

Thailand

Expats Guide by **ScandAsia**



**NORDIC
BUSINESS
DIRECTORY
2023**

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”

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Welcome

This book guides both newcomers and longer staying expats who have decided to live and work in Thailand. It explains and facilitates practical issues and intends to inspire you to get more out of your stay.

When you move here, you will need to find new friends. The best way is by joining one or more of the social and professional associations for your own nationality here. For Nordic people, Thai Nordic Association is the ideal place to meet new friends.

The various business communities are also vibrant groups of very different companies from the small entrepreneur to the big corporations with manufacturing units and countrywide net of outlets. At the back of this book you will find a Nordic Business Directory for Thailand, plus a few more that in each their way are also an important part of the Scandinavian network in Thailand.

This booklet is part of the ScandAsia magazine and online media channel. ScandAsia serves all Scandinavian expatriates from Denmark, Sweden, Norway

and Finland living in Thailand and elsewhere in Asia with news updates by email and online. You can subscribe to this news stream for free here <https://scandasia.com/scandasia-enewsletters/>

The magazine is distributed as an e-magazine to the emails of the subscribers and the rest of the circulation is placed at points frequently visited by Scandinavian tourists like popular restaurants, embassies and consulates. This is also where you will find extra copies of this booklet if you should lose your current copy or need an extra for your workplace.

The website ScandAsia.com provides you will all the contacts you need and lists all the events that are arranged for you and other Scandinavian residents in Thailand. Nordic readers should sign up for the monthly e-newsletter and emails from this website and submit your address to receive also the monthly magazine.

I wish you a happy year in Thailand!

*Gregers Moller
Publisher*

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Photo by Mikhail Nilov on Pexels

EMERGENCY NUMBERS

Police and general emergency call	191
General Emergency call	911
Medical emergency call	1669
Fire	199
Tourist Police	1155

LOST CREDIT CARDS

Visa	(+66) 2256-7324
Mastercard	(+66) 2232-2039
Diners Club	(+66) 2238-3660
American Express	(+66) 2273-0022

OTHER NUMBERS

Highway Police	1193
Traffic Information	1197
Crime suppression	1195
Missing children	1599
National Disaster Warning Centre	1860
or	192
Tourist Information Inquiry	1672

EMBASSY CONTACTS

Denmark

Royal Danish Embassy
Sathorn South Soi 1
Bangkok 10500
+66 (0)2 343 1100
bkkamb@um.dk
<https://www.thailand.um.dk>
Ambassador:
H.E. Jon Thorgaard

Finland

Embassy of Finland
Athenee Tower, 14th Floor
63 Wireless Road (Witthayu)
Lumpini, Pathumwan
Bangkok 10330
+66 (0)2 207 8700
sanomat.ban@formin.fi
<https://finlandabroad.fi/web/tha/>
Ambassador:
H.E. Jyri Järviaho

Norway

Royal Norwegian Embassy
UBC II Building, 18th floor
591 Sukhumvit Road, Soi 33
Bangkok 10110
+66 (0)2 204 6500
emb.bangkok@mfa.no
<https://www.norway.no/thailand>
Ambassador:
H.E. Astrid Emilie Helle

Sweden

Embassy of Sweden
One Pacific Place, 20th Floor
140 Sukhumvit Road (between soi 4 and 6)
Bangkok 10110
+66 (0)2 263 7200 - 1
ambassaden.bangkok@gov.se
<https://www.swedenabroad.se/en/embassies/thailand-bangkok/>
Ambassador:
H.E. Jon Åström Gröndahl

FOREIGN EXCHANGE (AS OF JUNE 2023)

Danish Kroner	Swedish Krona	Norwegian Kroner	Finnish Euro	Thai Baht
19.58	31.25	31.41	2.68	100
			100	3,727
		100		318
	100			320
100				500

<https://www.xe.com/>

MOBILE PHONES

The first thing you need is a Sim card with data transfer and some phone time. You can get that in any shop of the three main providers: True or AIS. You will often find them in department stores. Don't forget to bring your passport. You may need help from a local with setting up the language setting of your phone so you can read your emails and surf websites and applications online, but mostly it works automatically. The staff where you bought the Sim card are usually willing to help you.

INTERNET

With the spread of smartphones the number of internet users in Thailand has exploded and is probably today over 60 million people - although the vast majority don't think of themselves as surfing the internet, but only playing with their phone!

Currently, True is the largest regular internet provider in the country. In 2022, the company merged with Norwegian DTAC. Other companies are AIS and 3BB. True provides home entertainment services with their True Move service as well. To get online with your laptop, you can either find a Wi-Fi spot in most restaurants or - for more mobility - buy a USB plugin that includes Wi-Fi access from your laptop, tablet or mobile phone. In Thailand they call them "aircards". If you bought a local sim card, you can also use your phone as your internet gateway either using Bluetooth or your data/charger cable - to turn it on, go to settings and turn on "mobile hotspot and tethering".

See more in the chapter on popular Apps in Thailand.

LANGUAGE

If you plan to stay for six months and above in Thailand, it is highly recommended that you find a Thai language course near where you live. Do this as soon as possible because if you learn from friends and taxi drivers to say "turn left", "turn right" and "where is the toilet", you feel less of an urge to take this course. Soon your progress

true





with the Thai language will come to a stop if you don't take a systematic approach. Do yourself a favour and take a course where they teach you how to read Thai - it is easier than you think.

Central Thai is the national and official language of Thailand. It is spoken and understood by all Thai people. But for many, their local dialect will remain their first language. Although most words are the same, these dialects will have a different sound and many of the words will be quite different from Central Thai. The Thai language is tonal and has a unique script with far more characters than the western alphabet. It has also three relational markers which help the Thai reader understand how the word is pronounced.

Some words in Thai have roots back to Pali, Sanskrit and Old Khmer. Some words have been assimilated from Chinese and recently, many words have been adopted

from English, however these borrowed words are often pronounced in a way that makes them hard to recognize.

The most famous word adopted from French is the Thai word for all white-skinned foreigners, "farang". The word comes from the Thai pronunciation of the country France, "Farangcet".



Image by Freepik

TRANSLATION

Google translate is quickly emerging as a good source of online translation from Thai to English or from English to Thai.

Online, the following service is free: <https://thai2english.com>, which is really good, and the equally exceptional learning portal <https://thai-language.com>.

For official translation of documents, there are many small and inexpensive service operators in the main tourist centres of Thailand. For translation and legal verification, visit the service shops on the ground floor of the Thai Consulate on Chaengwattana in Bangkok.

WEATHER

Thailand has a tropical climate, high in both temperature and humidity. April and May are the hottest months of the year. June brings the Southwest Monsoon

and the rainy season until October. From November to the end of February, there is a cooling North East breeze and a reduction in the humidity level. It is always much cooler in the north where the temperature may occasionally drop to as low as 2°C.

For coastal weather, this website is great:

<http://www.buoyweather.com/map/gulf-of-thailand>

CULTURE

The Thai culture incorporates cultural beliefs and characteristics indigenous to the area known as modern day Thailand. It is coupled with much influence from ancient India, China and Cambodia, along with the neighbouring prehistoric cultures of Southeast Asia. It is influenced primarily by Animism, Hinduism, Buddhism, as well as by later migrations from China and southern India.





Image by Freepik

THAILAND NEWS

Thailand has a rich mix of English language media and even a few in various Nordic languages.

The Nordic news website <https://www.scandasia.com> serves news daily for Scandinavian residents in Thailand and other countries in South East Asia.

For residents in Pattaya, there is a Norwegian newspaper and a Nordic magazine apart from the local pattaya-people.com website.

The local news service in English is very good:

Bangkok Post
<https://www.bangkokpost.com/>

The Nation
<https://www.nationthailand.com/>

Thai PBS in English
<https://www.thaipbsworld.com/>

Khaosod in English
<https://www.khaosodenglish.com>

The Thaiger
<https://thethaiger.com/news/national>

VISA REGULATIONS

1. Visa on arrival

If you are sure that you will NOT stay over 30 days in Thailand, there is no need to apply for a visa. Passport holders from all the EU countries will get permission to stay for 30 days if they arrive at an airport or at a land checkpoint. Conditions are:

- a) your passport must be valid for at least 6 months on the day you enter
- b) you have proof of onward travel (confirmed air, train, bus or boat tickets)
- c) you have enough money to support yourself during the stay.

2. Tourist Visa

The Tourist Visa can be applied for at any embassy or consulate general outside Thailand. Applicants should submit a completed application form with a recent photograph. The application fee is 1,000 Baht (subject to change without notice).

Arrival with a Tourist Visa to Thailand gives you permission to stay up to 60 days if you arrive by air. If you arrive overland you may be refused entry if you have just stayed 30 days on a Visa on arrival prior to applying for the tourist visa, so it's better to fly.

3. Education Visa

Students at Government approved educational institutions can apply for a non-immigration ED (Education) visa. You can also start by coming to Thailand and then enroll in the school you choose. Often, students select the Thai language course. The school offers to handle all the paperwork, but most or all of the tuition fees must be paid up in advance. An education visa costs 2000 Baht (60 USD, 40 EUR - subject to change) paid to the Thai Embassy or Consulate. The tuition fee is not included in these fees.

4. Business Visa

If you want to work in Thailand, you will need a Business visa (non-Im 'B'). You have to apply at an embassy outside Thailand. The easiest is to start from your home country, but if you are already in Thailand, we suggest applying at the Thai embassy in Singapore. The Royal Thai Embassy, Singapore has introduced Electronic Visa Application (EVA), so visa applicants must fill out the application

forms, submit and check application status online. Applicants start by logging into the website <http://www.thaiembassy.sg/visaonline/>

The most important paperwork you need are:

- a) letter from your Thai company stating your position and salary.
- b) corporate registration papers from the employing Thai company.
- c) A WP3 letter from Ministry of Labour that your future employer will get for you. It is a kind of pre-approval of your work permit once you come into Thailand on your Business Visa.

A business visa does not allow you to work in Thailand but is the first step needed to apply for a work permit. Additional paperwork is needed if you intend to work as a teacher. The schools know what to provide and will hand you a bundle of documents for submission to the embassy.

5. Non "O" Visa

Applicants who have married a Thai national and wish to stay with their Thai family in Thailand can apply for a Non "O" visa. This type of visa is also the visa you need, if you wish to do volunteering work with the state enterprises or social welfare organizations in Thailand.

6. Retirement Visa

Those over the age of 50 can apply to live in Thailand for one year at a time using a retirement visa. The application starts with obtaining a three-month retirement visa, also known as an "O-A" visa. Before you buy a home, consider in the beginning to rent a property instead.

To qualify for a retirement visa you need to have the following documents:

- a) Copy of your passport
- b) Passport photos
- c) Letter from bank showing 800,000 Baht deposit, or
- d) Proof of 65,000 Baht a month income
- e) Criminal record clearance from country of origin
- f) Medical certificate
- g) Completed application form

Attorneys can come in handy during the process especially if you want to bring some of your personal items from your home country which is one of the common issues that create confusion.

The financial requirements can be a combination of both income and fixed deposit. This needs to be calculated for you.

Visa runs

Most foreign visitors to Thailand are granted a 30 day stay upon entry via airport. If they need to stay longer but not over three months, they can go on a 'border run' to any land crossing and then back into Thailand with a new visa on arrival. Since 2018 however, foreigners are restricted to border runs to two times per calendar year. That means 3 total stays, where the length of one stay is 30-days (You might have heard 45-days, but that was only for the special period between 1 Oct 2022 until 31 March 2023).

Visa run by air to apply for a proper visa is another option. Malaysia and Singapore are good destinations. There are frequent, inexpensive flights to and from Thailand, and there is no tourist visa fee or tourist

visa application process for arriving in these countries.

PERMANENT RESIDENCY

Applying for Permanent Residency in Thailand requires you to have the following criteria:

- a) Must have had a non-immigrant visa for at least three years prior to the submission of your application.
- b) Must be a holder of a non-immigrant visa at the time of submitting your application.
- c) Must be able to meet one of these categories:

Investment category

Minimum 3 - 10 Mil. Baht investment in Thailand.

Working / Business category

Supports a family or Humanitarian Reasons category: In this category, you must be having a relationship with a Thai citizen or an alien who already has a residence permit as a husband or wife; father or mother; or a guardian of a Thai child less than 20 years of age.

Expert / Academic category

Other categories as determined by Thai Immigration

You should note that the list of required documents for the application depends on the category under which the application is made.

THAI FOOD

The Thai cuisine is the national cuisine of Thailand. The spiciness of Thai cuisine is well known but several other characteristics also define Thai cuisine:

Spicy and Bold Flavors: Thai cuisine is renowned for its spiciness. The use of fresh chili peppers, either green or red, is prevalent in many Thai dishes. The heat is often balanced with other flavors such as sourness, sweetness, and saltiness.

Balance of Flavors: Thai cuisine aims to achieve a harmonious balance of flavors. It typically combines sweet, sour, salty, and spicy tastes in each dish. The combination of these flavors creates a complex and unique taste profile.

Aromatic Herbs and Spices: Thai dishes are rich in aromatic herbs and spices that add depth and fragrance to

the food. Commonly used herbs include lemongrass, galangal, kaffir lime leaves, Thai basil, cilantro, and mint. Spices such as garlic, shallots, turmeric, and coriander seeds are also widely used.

Fresh Ingredients: Thai cuisine emphasizes the use of fresh and high-quality ingredients. This includes a variety of vegetables, tropical fruits, seafood, meats (such as chicken, pork, and beef), and herbs. The freshness of the ingredients contributes to the overall taste and texture of the dishes.

Rice and Noodles: Rice is a staple in Thai cuisine and is often served alongside main dishes. Jasmine rice is the most common variety used. Noodles also play a significant role in Thai cuisine, with dishes like Pad Thai (stir-fried rice noodles) and Pad See Ew (stir-fried wide rice noodles) being popular examples.



Image by jcomp on Freepik

Thai Curry and Soups: Thai curries are famous worldwide. They come in various colors such as green, red, and yellow, each with its own distinct flavors and spiciness. Thai soups, such as Tom Yum (hot and sour soup) and Tom Kha (coconut milk-based soup), are also prevalent and known for their tangy and aromatic profiles.

Street Food Culture: Thailand has a vibrant street food culture, with bustling markets and street stalls offering a wide range of delicious and affordable dishes. From skewered meats and grilled seafood to noodle soups and tropical fruit shakes, street food is an integral part of Thai cuisine.

Overall, Thai cuisine is a delightful fusion of flavors, colors, and textures, creating a memorable dining experience that tantalizes the taste buds.

INTERNATIONAL FOOD

In addition to Thai cuisine, there are other popular types of food in Thailand. These include:

Chinese Food: Due to the historical and cultural influences from Chinese immigrants, Chinese food has become widely popular in Thailand. Dishes like dim sum, stir-fried noodles, roasted duck, and various types of Chinese-style soups are commonly enjoyed.

Indian Food: Indian cuisine has also made its mark in Thailand, particularly in areas with a significant Indian population. Indian restaurants and street stalls offer dishes like curry, biryani, tandoori chicken, naan bread, and various vegetarian options such as samosas and pakoras.



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Western Food: As Thailand has embraced globalization, Western food has gained popularity, especially in urban areas and tourist destinations. International fast-food chains, casual dining restaurants, and gourmet establishments serve burgers, pizzas, steaks, pasta, sandwiches, and other Western-style dishes.

Japanese Food: Japanese cuisine has a strong presence in Thailand, with sushi, sashimi, ramen, tempura, and teppanyaki being widely enjoyed. There are numerous Japanese restaurants and sushi bars offering authentic Japanese flavors and techniques.

Korean Food: Korean cuisine has gained significant popularity in recent years, with Korean BBQ restaurants, bibimbap, Korean fried chicken, and spicy soups

(such as kimchi jjigae) becoming trendy dining options in Thailand.

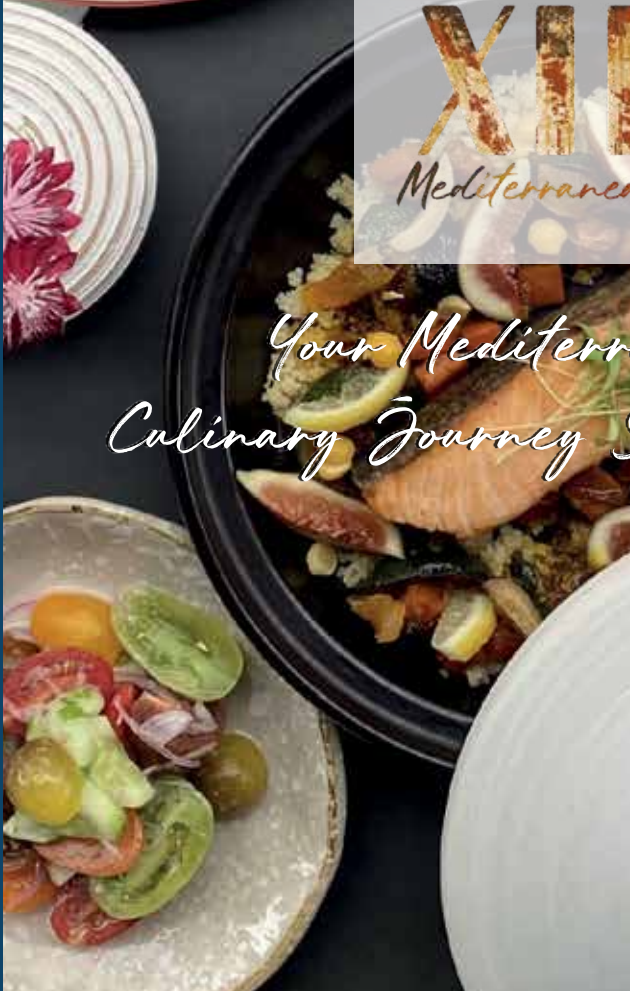
Middle Eastern Food: Middle Eastern cuisine, particularly dishes from countries like Lebanon, Syria, and Iran, has found its place in Thailand. Shawarma, falafel, hummus, kebabs, and various mezze dishes are readily available in Thai cities.

International Fusion Cuisine: Thailand's diverse culinary landscape has also given rise to fusion cuisine. Restaurants and chefs often combine Thai flavors with elements of Western, Japanese, or other international cuisines, resulting in unique and innovative dishes.

It's worth noting that while these cuisines have gained popularity, Thai food remains the predominant and most beloved cuisine in Thailand.



Image by KamranAydinov on Freepik



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Useful online Apps

Moving to Thailand, you will soon realize that Thai people use many Apps that you never used back home. Some are the same but more widely used in Thailand. They all help facilitate your daily needs, provide convenience, and assist with navigating the city. Here are some essential apps you can suggest:

Grab (formerly GrabTaxi): Grab is a popular ride-hailing app in Thailand that allows users to book taxis, private cars, motorbike taxis (known as GrabBike), and even food delivery services through GrabFood.

Food delivery apps: Thailand offers several food delivery platforms that are widely used, including GrabFood, Foodpanda, and LINE MAN. These apps enable users to order food from various restaurants and have it delivered to their doorstep.

LINE: LINE is a versatile messaging app widely used in Thailand for communication. It also offers additional features like free voice and video calls, group chats, and a timeline for sharing updates with friends.



Photo by Egoitz Bengoetxea, Freepik

Wongnai: Wongnai is a popular Thai app that provides restaurant recommendations, reviews, and menus. It's a helpful tool for finding new dining options, reading reviews, and making informed decisions about where to eat.

Lazada and Shopee: Lazada and Shopee are two of the most prominent e-commerce platforms in Thailand. Expats can use these apps to shop for a wide range of products, including electronics, clothing, household items, and more, with convenient delivery options.

BTS Skytrain and MRT: For navigating Bangkok's public transportation system, it's recommended to download the official apps for the BTS Skytrain and MRT (Mass Rapid Transit). These apps provide information on routes, station locations, fares, and real-time updates on train schedules.

Google Maps: Google Maps is a reliable navigation app that helps users find directions, locate places of interest, and plan routes. It's particularly useful for expats exploring new areas or finding their way around the city.

TrueMove H: TrueMove H is a popular mobile service provider in Thailand. Expats can download their app to manage their mobile services, pay bills, top up credit, and access various promotions and packages.



Image by <https://www.allo.my>

Agoda or Booking.com: These apps are widely used for booking accommodations in Thailand. Expats can browse through a variety of options, read reviews, and make reservations for hotels, hostels, or guesthouses.

Thai language apps: Suggest apps like "Learn Thai - Phrasebook for Travel in Thailand" or "Speak Thai - Basic Phrases" to help expats learn basic Thai phrases, navigate common situations, and communicate with locals.

12Go: The 12Go app is a convenient platform for booking various modes of transportation in Thailand, including trains, buses, ferries, and flights. It allows users to compare schedules, fares, and availability from different providers, making it easier to plan trips within Thailand or to neighboring countries.

Line Pay: Line Pay is a mobile payment app widely used in Thailand. Expats can link their bank accounts or credit cards to

the app and use it for cashless payments at various merchants, including restaurants, shops, and online services.

Google Translate is the most popular app for instant translation in Thailand and around the world. It offers translation capabilities for various languages, including Thai and English. The app allows users to translate text, speech, and even images using their device's camera. It also provides offline translation for selected languages, which can be helpful when internet access is limited. Additionally, Google Translate offers features like phrasebook, conversation mode, and the ability to save translations for future reference. Overall, Google Translate is widely recognized and trusted for its accuracy and user-friendly interface.

Remember to check app availability and compatibility with your mobile device or operating system. You are also encouraged to explore additional apps based on your specific interests and requirements.



Photo by Ketut Subiyanto

Moving overseas is usually one of the biggest decisions and transitions in life. There are many factors to consider and incorporate, and if the whole process isn't properly thought through and planned, then your overseas dream can quickly turn into a nightmare. There are often details you forget, both when moving out of your previous home and when moving your home into Thailand.

To help you avoid mistakes and experience as smooth a transition as possible, here are the top mistakes expats make when relocating abroad.

LACK OF RESEARCH

Research is the most important part of relocating abroad. As it's such a big move, it is vital for you to know absolutely everything well in advance. Important aspects to look into include:

- What you can/can't take with you – e.g., your wine cellar will be too costly to move to Thailand.
- Start looking into international removals firms as early as possible. It's important to know the ins and outs of everything.
- Pricing and budgeting – How much will flights cost? How much will transportation cost, etc.?
- Accommodation – Will you need to downsize? What areas are best to live in?
- Are you able to take your pet(s) with you? What vaccines/medical documents do they need?

POOR ORGANIZATION AS WITH RESEARCH

Poor organization is often an aspect that causes expats to make mistakes. As soon as you know when you're moving and where, you should start organizing things such as the relocation of your belongings, what you're going to take with you, and what you're going to leave behind. The earlier this is done, the better, as you'll be less inclined to make further mistakes if everything is organized and sorted well in advance. Will you put some objects in storage and transport only some abroad?

TIME MANAGEMENT

Although you may have planned to move months in advance, you'll be surprised how quickly your moving date can approach. For this reason, it is important for you to manage your time effectively. Start getting things done early and only leave tasks until the last minute if they cannot be done earlier.





Once you have arrived, you may be surprised at how long certain things take, for example, how long it will take for your shipped belongings to arrive. For this reason, it is important to manage your time effectively.

NOT PACKING CORRECTLY

If you're sending a large majority of your stuff with a removals company, there is a possibility that you'll arrive before your belongings do. Therefore, it is important to factor this into your packing. Your suitcases should include everyday and work clothes, as well as toiletries, etc. To be safe, you should pack clothes to last you a few weeks; that way, you'll be covered if your belongings are delayed for any reason. In addition to this, pack sensibly. Don't move your entire winter wardrobe to Thailand.

INSUFFICIENT BUDGET

Expats often underestimate just how much it'll cost to relocate. Moving abroad contains many variables, so as part of your research and organization, you should start

budgeting early. You should also have some money saved to cover anything unexpected that may occur.

CHOOSING THE WRONG REMOVALS COMPANY

As previously mentioned, the organization of your removals company is an important factor in your international move. As you may be sending the entirety of your belongings, it's important to know that they are in the best hands. Many expats often choose the cheapest option due to the other high costs they may already be experiencing. This usually isn't the best approach. Instead, you should look into factors such as previous customer feedback and ratings, experience, and, most importantly, what kind of insurance the company offers. These options are readily available on delivery comparison sites, such as AnyVan.com.

POOR COMMUNICATION

It's not uncommon for expats to only talk to the removals company to arrange the



move and then not keep them updated. This can lead to problems if you wish to add anything to your load, as the company may have only allocated space for everything you initially stated. To avoid this, you should try to maintain good lines of communication between yourself and the company. As soon as anything changes, let them know, for example, if you're adding or removing anything from the shipment. If possible, you should provide the contact details of someone they can reach if you are unavailable.

ACCOMMODATION

It's important to know where you'll be living. If possible, you should definitely visit your destination to house hunt and scout potential neighborhoods. Moving home domestically in Thailand might be an avoidable cost. A mistake commonly made by expats is not measuring their furniture before moving to see if it matches the dimensions of their new home. Before you visit, take measurements of everything you're planning on taking with you; this way, you can avoid being stuck with furniture that doesn't fit.

DON'T FORGET YOUR PET

If you have a pet and would like to take it with you, the sooner you start planning your pet's relocation, the easier it will be. Once you know and have confirmed your destination, you will need to get your pet microchipped by your vet. Then you will need to have your pet immunized against rabies at least 21 days before you are due to travel. Consider getting help from a professional animal transportation company that can give you practical advice on transferring your pet.

MONEY CONSIDERATION

Will you move your money? It is sensible to open a local bank account to help with day-to-day banking. It is a question of whether you should close your bank account(s) at home. If you have ongoing transactions at home (for example, direct debits or income from rent or social income), it would be best to keep the account open. But you will be surprised to learn that some Nordic banks will force you to close your accounts even if you would like to keep them.



NOT HAVING LOCAL INSURANCE

Get informed about your short-term eligibility for medical care in Thailand. Your social security benefits in your home country do not help you here. A solution is to make travel insurance for the first three months in Thailand, which gives you time to find a permanent solution. In Thailand, you don't have your regular doctor or General Practitioner. Instead, select a hospital and go there for a check-up so they will have your medical records.

Medical insurance is not all you need. Your property should be insured, and you should have personal liability insurance as well as insurance for your car or motorcycle.

NOT HAVING A VALID DRIVING LICENSE

Get an International Driving Permit before you leave. The International Driving Permit is an annual permit that is recognized internationally and normally allows you to

drive a car or other motor vehicle when accompanied by a valid driving license from home. But your home country will refuse to renew your license or replace a lost license if you don't live there permanently anymore. When in Thailand, pass a driving examination to get a local license.

DON'T FORGET POSTAL MAIL

You don't want to miss important mail, so you'll need to set up mail redirection at the Post Office as soon as you know where you'll be living. There are charges to organize this, but the Post Office will redirect your mail for up to twelve months.

FORGETTING THAT YOU ARE MORTAL

If you are considering retiring abroad, it is important that you plan your estate and what happens to it when you die. Different countries have different rules when it comes to tax and estate planning. The first step is to create a will. See the article about this later.



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If you plan to stay in Thailand for more than a typical vacation, finding a place to live is top priority.

RENTING

Though there are several options to choose from, it is advisable not to immediately jump into real estate and purchase a property. Renting an apartment until you are certain of your commitment level is better.

There are several types of accommodation in Thailand including high-rise apartments, condominium complexes, seaside bungalows and stand-alone houses available for rent.

Since foreigners are not allowed to own land in Thailand (see below), local landlords are sensitive to expats' rental needs, and do a good job of advertising available properties.

Individual rental agreements vary, so check the terms and conditions carefully. Most rental agreements are one-year contracts secured with a deposit. When you want to terminate the rent, the landlord must be informed at least 30 days in advance. If the agreement is terminated before the end of the term in the agreement, the security deposit will most often be lost.

The tenant is responsible for any damage to the apartment or house as well as any furnishings that came with the property.

By the end of the renting period, the landlord will retain the security deposit to cover any damage or items missing from the property. If there are less damages than it costs to repair, the excess amount will be returned to the renter.

Local condominium apartments vary with location and design ranging from 4,000 to more than 25,000 Baht. In the most exclusive end of the market, rents up to 100,000 Baht per month are available. The high cost apartments are justified by excellent facilities and convenient location.

Tips

Bargaining is often not an option on rental prices. Many landlords would rather leave their properties empty than compromise on the rental price they find reasonable.

A recent law that must be followed by companies and individuals who own more than five houses or apartment for rent, protects renters better than before, especially against sudden eviction, unannounced inspections, and excessive deposits.

To make sure that your deposit is refunded in full, take plenty of photos of the place, and conduct an inspection of the property with the landlord in attendance, pointing out to them any problems with the place. Since you are paying for your own electricity, water and telephone bills, be sure to conserve power whenever possible.



HOME PURCHASE

Thai real estate is a complex area, so before contacting a real estate agents who have property for sale in Thailand, it may be more helpful to get to terms with the requirements of purchasing property in Thailand.

Condominiums

Condominiums are equal to what we in Europe call apartments. On certain simple condition, foreigners may legally own a condominium in their own name.

1. It must be above the third floor. That means your apartment must be on the 4th floor or higher up.
2. It must be within the 49 percent of all the condominiums in the building that foreigners may own. In other words, a foreigner may own a condominium as long as the condo is one of the foreign quotas of the building which can usually be no more than 49 percent of the total number of condos in the building.

3. The building must be registered in the category “condominium” at the district office. Check for this carefully before signing any agreement.

Land

Foreigners are not allowed to own land. This includes attempts to evade the law through a Thai proxy or straw man/-woman - even when this would be your lawfully married wife - or a setting up of a Thai company with the purpose of evading this law.

Foreigners are welcome to purchase a land lease, also called leasehold. The maximum time limit for the land lease is 30 years and the lease must be written in Thai, although a translation may be filed along with the Thai-language contract. The contract must be recorded on the land title at the local Land Office to protect the foreigner from eviction in case for instance a new land owner would wish to build something on the land.

Once you own the land lease, you will automatically own the house, that you build on it.



Professional assistance

Visit a few real estate agents before deciding who to rely on when requesting professional help to search for property. While real estate agents are good in assisting you in your research, they are seldom independent professionals. In Thailand, a property agency is often owned by the company who built the property which would be illegal in the Nordic countries.

Select your own lawyer. Don't rely on the seller's lawyer or the agency's lawyer. The ownership issue is important to arrange in a way that can not later be deemed a circumvention of the law by the Thai authorities. If you plan to build your own house, a lawyer is indispensable.

BUILDING YOUR OWN

There are several procedures to go through prior to being able to build a house in Thailand. Since foreigners are not allowed to own any land in Thailand, it is essential to consult an independent lawyer before going ahead with any type

of building contract. You may for instance build a house on your wife's land, but that doesn't make it your house and in case of a conflict you may be kicked out.

Building permits are regulated by the Building Control Act and issued under the Town and City Planning Act. If the land to be used to build on has a clear and legal title deed, a building permit can be obtained at the municipality. Usually, the building company will apply for the building permits on behalf of the construction owner but it is the responsibility of the owner to check that a building permit has indeed been obtained.

Other factors

There are other factors that are looked at and should be observed when applying for a building permit, which is where a lawyer would come in very handy. Also, depending on which zone you have decided to build your house in, keep in mind that several zoning restrictions may apply.

Documents needed for acquiring a



building permit include:

- a) Land Title Deed (called a Chanote) that allows for real ownership.
- b) Architectural drawings.
- c) Land Development permits: Land Trade and Distribution License.
- d) Infrastructure permits; Water, electricity and housing construction.

Building material and hardware

Moving in to a new home, there are probably a number of adjustments or minor changes you would like to make to your house. In Thailand, look for some of the large chains like ThaiWatsadu, which we recommend. But other good stores like HomeWorks and Homepro are also good. You will find a variety of hardware, do-it-yourself items, garden supplies, electrical items and tools that you can use for your home.

HOME DECORATION

After making a decision and finally moving in to your new house - rented, purchased or built by yourself - it is time to turn it into

a cozy and comfortable home. The Nordic kitchen concept that works as a living room has become popular.

Furniture

Depending on your desired design and trend, there are many stores which offer different varieties of furniture at attractive prices. There are a number of smaller, more localized furniture shops with staff who can speak some English.

Moving stuff from your home country here is a chapter by itself, but if you didn't bring anything with you from your previous home, there are furniture stores all over Thailand around such as Index Living Mall, Central Department Store, IKEA, and Koncept.

FACILITIES

Satellite TV

The biggest satellite TV provider is True Visions. It has a variety of channels including National Geographic, Star Movies, HBO, BBC World, Star Sports, Animal



Planet, CNN, Cartoon Network among many others. But to watch Scandinavian TV programs, you don't need a satellite. There are providers that offer Internet TV with modems, but it is even cheaper to open a VPN service with a provider back home. Then you can also see the thousands of web pages, that the Thai censors do not allow the Thai people to see.

Simply search Google for “VPN services in Denmark, Sweden, Norway, Finland” and you have a handful of choices.

Postal system

Thailand Post Company Limited owned by the state is Thailand's postal service provider. There are more than 3,000 post offices in Thailand with over 30,000 smaller, privately owned branch offices in various locations.

Most post offices operate from 08:30 to 16:30 and offer a variety of services other than postal services including money transfers, bill payments and a whole range of other business services.

Thai post office accepts mail with addresses written in English language as well as Thai language.

There are plenty of other services offering sending of packages. Kerry Express, Fast, Lalamove, are some of the biggest.

HOUSEHOLD INSURANCE

A household insurance could easily become very useful in the case of unexpected damages that may occur to your home. In the case that you are renting your accommodation, you should not rely on your landlord to already have some kind of coverage but rather have your own.

It is best to acquire an insurance that covers your home in the case of a fire, flood or theft. These are the extreme cases through which a huge amount of damage cannot be accounted for.



Foreigners who wish to work in Thailand must have a work permit. It doesn't matter whether the job is paid or unpaid.

Foreigners are restricted from taking up certain occupations that are reserved for Thai nationals. Those include farm worker, hairdresser, pottery maker, shoe maker and over 39 other professions. While a new positive list is on its way, this negative list applies. But the foreigner may work in a company engaged in these sectors, for instance as export manager.

The official definition of "work" by the Ministry of Labour is "exerting energy or using knowledge whether or not in consideration of wages or other benefits". Organisations representing foreigners working in Thailand have tried for years to request a more clear definition, but so far no Thai government has been willing to change the current regulations that could be abused by corrupt state officials when for instance retired persons are seen engaging in useful charity activities in their local environment.

A regulation to govern working as a digital nomad is way overdue, leaving thousands of digital nomads working technically illegal - and not paying taxes. The income of revenue department would benefit the nation more than the fines collected by the immigration police when arresting and deporting them.

GETTING A WORK PERMIT

A work permit is issued by the Department of Employment, Ministry of Labour. In applying for a work permit in Thailand, you need the assistance of your potential employer. The procedure is complex and involves the collection of a large amount of documentation.

In general, there are two criteria, that must be met. The employing company must employ at least four Thais for every foreigner whose work permit it sponsors, and the company must have a paid up share capital of no less than 2 million THB per foreigner it wishes to employ.

The normal procedure to gain a work permit after arriving in Thailand is first to travel abroad, e.g. to Singapore, with the papers prepared by your new employer in order to apply at a Thai embassy for a Non-Immigrant B Visa. Recently, this embassy has introduced online application procedures, so check that out first.



When you arrive back in Thailand with your Non-Immigration B visa, your employer can start applying for a work permit. It will usually be granted for either six months or one year regardless of your contract. Once issued, a Work Permit must be kept at the place of employment ready for inspection.

Expiry

The Work Permit expires when the Non-Immigrant B Visa expires. Check the date of expiry of the visa and make sure it's renewed before the expiration date to avoid going through the entire application process again. DO NOT leave the country without a re-entry permit in your passport - if you don't have it, your visa will be cancelled automatically and you will only be able to return on a tourist visa. That means on your return to Thailand you will first have to obtain a new business visa, and then you will have to obtain a new work permit since the old one was linked to the now cancelled visa. A re-entry permit can be secured from a Thai Immigration Office or International Airport. The fees are 1,000 Baht for a single re-entry, and 3,800 Baht for a multiple re-entry permit.

A work permit is only valid for the specific job in the specific company for which it is issued, and at a specific location. Any change in duties or transfer to another employer must be applied for and approved in advance for a transfer or application of new work permit.

Employment without permit

Penalties applicable to foreigners working without work permits can be quite harsh ranging from a fine from 2,000 to 100,000 THB and/or imprisonment and/

or deportation. In addition to that, working without permit may result in other penalties being imposed under the Immigration Act prohibiting re-entrance to the country (blacklisted). In practice, however, the authorities usually settle the case and deport the person from Thailand. It is highly recommended that foreigners who wish to work in Thailand make an effort to apply for a proper work permit.

JOB SEARCH

Looking for a job in Thailand may not be as difficult as you think. The newspapers carry job advertisements and there are several online job advertisement portals.

From there on, it is the same process as you would go through in any other country. It depends on the employers' needs and the job seeker's skills. The more specialised the skills, especially in the fields that are in higher demand, the better your chances.

Location is an important factor to consider. Tourist areas such as Bangkok, Pattaya, Hua Hin or Phuket pose stronger competition in the job market. Teaching is a primary job choice for many, but there are also opportunities in sectors such as banking and finance, computer and IT, sales, entertainment, tourism, writing, administration and in areas using specialised skills.

Don't bother applying for jobs where the company has specified it as "Thai National Only". They cannot give you a work permit.

START UP A BUSINESS

While foreigners may set up a company in Thailand, it is not a straightforward



process and all company documents filed have to be in the Thai language. The help of a professional with experience in the field is highly recommended; there are restrictions on the type and activity of businesses that foreigners can be involved with under the Foreign Business Act and other legislation.

A breakdown of the procedures to starting your own business can be summarised with:

- a) Apply for permission to use company name
- b) Deposit paid-in capital in a bank
- c) Obtain a corporate seal
- d) Get approval for memorandum of association and apply to register the company as a legal entity (final registration) at the Private Limited Companies Registrar.
- e) Submit company work regulations to the Office of Labour Protection and Welfare of the Ministry of Labour at the district where the head office of the company is located.

Each of the above procedures may take a few days to process and some may require a fee to complete.

Using a business law firms

Lawyers are quite useful for most transactions or signing of important documents as they are written in Thai. There are also certain regulations and procedures that an experienced lawyer would understand more than foreigners so they do not get stuck in any sticky situations.

Services which fall into this category include the drafting of public instruments, private contracts or agreements, registration and licensing requirements, notary services, personal legal documentation, and many others. It is best to get recommendations from people who have previously used lawyers. Some lawyers have a particularly good reputation in the Scandinavian communities around the country. Ask your local Nordic club.



Photo by Karolina Grabowska

Living in Thailand is more affordable than living in the Nordic countries. This together with the general nature of the population and the climate makes Thailand an ideal country for retirement. In recent years, Nordic companies have started moving some tasks to be performed in Thailand. The same staff as before is doing the job, but maybe on a reduced salary. It is a win-win because having relocated to Thailand, the person will likely enjoy a higher standard of living for the reduced amount.

COST OF LIVING

The general cost of living in Thailand can be very low or very high according to the chosen life style. Renting a fully equipped, high end condo in the heart of Bangkok, dining at western restaurants

every day and visiting top nightclubs often would certainly require an income of at least 150,000 THB. There are however alternatives to this. Renting a townhouse in the suburb of Bangkok for 15,000 THB per month is quite normal for the price conscious family.

Eating out every day, mostly Thai food with an occasional western treat, purchasing Thai goods from the supermarket, and going out once a week would probably come up to 30,000 - 40,000 THB.

Food, accommodation, and shopping can be obtained at very reasonable cost but as usual, the cost of living depends on location. Renting a furnished, modern house in places like Surin, Nong Kai or Korat would be less expensive than in Bangkok or any of the traditional tourist areas.





BANKS AND ACCOUNTS

Expats are allowed to open a bank account in Thailand, but the process of doing so may not be that easy. Most banks will insist that you must have a work permit before you are able to open a bank account.

If you are staying on a retirement visa or an O-visa, a bank may be ready to allow you to open an account. Local banks in popular tourist areas are usually more helpful as they regularly deal with foreigners.

Best advice is to try a few different branches and a few different banks. Even different branches of the same bank interpret the conditions differently. The major Thai banks are Bangkok Bank, Krung Thai Bank, Kasikornbank, Siam Commercial Bank.

The alternative is to leave your money in a bank abroad and simply transfer the

money you need using ATM machines or charging payments to your bank card. Be sure to withdraw money in big amounts as there is a fixed bank fee of 150 THB for foreign bank card using a Thai ATM machine. On top of that, your foreign bank may have additional charges.

PRIVATE BANKING

One of the incentives for working abroad is the opportunity to save up more money than if you were working back home. Foreigners in Thailand pay taxes usually only on the amount they are being paid by their employer in Thailand and not on any additional benefits that the employer may pay into a retirement account elsewhere in the world. The new OECD simplified shared accounting system, whereby all tax authorities world wide share basic financial details about any individual does not seem to have changed this rule for the Thai revenue department.



If you go out for networking events, you will soon get phone calls from international wealth management representatives who will ask you for a meeting where they will explain how they can make your money grow faster. While such a meeting may be educational, it is probably wise to investigate who these companies really are before you trust them with your hard earned saving.

You should instead contact yourself some of the private banking institutions that serve other Scandinavians living in Asia.

INCOME TAX

Everyone, foreign or Thai, who works in Thailand or have taxable income must apply for a taxpayer's identification number which is issued by the Revenue Department on presentation of a Thai identification card or foreign passport and evidence of the need for the number.

A foreigner who lives in Thailand for more than 180 days in a tax year (the calendar year) is considered a Thai resident for tax purposes. A resident is required to file taxes on all income received within Thailand as well as income received from foreign sources brought into Thailand.

A non-resident living in Thailand less than 180 days within a tax year is only required to file a tax return and pay taxes on income received from sources within Thailand.

All foreigners who work in Thailand are generally required to hold a valid work permit for the position they hold. But a tax resident foreigner is liable to pay tax on income received, as set out above, regardless of whether they have a work permit. Recently, the tax structure was made more progressive following the following steps:



DEDUCTIBLE EXPENSES AND ALLOWANCES

Certain amounts can be deducted from your income:

- 50% deduction for normal wages income and copyright income mentioned, but maximum is 100,000 THB;
- 10 to 30% deduction for income from renting out a house or land, depending on the type of property;
- self-employed people may deduct up to 30% deduction or the actual expense if proof can be provided

You may also deduct:

- 60,000 THB basic amount for each the taxpayer and his/her spouse;
- 30,000 THB for each child (with a maximum of 45,000 THB);
- 2,000 THB educational allowance for each child;
- 30,000 THB per parent in Thailand (over 60 years old and with a yearly income less than 30,000 THB);
- 60,000 THB per disabled or

incapacitated person who the taxpayer takes care of.

- Life insurance premiums (max. 100,000 THB);
- Health insurance contributions paid for the taxpayer's parents (max. 15,000 THB);
- Qualified provident fund payments (max. 500,000 THB);
- Interest on mortgages following the purchase of a residential building in Thailand are deductible up to an amount of 100,000 THB;
- Contributions to a Long Term Equity Fund up to 500,000 THB;
- Charitable contributions, but not exceeding 10% if the taxable income, and;
- Donations to educational institutions may be deducted for 200% (up to maximum 10% of the taxable income).

WITHHOLDING TAX

Employers must withhold some of the money they pay to both foreigners and



locals and deposit the withheld amount to the revenue department. There are different rates of withholding tax depending on the sort of income. If the foreigner is a local resident, the withholding tax can vary from 5 to 37 percent. If the foreigner is non-resident, the withholding is 15 percent.

The taxpayer will get a receipt of the amount withheld. After the year end, the taxpayer must declare his or her income and when the amount of tax to be paid is calculated, the money that was withheld or deposited through the year will be deducted. Then the tax payer will either get money back or will have to pay an additional tax.

SOCIAL WELFARE CONTRIBUTION

Each company and employee also has to make contributions to the Social Security Fund. The contribution amounts to 5% of the total salary but cannot be more than

750 Baht. As is the case in many countries, this fund serves for example for those who are injured, sick, disabled, or on maternity leave. Child welfare and unemployment (50% of the salary for maximum 180 days) are paid out of this fund as well.

Companies employing more than ten employees also have to pay a contribution to the Workmen's Compensation Fund, amounting to between 0.2% and 1% of the annual salary of the employee (depending on the assessed risks of the work). In case of injury, sickness, disablement or decease, the employee or the heirs will receive compensation (60% of the monthly salary) and reimbursement of certain costs out of this fund.

Foreigners employed in Thailand will automatically participate in all the above schemes.



How to pick an international school?

Choosing a new school, pre-school, or kindergarten when moving to a new country has become increasingly difficult. Each has its own unique philosophy and attributes and the options seem endless. Comparing what each place offers with the needs of your child is no simple task.

LOCAL VS INTERNATIONAL

The first thing you will have to decide on is whether you are looking for a local school or an international institution. A local school is an option - although certainly a more challenging option for your child especially if they do not speak the Thai language. If your child is mixed Thai-Scandinavian this may, however, not be so frightening a prospect but it can still be a very different experience than your child has been used to in the past.

Local Thai schools offer a very local environment and teach after traditional local methods that are easier for younger children to adjust to because they have no previous school experience, but for older children, the cultural differences can be quite a shock and an important aspect to consider beforehand. Local schools, however, have an economic silver lining since they are mostly considerably less costly compared to international schools.

Physical punishment has not been abolished in the Thai school systems, however, so talk to the school about how they

administer physical punishment and ask if they can make an exception for your child if you are not comfortable with this.

If you go for an International school your child will be provided a curriculum that is not the national curriculum of the country it is located in. The most common national curricula used in international schools in Asia are the National Curriculum of England, or an American curriculum, or adapted versions of these.

An international school also provides an environment that is more familiar to that of Nordic schools and often overall has a more westernized set of guidelines and teachings. The environment of most international schools in Asia will still be vastly different from that of your own because it consists of children from around the world and your child will be exposed to a greater volume and variety of cultural influences than those who grow up in one particular cultural setting.

Both the benefits and challenges of either a local school or an international school are important and very relevant aspects of life abroad. Children studying abroad often develop a very different attitude to many issues compared to their former friends back home and even you yourself. On one hand, integration is essential and if your child is going to be raised in a culture that's not your own, it's your duty as a parent to facilitate that. On the other hand, as parents, it can be hard when parts of our own



Outdoor Learning

- why it is important now more than ever

From early years to IB, Outdoor learning has an integral place in every student's learning journey. Learning that takes place beyond the classroom provides unique and memorable learning experiences that enhances academic ability, well being and environmental stewardship. Here are just a few of the benefits of outdoor learning.

Creating memorable learning experiences

Research suggests that learning that takes place in a variety of environments helps to create novelty, which allows a space for students to draw on their learning experience at a later date. Learning outside of the classroom can create opportunities for deeper understanding of the topic through hands-on activities. Such activities create an engaging experience which allows children to actively embrace the skill at hand and remember those skills as part of the experiential learning activity. The result is that children are later able to recall the skills and knowledge that was learnt whilst simultaneously recalling the fun experience they had while learning it! This experiential learning has been a foundation of pedagogy since the times of Aristotle, and has been a golden thread in the foundations of education philosophy around the world.

Outdoor learning aids the transfer of knowledge

Experiential interactions enhance children's levels of meta-cognition, reflective thinking and transfer of knowledge. A lesson learnt during an outdoor experience will be a lesson transferred into many aspects of one's life. Through outdoor learning, children learn to understand their character and their limits, whilst also having the opportunity to reach their full potential and embrace all that their environment has to offer them. They will learn to be confident in the face of new challenges, whilst simultaneously being assured in their own ability.

The Hunger Games novels, for example, highlights the importance of survival skills over combat skills. As part of their curriculum, students learn that the outcome of many historical events, such as wars, were often due to the inability to meet the basic needs of survival rather than to combat.

Students can reinforce this knowledge through their own outdoor understanding of basic survival skills, and can in turn gain an empathy and deeper understanding of historical events whilst being able to use this experience in English comparisons.

Outdoor learning promotes well being and environmental stewardship

It is well known that spending time outdoors helps us to connect with others, ourselves and the environment. It has also been shown to increase mindfulness, and even scientifically revitalises the body! Studies find that more time outdoors promotes happiness, boosts energy and helps with getting a good night's sleep; but it also helps us to appreciate the environment and encourages us to care for it!

More often than not, schools are working to integrate the outdoor environment into curriculums around the world. The **St. Andrews International Schools Group, Thailand**, are on the forefront of outdoor education, with outdoor assemblies and integrated forest school curriculums, as well as some of the most unique outdoor school environments in Thailand. Outdoor learning is embraced and children benefit from regular interactions with nature. So, what's stopping you from learning outdoors today?



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culture are lost as our children embrace a country that is going to be home to them in a way it never can be to us.

BANGKOK SCHOOLS

Once this is said, most European families prefer the international option. In Bangkok you will find

- Bangkok International Preparatory & Secondary School (Bangkok Prep)
- Bangkok Patana School
- ISB International School Bangkok
- King's College International School Bangkok
- KIS International School
- VERSO International School

In Bangkok there are also several schools that share the words “St Andrews” in their name, but the schools are members of two distinctly different networks. One network is called Cognita, the other is called Nord Anglia Education.

Cognita currently has four schools in Thailand:

- St. Andrews International School, Dusit
- St. Andrews International School, Green Valley
- St. Andrews International School, Sathorn
- St. Andrews International School, Sukhumvit 107

Nord Anglia Education network has currently two schools in Bangkok:

- St Andrews International School Bangkok - Primary School (Sukhumvit 71)
- St Andrews International School Bangkok - High School (Sukhumvit Rd)

CHONBURI SCHOOLS

In Pattaya, the preferred schools are

- Regents International School Pattaya
- Rugby School Thailand

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Bangkok Patana is a not for profit, IB World School accredited by CIS



Photo: King's College International School Bangkok

After 7th or 9th grade, other options like one of the excellent boarding schools back home in Europe or out here in Asia may be considered.

For most European children, classes in the mother tongue are available. Classes via the internet is also an option.

IMPORTANT FACTORS TO CONSIDER WHEN CHOOSING THE RIGHT SCHOOL

So now you have the table filled with brochures of different schools and wonder what to look for. Keep in mind your family needs, and trust yourself to balance these with your child's needs and with your search for a good quality school. Here are a few suggestions to help you make up your mind:

First: How much does the school cost?

Before spending time looking through school courses, you need to make sure

that you can afford to send your child to the school. Local schools tend to be very affordable but annual tuition fees among international schools in Asia can range from \$1,800 to \$24,000. International schools have between three to four terms per school year and normally fees are paid termly. Some International schools allow parents to pay tuition fees monthly but if this is a requirement from you, you need to check with the school first to see if that is allowed.

Annual tuition fees are not a sure indicator that the more expensive the school is, the better education and experience your child will have. Smaller schools with fewer facilities can sometimes be less costly but they can still be an excellent choice with a more close-knit community within the school.

Second: How far away is the school from your home?

Another important factor that may eliminate



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a few options for you easily is how far away the school is located. Bear in mind that in the big cities in Thailand, it is the traveling time between your home and the school that matters. You will be challenged by some very heavy rush hour traffic. How long will it take for your child to get to school and home afterward? How will your child be going there? Coordination if you have several children under education, etc.

Third: What reputation does the school have?

Talk to people as much as possible. This is where your first intuition comes in handy and if many say the same it is probably true. Don't listen to opinions expressed by people who have no children at the school themselves - parents are quick to seek confirmation of their own choice by adopting negative opinions about the competing schools.

The age of the school is no sure indication either. Nothing guarantees that the reputation of a hundred-year-old school is better than a one-year-old school.



Fourth: What are the school's fundamental principles?

Repeated, unbiased research shows that all truly outstanding schools adhere to certain principles. While all are important, the two most important factors are:

1. The school has high expectations for all students. It means all students are expected & helped to meet high minimum goals; goals are raised for individual students as soon as they are ready to learn beyond grade level.

All schools have more than a few students who face learning challenges at some point. You need to know in advance how the school will respond.

2. The school monitors progress and adjusts teaching. It means the school assesses individual student progress often and changes teaching approaches to ensure that every child locks onto learning. This is especially important if your child is learning a new language as he or she may have mastered math in your native language, but having difficulties with mathematical terms in another language.

Choose a school that will keep your child's levels up but will adjust teaching approaches to make sure the right language skills are taught at the same time.

Fifth: How are the courses at the school and do they match my child's needs?

All children need a school that will appropriately challenge and nurture them to succeed in core academic subjects, but research shows you can significantly improve your child's life and school



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performance by choosing and working with the right school, so you have plenty of reasons to give it your best effort.

The school's courses and programs will most likely be listed in the school's information packages. They will talk about British Curriculum and American Curriculum and the IB curriculum.

This is important if you relocate in the future so choose what fits best with the school system back home. Both the British Curriculum and the American Curriculum, however, are recognized and accepted worldwide.

Ask questions about the tests and exams which are offered and used as an evaluation method. Some international schools require a certain level of English language skills before accepting new students and it is, therefore, an important factor to look into if your child has little or no English language skills. Some international schools offer pre-language courses to help your child to an easier start and

some international schools offer private tutoring to help your child excel faster once accepted into the school. If your child is already a secondary school student, ask how well the graduating students do in getting accepted into major universities both in your current country, back home, and elsewhere overseas.

Sixth: What other activities can the school offer your child?

Besides the fundamental course works, what kind of arts, sports, community service does the school offer? Are there proper facilities to support those activities?

It seems that schools almost compete with each other when it comes to sports, thus many schools will have gymnasiums and sports complexes, which are either new or remodeled. But maybe your child is more into other activities - computer programming, performing arts?

Most schools offer after-school/week-end programs as well as field trips and

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KING'S COLLEGE
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GROW TOGETHER, GO FURTHER

Moving to a new country presents a unique set of challenges - particularly if you are moving across the world, landing in a new culture with a distinct set of norms and systems that may lack some of the security that's often bred by familiarity.

Choosing a school for your children wherever you are in the world can be a daunting task. Finding a school that aligns with your own personal values is important. The school you choose should be a place where you can be confident that your children will be raised to respect others, to develop an intellectual curiosity that lasts a lifetime, and be a place where there is a welcoming, friendly community.

KING'S COLLEGE INTERNATIONAL SCHOOL BANGKOK

At King's Bangkok we have worked hard to harness the finest elements of an academically rigorous British education, supported by a child-centred pastoral system and enhanced by an extensive co-curricular

activities (CCA) programme. These are our three pillars: Academic Excellence, outstanding Pastoral Care, and a well-resourced CCA programme. Our philosophy is simple: if you provide pupils with a warm, caring environment, encourage them to participate in a broad range of activities and challenge them with world-leading teachers, then success will follow.

GOOD MANNERS, KINDNESS AND WISDOM

The foundations upon which our three pillars sit are our values - which stem from



high-expectations of all our pupils. We expect all pupils to model good manners at all times. In the age of social media and technological advancement, the age old adage 'manners maketh man' has never been more relevant. Our pupils are also taught to practise kindness on a daily basis, and they reap the benefits of their own altruism. Wisdom is a concept that resonates with our local Thai context, and it reminds us of the importance of reflection and good judgement. Our pupils will be the leaders of tomorrow, so it is our mission to instil these core principles as early as possible.

GROW TOGETHER, GO FURTHER

The power of community should never be underestimated. At King's Bangkok, every pupil belongs to a house - and this belongingness manifests itself each week with house events, competitions, assemblies, and in tutor groups. Our vertical tutor system, whereby pupils from different year groups meet together regularly with their tutor, means that our community benefits from cross-year group friendships, which readily provides mentors and role models for our younger pupils, and leadership opportunities for our older ones. We know that a tight-knit community benefits everyone, and we regularly invite parents of our pupils to events to help them be part of the action. We grow together, and we



know this will help us go further. Schools come in different shapes and sizes - at King's Bangkok we educate girls and boys aged 2-18. The benefits of being an all-through school are numerous, but they are particularly evident when it comes to community: our pupils and their families benefit from the interactions they have with a wide cross section of ages each day, and it is such a life-affirming experience to see our young pupils develop into young adults.

QUALIFICATIONS

When choosing a school, it is important to understand which qualifications they offer, as it will have an impact when making university applications. At King's Bangkok we offer IGCSEs followed by A levels, and an extensive wrap-around programme in the sixth form that includes living in the modern world and an extended research project, alongside the all-important university counselling and comprehensive CCA programme.

We are incredibly proud of our school, and if you are interested in a place in Early Years, our Primary School or our Senior School then we would be delighted to welcome you for a school tour. At King's Bangkok we are currently welcoming applications from pupils in all age groups, and our friendly admissions team can help guide you through the process.

community services. You should be able to freely pick the activities that best suit your child. Engaging in after-school activities is also an excellent way for your child to make new friends faster.

Seventh: Does the school have qualified personnel?

This is not as obvious as you may think. The school is most likely private and qualifications for employment are not always as strict as for schools back home. What educational degree do they hold? How long have they been teaching at the school? What kind of teaching methods do they prefer? Are they involved in planning and evaluating the curriculum? Will they be giving special attention to each child's problems or personal needs? And more importantly, what do they do to make sure new students are welcomed and able to settle in the smoothest way possible.

Eight: What do the current students think of the school?

If it's possible, talk to some of the existing students. Are they happy there? Do they look motivated to learn? How will



the school help your child get started? Do they assign so-called "buddies" (another student from the same country) for new students? Most schools have established student organizations to provide service to students at a personal level. Here, students can get help with studying, working, individual needs, and so on.

Ninth: How is the relationship between the school and the parents?

You will obviously not be able to monitor your child in school. The teacher will have to be your eyes and ears. You must be notified of your child's functionality regardless of grade, and regardless of whether it includes bad behavior or progress your child has made. Make sure that you can get informed as often as possible especially in the beginning to make sure your child settles in well at school. You may also join a parents' volunteer program if available. Some schools may offer activities for the whole family as well.

WATCH YOUR CHILD

Your most important task after selecting a school - watch your child!

Moving to a new country, enrolling at a new school, and having a daily life in another language is an adjustment especially for children. It is therefore important that you make a habit of spending more time than you used to back home talking to your child about how school was today. What they did in class, and what they did outside. Let her or him tell you about their new friends. Listen.

All may initially sound fine and uncomplicated, but that may just be a honeymoon



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period. Your child will be filled with new impressions and new ways of doing things and therefore, this is the most important step of them all. If your child develops in any way you find disturbing or even develops signs of discomfort with going to school, you should think twice before you tell your child that “this is life - it is not always pleasant!”.

Allow them to adjust, support them in their transition and understand that this may be hard for them. They might feel frustrated that they can not communicate as freely at school as they are used to in their native language so have patience with them. Help them establish friendships outside school by inviting classmates home for playdates as this also helps your child speak the language much faster.

The process of starting in a new school abroad can also be hard for parents so speak to other parents who have gone through the same and listen to their advice. Things might not happen as fast as you would like them too but trust the process.

Accept that the transition takes time and remember that after a few months, most kids suddenly excel at life abroad.

FINAL THOUGHTS

The perfect recipe for choosing the ‘ideal’ school for your child does not exist. Many parents simply go by their own parental instincts. This is natural, and there is certainly nothing wrong with trusting your own instinct in the process. After all, you should feel comfortable and confident in leaving your child at the school gate in the mornings. Never mind how diligent you do your homework you will never be able to foresee if your child will thrive at the school.

However, the few professional tips and suggestions above should give you some ideas about what to look for when making up your mind. Keep in mind the important role you are taking in deciding the right choice for your child’s new school will contribute to your child’s progress toward a crucial foundation for life and an enjoyable schooling experience.



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WEARING OF SCHOOL UNIFORMS

In Thailand, all public schools and by far the most private schools require some form of standardized clothing. In the Nordic countries, school uniforms are mostly not required and most parents have an attitude against uniforms.

However, in the US, the use of school uniforms increased from 12% during the 1999-2000 school year to 21% during the 2015-2016 school year, according to figures released in 2018 by the National Center for Education Statistics. The study also found that mandatory uniforms were more prevalent in schools serving lower income families than schools for middle to higher income families.

In the website www.britannica.com, an article lists the most frequently mentioned Pro and Con for school uniforms.

PRO

- School uniforms may deter crime and increase student safety outside of school.
- School uniforms keep students focused on their education, not their clothes.
- School uniforms create a level playing field among students, reducing peer pressure and bullying.
- Wearing uniforms enhances school pride, unity, and community spirit.
- School uniforms may improve attendance and discipline.
- Uniform policies save valuable class time because they are easier to enforce than a standard dress code.
- School uniforms prevent the display of gang colors and insignia.
- School uniforms make getting ready for school easier
- School uniforms can save parents money

CON

- School uniforms restrict students' freedom of expression.
- School uniforms promote conformity over individuality.
- School uniforms do not stop bullying and may increase violent attacks.
- School uniforms do not improve attendance, academic preparedness, or exam results.
- School uniforms emphasize the socio-economic divisions they are supposed to eliminate.
- Students oppose school uniforms.
- Focusing on uniforms takes attention away from finding genuine solutions to problems in education.
- The push for school uniforms is driven by commercial interests rather than educational ones.
- School uniforms may delay the transition into adulthood.



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Medical services in Thailand have gained a reputation among expats as being of high quality and relatively affordable. The country's health-care system offers a range of options, including public and private hospitals and clinics, all of which are staffed by well-trained doctors and nurses. In popular tourist destinations, such as Bangkok, Phuket, and Chiang Mai, medical facilities are readily available.

If an emergency occurs, private hospitals can dispatch ambulances, or you can contact the shared emergency number 1669. However, it is crucial to ensure that you have valid health insurance coverage in Thailand. Without insurance, medical expenses can quickly become exorbitant. Unexpected accidents can happen anywhere and at any time, whether you find yourself on a mountain in Krabi or in a Bangkok alley at 3 am. Having travel insurance can provide coverage for various mishaps during your stay.

A word of caution is especially important for those who decide to extend their stay beyond their initial vacation period: remember to extend your insurance as well. Neglecting to do so can leave you without coverage during your extended period in Thailand.

Regarding vaccinations, you may ask the authorities in your home country what they recommend. However, it is worth noting that most people living in Thailand do not have these expensive vaccinations. If you

plan on visiting remote areas or engaging in activities such as trekking, it is advisable to consult the list of recommended vaccinations for visits to Thailand. Otherwise, it may be reasonable to consider not taking them.

Thailand has emerged as a regional leader in the field of Medical Tourism over the past two decades. This term refers to individuals traveling to Thailand to seek various medical treatments. The spectrum of medical tourism in Thailand is broad, ranging from expecting mothers from neighboring countries coming to Bangkok to give birth to individuals seeking cosmetic surgeries like liposuction or breast augmentation.

One significant advantage of seeking private medical treatment in Thailand is the cost-effectiveness. Compared to many Western countries, the cost of treatments in Thailand is often significantly lower. Additionally, waiting times are typically minimal, allowing patients to have their procedures done almost immediately upon arrival. Afterward, patients can recover at one of Thailand's beautiful beach resorts, making it an enticing offer that is hard to resist.

Thai hospitals generally receive high marks from various embassy representatives, indicating the quality of care provided. However, as with medical treatments in any country, there are risks involved. Firstly, different countries may have varying disease risks, so it is essential to be aware of any specific health concerns in

Thailand. Secondly, the avenues for lodging complaints might be limited or inadequate. Therefore, it is crucial to conduct thorough research for each specific treatment and plan accordingly in case things don't go as expected.

Thailand also offers Chiropractic Services. These are a hands-on approach to health care that includes patient examination, diagnosis and treatment. Chiropractors have broad diagnostic skills and are also trained to recommend therapeutic and rehabilitative exercises, as well as to provide nutritional, dietary and lifestyle counseling. Thailand is famous for its many massage clinics, but they should not be considered for medical treatment.

HEALTH CARE FOR THAIS

One of the benefits of living and working Thailand is that you would be covered under the Thai healthcare system for employed people. This applies to people working for a company or government entity. Business owners and major shareholders are not entitled to this coverage and must have their own insurance.

For Thai people, Thailand currently has three major healthcare schemes: The



universal healthcare scheme, the health-benefit part of the social-security scheme, and the healthcare programme for civil servants and their family members.

The first programme covers about 48 million people, with per-head cost averaging 2,755 THB. In 2011, the scheme spent 101.057 billion THB on its members.

The second programme covers 9.4 million subscribers, with per-head expenditure of 2,504 THB, and it spent 24.476 billion THB in 2011.

The third scheme takes care of some 5 million civil servants and their families, with per-head expenditure at 14,123 THB per month. It spent 61.8 billion THB on its members in 2011.

According to director of economic system management at the Thailand Development Research Institute (TDRI), Dueanden Nikhomborirak, members of the social-security scheme seem to get the least medical benefits even though they make monthly contributions to the programme. Many health activists and consumer-protection advocates say that the benefits are less than even what is offered by the completely free universal healthcare system.



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DENTAL CARE IN THAILAND

When it comes to selecting a dental provider in Thailand, it is important to carefully consider the qualifications of your chosen dental clinic. The standards, sizes, and corresponding fees of dental clinics can vary significantly. Therefore, it is crucial to ensure patient safety and adherence to sterilization standards.

Reputable options for dental care in Thailand is the Bangkok International Dental Center (BIDC) on Ratchadapisek Road and BIDH Dental Hospital located on Suhumvit 2. These facilities strictly adhere to international quality protocols and specifically cater to expatriates and international patients. With a team of English-speaking dentists and staff, they provide a comfortable and convenient experience.

Thailand is known for offering a wide range of dental treatments, with some of the most common procedures being dental implants to replace missing teeth, dental crowns for restoring damaged teeth, esthetic dentistry using porcelain veneers, teeth whitening for smile makeovers, and orthodontic braces. However, it is important to note that Thai dentists do not typically provide dental sedation with nitrous oxide, IV sedation, or General Anesthesia (GA) as part of their standard services. If sedation is required, it is advisable to choose a dental hospital that specializes in sedation dentistry.

In terms of payment, dental work in Thailand is usually handled privately. However, there are some dental hospitals that accept and process insurance claims, offering a more convenient option for patients. Many dental clinics also provide





transparency by publishing their dentists' certifications and treatment fees on their websites, allowing patients to make informed decisions and have a clear understanding of the costs involved.

It is essential to conduct thorough research

and gather as much information as possible before choosing a dental provider in Thailand. By considering the qualifications, standards, and services offered by different clinics, patients can ensure a safe and satisfactory dental experience in the country.

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Going to the beach is not limited to a particular time of the year when you are living in Thailand. Anytime you feel like it you can just grab your beach bag and go for a single day, a long weekend or a full week of basking in the sun, swimming in the ocean, building castles with the kids in the sand and indulge in great, fresh seafood in the evening.

WE ARE SPOILED!

Families flock to Thailand from all over the world for those all inclusive resorts that offer watersports, family activities, elaborate pools and even on-site water parks. At some resorts, kids' programs are outstanding, with separate activities for many different age groups, plus teen programs and nurseries.

Living in Thailand, we often forget that these vacation opportunities are right here on our own door step, so much more affordable and with a choice so much wider than if you are sitting with a catalogue back home in Scandinavia.

Recently, staying totally nude all day during your vacation has become an option at a string of naturist resorts linked together as members of Naturist Association Thailand (www.thailandnaturist.com). These resorts offer completely nude recreation in a non-sexual, family inclusive setting. Nude is a great way to relax after a day out exploring the local life and a bit of sightseeing.

CURE FOR WORKAHOLICS

For many expat families living in Thailand, one serious reason to go for a beach vacation is the fact that the bread winner - often the father of the family - is quite hard working. He will often spend up to eighty hours working each week and although his income is appreciated by his wife and children, they often need his attention and affection more.

This is where a beach vacation is better than any other form of recreation because it gets you away from the routines of life. There is no need to talk on cell phones, check emails, or be running here and there every evening to attend meetings or events.

A beach vacation is the perfect getaway for couples and families that need to relax and be unrestricted in time together. You can spend a full day simply enjoying the beach, play in the water, go to your room and make love in the bathtub or explore other ways of spending time together.





Photo by Ashley K Bowen

There is perhaps nothing as therapeutic for a family than extended time together.

Go for that beach vacation! Get high on the smell of the ocean, the sound of the waves. Rediscover your life.

EXTRA TIP

Here are a few small suggestions that can be useful for added pleasure.

Avoid “project building”. The more spontaneous a beach vacation comes, the better. The formula is simple: Expect less, appreciate more.

Check your health insurance. If you’ll be boating, parasailing, diving or participating in other potentially dangerous water sports, ask your health insurance if you are covered should you get hurt. A word of advice, though, do not rent jet-skis or water scooters - operators are known to scam foreigners and claim compensation for fake damages.

Coastal living is great. Why not shop a bit around at see what kind of house or condominium you could buy or rent. Just in case you should ever actually take that “Thaime out” which is such a fun idea play with.

Make a list of “next time we get here”. Then start doing them one by one. Live life like you got one!

PACKING LIST

Here is a quick list of things to pack in that “spontaneous” beach bag of yours:

- Sun block or tanning cream
- Lip balm with sunscreen
- An extra suitswimsuit (two, per person)
- Aqua shoes
- Swim goggles
- Sunglasses
- Shorts and a sarong
- Beach & water toys
- Light reading material
- Ear plugs if your child needs them when swimming
- Insect repellent

- Afterbite, for insect bites
- Band-aids
- Contraception
- Needle and thread
- Plastic food container.
- Watch out for sunburn

Enjoying leisure time in the sun is quite appealing and there are more benefit than health risks in doing so, but be careful out there. The sun has a lot of power.

Do protect yourself even on a cloudy day. Clouds can be dangerous because they can create a magnifying effect with the sun. Also, if the clouds are very high 95% of solar radiation passes through them.

Do take into account factors such as the color of water and sand. In places where crystal clear waters and white sand, the sun is more dangerous because their impact is reflected and multiplied.

Do not assume a “water-resistant” or “waterproof” sunscreen will last longer. Even these formulas will wear off after 30 minutes or more spent in the water or after excessive sweating. They can also easily rub off when you towel-dry after a swim.

Do stay out of the sun in the middle of the day. The sun’s rays are at their strongest between 10 a.m. and 4 p.m., so direct sun exposure is best avoided during that time period.

Do not panic if you get sunburned. Most burns can be treated with cool baths, moisturizers, over-the-counter hydro cortisone creams, and an anti-inflammatory, such as aspirin or ibuprofen. However, if you also have a headache, chills, or a fever, you may be suffering from heatstroke as well. Seek medical help immediately if this is the case.

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In “the old days”, the year for expats in Thailand started in September when people were “back after the summer”. The year ended in June the next year when it was time to “go back for the summer”. Although this pattern has its roots in old colonial British times, many expats still follow roughly that year and enjoy a long summer vacation back home before coming back for a long straight period of work during autumn, winter and spring.

However, many young people employed on local contracts tend to break away from the colonial expat life cycle and follow instead the Thai year with the main vacation around Songkran in April.

The international schools follow the expat summer break rhythm, while local Thai schools follow the Thai calendar dating back to King Rama 6. According to that calendar, the new year starts on the 1st of April. So the students in a Thai school have year-end exams in March and then go on a break until the school opens again in May.

AUTUMN IN THAILAND

In September, back after the summer, you can look forward to a wide variety of events organized by the social associations and the various business associations.

One of the highlights in the autumn is the Crayfish Party organized by the Thai Nordic Association.

The Swedish SWEA and the Danish DWN usually also have a “welcome back” event around that time

Norwegian Church in Pattaya keep up an impressive number of well-visited community events including of course the Sunday Christ services. The same is to a lesser extend the case for the Danish Church in Bangkok. The Church of Sweden has been closed down.

On 24 December, Christmas Eve, many Scandinavians in Bangkok join the Nordic service in Christ Church with the gospel read in all four home languages - sometimes even in Icelandic, too.

SPRING IN THAILAND

Spring in Thailand can be an extremely hot season until the Songkran water festival, when the monsoon changes and we get rain and cooler winds..

The spring is also the season for all the Annual General Meetings making their selections of new members to head the different boards of directors.

Many people feel that time goes faster in Thailand than back home. That is of course nonsense, but suddenly it is indeed June again and another year has gone. Time to go “back for the summer”.

The webpage <https://tna.or.th/events/list/> gives the most comprehensive overview of Nordic events. Other communities have similar online sites, where you can also subscribe to emails and join in chats. Much is also organised using the services for groups offered on Facebook.

2023

July

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

28 – H.M. King Vajiralongkorn's Birthday

August

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

1 – Wan Khao Phansa (Buddhist Lent)

12 – H.M. Queen Mother's Birthday

14 – Compensation for H.M. Queen Mother's Birthday

September

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

October

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

13 – The passing of King Bhumibol

23 – Chulalongkorn Day

November

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

December

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

31

5 – King Bhumibol's Birthday

10 – Constitution Day

11 – Compensation: Constitution Day

24 – Christmas Eve

25 – Christmas Day

31 – New Year's Eve

2024

January

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

1 – New Year's Day

February

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

10, 11, 12 – Chinese New Year

24 – Makha Bucha

26 - Compensation Makha Bucha

March

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

April

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

6 – Chakri Memorial Day

8 - Compensation Chakri Memorial Day

13, 14, 15, 16 – Songkran Holiday

May

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

1 – Labor Day

4 – Coronation Day

6 – Compensation: Coronation Day

6 - Royal Ploughing Ceremony Day

June

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

3 – Queen Suthida's Birthday



Dental Treatment



Bangkok International Dental Hospital (BIDH)
Bangkok 10110
www.dentalthospitalthailand.com

Graphic Services



Scand-Media Corp., Ltd.
Bangkok 10230
www.scandmedia.com

Hotels and Resorts



Barefeet Naturist Resort, Bangkok
Bangkok 10230
www.barefeetnaturistresort.com



Dolphin Bay Resort
Hua Hin 77120
www.dolphinbayresort.com

Medical Treatment



Holistic Health Systems Ltd.
Bangkok 10260
www.thailandchiropractor.com

International Schools



Bangkok Patana School
The British International School in Thailand
Established 1957

Bangkok Patana School
Bangkok 10260
www.patana.ac.th



Bangkok International Preparatory &
Secondary School (Bangkok Prep)
Primary Campus, Bangkok 10110
Secondary Campus, Bangkok 10110
www.bangkokprep.ac.th



ISB-International School Bangkok
Nonthaburi 11120
www.isb.ac.th



International School
KIS International School
Bangkok 10310
www.kis.ac.th



KING'S COLLEGE
INTERNATIONAL SCHOOL
BANGKOK

King's College International School
Bangkok
Bangkok 10120
www.kingsbangkok.ac.th



Regents International School Pattaya
Chonburi 20150
www.regents-pattaya.co.th



RUGBY SCHOOL
THAILAND
Rugby School Thailand
Chonburi 20150
www.rugbyschool.ac.th



ST ANDREWS
INTERNATIONAL SCHOOL
BANGKOK
A NORD ANGLIA EDUCATION SCHOOL

St Andrews International School Bangkok
Primary School, Bangkok 10110

St Andrews International School Bangkok
High School, Bangkok 10110
www.standrews.ac.th

International Schools



St. Andrews
International School
Dusit Green Valley Sathorn Sukhumvit 107
www.standrews-schools.com

St. Andrews International School,
Dusit Bangkok 10300
www.standrewsdusit.com

St. Andrews International School,
Sathorn Bangkok 10500
www.standrewssathorn.com

St. Andrews International School,
Sukhumvit 107 Bangkok 10260
www.standrewssukhumvit.com

St. Andrews International School,
Green Valley Rayong 21130
www.standrewsgreenvalley.com



VERSO
INTERNATIONAL SCHOOL

VERSO International School
Samut Prakan 10540
www.verso.ac.th

Moving & Relocation



ASIAN TIGERS
GROUP

Asian Tigers Group
Bangkok 10110
www.asiantigersgroup.com/thailand

News Media

ScandAsia.com
NEWS FOR SCANDIANS IN ASIA

Scandinavian Publishing Co., Ltd.
Bangkok 10230
www.scandasia.com

Restaurants



XII Mediterranean Gastro Pub
Bangkok 10500
www.12gastropub.com

kai
NEW ZEALAND

Kai New Zealand
Bangkok 10500
www.kai-bangkok.com



A

B

C

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M

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O

E

A directory of companies in Thailand with a Nordic affiliation

A

Aava Resort & Spa	Nakhon Si Thammarat 80210	https://www.aavaresort.com
ABB Power Grids (Thailand) Limited	Bangkok 10330	https://www.hitachiabb-powergrids.com
AbrasiveNow Co., Ltd.	Samut Prakan 10540	https://abrasivenow.com
ACT Logistics Group (Thailand)	Bangkok 10110	https://www.myact247.com
Adiantes Co., Ltd.	Bangkok 10110	https://www.adiantes.com
Agon Pacific Co., Ltd.	Bangkok 10110	https://www.agonpacific.com
Aibel (Thailand) Ltd.	Rayong 21130	https://aibel.com
akyra Thonglor Bangkok Hotel	Bangkok 10110	https://www.theakyra.com/bangkok/thonglor/
akyra Manor Chiang Mai	Chiang Mai 50200	www.theakyra.com/chiang-mai/
Aleenta Company Limited	Bangkok 10230	https://aleenta.com
Alfa Laval (Thailand) Ltd.	Bangkok 10240	https://www.alfalaval.com
Amata Corporation Public Co., Ltd.	Bangkok 10320	https://amata.com/eng
Andersen Consult ApS	DK-9000 Aalborg, Denmark	https://andersenconsult.com
Aneo Software Oy	01300 Vantaa	https://www.aneo.fi
Area Digital Solution Inc	Bangkok 10110	https://www.aredigital.asia
Aritco (Thailand) Co., Ltd.	Bangkok 10120	http://www.aritco.co.th/TH/home
AS Friis Ltd.	Bangkok 10110	https://www.as-friis.com
Asia Adviser (Thailand) Co.,Ltd	Bangkok 10600	mailto:janlund11@gmail.com
Asia House	Copenhagen 2100	https://www.asia-house.dk
Asian Assistance (Thailand) Co., Ltd.	Bangkok 10900	https://www.asianassistance.com
Asian Institute of Technology	Pathumthani 12120	https://www.ait.ac.th



ASIAN TIGERS GROUP

Asian Tigers Group	Bangkok 10110	https://www.asiantigersgroup.com/thailand
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AsiaOne International	Bangkok 10120	https://www.asiaone-thf.com
Assa Abloy (Thailand) Ltd.	Bangkok 10250	https://www.assaabloy.com
Assab Steels (Thailand) Ltd.	Samut Prakan 10540	https://www.assabth.com
Astra Zeneca (Thailand) Ltd.	Bangkok 10120	https://www.astrazeneca.co.th
Atlas Copco (Thailand) Ltd.	Chacheongsao 24180	https://www.atlascopco.com

Autoliv (Thailand) Ltd.	Chonburi 20000	https://www.autoliv.com
Axis Communications (Thailand) Ltd.	Bangkok 10110	https://www.axis.com

B

B.L. Hua & Co. Ltd.	Bangkok 10600	
Baan Sabajjai (Pattaya) Co., Ltd.	Nakhonphanom 48110	http://baan-sabajjai.net/
Baker & McKenzie Ltd.	Bangkok 10500	https://www.bakermckenzie.com
Banana Shoes Asia Co., Ltd.	Bangkok 10110	https://www.bananashoes.com
Bang & Olufsen	Bangkok 10330	https://stores.bang-olufsen.com/en/thailand
Bangkok Bank Public Company Limited	Bangkok 10500	https://www.bangkokbank.com
Bangkok Dusit Medical Services	Bangkok 10310	https://www.bdms.co.th
Bangkok Hospital Bangkok	Bangkok 10310	https://www.bangkokhospital.com
Bangkok Hospital Hua Hin	Prachuap Khirikhan 77110	https://www.bangkokhospital.com/luahin
Bangkok Hospital Phuket	Phuket 83000	https://www.phukethospital.com/



Bangkok International Dental Hospital	Bangkok 10110	https://dentalhospitalthailand.com/
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Bangkok International Preparatory & Secondary School (Bangkok Prep)		https://www.bkkprep.ac.th
- Primary Campus	Bangkok 10110	
- Secondary Campus	Bangkok 10110	

Bangkok Mold Consultant Ltd. Part	Bangkok 10160	https://www.bangkokmolds.com
Bangkok Padel Co., Ltd.	Bangkok	https://www.bangkokpadel.com/



Bangkok Patana School
The British International School in Thailand
 Established 1957

Bangkok Patana School	Bangkok 10260	https://www.patana.ac.th
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Bangkok Pattaya Hospital International	Chonburi 20150	https://www.bangkokpattayahospital.com
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Barefeet Naturist Resort	Bangkok 10230	https://www.barefeetnaturistresort.com
Beauty Medical (Thailand) Co., Ltd.	Bangkok 10110	http://beautymedicalthailand.com/
Benchachinda Holding Co., Ltd.	Bangkok 10900	https://www.benchachinda.co.th
BillerudKorsnas	Bangkok 10110	https://www.billerudkorsnas.com
Biogasclean (Thailand) Ltd.	Samutprakarn 10280	https://biogasclean.com/
Black Mountain Golf Club Hua Hin	Prachuap Khirikhan 77110	https://www.blackmountainhuahin.com
Blue Business Solutions Limited	Bangkok 10330	https://www.blue.in.th
BNH Hospital	Bangkok 10500	https://www.BNHhospital.com
Boman Creative	-	https://www.bomancreative.com
Brighton College International School	Bangkok 10240	https://www.brightoncollegebangkok.com
British International School Phuket	Phuket 83000	https://www.bisphuket.ac.th
BT Flindt	Phuket 83130	https://www.bt-flindt.dk
Bumrungrad International Hospital	Bangkok 10110	https://www.bumrungrad.com
Burapha Agroforestry Co., Ltd.	Vientiane, Lao PDR	https://www.buraphawood.com
Business Finland (FinPro / Tekes)	Kuala Lumpur 50450,	https://www.businessfinland.fi
Business Sweden	Bangkok 10330	https://www.business-sweden.se

C

C&C Travel SE Asia	Bangkok 10110	https://www.cctravel.co.th
Cajutan Co.,Ltd.	Hua Hin 77110	https://www.cajutan.com
Camfil Thailand	Bangkok 10310	https://www.camfil.com
Capaciton Ltd.	Bangkok 10250	https://www.capaciton.com
Car-O-Liner (Thailand) Co., Ltd.	Bangkok 10250	https://www.car-o-liner.com
Caretex Asia Ltd.	Chonburi 20230	https://www.caretex.dk
CCM Center for Change Management Ltd.	Bangkok 10110	https://www.ccm.co.th
Centara Grand & Bangkok Convention	Bangkok 10330	https://www.centarahotelsresorts.com
Centry Ltd.	Bangkok 10110	https://www.centry.global
Chilindo	Samut Prakan 10560	https://www.chilindo.com
Chow Energy Public Company Limited	Bangkok 10110	http://www.chowenergy.co.th/th/
Christiani and Nielsen	Bangkok 10260	https://www.cn-thai.co.th
Ciptor Asia	Bangkok 10110	https://www.ciptor.com
Clarity IT Co., Ltd.	Bangkok 10330	https://www.clarity.co.th

Cloud Asset Oy	Helsinki, Finland	https://www.cloudasset.com
Codemate Ltd.	Bangkok 10310	https://www.codemate.com
Condato Asia Ltd.	Bangkok 10250	https://condatogroup.com/
Connecting Global Ltd.	Samut Prakan 10560	https://www.global-connection.info
Conrads Deli	Bangkok 10250	https://www.conradsdelishop.com
CPL Group Public Company Limited	Bangkok 10110	https://pangolin.co.th/
CSA Crane Service Asia Co., Ltd	Chonburi 20150	http://www.craneserviceasia.com/

D

D2 Real Estate Co.,Ltd.	Rayong 21160	https://www.vipreal.info
Dachser (Thailand) Co., Ltd.	Bangkok 10310	https://www.dachser.co.th/th/
Dacon Inspection Services Co., Ltd.	Rayong 21130	https://www.dacon-inspection.com
Dairy-Tech Thai	Pathum Thani 12000	https://www.dairy-tech.dk
Danfoss (Thailand) Co., Ltd.	Bangkok 10320	https://www.danfoss.com
Danish Bakery	Bangkok 10110	https://www.danishbakery-deli.com/
Danish Embassy	Bangkok 10120	https://thailand.um.dk
Danish Energy Management	Bangkok 10110	https://www.dem.dk
Danish Loft Design	Bangkok 10110	https://www.danishloftdesign.com
Danish-Thai Chamber of Commerce	Bangkok 10400	https://www.dancham.or.th
Dansk Kirke Thailand	Bangkok 10400	https://www.danishchurch.in.th
DanThai Machinery Co., Ltd.	Chonburi 20230	https://www.danthai-machinery.com
DeeMoney	Bangkok 10110	https://www.deemoney.com/
Det Norske Veritas (Thailand) Co., Ltd.	Bangkok 10900	https://www.dnvgl.com
Diab South East Asia	Samutprakarn 10540	https://www.diabgroup.com
Diakrit (Thailand) Co.,Ltd.	Bangkok 10110	https://www.diakrit.com
Digi Electronics Ltd	-	https://www.digkey.co.th/en
DKSH (Thailand) Co. Ltd.	Bangkok 10100	https://www.dksh.com

DOLPHIN BAY RESORT

Dolphin Bay Resort	Hua Hin 77120	https://www.dolphinbayresort.com
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Double A 1991 Ltd. Co.	Chantaburi 22180	https://www.doubleapaper.com
DP CleanTech (Thailand) Co., Ltd.	Bangkok 10310	https://www.dpcleantech.com
DSV Air & Sea Ltd.	Bangkok 10110	https://www.th.dsv.com
Dtac Bangkok	Bangkok 10500	https://www.dtac.co.th

Dulwich International College	Phuket 83000	https://www.dulwich-phuket.com
Dumex/Danone	Pakkret 11120	https://www.dumex.co.th
Duni Asia Pacific	Bangkok 10330	http://www.duniterinexsiam.com/
DZ Card (Thailand) Co., Ltd.	Samut Prakan 10540	https://www.dzcard.com

E

E-Ville.com	04600 Mäntsälä	https://www.e-ville.com/fi/
EABC	Bangkok 10120	https://www.eabc-thailand.org/
ECCO (Thailand) Co., Ltd.	Ayutthaya 13260	https://www.ecco.com
Eco Valley Lodge Co., Ltd.	Nakhon Ratchasima 30130	https://www.ecovalleylodge.com
eDNA Consulting Co Ltd	Bangkok	https://www.edna-group.com
Eeden Village Cha Am,	Petchburi 76120	https://www.eedenvillage.com
EGN Thailand Co., Ltd.	Bangkok 10110	https://th.egn.com/
Eka Chemicals (Thailand) Limited	Bangkok 10110	https://www.akzonobel.com
Electrolux Thailand Co., Ltd.	Bangkok 10320	https://www.electrolux.co.th
Eltek Power Co., Ltd.	Bangkok 10510	https://www.eltek.com
EnterGraph	Bangkok 10110	https://www.entergraph.com
Epiroc (Thailand) Ltd.	Bangkok 10260	https://www.epiroc.com/en-th
EQHO Communications Ltd.	Bangkok 10500	https://www.eqho.com
Ericsson (Thailand) Ltd.	Bangkok 10900	https://www.ericsson.com
Essentia Protein Solutions	Bangkok 10110	https://essentiaproteins.com/int/
Essity (Thailand) Co., Ltd.	Bangkok 10900	https://www.essity.com/
ETK EMS ASIA Productions Ltd.	Rayong 21140	https://www.etk.dk
Euro-Center (Thailand) Co., Ltd.	Bangkok 10400	https://www.euro-center.com
Europcar Danmark	Denmark	https://www.europcar.dk
Evason Huahin	Prachuap Khirikhan 77220	bluelotushuahin.com/resort
Evason Phuket & Bon Island	Phuket 83130	https://www.sixsenses.com
Evolution Tour	Trat 23170	https://www.evolutiontour.com
Express International Travel	Bangkok 10500	https://www.expressinter.com
Exsilium Co., Ltd.	Bangkok 10110	https://www.exsilium.co.th

F

Fabrinet Ltd.	Pathum Thani 12120	https://www.fabrinet.com
Falck Global Assistance Limited	Bangkok 10400	https://www.group.falck.com/en/countries/thailand
Faraway Yachting Co. Ltd.	Phuket 83130	https://www.far-away.net
Fearnleys (Thailand) Ltd.	Bangkok 10330	https://www.fearnleys.no
FEI - Foretagsekonomiska Institutet	111 83 Stockholm	https://www.fei.se
Felicia (Thailand) Ltd.	Bangkok 10500	https://www.feliciadesign.com

Ferior Interior	Prachuap Khiri Khan 77110	www.feriorinterior.com/
Fersmek Co., Ltd.	Bangkok10900	http://www.fersmek.com/
Finnair Bangkok Office	Bangkok 10500	https://www.finnair.com
Finpro Finland Trade Center in Thailand & Myanmar		https://www.finpro.fi
Fiskars Thailand Co., Ltd.	Bangkok 10330	https://www.fiskarsgroup.com
Fitness24Seven	Bangkok 10110	https://www.fitness24seven-thailand.com
Flow Cocktail Ltd.	Bangkok 10330	https://www.flowcocktail.com
FLSmith	Bangkok 10110	https://www.flsmidth.com
Flexy Production Centre Co., Ltd	Ayuthaya 13220	https://www.flexyvacuumcups.com
Flux International Ltd.	Samut Prakan 10540	https://www.flux-int.com
Fortum Energy Solutions (T) Co., Ltd.	Bangkok 10110	https://www.fortum.com/
Foster Wheeler Service (thailand) Ltd.	Bangkok 10330	https://www.fwc.com
FP Production Ltd.	Copenhagen 2100	https://www.frits.dk
Freightzen Logistics	Bangkok 10110	https://www.freightzenlogistics.com
Frummerin Consulting Co., Ltd.	Bangkok 10110	-
Fyn Bakery	Bangkok 10110	fyn-bakery.business.site

G

G4S Security Services(Thailand) Limited	Bangkok 10310	https://www.g4s.com/en-th
Gecko do It Co., Ltd	Bangkok 10110	https://www.geckodoit.com
Georg Jensen (Thailand) Ltd.	Chiangmai 50130	https://www.georgjensen.co.th
GIF Thai Match Co., Ltd.	Samut Prakan 10280	https://www.gifthaimatch.co.th
Go Beyond Asia	Bangkok 10500	gobeyond.asia/
GPV Asia (Thailand) Co., Ltd.	Samut Prakan 10280	https://www.gpv-group.com
GreenDot International Co., Ltd.	Ayutthaya 13000	https://www.greendotgroup.com
Grundfos (Thailand) Limited	Bangkok 10250	https://www.grundfos.co.th
Gulf Agency Company (Thailand) Ltd.	Bangkok 10330	https://www.gac.com/thailand
Gunnebo Singapore Pte Ltd	Bangkok 10110	https://www.gunnebo.com

H

Hako Group East Asia Ltd	Bangkok	https://www.hako.com
Halmstad University Sweden		https://www.hh.se/en-US/5.html
Hammars Enterprise Co., Ltd.	Bangkok 10240	https://www.hammarsenterprise.com
Hans Lankari company limited	Chonburi 20150	https://www.hanslankari.com
Harrow International School	Bangkok 10210	https://www.harrowschool.ac.th
Hasle Refractories (Thailand) Co., Ltd.	Bangkok 10500	https://www.hasle-refractories.dk
HEI Schools Bangkok	Bangkok 10110	https://www.heibangkok.com/
Herbalife Group	Bangkok 10330	https://www.herbalife.co.th



Holistic Health Systems Ltd.	Bangkok 10260	www.thailandchiropractor.com
Holm Machinery Asia Company, Ltd.	Udon Thani 41000	https://www.holmasia.com
HortiQ Thailand Co., Ltd	Nakhon Ratchasima 30130	https://www.feldborg.com
Hot Property Hua Hin	PrachuapKhiriKhan 77110	https://www.hotpropertyhuahin.com
Hotel Mermaid Bangkok Ltd.	Bangkok 10110	https://www.hotelmermaidbangkok.com
Hove D.K. Co., Ltd.	Samut Prakan 10270	https://www.hovedk.com
Huhtamaki Limited	Samutsakorn 74000	https://www.huhtamaki.com
Hvidsten Group	Bangkok 10330	https://www.hvidsten.com
Hygeia Healthcare Co., Ltd.	Bangkok 10700	https://www.destinationbeauty.com

I-Tracking (Thailand) Co., Ltd.	Bangkok 10260	https://www.itracking.asia
Ib Andresen Industry (Thailand) Co., Ltd.	Chonburi 20230	https://www.iai.co.th
IGLU	Chiang Mai 50100	https://www.iglu.net
IIB (Thailand) Co., Ltd.	Bangkok 10110	https://www.iib-thailand.com
IKEA Purchasing Services (Thailand) Ltd.	Samutprakarn 10540	https://www.ikea.com
IKEA Trading (Thailand) Ltd.	Bangkok 10110	https://www.ikea.com/
IMG Asia Co., Ltd.	Chachoengsao 24140	https://www.imgcomfort.com
Indochina Explorers Travel	Bangkok 10500	https://www.indochinaexplorers.com
Indorama Ventures Global Services Limited		https://www.indorama.net
Innovation Norway	Bangkok 10110	https://www.innovasjon norge.no
International School of The Regents (ISR)	Chonburi 20150	https://www.regents.ac.th
invadeIT Co., Ltd.	PrachuapKhiriKhan 77110	https://www.invadeit.co.th
IQ Technologies	Bangkok 10250	http://www.iqtechasia.co.th



ISB - International School Bangkok	Nonthaburi 11120	https://www.isb.ac.th
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ISS Facility Services Co., Ltd.	Bangkok 10220	https://www.th.issworld.com
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J

Jailhouse Restaurant, Bar & Guesthouse	PrachuapKhirikhan 77110	https://www.facebook.com/luahinjailhouse/
Jebsen & Jessen	Bangkok 10110	https://www.jjsea.com
Jebsen & Jessen Marketing (T) Ltd.	Bangkok 10110	https://www.marketing.jjsea.com
Jomtien Boathouse	Chonburi 20260	https://www.jomtien-boathouse.com
Jonkoping University	SE-551 11 J?nk?ping	https://www.jth.hj.se
Jotun Powder Coatings Thailand Ltd.	Chonburi 20000	https://www.jotun.com/ap
Jotun Thailand Limited	Chonburi 20000	https://www.jotun.com

K

K-2 Management	Bangkok 10330	https://www.k2management.com
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kai

NEW ZEALAND

Kai New Zealand	Bangkok 10500	www.kai-bangkok.com
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Kamthorn Surachet & Somsak Ltd.	Bangkok 10600	https://www.kss.co.th
Kare's Party Bar	Chonburi 20150	https://www.kaarethai.com
Kauko International Oy Finland		https://www.kaukointernational.com
Kemira (Thailand) Co., Ltd.	Bangkok 10110	https://www.kemira.com/en/



KING'S COLLEGE
INTERNATIONAL SCHOOL
BANGKOK

King's College International School Bangkok	Bangkok 10120	https://www.kingsbangkok.ac.th/en
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kis

International School

KIS International School	Bangkok 10320	https://www.kis.ac.th
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KlarAcc Company Limited	Bangkok 10110	https://klaracc.com/
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Kohsel (Thailand) Co., Ltd.	Ratchaburi 70110	https://kohsel.dk/
Kon-Tiki Khao Lak Co.,Ltd	Phang Nga 82190	https://www.kontiki-thailand.com
Kon-Tiki Krabi Co., Ltd.	Krabi 81000	https://www.kontiki-thailand.com
Kon-Tiki Phuket Co., Ltd.	Phuket 83150	https://www.kontiki-thailand.com
KONE Public Company Limited	Bangkok 10900	https://www.kone.com
Konecranes Service Co., Ltd.	Chonburi 20230	https://www.konecranes.com
Kongskilde Industries Asia	Bangkok 10110	www.kongskilde-industries.com
Krabi Spezialisten Co., Ltd.	Krabi 81000	https://www.krabi-spezialisten.com
Krusell (Thailand) Co., Ltd.	Bangkok 10600	https://www.krusell.co.th
KTH - Royal Institute of Technology	SE-100 44 Stockholm	https://www.KTH.se/int
Kvik Asia Co., Ltd.	Bangkok	https://www.kvik.co.th

L

L.V. Technology Public Company Limited	Bangkok 10310	https://www.lv-technology.com
Lancaster Bangkok	Bangkok 10310	https://lancasterbangkok.com/
Latitude 1 Maritime	Phuket 83000	http://www.latitude1maritime.com/
LawPlus Ltd.	Bangkok 10500	https://www.lawplusltd.com
LawtonAsia Insurance Brokers Co., Ltd.	Bangkok 10330	https://www.lawtonasia.com
Lighthouse Navigation Co. Ltd.	Bangkok 10330	https://www.lighthousenavigation.com
Linak APAC Ltd.	Chonburi 20110	http://www.linak.co.th
Lion Digital Marketing Co Ltd	Chon Buri 20150	www.liondigitalmarketing.com
Logonet (Thailand) Co., LTD	Bangkok 10230	https://www.logonet.com
Lomamaa Co., Ltd.	Bangkok 10150	https://www.eedenvillage.com
Lorenz & Partners Co., Ltd.	Bangkok 10120	https://lorenz-partners.com/
Lotus Star Co.,Ltd.	Bangkok 10110	https://www.lotus-star.com
Lux Royal (Thailand) Co., Ltd.	Bangkok 10110	https://www.lux.co.th
Lykke Studios		https://www.lykkestudios.com

M

M.I.A.C Automation Co., Ltd.	Chonburi 20150	https://www.miac-automation.com
M2 Animation	Bangkok 10110	https://www.m2animation.com
Maersk Line (Thailand) Ltd.	Bangkok 10120	https://www.maerskline.com
Maersk Logistics	Bangkok 10120	https://www.maersk.com
Magic Years International School	Nonhaburi 11120	https://www.magicyears.ac.th
Martin Bencher (Thailand) Co. Ltd.	Bangkok 10110	https://www.martin-bencher.com/thailand-bangkok/
Maxxi Building Product Co., Ltd	PrachuapKhiriKhan 77110	https://www.maxxi.co.th
Mconzult Asia Co., Ltd.	Bangkok 10210	https://www.mconzult.com
Media Partner Co., Ltd.	Bangkok 10230	

Mermaid Safety Services Ltd.	Cholburi 20230	https://www.mermaid-safety.com
Mermaids Dive Center	Chonburi 20260	https://www.mermaiddive.com
Metso Automation Co., Ltd.	Bangkok 10110	https://www.metso.com/automation
MetsoPaper (Thailand) Co., Ltd.	Chonburi 20230	https://www.metso.com
Michael Page International Recruitment	Bangkok 10110	https://www.michaelpage.co.th
Mikkeller Bangkok	Bangkok 10110	https://www.mikkellerbangkok.com
Min Sen Machinery Co.,Ltd.	Bangkok 10200	https://www.minsen.co.th
Minor Hotel	Bangkok	https://www.minorhotels.com
Modern International School Bangkok	Bangkok 10110	https://www.misb.ac.th
Modern Montessori International Thailand	Bangkok 10110	https://www.mmithailand.com
Modigs Forvaltnings (Asia) Limited	Bangkok 10110	
Moevenpick Resort and Spa	Phuket 83100	https://www.moevenpick-hotels.com
Molnlycke Heath Care (Thailand)	Samut Prakan 10540	https://www.molnlycke.com
Move Marketing Co.Ltd.		https://www.move-marketing.dk
Munkfors Swedev Asia Co., Ltd.	Bangkok 10400	https://www.munkfors.com
Munters (Thailand) Co., Ltd.	Bangkok 10400	https://www.munters.com/en/contact/thailand/
My Internship Asia	Bangkok 10330	https://www.myinternshipasia.com

N

Naviworld (Thailand) Co., Ltd.	Chonburi 20110	https://www.naviworld-asia.com
Nera (Thailand) Limited	Bangkok 10110	https://www.neratel.com.sg
Net Protection Concepts	Bangkok 10400	https://www.npc-international.net
Nifisk-Advance Co., Ltd.	Bangkok 10900	https://www.nifisk.co.th
NishaVille	PrachuapKhirikhan	https://www.nishaville.com
NIST International School	Bangkok 10110	https://www.nist.ac.th
Nokia (Thailand) Ltd.	Bangkok 10400	https://www.nokia.com/
Nokia Telecommunications (Thailand) Ltd.	Bangkok 10400	https://www.nokia.com/th-th
NorCiv Engineering Co., Ltd.	Bangkok 10400	https://www.norconsult.co.th
Nordic Plastic (Thailand) Co., Ltd.	Rayong 21140	https://www.nordicplastic.com
Nordic Power Asia Ltd.	Bangkok 10110	https://www.nordicpower.co.th
Norsk Sjomannskirke i Thailand	Chonburi 20260	https://www.sjomannskirken.no
Norske Skog (Thailand) Co., Ltd.	Bangkok 10110	https://www.norskeskog.com
Norwegian Peoples Aid	Bangkok 10520	https://www.npaid.org
Norwegian Properties Group	Chonburi 20150	https://www.vnresidences.com
Noventa (Thailand) Co., Ltd.	Samutprakarn 10540	https://www.noventa.com/en
Novo Nordisk Pharma (Thailand)	Bangkok 10500	https://www.novonordisk.com
NPT Nordic Plastic (Thailand) Co., Ltd.	Rayong 21140	https://www.nordicplastic.com
Nutriexperts	Singapore 048616	www.nutriexperts.com/

O

Oakwood Residence	Bangkok 10110	https://www.oakwoodasia.com
Oceanic Divecenter	Phuket 83100	https://www.oceanicdivecenter.com
OK Wood Product Co., Ltd.	Bangkok	https://www.okwood.com/home.html
Oriental Hotel, Bangkok	Bangkok 10500	https://www.mandarinoriental.com/bangkok
Oriental Invest	PrachuapKhiriKhan 77110	https://www.orientalinvest.com
Oriental Residence Bangkok	Bangkok 10300	https://www.oriental-residence.com
Oriflame Cosmetics (Thailand) Ltd.	Bangkok 10310	https://www.oriflame.com
Oriflame Management Asia Ltd.	Bangkok 10250	

P

P.K. Snowbird Ltd	Nonhaburi 11120	https://www.pksnowbird.com/
Pacific 2000 Recruitment Co. Ltd.	Bangkok 10330	https://www.pacific2000.com
Pacific Orientation Relocation	Bangkok 10110	https://www.pacificorientation.com
Pacific Rim Rich Group Co., Ltd.	Bangkok 10230	https://www.prichgroup.com
Pacific Thai Motorsports Co.,Ltd.	Bangkok 10250	https://www.wearnesauto.com
Padiworada Group Co., Ltd.	Pathum Thani 12120	
Pandora Production Co., Ltd.	Bangkok 10250	https://www.pandoragroup.com
Paradox Trading Co.,Ltd	Bangkok 10400	https://www.paradoxtrading.dk
Pattaya Self Storage Co.Ltd	Chonburi 20261	https://www.pattayaselfstorage.co.th
PCE Travel Consultants	Bangkok 10110	https://www.pcettravel.com
Pecunia Asset Management Co., Ltd	Bangkok 10110	https://www.pecunia-am.com
Peter's Coffee Co., Ltd.	Bangkok 10330	https://www.peterscoffee.com
Pharma Nord S.E.A. Co.,Ltd.	Bangkok 10260	https://www.pharmanordsea.co.th
Phuket Boat Lagoon	Phuket 83200	https://www.phuketboatlagoon.com
Phuket International Hospital	Phuket 83000	https://www.phuketinternationalhospital.com
Poolnologies Co.,Ltd	Chonburi 20150	https://www.poolnologies.com
Power Flow Consulting Limited	Khon Kaen 40000	https://www.powerflow.se
Poyry Energy Ltd.	Bangkok 10400	https://www.poyry.com
Praesidio Group	Bangkok	https://www.praesidiogroup.com
Presmann (Thailand) Co., Ltd.	Nonhaburi 11120	https://www.presmann.co.th
Price Sanond Prabhas and Wynne	Bangkok 10120	https://www.pricesanond.com
Property Care Servicer (Thailand) Ltd.	Bangkok 10120	https://www.pcs.co.th
Protech Engineering and Design Co., Ltd.	Bangkok 10110	https://www.protehead.com
Pulmentum Co., Ltd.	Bangkok 10110	https://www.pulmentum.com
Pulp & Paper Technology		https://www.pulpandpaper-technology.com
PYN Asia Research Ltd.	Bangkok 10110	https://www.pyn.fi

Q

Qiva Media Ltd. Bangkok 10110 <https://www.qivamedia.com/>

R

Raflatac (thailand) Co., Ltd. Bangkok 10500 <https://www.upmraflatac.com>
 Rapala VMC (Thailand) Co., Ltd. Nontaburi 11110 <https://www.rapalathailand.com>
 Rapid Asia Co Ltd Bangkok 10110 <https://www.rapid-asia.com>
 Raya Divers Co., Ltd. Phuket 83130 <https://www.rayadivers.com>
 Raya Divers Lanta Co., Ltd. Krabi 81150 <https://www.rayadivers.com/site/koh-lanta-2>
 Raya Divers Phang Nga Co., Ltd Phang Nga 82190 <https://www.rayadivers.com>
 Rayong Consulting (Thailand) co. ltd Rayong 21000 <https://rayongconsulting.com/>
 Rayong Specialisten Rayong 21000 <https://www.rayongspecialisten.dk>
 Rec2Tec Co. Ltd. Phuket 83150 <https://rec2tec.biz/>



**REGENTS INTERNATIONAL SCHOOL
 PATTAYA**
A NORD ANGLIA EDUCATION SCHOOL

Regents International School Pattaya Chonburi 20150 <https://www.regents-pattaya.co.th>

Regus Management (Thailand) Co., Ltd. <https://www.regus.com/en-gb>
 Rembrandt Hotel & Suites Bangkok Bangkok 10110 <https://www.rembrandtbkk.com/>
 Ripavi Oy 02760 Espoo <https://www.ripavi.fi/>
 Robit Plc Bangkok 10110 <https://www.robit.fi>
 Rockwool (Thailand) Co., Limited Bangkokapi, 10240 <https://www.rockwoolasia.com>
 Roedl & Partner Ltd. Bangkok 10120 <https://www.roedl.com>
 Rohlig Thailand Co., Ltd. Bangkok <https://www.rohlig.com>
 Royal Copenhagen Ltd. Saraburi 18140 <https://www.royalcopenhagen.com>
 Royal Danish Embassy Bangkok <https://Bangkok.um.dk>
 Royal Norwegian Embassy Bangkok 10501 <https://www.norway.no/en/thailand>
 Royal Scandinavia Chiangmai 50130 <https://www.georgjensen.com>



RUGBY SCHOOL
THAILAND

Rugby School Thailand Chonburi 20150 <https://rugbyschool.ac.th>

RunTime Co., Ltd.	Bangkok 10110	https://www.runtimeasia.com
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S

Saab Asia Pacific Co. Ltd	Bangkok 10110	https://www.saabgroup.com
Salary Hero	Bangkok 10500	https://www.salary-hero.com/
Sandvik Thailand Ltd.	Bangkok 10310	https://www.sandvik.com/s
Santa Fe Relocation Services	Bangkok 10110	https://www.santaferelo.com
Sanuk - Svenska Skolan Thailand	Thailand	https://www.svenskaskolanthailand.se
Satel	Nonthaburi 11120	https://www.satel.com
SCA Hygiene Products Ltd (Thailand)	Sathorn 10120	https://www.sca.com
Scan Global Logistics Co.,Ltd.	Bangkok 10500	https://www.scangl.com



Scand-Media Corp., Ltd.	Bangkok 10230	https://www.scandmedia.com
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Scandinavian Divers Co., Ltd	Phuket 83130	https://www.scandinavian-divers.com
Scandinavian Expats Club Pattaya	Jomtien 20260	https://www.vikingpattaya.com/
Scandinavian Law Office Co., Ltd.	Chonburi 20150	https://www.thailawoffice.com

ScandAsia.com

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Scandinavian Publishing Co.,Ltd.	Bangkok 10230	https://www.scandasia.com
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Scandinavian Society Siam	Bangkok 10110	https://www.sss.or.th
Scandinavian Village	Chonburi 20130	https://www.scandinavianvillage.se
Scania Siam Co., Ltd.	Samut Prakan 10540	https://www.scania.co.th
Scania Siam Inc.		https://www.scania.com
Scanpro (Thailand) Co., Ltd.	Pathum Thani 12000	http://www.scanpro.net/
Scanproducts Co., Ltd.	Bangkok 10110	https://www.scanproducts.co.th
SD&V Oriental International	Bangkok 10320	https://www.sdoriental.com
SEB - Skandinaviska Enskilda Banken AB	Singapore	https://www.sebgroup.com/
SECO Tools (Thailand) Co., Ltd.	Bangkok 10260	https://www.secotools.com
Securitas Security Services Thailand	Bangkok 10260	https://www.securitas.com
Sedana Medical AB	Bangkok	https://sedanamedical.com/
Sedex Asia Co., Ltd.	Bangkok 10220	https://www.sedex.com
Shaw Group Co., Ltd.	Bangkok 10250	https://www.shawgroup-th.com

Sherwin-Williams (Thailand) Co., Ltd	Chonburi 20160	https://www.sherwin-williams.com
Shrewsbury International School	Bangkok 10120	https://www.shrewsbury.ac.th
Siac Consulting Co Ltd	Bangkok 10110	https://siacthai.com/da/
Siam Industrial Corp., Ltd.	Bangkok 10110	https://www.siamind.co.th
Siam Map Company Ltd.	Surat Thani	https://www.siammap.com
Siam Shoreside Services Co., Ltd	Bangkok 10520	https://www.siamshoresideservices.com
Signode Systems, Thailand	Rayong 21140	https://signode.com/en-US/Locations?
Skanem Bangkok Co., Ltd.	Chonburi 20160	https://www.skanem.com
SKF Thailand Ltd	Bangkok 10120	https://www.skf.com
Skov Asia Ltd.	Bangkok 10310	https://www.skov.com
Spica Co., Ltd.	Bangkok 10250	https://www.spica-siam.com
Sra Bua by Kiin Kiin	Bangkok 10330	https://www.kempinski.com/en/bangkok/siam-hotel/



**ST ANDREWS
INTERNATIONAL SCHOOL
BANGKOK**
A NORD ANGLIA EDUCATION SCHOOL

St Andrews International School Bangkok		https://www.standrews.ac.th
- Primary School	Bangkok 10110	
- High School	Bangkok 10110	



St. Andrews
International School
Dusit Green Valley Sathorn Sukhumvit 107
www.standrews-schools.com

St. Andrews International School		https://www.standrews-schools.com
- Dusit	Bangkok 10300	
- Sathorn	Bangkok 10500	
- Sukhumvit 107	Bangkok 10260	
- Green Valley	Rayong 21130	

St. Stephens International School	Bangkok 10900	https://www.sis.edu/
Stable Lodge Co., Ltd.	Bangkok 10110	https://www.stablelodge.com
Starboard Co., Ltd	Samut Prakan 10540	https://www.star-board.com
StoreGuard Co., Ltd	Phuket 83150	https://www.mystorageasia.com
Storytel	Bangkok 10500	https://www.storytel.com/
SVI Public Company Limited	Pathum Thani 12000	https://svi-hq.com
Swedish Trade Council Thailand	Bangkok 10330	https://www.swedishtrade.se

T

T. D. Dairy Foods Company Limited	Lopburi 15140	https://www.td-dairyfoods.com
Team Precision Public Company Limited	Pathum Thani 12110	https://www.teampcba.com
Telenor Asia (ROH) Limited	Bangkok 10110	https://www.telenor.com
Tellus Systems Limited	Bangkok 10320	https://www.tellus.co.th
Tetra Pak (Thai) Ltd.	Bangkok 10260	https://www.tetrapak.com
Thai Airways International PLC	Bangkok 10900	https://www.thaiairways.co.th
Thai Biogas Energy Company Limited	Bangkok 10330	https://www.tbec.co.th
Thai Nordic Association	Bangkok 10110	https://tna.or.th
Thai Scandinavian Law Office	Chonburi 20150	https://www.thailawoffice.com
Thai-Fin Engineering and Consulting Co., Ltd.	Ratchasima, 30001	https://www.thai-fin.com
Thai-Finnish Chamber Of Commerce	Nonthaburi 11120	https://www.thaifin.or.th
Thai-Norwegian Chamber of Commerce	Bangkok 10330	https://www.norcham.com
Thai-Scandic Steel Co., Ltd.	Rayong 21150	https://www.thaiscandic.com
Thai-Swedish Chamber of Commerce	Bangkok 10400	https://www.swecham.com
Thaihem	Rayong 21190	https://www.thaihem.se
Thaivivat Insurance PCL	Bangkok 10400	https://www.thaivivat.co.th
Thavibu Gallery	Bangkok 10500	https://www.thavibu.com



The XII Mediterranean	Bangkok 10500	www.12gastropub.com
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The American School of Bangkok	Samut Prakan 10540	https://www.asb.ac.th
The Arrivals Co., Ltd.	Bangkok	https://www.bantakhouse.com
The British International School, Phuket	Phuket 83000	https://www.bisphuket.ac.th
The Cabinet Interior Design Co., Ltd.	Bangkok 10260	https://www.thecabinet.co.th
The Early Learning Centre	Bangkok 10110	https://www.elc-bangkok.com
The Kitchen	Chonburi 20180	http://www.the-kitchen-bang-saray.com/
The Residence Garden Co. Ltd	Pattaya 20260	https://www.theresidencegarden.com/
The Siam Oriental Trading Co., Ltd.	Chonburi 20150	https://www.siamoriental.net
The St. Regis Bangkok	Bangkok 10330	https://www.stregis.com/bangkok
The Synergy Company Finland Ltd		https://www.synergycom.eu
Thonburi Wellbeing Co., Ltd.	Bangkok 10310	https://www.thg.co.th/en/

THOME Ship Management (Thailand) Co.,Ltd	Bangkok	https://www.thome.com.sg/contacts/country-contacts/country-thailand/
Thoresen Thai Agencies Public	Bangkok 10330	https://www.thoresen.com
Ticon Industrial Connection PCL	Bangkok 10120	https://www.ticon.co.th
Tilleke & Gibbins International Ltd.	Bangkok 10120	https://www.tilleke.com
Timothy Jacob Jensen Studios	7840 Hojslev	https://timothyjacobjensen.com
TLI Scan Global Logistics Co.,Ltd.	Bangkok 10500	https://www.scangl.com
TomSorensen	Bangkok 10260	https://www.tomsorensen.in.th
Total Access Communication PLC	Bangkok 10330	https://www.DTAC.co.th
Tour Lines Co., Ltd	Bangkok 10120	https://www.tourlines.co.th
TP Surin Beach Hotel Co., Ltd.	Phuket 83110	https://www.twinpalms-phuket.com/
Trafalgar International Ltd.,	Bangkok 10320	https://www.trafalgar-intl.com
Trail International School	Bangkok 10240	https://www.trailschool.ac.th
Tropical Bio Pallet Co.,Ltd.	PrachuapKhiriKhan	https://tropicalbiopallet.com
Trusted Novus Bank	Gibraltar	https://trustednovusbank.gi/
Tuk Tours Co., Ltd.	PrachuapKhiriKhan 77110	https://www.tuktours.net

U

UD Trucks	Samut Prakan 10570	https://www.udtrucks.com/thailand
United Flour Mill Public Co., Ltd.	Bangkok 10100	https://www.ufmfc.com/English/index.php
United Relocations (Thailand) Co., Ltd.	Bangkok 10260	https://www.unitedreloth.net/
University of Boras Sweden		https://www.hb.se
URL Co., Ltd.		https://www.url-group.com

V

Vacon South East Asia	Bangkok 10250	https://www.vacon.com
Valmet Co., Ltd.	Chonburi 20230	https://www.valmet.com
Varee Chiangmai International School	Chiang Mai 50000	https://www.varee.ac.th
Vartika Adventure Retreatic Resort	PrachuapKhiriKhan 77210	https://www.vartikaadventure.com
Vartika Resovilla KuiBuri	PrachuapKhiriKhan 77210	https://www.vartikakuiburi.com
Ventpro Solutions Co., Ltd.	Prachuapkirikhan 77110	https://www.ventpro.co.th



VERSO International School

Samut Prakan 10540

www.verso.ac.th/


Vestas Wind Technology Thailand Co., Ltd.	Bangkok 10110	https://www.vestas.com
Vestergaard Company Ltd.	Chonburi 20230	https://www.g-vestergaard.com
Vianova Systems AS	Bangkok 10320	https://www.novapoint.com
Vickery & Worachai Ltd.	Bangkok 10330	https://www.v-w.co.th
Viking Life-saving Equipment (Thailand)	Chonburi 20230	https://www.viking-life.com
Vina Sport Intertrade Co., Ltd.	Bangkok 10120	https://vinasport.co.th/
Vision House Limited	Bangkok 10110	https://www.visionhouse.co.th
Volvo Car (Thailand) Ltd.	Bangkok 10250	https://www.volvocars.com/th
Volvo Group (Thailand) Co., Ltd	Samutprakarn 10540	https://www.volvo.com/group/thailand/th-th
Volvo Truck & Bus (Thailand) Co., Ltd.	Samut Prakan 10540	https://www.volvotrucks.volvo.co.th
Food & Bio Cluster Denmark c/o VSI-Group	Chiang Mai 50300	https://foodbiocluster.dk/kontakt

W

Waever Group	Bangkok 10310	https://www.waevergroup.com
Wallenius Media Co., Ltd.	Pathum Thani 12120	https://thailandsposten.com/start/
Wallenius Wilhelmsen Lines Thailand	Bangkok 10120	https://www.2wglobal.com
Wartsila Singapore Pte Ltd.	Bangkok 10110	https://www.wartsila.com
WAS Trading Co., Ltd.	Bangkok 10310	
Wearnes Automotive	Bangkok	https://www.wearnesauto.com/th/
WearYouWant Ltd.	Bangkok	https://www.wearyouwant.com
WebOn (Thailand) Limited	Bangkok 10110	https://www.webon-thailand.com
WeShip Projects Co., Ltd.	Bangkok 10110	www.wship.com/
WHA Industrial Development	Samutprakarn 10270	https://www.wha-group.com/en/
Wiik & Hoeglund Public., Ltd.	Bangkok 10400	https://www.wiik-hoeglund.com
Wilhelmsen Ships Service	Bangkok 10120	https://www.wilhelmsen.com
Wilson Logistics (Thailand) Ltd.	Bangkok 10320	https://www.wilson-logistics.com
Wissen & Co Ltd.	Bangkok 10110	https://www.wissenandco.com

Y

Yara (Thailand) Ltd.	Bangkok 10110	https://www.yara.com
Yozzo Co., Ltd.	Bangkok 10900	https://www.yozzo.com



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