

Welcome to Bangkok!

We hope you enjoy the programme, but also hope you get a chance to see some of Bangkok while you are in town. Here are a few handy hints and tips to help you make the most of your stay.

How to use the Skytrain

The Bangkok Mass Transit System, commonly known as the BTS Skytrain is the easiest and fastest way to travel around Bangkok.

There are three BTS lines:

The **SILOM LINE** runs west to south, between the National Stadium through the Siam interchange, terminating at Bang Wa.

The **SUKHUMVIT LINE** runs north to east from Khu Khot through the Siam interchange and terminating at Kheha.

The **GOLD LINE** runs from Krung Thon Buri to Klong San and serves Iconsiam.

The lines interchange at Siam station and Krung Thon Buri, and interconnect at two points with the underground (MRT) – at Sala Daeng and Asok stations.

A new train arrives every 3 - 6 minutes or so between 06:00 and midnight. Fares start at 15 baht for one stop. Find the station you need to go to on the map - the number next to the station is the price you pay.

There is a map of the Skytrain route on the next page, and a larger one will be displayed in the chill out space on the Sixth floor during the course. There is also a map next to the ticket machines, and a copy is also included on the next page. You will find a **RABBIT CARD** in your welcome pack which has been loaded with THB100 credit. The card can be topped up (minimum THB100 at a time) at all BTS and MRT ticket offices. (Feel free to hand this back in to one of the training team at the end of the course if you do not use it).

There will be a trip out one evening in the first week when our local staff will show you how to get to the closest BTS station, and how to use the BTS system and your Rabbit Card. Anyone who would like to join is welcome to come along!

Currency Exchange

The best money exchange in Bangkok is an independent money changer called SuperRich Thailand. Their booths are orange coloured and should not be confused with another called Superrich who have green booths. However, both of them usually offer the same rate.

You can find SuperRich (Orange exchanges) at the following popular locations

- SuperRich Central World, 3rd Floor Beacon Zone next to the escalator Opposite Hinoya Curry restaurant near Japanese zone (Old Isetan side)
- SuperRich MBK Center, 2nd floor opposite Watson
- SuperRich Central Embassy, 2nd floor Near ZARA shop
- SuperRich BTS Asok, Exit 1 Outside station
- Superrich MRT Rama9, Inside Metro Mall next to Betagro

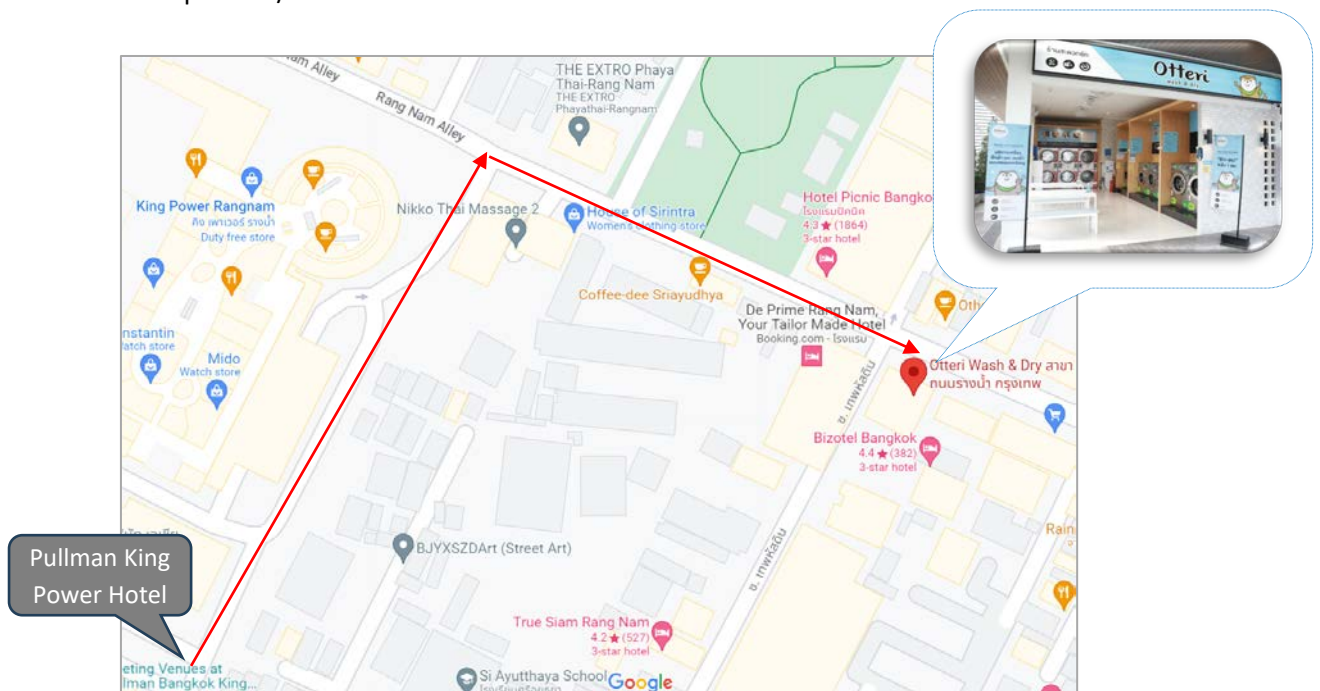
Alternatively, you can use your Visa/Master-affiliated Debit card to withdraw cash from any ATM (avoid using a Credit Card, as the fee is much higher). The international withdrawal currency rate is about the same as SuperRich rate, however, there is a fee of B100 per withdrawal. There is an ATM on the ground floor of the Pullman Hotel.

Local SIM Card

You can buy a local SIM card from any of the three network providers namely TRUE, AIS, and DTAC. The nearest offices are located on the 3rd floor of the Century Mall, on the way to the Victory Monument. Your passport is required to buy a SIM card.

Laundry

A laundry service is offered to guests of the Pullman Hotel, however **Otteri Wash & Dry** is located about 150 meters from Pullman Bangkok King Power Hotel, along Rang Nam Alley, in front of the entrance to the Bizotel. It is self-service and opens 24/7. There are staff available from 8.30 – 17.30.



Useful Thai Phrases

English	ภาษาไทย (Thai)
Hello	สวัสดีครับ (sà-wàt-dee-króp) - m สวัสดีค่ะ (sà-wàt-dee- kâ) - f
How are you?	สบายดีไหม (sà-baai dee mǎi)
I am fine	สบายดีครับ (sà-baai dee króp) - m สบายดีค่ะ (sà-baai dee kâ) – f
What is your name?	คุณชื่ออะไร? (kun chêu a-rai ?)
My name is ...	ผมชื่อ... (pǎm chêu ...) m ฉันชื่อ... (chan chêu ...) f
Pleased to meet you	ยินดีที่ได้รู้จัก (yin dee têe dâi róa jàk)
Thank you	ขอบคุณครับ (kòp kun króp) - m ขอบคุณค่ะ (kòp kun kâ) - f
Sorry	ขอโทษ (kǒr tôht)
Goodnight	ราตรีสวัสดิ์ (raa-dtree sà-wàt)
Goodbye	ลาก่อน (laa gòn)
Cheers! (<i>Toast used when drinking</i>)	ไชโย! (chai-yoh)
Yes	ใช่ (chai)
No	ไม่ใช่ (mâi)
I do not understand	ไม่เข้าใจ (mâi khâo jai)
How much is this?	ราคาเท่าไหร่ (raa-kaa tâo ràì?)
Where is the toilet?	ห้องน้ำอยู่ไหน (hông náam yòo nǎi)
Help!	ช่วยด้วย! (chûay dûay!)
Stop!	หยุด! (yùt!)

Bangkok Shopping Malls

Siam Paragon, Siam

Open daily: 10:00 - 22:00

BTS Station: Siam

Siam Paragon is an immensely popular shopping mall housing a host of international high-end fashion brands, Southeast Asia's largest aquarium, a 16-screen Cineplex, and a comprehensive selection of world cuisine. Located prominently in front of Siam BTS Skytrain station, it is considered by many to be the centre of Bangkok.

Central World, Siam

Open: 10:00-22:00

BTS Station: Chidlom or use the Skywalk from Siam station

Central World mega-shopping complex offers one of the most exciting shopping experiences in Bangkok. It has everything from brand name clothing boutiques, funky fashion, high-tech gadgets, bookshops, and designer furniture to imported groceries, a line-up of banks, beauty salons, gourmet eateries and even an ice-skating rink.

Terminal 21, Asok

Open: 10:00-22:00

BTS Station: Asok

Nine-story Terminal 21 offers designer brands, international cuisine, a gourmet supermarket, boutique shops, and more. Each floor is decorated based on a "world's best-known shopping streets" theme.

IconSiam

Open: 10:00-22:00

Charoen Nakhon Station (MRT Golden Line)

Get off the BTS Krungthong Bridge Station exit 3 to the Golden Line. Mrt Golden Line operates daily from 06:00 to 00:00.

Saphan Taksin Station Exit 2

Connect to ICONSIAM pick-up and drop-off service at Sathorn Pier. Shuttle boat service is available daily from 09:00 – 22:00 hrs.

The latest city of wonder brings together all aspects of unrivalled Thai wisdoms, including arts, culture, tradition, food, and way of life from 77 provinces across the country. SOOKSIAM has been conceived as a place that presents the cultural heritage of each of the four main geographic regions of Thailand, capturing their arts, handicrafts, performing arts and local wisdom. Within SOOKSIAM, there are over 3,000 distinctively famous local businesses from all over Thailand in marvellous settings which represent the unique charms of each subculture.

MBK, Siam

Open: 10:00 - 22:00

BTS Station: National Stadium

The multi-storey MBK is probably Bangkok's most legendary shopping mall, popular with both tourists and locals. Eight floors packed with 2,000 shops that sell everything from wrist watches, clothing, fashion accessories, handbags, leather products and luggage to furniture, mobile phones, electric appliances, cameras, and stationery.

Central Ladprao, Ladprao

Open: 10:00-22:00

BTS Station: Ha Yaek Lat Phrao

Central Ladprao is the first comprehensive shopping centre that has been with Thai people for more than 30 years. It has recently been transformed into an "Urbanized Livebrant Lifestyle Mall" under the concept of "Trend Eco and Modern Green" to meet all lifestyles of Ladprao Story. Just a few steps from Ha Yaek Lat Phrao BTS station, the area

on the G floor has been renovated under the concept of "The Weekenderland - where weekday turns weekend and shopping is never end" with more than 200 shops and restaurants under the concept of Food Destination. There is also a Green Public Outdoor Space for customers to sit back and relax.

Platinum fashion mall

Open: 09:00-20:00

BTS Station: Chidlom

Though intended as a wholesale shopping centre, the Platinum Shopping Mall houses many retail stores selling clothing, accessories, and cosmetics. It has a flea market setup, so feel free to haggle.

Siam Discovery

Open: 10:00-22:00

BTS Station: National Stadium (3 min walk), or **Siam** (5 min walk)

Located right next door to Siam Center, the stunning Siam Discovery boasts anchor stores like Issey Miyake and Comme des Garçons, but it is the cool, innovative aesthetic that sets it apart.

Eating out in Bangkok

Below you'll find a few suggestions for restaurants of different styles, but as you'll hopefully discover, there are no shortage of places to eat in Bangkok!

Thai Cuisine

Madam Saranair (*reservation recommended*)

139 Sukhumvit 21 (Asok soi 1), Khlong Toey Tel: 02 661 7984

Madam Saranair offers original Thai dishes from North, North-East and Southern Thailand that are served with unique twists. In true Thai style, they can adjust the spiciness of their dishes to your taste and they provide vegetarian choices.

How to get there: BTS / Asok station - Sukhumvit 21

Yok Yor Marina & Restaurant

885 Soi Somdet Chao Phraya 17 Tel: 02 863 0565 6

The perfect dining place overlooking the Chao Praya River whether sitting in the open-air terrace along the riverside or in an air-conditioned room with live music (evenings). The restaurant also provides dining cruises and sight-seeing on the Chao Praya River.

How to get there: by taxi or call to make reservation and arrange boat transport

Harmonique

22 Charoenkrung Tel: 02 237 8175

A well-hidden jewel in the old part of Bangkok. The house and décor offer a visual feast with a large collection of Chinese antiques, artwork, and memorabilia throughout the restaurant. There is a central courtyard with tables amongst greenery. Thai/Isaan cuisine.

How to get there: BTS / Saphan Taksin station

Seafood

Tee Restaurant

78/12-16 Ratchparop Rd, Th. Phayathai Tel: 02 247 1062

T-Restaurant offers a large array of award-winning seafood just up the street from the training venue. The main menu is where "T-Restaurant" impresses the most with their Thai-Chinese style entrees like Stir-fried Crab with Curry Powder Sauce, Deep-fried Crab with Black Pepper along with Deep-fried Calamari or Shrimp with Garlic and Pepper or Stir-fried Lobster with Chinese XO Sauce.

The menu offers at least 16 choices of crab and shrimp.

How to get there: by taxi (or 10-minute walk from venue)

Somboon

Several branches in central Bangkok – see website (www.somboonseafood.com)

‘Somboon Seafood’ first opened in the Samyan area, occupying a shop-house close by Chulalongkorn University’s Faculty of Commerce and Accountancy. This was where the famous ‘Poo-Phad-Phong-Karee’ (Fried Curry Crab) originated and became very popular among Thai diners. Open: 4 to 11.30 pm.

How to get there: by taxi or BTS

Japanese Cuisine

Tohkai Japanese (all you can eat) (*reservation recommended*)

1st floor, Prasanmit Plaza, 45 Soi Sukhumvit 23 Tel: 02 664 2880

Tohkai is an importer of quality food from Japan and offers a wide range of Japanese food, all you can eat - very good quality and reasonably priced. See website for other branches in Bangkok.

How to get there: BTS / Asok station, then walk into Soi Sukhumvit 23

Isao (*reservation recommended*)

5 Sukhumvit 31, Khlong Toey Tel: 02 258 0645 6

This sushi bar is inspired by a talented master sushi chef "Isao". You will find here the charm of his Japanese culinary art that comes with his creative, sincere, witty, and fun-loving nature.

How to get there: BTS / Phrom Phong station

Pla Dip (*reservation recommended*)

1/1 Soi Aree Sumphan 7 Tel: 02 279 8185

Pla Dip means raw fish, but you will not just find sushi and sashimi on this creative fusion menu. A diverse range of raw fish and seafood, plus a selection of wood-fired pizzas, pastas, Thai salads, grilled meats and hand-rolled sushis.

How to get there: BTS / Ari station

European Cuisine

Pizzeria Limoncello

17 Soi Sukhumvit 11, Sukhumvit Rd, Khlong Toey Tel: 02 651 0707

Limoncello is a family- owned restaurant focused on fresh, simple, delicious contemporary and traditional Italian food. The passionate Italian chefs use the finest ingredients to serve a variety of homemade pastas, pizzas, meats, and seafood.

How to get there: BTS / Nana station

Big Mama Pizzeria (*Reservation recommended*)

139/1 Soi Sukhumvit 21 (Asok Soi 1) Tel: 02 259 0232

Big Mama Pizzeria Italian restaurant is a cosy neighbourhood Italian restaurant right in the centre of Bangkok that offers a pleasant atmosphere, great food, and an affordable menu.

How to get there: BTS / Asok station - Sukhumvit 21

Big Mama Tapas and Bistro (*Reservation recommended*)

Sukhumvit Rd

Following the success of their sister venue above (across the Road Big Mama Pizzeria) here you will find more of the colour and exciting creations by their master chef. Dining indoor and outdoor, seating approx 50.

How to get there: BTS / Asok station - Sukhumvit 21

The Deck

Arun Residence, 36-38 Soi Prato Nok Yoong, Maharat Rd, Tel: 02 221 9158

Enjoy delicious European and Thai food on the open-air terrace with a spectacular view of the Wat Arun temple. Consider arriving early for a sunset drink in Amorosa, the hotel's rooftop bar.

How to get there: By taxi

International Cuisine

El Gaucho Argentinian Steakhouse

8/1-7 Sukhumvit Soi 19, Sukhumvit Rd, North Khlong Toey Tel: 02 255 2864

Traditional Argentinian specialities with a modern ambience and outstanding hospitality. The cuisine has both European and South American influences - a mix of meat, poultry, herb, and vegetables.

How to get there: BTS / Asok station

Le Dalat

57 Soi Prasarnmitr, Sukhumvit 23 Tel: 02 259 9593

Le Dalat, with its emphasis on Royal Vietnamese cuisine and its beautiful setting within an old colonial wooden residence, is one of the best Vietnamese restaurants in Bangkok. It is not cheap but worth it to try this little slice of Indo-China. Open 11.30 am - 2.30 pm, 5.30 pm - 10.30 pm.

How to get there: BTS / Asok station, then taxi

Indian Cuisine

Indus

7 Sukhumvit Soi 26, Khlong Toey Tel: 02 258 4900

Executive Chef Jimmy has been with INDUS from the very start - trained by Chef Sonya Sapru, author of international best-selling cookbook "ZAIKA." Instead of using clarified butter "ghee," they use rice bran oil, a healthier option known to reduce cholesterol. The recipes have been tested to maintain the authentic rich Indian flavours with a lighter, healthier twist. Vegetarian options. Moderate prices. Open 11 am - 2.30 pm, 6 - 11 pm daily.

How to get there: by taxi or BTS / Phrom Phong station, then catch a taxi to Soi Sukhumvit 26

Rang Mahal

Rembrandt Hotel, 19 Sukhumvit Soi 18, Sukhumvit Rd Tel: 02 261 5060

Traditionally, 'Rang Mahal' was a pleasure house and banqueting room specially decorated by Indian Kings. Rang Mahal concentrates on offering truly, authentic Northern India delicacies whilst you take in some of the best views of Bangkok.

How to get there: BTS / Asok station

Vegetarian & Vegan Cuisine

Koko

262/2 Soi 3, Siam Square Tel: 096 7511473

Cafe/restaurant serving Thai food - with a large veggie menu as well as non-veg dishes.

Open: 11 am - 9 pm.

How to get there: BTS / Siam station, exit 2

Rasayana Retreat Cafe

57 Soi Sukhumvit 39 Tel: 02 662 4800

"RAW LIVING FOOD." Raw food cuisine is prepared using only fruits, vegetables, nuts, and seeds that have not been heated above 42° C.

How to get there: BTS / Phrom Phong station, then walk for 10 minutes

Broccoli Revolution

899 Sukhumvit Road, Klong-Nua, Vaddhana, Tel. 02-662-5001, Mobile. 095-251-9799

Vegan based cuisine with an emphasis on vegetables, freshness, and good quality. A diverse menu ranging from Italy and South America, to Myanmar and Vietnam. And of course, Thailand. Modern décor and relaxed atmosphere.

How to get there: BTS / Thong Lo station (Exit 1)

Broccoli Revolution – Central Embassy

Phloen Chit Rd, Lumpini, Pathum Wan District, Bangkok 10330 Tel: 02 160 5788

A socially conscious eco-friendly fast casual plant-based eatery and smoothie/cold-pressed juice bar. Their goal is to achieve a balance by providing customers with healthier choices using locally grown, vegetables, fruits, and unprocessed ingredients.

How to get there: BTS / Chit Lom (Exit 3, 6-minute walk)

Vegan Table BKK

33 30 Soi Sukhumvit 11, Khlong Toei Nuea, Watthana, Bangkok 10110, Tel: 02 117 0017

Est. since 2018 'The Vegan Table' has evolved to create a unique and sustainable dining experience where everyone can enjoy the delicious taste and benefits of following a plant-based diet.

How to get there: BTS / Nana (Exit 3, 10-minute walk)

Veganerie

171 Soi Sukhumvit 11, Khlong Toei Nuea, Watthana, Bangkok 10110, Tel: 02 2588489

Veganerie started from a vegan family who wants to share a good vegan experience to others from what they have found by being one. They now have six locations in Bangkok. Creative dishes from a variety of cuisines, with a modern and welcoming atmosphere.

How to get there: BTS / Nana (Exit 3, 5-minute walk)

Arabic Cuisine

Beirut Lebanese restaurant

Phloenchit Sukhumvit Soi 2, Phloenchit Centre, Basement Floor Tel: 02 656 7377

Offering a unique and tasty dining experience, with food made fresh daily and served in a friendly atmosphere. Each restaurant offers a menu of Lebanese and Mediterranean prepared dishes that include: appetizers, salads, soups, sandwiches, vegetarian items, grilled meats and poultry and combination plates, plus traditional delicious sweets

How to get there: BTS / Nana station

Nadimos

Baan Silom Soi 19 Tel: 02 266 9081

Nadimo offers only Lebanese dishes, prepared with ingredients mostly imported from Lebanon to preserve the original flavour. The menu is a selection of the most famous Lebanese dishes such as tabbouleh, baba ghanoush, hummus, kebabs, riz bil hallib, and last but not least the famous 'Lebanese coffee'.

How to get there: Sukhumvit branch - BTS /Phrom Phong then taxi; Silom branch - BTS / Silom then taxi

Nefertiti Egyptian restaurant

4/8 Soi Sukhumvit 3/1 Tel: 02 655 3043

Nefertiti is one of the more popular establishments in this cluster of Middle-Eastern and African eateries on Soi 3/1. This is mainly due to its prime location with plenty of outdoor seating, which offers opportunities for 'people-watching', and the fact that the management was among the first to recognise the demand for sheesha smoking.

How to get there : BTS / Nana station

Shoshana

88 Th. Chakra-phong Tel: 02 282 9948

One of Khao San Road's longest-running Israeli restaurants, serving very generous portions. Open 10 am - midnight.

How to get there: Taxi or boat stop Tha Phra Athit (Banglamphu)

Halal Cuisine

Al Sana Restaurant

120/188 Ratchaprarop Soi 3, Ratchaprarop Road, Ratchathewi, Bangkok, 10400, Thailand

Al Sana Restaurant & Hotel is one of the oldest Halal restaurants in Pratunam area of Bangkok, serving Pakistani, Arabic, Malaysian, Indian, Sri Lankan & Thai food.

How to get there: 15 minute walk

Phayathai Kitchen

63 63 Phetchaburi 7 Alley, Thung Phaya Thai, Ratchathewi, Bangkok 10400, Thailand

Halal Thai food in a small but comfortable environment, in a Muslim neighbourhood.

How to get there: 15 minute walk

Al-Qasim Cuisine

8, 20 Soi Sukhumvit 3/1, Khlong Toei Nuea, Watthana, Bangkok 10110, Thailand

Large menu offering Pakistani, Indian and Arabic dishes.

How to get there: BTS / Nana Station, then a 10 minute walk

Bars/Clubs

Sirocco - Sky Bar

Dome at State Tower, 1055 Silom Rd Tel: 02 624 9555

Soaring 63 floors above Bangkok, the breathtaking panorama is reason to enjoy a drink at the Sky Bar. An impressive (though expensive) spot, the Sky Bar juts over the edge and is the 'only place to be' when the sun is setting over the Chao Phraya River.

Italian food served at Sirocco. Expensive. Live jazz band. Dress code. Open: 6 pm – 1 am daily.

How to get there: BTS / Surasak station (then a 10-minute walk) or Saphan Taksin station, exit 3

Tawandang German Brewery

462/61 Narathiwat Ratchanakharin, Rama 3 Rd Tel: 02 678 1114 5

Bangkok's Tawandang German Brewery is a lively cabaret-come-bar and restaurant with a laid back yet energetic ambience.

Popular with both Thai locals and Bangkok expats, Tawandang is the place for celebrating, partying, or simply admiring the dynamic, live performances whilst consuming good food and beer. Open: 5pm - 1 am daily.

How to get there: By taxi

Vertigo - Moon Bar

Banyan Tree Hotel, South Sathorn Rd Tel: 02 679 1200

The Moon Bar at Vertigo is on the 61st floor of the Banyan Tree hotel and is one of the best ways to end a long day in Bangkok. There is no lack of rooftop bars but Vertigo has always been among the favourites. With an unusual narrow and elongated shape, the entire top of the building is occupied by the bar and the restaurant. Live music. Open: 5 pm - 1 am.

How to get there: The nearest subway is MRT Lumphini

Saxophone

13/8 Victory Monument, Phaya Thai Rd Tel: 02 246 5472

This place has a 20-year legend and deserves it. It serves mostly Thai food with live jazz or blues music every night. Moderate prices. Open: 6 pm - 2 am daily.

How to get there: BTS / Victory Monument station (or 10-minute walk from venue)

Eating Out – Food restrictions

You might find the following useful when eating out if you have any specific dietary requirements. Just mark the relevant details and show it to the restaurant staff when placing your order.

☐	ไม่รับประทานอาหารต่อไปนี้	(not eating the following food)	
☐	แพ้อาหารต่อไปนี้	(allergic to the following food)	
☐	แพ้อาหารต่อไปนี้อย่างรุนแรง	(seriously allergic to the following food)	
☐	แพ้อาหารต่อไปนี้ถึงขั้นเสียชีวิตได้	(deadly allergic to the following food)	
☐	ถั่ว (Nuts)	☐ ขนมปัง (Bread)	☐ นม (Milk)
☐	หอย (Shells)	☐ เส้นก๋วยเตี๋ยว (Noodles)	☐ ผักโขม (Spinach)
☐	น้ำผึ้ง (Honey)	☐ น้ำส้มคั้น (Orange Juice)	☐ หมู (Pork)
☐	ไข่ (Eggs)	☐ น้ำส้มสายชู (Vinegar)	☐ ไก่ (Chicken)
☐	เต้าหู้ (Tofu)	☐ ซอสถั่ว (Soy Sauce)	☐ เนื้อวัว (Beef)
☐	แป้งสาลี (Wheat)	☐ เนื้อสัตว์ (Meat)	☐ อาหารทะเล (Seafood)
☐	อาหารมุสลิมเท่านั้น (Halal only)		