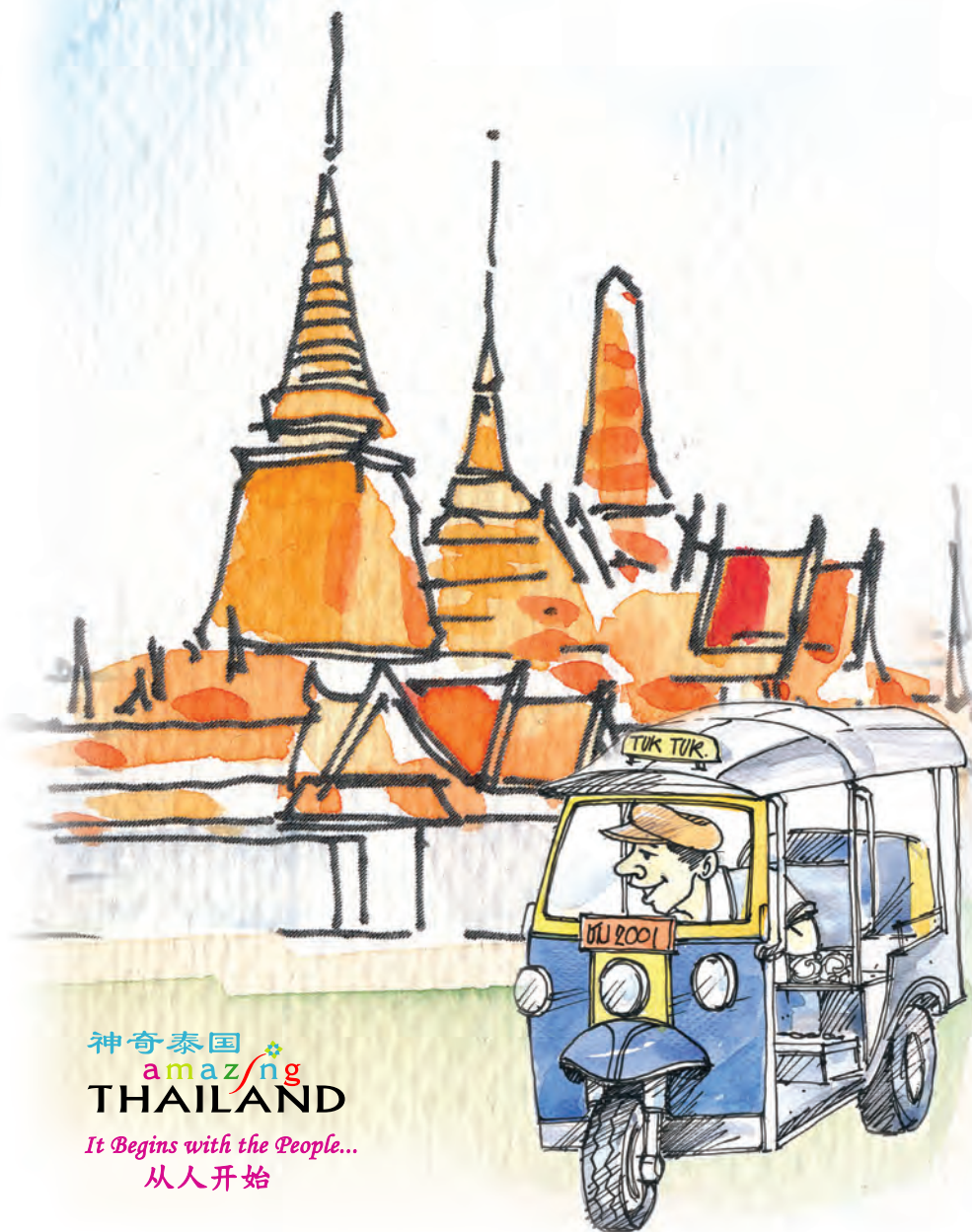




# 享受泰国之旅的小贴士

## 泰国国家旅游局

Useful Tips for a Happy Holiday in Thailand  
Tourism Authority of Thailand (TAT)



神奇泰国  
amazing  
THAILAND

*It Begins with the People...*  
从人开始

## 介绍

泰国国家旅游局（TAT）是推广泰国旅游最重要的政府机构，它了解旅游业在泰国经济发展中的重要性，并促进国际游客和泰国人民之间的文化交流和友谊。

在旅行中，语言和文化差异也会给整个旅程带来些许影响。因此，泰国国家旅游局出版了一本名为：“快乐泰国游的实用手册”，以便让国际游客了解泰国的旅游信息，泰国的文化和传统习俗。我们希望这本实用手册能确实帮助到所有游客，并确保他们在泰国有一个欢乐假期。

## INTRODUCTION

The Tourism Authority of Thailand (TAT), Thailand's foremost government agency for tourism promotion, sees the importance of the tourism industry in the development of the country's economy, as well as to encourage cultural exchange and friendship between international visitors and the people of Thailand.

However, language and cultural differences can also disrupt the smoothness of traveling. TAT, therefore, has published booklet "Useful Tips for a Happy Holidays in Thailand" in order to inform international visitors of important information so they may better understand the culture and traditional practices of Thailand. We hope that this booklet will indeed benefit and ensure all our visitors a happy holiday in Thailand.

## SOCIAL 社交规范

问候:

在泰国，一个很有礼貌且友善的相互问候方式是说：“Sawatdee” 和 “Wai”。“Wai”是把双手合十放在自己的额头前，然后低头鞠躬，以示尊敬上司或长辈。这是泰国人最常见的问候方式。在长辈接受问候时，可能也会以一个 “Wai” 回礼。

GREETINGS:

In Thailand, a very polite and friendly way to greet each other is by saying “Sa-Wat-Dee” with a “Wai”. To Wai is to put your palms together in front of your chest and bow your head. This is the most common greeting practiced among Thai people.

交流谈话:

公共场所切勿大声喧哗。泰语是一种语调温和的语言，所以泰国人讲话绵言细语，从不在公众场合高谈阔论，也很反感其他人高声而谈。

CONVERSING:

Do not speak too loudly in public. Thai people are soft-spoken people, as the Thai spoken language has a very soft tone. Thais do not talk loudly in public and may be offended by anyone doing so.





### 吸食香烟:

除规定区域外,不能随意在公众场合吸烟。所有安装了空调的场所如电影院、剧院、室内餐厅、酒店大堂等,还有寺庙、学校、公共绿地、公园等都禁烟,但国际机场特别设有吸烟室。

### SMOKING:

Do not smoke anywhere except designated areas. Smoking is prohibited in all air-conditioned areas such as cinema theaters, indoor restaurants, hotel lobbies etc. It is also banned in all temples, schools, public garden and parks. All international airports have designated smoking rooms.

### 随地吐痰:

在泰国的社交规范中,随地吐痰是一种不能接受和卑鄙可耻的行为,需要时应该用纸巾或手帕包裹。

### SPITTING:

Spitting is unacceptable in Thai society and is considered despicable behavior in Thailand. Use tissue paper or a handkerchief.





### 乱扔杂物:

不要随地乱扔垃圾，特别是在街上，即使一个小烟头或一根小牙签也不行，否则违规者将会被处以罚款，应该把垃圾放回原来的包装袋中。

### LITTERING:

Do not litter anywhere, especially on the streets—not even a small cigarette butt or toothpick. Offenders will be fined. Please litter rubbish into containers where it belongs.

### 排队:

出于对别人的礼貌，当你前方已经有人在排队时，请主动站到队列后面按照秩序等候。

### QUEUE:

As the courtesy to others, always fall in line or queue up whenever there is a queue in front of you.





干净的公厕:

在泰国，当众小便是非常尴尬难堪的事。在大多数酒店、餐厅和公路沿线的各大加油站，都有干净的厕所可以使用。如厕后，请务必冲水。

#### Clean Public Toilets:

In Thailand, it is very embarrassing to urinate in public. Clean toilets are available in most hotels, restaurants and major gas stations along the highways. While traveling, please use the toilets where available and always flush after use.



微笑:

泰国是个友好的国家，泰国人总是满脸微笑，所以只要你也常常微笑，会交到很多朋友。

SMILE:

Thailand is a country of smiling faces, Always wear a smile and you will win many more friends.

禁忌:

千万不要摸泰国人的头，因为当地人认为那是一个人的灵魂所在之处，应该受到最崇高的尊敬。此外，能用脚指向别人。这两项是在泰国最大的忌讳之事。

TABOO:

Do not touch a Thai person's head as it is believed the resting place of one's soul and commands the highest respect. In addition, do not point your feet towards anyone. Both actions are considered social taboo.





### 宗教:

在泰国, 女性不得碰触任何佛教僧侣, 因为那违反寺院的戒规。适宜的行为是合紧自己的双手做“Wai”, 以示尊敬或打招呼。

### RELIGION:

A woman is not allowed to touch any Buddhist monk. The appropriate behavior is to show respect by clasping one's hands to “Wai” or to greet.

### 着装:

公众场合应穿着得体, 特别寺庙、皇宫和博物馆等地方, 入口处都写着衣装不整者不得入内。

### DRESS CODE:

Always wear proper clothing in all public areas, especially when visiting temples, former palaces and museums. Observe the dress code as stated at the entrance.

### 脱鞋:

进入佛教寺院、寺庙供堂、古代皇宫、大部分博物馆和私人住宅前需要脱鞋。

### SHOES OFF:

Remove all footwear before entering the Vihan or sermon halls of temples, ancient palaces, most museum and private residences.





### 尊重:

泰国接纳所有宗教和信仰。在您旅游参观时,请尊重佛教寺院、基督教教堂、伊斯兰教清真寺、印度教神庙、历史古迹和其他古代遗迹。

不要攀爬任何佛像,也不要 在佛像上涂鸦、写字、题名或留下任何痕迹而损毁它们。

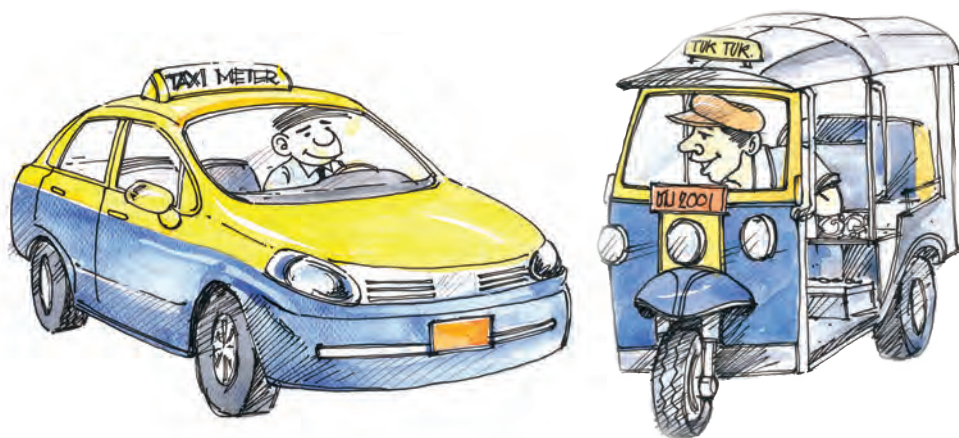
诽谤或批评泰国王室是犯罪行为,并可能因而被起诉。

### RESPECT:

Thailand embraces all religions and beliefs. Do respect Buddhist temples, Christian churches, Islamic mosques, Hindu shrines, historical places and other ancient monuments during your visit.

**Do not climb up** on any Buddha images or damage any monuments or artifacts by defacing with graffiti, writing, inscribing names or leaving any marks on them.

**Slandering** or criticizing against the Thai royal family is a crime, and can result in prosecution.



### 出租车计费器:

在曼谷及其周边地区有各种颜色的出租车可租用。最初3公里的车费是35泰铢。要避开试图讲价，不按计价器收费的出租车。

### TAXI METER:

Taxi meters are available in Bangkok and its surrounding areas. There are various colored taxis and the fares start at 35 Baht for the first 3 kilometers. Avoid drivers who try to bargain a flat fee rate.

### 嘟嘟车:

在曼谷要尝试体验乘坐三轮嘟嘟车的颠簸和乐趣。要事先询问并商定价格，避免任何额外费用。

### TUK TUK:

Try to experience a bumpy and fun Tuk Tuk ride in Bangkok. Avoid any extra charges by asking the fare beforehand.

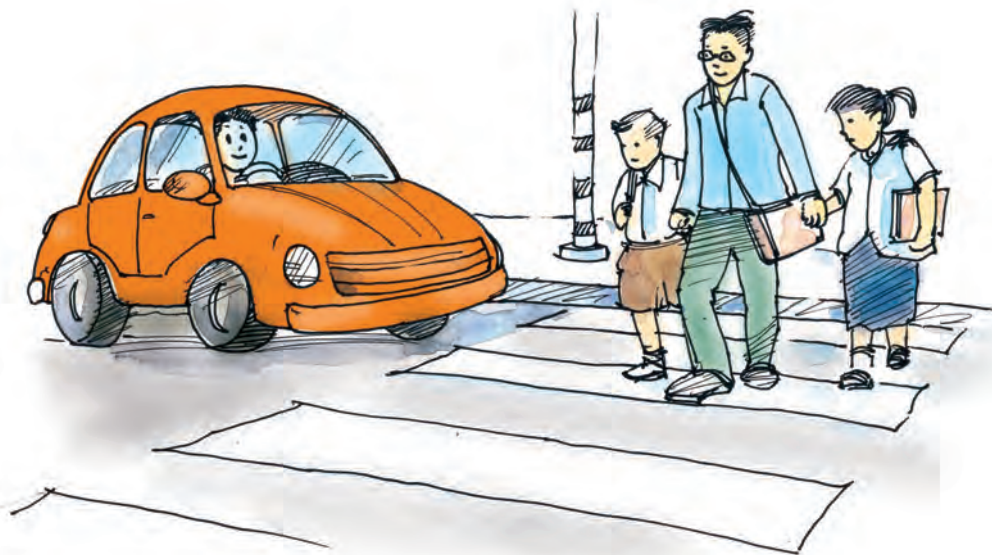
### 宝石骗局:

请注意, 泰国政府并没有开设销售宝石和珠宝的任何零售商店。不过, 以合理且实惠的价格, 在有认证的商店购买贵重物品当做纪念品是安全的。不要冒风险去购买贵重物品, 并在市场上出售以牟取利益。

### GEM SCAM:

Please note that the Thai government does not own any retail shops of gem and jewelry. However, it is safe to buy precious items with a reasonable and affordable price from certified shops as souvenirs. Do not buy them at risk of making a profit through selling in the market.





## DRIVING SAFETY 行车安全

在泰国，安全驾车出门必须严格遵守所有的交通规则。

**Driving Safety: Laws & Regulations**  
Drive safely in Thailand and strictly follow all traffic regulations.

泰国采取左侧驾驶制度。在泰国开车务必要保持在左侧车道。

Thailand adopts left-hand traffic system. Always keep to the left lane when driving in Thailand.

在道路上有很多自行车和摩托车，请务必小心提防。

Always beware of bicycles and motorbikes as there are many on the roads.

为了防止意外，不要出于任何理由而在道路当中突然煞车。

To prevent accidents, do not stop your car abruptly in the middle of a road for any reason.

在启程之前，请考虑好你的方向，确保你知道自己要走的路。

Please study the directions before each journey to make sure you know your way.

遇到斑马线务必要停车，让行人先过马路。

Always stop at zebra crossings to allow all pedestrians to cross the road first.

## 过境车辆 CROSS-BORDERING VEHICLE

把车辆开进泰国王国，车主或司机必须遵守所有的法律和规定，并提供下列文件：

- 提交车辆通表 (TM2)，连同以下正式文件：
  - 1.1 车主的维修手册正本连同一份副本。
  - 1.2 车主或司机的身份证或护照连同一份复本。
  - 1.3 提交一份乘客通报表 (TM3)
  - 1.4 提交一份车组成员通报表 (TM4)
- 司机和每名客 / 车组成员必须有护照或边境通行证，车辆必须在边境检查站通过授权人员的检查。
- 佛历 2535 年的受害者保护法：车主或司机必须遵守涵盖所有车辆的“佛历 2535 年的受害者保护法”，提供正式的保险单。

The owner or a driver bringing a vehicle into the Kingdom of Thailand must observe all laws and regulations and provide the following documents:

- Submit vehicular form (TM2) together with the official documents:
  - 1.1 The original Car Owner's Handbook together with a copy.
  - 1.2 Owner or driver's identification card or passport with a copy.
  - 1.3 Submit a list of the passenger's form (TM3)
  - 1.4 Submit a list of the Vehicle Crew Members form (TM4)
- The driver and each passenger / vehicle crew member must have a passport or border pass and the vehicle must pass inspection by authorized officers at border checkpoints.
- Victims Protection Act of 2535 B.E.: The vehicle owner or driver must provide an official insurance policy complying with the "Victim Protection Act of 2535 B.E." for all vehicles.







## 常用电话号码

☎ 泰国国家旅游局客服中心 1672

☎ 旅游警察 1155

☎ 中国大使馆客服中心

(+662) 245-0088

分机 2222、2107

(+662) 245-7010

(周一至周五, 上午9时至下午5时)

☎ 泰国国家旅游局北京办事处

(86 10) 8518 3526-29

☎ 泰国国家旅游局上海办事处

(86 21) 33 66 3409

☎ 泰国国家旅游局昆明办事处

(86 87) 1317 8840

☎ 泰国国家旅游局成都办事处

(86 28) 6465 6299

☎ 泰国国家旅游局广州办事处

(86 20) 8333 8999

分机 1252-1254

## Useful Numbers

☎ TAT Call Center 1672

☎ Tourist Police 1155

☎ Chinese Embassy Call Center

(+662) 245-0088

ext. 2222, 2107

(+662) 245-7010

(9.00-17.00 hrs. Mon-Fri)

☎ TAT Beijing Office

(86 10) 8518 3526-29

☎ TAT Shanghai Office

(86 21) 33 66 3409

☎ TAT Kunming Office

(86 87) 1317 8840

☎ TAT Chengdu Office

(86 28) 6465 6299

☎ TAT Guangzhou Office

(86 20) 8333 8999

ext. 1252-1254

## 实用泰国话短语

- |            |                      |
|------------|----------------------|
| ◆ 你好。      | Sa-Wat-Dee           |
| ◆ 你好吗?     | Sa-Bai-Di-Mai?       |
| ◆ 我很好, 谢谢! | Sa-Bai-Di, Khop-Khun |
| ◆ 谢谢你。     | Khop-Khun            |
| ◆ 再见。      | La-Kon               |
| ◆ 对不起。     | Kho-Thot             |
| ◆ 我迷路了。    | Chan-Long-Thang      |
| ◆ 这个多少钱?   | Ra-Kha-Thao-Rai?     |
| ◆ 厕所在哪里?   | Hong-Nam-Yu-Thi-Nai? |

## Useful Thai Phrases

- |                       |                      |
|-----------------------|----------------------|
| ◆ Hello               | Sa-Wat-Dee           |
| ◆ How are you?        | Sa-Bai-Di-Mai?       |
| ◆ I'm fine, thanks    | Sa-Bai-Di, Khop-Khun |
| ◆ Thank you           | Khop-Khun            |
| ◆ Good bye            | La-Kon               |
| ◆ Excuse me           | Kho-Thot             |
| ◆ I'm lost            | Chan-Long-Thang      |
| ◆ How much is this?   | Ra-Kha-Thao-Rai?     |
| ◆ Where's the toilet? | Hong-Nam-Yu-Thi-Nai? |





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THAILAND**



[www.tourismthailand.org](http://www.tourismthailand.org)

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