

# AMSEP-THAILAND BOOKLET



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# GREETINGS

**Dear People of Tomorrow,**

Sawasdee ka ; Greetings

I'm Thitipa, National Director of AMSEP Thailand.  
On behalf of AMSEP Thailand, it is an honor to  
welcome you all to our beloved country.

Thailand is an astonishing kingdom, featuring truly  
delectable Thai cuisine, unique culture, tradition,  
exquisite arts, a vibrant array of street food and  
picturesque landmarks. Bangkok is always one of  
the world's top tourist destinations, the city is  
waiting for you to explore.

Visit Thailand, the land of smile, bring some Thai  
smiles back to your home and become a part of  
this marvelous journey that your experience itself  
will stand the test of time.

**“Building bridges, Sharing dreams”**

Thitipa Pongmala  
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National Director of AMSEP Thailand 2019/2020  
Faculty of Medicine, Siriraj Hospital, Mahidol  
University





Ref: [https://med.mahidol.ac.th/rama\\_hospital/](https://med.mahidol.ac.th/rama_hospital/)



Ref: <https://www.si.mahidol.ac.th/th/history.asp>

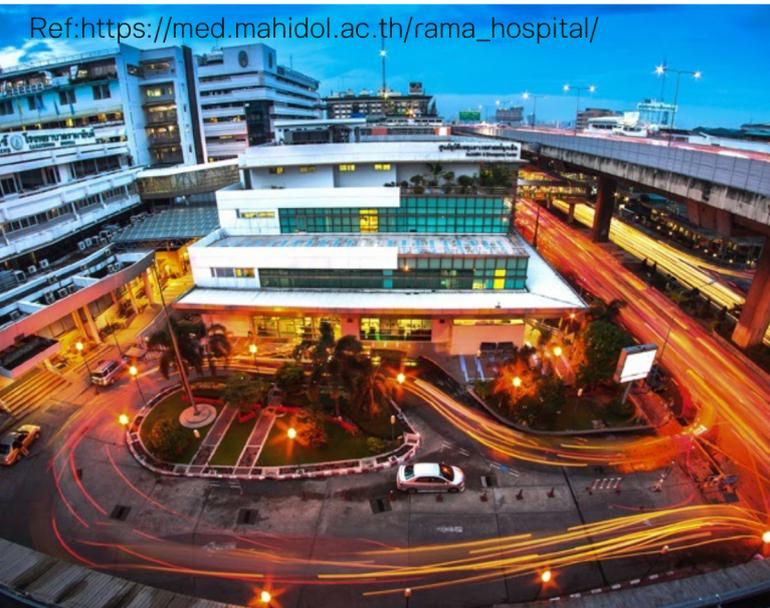
# LIST OF AMSEP THAILAND- PARTICIPATING UNIVERSITIES

## 2. Faculty of Medicine Ramathibodi Hospital, Mahidol university

The Faculty of Medicine Ramathibodi Hospital is a leading medical research institution in Thailand aiming to promote healthcare education locally and worldwide, and to strengthen its state-of-the-art services, training, and scholarship efforts. Within Ramathibodi's body of pedagogy which includes research, and hands-on experience, Ramathibodi has built a vast amount of connections globally since its inception and has the ambition and commitment to develop more collaborative relationships to enhance its network, outreach, and scholarly efforts for the better of global wellness and healthcare.

**Highlights :**  
Research Center  
Cyberknife Therapy  
Pediatric Ward  
Forensic Medicine

Ref: [https://med.mahidol.ac.th/rama\\_hospital/](https://med.mahidol.ac.th/rama_hospital/)



Ref: <https://www.chula.ac.th/academic/faculty-of-medicine/>

## 3. Faculty of Medicine, Chulalongkorn University The Faculty of Medicine :

founded in 1947, emphasizes academic excellence through the diversified medical concentrations available in the bachelor and graduate programs, and the faculty's collaboration with top medical institutions from around the world. As a reputable institution, the faculty has become a credible national and international reference source that guides society.

**Highlights :**  
Soft cadaver  
Medical library  
Snake farm  
Simulation and Training centers



## 1. Faculty of Medicine Siriraj Hospital, Mahidol University :

Founded in 1890, It's the oldest and largest medical school in Thailand

It is well known for its excellent medical care and is one of the most advanced medical service providers and research centers in Thailand.

## Highlights :

- Siriraj Medical Museums
- The biggest gross anatomy laboratory in Thailand
- Thai traditional medicine and Thai massage
- Simulation and Training centers

## **F**rom the first step

1881

In the reign of H.M. King Chulalongkorn there was a big Cholera outbreak. The king had established temporary hospitals in 48 community districts. After the outbreak the establishment of a permanent hospital was still in his mind and he appointed a committee for the construction of the hospital.



1887

H.R.H. Prince Siriraj Kakutabhundu, the King's beloved son died of dysentery at the age of 18 months. This brought him great sorrow and also a strong will to complete the hospital. After the Prince's cremation, H.M. The King donated the wood planks and everything else used in the ceremony as well as the prince's private fund for the construction of the hospital on the west bank of the Chao Phraya river.



1888

H.M. King Chulalongkorn presided over the opening of the hospital on April 26<sup>th</sup> and named it "Siriraj Hospital" after his beloved and departed son, also called "Wang Lang Hospital" by the local people. The medium-sized, 50-bed hospital was opened to render treatment to patients both in modern and Thai traditional medicine.



1890

The medical school was established in Siriraj Hospital and teaching started on September 5<sup>th</sup>. It was a 3-year curriculum and the teaching was both in modern and traditional medicine.



This first medical school in Thailand was named " Bhatayakorn School". The medical degree was awarded to the first medical graduates on May 1<sup>st</sup>, 1893.



1916

In the reign of H.M. King Vajiravudh, Prince Mahidol Aduldej decided to support the development of Thai medicine and went to study public health and medicine in the United States. He graduated and obtained the Certificate of Public health (C.P.H) in 1922 and M.D. (Cum Laude) from Harvard University in 1928.



1917

Chulalongkorn University was founded and the medical school was included as one of the four faculties of the university. The medical school was renamed as the faculty of medicine of Chulalongkorn University.

1922

Prince Mahidol Aduldej was a representative of the Thai government and negotiated with the Rockefeller Foundation to raise Thai medical education up to the degree level as well as improving the facilities of Siriraj Hospital in various aspects.



1943

In the reign of H.M. King Ananda Mahidol the University of Medicine was founded and four faculties including faculty of medicine were transferred from Chulalongkorn University.



# ACADEMIC SESSION

## CHULA SOFT CADAVER SURGICAL TRAINING CENTRE

<https://chulalongkornhospital.go.th/kcmh/chula-soft-cadaver-surgical-training-center/>

With as many as more than 150 workshops being performed each year here at Chula Soft Cadaver Surgical training centre, it became one of the best and most renowned training centers internationally. This training centre is where medical experts and students come together and train for various surgeries that are currently being performed on all parts of the body. The uniqueness of such training lies in the use of the soft cadaver of people whose bodies were voluntarily donated for medical education and such great beings are being highly respected for their tremendously kind pursuits.



Ref:<https://chulalongkornhospital.go.th/kcmh/chula-soft-cadaver-surgical-training-center/>

## QUEEN SAOVABHA MEMORIAL INSTITUTE SNAKE FARM

[https://www.saovabha.com/en/snakefarm\\_service.asp](https://www.saovabha.com/en/snakefarm_service.asp)

Founded as early as 1929, the snake farm is one of the most astonishing educational tourist destinations. The museum itself is currently exhibiting as many as 35 species of living snakes, as well as its evolution, reproduction, anatomy and toxicology for public education and greater understanding of snakes. Most excitingly, the farm offers the most breath-taking venom extraction and snake handling demonstration performed by experts in an 100-seat arena. Entertainment along with exceedingly useful information are both guaranteed here at the snake farm.



Ref:<https://gotmybackpack.com/destinations/queen-saovabha-snake-farm-bangkok/>

Ref:<https://bangkokthailandairportmap.blogspot.com/2014/01/detail-siriraj-medical-museum-bangkok.html>

## SIRIRAJ MEDICAL MUSEUM

As the most long-standing hospital in Thailand founded in 1888, Siriraj hospital's Medical museum is one of the most fascinating medical experiences. With exhibitions of various aspects of human biology including anatomy, forensics, parasitology, embryology and pathology, real specimens are being displayed and thoroughly explained for education. These distinctive showcases are absolutely nowhere else to be found!

## RAMATHIBODI RADIOSURGERY CENTRE: CYBERKNIFE

[https://med.mahidol.ac.th/radiosurgery\\_center/th/ck](https://med.mahidol.ac.th/radiosurgery_center/th/ck)

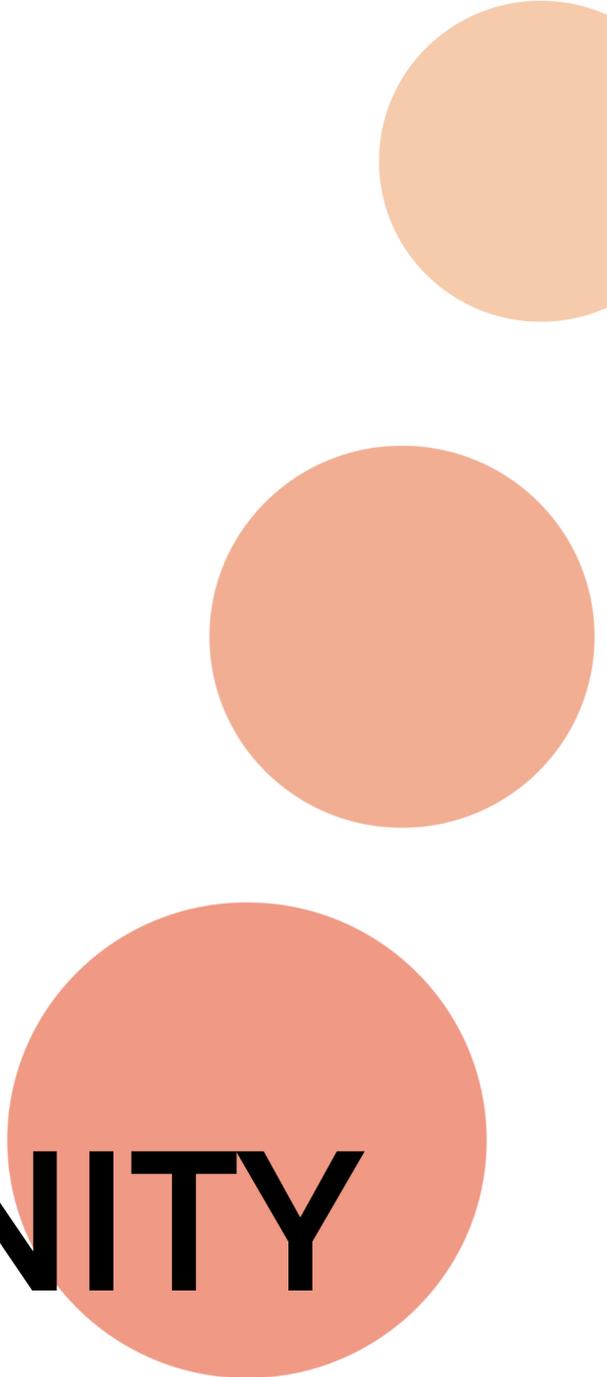
As one of the most advanced technologies in radiosurgery, Cyberknife system located at Ramathibodi Hospital will be taking on another perspective of the delivery of radiotherapy. It allows highly precise treatment while preserving the normal tissue and maximizing the treatment results. Get ready for a tour here at Ramathibodi radiosurgery centre and learn more about how such technology is created and performed!



## EXCLUSIVE HOSPITAL VISITS

Delegates will be taken on the most exclusive hospital visits at highly respected teaching hospitals where patients from all around the country seek medical treatment. Here, you will receive the most unique and inspiring experience of realistic hospital rounds, cases, and hospital operation systems that are happening in the busiest medical centres in Thailand, definitely the kind of opportunity that is not easy to come by!





# COMMUNITY SERVICE



## The Thai Red Cross Children's Home

The Thai Red Cross Children's Home was born out of concern by Her Royal Highness Princess Maha Chakri Sirindhorn, the Thai Red Cross Society's Executive Vice-President, for babies abandoned by their mothers after birth at Chulalongkorn Memorial Hospital, Queen Savang Vadhana Memorial Hospital in Sri Racha, and other Thai Red Cross agencies. Established under Her Royal Highness's initiative on September 17, 1981, the Home takes care of the babies and locates suitable families for adoption so that the children will have a loving and warm family life and a bright future. The Office of the Thai Red Cross Children's Home is located in the Vajiralongkorn Building, Chulalongkorn Memorial Hospital. It is authorized by law to provide adoption services.



Ref:<https://english.redcross.or.th/news/information/1227>

The delegates can participate in volunteering activities and teach the children, or engage in other activities such as drawing or playing games in general. These children are taken care of by social services, and any cognitive stimulating activities would prove to be beneficial for them.

## Ramathibodi Child and Adolescent Health Center

The delegates can hold activity sessions for children with learning disabilities, such as autism.

## Chulalongkorn Hospital Pediatric Ward

In Chulalongkorn Hospital, there are pediatric wards for children who have undergone surgery and are admitted at the hospital for long periods of time, or those with non-communicable diseases such as heart disease or acute lymphoblastic leukemia. Delegates can accompany these children, and engage in fun activities with them, such as drawing or playing games. Families of these children are usually busy working in the daytime, and the kids are often left lonely with their mobile devices.



Ref:<http://www.chulalongkornhospital.go.th/nurse/index.php/download/category/28-conferences?download=128:conferences-61>



Ref:<https://www.bangkokpost.com/life/social-and-lifestyle/795204/spend-your-time-with-the-blind>

## Bangkok School for the Blind

As an educational organisation that has been around a relatively long time, the Bangkok School for the Blind regularly receives visitors who come to the school to observe methods for educating the blind. The delegates can volunteer and help teach certain academic subjects to blind students or help them with homework.



# THAI SOCIAL NORM

The Information about Thailand's Greeting, Bodily Conducts, Religion and Nicknames.



Photo by Lisa runnels on Pixabay

## BODILY CONDUCTS

- Do not point your feet at people, touch people with your feet, or prop your feet on seats in public. Pointing your finger at people is impolite as well.

- Do not touch people on the head or sit on pillows or head rest. It could be considered as rude.

## GREETING

In Thailand, people greet by a gesture called 'Wai', or pressing your palms together at chest or nose level and bowing your head slightly. This gesture denotes respect and can be used to express a hello, thank you, and goodbye as well.



Photo by Kochphon Onshawee on Pixabay



Photo by Mihai Surdu on Pixabay

## NICKNAMES

Thais usually address others by their nicknames in casual settings. Most Thai first names are quite long, so Thai's normally have nicknames.

## RELIGION

Most Thai people are Theravada Buddhists and worship Buddha images, amulets and statues. Avoid touching or pointing at these items because some Thais can be highly superstitious.



Photo by Honey Kochphon Onshawee on Pixabay

# THAI CULTURE

Information about Thai Wai, Thai Boxing and Thai dance



Photo by Sasint on Pixabay



Photo by sippakorn on Pixabay



Photo by Paul Horsley on Pixabay



Photo by Kochphon Onshawee on Pixabay

# THAI WAI

The wai greeting is usually paired with the word “hello” in Thai, which is sawasdee, thereby making it a greeting and a way to say hello; however, it is also a way in which to show someone respect.



Photo by SadahamYathra on Pixabay

While the wai is the way in which people greet each other, Thais also wai one another when thanking someone, apologizing to someone, or saying goodbye. Many Thais will also wai when they pass spirit houses, temples, shrines, or anything in regards to the monarchy. However, do not wai anyone who is younger than you. Instead, give them a nod and smile. Oftentimes, a person’s social ranking is determined by age in Thailand, thus, the reason for not greeting children in this traditional way.



Photo by Sasint on Pixabay



Photo by Christopher Chiu on Pixabay

# THAI BOXING (MUAY THAI)

Muay Thai or Thai Boxing is the national sport and cultural martial art of Thailand. It was developed several hundreds of years ago as a form of close - combat that utilizes the entire body as a weapon. It is known as the "art of eight limbs" as it is characterized by the combined use of fists, elbows, knees, and shins.

Muay Thai is different from Western boxing in the diversity of offensive and defensive blows, thus making the art more taxing and challenging to the boxer. Moreover, cultural and psychological elements are added to Muay Thai, as the boxer has to perform a traditional "paying respect to the teachers" ritual or Wai Khru ceremony, complete with rousing Thai music accompaniment. Watching Thai boxing is, then, an entry into the psychological world of the Thai where values such as respect for elders, love of grace, bravery, creativity and adaptability are encapsulated in one short event. This whole mix of a unique form of martial arts and cultural elements is what makes for the fascination with Muay Thai and explains its popularity worldwide.



# THAI DANCE

Traditional Dances of Thailand can be divided into three main categories: Khon and Lakhon, which are the most classic forms of Thai Dance and Fawn Thai, which includes different forms of folk dances. Khon is the most stylised form of Thai dance. In the past, this Thai masked dance was only performed for the Royal Family. It is now performed outside of the Royal Court, however, it is still considered to be one of the highest art forms in Thailand. Most of the dancers are men that wear elaborate costumes and masks to portray different characters.

Lakhon is less formal than Khon and the dancers do not wear masks. The costumes and stage settings are usually much more lavish than in the other forms of Thai dance. The rich costumes and golden hats shaped as stupa are inspired by the clothes of Kingdom of Ayutthaya. The lower half of the body does not move as much as the top, which with graceful and sensual movements of torso and hands throughout the performance portray different emotions. Dancers are mostly graceful women that perform together as a group rather than representing individual roles in a performance.



Photo by Bun Kham on Pixabay

Fawn Thai is a form of folk dance accompanied by folk music of the region. There are different forms of Fawn Thai that will usually fall within five classic styles: Fawn Tian; Fawn Leb; Fawn Ngiew; Fawn Marn Gumm Ber, i.e. Butterfly Dance; and Fawn Marn Mong Kol, i.e. Happy Dance.

Fawn Tian, meaning Candle Dance, is one of most popular northern dances, typical of Thai Kheun tribe. The performance consists of eight dancers, each carrying candles. Dancers are in pairs, one pair to each side, and wear full-length sarongs and jackets with a matching shoulder cloth. The female dancers pay homage to the divinities that protect the Earth's eight cardinal points, asking them to pass on the candles light to pay homage to Buddha. This dance is always held at night. Fawn Leb, meaning Fingernail Dance, is a northern Thai dance style originating from Chiang Mai. Each dancer wears six inch long brass fingernails. The long fingernails accentuate the finger movement of each dancer. Dancers wear their hair in a chignon-style with a yellow jasmine flower tiara.



Photo by Jenny Cleary on Pixabay



# TRAVELING TO THAILAND

About passport, VISA and Restriction



# PASSPORT

Passport of the individual must have at least 6 months of validity upon arriving in Thailand.



# VISA

On the purpose of attending an AMSEP, you are most likely to be categorized as a tourist. Thailand provides tourist visa exemption entry and visa-on-arrival to various nationalities around the world. The period of

stay depends on which passport you are holding but mostly, you will be allowed to stay for up to 15 – 30 days. If you wish to stay for longer than that you must apply for a visa. Please check with your local Royal Thai Embassy for more details.

Royal Thai Embassy website : [www.thaiembassy.org](http://www.thaiembassy.org)

Or go to [www.consular.go.th](http://www.consular.go.th) and scroll to the bottom of the website and click on this icon for a summary of countries and territories eligible for visa exemption and visa on arrival.



Photo by ID 2102033 on Pixabay

# RESTRICTION

There are some prohibited goods and restricted goods that you cannot bring into the Kingdom of Thailand. Please check Thai customs law for more details.

<https://bit.ly/thaicustoms>



Photo by succo on Pixabay

สหวิชาชีพ - ติดตามกิจกรรมของหน่วยราชการไทยเพื่อสร้างความเข้มแข็งแก่ชุมชนไทยในต่างประเทศ

กระทรวงการต่างประเทศ	จอควิทัศน์หนังสือเดินทางออนไลน์	จอควิทัศน์รับรองเอกสาร สวม. MTR คลองเตย	SMART VISA
รายชื่อประเทศที่คนไทยไม่ต้องขอวีซ่า	รายชื่อประเทศที่ยกเว้นการขอวีซ่าคนไทย	คณะกรรมการสหวิชาชีพฯ	ประวัติหนังสือเดินทางประเทศไทย



Photo by kmarius on Pixabay



Photo by sasint on Pixabay

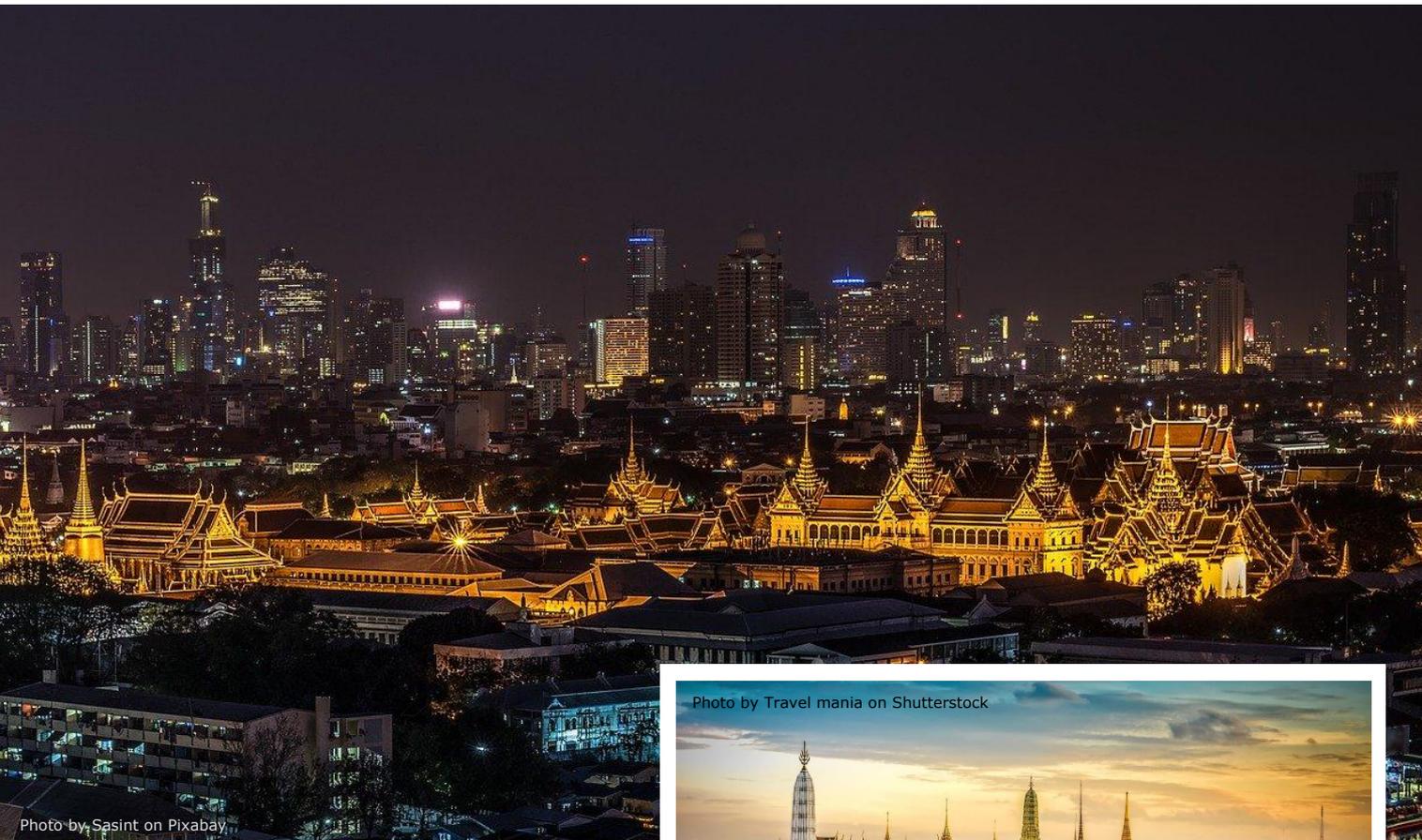
# HIGHLIGHTS OF THAILAND



Photo by SatyaPrem on Pixabay



Photo by Waranont (Joe) on Unsplash



## GRAND PALACE

If you only visit one major historical tourist attraction in Bangkok, this should be the one. The royal compound lives up to its name, with spectacular structures that would put the most decadent modern monarchs to shame. It's also the home of Wat Phra Kaeo, which houses the Jade (or Emerald) Buddha.

# ASIATIQUE

Asiatique The Riverfront is one of the most unique and popular night markets in Bangkok. It gives you an experience of shopping in a mall and a night bazaar, both on the same premises.



Photo by tikisada on Pixabay



Photo by Michael Saechang on flickr

# KAOSAN ROAD

Khao San Road, a bustling, effervescent and kaleidoscopic street in Bangkok, brimming with Chang Beer t-shirts, tasty pad-Thai and enthusiastic travellers from all over the globe. A short walk through the heart of the city exposes visitors to all the street has to offer, and guides them through an area where the beer is flowing, the lights are bright and the energy is infectious.



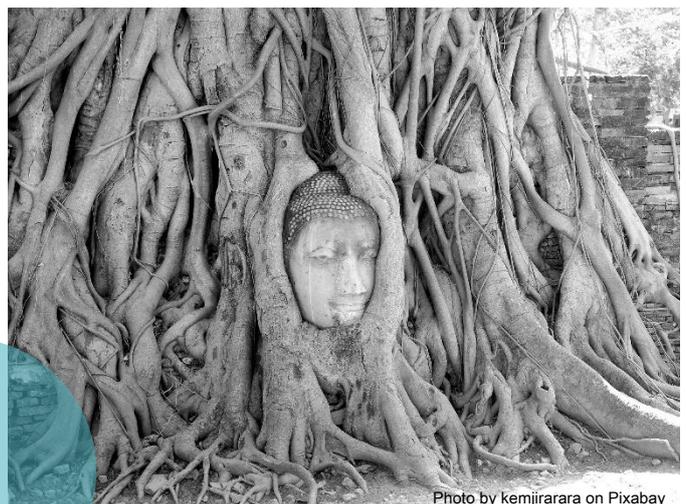
Photo by 한국어 on Pixabay



Photo by TheDigitalWay on Pixabay



Photo by © TONG4130 on Shutterstock



# AYUTTHAYA

Ayutthaya Historical Park – a UNESCO World Heritage Site – the most visited site in the area. Here, the four spectacular temples of the early Ayutthaya period (1350 – 1529) stand amongst a dense canopy of ancient trees. West of it is the site of the Royal Palace and Royal Chapel (Wat Phra Si Sanphet) – the political and spiritual heart of the lost kingdom.

Photo by amnat30 / Shutterstock.com

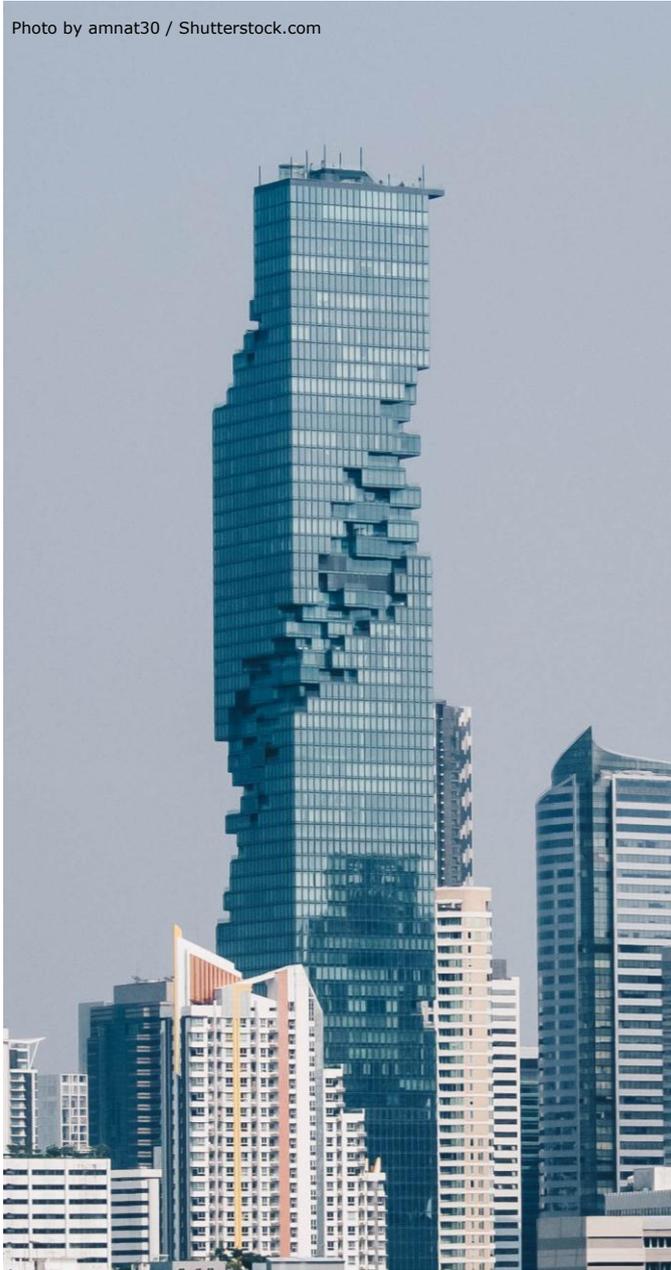


Photo by Waranont (Joe) on Unsplash



Photo by Sakaowan on Coconuts Media

**MAHANAKHON**

**SKYWALK**

Experience one of the world's largest glass trays at the height of 310 meters from the 78th floor. Perfect for adventure seekers, take a photo standing on Bangkok's glass tray with a bird eye's view of the beautiful skyline below.

# BANGKOK SPAS AND MASSAGES



Photo by terimakasih0 on Pixabay



Photo by Sea Wave on Shutterstock.com



Photo by Diablo79 on Pixabay



Photo by weareaway on Pixabay

There are several ways you can enjoy a massage in Bangkok. Soothing treatments can range from an aromatherapy and oil massage that's widely thought to enhance memory, amongst other things, to facial massages that will make your skin glow radiantly, or a Thai foot massage that will ensure your feet and legs are lavished.



Photo source: [HTTP://WWW.BANGKOK.COM/](http://www.bangkok.com/)

# CHATUCHAK WEEKEND MARKET

Once only popular among wholesalers and traders, Chatuchak Weekend Market has reached a landmark status as a must-visit place for tourists. On a weekend, visitors come here to sift through the goods on offer.



Photo by J J Harrison



Photo by shinko31 on Pixabay



Photo by Frida Aguilar Estrada on Unsplash



Photo by @jackthunter on Unsplash



Photo by @nineteenphoto on Unsplash

# FLOATING MARKETS

The floating markets of Bangkok are must-visits on any visit to the Thai capital such as Damnoen Saduak and Amphawa, one of the most popular floating market near Bangkok. It's become such a magnet for Thai weekenders that food stalls have grown from the riverbanks and stretched far into the surrounding streets.



Photo by Frida Aguilar Estrada on Unsplash



Photo by Waranont (Joe) on Unsplash

## CHINATOWN (YAOWARAT)

Chinatown Bangkok is both a popular tourist attraction and a haven for authentic Chinese cuisine. Local gourmards often flock here after sunset to explore the vibrant street-side

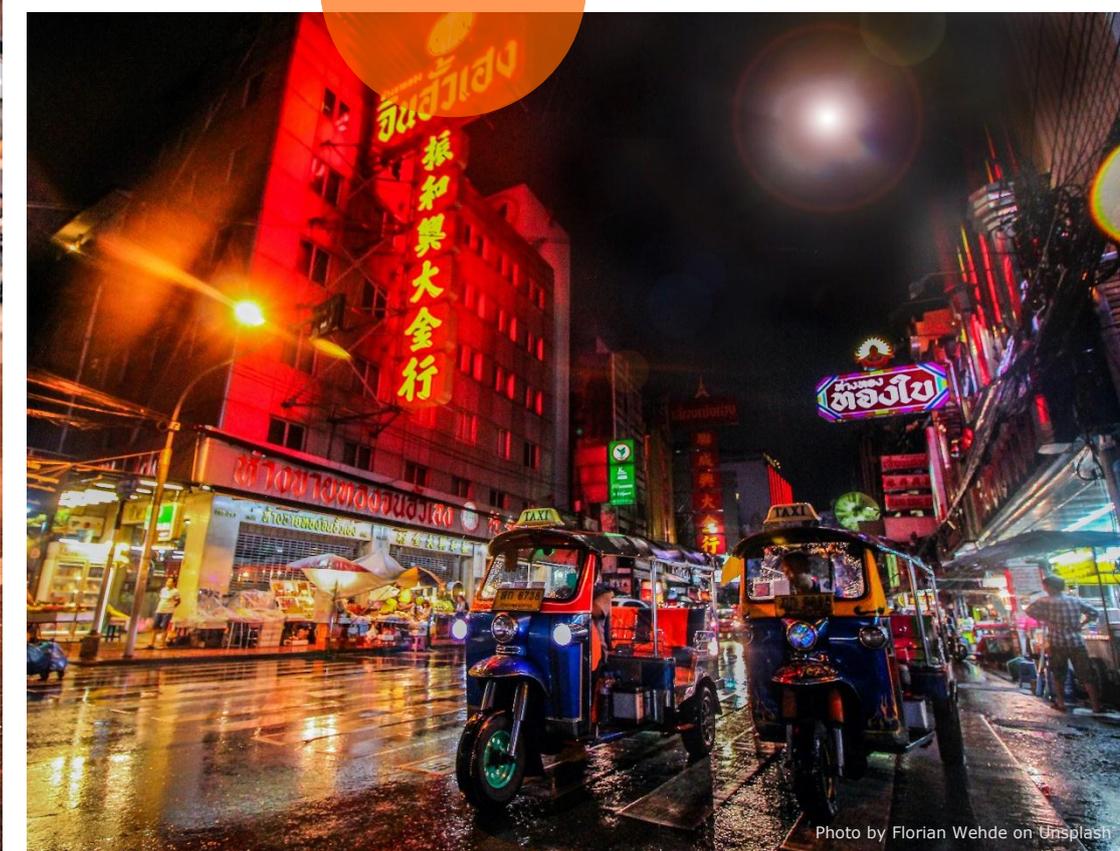


Photo by Florian Wehde on Unsplash

