

INFORMATION NOTE FOR PARTICIPANTS

SECTION A: Workshop Information

General

The regional workshop for Asia and the Pacific on accelerating the implementation of the Kunming-Montreal Global Biodiversity Framework through an integrated and synergistic approach, including the regional dialogue for East and South Asia on biodiversity monitoring and reporting, as well as the sub-regional consultation for the Pacific on GBF implementation (the workshop) is scheduled to be held in Bangkok on 7-10 October 2025.

The workshop will commence at 8:30 a.m. on Tuesday, 7 October 2025. Registration of participants will take place between 8:00 a.m. and 8:30 a.m. Participants are encouraged to arrive early to allow for a smooth registration process.

Workshop venue

The venue of the workshop will be at the [Novotel Bangkok on Siam Square](#).

Novotel Bangkok Siam Square
Meeting room: Breeze-Wave-Terra room, 4th floor
392/44 Siam Square Soi 6, Rama I Road, Pathumwan
Bangkok 10330, Thailand.
Phone: +66 2 209 8888
Websites: [novotel.com](#) • [all.accor.com](#) • [novotelbkk.com](#)

Kindly refer to Section B for nearby hotel information.

Dress attire

The dress code for the workshop and dialogue is business attire. Considering the tropical climate and cultural diversity of participants, we recommend wearing lightweight and culturally appropriate business wear.

Meeting documents

Documents will be made available on the Convention on Biological Diversity's (CBD) website under each meeting at:

Regional workshop for Asia and the Pacific on accelerating the implementation of the Kunming-Montreal Global Biodiversity Framework through an integrated and synergistic approach (from 7 October to midday 9 October 2025): <https://www.cbd.int/meetings/IMP-WS-2025-01>

Regional dialogue for East and South Asia on biodiversity monitoring and reporting (from the afternoon of 9 October to 10 October 2025):
<https://www.cbd.int/meetings/NBSAP-OM-2025-04>

Pacific subregional consultation on the implementation of the Kunming-Montreal Global Biodiversity (from the afternoon of 9 October to 10 October 2025):
<https://www.cbd.int/meetings/IMP-OM-2025-02>

We kindly ask you to **check the meeting webpage regularly** for updates.

To minimize the environmental footprint of the meeting and in line with the UN policy towards greener meetings, participants are kindly reminded to bring their own copies of the documents, or to use paperless versions, as there will be no extra copies made available on site during the meeting. WIFI access will be provided.

SECTION B: Visa and Entry Requirements, Travel/Hotel Information and Foreign currency declaration

Visa and Entry Requirements

Visa Requirements

Participants are **REQUIRED** to obtain an appropriate entry visa from the Royal Thai Embassy or the Royal Thai Consulate-General before entering Thailand, EXCEPT for those nationals listed at [List of Countries entitled for Visa Exemption and Visa on Arrival](#).

Please note that participants holding UN Laissez-Passer (UNLP) travelling on official business to Thailand are also **REQUIRED** to obtain an appropriate visa before entering.

Participants requiring a visa for Thailand are strongly advised to contact the nearest Thailand diplomatic or consular mission as soon as possible in order to secure the required entry visa in a timely manner, prior to departure. A list of countries that may receive a visa upon arrival in Thailand can be found on the web site of the Ministry of Foreign Affairs of the Kingdom of Thailand, (<https://www.mfa.go.th/en/index>).

Participants who wish to apply for a visa outside their country of residence or reside in a country where there is no Royal Thai Embassy or Consulate, should check with the meeting organizer for the location where it is possible for them to apply for a Thai visa. Please note that certain nationalities, for security reasons, are not allowed to apply for a visa except at the Royal Thai Embassy or Consulate-General which has jurisdiction over the concerned territory. A list of relevant Thai diplomatic/consular missions abroad, is available on the following web site at: <https://www.thaiembassy.org/>

Participants who may need further assistance from ESCAP on their visa application should contact the meeting organizer, well in advance, for necessary action.

The visa information and procedures are at the following links:

- How to apply for a visa:
https://image.mfa.go.th/mfa/0/zE6021nSnu/General_Information.pdf.
- Application for eVisa:
<https://www.thaievisa.go.th/>
- Types of tourism visas:
https://image.mfa.go.th/mfa/0/zE6021nSnu/3_Types_of_Visa_Tourist_Visa.pdf

Visa on arrival

Participants who wish to apply for a visa on arrival at Suvarnabhumi International Airport or Don Muang International Airport should follow the following requirements:

1. The applicant must possess a passport from the list of countries whose nationals are eligible to apply for visa on arrival ([List of countries entitled for Visa on Arrival](#))

- with the validity of more than 30 days, at least one completely blank page, and being in possession of a valid return ticket with date of departure within 15 days of the date of entry.
2. The applicant must fill out an application form, which is available at the Visa-on-Arrival counter at the airport, supply one recent passport-sized photograph and a fee of Thai Baht (THB) 2,000.
 3. Advanced online application is available at <https://www.thaievisa.go.th/> Upon presentation of printed Transaction Reference Number (TRN), the applicant could obtain the visa at the Visa-on-Arrival counter at the airport before proceeding for immigration procedures.
 4. The applicant must provide proof of means of living expenses at the amount of THB 10,000 per person or THB 20,000 per family.

Thailand requires that your passport be valid for 6 months following the date of your arrival in Thailand. Even if you do not require visa to enter Thailand, you are advised to bring the invitation letter with you.

To facilitate the issuance of visas, UNEP will issue invitation letters to be attached to the visa applications **only when requested by participants**.

Thai Digital Arrival Card (TDAC)

As of May 2025, the **Thai government requires that all passengers submit a Thai Digital Arrival Card (TDAC)**. It can be completed online from three days before the arrival or just before passing Immigration Counter in Thailand airport. The process takes about 5 minutes and requires passport information, travel details, and address in Thailand. There are a few computer terminals available at Suvarnabhumi International Airport (BKK) just before Immigration for passengers that did not have a chance to submit before landing, but it might be crowded at peak hours. Once submitted, a QR code is generated (screenshot possible) and an email with a PDF of the declaration form and QR code is sent to the applicant. It is best to show the QR code at Immigration but there is no need to print it. **The TDAC is available here: <https://www.immigration.go.th/>**

Travel Information

Travel Advisory

Visitors are advised to be respectful of Thai customs at all times. Please note that Thailand has laws against making negative comments about the institution of the monarchy. Such laws are strictly enforced and are applicable to spoken, written, gestures and electronic communication, including social media.

Transport from and to Airport

Bangkok is serviced by the Suvarnabhumi Airport - New Bangkok International Airport (BKK) (the airport is about 35 km outside of the city centre of Bangkok). Participants need to make their own transportation arrangements from Suvarnabhumi International Airport or Don Mueang International Airport to their respective hotels. You have six ways to get

from Bangkok Airport to the city center: taxi, train, local bus, public minivan, private airport shuttle, or a Bangkok Airport transfer.

For the Airport Rail Link, it is an express and commuter rail line that connects to the Phaya Thai BTS station and Makkasan station (Phetchaburi MRT subway) in central Bangkok. The fare for the Suvarnabhumi Airport Rail Link ranges from THB 15 to 45, depending on the distance travelled. For example, the fare from the airport to Phaya Thai Station is THB 45, while to Makkasan Station it is THB 35. To use airport rail link, passengers should go to Level B. Detailed information can be found at <https://www.srtet.co.th/en/>

Electric taxis (EVSociety/VIP) are currently available at the Suvarnabhumi International Airport. The counter is located next to the main taxi area. The service is available 24 hours and can be pre-booked via:

Line ID: @evsociety

Phone: +66 2039 8888

Email: taxivip@evsociety.co.th

EV Society Facebook

To use the airport limousine service, participants should only contact the authorized officials at the counters located in the airport arrival zone. These officials will issue a ticket for the assignment of a limousine for transporting passengers to the desired destination, upon request. The Suvarnabhumi International Airport limousine service counters are located on Level 2 at Baggage Claim and Arrival Hall exits, channels A, B and C.

For public taxis, participants are advised to proceed to Level 1 of the Passenger Terminal, between exit doors 4 and 7, outdoor area, where they will find automatic dispensing machines from which they can collect a queuing ticket for a public taxi. Upon arrival, we recommend taking an authorized airport taxi which costs around THB 300–500 (approximately USD 10–15), including airport and toll fees. You can find the official taxi stand at the airport, where staff will assist you. Using ride-hailing apps is also a convenient option. More information is available at <https://www.bangkokairportonline.com>

Transport to attend meetings

Bangkok has a diverse public transportation system, including buses, the BTS Skytrain, the MRT subway, taxis, and ride-hailing services like Grab, Line Man, and MuvMi, which will allow you to explore the city in various vehicles, including electric tuk-tuks. Participants need to make their own transport arrangements to and from the venue. Be prepared for heavy traffic, especially during rush hours. Plan extra travel time if you have important appointments or flights.

Weather

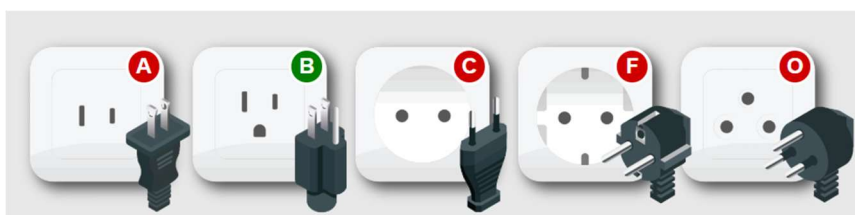
In October, temperatures in Bangkok usually range between a maximum of 34°C in the daytime and a minimum of 25°C at night. Current weather conditions can be found at:

<https://worldweather.wmo.int/en/city.html?cityId=233>. The meeting rooms at the venue are air-conditioned and the temperature is maintained in the range of 23-24 degrees Celsius (73-75 degrees Fahrenheit).

The standard time zone in Bangkok is ICT (Indochina Time) which is equal to GMT/UTC +7 Hours.

Electric plug and socket

The electrical currents in use are 220 volts running at 50Hz. There are several types of plugs (A, B, C, F, and O) in use and are shown below. The plug types used are either Type A or Type C. A hybrid socket is almost universally found, which accepts a combination of the above plug types.



Delegates are strongly encouraged to carry their own adapters for use with laptops and other electrical appliances as the committee will not be able to provide these. In case of need, adapters can be purchased from shops in the city dealing in electronic and electrical items.

Language

The official language of Thailand is Thai, but in Bangkok, English is spoken by many residents, particularly in tourist hotspots, hotels, and restaurants. While English is more widely understood in the capital than in other regions, communication may still be difficult in local markets, public transport, and smaller shops. It is recommended to use a translation app while conversing with local residents. In addition, to enhance your experience and make conversations smoother, we suggest learning a few basic Thai phrases. If you are interested, [this video](#) provides some useful expressions for everyday situations.

SIM Cards

Getting a SIM card in Bangkok is simple and convenient. The top providers are AIS and True | DTAC, both offering reliable 4G/5G coverage and tourist-friendly plans. You can buy SIM cards at Suvarnabhumi and Don Mueang airports, convenience stores like 7-Eleven, or mobile shops in malls. Don't forget your passport for registration/purchase, and check for promotions before purchasing. For added convenience, eSIMs are also available, allowing you to activate a plan online before arrival, making it easier to stay connected.

Hotel

Participants are responsible for booking their own rooms in Bangkok via a trusted online travel agent or by contacting one of the hotels in Bangkok directly (see a list of hotels below close to the workshop venue).

Hotel Name	Address	Phone	Website	Distance from venue
Novotel Bangkok Siam Square	392/44 Siam Square Soi 6, Rama I Road, Pathumwan Bangkok 10330	+66 2 209 8888	novotel.com ; all.accor.com ; novotelbkk.com	Venue
Siam Kempinski Hotel Bangkok	991/9 Rama 1 Road, Pathumwan, Bangkok 10330	+66 2 162 9000	Siam Kempinski Hotel Bangkok	650m / ~10 mins walk
Centara Grand at CentralWorld	999/99 Rama 1 Road, Pathumwan, Bangkok 10330	+66 2 100 1234	Centara Grand at CentralWorld	750m / ~11 mins walk
Grand Hyatt Erawan Bangkok	494 Rajdamri Road, Bangkok 10330	+66 2 254 1234	Grand Hyatt Erawan Bangkok	850m / ~12 mins walk
Pathumwan Princess Hotel	444 MBK Center, Phayathai Rd, Pathumwan, 10330	+6622163700	Pathumwan Princess Hotel	800m / ~12 mins walk
Arnoma Hotel Bangkok	99 Rajdamri Road, Bangkok, 10330, Thailand 10330	+66 2 655 5555	Arnoma Hotel Bangkok	1 km/ ~15 mins walk
Anantara Siam Bangkok Hotel	155 Rajadamri Road, Lumpini, Pathumwan, Bangkok 10330	+66 2 126 8866	Anantara Siam Bangkok Hotel	1.1km / ~15 mins walk
Mercure Bangkok Siam	927 Rama I Rd, Wangmai, Pathum Wan, Bangkok 10330, Thailand	+6626592888	Mercure Bangkok Siam	1 km / ~15 mins walk
ibis Bangkok Siam	927 Rama I Rd, Wangmai, Pathum Wan, Bangkok 10330, Thailand	+6626592888	ibis Bangkok Siam	1 km / ~15 mins walk
Holiday Inn Express Bangkok Siam by IHG	889 Rama I Rd, Wang Mai, Pathum Wan, Bangkok 10330, Thailand	+6622177555	Holiday Inn Express Bangkok Siam by IHG	1.1km / ~16 mins walk
Grande Centre Point Hotel Ratchadamri Bangkok	153/2, Soi Mahatlek - Luang 1, Ratchadamri Road, Lumpini, Pathumwan	+66 2 091 9000	Grande Centre Point Hotel Ratchadamri Bangkok	1.2km / ~17 mins walk

Any cancellations, postponements or other changes should be reported to the hotel. Rooms not occupied may be charged to the participants as per the hotel's policies. Before departure from Bangkok, participants should settle directly with the respective hotels all accounts, including room charges and other expenses, such as for local and long-distance telephone calls, internet usage, business center usage, laundry, room and hotel transportation services, mini-bar items, as well as restaurant and bar services. Participants are also responsible for any charges incurred with respect to rooms remaining vacant owing to late arrival or rescheduled departure for which inadequate prior notice is given.

Currency

The official currency of Thailand is the Thai Baht (THB). ATMs are widely available throughout Bangkok and accept international credit and debit cards, though they may charge withdrawal fees. There are also several money-changing shops at the airport, particularly in the basement of Suvarnabhumi Airport. Credit and debit cards are commonly used in hotels, restaurants, and malls, but cash is still preferred at street markets and smaller shops. The current exchange rate as of 9 May 2025 is US\$1 = THB 32.92 and €1 = THB 37.11 (source: www.xe.com, rates are subject to change). Currency exchange facilities are readily available in banks and hotels.

Foreign currency declaration

Any person who brings or takes an aggregate amount of foreign currency exceeding USD 20,000 or its equivalent into or out of the Kingdom of Thailand shall declare such amount of foreign currency to a Customs Official. Failure to make such a declaration or making any false declaration to a Customs official is a criminal offence. For reference, participants may use – at their discretion – online currency conversion tool, such as <https://freecurrencyrates.com> for indicative currency conversion rates.

Taxation

The purchase of goods and services in Thailand is taxed at 7% sales tax (government VAT), which is already included in the total price. However, in some restaurants, a 10% service charge and 7% government VAT may be excluded from the prices shown in menus.

Tipping

In Bangkok, Thailand, tipping is voluntary. Giving 10% of the total value of consumption in bars and restaurants is customary. Establishments may include this percentage in the bill or provide a service charge, but additional tips are appreciated.

SECTION C: Health/Vaccination

Health and vaccination

Upon arrival at the port of entry in Thailand, participants who are nationals of or have traveled from/through countries listed below, which have been declared Yellow Fever infected areas, must provide an International Health Certificate proving that they have received a valid Yellow Fever vaccination at the Health Control Office upon arrival before proceeding to immigration. A valid vaccination certificate means that the vaccine was administered at least 10 days prior to travel to the affected country. The International Health Certificate must also be submitted together with the visa application form.

The countries/areas listed below have been declared yellow fever infected areas (Source: [Ministry of Foreign Affairs, Thailand](#) dated 30 November 2022):

- | | |
|--------------------------------|----------------------------|
| 1. Angola | 24. Guyana |
| 2. Argentina. | 25. Kenya |
| 3. Benin | 26. Liberia |
| 4. Bolivia | 27. Mali |
| 5. Brazil | 28. Mauritania |
| 6. Burkina Faso | 29. Niger |
| 7. Burundi | 30. Nigeria |
| 8. Cameroon | 31. Panama |
| 9. Central African
Republic | 32. Paraguay. |
| 10. Chad | 33. Peru |
| 11. Colombia | 34. Rwanda |
| 12. Congo | 35. Sao Tome &
Principe |
| 13. Republic of the Congo | 36. Senegal |
| 14. Cote d'Ivoire | 37. Sierra Leone |
| 15. Ecuador | 38. Somalia |
| 16. Equatorial Guinea | 39. Sudan |
| 17. Ethiopia | 40. Suriname |
| 18. French Guiana | 41. Tanzania |
| 19. Gabon | 42. Togo |
| 20. Gambia | 43. Trinidad & Tobago |
| 21. Ghana | 44. Uganda |
| 22. Guinea | 45. Venezuela |
| 23. Guinea-Bissau | |

Zika virus

Zika is endemic in Thailand and cases have been reported amongst tourists. All travelers are advised to protect themselves from mosquito bites while in Thailand. Given possible transmission of the disease to unborn babies, pregnant women should consider postponing travel to Thailand or talk to their doctor about the implications of traveling to Thailand during this time.

In addition to the above, Medical Services Division at UNHQs advises that pregnant UN personnel should not undertake duty travel or be relocated to countries/areas where local transmission of Zika virus is known to occur. Women who are seeking pregnancy should obtain individual advice from their medical practitioner on risk management regarding their plans to travel into a Zika-affected area. [For further information, please refer to the Zika virus FAQ.](#)

Information on other non-vaccine preventable diseases to watch out for while in Thailand can be found here: [Thailand - Traveler view | Travelers' Health | CDC.](#)

Air pollution and Health

Bangkok, like many metropolitan Asian cities in the world, is periodically affected by high levels of air pollution, with haze and high concentrations of PM2.5 particularly of concern for sensitive groups.

The Tourism Authority of Thailand advises tourists to monitor Bangkok's air pollution and take precautions when necessary. People who have existing asthma or are particularly vulnerable to the effects of air pollution should consult their treating physician as to whether a trip to Bangkok is advisable at this time. Information on the Air pollution can be found [Air4Thai website](#), maintained by the government of Thailand with daily information on air pollution.

Insurance and emergency medical service

Participants attending the meeting are not covered by insurance for any illness or injury resulting from any situation or action not connected to their participation at the regional workshop. All participants are strongly encouraged to ensure that they have appropriate medical insurance coverage for the full stay in Thailand.

Travel Insurance is not provided by the United Nations and all participants are encouraged to arrange for their own travel health insurance, that covers both health and accident, prior to departure from the country of residence. The organizer will not be responsible for travel or health insurance coverage.

Delegates are strongly encouraged to subscribe to a travel or health insurance which is valid in the Kingdom of Thailand, in order to cover any medical bills or hospitalization fees. In case of medical emergency, please call 1669.

SECTION D: Safety & Security

Safety and Security

For security and safety reasons, participants are reminded NOT to leave their belongings unattended.

As a major city, Bangkok has some security risks. Keep your valuables secure and avoid using your phone while walking in crowded areas. When taking a taxi, use ride-hailing apps or ask your hotel to book one instead of hailing one on the street. Stay aware of your surroundings, and if you need help, ask locals or hotel staff for guidance.

Water

According to local health authorities, tap water in Bangkok is treated and meets safety standards. However, due to potential contamination in pipes, it is generally recommended to drink bottled or filtered water instead.

Contact numbers:

UN Security

Security Control Centre (24/7): +66.2.2881102

UN Security Emergency Number: +66.2.2881100

Mobile +66.81.8078471

Thailand Emergency Numbers:

Police general emergency call: 191

Fire: 199

Ambulance and rescue: 1669/1554

Tourism Police: 1155

Zero Tolerance towards harassment

The United Nations has a zero-tolerance policy for any form of harassment, including sexual harassment, and will deal with such complaints promptly. Please refer to the United Nations Code of Conduct and report any incident to the Security and Safety Section either in person or by extension at 1102.

Emergency medical services: 1669

It provides immediate assistance in cases of medical emergencies, accidents, or health-related incidents. The service operates 24/7, offering rapid response and dispatch of ambulances to the scene.

Nearest Hospital

For medical emergencies, the closest internationally recognized hospital is:

BNH Hospital (accredited by the Joint Commission International (JCI))

(just 10 minutes away from the venue)

9/1, Convent Road, Silom Bangkok 10500, Thailand.

Phone: +66 2 -022-0700

Emergency: +66 2 – 632-1000 (Ambulance)

<https://www.bnhhospital.com/>

<https://www.novotelbkk.com/destination/bangkok-health-care/bnh-hospital/>

Emergency Line: 191

This is Thailand's national emergency hotline, connecting callers to the Royal Thai Police for immediate assistance 24/7. Additional emergency contact numbers in Bangkok include:

- Tourist Police: 1155 (available 24/7 with English-speaking officers)
- Ambulance and Medical Emergency Services: 1669
- Fire Brigade: 199
- Highway Police: 1193
- Disaster Prevention and Mitigation: 1784
- Bangkok Metropolitan Administration Hotline: 1555
- Anti-Human Trafficking Division: 1191
- Crime Suppression Division: 1195

Local contacts

Please do not hesitate to contact the UNEP staff if you have any questions regarding your trip or any other inquiry during your participation in the event:

- Ms. Haruethai Wongpimonporn (Joy): Cell phone: +66 9 3 1954978

SECTION E: DSA Distribution

Required documents

To receive your DSA (daily subsistence allowance), please email the following documents to wongpimonporn@un.org once you arrive in Bangkok, Thailand, and **before the event begins**:

- A scanned copy of your valid **passport**
- A scanned copy of your **boarding passes**
- A scanned copy of your **immigration stamps**
- Your **air ticket**

On the first day of the meeting, your documents will be verified. After that, you will be requested to sign the **DSA roster** to get your **DSA**. Participants are required to sign the attendance sheet every day.

Please ensure you have adequate cash on hand to cover your expenses until you have received the DSA.

SECTION F: About Bangkok and Thailand

Location, population, and distribution

Thailand's time zone is GMT+7.

Bangkok is the capital city of Thailand. It is located in the central part of the country, on the delta of the Chao Phraya River, about 40 km from the Gulf of Thailand. The city covers an area of 1,565 km² and has a population of approximately 11.2 million (2024 estimate).

What to do

Bangkok offers a vibrant mix of attractions for visitors. The historic Rattanakosin district is home to some of the city's most renowned landmarks. The Grand Palace stands as a spectacular architectural marvel that once served as the royal residence. Within its grounds lies Wat Phra Kaew, which houses the revered Emerald Buddha statue. Wat Pho is famed for its massive reclining Buddha and its traditional Thai massage school, while Wat Arun, with its magnificent spires, offers stunning views of the Chao Phraya River.

For history and art lovers, the Museum Siam and Bangkok National Museum feature a diverse collection of Thai artefacts. The Chatuchak Weekend Market is a must-visit for its vast array of stalls selling everything from clothes to antiques. Sukhumvit and Siam districts are hotspots for modern shopping and nightlife, while Chinatown captivates visitors with its vibrant street food scene and rich cultural atmosphere.

- Wat Pho: One of Bangkok's most famous temples, Wat Pho is home to a 46-meter-long reclining Buddha covered in gold leaf. The temple is also a renowned centre for traditional Thai massage.
- The Grand Palace and Wat Phra Kaew: Located in the heart of Bangkok, the Grand Palace has been the official residence of Thai kings since 1782. Within its complex lies Wat Phra Kaew, the Temple of the Emerald Buddha, considered the most sacred Buddhist temple in Thailand.
- Museum Siam: a discovery museum that is located at Sanam Chai Road in Bangkok. It was created to teach the national identity and history of the people of Thailand and their relationships with neighbouring cultures. The motto of the museum is "Play + Learn" = Plearn, which means 'joyously' in Thai. Through a series of interactive exhibits, the museum shows the development of Thailand from the past to the present.
- Bangkok National Museum: Situated near the Grand Palace, it is one of the largest museums in Southeast Asia. It offers a fascinating journey through Thailand's rich history with a vast collection of artefacts, traditional art, and historical exhibits housed in a former royal palace.
- Wat Arun: Known as the Temple of Dawn, this temple is distinguished by its stunning riverside location and beautifully decorated spires. Climbing its steep steps provides a breathtaking view of the Chao Phraya River.
- The Grand Palace: This magnificent complex was once the residence of Thai kings and remains one of Bangkok's most iconic landmarks, featuring exquisite architecture and beautifully landscaped grounds

Where to eat

Thailand is renowned for its rich culinary heritage, offering an unforgettable experience for food lovers. Whether you are exploring bustling street markets or dining in a high-end restaurant, Thai cuisine promises a perfect balance of flavours—spicy, sweet, sour, salty, and umami. Here's a guide to must-try Thai dishes: Pad Thai (Thai-Style Stir-Fried Noodles), Tom Yum Goong (Spicy Shrimp Soup), Som Tam (Green Papaya Spicy Salad), Massaman Curry, Khao Pad (Thai Fried Rice), Mango Sticky Rice, and Thai iced tea (cha yen).

- Methavalai Sorndaeng: Located near the historic Democracy Monument, Methavalai Sorndaeng offers an elegant dining experience with live traditional Thai music, white tablecloth settings, and a nostalgic ambiance that transports diners back in time. The restaurant is particularly known for its commitment to using fresh, high-quality ingredients and preparing dishes with meticulous attention to detail. Price per dish is USD 10–15.
- Thipsamai Padthai Pratu Phi: Established in 1939, this legendary eatery in Bangkok has earned a reputation for serving some of the most authentic and flavourful Pad Thai in Thailand. Recognised by locals and tourists alike, Thipsamai consistently draws long queues of food lovers eager to taste its signature dish. Price per dish is USD 4–10.
- Krua Apsorn @Dinso: A hidden gem for authentic Thai cuisine. Known for its simple yet flavourful dishes, this casual eatery has earned a loyal following among locals, food critics, and even members of the Thai royal family. Despite its humble setting, Krua Apsorn consistently delivers some of the best traditional Thai dishes in the city. Price per dish is USD 4–10.
- Ann Tha Din Daeng: A local favourite for Thai street seafood. Known for its richly seasoned, home-style dishes, this local eatery is a go-to spot for both Bangkok residents and food-savvy travellers. Located in the Din Daeng district, this restaurant has built a reputation for serving some of the best traditional Thai comfort food at affordable prices of USD 10–20 per dish.
- Kalpapruerk: A blend of tradition and modern Thai cuisine. Kalpapruerk is a well-known Thai restaurant that masterfully combines traditional flavours with a modern twist. With multiple branches in Bangkok, including locations in high-end shopping malls and business districts, Kalpapruerk is a favourite among locals and visitors seeking elegant yet comforting Thai cuisine with affordable prices of USD 5–50 per dish.
- NAAM 1608: A riverside culinary experience. Located along the banks of the Chao Phraya River, NAAM 1608 offers a refined Thai dining experience with breathtaking river views. Combining authentic Thai flavours with a modern presentation, this restaurant is a perfect choice for those looking to enjoy elegant cuisine in a scenic, tranquil setting. The name "NAAM" (meaning water in Thai) and "1608" (symbolising the historical essence of the river's rich past) reflect the restaurant's deep connection to Thailand's cultural and culinary heritage. Price per dish is USD 10–15.

Halal Restaurants

- Nuatair: A renowned Halal-certified steakhouse in Bangkok, celebrated for its premium beef dishes and diverse menu offerings from rice to noodles and steaks, has many branches across Bangkok. The name "Nuatair," which translates to "The Essence of Beef" or "The Real Deal" in Thai, reflects the restaurant's commitment to deliver authentic and high-quality beef experiences. Price per dish is USD 5–15.
- Usman Thai Muslim Food: Authentic halal Thai cuisine in Bangkok. For travellers seeking authentic Thai food with halal certification, Usman Thai Muslim Food is a must-visit restaurant in Bangkok's Sukhumvit area. Known for its home-style Thai Muslim dishes, this eatery offers a wide variety of flavourful and traditional meals, making it a favourite among locals, Muslim travellers, and food enthusiasts alike. Price per dish is USD 5–15.
- Yana Restaurant: Halal Thai and International cuisine in the MBK Center. Located in the popular MBK Center, Yana Restaurant is a well-known halal-certified eatery in Bangkok that serves a mix of authentic Thai and international dishes. With its affordable prices, convenient location, and Muslim-friendly menu, Yana is a top choice for travellers looking for delicious halal food in the heart of the city. Price per dish is USD 5–15.

Other recommendations

- Lumphini Park: Lumphini Park is Bangkok's largest green space, offering a tranquil escape from the bustling city. It's ideal for walking, jogging, and outdoor activities. The park also features a large lake where visitors can rent paddleboats. It is a popular spot for community events and outdoor fitness classes.
- Benjakitti Park: Known for its picturesque lake and lush greenery, Benjakitti Park provides excellent paths for walking, jogging, and cycling. It offers a serene environment with panoramic views of the city skyline and is connected to Lumphini Park by a scenic elevated walkway.
- Chatuchak Park: Adjacent to the famous Chatuchak Market, this park is a popular spot for relaxation and recreational activities. With beautiful gardens and shaded walkways, it's perfect for picnics and leisurely strolls.
- Khaosan Road: This bustling street is a popular hub for tourists and backpackers. It offers a vibrant mix of street food, bars, and nightlife venues. By day, it's a great place to shop for souvenirs and experience local culture, while by night it transforms into a lively party scene.
- Shopping: Bangkok is a shopping paradise, offering everything from high-end luxury brands to local artisanal products. Key shopping centres near the Sukhumvit and Siam districts include Siam Paragon, CentralWorld, and EmQuartier. The Chatuchak Weekend Market is a must-visit for unique finds and street shopping.

Where to go near Bangkok

In case you have more time to explore, there are some interesting sites near Bangkok that are worth visiting:

Nature

- Khao Yai National Park: Approximately 180 km northeast of Bangkok, Khao Yai is Thailand's first national park and a UNESCO World Heritage site. It boasts diverse ecosystems, including dense forests, grasslands, and waterfalls. Wildlife enthusiasts can spot elephants, gibbons, and various bird species. The park is also known for its scenic hiking trails and viewpoints.
- Sai Yok National Park: Located about 200 km west of Bangkok in Kanchanaburi Province, Sai Yok is renowned for its waterfalls, caves, and historical sites related to the Death Railway from World War II. The park's lush landscapes along the Khwae Noi River make it a popular spot for rafting and wildlife observation.
- Erawan National Park: Also situated in Kanchanaburi Province, around 190 km from Bangkok, Erawan is famous for the seven-tiered Erawan Waterfall, which is said to resemble the three-headed elephant of Hindu mythology. Visitors can enjoy hiking trails, explore caves, and swim in emerald green ponds.
- Kui Buri National Park: Approximately 290 km southwest of Bangkok, Kui Buri is one of the best places in Thailand to see wild elephants in their natural habitat. Guided tours increase the chances of wildlife sightings, including gaurs and various bird species.
- Khao Sam Roi Yot National Park: About 240 km south of Bangkok, this coastal park features limestone hills, mangrove swamps, and beaches. The name translates to "Mountain of Three Hundred Peaks," reflecting its rugged terrain. Notable attractions include the Phraya Nakhon Cave with its iconic pavilion and the Thung Sam Roi Yot Freshwater Marsh.

Culture

- Ayutthaya Historical Park: Approximately 80 km north of Bangkok, this UNESCO World Heritage site encompasses the ruins of Ayutthaya, the second capital of the Siamese Kingdom. Founded in 1350, it flourished from the 14th to the 18th centuries and was known for its impressive temples and palaces.
- Sukhothai Historical Park: Located about 430 km north of Bangkok, this UNESCO World Heritage site preserves the remains of Sukhothai, the first capital of Thailand, established in the 13th century. The park contains numerous well-preserved temples and monuments that reflect the early Thai architectural style.
- Amphawa Floating Market: Located about 90 km southwest of Bangkok, this traditional market offers a glimpse into Thailand's riverside trading culture. Wooden houses line the canal, and vendors sell goods from boats, preserving a way of life that has existed for centuries.