



Mahidol University
Wisdom of the Land

PRE-ARRIVAL **HANDBOOK**

for International Students

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WELCOME MESSAGE



Mahidol University
Wisdom of the Land

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To ensure that all of our international students get the excellent experience that we aim for, Mahidol University has established the Student, Academic and International Services (MUSAIS) Office. The MUSAIS Office will provide you with the documents and information necessary to allow you to use all of the facilities available to our full time students, including gym and sports facilities, library and computer facilities, on campus Wi-Fi, and access to university events and museums.

You can also email or visit the MUSAIS Office to discuss any problems you might have, to ask for advice or assistance from our staff, or to request information about our facilities and services.

Team.

“ We cordially welcome you to
Mahidol University. ”



Location: Ground Floor, Mahidol Learning Center

Email: musais@mahidol.ac.th

IMPORTANT THINGS TO DO WHEN YOU ARRIVE IN THAILAND

Below is a check list to help you have a smooth start to your student life in Thailand:

- Contact your family to let them know you have arrived safely.
- Settle into your accommodation and make sure you thoroughly understand the housing contract you have signed.
- Drop by the International Relations Office at the faculty/college/institute you have enrolled in to get updated on: your application status, course registration, class commencement, deadline for adding or dropping courses, + student ID, on-campus Wi-Fi password, insurance, and the contact number and email address of the International Relations Officers.
- Attend your orientation sessions (and excursion if available) to familiarize yourself with the new people and environment.
- Get a student buddy - some faculties/colleges have a buddy system to help new international students learn more about Thailand and Thai people from our local students.
- Learn more about Thai culture.

Contact Numbers

MUSAIS
088 227 9567
02 849 6230 - 33
02 849 6235 - 36

USEFUL CONTACT NUMBERS



Transportation

Suvarnabhumi Airport www.airportthai.co.th	0 2132 1888
BTS Skytrain www.bts.co.th	0 2617 6000
MRT Subway www.bangkokmetro.co.th	0 2624 5200
Bangkok Mass Transit Authority (BMTA) www.bmta.co.th	0 2246 0973 0 246 0741 - 4
Chao Phraya Express Boat www.chaophrayaboat.co.th	0 2623 6001 - 3
Howa Taxi Grab Taxi	0 2424 2222 0 2021 2500

Emergency



Emergency Police Line	191
Tourist Police Center	02 134 0521 , 1155
Tourism Authority of Thailand	1672 , 0 2250 5500

ABOUT THAILAND

Introduction to Thailand

Thailand is a constitutional monarchy, headed by His Majesty King Maha Vajiralongkorn Bodindradebayavarangkun, the 10th king of the House of Chakri. In Thailand, the King is also the Head of State, Head of the Armed Forces, the Upholder of the Buddhist religion, and the Defender of all Faiths.



The **red** band symbolizes the **Nation**.
The **white** band symbolizes **Religion**.
The **blue** band symbolizes the **Monarchy**.



People

Total population 66,394,498 (as of June 2018) .



Language

Thai is the national language. English is widely understood in Bangkok and other large cities but please speak slowly, especially when you are off campus.



Religion

Buddhists 94.6%, Muslims 4.6%, Christians 0.7%, others 0.1%



Government

Although currently our government is a military junta, the politics of Thailand are normally conducted within the framework of a constitutional monarchy, whereby the Prime Minister is the head of government and a hereditary monarch is the head of state. The judiciary is independent of the executive and the legislative branches.



Local time

Thailand is in the GMT+7 time zone. Thailand does not use daylight savings at any point in the year.



Climate

Thailand can best be described as tropical and humid for the majority of the country during most of the year. The area of Thailand north of Bangkok has a climate determined by three seasons whilst the southern peninsular region of Thailand has only two.



PREPARATION BEFORE COMING TO THAILAND

Must – have Items to Bring

-  **Open Mindedness** – to explore new things
-  **Passport** – to identify yourself
-  **Prescription Medicines** – be sure to bring your prescription medicines if you have a chronic disease
-  **Mosquito Repellent** – to prevent and control the outbreak of insect- borne diseases
-  **Sunglasses** – to protect your eyes from the sun's harmful rays
-  **Sunscreen** – to protect your skin during the day
-  **First Aids Kit** – be sure to pack a first aids kit in your luggage, many of the items won't be permitted in your carry-on bags

PREPARATION BEFORE COMING TO THAILAND

Health Information

Eat and drink safely

- Eat clean and cooked food.
- Wash your hands frequently.
- Fresh fruits and vegetables should always be washed in clean water.
- Be aware that most incidents of 'Traveler's Diarrhea' comes from street food including ice-cubes.



Prevent bug bites

- Wear appropriate protective clothing.
- Sleep in air-conditioned or screened rooms.
- Avoid scratching bug bites, and apply hydrocortisone cream or calamine lotion to reduce the itching.



Easy tips

- Carry a list of local doctors and hospitals at your destination.
- Review your health insurance plan.
- Carry a card that identifies your blood type, chronic conditions or serious allergies, and the generic names of any medications you take.
- Bring all the medication you think you might need but keep in mind that some prescription drugs may be illegal in other countries.

*EASY
TIPS*

Source: [Electronic Resources://en.wikipedia.org/wiki/Health_in_Thailand](https://en.wikipedia.org/wiki/Health_in_Thailand)

PREPARATION BEFORE COMING TO THAILAND

Dress Code

Dress code for classroom/ meetings/ site visit/ temples/ palaces.

- No flip-flops, tank tops or shorts.
- Collared or T-shirt.
- Pants or skirt.

Dress code for outdoors activities

- You may be doing a lot of walking so please make sure that your clothing is appropriate and your shoes are comfortable.
- Pack an umbrella in case of bad weather.
- No open toed shoes for your safety.
- Hat and sunglasses.





ARRIVAL IN THAILAND

Local calls

All landline telephone numbers for local calls and long distance calls within the country have 8 digits, but all mobile phones have 9 digits. All numbers start with 0 (zero).

- For Bangkok calls, it is 0 + 2 + numbers, e.g. 0 2250 5500.
- For provincial calls, it is 0 + area code + numbers, e.g. 0 34585 060.

International calls

- Mobile phones are widely available to buy anywhere in Thailand.
- The international dialing code for Thailand is 66.
- SIM Cards (mobile network operators: AIS, DTAC, and TRUE MOVE H) are available at 7-Eleven and mobile shops.



DOS &

Thailand Do's

- **Do respect all Images of Buddha.** Buddha images are sacred and sacrilegious acts are punishable by imprisonment even if committed by foreign visitors.
- **Do respect royal anthems.** For example, if you're at the cinema, before the movie starts, you'll be instructed to rise to respect the royal anthem, which is usually accompanied by a slideshow of pictures of King Rama X and his late father, Rama IX.
- **Do avoid stepping on Thai money.** It is actually illegal to step on any of the Thai currency. This is because, the King's face is printed and engraved on the Thai notes and coins.
- **Do learn how to wai.** It's a beautiful way to greet people, to say thank you or goodbye.
- **Do eat with a spoon.** Use the fork to load food on to the spoon.
- **Do try and learn** a few basic phrases in Thai, like 'hello' and 'thank you'.
- **Do smile a lot.**
- **Do enjoy yourself.** Thais like life to be fun.
- **Do ensure that you have a visa** if you need one.
- **Do make sure you have adequate travel insurance.**



DON'TS

Thailand Don'ts

- **Don't show disrespect towards the Thai Royal Family.**
- **Don't cross your legs** when you are in the presence of a monk.
- **Don't touch a Thai woman** without consent. Despite the image portrayed in some bars and clubs, the majority of Thai women are conservative.
- **Don't be overly affectionate in public.** This has changed in recent years and younger Thai couples can be seen holding hands, but snogging your boyfriend or girlfriend in the middle of the shopping mall won't win you too many friends.
- **Don't sunbathe nude.** This is offensive to most Thai people although nobody is likely to say anything to you if you do so.
- **Don't touch a Thai person's head or ruffle their hair.** Apologize if you accidentally touch somebody's head. There are exceptions to this standard of behavior; for example, it doesn't apply to lovers in the privacy of their room.
- **Don't place your feet on the table** while sitting, don't point to anything with your feet and don't touch anybody with your feet.
- **Don't raise your voice** or lose your temper; try to be chill.
- **Don't be offended by questions about age, marital status or what you do for a living.** These are subjects that will often come up in small-talk. Of course, you don't have to answer (especially the question about age), you can just smile and just say it's a secret or 'mai bok' ('not telling').
- **Don't take Buddha images out of the country.** Strictly speaking it is against the law to take or send Buddha images out of the country unless special permission has been granted.
- **Don't touch a monk.** Women should never touch a Buddhist monk.
- **Don't overstay your visa.** Basically, you'll be fined 500 THB for each day you overstay, but you might also be detained in prison before you can go back to your home country.

COMMON THAI WORDS AND PHRASES

Thai is a tonal language that has 5 tones: low, falling, high, rising and flat. Before you learn any Thai words, you should know how to use “Ka” (for female) and “Krub” (for male). These words are added to the end of sentences to make them sound polite.

Good morning, Good evening,	-	
Good afternoon, Good night	-	sa-wat-dee
Hello (male speaker)	-	sawatdee krup
Hello (female speaker)	-	sawatdee kaa
Yes	-	chai
No	-	mai
Mr./Miss/Mrs.	-	khun
How are you?	-	sabai dee reu
Fine thanks	-	sabai dee
Thank you	-	kop koon
Never mind	-	mai pen rai
I can't speak Thai	-	phoot Thai mai dai
I don't understand	-	mai kao chai
Do you understand?	-	kao chai mai
May I take a photograph?	-	tai ruup dai mai
Where is the rest room?	-	hong nam yoo tee nai
I am going to..	-	chan-cha-pai..
No, I won't go	-	chan-mai-pai
Please drive slowly	-	prot-khap-cha-cha
Be careful	-	ra-wang
Turn to the right	-	liao-khwa
Turn to the left	-	liao-sai
Drive straight on	-	khap-trong-pai
Slow down	-	cha-cha
Stop	-	yut
How much does this cost?	-	nee tao-rai
What is this?	-	nee arai
Very expensive	-	paeng maag
Any discount?	-	lot-ra-kha-dai-mai

Thai food is eaten with a fork and spoon. The spoon is used to put the food into your mouth. Ideally, eating Thai food is a communal affair involving two or more people, principally because the greater the number of diners, the greater the number of dishes ordered.



The ideal Thai meal is a harmonious blend of spicy, salty, sweet and sour. A typical meal might include a clear soup, a steamed dish, a fried dish, a hot salad and a variety of sauces into which food is dipped. This would be followed by sweet desserts or fresh fruits.

Popular Dishes

Gaeng mus-sa-man - Rich spicy curry with beef or chicken.

Gaeng kari gai - Mild yellow curry with chicken.

Gaeng khiaw waan - Spicy green curry with coconut milk and shrimp, chicken, or beef.

Tom yam kung - Spicy soup with lime juice, lemon grass, mushroom and shrimp.

Tom khaa gai - Soup with galangal root, chicken and coconut milk.

Gaeng jeud - Chili free soup with vegetables and minced pork.

Khao phat - Fried rice with shrimp, beef, pork or chicken.

Khao man gai - Sliced boiled chicken over marinated rice.

Khao na phet - Roast duck over rice.

Khao niaw mamuang - Ripe mango with sticky rice in coconut cream.

Kuay-tiaw nam - Soup with rice noodles, meat and vegetables.

Kluay khaek - Fried banana.

Laat naa - Rice noodles, meat and vegetables in a thick gravy.

Phad siyu - Fried rice noodles with meat and vegetables

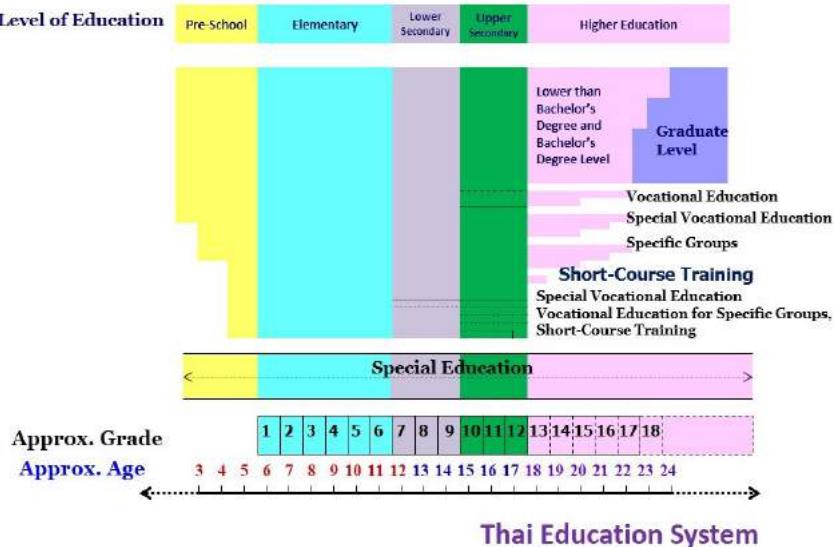
Phad thai - Stir-fried rice noodle dish commonly served as a street food and at most restaurants in Thailand.

Sang kha-yaa maphraow - Coconut custard.

EATING & ORDERING THAI FOOD



THAI EDUCATION SYSTEM



SOURCE : Office of the Higher Education Commission

ABOUT MAHIDOL UNIVERSITY



- **6** Colleges
- **17** Faculties
- **8** Research Institutes
- **5** University Hospitals
- **2** Dental Hospitals
- **2** Animal Hospitals

ABOUT MAHIDOL UNIVERSITY

Introduction to Mahidol University



Mahidol University's origins date back over 120 years to the creation of a medical school at Thailand's first hospital – Siriraj Hospital. Following many years of expansion, including the opening of a second Bangkok campus, it became the University of Medical Sciences in 1943. Later, in 1969, it was renamed Mahidol University by H.M. King Bhumibol Adulyadej, King Rama IX in memory of his father, H.R.H Prince Mahidol of Songkla, who is widely regarded as the "Father of Modern Medicine and Public Health in Thailand". He is also recognized as Thailand's "Father of Higher Education".

Mahidol University has continued to grow and diversify into the multi-disciplinary institution it is today. Mahidol University currently encompasses a variety of fields including Science, Medicine, Engineering, Management, Nutrition, Religious Studies, Social Sciences, and Music. It is also home to Ratchasuda College – which provides opportunities for the education and training of persons with disabilities. In addition, the University is the lead institution in 3 out of 9 National Centers of Excellence based at its Faculty of Science. In 2009, the University became one of Thailand's nine National Research Universities.

Mahidol University has always adopted an environmentally-friendly philosophy to its development with the vision "A promised place to live and learn with nature". In recognition of its green policies, the university was recently declared No. 1 in Thailand, No.11 in Asia in the Green Metric Ranking of World Universities 2017 by the Universitas Indonesia.

ABOUT MAHIDOL UNIVERSITY

Life at Mahidol University

A single international student should expect to pay approximately 12,000 – 20,000 THB per month (around US\$ 400-650) to cover their living expenses. The amount spent on entertainment and social pursuits can vary with a student's interests and budget. Students should also expect to pay a minimum of 15,000 THB (around US\$ 500) to cover general establishment costs (security deposits, advance rents, basic furniture items, telephone, etc.).



Items	Approximate Costs	
	In THB	In US\$
Housing	4,500 – 12,000	150– 400
Electricity and water supply	600 – 1,200	20 - 40
Meals (per month)	4,500 - 6000	150 - 200
Transportation	750 - 900	25 - 30
Books & supplies	900 – 1,500	30 - 50
Photocopies	300	10
Communication	600	20
Personal daily needs (per month)	600	20
Hair cut	150 - 300	5 – 10
Cinema ticket	140 - 200	4.5 - 6.5

ABOUT MAHIDOL UNIVERSITY

Facilities



Central Library



0 2800 2680
ext. 4225, 4264



Mon - Fri 8 a.m. - 7 p.m.
Sat 9 a.m. - 5 p.m.

The **Central Library** is the hub of the Mahidol University Library and Knowledge network. It contains an extensive collection of 257,803 books, 1,051 printed journals, 32,351 electronic journals, 77,253 electronic books and 100s of computer terminals, multimedia viewing equipment, a recording studio and state-of-the-art computer access to a wide range of domestic and international indexes and databases.



Sport & Recreation



0 2441 4296 ext. 101
08 9916 7793



The service charge rate
for non-members is 350 baht/time

The **College of Sports Science and Technology** provides sports facilities and services for all Mahidol staff/faculties, students and club members. All facilities include the following:

- Sports Medicine Clinic
- Tennis courts
- Fitness and weight training
- Exercise classes i.e. aero boxing, yoga, and Pilates
- Fitness room
- Swimming pools
- Sauna

Major Infrastructure

Mahidol Learning Center (MLC)

“MUSAIS”

The MUSAIS Office provides short-term foreign students with the documents and information necessary to allow you to use all of the facilities available to our full time students. Please feel free to visit us on ground floor, MLC Building if you need any assistances.

“Mahidol University Archives”

The Prince Father's Biography Hall The exhibition features the Prince Father's biography and important objects relating to the Prince Father who is regarded as role model and soul of Mahidol Community.

“Mahidol University Hall of Fame”

The focus is on the history and development of Mahidol University from past to present including achievements by members of Mahidol Community for the benefits of the society.

“The Harmony” shop is located at the Mahidol Learning Center (MLC). In addition to university souvenirs, this store also sells textbooks and school supplies.

The **main cafeteria at Mahidol Learning Center (MLC)** offers a large selection of Thai rice and noodle dishes for 30 – 50 Baht and drinks for 7 - 40 Baht (*card coupons required to buy food).

Family Mart, where you can find many types of food, snacks and other essentials you may need, is also located in the same building.

True Lab (in cooperation with True Corporation Public Company Limited) is located on 2nd floor of MLC Building. It is divided in 4 zones: Private Office /Meeting Room/Auditorium/True Coffee & Lounge.



ABOUT MAHIDOL UNIVERSITY

Activities



The Thailand Philharmonic Orchestra (TPO): performs regularly at the Prince Mahidol Hall on Friday evenings and Saturday afternoons. Admission is free for Mahidol University students, just show your Student ID at the ticket office.



Siri Ruckhachati Nature Park

More than 800 species of medicinal plants are growing up in a 15-acre peaceful garden. It is divided into 3 zones: 1.) Plant nursery area of 480 sqm, 2.) The 5-acre of public park covering with green grass and decorated with varieties of common used medicinal plants and the largest area of the garden and 3.) About 10 acres, comprises of many medicinal plants species collected from different parts of Thailand and freely growing up as in their native environments.



Mahidol University International Night: is an annual celebration of Mahidol University's international community. It includes a wide-range of activities designed to allow Thai and international students and faculty the chance to meet in a fun and social atmosphere and share their experiences.



Wat Phra Dhammakaya: As a new international student, you will be matched with a current Mahidol University student who can serve as a cultural bridge and provide guidance during your transition.

ABOUT MAHIDOL UNIVERSITY

MU Health Care Units

1. Health Care Unit at Salaya

Located on the 1st floor, Mahidol Learning Center (MLC)



Tel : 02-8494529-30



Doctors : 12.00-13.00 hrs. / 15.00-16.00 hrs.
Nurses : 08.30-16.30 hrs.

2. Student Health Care Unit at the Faculty of Medicine, Siriraj Hospital

Located on the 4th floor, room 436, at the Outpatient Department (OPD)



Tel: 02-4197389, 02-4197000 to 7389



Doctors: 12.00-13.00 hrs.
Nurses: 08.30-16.00 hrs.

In case of emergency, you can have treatment at room 104, OPD Building on the 1st floor, by showing your student identification card to the doctor on duty.

3. Student Health Care Unit at the Faculty of Medicine Ramathibodi Hospital

Located on the 1st Floor, Emergency Building



Tel: 02-2011696, 02-2912981



Office hours: 07.00 – 16.00 hrs.

4. Student Health Care Unit at the Faculty of Tropical Medicine

Located at the Outpatient Department (OPD), Tropical Medicine Building



Tel: 02-3069100 to 1414



Office hours: 08.00 - 16.00 hrs

5. Student Health Care Unit at the Faculty of Science

Located on the 1st floor, New Biological Building



Tel: 02-2015000 to 5203



Doctors: 08.00-09.00 hrs. / 12.00-13.30 hrs.

Office hours: 08.00-16.00 hrs.

6. Student Health Care Unit at the Faculty of Pharmacy

Located on the 1st floor, the Thepparat Building,



Tel: 02-6448677-91 to 1103, 02-2474696



Doctors: 12.00-13.00 hrs.

7. Golden Jubilee Medical Center, Siriraj Hospital

Student will be transferred (in case of serious illness) from Student Health Care Unit, Salaya to Golden Jubilee Medical Center.

Remark: Please show student ID card, health insurance card, and your health record when you contact Siriraj or Ramathibodi Hospital, the Hospital for Tropical Diseases and the Golden Jubilee Medical Center.



TRANSPORTATION

Public Transportation

Transportation options in Bangkok include buses, taxis, trains, tuk-tuks, river ferries, the BTS Sky train monorail system, motorcycle taxis, vans and the subway. Although road traffic is often heavy, transportation is easy to find and inexpensive.



Airport Rail Link – SA City Line : Phyathai Station to Suvarnabhumi Station which stops at 6 stations along the way. (6.00 am to midnight daily.) <http://airportraillink.railway.co.th/th/>

(MRT) Subway



The Bangkok subway runs from the city's main railway station, Hua Lamphong, under two major thoroughfares, Rama 4 Road and Ratchadaphisek Road. The route is 20 kilometers long with 18 stations and three interchange stations that connect to the Sky train. (6.00 am to midnight daily.) www.bangkokmetro.co.th

BTS (Skytrain)



The Bangkok Mass Transit System, commonly known as the BTS or the Skytrain. The system consists of 35 stations along two lines: the Sukhumvit Line running northwards and eastwards, terminating at Mo Chit and Samrong respectively, and the Silom Line which serves Silom and Sathon Roads, the central business district of Bangkok, terminating at National Stadium and Bang Wa. The lines interchange at Siam Station and have a combined route length of 38.7 kilometers (24.0 mi). www.bangkokmetro.co.th

Public Vans



Service is provided at public transportation center and pick up and send passengers at platform of arrival terminal **1st oor, gates 1 and 8.**

Van No. 551 Suvarnabhumi Airport – Victory Monument (05.00 - 10.00 hrs.) (THB 40.-Throughout the route) Departure every 20 minutes

Tuk-Tuks



Motorcycle Taxis



Thailand's famous tuk-tuks are a unique form of 3-wheeled transportation with a metal cage seating 2-3 persons built around a motorcycle-like front end. Be sure to agree on a (negotiable) fare with the driver before setting off.

Motorcycle taxis cost approximately the same as tuk-tuks and are generally used for short distances in areas without heavy traffic, such as a long "**Soi**" (in Thai: ซอย) or lane, off a larger avenue. Drivers wear distinctive colored vests and congregate at key intersections.

River Ferries



The Express River Ferry travels the Chao Phraya River from Wat Ratsingkhon in the south to Pakkred, Nonthaburi in the north. Tickets cost 15-30 Baht depending on distance (for local line boats. The boats, colored white with an orange stripe along the side, run regularly from 6.00 am – 8.00 pm.

During rush hours, express boats, which only stop at main piers, are also available for a slightly higher fare. Three-baht ferries also regularly cross the Chao Phraya River from many piers. Free maps of routes and pier locations are available at most main piers. The "Sathorn (Taksin) Pier" conveniently connects to BTS Sky Train Station at "Saphan Taksin". www.chaophrayaexpressboat.com



LOCAL LINE (NO FLAG)
Route : Nonthaburi (N20) -
Wat Rajisinghern (S3)
Operation : Monday - Friday
Morning Service 06.20 - 08.05 hrs.
Afternoon Service 15.00 - 17.30 hrs.
Fares : 10 / 12 / 14 Baht.
(Depends on distance)



ORANGE FLAG BOAT
Route : Nonthaburi (N20) -
Wat Rajisinghern (S3)
Operation : Every day
06.00 - 19.00 hrs.
Fares : 15 Baht



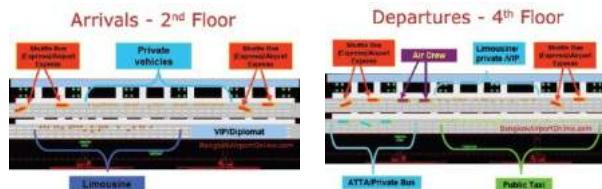
GREEN FLAG BOAT
Route : Pakkred (N23) -
Nonthaburi (N20) - Sathorn (Centre)
Operation : Monday - Friday
Morning Service 06.15 - 08.10 hrs.
Afternoon Service 15.30 - 18.05 hrs.
Fares : 13 / 20 / 32 Baht.
(Depends on distance)



YELLOW FLAG BOAT
Route : Nonthaburi (N20) -
Sathorn (Centre) - Ratchaburi (S4)
Operation : Monday - Friday
Morning Service 06.15 - 08.30 hrs.
Afternoon Service 15.30 - 20.00 hrs.
Fares : 20 / 29 Baht
(Depends on distance)

TRANSPORTATION

How to get to MU from Suvarnabhumi International Airport



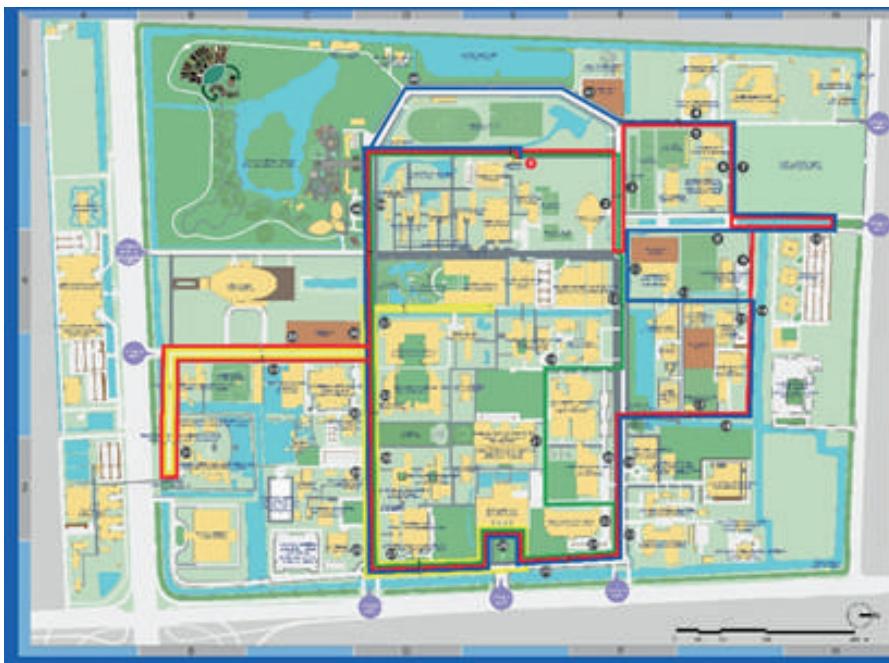
To get to Phayathai Campus, take the Airport Rail link to Phayathai Station, then take the Sky train to Victory Monument Station and take the bus no.44/508/92 to reach Faculty of Science.

To get to Salaya Campus, take the Airport Rail link to Phayathai Station, then take the Sky train to Victory Monument Station and take the bus no. 515.



MU TRANSPORTATION

Tram Services at Salaya Campus



We operate a free tram service to help you get around campus. There are 4 routes: Yellow, Green, Blue and Red, operating Monday – Friday from 06.30 – 20.00 hrs., and at the weekends from 08.20 – 18.00 hrs.

Please visit the link or scan QR code to see all the routes.



MAHIDOL UNIVERSITY, SALAYA CAMPUS MAP



Salaya Link

The Salaya Link is a shuttle bus service from Salaya campus to "Bang Wa" BTS station. The fare for a one way trip is 30 baht per person. At the Salaya campus, the Salaya link bus leaves from the College of Music.

SALAYA LINK

Monday-Friday Timetable

Bang Wa - Salaya	Salaya - Bang Wa
04:45	06:00
07:10	06:30
07:30	07:00
08:35	08:00
09:35	09:00
11:05	11:00
12:30	12:00
13:30	13:00
14:30	14:00
16:10	15:30
17:10	16:30
18:10	17:30
18:40	18:00

Depart from Bang-Wa BTS Station at Exit No. 1-2 and walk about 20M to the Bus Stop.

Special Salaya Link Schedule for TPO's Concert!

Friday: The Shuttle Bus (Salaya Link) will leave from Salaya to Bang Wa BTS station at 15 minutes after concert is finished.

Saturday: The Shuttle Bus (Salaya Link) will leave from Bang Wa BTS Station to Salaya at 03:00 p.m. and 03:20 p.m. and will leave from Salaya to Bang Wa BTS Station at 15 minutes after concert is finished.



Fare: **30** baht one way per person

Shuttle Bus Service

Mahidol Shuttle Bus service between the campuses is available for staff and students free of charge. It departs from Salaya Campus in front of the Office of the President.

Salaya - Faculty of Science, Rangsit		Salaya - Faculty of Science, Rangsit		Salaya - Siriraj		Siriraj - Salaya		Salaya - Golden Jubilee Medical Center	
Departure Time	Bus No.	Departure Time	Bus No.	Departure Time	Bus No.	Departure Time	Bus No.	Departure Time	Bus No.
5.45	1	6.40	9	6.00	8	7.15	5	6.45	41-3552
6.10	7	7.00	4	6.15	2	7.30	8	7.15	41-3552
7.00	3	7.15	7	9.30	1	7.45	6	7.45	41-3552
8.30	5	7.30	1	10.00	6	10.30	5	8.20	41-3552
9.00	9	8.00	2	11.00	2	11.30	8	11.45	41-3552
10.00	6	8.30	3	13.10	8	12.45	6	12.35	41-3552
11.00	3	11.00	1	15.35	3	13.30	4	16.00	41-3552
11.30	7	12.00	3	16.45	8	14.00	8	16.45	41-3552
12.00	4	12.30	2	17.35	4	16.35	3	17.45	41-3552
13.00	5	13.00	7			17.15	1		
14.30	6	13.35	9			17.45	8		
15.05	1	15.15	5			18.00	3		
15.30	4	15.45	6						
16.05	2	16.35	4						
16.15	7	17.15	7						
16.35	5	18.35	3						
16.45	9								
17.05	6								
17.35	3								

MISCELLANEOUS

Money and Banking

Currency

The basic monetary unit in Thailand is the Thai Baht. A Baht is divided into 100 Satang. The following coins and notes are currently in use:



Coins: 25 and 50 satang and 1, 2, 5, 10 Baht

Banknotes: Baht

20 (green),

50 (blue),

100 (red),

500 (purple) and

1,000 [grey and brown (beige)]



Banking hours

8.30 – 16.00 hrs. , Monday to Friday.



Banks located in department stores are open daily from 11.00 – 19.30 hrs. Automated Teller Machines (ATMs) can be found on or near the three campuses.

The effective limit of a single ATM withdrawal is 20,000 THB (around US\$ 670).

Location of Banks and ATMs on Campus

Salaya Campus: Siam Commercial Bank and Bangkok Bank

Phayathai Campus: Siam Commercial Bank (at Ramathibodi Hospital, Rama VI Road; Rajavithi Hospital on Rajavithi Road; and Victory Monument), Krung Thai Bank (the Government Pharmaceutical Organization Building, Rama VI Road); Thai Military Bank (Rajavithi road, Victory Monument); Bangkok Bank (Phayathai road);



Opening a Bank Account

It is recommended that you open a bank account in order to facilitate the processing of everyday transactions/payments and keep your money safe. Showing your passport is required to open an account. Be sure to get a bank book for keeping a record of your transactions, and a bank card so that you can use ATMs.



MISCELLANEOUS

Shopping



Tesco Lotus Salaya

Open: 8:00 a.m. – 11:00 p.m.
Tel: (034) 100-230-50



Central Plaza Salaya Department Store

Mon-Thu: 11:00 a.m. – 09:30 p.m.
Fri: 11:00 a.m. – 10:00 p.m.
Sat: 10:00 a.m. – 10:00 p.m.
Sun: 10:00 a.m. - 09:30 p.m.
Tel: (02) 473-8999



Salaya Fresh Market

Open: 11:00 a.m. – 09:00 p.m.
Mon-Sun



MISCELLANEOUS

Eating



Herb Garden Restaurant at Mahidol University International College (MUIC) is known to be the perfect destination for the finest organic salads and healthy a la carte dishes.



At **Music Square Restaurant**, the College of Music, you will find different fantastic dishes with good music and a wonderful atmosphere.



Brew & Bev at MUIC is a medium-size cozy coffee shop and restaurant operated by MUIC students.

MISCELLANEOUS

Postal Service

The Thailand postal service is efficient and reliable with branches in most major towns throughout the Kingdom. Thailand post offices are open Monday - Friday 08.00-16.30 hrs. and Saturday and Sunday 09.00-13.00 hrs. However, The Central GPO in Bangkok, located on New Road, is open until 18.00 hrs. on Monday - Friday and Saturday and Sunday 09.00-13.00 hrs. All Thai post offices are closed on public holidays, though most major hotels can arrange to mail letters and parcels on your behalf. In addition to domestic and international mail services, both land and air, standard and registered services are available.

Phayathai Campus: Two post offices are located near Phayathai Campus: one is close to the Faculty of Public Health, and another one is near Rajvithi Hospital on Rajvithi Road.

Salaya Campus: There is a Kerry express, a private post office, is located in front of the entrance gate no.3, Salaya campus. The services include mailing letters, postcards, and packages locally and internationally, boxes and envelopes are also sold here.



NOTE



NOTE



PRE-ARRIVAL
HANDBOOK

for International Students



Mahidol University
Wisdom of the Land

SAFETY AND RISK

Management Guidelines

for International Students

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Safety and Risk Management Guidelines for International Students

Introduction

Thailand is a safe destination for travel, work, and study. However, it is always good to follow common sense precautions, just as you would be aware of your surroundings and personal safety while in your home country. Be mindful of the following advice as it may help to reduce risks if you encounter any problems during your stay in Thailand.

These general prevention guidelines are addressed to international students (exchange, visiting, and fulltime), as well as International Relations Officers, at Mahidol University. They aim to inform you about the appropriate actions to take to keep safe, as well as the procedures for reporting any incidents to the university.

1.) Important Information and Emergency Contacts

Your faculty/college/institute at Mahidol University may have an orientation program, or sessions, to provide you with essential information and to ensure that you get the most out of your time with us. You can also feel free to drop by the International Relations Office at your faculty/college/institute, or the Mahidol University Student, Academic and International Services (MUSAIS) to get any help or advice you may need.

Calling us might be the fastest and easiest way to get our suggestions or help. Here are some useful phone numbers for your stay at Mahidol University:

International Student Support

For any minor issues, anything related to your studies or program, or any long term problems, you can contact one of the offices below:

MUSAIS	088-227-9567
Student Affairs Division	02-849-6230-33 (35-36)
Faculty of Graduate Studies	02-849-4501-28
	02-441-4125

Affiliated Hospitals

Siriraj Hospital	02-419-7000
Ramathibodi Hospital	02-201-1000
Golden Jubilee Medical Center	02-849-6600

Government Departments

Department of Consular Affairs, Ministry of Foreign Affairs	02-572-8442
Immigration Bureau	02-141-9889
Thailand Tourist Police	1155
Emergency Hotline (Police/Ambulance/Fire Service)	191
Emergency Ambulance Hotline	1669

2.) Safety and Risk Management Issues

Provided below are some possible incidents which could occur during your time in Thailand. For each incident, we have provided the initial procedures to follow in order to deal with the situation quickly and effectively and minimize any risks.

Accident / Injury

On campus: If the accident/injury does not warrant an ambulance, yet requires professional medical attention, contact the MUSAIS/Student Affairs Office. Alternatively you can visit your nearest Student Health Care Unit. Our officers will contact the ambulance service if they feel it is necessary.

Off campus: Contact the MUSAIS to report your injury and ask for further assistance if necessary. We recommend that you always carry your MU student ID with you. This will allow the police/hospital staff to contact us if you are unable to communicate with them. Also, it is good to let one of your close friends know where you are going at all times, particularly if you are travelling outside of Bangkok. There are some simple ways to reduce the chances of having a serious accident:

- Always wear a helmet when on a motorcycle.
- Always wear a seatbelt when in a car/taxi.
- Be aware of your surroundings, especially when crossing the road while using headphones or talking on the phone.

Civil Unrest/Riots/Terrorist Activities

Civil unrest/riots may occur during political demonstrations. We strongly recommend you not to participate in, or even observe, any demonstrations. It is unlikely that any civil unrest/riots will take place close to our campuses, but if such problems occur, take the following actions:

- Keep yourself updated with the news from trustworthy sources such as announcements from the University or faculty/college/institute in which you are enrolled.
- Provide the International Relations Office with your current contact details (phone number/email/Facebook) so that they can contact you if necessary.
- Lock all doors and windows.
- Withdraw some cash to use in case of emergency.
- Pack your necessary belongings in case you are required to evacuate.
- If evacuation is necessary, follow the instructions of our staff.
- If you would prefer not to evacuate, or have your own plan, make sure our staff, your friends, your parents/guardians, and your home university are all aware of your decision.
- Let the International Relations Office know if any of your friends are taking part in, or observing, any demonstrations.

If you happen to be caught up in a terrorist attack, take the following actions:

- Move quickly from the scene to a secured area, or head back to your accommodation/campus.
- If you cannot get away from the scene, hide where you can barricade yourself in.
- You should NOT stay at the scene of a terrorist attack, particularly in the case of an explosion, as there may be another explosion shortly after the first.
- Once you are safe, notify our International Relations Office immediately.
- Also let your family/guardians know that you are safe and unharmed.
- Keep an eye out for abandoned packages or suspicious items in public areas.
- Stay tuned in to local news, media, and warnings.
- Please note that your travel insurance may not cover any loss in the case of terrorist attacks.

Crime Prevention

We do our best to ensure that our campuses and accommodation are safe places to live, study and socialize. However, it is always best to take precautions to avoid being a victim of crime:

- Avoid wearing lots of jewelry or visibly carrying valuable items.
- Avoid walking/cycling alone at night time.
- Avoid leaving your personal belongings, such as laptops and mobile phones unattended.
- Park in a well-lit area near other vehicles and preferably near to the building you are visiting.
- Always make sure to close your car windows, lock your car doors, and do not leave any valuables inside your car.
- Always lock the door of your apartment or dormitory.
- Do not put your address on your key chain.
- Change your computer passwords regularly and do not share them with anyone.
- Use your ATM card during the day. If you must use it at night, try to use an indoor machine or one in a busy and well-lit area.

Financial Problems

When you live and study away from home, it can be easy to spend more than you realize. Keeping to a strict budget is a good way to help you manage your expenses and avoid spending your money too quickly. We recommend that you plan a weekly or monthly budget including the following:

- Rent
- Electricity
- Water supply
- Meals
- Telephone
- Transportation
- Entertainment
- Education (stationery, photocopy, printing, etc.)

You may also wish to set aside some extra money for unexpected or less frequent expenses such as family visits from friends or family, travel around Thailand, or healthcare and dental costs.

Fire

There are some simple things you can do to reduce the chance of fire:

- Do not overload electrical outlets.
- Make sure all your electrical appliances and cables are in good condition.
- Never store flammable materials in your room.
- Be careful when using cooking appliances, candles, incense, irons, and other items which are hot or have a flame. Always ensure that they have been turned off/put out when you have finished using them, especially if you are leaving your apartment or going to sleep.
- Make sure that you have a smoke detector and a carbon monoxide detector in your apartment and regularly check that they are working properly.

In case of fire, immediately exit the building. Pull any fire alarm you pass on the way out of the building. When opening doors, make sure there is no fire on the other side by checking if the door is hot. If you feel smoke in the air, stay low to the ground and crawl to the nearest exit.

Follow 'Fire Exit' or 'Emergency Stairs' signs when evacuating the building. Do not use the elevators. Go to the 'Assembly Area' and await further instructions from Emergency Services.

Do not return to the building to collect your belongings or valuable items.

If you are unable to exit the building, open a window and waive a colored garment/towel out of the window to notify the rescue team. If smoke is entering the room through the door, stuff damp sheets or blankets in the space to help keep the smoke out.



Hazardous Materials

Many of our research laboratories may contain hazardous materials. You should not enter a laboratory without the authorization of the person in charge. When inside a laboratory, you should follow the instructions of professors and researchers, as well as obeying any written signs. It is also important to wear any necessary protective clothing and equipment at all times.

If you are working in a laboratory and a spillage or leak occurs, immediately notify others in the area and do not touch the substance. Be aware that fumes may also pose a risk. Evacuate the area as instructed to do so by emergency staff. If possible, close the doors to prevent further contamination and turn off any ignition sources.



Protective gloves



Respiratory protection



Eye protection



Waste in appropriate containers

Illness

If you have a minor illness, you can visit the following health care services free of charge:

Location	Campus	Office Hours	Phone Number
Student Health Care Units: Student Health Care Unit at Mahidol Learning Center	Salaya	08.30 - 16.30	02-849-4529-30
Student Health Care Unit at the Golden Jubilee Medical Center	Salaya	08.30 - 20.00	02-849-6600
Student Health Care Unit at the International College <small>Note: The Student Health Care Unit at the International College is only for MUIC students and is closed at weekends and for public holidays.</small>	Salaya	09.00 - 17.00	02-700-5000 Ext. 1115
Student Health Care Unit at the Faculty of Medicine Siriraj Hospital	Bangkok Noi	08.00 - 16.00	02-419-7389
Student Health Care Unit at the Faculty of Medicine Ramathibodi Hospital	Phayathai	08.00 - 16.00	02-201-0443-4
Student Health Care Unit at the Faculty of Tropical Medicine	Phayathai	08.00 - 16.00	02-306-9160
Student Health Care Unit at the Faculty of Dentistry	Phayathai	12.00 - 13.00	02-246-1225-31 Ext. 5210

If you have a serious illness, you can visit the following Mahidol University hospitals and show your student ID card to the staff to receive treatment:

- Siriraj Hospital - Bangkok Noi campus
- Ramathibodi Hospital - Phayathai campus
- Golden Jubilee Hospital - Salaya campus

Location	Campus	Office Hours	Phone Number
Golden Jubilee Medical Center	Salaya	Mon-Fri 8.00-20.00 Sat-Sun 8.00-16.00	02-849-6600
Siriraj Hospital	Bangkok Noi	24 Hours	02-419-7000
Ramathibodi Hospital	Phayathai	24 Hours	02-201-1000
Hospital of Tropical Diseases	Phayathai	24 Hours	02-306-9199 02-306-9148

There are also private hospitals where you may wish to get services/treatments. However, for these hospitals you will need private medical insurance (remember to bring with you the details of your insurance coverage to the hospital) and there may be services/treatments which are not covered by your insurance.

If you decide to visit a private hospital, make sure you get a medical certificate and receipt if you plan on making a claim with your health insurance provider.

Please keep in mind that a big part of staying healthy involves eating a balanced diet, exercising, getting enough sleep, and limiting your consumption of alcohol.

There are some simple habits which can help to prevent illness:

- Wash your hands often, especially before and after preparing food, before eating, and after using the toilet.
- Don't share personal items. Use your own toothbrush, comb, and razor blades. Avoid sharing drinking glasses or dining utensils.
- If you are ill, see the doctor and follow their instructions accordingly. Get enough sleep, take medicine as prescribed, and drink lots of water.

Infectious Diseases

When you are regularly around large numbers of people, for example in a classroom or office, there is always a risk of the spread of infectious diseases. To reduce the risk to yourself and those around you, it is important to make sure your vaccinations are up-to-date. If your friends or classmates are sick, you can take the following precautions:

- If your friend has symptoms of an infection, recommend that they go to the nearest Student Health Care Unit.
- Try to avoid physical contact with the infected person. If you are around them, make sure to wash your hands often.
- If you have a fever or other symptoms of an infection, stay home for at least 24 hours to prevent infecting others. If you do need to leave your room, you can wear a sanitary mask to help reduce the risk of infecting others.

Mental Wellbeing

Studying abroad can be challenging, as you will be dealing with a new environment, people, food, daily routine, and a lot of new experiences. The process of recognizing, understanding, and adapting to these challenges is called “culture shock”. Whilst this can be an exciting experience, it can also at times be stressful. If you feel lonely, stressed, or confused, you can talk to your student buddy, friends, staff, advisors, or counsellors. If things turn out to be more serious or you feel depressed, we can refer you to doctors/professionals who can help you get through these difficult situations.

If you feel like you are struggling with any mental health issues, it is best to inform the International Relations Officers, either in your faculty/college/institute or MUSAIS, so that we can make sure your needs are met. Our International Relations Officers are well aware that some international students grew up in cultures where mental health is not discussed openly, but please feel free to come and talk to us confidentially.

Natural Disasters

Whilst they are still very rare, floods and earthquakes are the most likely natural disaster you may face while in Thailand.

Floods:

If there is a chance of flooding, there will normally be warnings beforehand giving

you time to prepare. In the case of flooding, you should take the following actions:

- Stay updated on where there is flooding, and any predictions about how the flooding may spread.
- If there is a risk of flooding close to your apartment, you should buy some basic supplies including food, drinking water, basic medicines (e.g. paracetamol), and toiletries, to limit the need to leave your apartment.
- It can also be useful to have some clothing which you don't mind getting wet or dirty, and some hand sanitizing gel if you feel like you might need to go through flood waters.
- If there is flooding around your apartment building, you may be advised to evacuate. If this happens, you should contact International Relations Division, who will advise you on how to proceed.
- If there is flooding around the campus where you study, you should contact the International Relations Officer at your faculty/college/institute who will let you know how this may affect classes.
- If flooding affects transport between your accommodation and the campus where you study, you should contact the International Relations Officer at your faculty/college/institute, to discuss how you can keep up with your studies.

Earthquakes:

If you are inside during an earthquake you should:

- Drop down to the ground and take cover under a shelter, such as a desk or table. If there is no suitable cover then you should use your arms to cover your head.
- Stay away from windows, external doors and walls, and anything which may fall such as lighting fixtures or furniture.
- If you are in bed when an earthquake happens, you should stay there and cover your head with a pillow. You should only leave your bed if you are close to or under something which may fall.
- Wait until you are certain that the earthquake has finished. In earthquakes, most injuries occur when people try to move around inside buildings during the earthquake.
- When the earthquake is over, follow the instructions of local authorities.
- You should not attempt to use elevators during an earthquake.

If you are outside during an earthquake you should:

- Move away from any buildings, streetlights, trees, and utility wires.
- When you are a safe distance from any buildings, etc., stay where you are until you are certain that the earthquake has finished.
- When the earthquake is over, follow the instructions of local authorities.

Tsunamis:

If you are travelling at the beach, there is a very small chance of a Tsunami. If you are at the beach and there is an earthquake, or if you see the ocean recede rapidly, you should immediately go to higher ground. A tsunami may last several hours, do not try to leave the high ground until you are instructed to do so by authorities.

Emergency Supplies:

We also recommend that you prepare an emergency supply kit, which may include the following basic items:

- Water
- Food
- Batteries
- Flashlight
- First aid kit
- Moist towel
- Toilet paper
- Hand sanitizer
- Manual can opener
- Local maps
- Cell phone with charger and backup battery
- Clothing
- Personal documents (including passport)
- Money

Sexual Harassment

The following behavior is considered sexual harassment:

- Staring or leering at a person
- Touching a person on purpose
- Telling dirty jokes
- Asking a person out after he or she has rejected you
- Making comments about a person's body / sexual life

Students experiencing sexual harassment are suggested to follow instructions below:

- Assess the situation – see if you could get any help.
- Carry pepper spray or whistle to protect yourself.
- Say NO, strongly and assertively.
- Get yourself out of the situation as soon as possible.
- Contact your advisor or staff you feel comfortable talking to.

In Thai culture, women are expected to be well covered with appropriate outfits. On campus, undergraduate students are required to wear uniform, while postgraduate students are free to choose what they would like to wear. Off campus, try to avoid wearing outfits such as, very tight, see through, or short clothing.

Visa Problems

Please make sure that you understand the conditions of your visa and what you are required to do to ensure your visa remains valid, including the following:

Maintain enrolment in registered courses and satisfactory course progress and attendance.

Complete your '90-day notifications'. If you are staying in Thailand for a period longer than 90 days holding a Non-Immigrant (ED) Visa, you are required to report your current address every 90 days. You must file this report within 15 days before, or 7 days after your 90-day period expires. You can report to Thai Immigration in person or you can authorize someone to report for you. Alternatively you can send the notification via registered mail.

Check if your passport is valid and if it will need to be renewed during the period of your study.

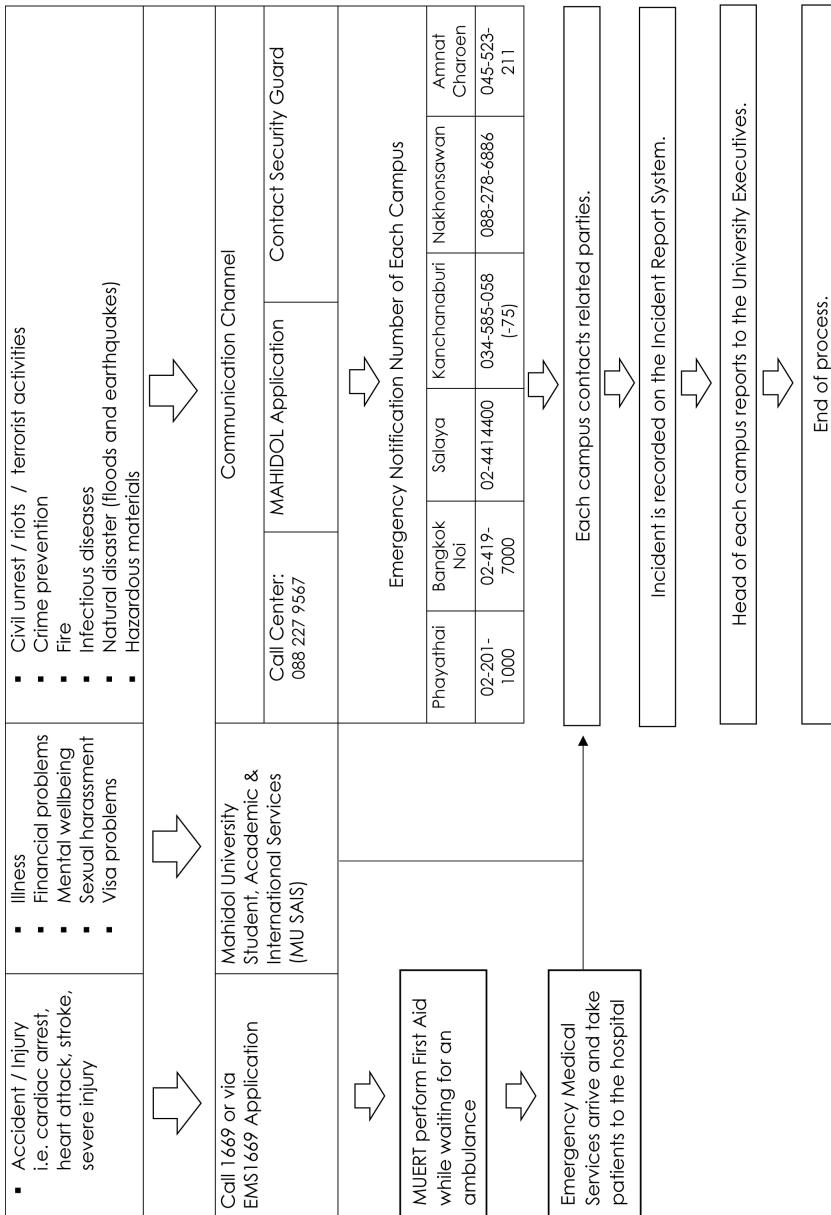
If you need to renew or extend your visa during your stay in Thailand, you should prepare for this, including requesting any necessary supporting documents, well in advance. It may take up to two months to complete the entire visa process.

Visa application forms can be downloaded from the websites of the Thai Immigration Bureau at <http://immigrationbangkok.com/thailand-immigration-forms/>

Important: If your visa expires and you remain in Thailand ("overstay"), or if you miss your 90-day report you will receive a fine. The fine is 500 Baht per day of overstay, up to a maximum of 20,000 Baht for an overstay of 40 days or longer. The fine for late 90 day report is 2,000 Baht. If someone is thought to have knowingly overstayed their visa for an extended period, they may be arrested and face criminal proceedings.

If you are in Thailand with your spouse or children, they may have a different visa type with different requirements. You must ensure that you are familiar with, and that you fulfil, all of the requirements of their visas.

3.) Framework for Emergency Calls



4.) Shared Responsibility

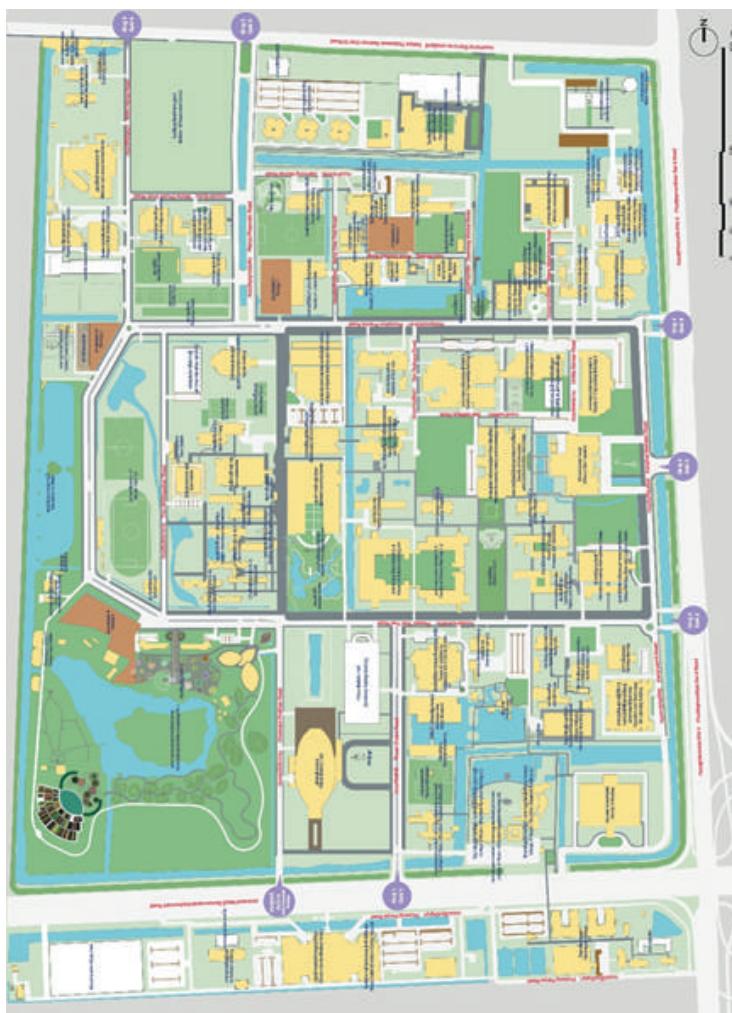
Safety and risk management is a matter of “Shared Responsibility” among all parties in the process of student mobility. All concerned parties (covering university’s administration, International Relations Office or related Departments of the home and host universities, and the students themselves) could help reduce the possible damage, loss, injury or death, by taking appropriate actions. Thus, your role as a student is also crucial in managing international students’ mobility and crises.

To help you get yourself well-prepared for the unexpected circumstance when living overseas, here is a quick recommended framework divided into 3 stages of Pre-Crises (Preparation Stage), Crises (Response Stage) and Post-Crises (Recovery & Responsibility).

A. Pre-Crises	B. Crises	C. Post-Crises
<p>Pre-departure</p> <ol style="list-style-type: none">1) Prepare yourselves with information and materials advised by the home and host university.2) Do research on the host country and university’s backgrounds, local norms, cultures and religion.3) Purchase the insurance with the specific coverage e.g. accidents, medication, hospitalization, civil uprising, terrorism, disasters and evacuation.4) Have the physical and mental health check-up. Closely consult with the physician if prescription medication(s) are required. Students must follow the treatment instructed by the physician carefully and strictly.5) Give the accurate and updated personal data, contact and necessary emergency information to parents, guardians, next of kin and IRO.6) Inform parents, guardians, next of kin and IRO, of true physical and mental health condition if medical assistance is required.7) Participate in the pre-departure orientation.8) Equip yourselves with information on emergency preparedness and response procedures9) Subscribe to the embassy, local authority, disaster warning center and smart phone applications for emergency alert notifications.	<ol style="list-style-type: none">1) Obey the crises management and emergency response plan.2) Follow the instructions and emergency procedures to ensure the safety and protection of health.3) Keep parents, guardians, next of kin and IRO informed of whereabouts and emergency situations.	<ol style="list-style-type: none">1) Monitor the situation closely.2) Cooperate with the host university, local authority or the disaster center in the post-crises recovery procedures.3) During the stay in the host country, be reminded that dismissal of the programme’s policies and failure to comply with the local rules and regulations may result in personal safety, well-being, damage, injuries and death.4) However, should the emergency and risk happen in the experiences or events beyond the control of the host university, you must accept responsibility for your own decisions and actions.

A. Pre-Crises	B. Crises	C. Post-Crises
<p>Upon arrival</p> <ol style="list-style-type: none"> 1) Understand and respect the host country's customs, cultures, religions and norms. 2) Follow up on the social situations, economic updates and political issues. 3) Comply with the laws and regulations of the host country. 4) Avoid gambling, illicit drug use and excessive consumption of alcohol. 5) Refrain from sensitive political activities, chaos and violence that might cause risk, arrestment, injuries and death. 		

5.) Mahidol University, Salaya Campus Map



6.) Safety Signs

Prohibition Signs



Pedestrians forbidden



No smoking



Do not use in the event of fire



Do not enter

Warning Signs



Radioactive material



High voltage



Inflammable material



Biological risk

Regulatory Signs



Protective gloves



Respiratory protection



Eye protection



Waste in appropriate containers

First-aid and Emergency Signs



Emergency exit



First-aid



Assembly area



Emergency routes/Stairs

Fire-fighting Signs



Hydrants



Extinguishers



Fire alarm

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Management Guidelines

for International Students