 7 baht/KwH (power)

**Website:** <https://www.banglampooplace.net/en-us>

**Distance to UNESCAP:** 20 min walk or 8 min taxi

**Additional Info:** The longer you stay, the cheaper the rent.

## **BeyondSuite Rama8 Hotel**

**Address:** 528 Wisukasat Rd, Banphanthom, Pranakorn, Bangkok 10200

**Rent:** 14,880 baht/month

**Utilities:** 20 baht/unit (water), 8 baht/KwH (power)

**Website:** [http://www.beyondsuitesrama8.com/offers.html#/page\\_info](http://www.beyondsuitesrama8.com/offers.html#/page_info)

**Distance to UNESCAP:** 5 min walk

**Additional Info:** Free room clean twice a week, 4 bottles of free water, free breakfast, free WiFi, fully furnished with aircon, TV, fridge and phone, many UN interns live here.

### **Elegance Deluxe Room at BeyondSuite Rama8 Hotel.**



### **DS House**

**Address:** 57, Trok Rong Rian Nai Roi Jo Po Ro, Off Rajdamnern Nok Ave., Soi behind military academy (Red Gate)

**Rent:** 7,500 - 9,000 baht/month

**Utilities:** 18 baht/unit (water), 6 baht/KwH (power)

**Website:** N/A, email [amnatta@hotmail.com](mailto:amnatta@hotmail.com) & [boy0463@gmail.com](mailto:boy0463@gmail.com)

**Distance to UNESCAP:** Less than 5 min walk

**Additional Info:** Free room clean once a week, fully furnished with bed, TV, fridge, phone, free self-service laundry, free WiFi.

### **Juan Manee**

**Address:** 276 Soi Samsen 2, Samsen Road, Banglamphu, Ban Phan Thom Sub-district, Phra Nakhon District

**Rent:** 6,000 - 7,700 baht/month

**Utilities:** 15 baht/unit (water), 4.5 baht/KwH (power)

**Website:** <http://www.rentapartmentinbangkok.com/>

**Distance to UNESCAP:** 20 min walk or 10 min taxi

**Additional Info:** Close to Khao San Road, new and clean with balconies, corner rooms are nicer.

### **East Bank Residence**

**Address:** 39 Nakornchaisri Road, Dusit, Bangkok 10300 (Sri-yan Intersection, Samsen Road)

**Rent:** 18,000 - 19,000 baht/month

**Utilities:** 20 baht/unit (water), 5 baht/KwH (power)

**Website:** <http://www.eastbankresidence.com/>

**Distance to UNESCAP:** 10-15 min drive

**Additional Info:** Pool, fitness center, parking, laundry services, security guide and air conditioning available in some rooms.

### **Juldis River Mansion**

**Address:** 2 Soi Samsaen 3, Samsaen Rd, BKK, 10200

**Rent:** 12,000 - 20,000 baht/month

**Website:** N/A, contact Ms. Mariwan (66) 2 281 0778, ext. 440 - 444

**Utilities:** 15 baht/unit (water), 5 baht/KwH (power)

**Distance to UN:** 25 min walk or 10 min taxi

**Additional Info:** Furnished with TV, fridge, aircon, wifi, phone, weekly cleaner, pool, private bathroom and kitchen.



The pool at Juldis River Mansion.

## **Bangkok has 50 districts and 169 sub-districts!**

UNESCAP is located in *Phra Nakhon* - the central district of Bangkok that borders the Chao Phraya River. Phra Nakhon is located in Old Bangkok, filled with beautiful temples, museums and the Grand Palace, away from Bangkok's newer and towering skyscraper jungle.



### **M.N Residence**

**Address:** 80 Soi Samsaen 5, Samsaen Road, Pranakorn, Bangkok 10200

**Rent:** 6,000 - 9,000 baht/month

**Website:** <http://www.mnresidence.com/>

**Utilities:** 19 baht/unit (water), 6 baht/KwH (power)

**Distance to UNESCAP:** 20 min walk or 5 min taxi

**Additional Info:** Pool, aircon, room service and laundry available.

### **Suwannin Place**

**Address:** 1858/1 Rama 8 Bridge (Krung Thon-buri), Arun Ammarin Rd., Bang Yikhan, Bang Phlat, Bangkok 10700

**Rent:** 9,000 baht/month

**Utilities:** 19 baht/unit (water), 7 baht/KwH (power)

**Website:** <https://www.suwanninplace.com/>

**Distance to UNESCAP:** 15 min taxi & free shuttle to UNESCAP at 8am

**Additional Info:** Fully furnished, free shuttle to UN, many UN interns live here.



Grand Palace - 15 min drive from UNESCAP



Wat Benchamabophit - 10min walk from UNESCAP

Because Bangkok has such a large culture of eating out, not all condos or apartments have kitchens. Many interns easily go without a kitchen but this is something to consider if you prefer to cook.

Thailand has the largest Chinese population in South-East Asia and Bangkok's Chinatown is the largest in the world! Chinatown is bursting with flavour and energy and is a must-see!



For those with longer internships (6+ months), we have some additional accommodation recommendations. These are all closeby to the Ari BTS station, however they may not rent on a monthly basis but may offer more long-term lease agreements with cheaper utility bills.

### **Ari Place Phahonyothin**

**Address:** Soi Ari 2, Samsen Nai, Phaya Thai, Bangkok, 10400

**Rent:** Starting at 12,000 baht/month

**Website:** <https://www.hipflat.co.th/en/projects/aree-place-phahonyothin-chchtg>

**Distance to UNESCAP:** 20 min taxi, 30 min BTS and taxi.

**Additional Info:** Facilities include elevator, parking, 24hr security, CCTV, gym, garden/BBQ, 5 min walk to Ari BTS.

### **Centric Ari Station**

**Address:** 52 Soi Ari 1, Khwaeng Samsen Nai, Khet Phaya Thai, Bangkok, 10400

**Rent:** Starting at 15,000 baht/month

**Website:** <https://www.hipflat.co.th/en/projects/centric-ari-station-itlpth>

**Distance to UNESCAP:** 20 min taxi, 30 min BTS and taxi.

**Additional Info:** Facilities include elevator, parking, 24hr security, CCTV, pool, gym, WiFi, garden, BBQ, 7 min walk to Ari BTS.

### **Centric Scene, Soi Ari 1**

**Address:** Soi Ari 2, Samsen Nai, Phaya Thai, Bangkok, 10400

**Rent:** Starting at 18,000 baht/month

**Website:** <https://www.hipflat.co.th/en/projects/centric-scene-aree-2-tlqzu>

**Distance to UNESCAP:** 20 min taxi, 30 min BTS and taxi.

**Additional Info:** Facilities include elevator, parking, 24hr security, CCTV, pool, gym, WiFi, 7 min walk to Ari BTS.

### **Le Rich, Soi Ari 2**

**Address:** Soi Ari 2, Samsen Nai, Phaya Thai, Bangkok 10400

**Rent:** Starting at 13,000 baht/month

**Website:** <https://www.hipflat.co.th/en/projects/le-rich-at-aree-station-rimgvx>

**Distance to UNESCAP:** 20 min taxi, 30 min BTS and taxi.

**Additional Info:** Facilities include elevator, parking, 24-hours security, cctv, swimming pool, gym, garden / bbq, WiFi, 7 min walk from Ari BTS.

### **Noble Lite, Soi Ari 1**

**Address:** Soi Ari 1, Samsen Nai, Phaya Thai, Bangkok, 10400

**Rent:** Starting at 14,000 baht/month

**Website:** <https://www.hipflat.co.th/en/projects/noble-lite-qbamvo>

**Distance to UNESCAP:** 20 min taxi, 30 min BTS and taxi.

**Additional Info:** Facilities include elevator, parking, 24hr security, CCTV, pool, gym, WiFi, 7 min walk to Ari BTS.

**Ari is one of Bangkok's more trendy residential areas full of cute boutique cafes and restaurants. Whilst still on the Sukhumvit BTS line, it's away from the heavy traffic in other Bangkok neighbourhoods like Silom and Sikhumvit.**



# FAQ

## **What's the weather like?**

Thailand has three seasons throughout the year, but has an average temperature of 30°C. The cool season runs between November and February with temperatures varying between 25° and 30°C. The hot season is between March and May and can get up to 35°C with high humidity. The rainy season spans between June and October so remember to bring some wet weather clothes if you're interning during this time!

## **What clothes should I pack?**

Depending on which season you will be here, you should pack appropriate clothes for your stay, however you can definitely buy a new wardrobe here if you need to! If you're coming for the rainy season, you should bring a rain jacket and umbrella. Red and yellow are considered very political colours in Thailand so try not to dress in these block colours to avoid misinterpretations by locals. When visiting temples, remember to wear conservative clothes that cover your shoulders, chest and legs otherwise you may be denied entry.

## **Is there a dress code for work?**

There is no written dress code, but business casual is mainly worn for regular working days and professional attire is suggested for formal events or meetings.

## **How do I get a SIM card?**

SIM cards can be bought at any 7-Eleven convenience store. Be sure to bring your passport along as you will need it to register for a new SIM card. People usually communicate through messaging apps, so many opt for a high data plan. The largest SIM providers in Thailand are True, AIS and DTAC. There are SIM card booths at the airport where you can get a traveller SIM card with 15 days of unlimited data for around 500 baht.

### **How can I meet other interns?**

ReliefWeb typically employs up to several interns at one time. There are also many interns working throughout UNESCAP who you can connect with via Facebook groups with many interns living within walking distance to the office.

[\*\*Bangkok Intern Network Facebook Group\*\*](#)

### **Do I have time to travel?**

The only time off that you will have will be during the weekends and public holidays, but travel within Thailand is easy and affordable so many interns take weekend trips to explore the country.

### **Any Thai customs or cultural sensitivities I should be aware of?**

Yes! The head is considered the most sacred part of the body so you should never touch the head of a Thai person. With the feet being the most unclean part of the body, refrain from pointing your feet at anyone as this is considered rude. Also be sure to take your shoes off before entering a Thai household. Thailand also enforces strict lese-majeste laws so it is illegal to speak ill of the Royal Family. This law is heavily enforced and also applies to foreigners.

### **Is Bangkok safe?**

Bangkok is generally considered a safe city. While it is important to be cautious and considerate in any city, Bangkok has been listed by The Economist among the 50 safest cities to live in. Most accommodations in Bangkok will also station a security guard by the entrance overnight. Violent crime has decreased in the city over the years so the main risks that tourists face in the city are scams and pickpocketing. The Tourist Police is there to help in case of emergency, and the English-speaking unit can act as a bilingual liaison with the regular police.

### **What should I prepare before coming?**

You should have your visa and other travel documentation like insurance sorted in advance before your arrival. Many organise accommodation for the duration of their internship before arrival, however you can always find temporary accommodation while you look for the perfect place for your internship, especially if you're looking for a place with a kitchen as not all apartments are equipped with one.



# IMAGE CITATIONS

Image on title page - Photo by 'Photo by Love'

<https://www.flickr.com/photos/bylove/20044581109>

Image on pg. 2 - Photo from The Most Perfect View

<http://www.themostperfectview.com/best-bangkok-hotels-view/>

Image on pg. 3 - Photo from Bangkok.com

<http://www.bangkok.com/magazine/10-hotels-with-amazing-views.htm>

Image on pg. 8 - Photo from Inside Retail

<https://insideretailthailand.com/2017/06/familymart-thailand-accepts-payment-rabbit-card/>

Image on pg. 11 - Photo by A. Pistolesi Hemis

[https://next.liberation.fr/food/2017/06/02/street-food-a-bangkok-la-fin-du-beau-chaos\\_1574149](https://next.liberation.fr/food/2017/06/02/street-food-a-bangkok-la-fin-du-beau-chaos_1574149)

Image on pg. 13 - Photo from BeyondSuite Rama8

[http://www.beyondsuiterama8.com/gallery.html#!/page\\_info](http://www.beyondsuiterama8.com/gallery.html#!/page_info)

Image on pg. 14 - Photo from UNESCAP Intern Blog

<https://unescapinternblog.wordpress.com/juldis-river-mansion/>

Image 1 on pg. 15 - Photo from Bangkok.com

<http://www.bangkok.com/attraction-palace/grand-palace.htm>

Image 2 on pg. 15 - Photo from My Little Adventure

<https://www.mylittleadventure.com/best-things/bangkok/tours/wat-traimit-wat-bencham-abophit-and-wat-pho-rN6PHOKmCu>

Image 3 on pg. 15 - Photo from Grand Sukhumvit Hotel Bangkok

<http://www.grandsukhumvithotel.com/bangkok-destination/bangkok-shopping-guide/chinatown-in-bangkok/>

Image on pg. 16 - Photo from Hippiedreamer

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