

Thai Intro + Dive is the most amazing way to experience Thailand! You'll discover Bangkok, visit ancient temples, learn to cook delicious Thai food, sleep in floating bungalows in the beautiful Khao Sok National Park, party on the world famous Full Moon Beach and best of all you'll leave a fully qualified PADI Open Water Diver from your lessons in Koh Tao! With a group leader for the first 9 days, an instant group of friends and help with all your onward travel. Get ready for the trip of a lifetime!

BANGKOK ➔ KOH TAO

Transport:	Train, Taxi, Minibus, Tuk Tuk, Ferry & Boat
Meals:	2B, 3L, 3D
Group size:	4 - 22
Age Range:	18 - 39
Local Fees:	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!
- Become PADI certified by completing 6 dives around Koh Tao.

INCLUSIONS

- ✓ Personal Airport Pickup To Our Accom 24/7
- ✓ 12 Nights Accommodation
- ✓ 8 Meals
- ✓ All Transport
- ✓ Awesome Group Leader for First 9 Days
- ✓ Help with Onward Travel
- ✓ 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
- ✓ Western Dive Instructor in Koh Tao
- ✓ PADI Open Water Dive Certification
- ✓ All Diving Equipment & Manuals
- ✓ 6 Scuba Dives

NOT INCLUDED:

Flights, travel insurance, visas & some meals

*Please note, the Koh Tao portion of the trip is not guided by one of our group leaders. However they will organise this section for you and be available for help & support during your entire stay in Thailand, including onward travel plans.



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 guesthouse. 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 as well as be pampered with 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, soak up some sun and then we'll 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 - SCUBA THEORY

• **KOH TAO** Today you'll travel to the beautiful Koh Tao. Meet at the ferry pier for your pickup and transfer to your guesthouse. After your orientation, you'll get stuck into your SCUBA diving theory. Lessons are conducted in a fun, friendly way.

DAY 10 - SHALLOW DIVE

• **KOH TAO** Heading out to one of the islands many beautiful bays, the course continues with a shallow, confined water skills session. You'll learn how to use your equipment, get used to breathing underwater and will learn how to control your buoyancy.

DAY 11 - TWO DIVES & TURTLES

• **KOH TAO** We'll visit two amazing dive spots where you'll dive to a maximum depth of 12 meters. As part of these dives you'll get to explore the dive sites and will see lots of bright corals, tropical fish and maybe even a turtle or two!

DAY 12 - METRE DIVE

• **KOH TAO** We'll head out to the famous Chumpon Pinnacles for an 18 metre dive to see bigger schools of fish, reef sharks and maybe even a whale shark!

DAY 13 - CHECK OUT & 2 FUN DIVES

• **KOH TAO** Check out that morning then put your new skills to the test as you enjoy 2 more dives! Then continue your travels or extend your stay on Koh Tao.

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 + DIVE

Your trip finishes in Koh Tao in the south of Thailand. There are a few options to get you back to Bangkok:

Take a 2 hour ferry from Koh Tao to Koh Samui and then a one hour flight back to Bangkok. Remember to leave enough time for connecting to your international flight out of Thailand. We will organise the ferry but you may want to pre-book the flight.

The second quickest and most popular option is to take a 4 hour ferry to Surat Thani and then a one hour flight back to Bangkok.

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

Your group leader can help you with all these options and more in Thailand.

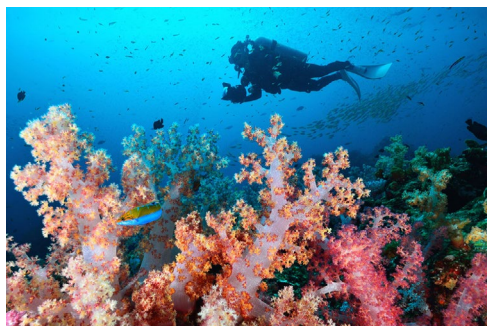
Note: It's not recommended flying within 24 hours of your last dive. If needed fun dives can be arranged earlier to allow for this.

VISAS

Most nationalities including the UK, Europe, Australia, NZ, Canada, USA, 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 + Dive. Your group leader will ask to see proof of your cover before your trip begins. You can organise travel insurance [here](#).



IMPORTANT: If you suffer from asthma or any other serious lung conditions, you may not be able to participate in this course. If you are suffering from any other conditions that may restrict you from diving, you may be asked to produce a doctor's certificate. If you are unsure please see your doctor for advice.

Advanced, Discover Scuba and various other Dive options are also available.



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

Air Con, 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

KOH TAO - SIMPLE LIFE DIVERS RESORT

4 NIGHTS

A beach front resort perfect for your dive lessons.

Twin/Double/Triple Rooms

Ensuite & WiFi

Friendly Staff & Beach Front Resturant



BANGKOK



KHAO SOK



KOH PHANGAN



KOH TAO



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

#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?

All 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.



CAN I FLY WITHIN 24 HOURS OF A DIVE?

It's not recommended flying within 24 hours of your last dive. If needed fun dives can be arranged earlier to allow for this.



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 + Dive, 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!