



Thai Intro is the most amazing way to experience Thailand! You'll discover Bangkok by boat and tuk tuk, visit ancient temples, learn to cook delicious Thai food, sleep in floating bungalows in the middle of Khao Sok National Park, explore tropical islands, party on the world famous Full Moon Beach and so much more! With a knowledgeable group leader, an instant group of friends and help with all your onward travel. Get ready for the trip of a lifetime!

## BANGKOK → KOH PHANGAN

<b>Transport:</b>	Train, Taxi, Minibus, Tuk Tuk & Ferry.
<b>Meals:</b>	2B, 3L, 2D
<b>Group size:</b>	4 - 22
<b>Age Range:</b>	18 - 39
<b>Local Fees:</b>	None

## HIGHLIGHTS

- Experience the fascinating culture and crazy nightlife of buzzing Bangkok.
- Sleep overnight on floating bungalows in the magical Khao Sok National Park!
- Discover the best of the beautiful island of Koh Phangan, including snorkelling, beach parties and more!

## INCLUSIONS

- ✓ Personal Airport Pickup To Our Accom 24/7
- ✓ 8 Nights Accommodation
- ✓ 7 Meals
- ✓ All Transport
- ✓ Awesome Group Leader
- ✓ Bangkok River Cruise
- ✓ Visit Ancient Temples
- ✓ Thai Cooking Class
- ✓ Khao Sok National Park
- ✓ Floating Bungalows
- ✓ Kayaking & Tubing
- ✓ Island Trip
- ✓ Beach BBQ
- ✓ Muay Thai or Yoga Experience
- ✓ Thai Massage
- ✓ Help with Onward Travel

### NOT INCLUDED:

Flights, travel insurance, visas & some meals



# ITINERARY & IMPORTANT INFO

## DAY 1 - THAI INTRO BEGINS

• **BANGKOK** When you land in Bangkok after your long flight we'll be at the airport to meet you and take you to the accommodation. You'll have plenty of time to recover from your flight, chill out and meet everyone in your group.

## DAY 2 - TEMPLES, TUK TUKS & PARTY

• **BANGKOK** Soak up Thailand's fascinating culture as we cruise the canals of Bangkok by long-tail boat, explore ancient temples, ride in a tuk tuk, then head out & experience the crazy nightlife!

## DAY 3 - THAI COOKING CLASS

• **BANGKOK** Learn the secrets to preparing delicious Thai food with a traditional Thai cooking class. Then we board the overnight train, say goodbye to Bangkok and head to the south of Thailand.

## DAY 4 - FLOATING BUNGALOWS

• **KHAO SOK** Enter the magical Khao Sok National Park, a hidden paradise of pristine lakes & limestone cliffs. Go tubing, kayaking and sleep overnight in floating bungalows!

## DAY 5 - HELLO PARADISE

• **KOH PHANGAN** Arrive on the beautiful island of Koh Phangan, home to the world famous Full Moon parties. Check into our amazing beach side bungalows, relax by the pool and enjoy your first island sunset and beach party!

## DAY 6 - BEACH TIME & MASSAGE

• **KOH PHANGAN** A day to unwind, relax and get some well deserved beach time. You'll also be treated to a traditional Thai massage.

## DAY 7 - ISLAND TOUR

• **KOH PHANGAN** Discover the beauty of the island as we travel to some of the most amazing beaches in the world! Chill and soak up some sun. We'll then kick back with a beach BBQ!

## DAY 8 - MUAY THAI OR YOGA

• **KOH PHANGAN** Today you have the choice of learning the art of Muay Thai boxing or bringing some peace and harmony into your action packed trip with a private Yoga class. We'll then head out for our last night on Koh Phangan.

## DAY 9 - DEPART KOH PHANGAN OR EXTEND YOUR STAY

• **KOH PHANGAN** Your amazing 9 day adventure finishes today! Stay on longer at our bungalows in Koh Phangan, or continue on your travels with the new friends you've made!

## ARRIVAL INFORMATION

It's best to arrive on the actual start date. There's no activities on the first day, so you can arrive at any time. If you do arrive early we'll still pick you up from the airport and will book you into our Bangkok accommodation from the day you arrive. Extra nights can be pre-paid with your agent or direct with us.

## AFTER THAI INTRO

Thai Intro finishes on Koh Phangan in the south of Thailand. If you're staying on longer in Thailand, your group leader will help organise all of your onward travel.

If you plan to leave straight after Thai Intro and need to get back to Bangkok to return home you have a few options:

The quickest way back to Bangkok is by taking a short 45 minute ferry from Koh Phangan to Koh Samui and then a one hour flight back to Bangkok. The first ferry from Koh Phangan is approx. 7.30am and so your flight from Koh Samui to Bangkok should be booked for no earlier than 11am. If you choose this method and you're flying internationally from Bangkok, your international flight should be booked for no earlier than 3.30pm

The second quickest, and most popular option, is to take a 3.5 hour ferry to Surat Thani and then a one hour flight back to Bangkok. The flight to Bangkok from Surat Thani should be booked for no earlier than 1pm. If you choose this method and you're flying internationally from Bangkok, your international flight should be booked for no earlier than 6pm.

If you have more time you can also do the overnight train back to Bangkok.

## VISAS

Most nationalities including the UK, Europe, Australia, NZ, Canada, USD, Scandinavia and Brazil will usually receive a 30-day visa exemption on arrival for free. If you would like a longer tourist visa or are not eligible for the visa exemption you can apply for a visa at your nearest Thai consulate prior to entering Thailand. If you're unsure of your visa requirements or need any help just contact us.

## TRAVEL INSURANCE

Travel insurance for Thailand is compulsory to join Thai Intro. Your group leader will ask to see proof of your cover before your trip begins. You can organise travel insurance [here](#).



# ACCOMMODATION GUIDE

## BANGKOK - WILD ORCHID VILLA

2 NIGHTS

In the heart of the traveller district of Khao San Rd.

Twin/Double/Triple Rooms  
Ensuite, WiFi & Air Con  
Bar & Restaurant

## OVERNIGHT TRAIN

1 NIGHT

A comfy bed and great journey.

Multishare Cabin with Air Con  
Toilet Onboard  
Fresh Linen & Pillow

## KHAO SOK - FLOATING BUNGALOWS

1 NIGHT

An amazing experience in the middle of the rainforest.

Twin/Double/Triple/Quad Rooms  
Shared Bathroom  
Fans in Rooms  
Kayaking & Tubing

## KOH PHANGAN - SARANA BUNGALOWS

4 NIGHTS

Our own place right on the beach!

Twin/Triple/Quad Rooms  
Ensuite, WiFi, Air Con & Laundry  
Infinity Pool, Bar, Restaurant, Gym & Yoga Hall



The accommodation featured in this document is our usual properties. At certain locations we use alternative accommodation (of equal standard) when needed.



BANGKOK



OVERNIGHT TRAIN



KHAO SOK



KOH PHANGAN

# #SMALLCHANGE

## SUSTAINABLE TRAVEL



**PROTECTING THE ENVIRONMENT**



**SUPPORTING LOCAL COMMUNITIES**



**CULTURAL EXCHANGE & EDUCATION**



**ANIMAL WELFARE**

Making a positive difference to the amazing destinations we travel is at the core of what we do. Small Change is our own socially conscious initiative aimed at making the world that little bit better place to explore! Click [here](#) to learn more!



**WE'RE PLANTING 10 TREES FOR EVERY INTRO TRAVEL BOOKING!**

## FAQS



### DO MANY PEOPLE TRAVEL ALONE?

Yes. Lots of people on our trips are travelling solo. But by doing our trip you'll instantly be part of a group, so it's a great way to meet others and make friends! Most of our accommodation is twin or triple share, so we will put you in a room with someone of the same gender.



### CAN I CHAT TO MY GROUP BEFORE I LEAVE?

You can start chatting to people in your group and other travellers before you leave. Just go to our Facebook page, click on 'Groups' and choose [Thailand](#).



### WHEN IS THE BEST TIME TO VISIT THAILAND?

The great thing about Thailand is it's usually quite hot all year round, so it's great to go at any time. There is a slightly higher chance of rain around October and November, however it usually only rains for an hour or so which can be a nice relief from the heat.



### HOW MUCH SPENDING MONEY WILL I NEED?

Your activities, accommodation, transport and most meals are included, so you'll just need money for any extra meals, drinks, shopping and any onward travel. We recommend you bring at least £300 / \$500 spending money.



### HOW WILL I ACCESS MY MONEY WHILE I'M AWAY?

We recommend getting a travel currency card through [Wise](#). You can use the Wise card almost everywhere and withdraw cash and use it with Google or Apple Pay. If you transfer your money into the local currency, you can avoid paying foreign exchange fees when you use the card. There are ATM's available throughout Thailand so it's easy to get access to cash.



### IS THERE WI-FI THROUGHOUT THE TRIP?

Most accommodations we stay at have free Wi-Fi available. Thailand's network quality is often lower than you're used to but you can generally connect and do basic stuff.



### WHAT LUGGAGE DO YOU RECOMMEND?

We always recommend travelling with a backpack and packing light! 10-20kgs of stuff should be plenty. It's generally quite hot in Thailand so dragging around a huge suitcase is not much fun. There is luggage storage at the airport or at some accommodations if needed. You'll also need a small overnight bag for some nights of your trip.



### WHAT POWER OUTLETS ARE USED?

Thailand generally uses a flat or round 2 pin socket the same as most of Europe. It's always best to grab yourself an appropriate adaptor if needed before you go.



### TERMS & CONDITIONS

For the full set of terms & conditions for our tours including your responsibilities as a traveller with us, please see the [Terms & Conditions](#) section of our website.

#### That's about it for now!

Once you've booked you'll get access to 'Manage My Booking' and the INTRO Travel App, which will give you all the information you'll need on Thailand and Thai Intro, so you can just relax and enjoy the experience.

*Of course if you have any more questions just contact us. We're happy to help!*