

## **PRACTICAL INFORMATION FOR MICAH ASIA REGIONAL CONSULTATION PARTICIPANTS**

We are looking forward to welcoming you to Thailand and to our Micah Asia Regional Consultation!

Please read this helpful information guide **carefully** as it will ensure your travel, arrival, transfers and time are as smooth and stress free as possible so that you can give your full attention to the important and inspiring week together.

### **FLIGHT AND HEALTH INSURANCE INFORMATION**

**Flights:** If you have yet to inform us of your flight information, please log into Eventbrite using the email address you registered with and provide these details urgently so that we can arrange airport transfers efficiently.

A number of participants have alerted us that they have had problems re-logging into Eventbrite. If this is so for you, please contact Joanna Lee at [events@micahglobal.org](mailto:events@micahglobal.org) with your flight information by email.

**Deadline: if we have not received your travel details by 14<sup>th</sup> April we will assume you will make your own way to Long Beach Hotel.**

**Health Insurance:** We have asked each participant to take out health insurance and offered the insurance provider (Dr Walter) who Micah uses as an option if needed. We do hope you will be well for the whole event, but just in case we ask you to ensure you are covered, as Micah will not be in a position to cover medical or repatriation costs. The Dr Walter insurance for the 5 days is usually around \$5-8. **NB:** Dr Walter ONLY covers health insurance and not travel insurance (missing luggage, delayed flights) this you should check with your travel agent.

To request health insurance with Dr Walter, write to Joanna at [events@micahglobal.org](mailto:events@micahglobal.org).

### **Accommodation**

We emphasise again that accommodation is provided for the nights of Sunday 23<sup>rd</sup> April to Thursday 27<sup>th</sup> April inclusive. ***We will check out of our rooms on the morning of Friday 28<sup>th</sup> April.*** If you need to stay at Long Beach Hotel on the night of 28<sup>th</sup> April or longer, you will need to book and pay for this additional accommodation yourself by contacting Long Beach Hotel at [sawasdee@longbeach-chaam.com](mailto:sawasdee@longbeach-chaam.com).

### **ARRIVAL INFORMATION**

#### **Contact Information**

The Long Beach Hotel details are on your Eventbrite ticket (it is a good idea to print and carry this).

The address and phone number for the hotel are: **225/75 Beach Road, Tambon Cha Cha-am, Phetchaburi 76120; Phone: 032-472-444**

If you need to give contact information for a local host, please use:

Step Ahead

Kimberly Quinley

889/43 Baan Klang Krung Grand Vienna

Rama III Road, Yannawa  
Bangkok, Thailand 10120

Please also ensure you have copies of any other travel and insurance documents with you. It is a good idea to carry emergency contact information with you when you travel.

## Emergency Numbers

If your flight is delayed or have trouble locating the meeting point when you arrive in Thailand, you can contact the following numbers:

- Kimberly Quinley (local host): +66 81 714 7983 (phone and whatsapp)
- John Quinley (local host): +66 81 615 2263 (phone)
- Joanna Lee (Micah Global): +263 784 941 890 (Whatsapp – **best option**); +66 97 159 8433 (phone, text – from 19<sup>th</sup> April); [joanna@micahglobal.org](mailto:joanna@micahglobal.org)
- Sheryl Haw (Micah Global): +44 7739 665 777 (phone and whatsapp)

These may also be used for people to contact you while you are at the conference, in case of emergency ONLY.

## Suvarnabhumi Airport meeting place and airport facilities

For those arriving **Sunday 23<sup>rd</sup> April or Monday 24<sup>th</sup> April up until 10am**, please note the following for your group transfer to Long Beach Hotel.

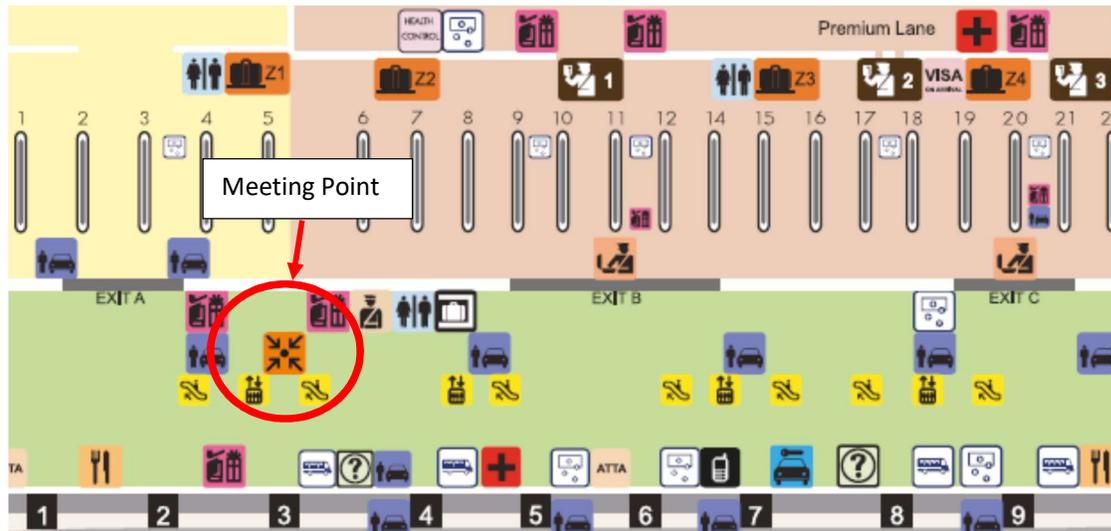
When you exit immigration and customs on the arrivals level (Level 2) of the airport, please immediately make your way to the **Meeting Point**, which is a designated, signed meeting point within the airport, **located between Exit A and Exit B on Level 2**.

Someone from our local host organisation will be at the meeting point to greet you and will be holding a Micah Global sign. Please go directly to them on arrival to let them know you have arrived before doing anything else so that they can let you know the time of the next bus transfer. Then please return promptly to the Meeting Point to leave with your bus.

The meeting point is the orange symbol  circled in red on the plan over the page.

Look for this sign at the airport and follow it to the meeting point:





You can also download the whole airport map online [here](#).

Some of you may need to wait a while after exiting immigration and customs for other participants to arrive, before being transferred to the consultation venue. We will work to minimise the waiting times for all, but ask for your patience. The area near the Meeting Point has toilets, food and drink outlets and currency exchange. There is also free wifi at the airport. Search for @AirportTrueFreeWiFi and follow the log in prompts.

### **Don Mueang Airport meeting place**

If you are arriving at Don Mueang airport within the designated transfer times of **Sunday 23rd April or Monday 24th April up until 10am**, please look for a local host holding a Micah Global sign as you come out of arrivals.

### **Currency**

For payment of registration fees, bank charges. Dr Walter insurance or membership contributions, please bring the exact amount in US dollars. We will have limited change available, but no coins.

**For any additional local spending, you will need Thai Baht.** Exchanging money before you come will allow you to source the best rates in your country. If you cannot purchase Thai Baht before coming, **you will also be able to change money at the airport.**

The Long Beach Hotel will not accept USD for any of their services or facilities (although if you are staying extra nights you may be able to arrange to pay in USD – please check with the hotel when you book).

The Long Beach Hotel will exchange the following currencies (USD, EURO, British Pound Sterling, Hong Kong \$, Singapore \$, Japanese Yen, AUD, Swedish Krona SEK, Norwegian Krone NOK, Danish Krone DKK, Swiss Franc CHF), although the exchange rates will not be as good.

### **AIRPORT TRANSFERS OUTSIDE DESIGNATED TIMES**

If you are arriving (landing) **after 10am on Monday 24<sup>th</sup> April** or need to leave the hotel **before 2pm on Friday 28<sup>th</sup> April**, you will need to arrange your own transfer to or from Long Beach Hotel in Cha-

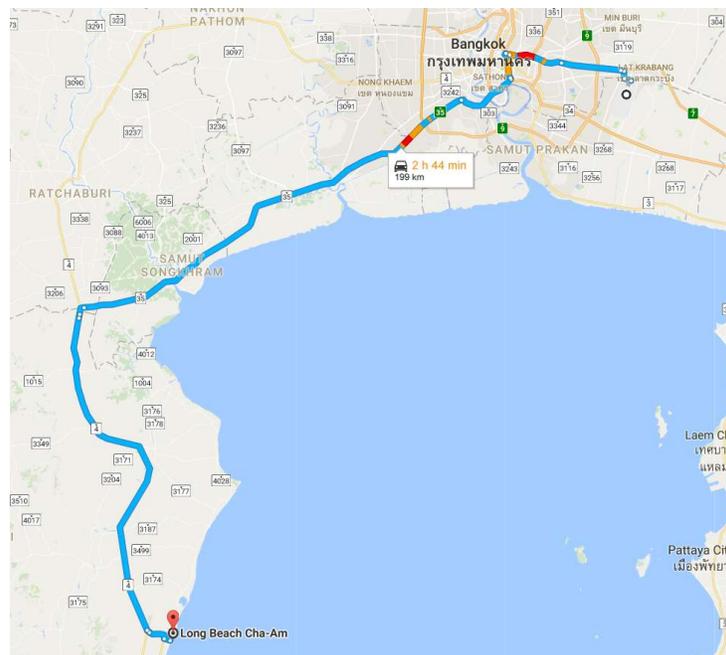
am. Note that you should allow a minimum of 2 hours travel between the airport and Long Beach Hotel.

If you are unsure if this is you, please email [events@micahglobal.org](mailto:events@micahglobal.org) to check.

The Long Beach Hotel address is: 225/75 Beach Road, Tambon Cha Cha-am, Phetchaburi 76120. Cha-am is on the way to Hua Hin and most bus services give options for being dropped off at Cha-am.

We recommend the following options for those who need to arrange their own transfers:

1. Long Beach hotel has a transfer service. Contact [sawasdee@longbeach-chaam.com](mailto:sawasdee@longbeach-chaam.com) to arrange this before you travel. Be aware that this is expensive (4,000 Thai Baht; ~\$115 US one way).
2. <http://huahincab.com>
  - Private car, can be booked online
  - Offers one way 1,900 Thai Baht (~\$50 US) from Suvarnabhumi International Airport; and 2,100 Thai Baht (~\$60 US) from Don Mueang airport
  - Door-to-door service – choose Hua Hin on the online booking form and then it brings up a space where you can put the Long Beach Hotel address
3. <https://airporthuahinbus.com/v1>
  - Bus fare is 269 Thai Baht (~\$8 US)
  - You can pre-book online
  - Drop off location is at the Bangkok Bank, Cha-am intersection – about 3.3km from Long Beach Hotel
  - If you choose this option, Long Beach Hotel has a minivan (holds 10 people) that can come and pick you up at Bangkok Bank at a cost of 200 Thai Baht (~\$5.50 US). You will need to contact the hotel to arrange this and pay for it.



## **INFORMATION ABOUT THAILAND**

### **Weather & Clothing**

It is very warm in April in Thailand (<https://www.travelfish.org/weather/thailand/april>). In the area we will be (near Hua Hin), average minimum (night time) temperatures are 25°C and the average maximum (day time) temperature is 33°C. It is also likely to be humid, but it is not the rainy season. Please bring light, comfortable clothing. Bear in mind that the consultation rooms will be air conditioned, so carrying a jacket or cardigan is still advisable.

We are staying in a coastal location, very close to the beach and there is a pool at the hotel. Feel free to bring your swimming costume. If you plan to walk or swim at the beach or in the hotel pool, please consider sun exposure and the possibility there will be mosquitos and other biting insects, especially in the evening.

### **Water**

The tap water is fine to use for brushing your teeth and bathing, but it is **best to drink only bottled water** and the water provided by the hotel at the refill points in the main consultation room. We will provide participants with a bottle of water on arrival which you can write your name on and refill during the week.

Please keep your water bottle with you to re use throughout the week.

### **Electrical Sockets/Plugs**

Thailand uses 220V electricity. <http://www.power-plugs-sockets.com/thailand/>. An example of the electrical sockets is below. Some will not have the bottom prong, but just the two prong flat or round plug. The flat or round, 2 or 3 prong adaptors should be fine to bring.



### **Wifi and Local Sim cards**

Wifi is available at the hotel in the meeting rooms, public areas and bedrooms. We will be issued passwords on arrival. Be aware that with so many people accessing it, it may become slow, so be considerate of others and do not plan to be uploading or downloading large files or be online constantly.

You can purchase a local sim card at the airport if you wish, but please be considerate of other participants and do not hold everyone up if you are one of the last to arrive for your transfer.

## Thai Culture

**Greeting:** The national form of greeting in Thailand is the “wai”. It is done by placing the hands palm by palm and raising them to the face to about the level of mouth or nose.

**Head:** Thais consider the head to be the most sacred part of the body. Thais would never touch someone else’s head.

**Feet:** In Thai culture, feet are regarded as the lowest part of the body and are considered “dirty”. It is considered extremely rude to point your feet at anyone or anything. Never place your feet on top of tables or in the air. Never move anything or step over anything with your feet. This can be difficult for some cultures to get used to, however, it is so important to be sensitive towards this as it can be very insulting towards Thais. Always remove your shoes before entering a house.

**Monks:** Buddhist monks are forbidden to touch or be touched by women, or to accept anything from the hand of women. If a woman has to give anything to a monk, she must first give it to a man who then presents it to the monk. Women should not sit next to a monk (on a bus, bench etc.) When speaking to a monk, be sure to leave space between you and him.

**Temples/Religious Objects:** Since Buddhism is the national religion in Thailand, all Buddha images, large and small, in good or bad condition, are regarded as sacred objects. Do not climb up on them to take photos to do anything that will show disrespect to Buddhism and indirectly to the Thai people. Showing disrespect to Buddhism and other religions is against the law and could cause you to be deported!

**The Monarchy:** Thais deeply respect the Royal Family and are still in mourning after the King’s passing in October 2016. You will see many Thai people wearing black, white or grey. There is a one-year mourning period. There is a new King. **Never** talk about the royal family when Thais are present. Even if what we say is positive, it may be misinterpreted and may offend the Thais. When in government buildings, parks, or on university and school campuses, the National Anthem is played at 8am and 6pm. When the anthem is played, everyone stops what they are doing and stands still at attention, in respect. Do **not** step on money because it has the King’s image/head on it and this would be **very** disrespectful.

## Medical Facilities

Please carry all essential medication with you as we cannot guarantee you will be able to replace it while in Thailand. If you have any health conditions or allergies, please make sure you carry any necessary information with you in case you become unwell.

The closest hospital to the conference venue is the Hua Hin Hospital approximately 4km from the venue. Address: 2, 30 Phet Kasem Rd, Hua Hin, Prachuap Khiri Khan 77110. Phone: +66 32 523 000.

## **REGISTRATION INFORMATION**

Please print and carry your receipt or invoice from Micah with you and present them when registering. If you need to pay bank fees or Dr Walter insurance, please round up to the nearest dollar (US) as we will not have coins for change.

Registration will be open at the following times:

- Sunday 23<sup>rd</sup> April from 10am to 9pm
- Monday 24<sup>th</sup> April from 8am to 2pm
- Late arrivals will be registered individually on arrival

If you arrive at the hotel after 9pm on 23<sup>rd</sup> April, you will be able to check into your room and complete registration after breakfast on Monday 24<sup>th</sup> April.

### **OTHER**

If you have any health or mobility issues or any dietary requirements that you have not yet informed us of, please email [events@micahglobal.org](mailto:events@micahglobal.org) so that we can ensure you are accommodated. If you have requested vegetarian or gluten free meals or have specified allergies or dislikes, you will be catered for individually.

### **VERY IMPORTANT**

Don't forget to pack your Bible! Bring with you your ideas, your dreams and vision to share and if you have created some resources you want to share ensure they are with you.

**See you soon!**