



# Thailand

Golden temples, spicy food, tropical islands and a warm welcome, in the kingdom once known to the world as Siam.

## AT A GLANCE

## Facts to know

### CAPITAL

**Bangkok**

### POPULATION

**About 66 million**

### OFFICIAL LANGUAGE

**Thai**

### CURRENCY

**Thai baht**

### AREA

**About 513,000 km<sup>2</sup>**

### GOVERNMENT

**Constitutional monarchy with a parliament (King Vajiralongkorn, Rama X, since 2016)**

### HIGHEST MOUNTAIN

**Doi Inthanon, 2,565 m**

### LONGEST RIVER

**The Chi, about 765 km (the longest river wholly inside Thailand; the Mekong is longer but forms part of the border)**

### NEIGHBOURS

**Myanmar, Laos, Cambodia and Malaysia. Across the sea: Vietnam, Indonesia and India**

### DRIVES ON THE

**Left**

### CALLING CODE

**+66**

# A 45-minute trip to Thailand

Everything you need is in this pack. No preparation beyond printing. Adapt the timing to your group.

- |                     |                                                                                                                                                                                                                       |
|---------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>0 to 5 min</b>   | Welcome. Show the map page and find Thailand together. Ask: who has been there, or knows someone from there?                                                                                                          |
| <b>5 to 15 min</b>  | Read the facts at a glance, then three moments from the story: 1238: The Sukhothai Kingdom is founded; 1905: The Slave Abolition Act; 2016: Vajiralongkorn becomes king.                                              |
| <b>15 to 25 min</b> | At the table: talk about Pad thai and Tom yum kung. Idea: bring a small taste (bread, cheese, fruit, tea) if your kitchen can help.                                                                                   |
| <b>25 to 30 min</b> | Say it like a local: practise "Sawasdee khrap / Sawasdee kha" (Hello (polite)), "Khop khun khrap / Khop khun kha" (Thank you), "Khop khun mak" (Thank you very much). Everyone says them together.                    |
| <b>30 to 40 min</b> | Quiz: read the questions aloud, or play the big-screen version at <a href="https://preview.worldstroll.com/countries/thailand/group">https://preview.worldstroll.com/countries/thailand/group</a> . No scores needed. |
| <b>40 to 45 min</b> | Talk about it (questions page), then stamp or sign everyone's passport page.                                                                                                                                          |

## You will need

- This printed pack (one per table, or one each)
- Pens for the quiz
- Optional: a world map or globe, a small tasting, music from the country

# Thailand and its cities



- Bangkok (Central Thailand): The Grand Palace and the Emerald Buddha, Wat Arun and Wat Pho, Street food, Boats on the Chao Phraya River
- Ayutthaya (Central Thailand): The ruins of the old capital, Boat trips around the island, A Buddha head held in the roots of a tree
- Sukhothai (Lower northern Thailand): Sukhothai Historical Park, Stupas shaped like lotus buds, Lotus ponds among the ruins
- Chiang Mai (Northern Thailand): More than a hundred temples, Wat Phra That Doi Suthep on the mountain above the city, The Night Bazaar and Sunday market, Khao soi
- Chiang Rai (Northern Thailand): Wat Rong Khun, the White Temple, The Golden Triangle, where Thailand, Laos and Myanmar meet, about 55 km to the north
- Nakhon Ratchasima (Korat) (Isan, northeastern Thailand): The monument to Thao

Suranari, a local heroine, Isan food such as som tam and larb, The nearby Khao Yai National Park

- Kanchanaburi (Western Thailand): The Bridge on the River Kwai, War cemeteries and museums, Waterfalls and national parks
- Pattaya (Eastern Thailand): Beaches and seaside promenades, Nightlife, Boat trips to nearby islands
- Hua Hin (Western Gulf coast): Klai Kangwon, the royal summer palace, whose name means 'far from worries', Hua Hin railway station, Long sandy beaches
- Krabi (Southern Thailand, Andaman coast): Railay and Ao Nang beaches, Limestone cliffs and rock climbing, Island-hopping trips
- Phuket (Southern Thailand, Andaman coast): Phuket Old Town, Beaches around the island, Southern Thai food
- Hat Yai (Southern Thailand): Shopping and markets, A mix of Thai, Chinese and Malay food, Visitors from Malaysia

# A short history of Thailand

People have lived in what is now Thailand for tens of thousands of years, and Mon and Khmer kingdoms ruled much of it before the Thai. Thai historians count Sukhothai, founded in the 1200s, as the first Thai kingdom. It was followed by Ayutthaya, then by Bangkok and the Chakri dynasty, which still reigns today.

## **1238 The Sukhothai Kingdom is founded**

A Thai leader, Bang Klang Hao, with the help of his ally Pha Mueang, took Sukhothai from Khmer control and became its king as Si Inthrathit. Its most famous ruler, Ram Khamhaeng, is traditionally credited with creating the Thai script.

## **1351 Ayutthaya is founded**

King Uthong founded Ayutthaya on an island where three rivers meet. It grew into one of the largest and richest cities in Asia and the capital of a powerful kingdom for more than 400 years.

## **1511 The first Portuguese envoy arrives**

While the Portuguese were capturing Malacca, they sent an envoy, Duarte Fernandes, to Ayutthaya. The Portuguese were the first Europeans to deal with Siam, and the French, Dutch and English followed in the 1600s.

## **1767 Ayutthaya falls to the Burmese**

After a siege of 14 months, a Burmese army captured Ayutthaya and burned it. Within months a general named Taksin drove the Burmese out and made Thonburi, on the west bank of the Chao Phraya and now part of Bangkok, his capital.

## **1782 Bangkok becomes the capital**

General Chakri took power, became King Rama I and founded the Chakri dynasty. He moved the capital across the Chao Phraya River to Bangkok and began building the Grand Palace.

## **1855 The Bowring Treaty is signed**

King Mongkut signed a trade treaty with Britain, negotiated by Sir John Bowring. It was an unequal treaty, but it opened Siam to world trade and was followed by similar treaties with other Western countries.

- 1868**      **Chulalongkorn becomes king**  
Chulalongkorn, Rama V, came to the throne at the age of 15 and reigned for 42 years. He modernised the country with railways, schools and a new government, while skilfully keeping Siam independent.
- 1893**      **The Franco-Siamese crisis**  
After a short conflict, France forced Siam to give up its lands east of the Mekong River, most of today's Laos. Siam stayed independent, partly because Britain and France found it useful as a buffer between their colonies.
- 1905**      **The Slave Abolition Act**  
King Chulalongkorn ended slavery step by step, starting with an edict in 1874. The Slave Abolition Act of 1905 freed the remaining slaves' children and set the rest on a path to freedom, and slavery had legally ended by 1915, without the bloodshed seen in other countries.
- 1917**      **The tricolour flag is adopted**  
Siam joined the First World War on the Allied side, and on 28 September 1917 King Vajiravudh adopted the red, white and blue striped flag still used today. A red flag with a white elephant had been the national flag for most of the 1800s, before a short-lived red and white striped design.
- 1932**      **The end of absolute monarchy**  
On 24 June 1932 a group of officials and officers called the People's Party staged a bloodless revolution in Bangkok. King Prajadhipok accepted a constitution, and Siam became a constitutional monarchy.
- 1939**      **Siam is renamed Thailand**  
Under Prime Minister Plaek Phibunsongkhram the country's name in English was changed from Siam to Thailand on 24 June 1939. The Thai people had long called their country Mueang Thai.
- 1946**      **Bhumibol becomes king**  
Bhumibol Adulyadej, Rama IX, came to the throne on 9 June 1946. He reigned for 70 years, until his death in 2016, the longest reign of any Thai monarch.

**1967**

### **ASEAN is founded in Bangkok**

On 8 August 1967 Thailand, Indonesia, Malaysia, the Philippines and Singapore signed the Bangkok Declaration, creating the Association of Southeast Asian Nations.

**2004**

### **The Indian Ocean tsunami**

On 26 December 2004 a huge earthquake off Sumatra sent a tsunami across the Indian Ocean. It struck Thailand's Andaman coast, including Khao Lak, Phuket and the Phi Phi Islands, and thousands of people died.

**2016**

### **Vajiralongkorn becomes king**

After the death of King Bhumibol on 13 October 2016, his son Vajiralongkorn became king as Rama X. His coronation took place in May 2019.

# What people eat in Thailand

Thai food is famous for balancing sweet, sour, salty and spicy flavours, with fresh herbs such as lemongrass, galangal, kaffir lime leaves and holy basil. A Thai meal has no separate courses: rice comes with several dishes that everyone shares, and they are all served at the same time, soup included. Each region has its own style, from the sticky rice and salads of the northeast to the rich curries of the south.

## Pad thai

Central Thailand, made popular in the mid-20th century

Stir-fried rice noodles with egg, tofu or prawns, bean sprouts and spring onions, seasoned with tamarind, fish sauce and a little sugar, and served with crushed peanuts and a wedge of lime.

## Tom yum kung

The central plains

A hot and sour prawn soup flavoured with lemongrass, galangal, kaffir lime leaves, chillies, lime juice and fish sauce. It comes in a clear version, tom yum nam sai, and a creamy one, tom yum nam khon.

## Green curry

Central Thailand

A coconut milk curry made with a paste of fresh green chillies, usually with chicken or fish balls, Thai aubergines and sweet basil. It is often hotter than red curry.

## Massaman curry

Thai Muslim cooking, with Persian, Indian and Malay influences

A rich, mild curry of coconut milk with warm spices such as cardamom, cinnamon and cloves, usually made with chicken or beef, potatoes, onions and peanuts.

## Tom kha kai

Central Thailand

A creamy chicken soup made with coconut milk and galangal, flavoured with lemongrass, kaffir lime leaves, mushrooms, fish sauce and lime juice. It is milder and sweeter than tom yum.

## Pad kaphrao (holy basil stir-fry)

All of Thailand, first sold by Chinese immigrant cooks

Minced pork or chicken stir-fried with garlic, chillies and holy basil, served over rice and often topped with a crispy fried egg. It is one of the most popular everyday dishes in the

country.

## **Khao pad (Thai fried rice)**

Central Thailand

Jasmine rice fried with egg, onion, garlic and chicken, prawns, pork or crab, seasoned with fish sauce and soy sauce, and served with cucumber, lime and a small bowl of chillies in fish sauce.

## **Som tam (green papaya salad)**

Isan, the northeast, shared with neighbouring Laos

Shredded unripe papaya pounded in a mortar with chillies, garlic, lime juice, fish sauce, palm sugar, tomatoes, long beans and peanuts. It is sour, spicy, salty and sweet all at once.

## **Larb**

Isan and northern Thailand, shared with Laos

A salad of minced chicken, pork or duck, seasoned with lime juice, fish sauce, chilli, roasted ground rice and fresh mint, usually eaten with sticky rice.

## **Khao soi**

Northern Thailand, especially Chiang Mai

Egg noodles in a curry soup with coconut milk and chicken or beef, topped with a nest of crispy fried noodles and served with pickled mustard greens, shallots and lime.

## **Khao man kai (chicken rice)**

Brought by Hainanese Chinese immigrants; now found all over Thailand

Poached chicken sliced over rice that has been cooked in the chicken's stock and fat, served with cucumber and a spicy dipping sauce. The Thai name means 'chicken fat rice'.

## **Satay**

From the Malay world; popular in southern Thailand and at street stalls everywhere

Small skewers of marinated chicken or pork grilled over charcoal and served with a peanut sauce and a sweet and sour cucumber relish.

## **Mango sticky rice**

All of Thailand, especially in the mango season

Sweet, sticky glutinous rice soaked in salted coconut milk, served with slices of ripe yellow mango and more coconut sauce poured over the top.

## Thai iced tea

All of Thailand

Strong black tea sweetened with sugar and condensed milk and poured over ice, often with a splash of evaporated milk on top. Its Thai name, cha yen, simply means 'cold tea'.

### GOOD MANNERS

## At the table

- Most Thais eat with a spoon in the right hand and a fork in the left, using the fork to push food onto the spoon. Knives are not generally used at the table.
- Chopsticks are used mainly for noodle soups and Chinese-style dishes.
- Dishes are shared by everyone at the table and eaten with rice. Thais like to mix a little of each dish with the rice on their own plate.
- In the north and northeast, sticky rice is rolled into small balls with your fingers, traditionally of the right hand, and dipped into the other dishes.

# Pad thai

Stir-fried rice noodles with egg, tofu or prawns, bean sprouts and spring onions, seasoned with tamarind, fish sauce and a little sugar, and served with crushed peanuts and a wedge of lime.

## Ingredients

- 150 g dried flat rice noodles (about 5 mm wide)
- 2 tablespoons tamarind paste
- 2 tablespoons fish sauce
- 1 tablespoon palm sugar or brown sugar
- 3 tablespoons vegetable oil
- 2 cloves garlic, chopped
- 150 g raw peeled prawns or firm tofu, cut into cubes
- 2 eggs
- 100 g bean sprouts
- 3 spring onions, cut into 3 cm pieces
- 3 tablespoons roasted peanuts, roughly crushed (leave out for anyone with a peanut allergy)
- 1 lime, cut into wedges, and chilli flakes to serve

## Method

1. Soak the noodles in warm water for 20 to 30 minutes, until soft but still firm, then drain.
2. Stir the tamarind, fish sauce and sugar together in a small bowl until the sugar dissolves.
3. Heat the oil in a wok or large frying pan over high heat. Fry the garlic for a few seconds, then add the prawns or tofu and stir-fry until the prawns are pink and cooked through.
4. Push everything to one side, crack the eggs into the pan and scramble them until set.
5. Add the noodles and the sauce and toss for 2 to 3 minutes, until the

noodles are soft and have soaked up the sauce. Add a splash of water if they stick.

6. Stir in the bean sprouts and spring onions for 30 seconds, then serve with peanuts, lime wedges and chilli flakes on the side.

# Green curry

A coconut milk curry made with a paste of fresh green chillies, usually with chicken or fish balls, Thai aubergines and sweet basil. It is often hotter than red curry.

## Ingredients

- 1 tablespoon vegetable oil
- 2 to 3 tablespoons Thai green curry paste (from a jar or packet)
- 400 ml coconut milk
- 500 g boneless chicken thighs, cut into thin strips
- 150 ml chicken stock or water
- 150 g green beans or Thai aubergines, cut into bite-size pieces
- 1 tablespoon fish sauce
- 1 teaspoon palm sugar or brown sugar
- 4 kaffir lime leaves, torn (optional)
- A handful of Thai sweet basil or ordinary basil leaves
- Steamed jasmine rice to serve

## Method

1. Heat the oil in a large pan over medium heat, add the curry paste and fry for 1 minute, stirring, until fragrant.
2. Pour in about a third of the coconut milk and let it bubble for 2 minutes, stirring, until you see a little oil on the surface.
3. Add the chicken and stir to coat it in the paste, then pour in the rest of the coconut milk and the stock.
4. Bring to a gentle simmer, add the beans or aubergines and the lime leaves, and cook for 10 minutes, until the chicken is cooked through.
5. Season with fish sauce and sugar, taste and adjust, then stir in the basil and serve with rice.

# Tom kha kai

A creamy chicken soup made with coconut milk and galangal, flavoured with lemongrass, kaffir lime leaves, mushrooms, fish sauce and lime juice. It is milder and sweeter than tom yum.

## Ingredients

- 400 ml coconut milk
- 400 ml chicken stock
- 2 stalks lemongrass, cut into 5 cm pieces and bruised with a knife
- 5 cm piece of galangal (or ginger), thinly sliced
- 4 kaffir lime leaves, torn
- 400 g boneless chicken breast or thigh, thinly sliced
- 150 g mushrooms, sliced
- 3 tablespoons fish sauce
- 1 teaspoon sugar
- 3 tablespoons lime juice
- 1 to 2 small chillies, lightly crushed (optional), and fresh coriander to serve

## Method

1. Put the coconut milk, stock, lemongrass, galangal and lime leaves in a pan and bring slowly to a simmer. Simmer for 5 minutes so the herbs flavour the soup.
2. Add the chicken and mushrooms and simmer gently for 8 to 10 minutes, until the chicken is cooked through.
3. Stir in the fish sauce, sugar and chillies, then take the pan off the heat and add the lime juice.
4. Taste: it should be creamy, sour and salty with a little sweetness. Add more lime or fish sauce if needed.
5. Serve sprinkled with coriander. The lemongrass, galangal and lime leaves are there for flavour and are not eaten.

# Pad kaphrao (holy basil stir-fry)

Minced pork or chicken stir-fried with garlic, chillies and holy basil, served over rice and often topped with a crispy fried egg. It is one of the most popular everyday dishes in the country.

## Ingredients

- 2 tablespoons vegetable oil, plus 3 tablespoons for the eggs
- 4 cloves garlic and 1 to 3 small red chillies, pounded or finely chopped together
- 300 g minced pork or chicken
- 1 tablespoon oyster sauce
- 1 tablespoon soy sauce
- 2 teaspoons fish sauce
- 1 teaspoon sugar
- 2 tablespoons water
- 2 large handfuls of holy basil leaves (or Thai sweet basil)
- 2 eggs (the yolk is traditionally runny; fry until fully set if serving pregnant women, young children, older people or anyone with a weak immune system)
- 2 plates of hot jasmine rice

## Method

1. Heat 3 tablespoons of oil in a wok or frying pan and fry the eggs one at a time until the edges are brown and crispy. Set them aside.
2. Pour off most of the oil, add 2 tablespoons of fresh oil and fry the garlic and chillies for 20 seconds, until fragrant but not burnt.
3. Add the meat and stir-fry over high heat, breaking it up, for 4 to 5 minutes, until cooked through with no pink left.
4. Add the oyster sauce, soy sauce, fish sauce, sugar and water and stir for 1 minute.
5. Take the pan off the heat, stir in the basil until it wilts, and serve over rice with a fried egg on top.

# Khao pad (Thai fried rice)

Jasmine rice fried with egg, onion, garlic and chicken, prawns, pork or crab, seasoned with fish sauce and soy sauce, and served with cucumber, lime and a small bowl of chillies in fish sauce.

## Ingredients

- 400 g cooked jasmine rice, cold (cooked the day before, cooled within an hour and kept covered in the fridge)
- 2 tablespoons vegetable oil
- 2 cloves garlic, chopped
- 1 small onion, sliced
- 200 g boneless chicken or raw peeled prawns, cut into small pieces
- 2 eggs
- 1 tablespoon fish sauce
- 1 tablespoon light soy sauce
- 1 teaspoon sugar
- 2 spring onions, sliced
- Cucumber slices and lime wedges to serve

## Method

1. Break up any lumps in the cold rice with your fingers.
2. Heat the oil in a wok over high heat, fry the garlic and onion for 1 minute, then add the chicken or prawns and stir-fry until cooked through.
3. Push everything to one side, add the eggs and scramble them until almost set.
4. Add the rice and toss everything together for 2 to 3 minutes, until the rice is hot.
5. Season with fish sauce, soy sauce and sugar, stir in the spring onions and serve with cucumber and lime.

# Mango sticky rice

Sweet, sticky glutinous rice soaked in salted coconut milk, served with slices of ripe yellow mango and more coconut sauce poured over the top.

## Ingredients

- 250 g glutinous (sticky) rice, soaked in cold water for at least 4 hours or overnight
- 400 ml coconut milk
- 80 g sugar
- 1/2 teaspoon salt
- 1 teaspoon cornflour mixed with 1 tablespoon water
- 2 large ripe yellow mangoes
- 1 tablespoon toasted sesame seeds or crispy mung beans (optional)

## Method

1. Drain the rice and steam it in a steamer lined with a clean cloth or muslin for 20 to 25 minutes, until soft and shiny.
2. Meanwhile, warm 300 ml of the coconut milk with the sugar and a pinch of the salt, stirring until the sugar dissolves. Do not let it boil.
3. Put the hot rice in a bowl, pour the sweet coconut milk over it, stir once, cover and leave for 20 minutes to soak it up.
4. For the topping, heat the rest of the coconut milk with the remaining salt, stir in the cornflour mixture and simmer for 1 minute until slightly thick.
5. Peel the mangoes and slice the flesh away from the stone. Serve the rice with the mango beside it, the salty coconut sauce spooned over and a sprinkle of sesame seeds.

## Useful phrases

### **Sawasdee khrap / Sawasdee kha**

sah-waht-DEE KRAHP / sah-waht-DEE KAH · Hello (polite)

### **Khop khun khrap / Khop khun kha**

kop-KOON KRAHP / kop-KOON KAH · Thank you

### **Khop khun mak**

kop-KOON MAHK · Thank you very much

### **Yin dee thi dai ruchak**

yin-DEE tee dai roo-JAHK · Nice to meet you

### **Kho thot**

kaw-TOHT · Excuse me, I'm sorry

### **Mai pen rai**

my pen RAI · Never mind, it's all right, you're welcome

### **Nee thao rai?**

NEE tao-RAI · How much is this?

### **Hong nam yu thi nai?**

hong-NAHM yoo tee-NAI · Where is the toilet?

### **Phut phasa angkrit dai mai?**

poot pah-SAH ahng-GRIT dai MAI · Do you speak English?

### **Mai khao jai**

my kow-JAI · I don't understand

### **Phut cha cha noi**

poot CHAH chah NOY · Please speak more slowly

### **Mai phet**

my PET · Not spicy

### **Aroi mak**

ah-ROY MAHK · Very delicious

## **Kep ngoen duai**

gep NGUN doo-AI · The bill, please

## **Chon kaeo!**

chon GAEO · Cheers!

## **Pai ... na khrap / kha**

PAI ... nah KRAHP / KAH · Please take me to ...

## **Chuai duai!**

CHOO-ay doo-AI · Help!

## **La kon**

lah-GAWN · Goodbye

## Things you might not know

1. Bangkok's full ceremonial name, which begins 'Krung Thep Maha Nakhon', is listed by Guinness World Records as the longest place name in the world, at 168 letters.
2. Thailand is the only country in Southeast Asia that was never colonised by a Western power.
3. Thailand counts its years from the Buddhist Era, 543 years ahead of the Western calendar. The year 2026 is 2569 in Thailand.
4. The Thai alphabet has 44 consonant letters, and Thai has five tones, so the same syllable can have five different meanings depending on how it is said.
5. The energy drink Red Bull grew out of a Thai drink, Krating Daeng, created in 1976. Its name means 'red gaur', a kind of wild bull. An Austrian businessman discovered it on a visit to Thailand in 1982.
6. Siamese cats come from Thailand. Old Thai 'cat-book poems', thought to date from the Ayutthaya kingdom, describe them.
7. The famous 'Siamese twins', Chang and Eng Bunker, were born in Siam in 1811. They later settled in the United States.
8. Kitti's hog-nosed bat, found in western Thailand and neighbouring Myanmar, is the smallest bat in the world and is often called the bumblebee bat.
9. At Songkran, the Thai New Year in mid-April, people pour and splash water on each other for good luck. UNESCO added the festival to its intangible heritage list in 2023.
10. King Bhumibol Adulyadej reigned for 70 years, from 1946 to 2016, the longest reign of any Thai monarch.
11. Muay Thai, Thai boxing, is called the 'art of eight limbs' because fighters strike with fists, elbows, knees and shins.
12. The Thai elephant is Thailand's official national animal. In the mid-1800s the country had about 100,000 working elephants; today about 4,000 elephants live in the wild and a similar number in captivity.
13. As of 2026, Thailand has nine UNESCO World Heritage Sites, including the old capitals of Sukhothai and Ayutthaya and the prehistoric site of Ban

Chiang.

**TALK ABOUT IT**

## Questions for the group

- Have you ever been to Thailand, or has someone in your family? What do you remember?
- Have you ever tasted Pad thai or Tom yum kung? What is a dish you remember from a trip?
- Bhumibol becomes king (1946). Do you remember hearing about it? Where were you then?
- ASEAN is founded in Bangkok (1967). Do you remember hearing about it? Where were you then?
- Have you seen The Grand Palace and Wat Phra Kaew, in person or in pictures? Which famous place would you most like to see?
- If you could spend one day in any city of Thailand, which would it be and why?

## QUIZ

# How well do you know Thailand?

Circle the right answer. The answers are on the last page.

**1. When you sit in front of a Buddha image, where should your feet point?**

- A) Towards the nearest monk
- B) Away from the Buddha image
- C) Towards the Buddha image
- D) Straight out in front of you

**2. Which Thai word means 'delicious'?**

- A) Talat
- B) Sawasdee
- C) Aroi
- D) Rot fai

**3. The country's name in English was changed from Siam to Thailand in 1939.**

- A) True
- B) False

**4. Which world-famous energy drink grew out of the Thai drink Krating Daeng?**

- A) Monster
- B) Lucozade
- C) Red Bull
- D) Gatorade

**5. How do you ask 'Do you speak English?' in Thai?**

- A) Mai khao jai
- B) Nee thao rai?
- C) Hong nam yu thi nai?
- D) Phut phasa angkrit dai mai?

**6. Thai iced tea is called 'cha yen' in Thai. What does the name mean?**

- A) Morning drink
- B) Sweet milk
- C) Red tea
- D) Cold tea

**7. What should you wear to visit a Thai temple?**

- A) Clothes that cover your shoulders and knees
- B) Shorts and a sleeveless top, because of the heat
- C) Only black clothes
- D) A hat and sunglasses, kept on inside

**8. What is a 'wat'?**

- A) A Buddhist temple
- B) An island
- C) A train
- D) A market

**9. In Thailand, patting a child on the head is seen as a friendly gesture.**

- A) True
- B) False

**10. Under Thai law, insulting the King is a crime that can be punished with prison.**

- A) True
- B) False

**11. The Thai word 'phet' means spicy.**

- A) True
- B) False

**12. To sound polite in Thai, men end their sentences with 'kha' and women with 'khrap'.**

- A) True
- B) False

## Quiz answers

### 1. B) Away from the Buddha image

Tuck your feet behind you so they point away from the Buddha image. Pointing your feet at it, or at monks, is disrespectful.

### 2. C) Aroi

Aroi means delicious. Sawasdee is hello, talat is market and rot fai is train.

### 3. True

True. The name was changed on 24 June 1939, under Prime Minister Plaek Phibunsongkhram.

### 4. C) Red Bull

Red Bull grew out of Krating Daeng, whose name means 'red gaur', a kind of wild bull. An Austrian businessman discovered it in Thailand in 1982.

### 5. D) Phut phasa angkrit dai mai?

Phut phasa angkrit dai mai? means do you speak English. Nee thao rai asks the price, hong nam yu thi nai asks for the toilet and mai khao jai means I don't understand.

### 6. D) Cold tea

Cha yen means cold tea: strong black tea with sugar and condensed milk, poured over ice.

### 7. A) Clothes that cover your shoulders and knees

Wear clothes that cover your shoulders and knees, and take off hats and sunglasses inside.

### 8. A) A Buddhist temple

A wat is a Buddhist temple. A market is a talat, an island is a ko and a train is a rot fai.

### 9. False

False. The head is seen as the highest part of the body, and touching someone's head is considered rude.

### 10. True

True. Defaming, insulting or threatening the King, the Queen, the heir or the regent carries three to fifteen years in prison for each offence.

### 11. True

True. Phet means spicy or hot, and 'mai phet' means not spicy.

### 12. False

False. It is the other way round: men say khrap and women say kha.

# Thailand visa page

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## Next stops

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