

Thailand

Expat Guide by **ScandAsia**

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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 matters and aims 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. These communities offer a ready-made network, regular events, and a sense of belonging in a new environment. For Nordic people, Thai Nordic Association is the ideal place to meet new friends.

British nationals often connect through British Club Bangkok, while German residents have strong networks through organizations such as the German-Thai Chamber of Commerce and other community groups.

The various business communities are also vibrant groups of very different companies, from small entrepreneurs to large corporations with manufacturing units and a nationwide network of outlets. At the back of this book you will find a Nordic Business Directory for Thailand, plus a few more that in their own 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 daily or weekly news stream for free here <https://scandasia.com/scandasia-enewsletters/>

The magazine is distributed as an e-magazine to subscribers by email, and the rest of the circulation is placed at locations frequently visited by Scandinavian tourists such as 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 with 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 also receive the monthly magazine.

I wish you a happy year in Thailand!

*Gregers Moller
Publisher*

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Police and general emergency call	191
Tourist Police	1155
• Download the Thailand Tourist Police App https://play.google.com/store/apps/details?id=tourist.police.app	
Medical emergency call	1669
Fire	199

OTHER NUMBERS

Highway Police	1193
Traffic Information	1197

Crime suppression	1195
Missing children	1300
National Disaster Warning Centre	1860
Tourist Information Inquiry	1672
Emergency Coordination	192
Tourist Information Inquiry	1672

LOST CREDIT CARDS

Visa	+1-303-967-1096
Mastercard	+1-800-11-887-0663
Diners Club	+1-800-234-6377
American Express	(+66) 0-2091-2755

EMBASSY CONTACTS

Denmark

Royal Danish Embassy
Sathorn South Soi 1
Bangkok 10120
+66 (0)2 343 1100
bkkamb@um.dk
<https://thailand.um.dk>
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H.E. Danny Annan

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Lumpini, Pathumwan
Bangkok 10330
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sanomat.ban@formin.fi
<https://finlandabroad.fi/web/tha/>
Ambassador:
H.E. Kristiina Kuvaja-Xanthopoulos

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emb.bangkok@mfa.no
<https://www.norway.no/thailand>
Ambassador:
H.E. Astrid Emilie Helle

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ambassaden.bangkok@gov.se
<https://www.swedenabroad.se/en/embassies/thailand-bangkok/>
Ambassador:
H.E. Mrs Anna Hammargren

FOREIGN EXCHANGE (AS OF JUNE 2026)

Danish Kroner	Swedish Krona	Norwegian Kroner	Finnish Euro	Thai Baht
19.8	29.5	28.9	2.52	100
			100	3,959
		100		346
	100			350
100				507

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

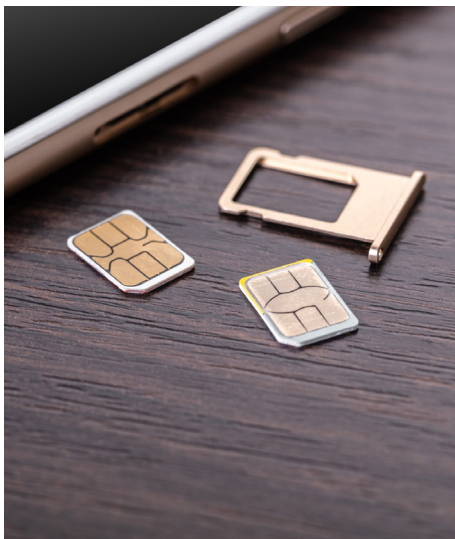
MOBILE PHONES

One of the first practical things you will need after arriving in Thailand is a local SIM card with mobile data and call time. The main providers are AIS, True, and DTAC, although True and DTAC now operate largely under the True brand. Their shops are found in most shopping centres, airports, and major supermarkets.

Remember to bring your passport, as SIM card registration is required by law. Staff in

the phone shops will usually help you activate the SIM card, configure your phone, and set up internet access immediately. Many also assist with language settings, apps, and mobile payment services.

Mobile data in Thailand is generally fast, reliable, and inexpensive compared to many European countries. Prepaid packages are especially popular among newcomers, tourists, and short-term residents, while long-term residents often move to monthly subscription packages with unlimited data plans.



INTERNET

With the spread of smartphones, the number of internet users in Thailand has grown to well above 60 million people. Most Thais now access the internet primarily through their mobile phones rather than traditional computers.

The main providers are AIS, True Corporation, and 3BB. Fibre broadband connections are widely available in urban areas, and installation is usually quick and inexpensive. Many condominium buildings and housing compounds already have internet infrastructure installed.



Thailand has developed surprisingly strong digital infrastructure in recent years, with widespread 4G and expanding 5G coverage even in many provincial areas. Internet speeds in Thailand are often better than what expatriates were used to back home.

To go online with your laptop, Wi-Fi is widely available in cafés, restaurants, hotels, shopping malls, and co-working spaces. Many people now rely on mobile hotspot sharing from their phones instead of the separate USB “aircards” that used to be common years ago.

LANGUAGE

If you plan to stay for six months or longer in Thailand, it is highly recommended that you take a Thai language course early on. Learning a few phrases from daily life is useful, but without structured learning your progress will often slow down quickly.

Central Thai is the official language and is understood nationwide, although many people speak regional dialects as their first language. Thai is a tonal language with its own script, which may seem complicated initially but becomes manageable with regular practice and proper instruction.

Many expatriates discover that even basic Thai language ability dramatically improves daily life, whether ordering food, speaking with taxi drivers, shopping in markets, or building friendships with local people. Even small efforts to speak Thai are usually appreciated.

Many Thai words originate from Pali, Sanskrit, and Old Khmer, while others have been adopted from Chinese and English. Loanwords are often pronounced differently, which can make them difficult to recognise for foreigners.

The commonly used word for Western foreigners, “farang,” is believed to derive from the Thai word for France, “Farangset.”

TRANSLATION

Google Translate is widely used in Thailand and works well for basic communication between Thai and English. Many expatriates use it daily for menus, signs, short messages, and simple conversations.

AI assistants such as ChatGPT often provide more natural translations and better explanations of context and tone. When translating into Thai, it can sometimes help to specify your age and gender, since Thai language usage often changes depending on social context and politeness levels.

Online, the following services are free and highly useful:

<https://thai2english.com>
<https://thai-language.com>

For official translation of documents, many private agencies operate in Bangkok and

other major cities. For certified translations and legalisation, services are available at the Department of Consular Affairs on Chaengwattana Road.

WEATHER

Thailand has a tropical climate with high temperatures and humidity throughout most of the year. April and May are typically the hottest months, especially in central Thailand. The rainy season generally runs from June to October, driven by the southwest monsoon. From November to February, cooler and drier conditions usually prevail.

Temperatures in northern Thailand can drop surprisingly low during the cool season, occasionally reaching single digits in mountainous areas around Chiang Mai and Chiang Rai. Southern Thailand remains warm year-round, although weather patterns differ between the Gulf of Thailand and the Andaman coast.



For coastal weather and marine forecasts, this website is particularly useful:
<http://www.buoyweathercom/map/gulf-of-thailand>

CULTURE

Thai culture reflects a combination of indigenous traditions and influences from India, China, and neighbouring Southeast Asian civilisations. It is shaped strongly by Buddhism, which plays a central role in daily life, alongside elements of Animism and historical Hindu influences.

Respect, politeness, and social harmony are important aspects of Thai society. Open confrontation and public displays of anger are generally avoided. Understanding these cultural norms will help you integrate more smoothly into daily life and avoid misunderstandings.

Thailand is also known for its hospitality and friendliness toward foreigners. While cultural differences can sometimes create confusion, most expatriates find Thai society welcoming and relatively easy to adapt to over time.

THAILAND NEWS

Thailand offers a wide range of English-language media as well as some publications and newsletters aimed at Nordic and European expatriates.

On <https://www.scandasia.com> you will find daily news for Scandinavian residents in Thailand and Southeast Asia, along with free newsletters and an online magazine covering business, community activities, travel, and regional developments.



Major English-language news outlets include:

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

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

Thai PBS World
<https://www.thaipbsworld.com/>

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

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



VISA REGULATIONS

Do it now: Open your passport. Look at the entry stamp you received when you arrived in Thailand. The date shown is the last day you are permitted to stay in the Kingdom.

If you arrived without applying for a visa in advance, you will normally receive a visa exemption stamp allowing a stay of up to 30 days, depending on your nationality. This is often incorrectly referred to as a “visa on arrival,” but most Nordic citizens enter under the visa exemption scheme.

Thailand has introduced e-visa systems in most countries, requiring applications to be completed online before travel. Always check the relevant embassy website for current procedures.

The link to the online application is:
<https://thaiveisa.go.th/>

General requirements for entry:

- a) Your passport must be valid for at least 6 months on arrival
- b) You may be asked to show proof of onward travel
- c) You should be able to demonstrate sufficient funds for your stay

Airlines may deny boarding if these requirements are not met, and immigration may refuse entry on arrival.

Thailand Digital Arrival Card (TDAC)

Before arriving in Thailand, all travellers are required to complete the Thailand Digital Arrival Card (TDAC) online. This replaces the old paper arrival card previously handed out on flights.

The TDAC must be submitted within 72 hours before arrival. You will need to provide

passport details, flight information, and the address of your first accommodation in Thailand. Once completed, you will receive a confirmation which should be kept on your phone or printed for presentation on arrival.

The form is available online via the official immigration website. Airlines may also remind passengers to complete it before boarding. Failure to submit the TDAC in advance may result in delays at immigration.

Tourist Visa

A Tourist Visa can be applied for at any embassy or consulate general outside Thailand. Applicants should submit online 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 normally gives permission to stay in Thailand for up to 60 days, regardless of whether you arrive by air or overland. Immigration officers may however question frequent entries if they believe the visa system is being used for long-term stay rather than genuine tourism, so travellers with many recent entries should consider applying for an appropriate long-term visa instead.

Education Visa

Students enrolled in government-approved educational institutions can apply for a Non-Immigrant ED (Education) visa. In most cases, the application is arranged through the school, which will guide you through the process and required documentation.

You will need to leave the country to obtain the correct E-visa via the e-visa system. They will need proof that you are genuinely outside Thailand in the country you claim.

Thai language courses are a popular option. Tuition fees are usually paid in advance and are separate from the visa fee, which is typically around 2,000 Baht (subject to change).

Business Visa

If you want to work in Thailand, you will need a Business visa (non-Imm 'B'). You have to apply via the online system 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. Applicants start by logging into the website <https://singapore.thaiembassy.org/>

The key documents typically include:

- a) Letter from the employing Thai company stating your position and salary
- b) Company registration documents
- c) Pre-approval letter from the Ministry of Labour for your work permit, which your future employer must get for you.

A Business visa does not itself allow you to work, but it is required before applying for a work permit. Additional documentation may be required depending on your profession, for example for teachers.

Non "O" Visa

Applicants who are married to a Thai national, or who wish to stay for family or certain volunteer purposes, can apply for a Non-Immigrant "O" visa. This visa category is also commonly used for long-term stays based on family ties.

Applications are increasingly handled through e-visa systems, depending on your country of residence.

Retirement Visa

Those aged over 50 may apply for long-term stay in Thailand under a retirement visa. This is usually based on a Non-Immigrant “O” or “O-A” visa, followed by extensions inside Thailand.

To qualify, you must typically provide:

- a) Copy of your passport
- b) Passport photos
- c) Proof of funds (e.g. 800,000 Baht in a Thai bank account), or
- d) Proof of monthly income (around 65,000 Baht)
- e) Additional documentation such as medical certificate or background check, depending on visa type



Before making long-term commitments, many expatriates choose to rent property initially.

Visa agents are useful and not expensive, but check the reputation of the agent. You don't want an agent that gives you a fake visa.

Visa runs

Most foreign visitors entering Thailand without a visa receive a visa exemption allowing a stay of up to 30 or 60 days, depending on current regulations and nationality.

Short extensions can usually be obtained at immigration offices. Repeated “border runs” are no longer a reliable method for extending stays, and immigration officers may refuse entry if they believe the system is being used to avoid proper visas.

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.

Thailand has rolled out its e-Visa system worldwide. In most cases, there is no need to visit the embassy physically. However, if a physical appointment is required, always use official channels. Avoid unofficial intermediaries or extra fees. No embassy should require an under-the-table “urgency fee”.

Eating in Thailand



Thai cuisine is the national cuisine of Thailand and plays a central role in daily life. While its spiciness is well known, Thai food is defined by a careful balance of sweet, sour, salty, and spicy flavours.

Thai dishes are rich in aromatic herbs and spices such as lemongrass, galangal, kaffir lime leaves, Thai basil, garlic, and shallots. These ingredients are often blended into pastes that form the base of many dishes. Freshness is essential, with daily use of vegetables, tropical fruits, seafood, meats, and herbs contributing to the taste and texture.

Rice is the staple food and is served with most meals, especially jasmine rice, while sticky rice is popular in the north and northeast.

Noodles are also widely enjoyed, with dishes such as Pad Thai, Pad See Ew, and boat noodles being everyday favourites.

Thai curries, including green, red, yellow, and massaman, are famous worldwide, as are soups like Tom Yum (hot and sour) and Tom Kha (coconut milk-based). Some herbs and shells in soups are not meant to be eaten, so it is common to leave them at the side of the plate.

Street food is an important part of Thai culture, with markets and roadside stalls offering a wide range of affordable dishes, from grilled meats and noodle soups to papaya salad and fresh fruit.

Meals are typically shared, with several dishes placed in the centre of the table, and eaten with a spoon and fork rather than a knife.

Overall, Thai cuisine is a rich combination of flavours, colours, and textures, creating a memorable dining experience for both locals and visitors.



Some of the leaves and sticks in Thai soups are not supposed to be eaten, they are just in the food for the flavour. If you find yourself chewing on what feels like a piece of grass, discreetly spit it out and leave it at the rim of the plate. Same goes for the shell or tails of shrimp. Watch what Thai people leave in the soup and not eat.

INTERNATIONAL FOOD

In addition to Thai cuisine, Thailand offers a wide variety of international food options, especially in major cities and tourist areas. These include:

Chinese Food: Due to strong historical and cultural influences, Chinese cuisine is widely available throughout Thailand. Dishes such as dim sum, stir-fried noodles, roasted duck, and Chinese-style soups are commonly enjoyed, often adapted to local tastes.

Indian Food: Indian cuisine has a strong presence, particularly in Bangkok and

areas with established Indian communities. Restaurants offer curries, biryani, tandoori dishes, and a wide range of vegetarian options.

Western Food: As Thailand has embraced globalization, Western food has become widely available. International chains, casual dining outlets, and high-end restaurants serve burgers, pizzas, steaks, pasta, and a variety of European dishes. Many establishments also cater specifically to expatriates.

A French restaurant like Playlys Bistro and Bar in Soi Nanglinch in Bangkok is popular among both foreigners and international Thais.

Japanese Food: Japanese cuisine is extremely popular in Thailand. Sushi, sashimi, ramen, tempura, and Teppanyaki are widely available, ranging from affordable chains to high-quality specialty restaurants.

Korean Food: Korean cuisine has grown rapidly in popularity, driven by cultural trends. Korean BBQ, bibimbap, fried chicken, and spicy stews are now common in many urban areas.



Middle Eastern Food: Middle Eastern cuisine is also well represented, particularly in Bangkok. Shawarma, falafel, hummus, kebabs, and mezze dishes can be found in both casual eateries and more upscale restaurants.

International Fusion Cuisine: Thailand's diverse food scene has encouraged the growth of fusion cuisine. Many chefs combine Thai ingredients with international cooking styles, creating innovative dishes that reflect both local and global influences.

Availability and Quality: In major cities such as Bangkok, Chiang Mai, and Phuket, international food is widely available and often of very high quality. Even in smaller towns, basic Western and Asian options can usually be found. It is worth noting that while international cuisines are easily accessible, Thai food



remains the dominant and most widely enjoyed cuisine throughout the country.



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MENUS & INFORMATION

Useful Online Apps

Moving to Thailand, you will quickly realise that many daily activities are handled through apps that may be different from those you used back home. Some are global, but others are specific to Thailand and widely used by locals. These apps help with transport, food, communication, shopping, and everyday convenience.

Grab: Grab is the most widely used ride-hailing app in Thailand. You can book taxis, private cars, and motorbike taxis (GrabBike), as well as order food through GrabFood and send parcels.

Food delivery apps: In addition to GrabFood, foodpanda and LINE MAN are popular services. They allow you to order from a wide range of restaurants and have food delivered quickly to your home or office.

LINE: LINE is the dominant messaging app in Thailand and is essential for communication. It is used not only for chat and calls, but also for business communication, group coordination, and official notifications.

Wongnai: Wongnai provides restaurant recommendations, menus, and user reviews. It is particularly useful when exploring new dining options or checking local favourites.

Lazada and Shopee: These are the two leading online shopping platforms in Thailand. You can order almost anything, from electronics and clothing to groceries, often with fast delivery.

Public transport apps: For getting around Bangkok, the official apps for the BTS Skytrain and MRT provide route maps, fares, and service updates. They are useful for planning journeys, especially during peak hours.

Google Maps: Google Maps is essential for navigation, directions, and finding nearby places. It works well in Thailand and is widely used by both locals and expats.

TrueMove H: This app allows you to manage your mobile plan, top up credit, pay bills, and monitor usage. Similar apps are available for other providers such as AIS.





Agoda and Booking.com: These apps are widely used for booking accommodation, from budget guesthouses to luxury hotels.

Thai language apps: Apps such as “Learn Thai – Phrasebook” or “Speak Thai” can help you pick up basic phrases and improve communication in everyday situations.

I2Go: I2Go is a useful platform for booking trains, buses, ferries, and flights within Thailand and across the region.

LINE Pay: LINE Pay allows cashless payments at many shops, restaurants, and online services. Other payment apps and QR code systems are also widely used in Thailand.

Google Translate: Google Translate is widely used for instant translation between Thai and other languages. It supports text, voice, and camera translation, and also offers offline functionality for basic use.

PromptPay: PromptPay is Thailand’s national QR payment system used by almost everyone. You can pay at markets, taxis, restaurants, and shops by scanning a QR code. Only foreigners with a Thai bank account can link it and enjoy fast, cashless payments.

Your Banking app: When you get a Thai banking account, the banking app will be essential for daily life. Make transfers, pay bills, top up mobile credit, and scan QR codes for payments. Most banks offer English-language interfaces.

Bolt: Bolt is a popular alternative to Grab, often offering lower prices for car and motorbike rides. Many locals use both apps to compare fares before booking.

Remember to check app availability and compatibility with your device. As you settle in, you will likely discover additional apps tailored to your lifestyle and needs.



Moving overseas is one of the biggest decisions and transitions in life. There are many factors to consider, and if the process is not properly planned, your overseas dream can quickly turn into a stressful experience. There are often important details you overlook, both when leaving your home country and when settling into life in Thailand, where systems, habits, and expectations may differ significantly from what you are used to.

To help you avoid common pitfalls and make your transition as smooth as possible, here are some of the most frequent mistakes expats make when relocating abroad.

Lack of research

Research is the most important part of relocating abroad. As it is such a major move, it is vital to understand the practical realities well in advance. Consider what you can and cannot bring with you – for example, shipping large collections, heavy furniture, or items such as wine may not be cost-effective or practical in Thailand due to climate and customs restrictions.

Start researching international removals companies early and compare services, transit times, customs procedures, and insurance coverage.

Budgeting is equally important. Calculate the cost of flights, shipping, temporary accommodation, deposits, and daily living expenses. Research neighbourhoods before committing to a long-term rental, and consider

whether downsizing may be necessary. Look into schooling if you are moving with children, and check visa requirements for all family members. If you have pets, check import regulations, vaccination requirements, quarantine rules, and documentation well in advance, as these processes can take several months.

Poor organisation

Lack of organisation is a common source of problems. As soon as your move is confirmed, start planning what to take, what to store, and what to leave behind. Creating a checklist and timeline will help ensure that nothing is forgotten. Sorting documents, arranging shipments, cancelling subscriptions, and preparing



your finances early will reduce stress and help you avoid costly last-minute decisions.

It is also useful to keep digital copies of important documents such as passports, insurance policies, and contracts.

Time management

Even if you plan months in advance, time passes quickly. Important deadlines for visas, shipping, and housing arrangements can approach faster than expected. Start key tasks early and allow extra time for unexpected delays. Once you arrive, you may also find that processes take longer than anticipated, including setting up utilities, opening bank accounts, or waiting for shipped belongings to arrive.

Being patient and flexible will help reduce frustration during this period.

Packing correctly

If you are shipping your belongings, you may arrive before they do. Pack essential items in your luggage, including clothing, work attire, important documents, electronics, and toiletries for several weeks. Consider the climate when packing – there is little need to bring a full winter wardrobe to Thailand. It is often more practical to buy additional items locally once you settle in, especially household goods that are inexpensive and widely available.

Insufficient budget

Relocating abroad often costs more than expected. In addition to planned expenses, unexpected costs such as deposits, medical needs, visa extensions, or temporary accommodation can arise. It is advisable to have a financial buffer to cover at least the first





few months while you establish yourself in Thailand. Exchange rate fluctuations and initial setup costs can also impact your budget more than anticipated.

Choosing the wrong removals company

Selecting a reliable removals company is essential, especially if you are shipping most of your belongings. While it may be tempting to choose the cheapest option, it is more important to consider reputation, experience, and insurance coverage. Delays, damage, or missing items can be costly and stressful, so careful selection is important. Reading customer reviews and obtaining multiple quotes will help you make a better decision.

Poor communication

Maintain regular communication with your removals company and any service providers involved in your move. Inform them of any changes to your shipment or schedule as early

as possible. Providing a local contact person can also be helpful if you are temporarily unavailable during transit. Clear communication reduces misunderstandings and helps ensure a smoother relocation process.

Accommodation

It is important to plan where you will live upon arrival. If possible, visit Thailand in advance to explore neighbourhoods and view properties. Avoid committing to long-term contracts before understanding the area, transport options, and daily convenience such as access to shops, schools, and hospitals. Measuring your furniture before shipping it can help avoid problems with size and layout differences in Thai homes, which are often smaller or differently designed than in Western countries.

Money considerations

Opening a local bank account will make daily life much easier, particularly for payments,



transfers, and mobile banking. Consider whether to keep bank accounts in your home country, especially if you have ongoing financial commitments such as income, pensions, or subscriptions. Be aware that some banks may require proof of residency to maintain accounts, and international transfers can involve fees and delays. Planning your finances in advance will save time and inconvenience later.

Bringing your pet

If you plan to bring a pet, start preparations early. Pets must be microchipped and vaccinated, including rabies vaccination at least 21 days before travel. Additional documentation, health certificates, and import permits may be required depending on your country of origin. Using a professional animal transport service can simplify the process and ensure compliance with regulations, reducing stress for both you and your pet.

Insurance and healthcare

Check your eligibility for medical coverage before arriving. Your home country's

healthcare system will generally not cover you in Thailand. Travel insurance can provide temporary coverage while you arrange long-term health insurance.

In Thailand, healthcare is hospital-based rather than GP-based, so it is advisable to select a hospital and register as a patient early on.

In addition to health insurance, consider property insurance, personal liability coverage, and insurance for vehicles or motorcycles to protect yourself and your assets. Having the right coverage in place will give you peace of mind as you settle into your new environment.

Driving licence

Obtain an International Driving Permit before leaving your home country. This allows you to drive temporarily in Thailand when combined with your national licence. For longer stays, you should apply for a Thai driving licence, which is relatively straightforward. Keep in mind that renewing your home licence may become difficult if you are no longer considered a resident there, so plan accordingly.



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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

It is generally advisable to rent before considering buying property. Renting gives you time to understand locations, prices, and your long-term plans. Accommodation options include high-rise apartments, condominiums, houses, and beach properties.

Rental agreements vary, but most are one-year contracts with a security deposit. Early termination usually results in loss of the deposit, so terms should be reviewed carefully. Tenants are responsible for damage to the property and furnishings. At the end of the lease, the deposit is used to cover damages, with any balance returned.

Rental prices vary widely depending on location and quality. Condominiums may range from around 8,000 Baht per month to well above 100,000 Baht in premium locations. Higher rents typically reflect better facilities and convenience.

Negotiation is sometimes possible but not always expected.

Take lots of photos when moving in and preferably while you conduct the inspection with the landlord to avoid disputes later.

Thailand recently passed new rental regulation covering landlords who own multiple units which provides better protection for

tenants, including clearer contract terms and limits on deposits.

Register with Immigration (TM30)

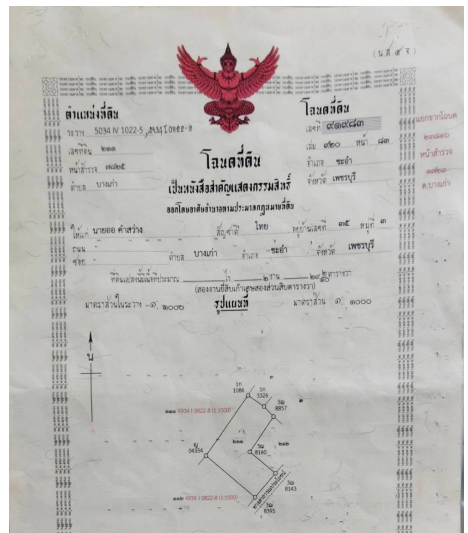
Property owners must report foreign tenants to immigration. Hotels do this automatically, but private landlords may not. Ensure you are registered, as it is required for visa extensions and 90-day reporting. If necessary, you can submit the documentation yourself.

HOME PURCHASE

Thai real estate rules are complex, and independent legal advice is essential before committing to any purchase.

Condominiums

Foreigners may legally own condominiums in their own name, provided that foreign





ownership in the building does not exceed 49%. The property must be officially registered as a condominium.

Land

Foreigners cannot own land in Thailand. Leasehold agreements of up to 30 years are possible and must be registered with the Land Office. Any structure built on leased land is typically owned by the leaseholder, but legal advice is essential to ensure protection.

Professional assistance

Consult several real estate agents before making decisions. Many agents represent developers, so independent advice is important. Always appoint your own lawyer rather than relying on the seller's or agent's representative.

BUILDING YOUR OWN HOME

Foreigners cannot own land, so building a house requires careful legal structuring. This often involves building on land owned by a Thai spouse or under a lease agreement. A qualified lawyer is essential.

Building permits are issued by local authorities and must be obtained before construction begins. The builder often handles the process, but it remains the owner's responsibility to ensure compliance.

HOME SETUP

Once you move in, you will likely need to furnish or adjust your home. Thailand has a wide range of retail chains offering furniture, home decoration, and appliances at different price levels. Stores such as Index Living Mall, HomePro, and IKEA provide a broad



selection of modern furniture, kitchenware, and household items at reasonable prices.

For more design-focused options, stores like SB Design Square and Konzept Furniture offer contemporary styles, while department stores such as Central carry a mix of imported and local brands. Appliances, electronics, and air-conditioning units are widely available at chains like Power Buy and Thai Watsadu.

Delivery services are efficient and affordable, and many stores offer installation services for larger items such as air-conditioners, washing machines, and kitchen fittings.

FACILITIES

Television and Internet

Cable and streaming services are widely available. Providers such as TrueVisions offer a

variety of international channels. Many expats prefer online streaming services or use VPN solutions to access content from their home countries.

Postal and delivery services

Thailand Post operates nationwide, with branches in most neighbourhoods. In addition, private courier companies such as Kerry Express, Flash Express, and Lalamove provide fast and reliable delivery, often with next-day or even same-day service in urban areas.

HOUSEHOLD INSURANCE

Household insurance is recommended to protect against unexpected damage or loss. If you are renting, do not rely on the landlord's insurance alone, as it may not cover your personal belongings.



Foreigners who wish to work in Thailand must have a valid work permit. This applies regardless of whether the work is paid or unpaid, as the legal definition of “work” includes any activity involving the use of knowledge or effort.

Foreigners are restricted from taking up certain occupations reserved for Thai nationals. These include roles such as hairdressing, farming, and various manual trades, among others. However, foreigners may still work in companies operating in these sectors in managerial, advisory, or specialist roles.

The current definition of “work” by the Ministry of Labour is broad, covering any exertion of energy or use of knowledge, whether or not compensation is received. This means that even volunteer work or informal activities may require a permit.

The growing number of remote workers and digital nomads has highlighted the need for clearer regulations, as many currently operate in a legal grey area.

GETTING A WORK PERMIT

A work permit is issued by the Department of Employment under the Ministry of Labour. In most cases, the application must be supported by a Thai employer, and the process involves submitting extensive documentation.

Typically, the employing company must meet certain criteria, including employing a minimum number of Thai staff and maintaining a

required level of registered capital per foreign employee.

The usual process begins with obtaining a Non-Immigrant “B” visa from a Thai embassy or through an e-visa system. Once you enter Thailand with this visa, your employer can proceed with the work permit application. Work permits are typically issued for limited periods, often six months to one year, and are tied to a specific job, employer, and location.

EXPIRY AND RE-ENTRY

A work permit is linked to your visa status. If your visa expires, your work permit becomes invalid. It is therefore essential to monitor renewal dates carefully.

If you leave Thailand, you must obtain a re-entry permit in advance. Without it, your visa will be cancelled upon departure, requiring you to restart the entire process.

Re-entry permits can be obtained from immigration offices or at international airports but





only as part of the departure passport check process.

Any change in job role, employer, or work location must be approved before it takes effect.

EMPLOYMENT WITHOUT PERMIT

Working without a valid permit carries serious penalties, including fines, detention, deportation, and possible blacklisting. While enforcement may vary, it is strongly recommended to ensure that all documentation is in order before starting any form of work.

JOB SEARCH

Finding employment in Thailand depends largely on your skills and experience. Jobs are advertised through newspapers, recruitment agencies, and online platforms. As in other countries, specialised skills — particularly in

areas such as IT, engineering, finance, and international business — improve your chances significantly.

Location also plays a role. Major centres such as Bangkok, Pattaya, Hua Hin, and Phuket offer the most opportunities but also the highest competition. Teaching remains a common entry point, but opportunities also exist in tourism, administration, sales, media, and specialised professions.

Positions advertised as “Thai National Only” cannot legally be filled by foreigners, as a work permit cannot be issued for these roles.

STARTING YOUR OWN BUSINESS

Foreigners may establish a company in Thailand, but the process is regulated and can be complex. Certain business activities are restricted under the Foreign Business Act, and most documentation must be submitted in

Thai. Professional legal and accounting advice is strongly recommended before proceeding.

In practice, most foreign entrepreneurs set up a Thai limited company. While foreigners can own shares, majority ownership is usually required to be Thai unless special permissions (such as BOI promotion) are obtained. This makes structuring the company correctly from the beginning extremely important.

If you intend to work in your own company and obtain a work permit, the company must meet the financial requirements. A commonly applied rule is that the company should have at least 2 million Baht in registered and paid-up capital per foreign work permit. This capital must be properly documented and paid into the company, although it can later be used for legitimate business expenses.

The basic steps in establishing a company include reserving a company name, preparing the memorandum of association, registering the company, depositing capital, and setting up corporate records. Once established, the company must register for tax, social security, and any required business licences depending on its activities.

It is essential to understand that using nominee or “strawman” shareholders simply to satisfy legal ownership requirements is not permitted under Thai law. While such arrangements have been used in the past, they carry significant legal risk if challenged. Authorities may investigate whether Thai shareholders are genuine investors or merely holding shares on behalf of a foreigner.

A more secure approach is to work with trusted partners or investors and structure the company transparently and in compliance

with regulations. In all cases, independent legal advice should be obtained to ensure that the ownership structure, shareholder agreements, and voting rights are properly documented and enforceable.

One of the first practical steps after company registration is to open a corporate bank account. This account will be used for capital deposits, operating expenses, and ongoing business transactions. It is important to clearly define the founder as the person with the signing rights and control of the account in accordance with the company’s governance structure.

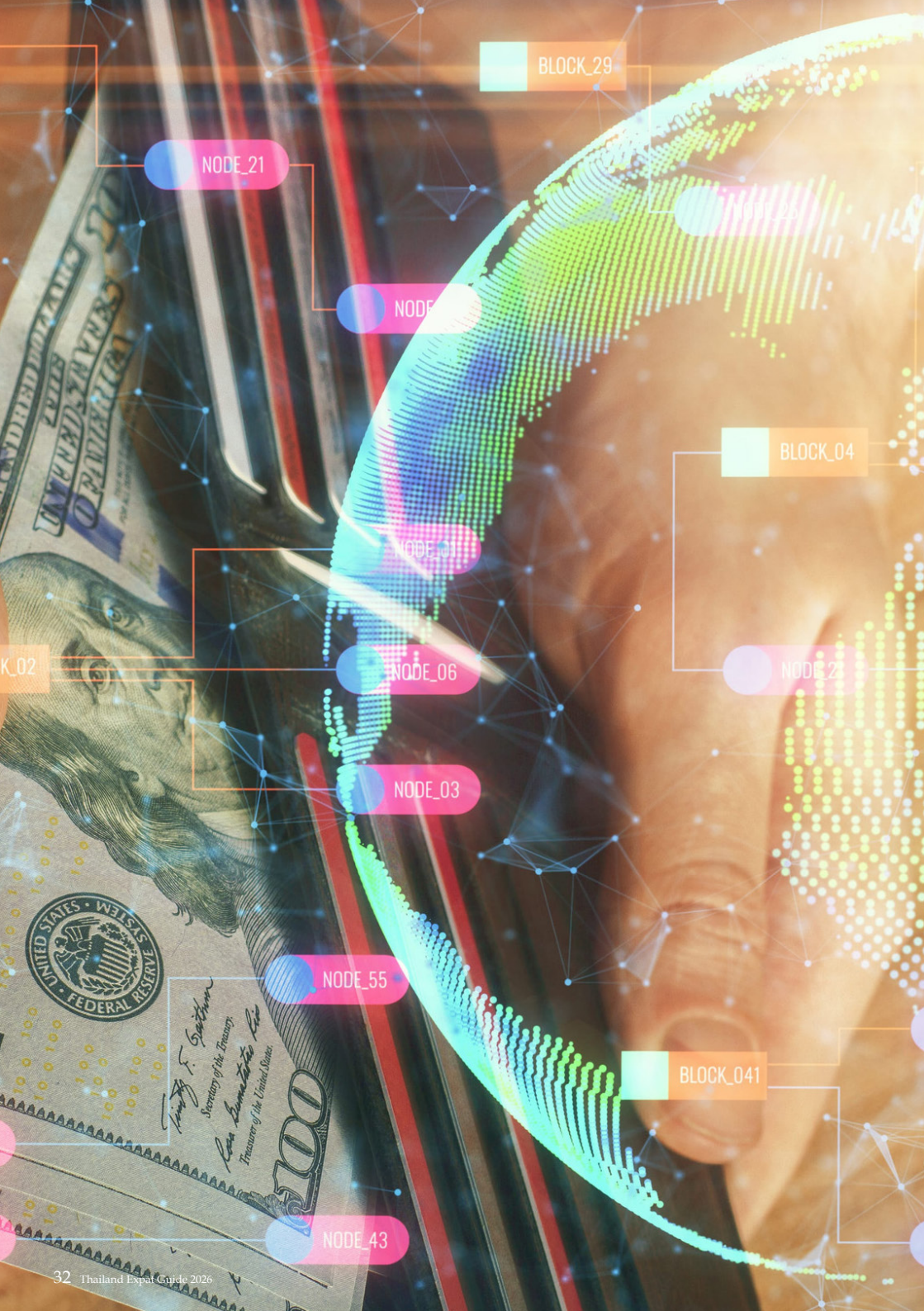
Running a company in Thailand also involves ongoing responsibilities, including accounting, tax filings, and compliance with labour laws. Engaging a qualified accountant and maintaining proper records from the beginning will help avoid problems later.

USING LEGAL SERVICES

Legal assistance is often necessary when dealing with contracts, company formation, or regulatory compliance. An experienced lawyer can help ensure that documents are properly drafted and that procedures are followed correctly.

Ask in your social network and business connection which firms have good reputation among your friends.

It is advisable to seek recommendations from trusted sources, as reputable legal professionals can help you avoid costly mistakes and ensure compliance with Thai law.



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The cost of living in Thailand can vary enormously depending on lifestyle and location. Renting a luxury condominium in central Bangkok, dining frequently at imported-food restaurants, using international schools, and enjoying nightlife on a regular basis may require a monthly income of 200,000–250,000 THB or more.

At the same time, you may rent a townhouse or condominium in suburban Bangkok for around 15,000 THB per month, and living costs outside Bangkok are often considerably lower. That lifestyle may require a monthly income of only 50,000–60,000 THB.

For many expatriates, a comfortable middle-class lifestyle consisting of local dining, occasional Western meals, moderate entertainment, and regular domestic travel may cost around 60,000–80,000 THB per month depending on family size and accommodation.

Food, accommodation, transportation, and local services can often be obtained at reasonable prices. Locations such as Bangkok, Surin, Nong Khai, Chiang Rai, or Nakhon Ratchasima are generally far less expensive than Phuket, Pattaya, or Ko Samui.

Imported products, international schools, private healthcare, and alcohol are among the expenses that can quickly increase a household budget.

Opening a bank account

Foreigners are allowed to open bank accounts in Thailand, although procedures

vary significantly between banks and even between individual branches.

Generally, foreigners fall into two categories:

- Those with a work permit and Non-Immigrant “B” visa.
- Those without a work permit, such as retirees, students, or spouses of Thai nationals.

If you belong to the first group, opening a savings account is usually straightforward. A passport, visa, and work permit are often sufficient.

Foreigners without a work permit can also open accounts, although requirements differ. Some banks may request proof of address, a lease agreement, a residency certificate, or evidence of long-term stay. Branches in areas with many expatriates are often more familiar with foreign customers.

The best advice is to try several branches and several banks. Different staff members may interpret internal rules differently.

Major Thai banks include Kasikornbank, Bangkok Bank, Siam Commercial Bank, Krung Thai Bank, and Bank of Ayudhya.

Once your account is opened, Thai banking apps are extremely efficient and become central to daily life. Most payments in Thailand today are made through QR-code systems linked to mobile banking.

If opening a local account proves difficult initially, you can still use international bank cards

and transfer money from abroad. However, foreign ATM withdrawals usually involve fixed local bank fees in addition to charges imposed by your home bank.

Private banking and investments

One of the advantages of working abroad can be the opportunity to save money more efficiently. Thailand has long attracted international wealth managers and financial advisers offering investment products to expatriates.

Before committing funds to any investment adviser or wealth management company, carefully research the company's reputation, regulatory status, and fee structure. Many expatriates receive unsolicited invitations to financial seminars or investment meetings shortly after arriving in Thailand.

It is generally advisable to seek recommendations from trusted professional networks or established banking institutions serving international clients in Asia.



Income tax

Everyone working in Thailand or earning taxable income in Thailand must obtain a taxpayer identification number issued by the Revenue Department.

A foreigner who stays in Thailand for more than 180 days during a calendar year is generally considered a Thai tax resident.

Tax residents are normally required to declare income earned in Thailand and, under current regulations, certain foreign income brought into Thailand. Tax rules continue to evolve, and professional tax advice is recommended for anyone with international income, investments, or pensions.

Foreigners staying fewer than 180 days are generally taxed only on Thai-sourced income.

Thailand has tax treaties with many countries, including the Nordic countries, designed to reduce double taxation.

Deductible expenses and allowances

Thai tax law allows a variety of deductions and allowances. These may include:

- Standard deductions for salary income
- Allowances for spouses and dependent children;
- Certain education expenses;
- Support for elderly parents;
- Life insurance premiums;
- Retirement fund contributions;
- Mortgage interest for residential property in Thailand;
- Charitable donations and educational contributions.



Tax regulations and deduction limits change regularly, so updated information should be obtained each tax year.

Withholding tax

Employers in Thailand are required to withhold income tax directly from salaries and submit the payments to the Revenue Department.

At the end of the tax year, employees file a tax return summarizing total income, deductions, and taxes already paid. Depending on the calculation, the taxpayer may either receive a refund or have to pay additional tax.

Social Security contributions

Employers and employees in Thailand both contribute to the Social Security Fund. Contributions are deducted monthly from

salaries and provide access to benefits such as medical care, maternity benefits, unemployment support, disability coverage, and pensions.

Foreign employees legally working in Thailand generally participate in the Thai social security system.

Companies with larger workforces may also contribute to the Workmen's Compensation Fund, which provides compensation in cases of workplace injury or death.

If you stop working in Thailand, it may still be possible to continue contributing voluntarily to maintain certain benefits. Contact the Social Security Office for updated conditions and contribution options.



How to pick an international school?

Choosing a new school, pre-school, or kindergarten when moving to another country is one of the most important decisions parents face. Every school has its own educational philosophy, teaching style, curriculum, and community atmosphere, and the number of options in Thailand can initially feel overwhelming.

Finding the right balance between your child's personality, academic needs, language abilities, and your family's long-term plans is rarely simple. What works perfectly for one family may not work at all for another.

Local vs International schools

The first major decision is whether your child should attend a local Thai school or an international school.

A local Thai school can be an excellent option, especially for younger children or children with Thai family background. However, for children who do not speak Thai, the adjustment may be challenging. Teaching methods, classroom culture, discipline, and communication styles can differ significantly from what many European families are used to.

Local schools generally provide stronger integration into Thai society and naturally help children develop Thai language skills much faster. Tuition fees are also considerably lower than those of international schools.

At the same time, international schools remain the preferred option for most European

expatriate families. International schools usually teach in English and follow British, American, IB (International Baccalaureate), or other internationally recognised curricula.

International schools also tend to offer an educational environment more familiar to Western families, although the student body itself is often highly international. Children may grow up surrounded by classmates from dozens of different countries, which many families see as one of the greatest advantages of international education in Asia.

Children raised abroad often develop a broader international outlook and become more adaptable socially and culturally. At the same time, parents sometimes experience mixed emotions when their children gradually become more attached to the new culture than to the one their parents originally came from.

There is no universally correct choice between local and international education. The right decision depends on your child's age, personality, language skills, future educational plans, and your family's own priorities.

International schools in Bangkok

Most expatriate families in Bangkok choose among a relatively small group of well-established international schools. Among the better-known schools in Bangkok are:

- Bangkok International Preparatory & Secondary School (Bangkok Prep)

Choosing your school

- Bangkok Patana School
- Dulwich College International School Bangkok
- ISB International School Bangkok
- St Andrews International School Bangkok, a Nord Anglia Education School
- Wycombe Abbey International School Bangkok

The Eastern Seaboard area has become increasingly attractive for expatriate families working in industry, logistics, and manufacturing and you can find many international schools in this area as well.

Phuket also offers several international schools. As the expatriate population on Phuket has grown, many international and bilingual schools have also developed across the island.

Mother tongue education

Many European children living abroad continue to study their mother tongue through online classes, weekend schools, or supplementary language programs. Maintaining language skills from home can become especially important if the family later relocates again or eventually returns home.

Important factors when choosing the right school

Once you begin collecting brochures and visiting campuses, it quickly becomes difficult to compare schools objectively. Keep your family's priorities in mind while also focusing on your child's personality, strengths, and emotional needs.

Below are some of the most important factors parents should consider.

How much does the school cost?

Before comparing academic programs, first determine what level of tuition your family can realistically afford.

Local Thai schools are generally inexpensive, while international schools in Thailand can range from relatively affordable to extremely expensive. Annual tuition fees may range from below 100,000 THB to well above 900,000 THB depending on the school and grade level.

In addition to tuition, many schools charge registration fees, development fees, transportation fees, meal plans, uniforms, technology fees, and deposits.

More expensive does not automatically mean better. Smaller schools with fewer facilities can sometimes offer a stronger sense of community, more personal attention, and a better social environment for certain children.

How far is the school from your home?

Distance matters less than travel time.

Traffic in Bangkok and other major cities can be extremely heavy, particularly during school hours. A school located only a few kilometres away may still require over an hour of travel during rush hour.

Parents should realistically consider:

- Daily commuting time
- School bus availability
- Transportation costs
- Coordination between siblings
- The impact of travel on the child's daily routine

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- Long commuting times can become exhausting for both children and parents over time.

What reputation does the school have?

School marketing materials naturally present the school in the best possible light, but conversations with current parents often provide more realistic insights into the school environment, teacher quality, communication, and student wellbeing. Therefore, if possible, you should talk to as many parents as possible.

At the same time, remember that parents often become emotionally invested in defending the school they themselves selected.

The age of the school alone is not a guarantee of quality. Some newer schools offer modern facilities and innovative teaching methods, while some older schools benefit from long-established reputations and alumni networks.

What are the school's educational principles?

Strong schools generally share certain characteristics regardless of curriculum.

One important factor is whether the school maintains high expectations while still supporting individual students according to their abilities.

Children learn differently and adapt differently when moving abroad. A good school should not simply apply pressure equally to all students, but instead monitor individual progress carefully and adjust teaching methods when necessary.

This is especially important for children learning in a second language. A student may understand mathematics perfectly in their native language while struggling with English terminology in class.



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BOOK A VISIT



Parents should ask how the school supports:

- Children with limited English ability
- Students facing learning challenges
- Emotional adjustment after relocation
- Integration of new students

Which curriculum is best?

International schools in Thailand most commonly follow:

- British Curriculum
- American Curriculum
- International Baccalaureate (IB)
- Australian Curriculum
- Hybrid international programs

The right curriculum may depend on where your family expects to live in the future.

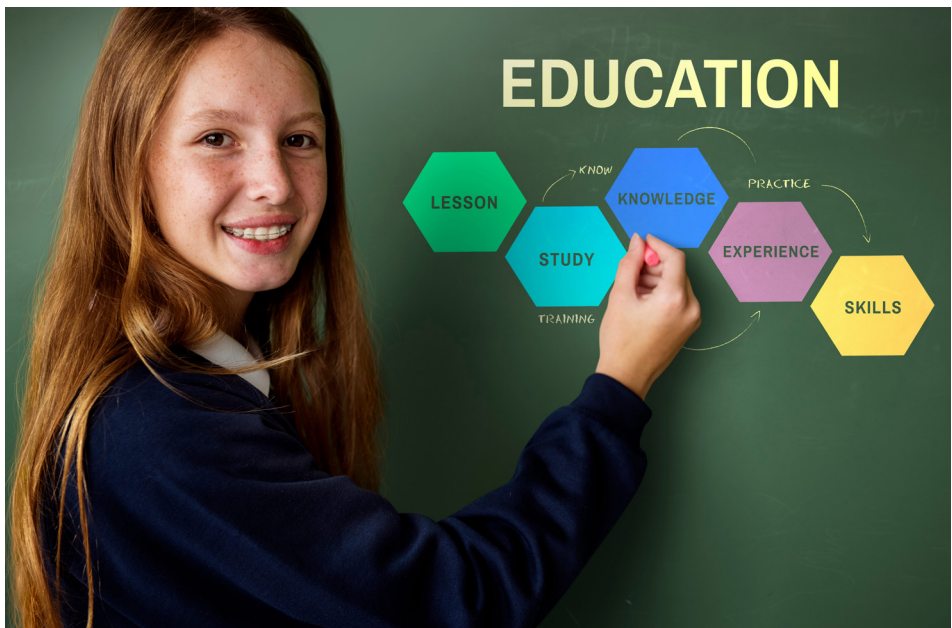
Families planning to return to Europe may prefer schools aligned with European university pathways, while globally mobile families often prefer IB programs because they are widely recognised internationally.

Parents should also ask about examination systems, graduation pathways, and university acceptance rates.

Language support and academic transition

Some schools require students to already possess a certain level of English proficiency before admission.

Others provide English language support programs, pre-language courses, or additional tutoring to help children transition more smoothly.





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Choosing your school

This can be particularly important for children arriving directly from non-English-speaking school systems.

Activities outside the classroom

Education is not only academic. Parents should also consider what opportunities the school offers in sports, arts, music, science, technology, leadership, and community service.

Many international schools in Thailand invest heavily in sports facilities, swimming pools, gymnasiums, theatres, and technology centres. However, children have different personalities and interests. One child may thrive in competitive sports while another is more interested in robotics, music, coding, or performing arts.

After-school activities also help children build friendships more quickly and integrate socially into their new environment.

Are the teachers qualified?

Parents should not hesitate to ask questions about teacher qualifications and staff turnover.

Important questions include:

- What educational qualifications do teachers hold?
- How long do teachers typically remain at the school?
- Does the school have experienced counsellors?
- How are new students supported?
- How does the school communicate with parents?



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Book a School Tour



The relationship between teachers, students, and parents often becomes even more important when families are adapting to life in a new country.

Watch your child carefully

Your role as a parent does not end once the school has been selected.

Moving to another country, adapting to a new language, and building new friendships can be emotionally exhausting for children, even when they appear to adjust well initially.

Spend time talking with your child regularly about school life, classmates, teachers, and friendships. Listen carefully to both the positive and negative experiences.

Many children experience a “honeymoon phase” during the first weeks or months abroad, followed later by frustration or emotional adjustment.

Parents should pay attention to changes in behaviour, motivation, confidence, sleep patterns, or reluctance to attend school.

At the same time, patience is extremely important. Children often need time before they fully settle into a new environment and begin to feel confident socially and academically.

Helping children build friendships outside the classroom can make a major difference. Inviting classmates home, arranging playdates, and participating in school activities often accelerates both social integration and language development.



Final thoughts

There is no perfect formula for choosing the ideal school.

Many parents ultimately rely on instinct after visiting campuses, meeting teachers, and observing how their child reacts to the environment.

The most important thing is that both parents and child feel comfortable and confident with the choice.

Even after careful research, no parent can fully predict whether a child will truly thrive

at a particular school. Children develop differently, adapt differently, and sometimes surprise us completely.

However, careful preparation, realistic expectations, and active parental involvement greatly increase the chances of a successful and enjoyable school experience abroad.

For most families, the transition period is temporary. After a few months, many children become remarkably comfortable with their new school, new friends, and new international environment.



Medical services in Thailand have gained a strong international reputation among expatriates and medical tourists for being both high in quality and relatively affordable compared to many Western countries. Thailand's healthcare system offers a wide range of options, including public hospitals, private hospitals, specialist clinics, dental clinics, and wellness centres. In major cities and tourist destinations such as Bangkok, Phuket, Chiang Mai, and Pattaya, high-quality medical facilities are widely available.

Thailand's leading private hospitals are often modern international-standard facilities with English-speaking staff, advanced medical equipment, and short waiting times. Hospitals frequently recommended by expatriates include Bangkok Hospital and Samitivej Hospital and in recent years MedPark Hospital.

One noticeable difference compared to many Nordic healthcare systems is speed and accessibility. Appointments with specialists can often be arranged quickly, sometimes even on the same day. Pharmacies are also common and generally well stocked, with many medications available at lower prices than in Europe.

However, it is essential to ensure that you have valid health insurance coverage while living in Thailand. Without insurance, medical expenses at private hospitals can become extremely expensive, particularly in cases involving surgery, intensive care, or long-term treatment. Unexpected accidents can happen anywhere and at any time, whether on a motorbike, during travel, or simply while walking through a busy city street.





A word of caution is especially important for travellers who decide to extend their stay beyond their original holiday plans. Many visitors forget to extend their travel insurance at the same time, leaving themselves uninsured during their extended stay in Thailand.

When choosing health insurance, check carefully whether the policy covers:

- inpatient and outpatient treatment
- motorbike accidents
- pre-existing medical conditions
- emergency evacuation
- long-term stays in Thailand

Some insurance companies also place age limits or exclude certain medical conditions, so reading the policy details carefully is important.

VACCINATIONS AND TROPICAL HEALTH

Regarding vaccinations, travellers should consult the recommendations issued by health authorities in their home countries. Commonly recommended vaccinations for Thailand may include hepatitis A, hepatitis B, tetanus, and typhoid, depending on travel style and duration of stay.

For most people living ordinary urban lifestyles in Thailand, the health risks are relatively low. However, travellers planning trekking, rural travel, animal contact, or extended stays in remote areas should seek updated medical advice before arrival.

Thailand's tropical climate also means that heat exhaustion, dehydration, food poisoning, and mosquito-borne illnesses can occasionally affect travellers and newly arrived expatriates. Basic precautions such as drinking sufficient water, using mosquito repellent, and avoiding unsafe food are usually sufficient.

EMERGENCY AND MEDICAL EVACUATION



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MOTHER AND CHILD



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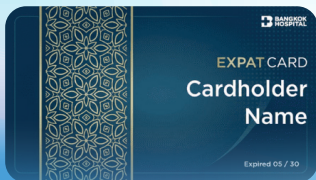


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MEDICAL TOURISM

Over the past two decades, Thailand has become one of Asia's leading destinations for medical tourism. Patients travel from around the world for procedures ranging from dental treatment and cosmetic surgery to heart surgery, orthopaedics, fertility treatment, and health screenings.

One major advantage of private medical treatment in Thailand is cost-effectiveness. Compared to many Western countries, treatments are often significantly cheaper while still maintaining high standards. Waiting times are generally short, and many hospitals provide dedicated international departments to assist foreign patients.

For many visitors, the possibility of combining medical treatment with recovery in a tropical environment has made Thailand particularly attractive.

At the same time, patients should still approach all medical procedures carefully. Standards may vary between providers, and legal recourse or complaint procedures may differ from those in their home countries. Thorough research before any major treatment is strongly recommended.

DENTAL CARE AND SPECIALIST TREATMENT

Thailand is also well known for dental care. Many expatriates and medical tourists choose Thailand for routine dentistry, implants, orthodontics, and cosmetic dental procedures due to the combination of modern clinics, skilled dentists, and comparatively lower prices.

Specialist clinics for dermatology, eye care, fertility treatment, physiotherapy, and cosmetic procedures are widely available in major cities.



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CHIROPRACTIC SERVICES AND MASSAGE

Thailand also offers chiropractic services and other forms of physical therapy. Chiropractors typically provide examination, diagnosis, and treatment related to the musculoskeletal system and may also recommend exercise and rehabilitation programs.

Thailand is internationally famous for traditional Thai massage, with massage shops found almost everywhere. While massage can be excellent for relaxation and general wellbeing, massage clinics should not be considered a substitute for professional medical diagnosis or treatment.

HEALTHCARE FOR THAI CITIZENS AND EMPLOYEES

One advantage of living and working in Thailand is access to the Thai social security healthcare system for employees legally working for companies or government organisations.

Employees and employers both contribute to the Social Security Fund, which provides access to designated hospitals and basic healthcare coverage. However, business owners, freelancers, and some company directors may not automatically qualify and often rely instead on private insurance.

Thailand currently operates three major healthcare systems for Thai citizens:

- the Universal Healthcare Scheme
- the Social Security healthcare scheme
- the Civil Servant Medical Benefit Scheme.

These systems together provide healthcare access to the majority of the Thai population.

For expatriates planning long-term residence in Thailand, understanding healthcare options and maintaining proper insurance coverage should be considered one of the most important parts of relocation planning.

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inpatients

Comprehensive treatment provided annually.

Dental care in Thailand

When selecting a dental provider in Thailand, it is vital to evaluate the clinical qualifications and safety standards of your chosen facility. In Thailand, dental clinics vary significantly in scale, sterilization protocols and pricing structures. Prioritizing patient safety through accreditation standards provides for successful outcomes.

Two leading and well-established dental providers catering to the international community are JCI accredited Bangkok International Dental Center (BIDC) on Ratchadaphisek Road and Thailand's specialized BIDH Dental Hospital on Sukhumvit Soi 2. These facilities

are renowned for adhering to international quality protocols and providing professional dental care services with English-speaking dentists and customer care staff.

Most dental clinics in Thailand offer routine services such as cleanings, fillings, root canal treatment, and preventive care at prices many expatriates find affordable compared to their home countries. Waiting times are shorter, and appointments are often arranged quickly.

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.

While most dental work is handled via private payment, select dental hospitals facilitate the direct processing of international insurance claims.

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. By researching these qualifications, standards and services beforehand, you can then ensure a safe and satisfactory dental experience in the country.

As with all healthcare decisions abroad, thorough research is recommended. Reading



reviews, checking certifications, and discussing treatment plans in advance can help ensure a safe and satisfactory dental experience in Thailand.



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Shopping in Thailand

Shopping in Thailand is not simply about buying things. For many Thai people, shopping is also entertainment, social life, dining, and a way to escape the tropical heat for a few hours in air-conditioned comfort. Large shopping centres are therefore not only retail spaces but also important lifestyle destinations where families, couples, and groups of friends spend entire afternoons and evenings.

Bangkok in particular has developed into one of Asia's major shopping cities. Modern shopping malls are found throughout the capital, often connected directly to BTS Skytrain or MRT stations, making them easy to access even during heavy traffic hours. Large retail groups dominate much

of the market, but the variety of shopping experiences remains enormous.

Popular centres such as Siam Paragon, Siam Center, Siam Discovery and Iconsiam combine shopping with restaurants, cinemas, supermarkets, fitness centres, banks, beauty clinics, and entertainment facilities. Many visitors spend more time eating, meeting friends, or relaxing in cafés than actually shopping.

At the same time, Thailand still retains its famous market culture. The enormous Chatuchak Weekend Market remains one of the country's most popular shopping experiences, attracting both locals and tourists searching for clothing, handicrafts,



furniture, artwork, antiques, pets, and street food in a lively bazaar atmosphere. It is easy to spend an entire day simply exploring the thousands of small stalls and narrow walkways. Negotiating prices is still common in some sections.

Night markets have also become increasingly popular in Bangkok and other cities. These markets combine shopping, live music, bars, and local food culture into a more relaxed social experience, especially among younger Thais and tourists.

In recent years, Thailand has also seen growing interest in outlet shopping and lifestyle retail destinations. Siam Premium Outlets Bangkok near Bangkok has become a popular destination. Conveniently located near Suvarnabhumi Airport on Motorway Bangkok–Chonburi KM.23, the outlet offers a premium open-air shopping experience featuring leading luxury, international, and

sports brands with savings of up to 70% off throughout the year.

What makes Siam Premium Outlets Bangkok especially popular among expats and tourists is its combination of value and relaxed atmosphere. Visitors can enjoy shopping in a spacious environment while exploring a wide range of fashion, sportswear, and lifestyle products, along with exclusive promotions, seasonal campaigns, and special privileges throughout the year.

Beyond Bangkok, nearly every provincial capital now has modern shopping malls, supermarkets, and community malls, while traditional fresh markets continue to play an important role in daily Thai life. Shopping in Thailand therefore ranges from luxury international brands to lively local street markets — often within only a few kilometres of each other.

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A SIAM PIVAT BIKON CENTER



Yarn & Knitting

Finding good yarn in Bangkok can be surprisingly difficult, especially for expats used to larger craft stores and wider selections back home.

Options are limited, with small selections typically found in areas such as Sampeng Market and Sam Yot.

That is why Bigknit Café has become a go-to spot for knitters and crocheters in the city.

Located inside RQ49 Mall in Sukhumvit, the café combines a yarn shop, a workspace and social hub in one. Visitors can order coffee, cakes and light meals while knitting or crocheting.

Inside Bigknit Café, the space is filled with handmade items – from crocheted figures to chunky knitted bags, cushions and small decorative pieces. Yarn is stacked from floor to ceiling, often hidden in cabinets you have to open and explore to find what you need. The shop offers a wide range of yarn, including acrylic, cotton, mohair blends and even paper yarn.

Most of the yarn is imported – and often more expensive than what many Scandinavians may be used to back home – with some mohair blends costing around 450 baht per skein and cotton yarn around 500 baht.

Still, Bigknit remains one of the few places in Bangkok offering such a wide selection in one location.



*A staff member at Bigknit Café helps finish a scarf before its owner's upcoming trip to Japan.
Photo: Freja Nanna Mogensen / ScandAsia*

The café also offers a large selection of knitting and crochet patterns that customers can use while working on projects in the shop.

More than just knitting supplies

According to the café, around 80 percent of customers are expats. Some visitors spend hours knitting, crocheting and chatting inside the café.

Staff are on hand to help, whether you are starting a new project or need assistance finishing one. It is not unusual to see employees helping customers with techniques or small fixes.

The idea for Bigknit Café came from owner Nice Tansrisakul's lifelong love of arts and crafts. Since knitting and crocheting often take hours, she wanted to create a space where people could sit, knit and enjoy coffee or food at the same time.

The café has now existed for more than 20 years.

How to find Bigknit Café

The main Bigknit Café is located inside RQ49 Mall in Thong Lo. But today, Bigknit also operates smaller branches at Siam Paragon and Central Rama 9 in Bangkok. However, the Thong Lo location remains the only full knitting café experience.

The café is around a 15–20 minute walk (1,5) from BTS Thong Lo or Phrom Phong station, though many visitors may find it easier to take a Grab directly to the mall.

Visitors arriving by MRT can get off at Sukhumvit station and walk around 2.5 kilometres using Google Maps directions.

Bigknit Café in Bangkok is open daily from 9 am to 20.30 pm.



The yarn at Bigknit Café in Bangkok is colour-coordinated and neatly organised, making the shop a feast for the eyes. Photo: Freja Mogensen / ScandAsia



Going to the beach is not limited to a particular season when you are living in Thailand. Anytime you feel like it, you can simply grab your beach bag and head off for a single day, a long weekend, or a full week of sunshine, swimming, seafood, and relaxation.

For many expatriates, one of the greatest luxuries of living in Thailand is how easily accessible tropical beaches suddenly become. Places that tourists save up for all year can become ordinary weekend destinations only a few hours away.

We are spoiled

Families flock to Thailand from all over the world for the country's beach resorts, many of which offer watersports, children's activities, elaborate swimming pools, and even on-site water parks. Some resorts have excellent children's programmes with separate activities for different age groups, teenage programmes, and nurseries.

Living in Thailand, we often forget that these holiday opportunities are right on our own doorstep and often far more affordable than similar vacations back home in Europe. A spontaneous weekend by the ocean can suddenly become part of ordinary life.

Thailand also offers a growing number of specialised holiday experiences. In recent years, naturist resorts connected through Naturist Association Thailand have become increasingly popular among both local and international visitors seeking relaxed, non-sexual

nude recreation in private settings. Nude recreation can be a surprisingly relaxing way to disconnect from work stress and everyday routines.

Cure for workaholics

For many expatriate families, one of the best reasons to go on a beach vacation is simply to disconnect from work. The primary income earner in the family often works long hours, and although financial success is appreciated, partners and children usually need attention and shared experiences even more.

A beach holiday removes many of the routines and distractions of daily life. There are fewer meetings, fewer errands, and much less pressure to constantly check emails and messages. Time suddenly slows down.

A beach vacation can therefore become more than just recreation. It can be therapy for couples and families who simply need uninterrupted time together. You can spend the day swimming, walking on the beach, eating fresh seafood, relaxing by the pool, or simply doing absolutely nothing at all. You can return to your room and make love in the bathtub, enjoy an afternoon nap, or rediscover the pleasure of having nowhere else to be.

There are few things more restorative for family life than extended, relaxed time together without schedules and obligations.

The more spontaneous a beach vacation is, the better it often becomes. Expect less and appreciate more.



Thailand's beach destinations

Thailand offers an enormous variety of beach experiences. Some destinations are famous for nightlife and entertainment, while others focus on family holidays, diving, nature, or complete tranquillity.

Popular destinations include Phuket, Pattaya, Hua Hin, Krabi, Ko Samui, and Ko Chang, but there are countless smaller islands and coastal towns waiting to be explored.

A favorite for many families with children is Dophin Bay Resort in Prachuap Khiri Khan which is within easy reach of Bangkok.

Some expatriates eventually decide that beach life suits them so well that they relocate permanently to coastal areas after years in Bangkok.

Others simply enjoy the luxury of being able to escape the city whenever they need a break from traffic, deadlines, and urban stress.

Sea safety

Thailand's beaches are generally very safe, but visitors should still pay attention to local warnings and seasonal conditions. During the monsoon season, strong currents and rip tides can occur, especially on beaches facing the open ocean. Always respect warning flags and avoid swimming when conditions appear dangerous.

In some coastal areas, particularly in southern Thailand during certain times of the year, box jellyfish have occasionally been reported. Encounters remain rare, but their sting can be extremely dangerous. Beaches known to have occasional jellyfish incidents often provide vinegar stations and warning signs. If stung, seek medical help immediately and avoid rubbing the affected area.

Watersports surprises

Check your health insurance if you plan to participate in boating, diving, parasailing, or

other watersports. Some activities may not automatically be covered. 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.

Watch out for sunburn

Thailand's tropical sun is much stronger than many visitors expect, especially near white sand and reflective water surfaces. Even cloudy days can result in serious sunburn because ultraviolet radiation still passes through high clouds.

Most sunburns can be treated with moisturisers, cool baths, and anti-inflammatory medication. However, if symptoms include headache, chills, dizziness, or fever, heatstroke may also be involved and medical attention should be sought immediately.

Packing list

A few useful things to bring for a beach getaway include:

- Sunscreen or tanning lotion
- Lip balm with sunscreen
- Extra swimsuits
- Sunglasses
- Sarong or light clothing
- Swim goggles
- Insect repellent
- Afterbite cream
- Basic medicine and bandages
- Light reading material
- Waterproof bags or plastic containers



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How to die in Thailand

If you die in Thailand and have not made arrangements in advance, you are the only person to blame for the big mess that you leave behind.

In Thailand, it is necessary to report any death to the police within 24 hours. This is the case even if the death is expected such as after an illness or accident. The police are then responsible for contacting the appropriate Embassy, who will inform the relatives back home.

The cause of death will have to be determined by the Examining Magistrate, so the body will be sent to their department for examination. The body is generally released to the family within three days of the examination for a cause of death that is not suspicious.

The death certificate will then be issued automatically by the office. If the cause of death is deemed suspicious or as a result of

possible criminal activity, the body will be held pending investigation. A civil registry death certificate and a doctor's death certificate will be issued automatically by the office when the body is released. The death is automatically registered in this way, and there is no need for the family to visit the local registry office. The body will only be released once all medical bills and charges for hospital stays have been cleared.

Who wants your body?

Every year, several of the Nordic expats who die in Thailand end up being cremated at a random monastery as unwanted bodies. This is not because their identities are not known - they have been identified, but nobody out here and nobody back in the Nordics have any affection left for the deceased. So they inform the embassy that they are OK with the deceased being cremated along with other people with no relatives and the





ashes scattered in the river or otherwise respectfully disposed of.

Repatriating a deceased person is also an expensive affair. The cost of sending a body home is around 35.000 DKK. It includes embalming, a metal coffin and all documents needed. Sending an urn home is approximately 11.000 DKK, and there will still be a funeral back in Scandinavia to pay for once the ashes or body arrive.

Who wants your money?

While nobody may want your body, everybody will want your money if you leave anything of any value behind. Children back in Scandinavia may be in for a nasty surprise. In Scandinavia, children are by law entitled to receive a minimum percentage from the estate. In Thailand, the Thai wife gets it all, and the children receive nothing until she dies.

Relatives from back home often complain to the embassy in Bangkok and ask for help, but if there is no will, they will not inherit a single krone from their deceased parent.

The embassies also witness situations where a Thai spouse gets absolutely nothing even though she was taking care of the deceased for the past many, many years. If the couple did not register a marriage under Thai law, the

estate will go in full to the children in Denmark - who do not want to share anything with the bereaved Thai spouse. Her only chance is to prove to the court that she and the deceased had joint earnings while living together.

So ask yourself, should your Thai spouse should inherit anything? If so, go and get married and register your permanent address in Thailand! Inform the authorities back home too. If you want her to be kicked out of your shared home after you are dead, then you should of course not marry her...

On the other hand, if you don't think it is fair that your Thai wife should take it all and give an F... finger to your children from your previous marriage back home, then you really should write and register a will. It is your own will and you can choose exactly who and what to include, as long as it is within the rules of the law on heritage.

To make sure your will is valid in Thailand, you should have it translated and legalized by the Thai Foreign Ministry and your Nordic





Embassy in Bangkok. If the will is made in your home country, it must be translated and then likewise legalized by the Ministry of Foreign Affairs in Thailand and the Embassy of your own country in Bangkok.

The rights of a relative

Further to the general rules on inheritance mentioned above, it is important to be aware that the official permanent residence address can influence the game. If the deceased is registered with a permanent residence in the Nordics, the national law of inheritance in that country will apply. If your permanent address is in Thailand, Thai rules will apply. This means that if you have assets in both countries and your permanent address is in Thailand, the combined inheritance will be distributed according to Thai rules and vice versa. Sometimes scenarios like this can be troubling to a family at home if they for instance live in a home owned by the deceased.

For the Thai spouse, the most important documents are the death certificate and the Court's Order appointing her as the heir. The documents are used to get the corpse from the hospital, money from bank accounts and to get the deceased erased from the house registration book. To be granted ownership of the inheritance in Denmark, the Thai death certificate must be translated to English or Danish and the Danish Embassy and the Thai Ministry of Foreign Affairs have legalized it before a Danish court can accept it.

If the Nordic relatives need a copy of the death certificate, they may get in touch with the Thai Embassy in their home country. The Embassy's consular service section will be able to help process your request to obtain a copy of a death certificate.

If they are in Thailand, they can contact the Consular Department, Ministry of Foreign Affairs, 123 Chaeng Wattana Road, Bangkok 11120. Tel: +66 2 575 1054.



...a, och tagom o
...er tvart en sug
...a ibland, faller

THE LITTLE NUSS
...at if I had a litt
...thin my deep th
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...rag the liqueur down
...d up we go then with every
...at if I had a little string there
...thin my deep throat, with liqueur!



In “the old days”, the year for expatriates in Thailand started in September when people were considered “back after the summer”. The season ended again in June when it was time to “go back for the summer”. Although this rhythm originally came from the old British colonial lifestyle in Asia, many expatriates from Northern and Western Europe still follow roughly the same pattern today, spending part of the European summer back home before returning to Thailand for autumn, winter, and spring.

However, younger expatriates employed on local contracts increasingly follow the Thai calendar instead. Their main holiday period is often around Songkran in April, while shorter trips home to Europe are spread throughout the year depending on airline prices and work schedules.

Autumn in Thailand

For many expatriates, September marks the beginning of a new social season. After the quieter summer months, embassies, chambers of commerce, social clubs, churches, and business associations become active again with receptions, networking events, dinners, and community activities.

For Northern European expatriates, one of the traditional highlights in autumn is the Crayfish Party organised by the Thai-Nordic Association.

The German-speaking community traditionally celebrates Oktoberfest events, while the British community gathers around activities organised by The British Club Bangkok and other long-established institutions.

Many other European and international communities organise their own “welcome back” gatherings around the same period.

As the year moves toward December, Christmas activities begin appearing throughout Thailand’s expatriate communities.

The Danish Church Christmas Bazaar in early December is another long-standing tradition and one of the largest Northern European community events of the year, attracting both expatriates and many Thai visitors interested in European Christmas traditions, decorations, food, and seasonal products.

The British community traditionally gathers around events such as the famous Ploenchit Fair, while German-speaking residents celebrate Advent gatherings and Christmas markets with traditional food, mulled wine, and festive music despite the hot sun outside.

Spring in Thailand

Spring in Thailand can be an extremely hot period leading up to Songkran, the Thai New Year water festival in April. Temperatures in March and April are often the highest of the year before the arrival of the monsoon brings rain and slightly cooler weather.

Throughout the year, expatriate communities increasingly stay connected through Facebook groups,

Many expatriates feel that time somehow moves faster in Thailand than back home. That is of course impossible, but suddenly it is June once again and another year has passed. Time to go “back for the summer”.

2026

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

29 – Asahna Bucha Day

30 – Khao Phansa Day

August

S	M	T	W	T	F	S
						1
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23	24	25	26	27	28	29
30	31					

12 – H.M. Queen Mother's Birthday

September

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October

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25	26	27	28	29	30	31

13 – The passing of King Bhumibol

23 – Chulalongkorn Day

November

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December

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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

5 – King Bhumibol's Birthday

7 – Compensation for King Bhumibol's

10 – Constitution Day

25 – Christmas Day

31 – New Year's Eve

2027

January

S	M	T	W	T	F	S
					1	2
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31						

1 – New Year's Day

February

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28						

6 – Chinese New Year

21 – Makha Bucha

22 – Makha Bucha Compensation

March

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9 – End of Ramadan

April

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6 – Chakri Memorial Day

13, 14, 15 – Songkran Holiday

May

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23	24	25	26	27	28	29
30	31					

1 – Labor Day

4 – Coronation Day

20 - Visakha Bucha Day

June

S	M	T	W	T	F	S
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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



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Ascott Embassy Sathorn Bangkok
Bangkok 10120
<https://www.discoverasr.com/en/ascott-the-residence/thailand/ascott-embassy-sathorn-bangkok>

DOLPHIN BAY RESORT

Dolphin Bay Resort
Hua Hin 77120
www.dolphinbayresort.com



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

Printing, Graphic



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

Restaurants



Playlys Bangkok
Bangkok 10120
www.playlysbangkok.com

Shopping


**SIAM PREMIUM OUTLETS
BANGKOK**
A SIAM PIWAT SIMON CENTER

Siam Premium Outlets Bangkok
Samut Prakan 10570
www.siampremiumoutlets.com/en



A directory of companies in Thailand with a Nordic affiliation

A

A & SThai Works Co., Ltd.	Samut Prakarn 10570	http://asthaiworks.com/
Aava Resort & Spa	Nakhon Si Thammarat 80210	https://www.aavaresort.com
ABB	Bangkok 10120	https://new.abb.com/th
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
Aker Biomarine (Thailand) Co., Ltd.	Bangkok 10330	http://www.akerbiomarine.com/
Alfa Laval (Thailand) Ltd.	Bangkok 10240	https://www.alfalaval.com
Amata Corporation Public Co., Ltd.	Bangkok 10320	https://amata.com/eng
Amazing Properties	Bangkok 10110	https://www.amazingproperties.org
Aneo Software Oy	01300 Vantaa	https://www.aneo.fi
AquaFence Co., Ltd	Bangkok 10330	http://www.aquafence.com/
Area Digital Solution Inc	Bangkok 10110	https://www.areadigital.asia
Aritco (Thailand) Co., Ltd.	Bangkok 10120	http://www.aritco.co.th/TH/home
Arkki Thailand	Bangkok 10110	https://www.arkki.co.th/en
AS Friis Ltd.	Bangkok 10110	https://www.as-friis.com



ASCOTT

EMBASSY SATHORN
BANGKOK

Ascott Embassy Sathorn Bangkok	Bangkok 10120	https://www.discoverasr.com/en/ascott-the-residence/thailand/ascott-embassy-sathorn-bangkok
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Asia Adviser (Thailand) Co.,Ltd	Bangkok 10600	mailto:janlund11@gmail.com
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
Asian Tigers Mobility	Bangkok 10110	https://www.asiantigers-mobility.com
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
Autorient Asian Ltd.	Bangkok 10250	http://www.autorient.com/
Axis Communications (Thailand) Ltd.	Bangkok 10110	https://www.axis.com
Azendo Co., Ltd	Chiang Mai 50300	https://azendo.co

B

B.L. Hua & Co. Ltd.	Bangkok 10600	
B.L.Hua Co.,Ltd	Bangkok 10600	https://www.blhua.com
Baan Sabajjai Resort Co., Ltd.	Nakhon Phanom 48110	http://baan-sabajjai.net/
Baker & McKenzie Ltd.	Bangkok 10500	https://www.bakermckenzie.com
Ban Suan Arun / Bantak House	Tak 63120	https://www.bantakhouse.com
Bang & Olufsen	Bangkok 10330	https://stores.bang-olufsen.com/en/thailand
Bangchak Corporation Public Company Limited co.th/en		Bangkok 10260 http://www.bangchak.com
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/whuahin
Bangkok Hospital Phuket	Phuket 83000	https://www.phukethospital.com/

B I D H

DENTAL HOSPITAL

Bangkok International Dental Hospital

Bangkok 10110

<https://dentalhospitalthailand.com/>

BANGKOK PREP

Bangkok International Preparatory & Secondary School

Est. 2003

Bangkok International Preparatory & Secondary School
(Bangkok Prep)

Bangkok 10110

<https://www.bkkprep.ac.th>

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>

Barefeet Naturist Resort

Bangkok 10230

<https://www.barefeetnaturistresort.com>

Beauty Medical (Thailand) Co., Ltd.

Bangkok 10110

<http://beautymedicalthailand.com/>

Beerenberg Thailand Co., Ltd

Chonburi 20230

<https://www.beerenberg.com/en/>

Benchachinda Holding Co., Ltd.

Bangkok 10900

<https://www.benchachinda.co.th>

Biogasclean (Thailand) Ltd.

Samutprakarn 10280

<https://biogasclean.com/>

Black Mountain Golf Club Hua Hin

PrachuapKhiriKhan 77110

<https://www.blackmountainhuahin.com>

Blue Business Solutions Limited

Bangkok 10330

<https://norway-connect.com/nc-affiliated/>

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>

Burapha Agroforestry Co., Ltd.	Vientiane, Lao PDR	https://www.buraphawood.com
Business Finland (FinPro / Tekes)	Kuala Lumpur 50450,	https://www.businessfinland.fi
Business Made Agile Oy	Chon Buri 20150	https://www.businessmadeagile.com/en/home
Business Sweden	Bangkok 10330	https://www.business-sweden.se

C

Cajutan Co.,Ltd.	Hua Hin 771 10	https://www.cajutan.com
Camfil Thailand	Bangkok 10310	https://www.camfil.com
Camy Holding Co., Ltd.	Bangkok 10260	
Capaciton Ltd.	Bangkok 10250	https://www.capaciton.com
CCM Center for Change Management Ltd.	Bangkok 10110	https://www.ccm.co.th
Cention	Bangkok 10110	https://www.cention.com/
Christiani and Nielsen (Thai) Public Co., Ltd.	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
Coco & Banana Travel Co., Ltd. (C&C Travel)	Bangkok 10110	https://www.cctravel.co.th
Codemate Ltd.	Bangkok 10330	https://www.codemate.com
Condato Asia Ltd.	Bangkok 10250	https://condatogroup.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
Dairy Tech Thai Co., Ltd.	Pathum Thani 12000	https://www.dairy-tech.dk
Dan-Thai Equipment Co., Ltd.	Bangkok 10150	https://danthaigroup.com
Danfoss (Thailand) Co., Ltd.	Bangkok 10240	https://www.danfoss.com/en-sg/
Danish Embassy	Bangkok 10120	https://thailand.um.dk
Danish Energy Management	Bangkok 10110	https://www.dem.dk
Danish Loft Design	Hua Hin 771 10	https://feriorinterior.com
Danish-Thai Chamber of Commerce	Bangkok 10240	https://www.dancham.or.th
Dansk Kirke Thailand	Bangkok 10400	https://www.danishchurch.in.th
DanThai Machinery Co., Ltd.	Chonburi 20230	https://www.dan thai-machinery.com
DEXON Technology Public Company Limited	Rayong 21130	https://www.dexon-technology.com/
Diab South East Asia Co.,Ltd.	Bangkok 10260	https://www.diabgroup.com
DIAKRIT International Ltd.	Bangkok 10310	https://www.diakrit.com
DKSH (Thailand) Co. Ltd.	Bangkok 10100	https://www.dksh.com
DNV (Thailand) Co., Ltd.	Bangkok 10400	https://www.dnv.com/

DOLPHIN BAY RESORT

Dolphin Bay Resort	Hua Hin 77120	https://www.dolphinbayresort.com
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Dose Athletic	Chonburi	https://doseathletic.com/
Double A 1991 Ltd. Co.	Chantaburi 22180	https://www.doublepaper.com
DP CleanTech (Thailand) Co., Ltd.	Bangkok 10310	https://www.dpcleantech.com
DSV Air & Sea Ltd. (HQ)	Ayutthaya 13160	https://www.th.dsv.com
Dtac Bangkok	Bangkok 10500	https://www.dtac.co.th



DULWICH COLLEGE INTERNATIONAL SCHOOL | BANGKOK |

Dulwich College International School	Bangkok 10250	https://bangkok.dulwich.org
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/
Dynapac Road Equipment (Thailand) Co., Ltd.	Samut Prakan 10570	https://dynapac.com/
DZ Card (Thailand) Co., Ltd.	Samut Prakan 10540	https://www.dzcard.com

E

E-ville.com Distribution Oy	04600 Mäntsälä	https://www.e-ville.com/fi/
EABC	Bangkok 10120	https://www.eabc-thailand.org/
ECCO (Thailand) Co., Ltd.	Bangkok 10330	https://www.ecco.com
Eco Valley Lodge Co., Ltd.	Nakhon Ratchasima 30130	https://www.ecovalleylodge.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
Ekornes (Thailand) Limited	Chachoengsao 24140	http://imgcomfort.com/as/
Electrolux Thailand Co., Ltd.	Bangkok 10320	https://www.electrolux.co.th
Eltek Power Co., Ltd.	Bangkok 10510	https://www.eltek.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/contacts/
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
Evolution Tour	Trat 23170	https://www.evolutiontour.com

F

Fabrinet Ltd.	Pathum Thani 12120	https://www.fabrinet.com
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
Ferrior Interior	Prachuapkhirikhan 77110	www.ferriorinterior.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 10900	https://fiskarsgroup.com/contact-us/our-locations/
Fitness24Seven	Bangkok 10110	https://www.fitness24seven-thailand.com
Flexy Production Centre Co., Ltd	Ayuthaya 13220	https://www.flexyvacuumcups.com
Flexy Vacuum Cups	Ayutthaya 13220	https://www.flexyvacuumcups.com/
FLSmith (Thailand) Co., Ltd.	Bangkok 10110	https://www.flsmith.com
Flux International Ltd.	Samut Prakan 10540	https://www.flux-int.com
Foreo Sweden	Bangkok 10110	https://www.foreo.com/
Fortum Energy Solutions (T) Co., Ltd.	Bangkok 10110	https://www.fortum.com/
Foster Wheeler Service (thailand) Ltd.	Bangkok 10330	https://www.fwc.com
Fovea Co., Ltd.	Bangkok 10600	http://digimage.no/
FP Production Ltd.	Copenhagen 2100	https://www.frits.dk
Freightzen Logistics Ltd.	Bangkok 10110	https://www.freightzenlogistics.com
Fyn Bakery	Bangkok 10110	fyn-bakery.business.site

G

G4S Security Services(Thailand) Limited	Bangkok 10310	https://www.g4s.com/en-th
GAC - Gulf Agency Company (Thailand) Ltd.	Bangkok 10330	https://www.gac.com/thailand/
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

Grundfos (Thailand) Limited	Bangkok 10250	https://www.grundfos.co.th
Gunnebo Singapore Pte Ltd	Bangkok 10110	https://www.gunnebo.comm
H		
Hako Group East Asia Ltd	Bangkok 10110	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/
Hexagon	Bangkok 10260	https://hexagon.com/th/
Hitachi ABB Power Grids	Bangkok 10330	https://www.hitachiabb-powergrids.com



Holistic Health Systems Ltd.	Bangkok 10260	https://www.thailandchiropractor.com/
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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	
HubLearn Thailand	Bangkok 10120	https://www.hublearn.com
Huhtamaki Limited	Samutsakorn 74000	https://www.huhtamaki.com
Hvidsten Group Co. Ltd. / Seascape Holdings	Bangkok 10120	https://www.hvidsten.com
Hygeia Healthcare Co., Ltd.	Bangkok 10700	https://www.destinationbeauty.com

I

IGLU	Chiang Mai 50100	https://iglu.net/thailand/
IIB (Thailand) Co., Ltd.	Bangkok 10110	https://www.iib-thailand.com
Ikano (Thailand) Limited	Samutprakarn 10540	https://www.ikea.com
IKEA Purchasing Services (Thailand) Ltd.	Samutprakarn 10540	https://www.ikea.com
IKEA Trading (Thailand) Ltd.	Bangkok 10110	https://www.ikea.com/
Indorama Ventures Global Services Limited		https://www.indorama.net

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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IWG - International Workplace Group		https://work.iwgplc.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 Ingredients (T) Ltd	Bangkok 10110	https://ingredients.jjsea.com/
Jebsen & Jessen Technology (T) Ltd	Bangkok 10110	https://www.technology.jjsea.com/
Jintana Herb & Sauna	Prachuapkirikhan 77110	https://www.jintanaherbsauna.com
JJ-LAPP (T) Ltd	Bangkok 10110	https://jj-lapp.com/
Jomtien Boathouse	Chonburi 20260	https://www.jomtien-boathouse.com
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 10110	https://www.k2management.com
Kai New Zealand	Bangkok 10500	www.kai-bangkok.com
Kamthorn Surachet & Somsak Ltd.	Bangkok 10600	https://www.kss.co.th
Kare's Party Bar	Chonburi 20150	https://www.kaarethai.com
Kemira (Thailand) Co., Ltd.	Bangkok 10110	https://www.kemira.com/en/
King's College International School Bangkok	Bangkok 10120	https://www.kingsbangkok.ac.th/en
KIS International School Reignwood Park	Pathum Thani 12150	https://www.kisrp.com
KlarAcc Company Limited	Bangkok 10110	https://klaracc.com/
Kohsel (Thailand) Co., Ltd.	Ratchaburi 70110	https://kohsel.dk/
Kon-Tiki Krabi Co., Ltd.	Muang Krabi 81000	https://www.kontiki-thailand.com
KONE Public Company Limited	Bangkok 10900	https://www.kone.co.th/en/
Konecranes Service Co., Ltd.	Bangkok 10110	https://www.konecranes.com
Kongskilde Industries Asia	Bangkok 10110	www.kongskilde-industries.com
Krabi Spesialisten Co., Ltd.	Krabi 81000	https://www.krabi-spesialisten.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 Furniture (Thailand) Co., Ltd.	Samut Prakarn 10540	https://www.kvik.co.th

L

Lancaster Bangkok	Bangkok 10310	https://lancasterbangkok.com/
Latitude I 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
Linak APAC Ltd.	Chonburi 20110	http://www.linak.co.th
Lion Digital Marketing Co Ltd	Chon Buri 20150	www.liondigitalmarketing.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 10250	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 Studio Co., Ltd.	Bangkok 10110	https://www.m2animation.com
M2M Technology Co., Ltd.	Bangkok 10250	https://www.m2mtechnology.co.th/
MA Consulting Co., Ltd.	Bangkok 10400	http://www.magrouph.com/
Maersk Line (Thailand) Ltd.	Bangkok 10120	https://www.maerskline.com
Maersk Logistics	Bangkok 10120	https://www.maersk.com
Magic Years International School	Nonthaburi 11120	https://www.magicyears.ac.th
Mconzult Asia Co., Ltd.	Bangkok 10210	https://www.mconzult.com
Media Partner Co., Ltd.	Bangkok 10230	

MedPark Hospital

MedPark Hospital	Bangkok 10110	https://www.medparkhospital.com/
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Metso (Thailand) Limited, Bangkok	Bangkok 10110	https://www.metso.com/contact/thailand/132779/
Michael Page International Recruitment	Bangkok 10110	https://www.michaelpage.co.th
Mikkeller Bangkok	Bangkok 10110	https://www.mikkeller.com/
Min Sen Machinery Co.,Ltd.	Bangkok 10200	https://www.minsen.co.th
Minor International - Head Office	Bangkok	https://www.minor.com
Modigs Forvaltning (Asia) Limited	Bangkok 10110	https://www.pb-tower.com/
Molnlycke Health Care (Thailand)	Samut Prakan 10540	https://www.molnlycke.com

Move Marketing Co.Ltd.	Chiang Mai 50000	https://www.move-marketing.dk
Munkfors Swedev Asia Co., Ltd.	Bangkok 10330	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
Net Protection Concepts	Bangkok 10400	https://www.npc-international.net
Nilfisk-Advance Co., Ltd.	Bangkok 10900	https://www.nilfisk.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
Norsk Sjomannskirke i Thailand	Chonburi 20260	https://www.sjomannskirken.no
Norway Connect	Bangkok 10330	https://norway-connect.com/nc-affiliated/
Novanta Co., Ltd.	Bangkok	https://www.novanta.asia
Novo Nordisk Pharma (Thailand)	Bangkok 10500	https://www.novonordisk.com
NPT Nordic Plastic (Thailand) Co., Ltd.	Rayong 21140	https://www.nordicplastic.com
Nutrix Public Company Limited	Bangkok 10510	https://www.nutrix.co.th/

O

Oceanic Divecenter	Phuket 83100	https://www.oceanicdivecenter.com
Oivan	Bangkok 10110	https://oivan.com/contact-us/
OK Wood Product Co., Ltd.	Bangkok	https://www.okwood.com/home.html
Oriental Hotel, Bangkok	Bangkok 10500	https://www.mandarinoriental.com/bangkok
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	
Overgaard Asia	Bangkok 10110	https://www.overgaardasia.com/

P

P.K. Snowbird Ltd	Nonthaburi 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
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.pctravel.com
Peter's Coffee Co., Ltd.	Bangkok 10330	https://www.peterscoffee.com
Pharma Nord S.E.A. Co.,Ltd.	Bangkok 10400	https://www.pharmanordsea.co.th



Playlys Bangkok	Bangkok 10120	www.playlysbangkok.com
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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
Presmann (Thailand) Co., Ltd.	Nonthaburi 11120	https://www.presmann.co.th
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
PYN Asia Research Ltd.	Bangkok 10330	https://www.pyn.fi/en/contact/

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Qiva Media Ltd.	Bangkok 10110	https://www.qivamedia.com/
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Rapid Asia Co Ltd	Bangkok 10110	https://www.rapid-asia.com
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Rayong Consulting (Thailand) co. ltd	Rayong 21000	https://rayongconsulting.com/
Rayong Specialisten	Rayong 21000	https://www.rayongspecialisten.dk
Regents International School Pattaya	Chonburi 20150	www.regents-pattaya.co.th
Regus Management (Thailand) Co., Ltd.		https://www.iwgplc.com/en-gb
Rembrandt Hotel & Suites Bangkok	Bangkok 10110	https://www.rembrandtbkk.com/
Retech Energy Co., Ltd	Bangkok 10120	https://www.retech-energy.com/
Rockwool (Thailand) Co., Limited	Bangkapi, 10240	https://www.rockwoolasia.com
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Royal Copenhagen (Thailand) Ltd.	Chiangmai 50130	http://www.royalcopenhagen.com/

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Royal Danish Embassy Bangkok	Bangkok 10120	https://Bangkok.um.dk
Royal Norwegian Embassy	Bangkok 10501	https://www.norway.no/en/thailand
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RunTime Co., Ltd.	Bangkok 10110	https://www.runtimeasia.com

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Salary Hero	Bangkok 10500	https://www.salary-hero.com/



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Sandvik Thailand Ltd.	Bangkok 10310	https://www.sandvik.com/s
Santa Fe Relocation Services	Bangkok 10110	https://www.santaferelo.com
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The Siam Oriental Trading Co., Ltd.	Chonburi 20150	https://www.siamoriental.net
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Wiik Public Company Limited	Bangkok 10310	https://www.wiik.co.th/en
Wilhelmsen Port Services (Thailand) Ltd.	Bangkok 10120	https://www.wilhelmsen.com/contacts-locations/
Wilson Logistics (Thailand) Ltd.	Bangkok 10320	https://www.wilson-logistics.com
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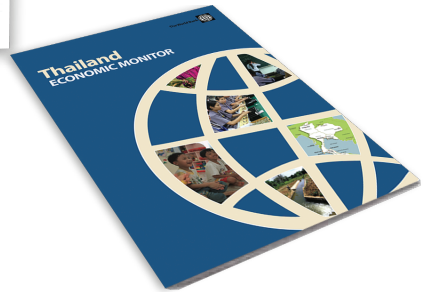
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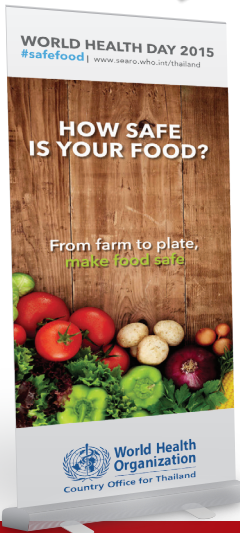
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