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GUIDE

HEALTH & SAFETY

Maintaining Health and Safety While Studying Abroad



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HEALTH AND SAFETY

When studying in Thailand as an international student, it's important to be aware of health and safety practices to ensure a smooth and secure experience. Here's a guide to help you navigate health and safety matters during your stay:

1. HEALTH INSURANCE

Health Insurance Requirement: It's essential to have health insurance before arriving in Thailand. Private international health insurance is highly recommended.

Public vs. Private Healthcare: Thailand offers both public and private healthcare. Private hospitals provide excellent services, but they can be costly without insurance. Public hospitals are more affordable but may have longer waiting times and fewer English-speaking staff.

Student Health Services: Many universities offer health clinics on campus, where students can access basic medical services.



2. EMERGENCY SERVICES

Emergency Numbers:

1669: Medical emergency services.

191: General emergency (police).

1155: Tourist Police (English-speaking services).

Ambulance Services: Ambulances are available in major cities, but they can be slow in some areas. It's often faster to use a taxi in non-life-threatening emergencies.

Hospitals: In case of an emergency, most international students prefer to go to private hospitals, which tend to have higher standards and English-speaking medical staff.

3. VACCINATIONS

Required Vaccinations: Check with your home country's health authority or Thailand's Ministry of Public Health for recommended vaccines before traveling. Common vaccinations include those for hepatitis A and B, typhoid, and rabies (if you plan to interact with animals).

4. PERSONAL SAFETY

Low Crime Rates: Thailand is generally safe, but petty crimes like pickpocketing, especially in crowded tourist areas, can occur. Always be vigilant with your belongings, particularly in Bangkok and other tourist-heavy regions.

Nightlife Safety: Exercise caution when visiting bars or nightclubs. Drink responsibly, avoid accepting drinks from strangers, and use registered taxis or ride-hailing apps like Grab for transportation after dark.

Scams: Foreigners are sometimes targeted by scams. Be cautious of anyone offering unsolicited services, and only use trusted service providers, especially for transportation or guided tours.

5. NATURAL DISASTERS

Floods: Thailand experiences heavy monsoons, which can cause flooding, particularly from July to October. Monitor weather forecasts and follow local instructions in case of severe flooding.

Heat and Sun Exposure: The tropical climate can cause heat exhaustion or dehydration. Always stay hydrated, use sunscreen, and wear appropriate clothing to protect yourself from the sun.

6. ROAD SAFETY

Traffic: Thailand has a high rate of road accidents, and traffic in cities like Bangkok can be chaotic. Motorbikes are common, but accidents are frequent, so it's best to avoid renting one unless you have experience.

Public Transportation: Public transport is widely available and generally safe. For short trips, you can use tuk-tuks or motorcycle taxis, but always agree on a price beforehand.

Ride-Hailing Apps: Apps like Grab are reliable for taxis and safer than negotiating fares on the street.

7. WORKPLACE AND CAMPUS SAFETY

University Safety: Most universities, including Siam University, have campus security, and many areas are monitored by CCTV. International offices often provide support for students regarding safety issues or concerns.

Part-time Work: International students may be limited in the types of work they can legally do in Thailand. If you work part-time, ensure that your workplace follows safety regulations and that your visa allows you to work.

8. MENTAL HEALTH SUPPORT

Counseling Services: Some universities offer mental health counseling services for international students dealing with homesickness, stress, or academic pressure. It's important to inquire about available support services early on.

External Mental Health Support: If your university doesn't offer adequate support, there are private counseling centers in major cities that cater to English speakers.

9. CULTURAL SAFETY

Respect for Local Customs: Thailand has strong cultural values, particularly in relation to the monarchy and Buddhism. Disrespecting the royal family or religious sites can lead to serious legal consequences. Always be respectful, especially when visiting temples or other religious places.

Dress Code: Dress modestly when visiting temples or religious sites, and adhere to local customs to avoid unwanted attention.

Discrimination: While Thailand is known for its welcoming nature, international students may still face occasional instances of discrimination. Report any incidents to your university or the local authorities.

10. STAYING INFORMED

Apps and Resources:

Tourist Police App: Provides emergency numbers and information for tourists and international visitors.

Line App: Popular for communication in Thailand and widely used by locals and students.

Embassy Support: Keep the contact details of your country's embassy in Thailand for assistance in emergencies or legal matters.

By following these health and safety guidelines, you can have a safe and fulfilling experience while studying in Thailand.



YOUR WAY ABROAD

The world has an interesting way of giving great experiences
to the ones who are passionate about their dreams.

Miia Muukkonen, Asia Exchange student

