

# PHUKET

## Thailand - First Information



# ISU President Welcome Message

Dear Skating Friends,

On behalf of the International Skating Union, it is a great pleasure for me to invite you to the 58<sup>th</sup> Ordinary ISU Congress 2022.

Unfortunately, the Congress could not take place over the past two years due to the COVID-19 pandemic. Despite the very demanding and difficult circumstances worldwide that have a huge impact on all of us, I am delighted that the skating community will finally meet again. More than ever, your attendance and contribution to a successful gathering are highly appreciated.

The ISU Congress takes place on the beautiful island of Phuket (Thailand) in June 2022. At this inspiring location, we will discuss and decide upon new proposals to further develop and promote our beloved sport based on good governance. Moreover, the Congress includes elections which are very important for the future of the ISU and its activities.

I would like to extend my sincere gratitude to the Figure and Speed Skating Association of Thailand for their warm hospitality and hard work. I wish everybody a wonderful and memorable stay on Phuket.

Let us have a very fruitful ISU Congress and advance all our beautiful and exciting skating disciplines together.



Jan Dijkema  
ISU President



# FSAT Welcome Remark



## สมาคมกีฬาฟิกเกอร์และสปีดสเก็ตติ้งแห่งประเทศไทย FIGURE & SPEED SKATING ASSOCIATION OF THAILAND

ชั้น 19 อาคารเฉลิมพระเกียรติ 7 รอบพระชนมพรรษา เลวที่ 286 การกีฬาแห่งประเทศไทย ถนนรามคำแหง แขวงหัวหมาก เขตบางกะปิ กรุงเทพฯ 10240  
19<sup>th</sup> Floor, Chalearmprakit Building, 286 Sports Authority of Thailand, Ramkhamhaeng Road, Huamark, Bangkok, Bangkok 10240 THAILAND  
Tel. +66 2 186 7555 Fax. +66 2 186 7555 <http://www.fsat.or.th> Email : [fsat@windowslive.com](mailto:fsat@windowslive.com)

No. FSAT 032 /2022

March 2, 2022

Dear Colleagues,

On behalf of the Figure and Speed Skating Association of Thailand (FSAT), it is my great pleasure to extend to you a warm invitation to the ISU Ordinary Congress to be held in 2022 in Phuket, Thailand, under the auspices of the National Olympic Committee of Thailand and Sports Authority of Thailand.

Aside from the opportunities afforded by the congress, you will also have a chance to experience the beauty of Thailand's exceptional and exotic tourist and cultural attractions. From beautiful beaches and islands, to natural wonders as diverse as forested mountains and fabulous beaches, there is plenty that will leave you with memories of the Kingdom of Thailand and its warm and welcoming hospitality and people, not to mention Thailand's world famous culinary delights.

We are looking forward to meeting you, your family, and your colleagues at ISU Ordinary Congress 2022 in Phuket. We hope that you will find the congress enjoyable, valuable and memorable. We thank you in advance for participating and contributing to the success of the event.

With best wishes,



Dr. Srihasak Arirachakaran  
President of Figure and Speed Skating Association of Thailand





THAILAND WELCOMES YOU TO EXPERIENCE ITS ALLURING RANGE OF BREATHTAKING NATURE, CULTURE, CUSTOMS, CUISINE AND ITS LEGENDARY HOSPITALITY.

WE WOULD LIKE TO INTRODUCE TO YOU ONE OF THAILAND'S GEM,

## PHUKET





# PHUKET

Located in the south of Thailand, Phuket is a province made up of many islands in the heart of the Andaman Sea. The biggest island of Phuket can be accessed through a bridge connecting to Phang Nga province. The island was voted as one of the world's top 10 islands in 2016 by TripAdvisor.

Phuket is known for its white sandy beaches, crystal clear blue water, and the exotic southern cuisine. Phuket is a dream destination for all travelers alike.

Being a big island, it is surrounded by many magnificent beaches such as Rawai, Patong, Karon, Kamala, Kata Yai, Kata Noi, and Mai Khao. Laem Phromthep Viewpoint is said to feature the most beautiful sunsets in Thailand.

It isn't all just beaches though, there is also fantastic classical architecture such as the Goom Restaurant. That and the very welcome atmosphere and the famous Phuket nightlife, you can see why the island is a hotspot for tourists in Thailand.



## VISITING PHUKET

Visitors from 58 countries and Hong Kong SAR are automatically granted permission to stay for 30 days in Thailand. 19 countries can apply for a "Visa on Arrival" at the immigration office in all of Thailand's international airports and border checkpoints. For citizens of countries, visa can be obtained from the nearest Royal Thai Embassy or consulate in your country. (See next page for countries entitled for Visa Exemption.

## Summary of Countries and Territories entitled for Visa Exemption and Visa on Arrival to Thailand

Ordinary Passport						Diplomatic/Official Passport			
Passport holders of the following countries/ territories may apply for Visa on Arrival	Passport holders of the following countries/ territories may enter Thailand without a visa					Passport holders of the following countries/ territories may enter Thailand without a visa			
	Tourist Visa Exemption Scheme			Bilateral Agreement		Bilateral Agreement			
Period of stay	Period of stay			Period of stay		Period of stay			
15 days	30 days			14 days	30 days	90 days	30 days	90 days	
Andorra	Australia	Oman (&VoA)	Brazil*	Cambodia	Hong Kong**	Argentina	Bangladesh	Albania	Nepal
Bulgaria	Austria	The Philippines	Korea (ROK)*		Laos	Brazil*	(Diplomatic only)	Argentina	Panama
Bhutan	Belgium	Poland (&VoA)	Peru*	Myanmar	Macau	Chile	Brunei	Austria	Peru
China	Bahrain	Portugal	Hong Kong**	(International Airports only)	Mongolia	Korea (ROK)*	Cambodia	Belarus	The Philippines
Cyprus	Brunei	Qatar	Vietnam**		Russia (&VoA)	Peru*	China	Belgium	Poland
Ethiopia	Canada	Singapore			Vietnam**		Ecuador	Bhutan	Romania
Fiji	Czech Republic (&VoA)	Slovak (&VoA)					Hong Kong	Brazil	Russia
India	Denmark	Slovenia (&VoA)					Indonesia	Chile	Serbia
Kazakhstan	Estonia (&VoA)	Spain					Kazakhstan	Colombia	Slovakia
Latvia	Finland	South Africa					Laos	Costa Rica	South Africa
Lithuania	France	Sweden					Macau	Croatia	Spain
Maldives	Germany	Switzerland					Malaysia	Czech Republic	(Diplomatic only)
Malta	Greece	Turkey					Mongolia	El Salvador	Sri Lanka
Mauritius	Hungary (&VoA)	UAE					Myanmar	Estonia	Switzerland
Papua New Guinea	Iceland	UK					Oman	(Diplomatic only)	Tajikistan
Romania	Indonesia	USA					Pakistan	France	Tunisia
San Marino	Ireland						(Diplomatic only)	(Diplomatic only)	Turkey
Saudi Arabia	Israel						Singapore	Germany	Ukraine
Taiwan	Italy						Vietnam	Hungary	Uruguay
Ukraine	Japan							India	
Uzbekistan	Kuwait							Israel	
	Liechtenstein (&VoA)							Italy	
	Luxembourg							Japan	
	Malaysia							Korea (ROK)	
	Monaco							Latvia	
	The Netherlands							Liechtenstein	
	New Zealand							Luxembourg	
	Norway							Mexico	
								Montenegro	
								Morocco	
								The Netherlands	

Department of Consular Affairs, 20 Dec 2018

### Remarks

- \* Passport holders of Brazil, Republic of Korea and Peru are entitled for tourist visa exemption scheme. Meanwhile, Thailand also holds bilateral agreements on visa exemption for holders of diplomatic, official and ordinary passports for a visit of not exceeding 90 days with Brazil, Republic of Korea and Peru.
- \*\* Passport holders of Vietnam and Hong Kong are entitled for tourist visa exemption scheme. Meanwhile, Thailand also holds bilateral agreements on visa exemption for holders of diplomatic, official and ordinary passports for a visit of not exceeding 30 days with Vietnam and Hong Kong.

For more information, follow this link :

<https://www.thaiembassy.sg/visa-matters/-/consular/who-requires-visa>)



## TRAVELING TO THAILAND

Thailand is a very hospitable country and has welcomed international visitors with open arms throughout its history. With 50 million visitors each year, Thailand recognizes the immense importance of tourism and is always working to make sure of the visitor's safety.

Thailand Tourist Police Division, Thailand Convention and Exhibition Bureau, and Tourism Authority of Thailand are working together to ensure the safety of all tourists, business visitors, as well as conference delegates traveling to Thailand.

Tourist service centers can be found in many local tourist attractions throughout the country. "Thailand Travel Shield" is a recent insurance policy for foreign tourists initiated by the Tourism Authority of Thailand. 1155 is a dedicated hotline for any enquiries related to foreign visitors to Thailand.



## TRAVELING TO PHUKET



The easiest way to get to Phuket is by air. As of March 2022, there are 33 airlines that fly to Phuket (both international and domestic flights), including Thai Airways International, Etihad Airways, Finnair, Singapore Airlines, Emirates, Qatar Airways, Turkish Airlines, and Jetstar etc.

One can also fly directly to Bangkok and catch a convenient 1 hour connecting flight to Phuket. The Phuket International Airport (HKT) is located in the northern part of Phuket and is the second largest hub while Bangkok welcomes the largest number of visitors from all over the world.



For connecting flights you have to be aware that there are two main airports in Bangkok, which are Don Mueang International Airport (DMK) and Suvarnabhumi Airport (BKK). Most low cost airlines (Nok Air, Air Asia etc.) operate in Don Meaung, and most international flights operate in Suvarnabhumi Airport. Therefore, make sure that your connecting flights are from the same airport to ensure a smooth travel.



## ENTRY RULES FOR VACCINATED TRAVELERS

International travelers who are fully vaccinated will no longer be required to show proof of a pre-arrival negative RT-PCR test nor undergo an arrival test.

They are still required to register for a **Thailand Pass** (via <https://tp.consular.go.th/>) with a Certificate of COVID-19 Vaccination and an insurance policy with coverage no less than **US\$10,000**.

## ENTRY RULES FOR UNVACCINATED TRAVELERS

International travelers who are unvaccinated or are not fully vaccinated will also no longer be required to show proof of a pre-arrival negative RT-PCR test nor undergo an arrival test. They are required to register for a **Thailand Pass with a 5-day hotel booking and an insurance policy with coverage no less than US\$10,000**. Once arriving in Thailand, they must proceed to undergo the quarantine for 5 days and undergo an RT-PCR test on Day 5.

**Exception** is made for unvaccinated travelers who are able to upload proof of a negative RT-PCR test within 72 hours prior to arrival in Thailand via the Thailand Pass system; they – like those fully vaccinated – will be allowed entry and are free to go anywhere in the kingdom.

## LIST OF APPROVED COVID-19 VACCINES

International travelers, including returning Thais and foreign residents, who are above 18 years of age, planning to travel to Thailand under either the TEST & GO and Sandbox entry schemes must get fully vaccinated for COVID-19 with a vaccine approved by **Thailand's Ministry of Public Health (MoPH)** or the **World Health Organization (WHO)** no less than 14 days before their travel date.

Currently, the MoPH has approved the following manufacturers and vaccines:

1. CoronaVac by Sinovac Biotech Ltd;
2. AstraZeneca or Covishield by AstraZeneca and the University of Oxford, SK Bioscience (South Korea), Siam Bioscience, and Serum Institute of India (Covishield);
3. Pfizer–BioNTech or Comirnaty by Pfizer Inc. and BioNTech;
4. Janssen or Janssen/Ad26.COV2.S by Johnson & Johnson Services, Inc.;
5. Moderna by Moderna Inc.;
6. Sinopharm or COVILLO by Sinopharm Co., Ltd.;
7. Sputnik V by the Gamaleya Research Institute of Epidemiology and Microbiology;
8. Covaxin by Bharat Biotech International Limited;
9. Medigen or MVC-COV1901 by Medigen;
10. Sputnik Light by Gamaleya Research Institute of Epidemiology and Microbiology.



## THAILAND PASS

For travelers planning to come to Thailand, having a valid Thailand Pass is mandatory during the COVID pandemic. The Thailand Pass is a web-based system designed to support Thailand's "Ease of Travel" system and to make the documentation process of the travelers entering Thailand more efficient.

The Thailand Pass can be applied directly at the MFA website <https://tp.consular.go.th/>

It is advised to submit/register the Thailand Pass application at least 5 to 7 days before the scheduled departure. Travelers will not be able to enter Thailand until they have received their Thailand Pass in the form of a QR code. The application for the Thailand Pass is free of charge.

### Documents Required for Thailand Pass

1. Passport
2. Thai Visa (if required)
3. Certificate of Vaccination or Proof of Recovery
4. Insurance with minimum coverage of 10,000 USD
5. Flight details

See the list of countries allowed to enter Thailand under the Visa Exemption Rule here: [www.thaiembassy.com/thailand-visa/thai-visa-exemption-and-bilateral-agreement](http://www.thaiembassy.com/thailand-visa/thai-visa-exemption-and-bilateral-agreement)

### Recommended Medical Insurance for Thailand Pass Registration

The insurance must expressly state that it covers up to 10,000 USD medical expenses including COVID 19 and it must cover the whole stay in Thailand. Recommended Insurance as follow:

1. Welcome to Thailand insured by FWD (start from 650 THB/30 days)  
<https://tqm-app.com/static/thailandpass/detail-ta-fwdgi.html>
2. Sawasdee Thailand insured by AXA (start from 999 THB/7 days)  
<https://tqm-app.com/static/thailandpass/detail-ta-axa.html>
3. Say Hi Thailand insured by MSIG (start from 1,100 THB/15 days)  
<https://tqm-app.com/static/thailandpass/detail-ta-msig.html>

## GETTING AROUND PHUKET

Phuket has many choices of transportations operating around the island. Many resorts and main tourist attractions are easy to get to on foot. You can also travel around the island by tuk-tuks, taxis, buses, motorbike taxis, or you can rent your own private vehicle.

## OFFICIAL HOTEL/CONGRESS VENUE

Hilton Phuket Arcadia Resort & Spa is located at Karon Beach, 30 minutes from Phuket Town and 45 minutes from Phuket International Airport. Phuket is a one-hour flight from Bangkok.

Set on 75 acres of tropical garden on Karon Beach, the hotel facilities include 5 restaurants, 3 pool bars, 2 lounges, 15 Spa villas, 5 Versatile meeting spaces and 10 flexible breakout rooms, 5 outdoor swimming pools, and a fitness center.

With all the fully equipped amenities, Hilton Phuket Arcadia Resort & Spa is one of Southern Thailand's most comprehensive Meeting, Incentive, Convention and Exhibition destinations.





The hotel itself has over 600 guest rooms, consisting of 8 different room types which includes:

Room Rates for single or double occupancy	Garden View
Run of House Deluxe/Deluxe Plus Garden	THB 4,700 nett
Deluxe Plus Seaview	THB 5,200 nett
Jr. Suite Garden	THB 5,500 nett
Jr. Suite Seaview	THB 6,000 nett
Hilton Suite	THB 8,500 nett
Hilton Deluxe Suite	THB 11,00 nett
Hilton Superior Deluxe Suite	THB 15,000 nett
Presidential Suite	THB 20,000 nett
Extra bed for 3rd person	THB 1,900 nett/person/night

Deposits made by the ISU Members for the Congress 2020 remain valid and have been kept in account by the hotel.

If you have already made a deposit with the hotel, it is necessary to identify the proof of payment for further process in 2022 room reservation. If you have difficulty finding your proof of payment, please kindly contact the hotel representative at [HKTHI.RES@hilton.com](mailto:HKTHI.RES@hilton.com) or [Phuket.sales@hilton.com](mailto:Phuket.sales@hilton.com). Alternatively, you can also contact ISU Officer at [prahin@isu.ch](mailto:prahin@isu.ch).

For ISU Members representing both branches (Figure Skating and Speed Skating) maximum 6 Delegates are allowed. For ISU Members representing only one branch maximum 4 Delegates are allowed. Delegates' travel, board and accommodation costs shall be at the charge of the ISU Member, supported by the authorized yearly contribution from the ISU and as part of its annual budget. All other costs related to the organization of the Congress, such as the attendance at the conferences, meeting rooms' rental, Welcome/Mid-Congress/Closing dinners, coffee breaks and equipment and other local transportation and organized activities shall be at charge of the ISU and hosting Member.

# Hilton CleanStay

## The CleanStay Guest Experience

What you can expect during your stay



### PRE-ARRIVAL MESSAGING

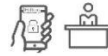
You will receive pre-arrival communications with your reservation details and an explanation of the CleanStay program.

1

2

### CONTACTLESS & ENHANCED CHECK-IN

Honors members can use Digital Check-In and Digital Key through the Hilton Honors app to bypass the front desk and go straight to your room. Non-Honors guests will notice enhanced cleaning and hygiene standards at the front desk.



3



### LOBBY SEATING, SIGNAGE & ENHANCED CLEANING

As you walk through the lobby, you'll notice that seating has been arranged to accommodate social distancing. You will see our team members cleaning and disinfecting the lobby more frequently. Signage encouraging social distancing and explaining the CleanStay program will also be placed throughout the lobby.

4

### ELEVATOR CLEANING & SANITATION STATION



As you approach the elevator, you will see a hand sanitizing and disinfecting station for added peace of mind. Additionally, you'll notice that elevators are being cleaned more frequently, with disinfecting wipes available for your use.

5



### GESTURES OF HOSPITALITY

Along the way, you may encounter team members welcoming you and demonstrating hospitality while staying respectful of social distancing.

6

### CLEANSTAY ROOM SEAL

As you approach your room, you'll see that it has been sealed by housekeeping after deep cleaning and disinfection. The seal confirms no one has accessed the room since being cleaned.



7

### DEEP-CLEANED ROOM



As you move through your room, you will see a clean top of bed that has been washed at high temperature after every stay (a long established Hilton standard), messaging on mirror clings that outlines extra cleaning and disinfection for "high-touch areas," a sealed TV remote control and disinfecting wipes. You will also notice that printed collateral and materials have been removed from the room.

9



### FITNESS CENTER

When you visit the fitness center, you will notice that the equipment has been arranged to accommodate social distancing. You'll also see increased availability of disinfectant wipes with signage on proper use.

8

### FOOD & BEVERAGE EXPERIENCE



For meals and beverages, you will experience seating arranged to accommodate social distancing, order from sanitized (or single-use) menus, and notice special attention to cleanliness and hygiene. Certain of our hotel brands will feature to-go breakfast offerings to minimize contact. If you order room service, you will experience contactless delivery, with orders and single-use serveware placed outside your door.

10

### CONTACTLESS CHECK-OUT



When it's time to check-out, you can do so either directly through the Hilton Honors app or simply by calling the front desk.

11



### HOTEL SHUTTLE

If you use the hotel shuttle, you will see disinfectant wipes and communications that outline the frequency of shuttle interior hot-spot disinfection and cleaning by the driver.

## CONGRESS TENTATIVE AGENDA

Date	Agenda
Sunday June 5th, 2022	<ul style="list-style-type: none"> <li>• Welcome Reception</li> </ul>
Monday June 6th, 2022	<ul style="list-style-type: none"> <li>• Congress</li> </ul>
Tuesday June 7th, 2022	<ul style="list-style-type: none"> <li>• Congress</li> </ul>
Wednesday June 8th, 2022	<ul style="list-style-type: none"> <li>• Congress</li> <li>• Sightseeing Tour</li> <li>• Welcome Dinner</li> </ul>
Thursday June 9th, 2022	<ul style="list-style-type: none"> <li>• Congress</li> </ul>
Friday June 10th, 2022	<ul style="list-style-type: none"> <li>• Congress</li> <li>• Closing Banquet</li> </ul>

\*\* The exact timetable will be included in the Congress Agenda to be published in an ISU Communication.



## WHAT TO DO IN PHUKET

### BEACHES & BAYS

Phuket's beaches range from white sandy beaches to the rocky headlands. The major beaches and bays are Hat Patong, Hat Mai Khao, Hat Nai Yang, Hat Pansea & Hat Surin, Hat Kamala, Hat Karon Noi, Hai Nai Harn and Hat Rawai.





## PHUKET'S ATTRACTIONS

Buddhist temples, known locally as Wat, are among the most important symbols of Thai culture and Thailand. Since most Thais are buddhists, temples are part of Thai people's history and identity. There are 29 Buddhist temples in Phuket, welcoming visitors to pray and learn about Buddhism.

### WAT CHALONG



### WAT SUWAN KHUHA





## PHUKET WALKING STREET

Phuket Walking Street is the latest attraction featured in Phuket's Old Town. The Walking Street is also known as Talat Yai (which means big market). This weekly market takes place right in the middle of the historical Sino-Portuguese district of Phuket Town. Phuket Walking Street allows visitors to discover some typical southern Thai culinary specialties as well as local handicraft and gift sales.



## ISLAND HOPPING



Phuket is the perfect base for island hopping in the Andaman sea. You'll get to discover the spectacular natural beauty of the azure sea, green-clad limestone islands and amazing dive sites; all within a day trip from where you stay on the main island.



## BANANA BEACH

The Banana Beach or Banana Rock Beach is not well known...yet. That aside, it is like a hidden gem, waiting for you to discover and enjoy its natural beauty. Phuket Walking Street is the latest attraction featured in Phuket's Old Town.



## HANUMAN ZIPLINE

Looking for a natural and adventure combo? Look no further, the Hanuman Zipline has 28 platforms for you to fly from tree to tree.

## GOOD TO KNOW

### CURRENCY

Thai currency is called Baht and it is based on the decimal system. One Baht is divided into 100 Satang (which are barely being used right now). Coins consist of 25 Satang, 50 Satang, 1 Baht, 2 Baht, 5 Baht, and 10 Baht. Notes are in 20, 50, 100, 500, and 1,000 Baht.

**Inbound Passenger:** is allowed to bring in an unlimited amount of foreign and Thai currencies.

**Outbound Passenger:** An unlimited amount of foreign currencies is permitted to be carried out of Thailand.






\*Note that the amount of 50,000 Baht or more in Thai currency must be reported on departure, except those traveling to Lao PDR., Myanmar, Cambodia, Malaysia, and Vietnam are allowed to take out Thai currency not exceeding 500,000 baht.

TRAVELING FROM	ESTIMATE FLIGHT TIME
EUROPE	~ 10 - 12 hours
AFRICA	~ 12 hours
NORTH AMERICA	~ 16 - 18 hours
SOUTH AMERICA	~ 20 - 22 hours
AUSTRALIA	~ 8 - 11 hours
ASIA	~ 2 - 5 hours
SOUTHEAST ASIA	~ 1 - 2 hours

## CREDIT CARDS AND CURRENCY EXCHANGE

Foreign currency notes of all major currencies can be exchanged at any commercial banks, most hotels, and airports. You can also exchange your money at authorized money exchangers. Major credit cards (VISA, Master Card, American Express, Diners Club, JCB, etc.) are accepted at all major banks, restaurants, hotels, department stores, and shops.

Every bank opens every Monday - Friday from 08:30 AM - 03:30 PM except for some bank branches, especially those in the department stores which open daily from 10:30 AM - 07:30 PM.

CURRENCY	DENOMINATION	BUYING RATE	SELLING RATE
 USD United States	100	<b>31.66</b>	<b>31.70</b>
	50	<b>31.66</b>	<b>31.70</b>
	10 - 20	<b>31.51</b>	<b>31.60</b>
	5	<b>31.41</b>	<b>31.60</b>
	1	<b>31.06</b>	<b>31.40</b>
 GBP United Kingdom	50	<b>41.35</b>	<b>41.65</b>
	20- 5	<b>41.25</b>	<b>41.55</b>
 EUR European Union	500-100	<b>35.50</b>	<b>35.65</b>
	50	<b>35.45</b>	<b>35.60</b>
	20-5	<b>35.40</b>	<b>35.60</b>
 CHF Switzerland	1000 - 10	<b>31.70</b>	<b>31.90</b>
 CNY China	100	<b>4.66</b>	<b>4.70</b>
	50	<b>4.66</b>	<b>4.70</b>
	20 - 10	<b>4.56</b>	<b>4.65</b>
	5 - 1	<b>4.36</b>	<b>4.60</b>

**\*\*Note:** The Currency Exchange Rates are subject to fluctuations.



## HEALTH REGULATIONS

As in most countries, visitors traveling to Thailand do not require Yellow Fever Vaccinations unless you're traveling from or passing through a designated contaminated area.



The Ministry of Public Health has issued regulations that Thai visa applicants who have travelled from or through the countries which have been declared Yellow Fever Infected Areas must provide an International Health Certificate proving that they have received a Yellow Fever vaccination.

The International Health Certificate must be submitted together with the visa application form. The traveller will also have to present the said certificate to the Immigration Officer upon arrival at the port of entry in the Kingdom. As for those nationals of the countries listed below but who have not travelled from/through those countries, such a certificate is not required. However, they should possess concrete evidence showing that their domicile is not in an infected area so as to prevent unnecessary inconvenience.

### Following are the countries which are declared Yellow Fever Infected Areas.

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

## CUSTOMS

**Personal:** Customs regulations allow visitors to bring in a reasonable amount of personal effects. Cameras, 200 cigarettes or 20 grams of cigars or smoking tobacco, and one liter of alcoholic beverage are allowed. Narcotics, counterfeit goods, and pornography are strictly prohibited. For more information:

<https://www.tourismthailand.org/About-Thailand/Custom-Immigration>

**Professional:** The import of stationery items for use during conventions is not subject to import duties, as is professional presentation equipment imported under an AYA Carner.

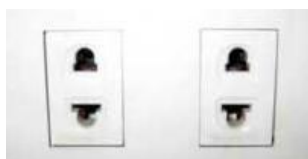
## VAT REFUND

Visitors entering Thailand on a tourist visa are entitled to a refund of 7% V.A.T. on goods purchased at registered retail outlets displaying “VAT Refund for Tourists” sign. You can also ask the personnel at the store if VAT Refund is available.



## ELECTRICITY

Electrical outlets are 220 volts, 50 cycles, and accept flat-pronged plugs. Travelers with shavers, hair dryers, IT gadgets, chargers, and appliances are advised to carry a plug adapter kit. Some large hotels may have 110-volt transformers available for guests.



## MEDICAL & OTHER EMERGENCY SUPPORTS

Thailand is capable of providing highly advanced healthcare. Not only we are entrusted by our neighboring countries but also by Western medical circles.

The closest Hospital to Hilton Phuket Arcadia Resort & Spa is “Sirirot International Hospital” which is less than 30 mins from the Hotel. The contact number for Sirirot International Hospital is 076361888.



To reach an English-speaking operator, call the Tourist Police or in the case of an accident, an ambulance service from one of the many international hospitals in Thailand.

Emergency Services	Telephone
Tourist Police	1155
Police (General Emergency Call)	191
Ambulance and Rescue	1554
Fire	199
National Disaster Warning Centre	1860
Crime	1195
Medical Emergency Call	1669
Private Air Ambulance (Siam Air Care)	02 586 7654

## THAI SIM CARDS - INTERNET PROVIDERS

There are 3 major suppliers in Thailand: True, DTAC and AIS. All of them have pros and cons, but their signal and 3G coverage is nowadays everywhere the same. So if you are going to the major touristy spots and you are not interested in 4G internet speed then simply choose the cheapest option of one of these 3 mobile companies. You will see signs everywhere saying: 'Thailand SIM card for tourist'.



## TIMEZONE

Indochina Time - Time zone in Thailand (GMT+7)



## WEATHER IN PHUKET

Phuket weather has always been a hot topic, especially between June and November which are considered the rainy season. During the so-called raining seasons, normally the rain would just fall for approximately 2 hours per day. If you are traveling during that time, having an umbrella with you is a wise idea.































The Island of Phuket lies in a tropical region and is warm all year round even in the raining season. So be sure to bring along and apply sun lotion to prevent sunburns.

The weather in Phuket ranges from 'not too hot' to 'too hot,' but locals and longtime residents will consider the weather to be 'freezing' if the temperature gets close to 20°C! Anyway, no matter which month you will visit Phuket, it is always warm, and the sea still feels like entering a bath.

































In order to give you a clearer picture of the weather you will be facing, on the next page is the recorded weather of June in the past 3 years in Phuket.































## June 2019

2019 2020 2021 2022						
SUN	MON	TUE	WED	THU	FRI	SAT
						1  29°/84° Sunny
2  30°/85° Sunny	3  29°/84° Sunny	4  30°/85° Sunny	5  28°/82° Sunny	6  27°/80° Rain	7  27°/81° Rain	8  25°/78° Rain
9  26°/79° Sunny	10  27°/81° Sunny	11  29°/84° Sunny	12  30°/85° Sunny	13  30°/86° Sunny	14  30°/85° Sunny	15  29°/83° Sunny
16  30°/86° Sunny	17  29°/85° Sunny	18  27°/81° Sunny	19  28°/83° Sunny	20  29°/84° Sunny	21  29°/85° Sunny	22  28°/83° Sunny
23  25°/77° Sunny	24  27°/80° Sunny	25  27°/81° Sunny	26  30°/85° Sunny	27  30°/86° Sunny	28  28°/83° Sunny	29  30°/85° Sunny
30  30°/86° Sunny						

## June 2020

2019 2020 2021 2022						
SUN	MON	TUE	WED	THU	FRI	SAT
	1  29°/84° Sunny	2  28°/82° Sunny	3  26°/79° Sunny	4  26°/79° Sunny	5  25°/77° Rain	6  27°/81° Sunny
7  25°/77° Rain	8  26°/79° Rain	9  27°/80° Sunny	10  27°/80° Sunny	11  28°/82° Sunny	12  28°/82° Sunny	13  27°/81° Rain
14  26°/78° Sunny	15  26°/79° Sunny	16  27°/81° Sunny	17  28°/82° Sunny	18  27°/80° Sunny	19  27°/81° Sunny	20  28°/82° Sunny
21  27°/81° Sunny	22  27°/80° Sunny	23  27°/80° Sunny	24  28°/82° Sunny	25  27°/80° Rain	26  27°/80° Sunny	27  28°/82° Sunny
28  26°/79° Sunny	29  27°/81° Sunny	30  28°/83° Sunny				

## June 2021

		2019	2020	2021	2022	
SUN	MON	TUE	WED	THU	FRI	SAT
		1  26°/79° Thunderstorms	2  26°/79° Showers	3  26°/79° Thunderstorms	4  26°/79° Showers	5  25°/77° Showers
6  26°/79° Thunderstorms	7  27°/81° Thunderstorms	8  27°/81° Thunderstorms	9  25°/77° Showers	10  27°/81° Showers	11  26°/79° Showers	12  26°/79° Thunderstorms
13  26°/79° Showers	14  26°/79° Showers	15  26°/79° Thunderstorms	16  26°/79° Thunderstorms	17  26°/79° Cloudy	18  26°/79° Cloudy	19  26°/79° Cloudy
20  26°/79° Thunderstorms	21  25°/77° Thunderstorms	22  26°/79° Showers	23  27°/81° Showers	24  26°/79° Showers	25  25°/77° Thunderstorms	26  26°/79° Thunderstorms
27  25°/77° Thunderstorms	28  26°/79° Thunderstorms	29  25°/77° Mostly Sunny	30  25°/77° Thunderstorms			

## Prediction for June 2022

		2019	2020	2021	2022	
SUN	MON	TUE	WED	THU	FRI	SAT
			1 29°/84° Historical Averages	2 29°/84° Historical Averages	3 28°/82° Historical Averages	4 28°/82° Historical Averages
5 29°/84° Historical Averages	6 28°/82° Historical Averages	7 28°/82° Historical Averages	8 29°/84° Historical Averages	9 29°/84° Historical Averages	10 29°/84° Historical Averages	11 29°/84° Historical Averages
12 29°/84° Historical Averages	13 29°/84° Historical Averages	14 29°/84° Historical Averages	15 28°/82° Historical Averages	16 28°/82° Historical Averages	17 28°/82° Historical Averages	18 29°/84° Historical Averages
19 29°/84° Historical Averages	20 29°/84° Historical Averages	21 29°/84° Historical Averages	22 29°/84° Historical Averages	23 29°/84° Historical Averages	24 29°/84° Historical Averages	25 29°/84° Historical Averages
26 29°/84° Historical Averages	27 29°/84° Historical Averages	28 29°/84° Historical Averages	29 29°/84° Historical Averages	30 28°/82° Historical Averages		

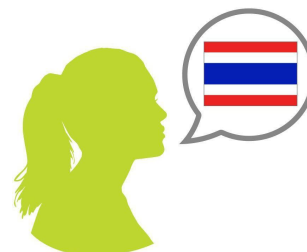
## FOOD



If you love food, you will love Phuket. There are restaurants to suit every taste, serving a huge selection of western and Asian food. The variety of cuisine and dining experiences is one of the major attractions of the island. You can eat breakfast at your hotel, lunch at a local noodle stall, and have dinner with fine wines in a sophisticated air-conditioned restaurant. While Thai food is world-renowned for its wonderful flavours and fresh ingredients, Phuket is especially famous for its seafood and, you don't have to empty your bank account to enjoy the most sumptuous of dishes.

## LEARNING SOME THAI - THAI HANDY PHRASES

The first thing you need to know is that the Thai language changes a bit depending on whether the speaker is a man or a woman. The addition of the word Krub/khrup (male speaker) and Kah/kaa (female speaker) makes what is being said "polite".



<b>Sawatdee (krub/kah)</b>	Hello	<b>hong naam</b>	toilet
<b>Sabai dee ru (krub/kah)</b>	How are you?	<b>naam keng</b>	ice
<b>Sabai dee (krub/kah)</b>	Fine	<b>nit noi</b>	small - not much - a little bit
<b>Khob Khun (kup/kaa)</b>	Thank you	<b>yai</b>	large
<b>chai</b>	Yes	<b>bia</b>	beer
<b>mai chai</b>	No	<b>soopburi</b>	smoke (inhale cigarette smoke)
<b>dai</b>	(you/ I) can	<b>neung</b>	1
<b>mai dai</b>	can not	<b>song</b>	2
<b>mai pen rai</b>	never mind (handy all purpose phrase to express the Thai go-with-the-flow attitude)	<b>sam</b>	3
		<b>see</b>	4
<b>pood Thai mai dai</b>	I can not speak Thai.	<b>haa</b>	5
<b>kow jai mai</b>	do you understand?	<b>hok</b>	6
<b>mai kow jai</b>	I do not understand	<b>jet</b>	7
<b>nee Tao Rai?</b>	How much?	<b>paed</b>	8
<b>pang</b>	expensive	<b>gow</b>	9
<b>pang mak</b>	very expensive	<b>sip</b>	10
<b>lot noi dai mai</b>	can you give a little discount	<b>sip-et</b>	11
<b>took</b>	cheap	<b>sip-song</b>	12
<b>naam</b>	water	<b>yee sip</b>	20
<b>chok dee</b>	good luck	<b>saam sip</b>	30
<b>sanaam bin</b>	Airport	<b>roi/loi</b>	100
<b>ron</b>	hot		
<b>nao</b>	cold		



For more Information, please visit our website at: [www.isucongress2022phuket.com](http://www.isucongress2022phuket.com)

Or contact us at:

2022 58th ISU Ordinary Congress Organizing Committee

**Figure and Speed Skating Association of Thailand**

- Address: Sports Authority of Thailand  
286 Ramkamheng Road, Huamark, Bangkok, Thailand 10240
- Email: [fsat@windowslive.com](mailto:fsat@windowslive.com)

**International Skating Union**

- Address: Avenue Juste-Olivier, 17 CH 1006 Lausanne, Switzerland
- Email: [prahin@isu.ch](mailto:prahin@isu.ch)