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**CMU** CHIANG MAI  
UNIVERSITY

***CURRICULUM DEVELOPMENT FOR ZERO WASTE MANAGEMENT IN THE  
HOSPITALITY AND TOURISM SECTOR***

VERSION 2.0 (25<sup>th</sup> Nov 2024)

# Tourism-Zero

## INFO PACK

INTERNAL DOCUMENT

Project number, 101179654 — Tourism-Zero — ERASMUS-EDU-2024-CBHE



CHIANG MAI UNIVERSITY  
**LIFELONG**  
EDUCATION





## HOW TO GET TO CHIANG MAI UNIVERSITY (CMU), EXPLORE PLACES AROUND CHIANG MAI OLD CITY, AND REACH THE MEETING HOTEL

You can reach the CMU, meeting hotel and the old city center by a local red taxi or taxi service using the [Grab car application](#).



iOS



android

If you are unfamiliar with the Grab car application, there is also a taxi service that could take you directly from the airport to your hotel, which is available at the international arrival gate.

### GRAB CAR/ TAXI FROM AIRPORT



Proceed to Exit Door 1 for the Grab and Airport Taxi Pickup Point

Service Price: 150-250 Thai Baht (4 – 8 EUR) to city or downtown

For travelers with large luggage, it is recommended to use an airport taxi, as it offers greater comfort and flexibility. The fares are reasonable and fair, and passengers have the option to request a receipt for the fare.

### Additional taxi and ride-hailing applications in Chiang Mai



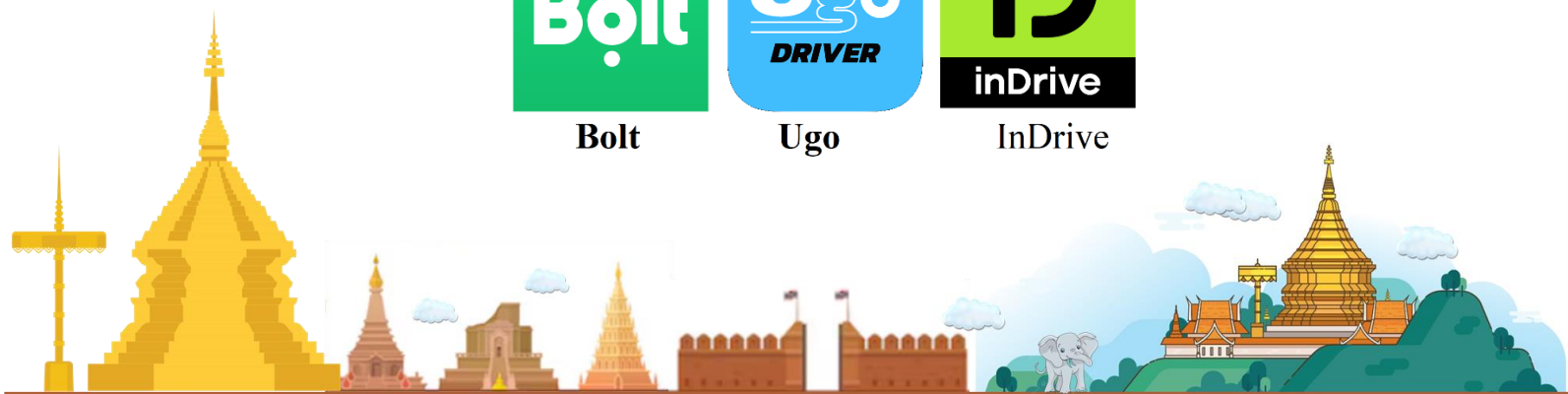
Bolt



Ugo



InDrive



## USEFUL INFORMATION IN THAILAND

- **SIM CARDS**

There are several telecommunication companies from which you can purchase a local SIM card (normal sims or net sims). These companies include AIS, True Move, and DTAC. You can buy a SIM card at the airport arrival gate or general convenience stores in Thailand.



- **TIME**

Thailand is GMT+7 and does not operate on a daylight-savings system (therefore GMT+6 in summertime).

- **WEATHER**

The weather in Thailand is warm and sunny year-round, with an average temperature range from 28°C to 35 °C. We highly recommend you bring sun protection; wearing sunscreen and a hat are the best ways to avoid heatstroke and sunburn.

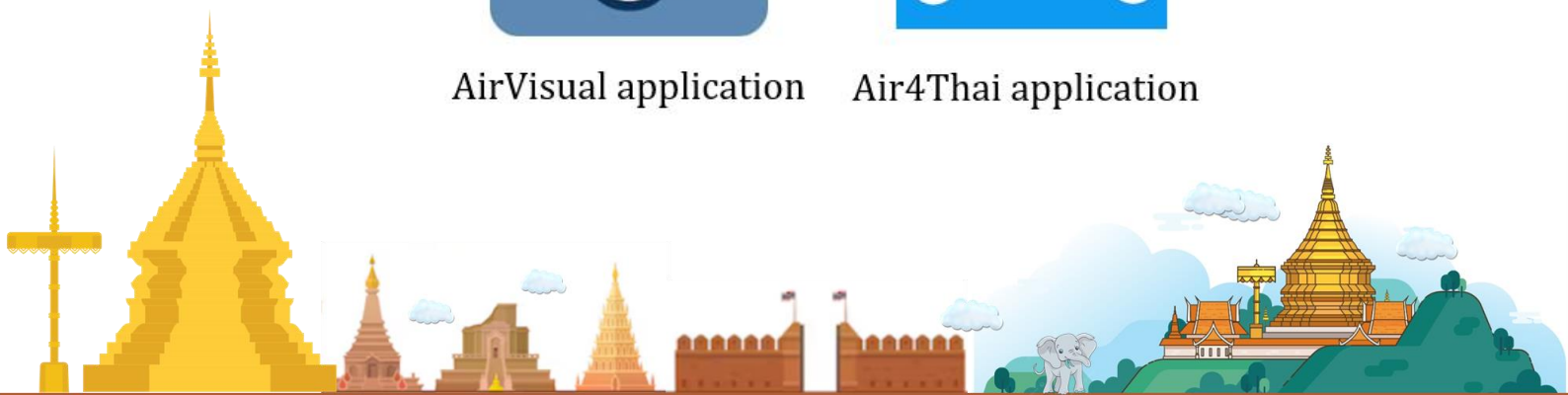
In January, Chiang Mai offers pleasant weather with warm days (27–30°C) and cool nights (13–17°C), but air pollution from early burning season can cause hazy skies, especially later in the month. Visitors are advised to monitor air quality using reliable apps like *AirVisual* or *Air4Thai* and take precautions if PM2.5 levels rise



AirVisual application

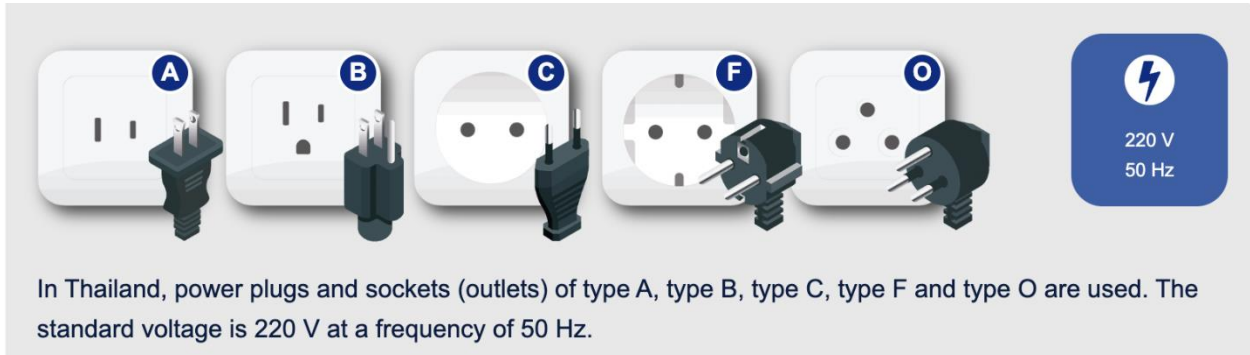


Air4Thai application



- **ELECTRICITY**

Power outlets usually feature two-prong round or flat sockets. It is recommended to bring a universal plug adaptor.



Ref, <https://www.power-plugs-sockets.com/thailand/>

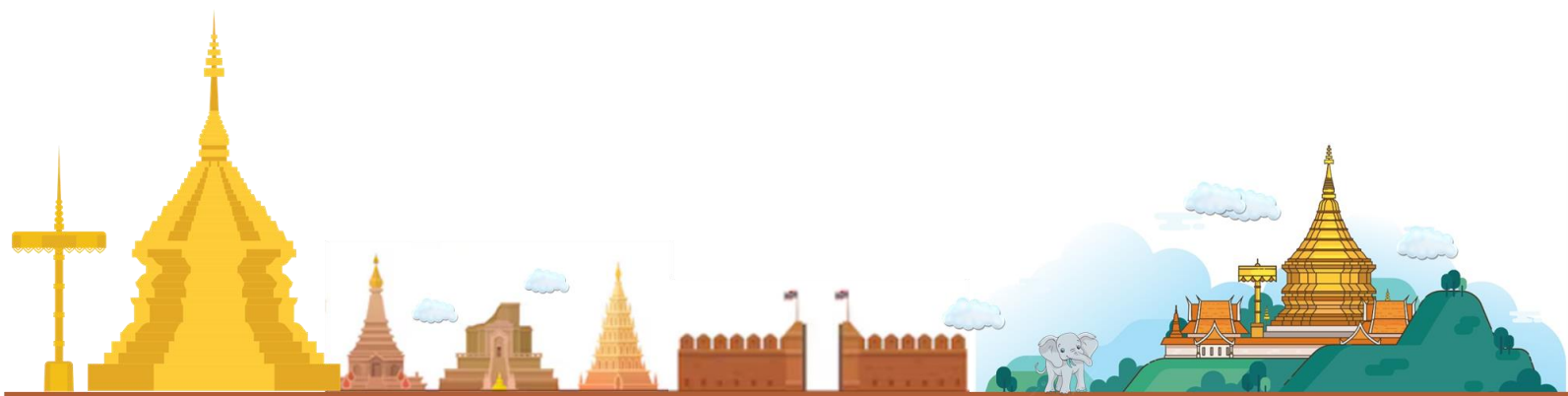
- **FINANCIAL**

Thailand's official currency is the Thai baht, pronounced "baht" and has the international currency code THB. 100 satang is equal to one baht. You may find change in supermarkets in coins with values of 1, 2, 5, and 10 baht and 25 and 50 satang. There are five denominations of banknotes, 20, 50, 100, 500, and 1000 baht.



**Additional advice**

Using banknotes in denominations of 20 to 500 baht is more convenient for shopping, as smaller shops may refuse to accept 1,000 baht notes due to limited change availability.





- **TRANSPORTATION**

A typical city trip, based on distance or a mutual agreement, usually costs between 30 and 100 baht. Travelers can often communicate with the driver in English. However, it is not recommended to use such vehicles, as the driver may charge a fixed fare, which could be unreasonably high.

- RodDang (a pick-up truck taxi) ~ 30 – 100 baht

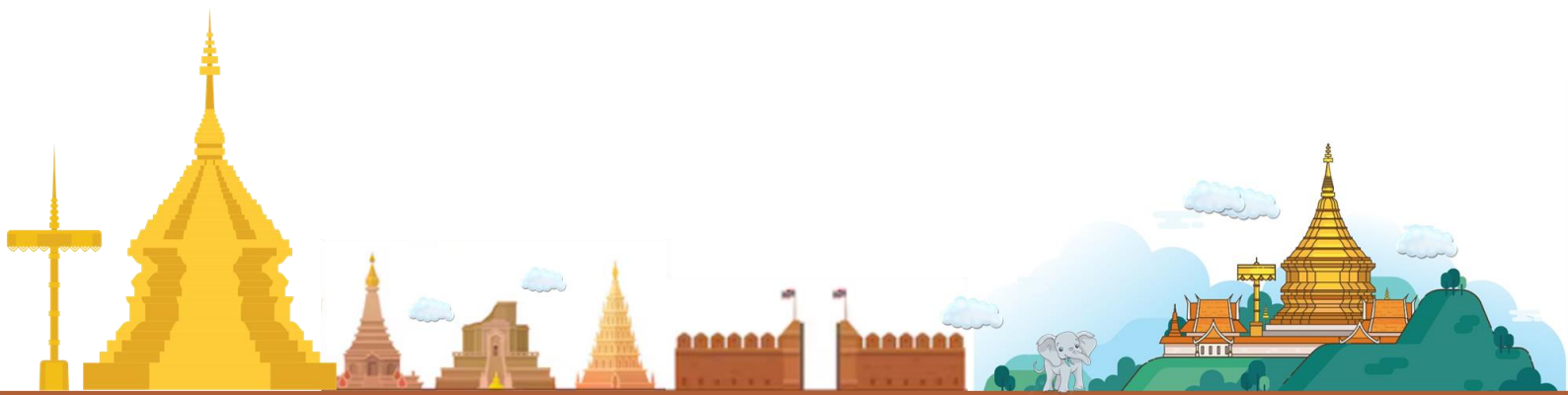


- Tuk Tuk ~ 80 – 400 baht



## THINGS TO DO IN CHIANG MAI

- Sightseeing at the Chiang Mai Old City
- Explore the fantastic street food
- Get a massage
- Ride the Tuk Tuk taxi



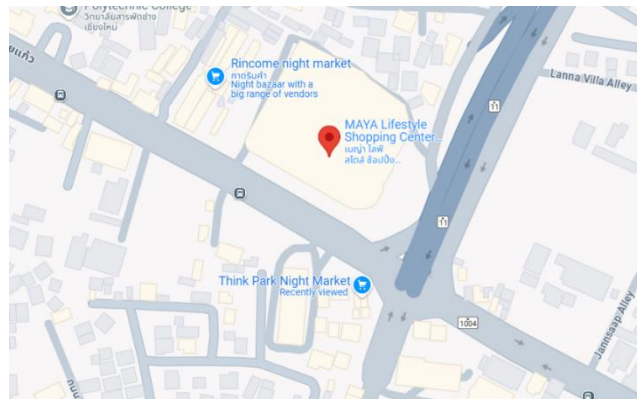


## SUPERMARKET & SHOPPING

- MAYA Lifestyle Shopping Center



Website: [Link](#)



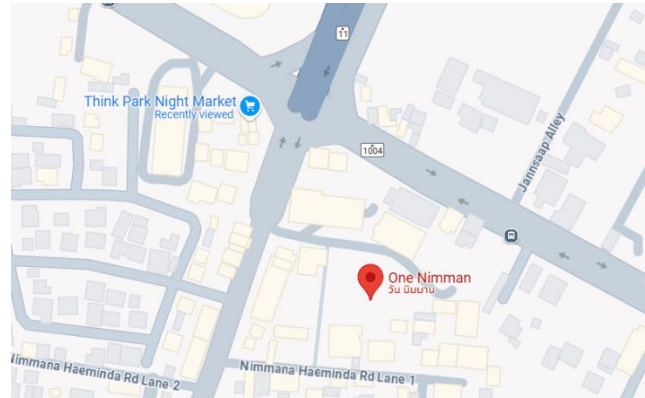
Facebook: [Link](#)

Location: [Link](#)

- One Nimman



Website: [Link](#)



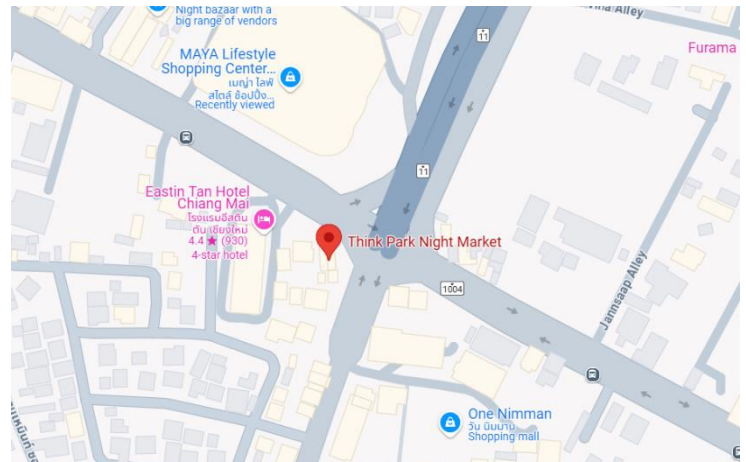
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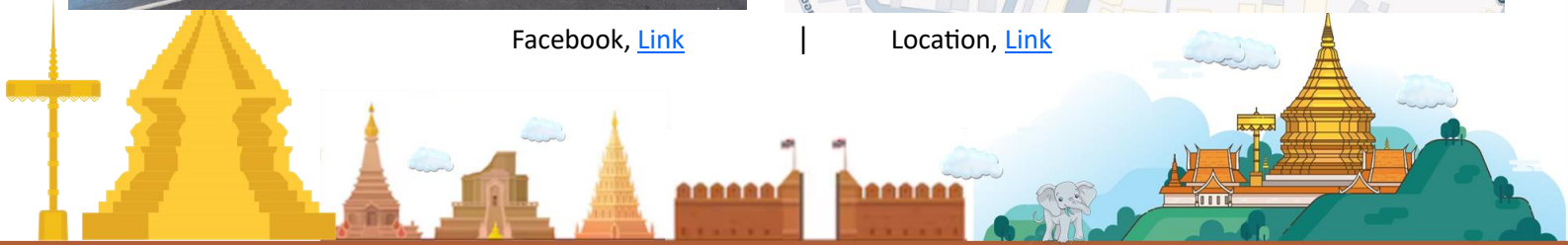
- Think Park Shibuya Chiang Mai



Facebook, [Link](#)



Location, [Link](#)





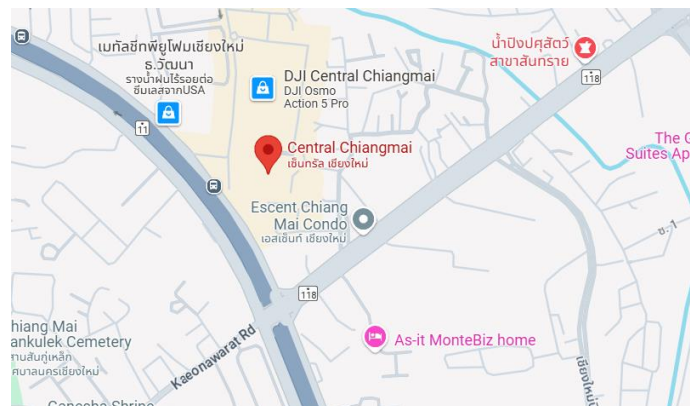


- Nimmanhaemin Area



Location, [Link](#)

- Central Festival Chiang Mai



Facebook, [Link](#)

| Location, [Link](#)

## LOCAL MARKET

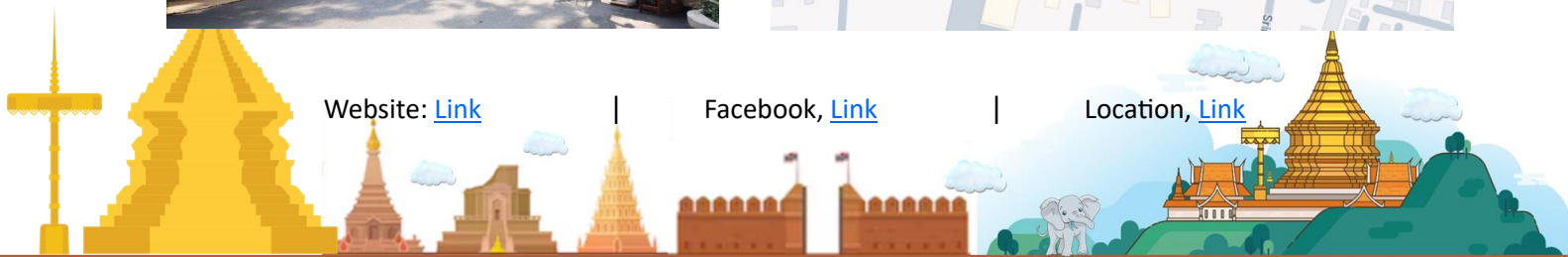
- Jing Jai Market Chiang Mai



Website: [Link](#)

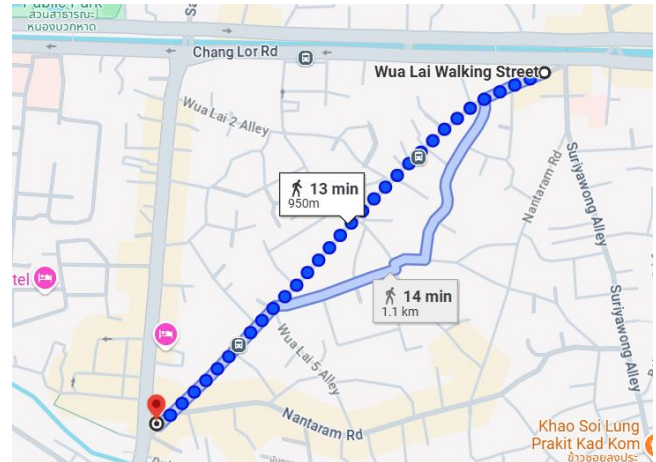
| Facebook, [Link](#)

| Location, [Link](#)



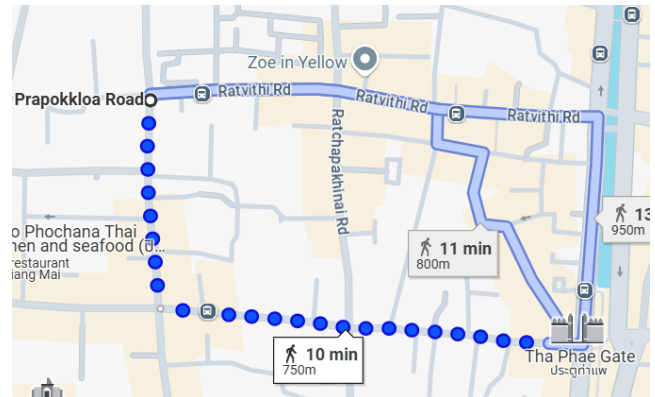


- Wualai Walking Street (Saturday Night Market Walking Street)



Location: [Link](#)

- Thapae Walking Street (Sunday Night Market Walking Street)

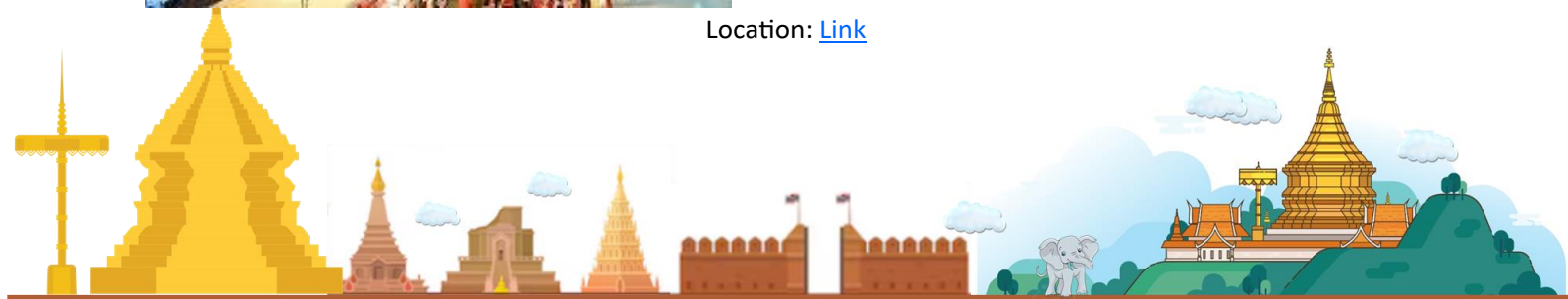


Location: [Link](#)

- Warorot Market (Kad Luang)



Location: [Link](#)







## ACCOMMODATION OPTIONS

### 1. KANTARY HILLS CHIANG MAI\* Tel: +66 53 222 111



Facebook: [Link](#) | Website: [Link](#) | Location: [Link](#)

Rate Price, 1 Bedroom Suit approximately 3,000 – 3,500 Bath (include breakfast)

*\*This hotel has been selected as the venue for the conference*

### 2. TRAVELODGE NIMMAN Tel: +66 52 090 111



Facebook: [Link](#) | Website: [Link](#) | Location: [Link](#)

Rate Price, Standard Plus approximately 2,500 – 3,000 Bath (include breakfast)

(6 Mins walk to venue for the conference)

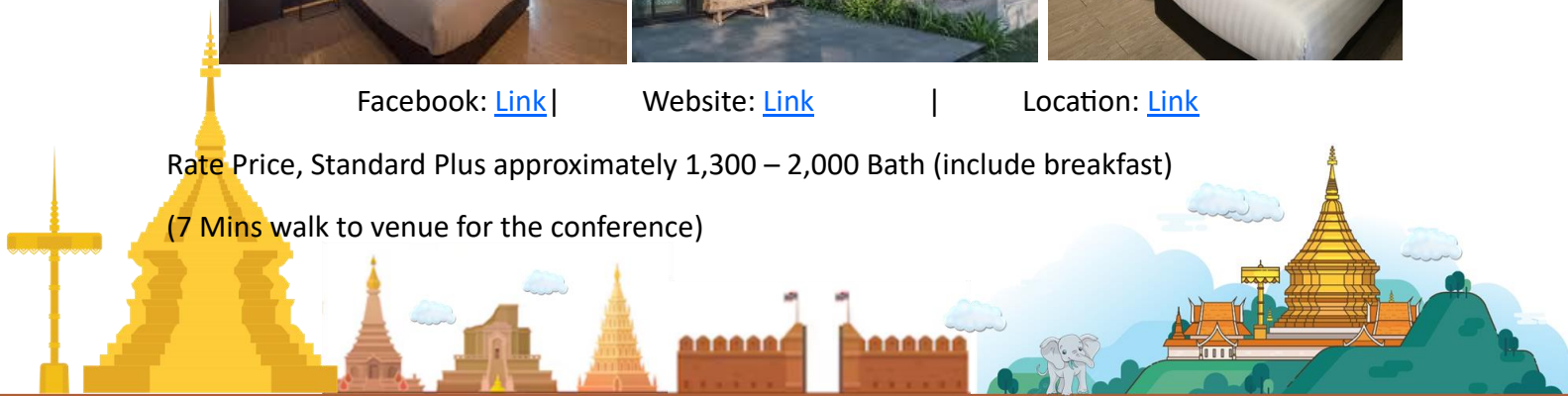
### 3. L Nimman Boutique Hotel Tel: +66 53 895 167



Facebook: [Link](#) | Website: [Link](#) | Location: [Link](#)

Rate Price, Standard Plus approximately 1,300 – 2,000 Bath (include breakfast)

(7 Mins walk to venue for the conference)



## Recommend Dishes

- **Pad Thai**

is a popular Thai stir-fried dish made with rice noodles, eggs, tofu, and either shrimp or chicken, seasoned with tamarind paste, fish sauce, palm sugar, and chili flakes. It is usually served with crushed peanuts, pickled radish, fresh vegetables like bean sprouts, pennywort leaves, and lime for added tanginess. The dish offers a perfect balance of sour, sweet, salty, and spicy flavors.



- **Khao soi**

is a traditional food from northern Thailand. It is similar to noodle soup, served in a spicy broth with curry paste. The side dishes include pickled mustard greens, shallots, and condiments like chili oil, lime juice, fish sauce, and sugar.



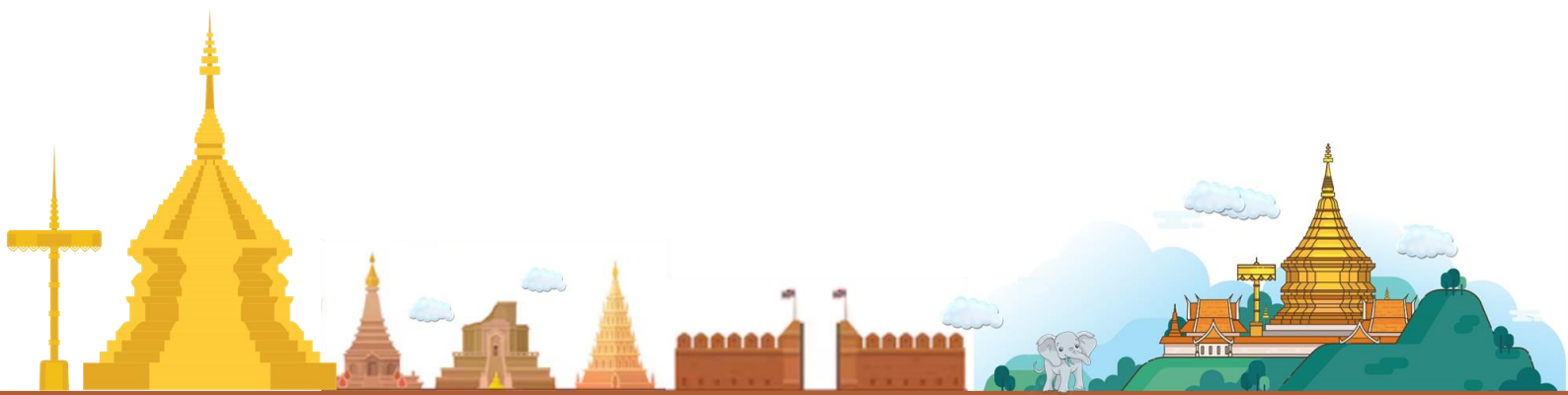
- **Tom Yum Goong**

is a famous Thai dish, a spicy and sour shrimp soup flavored with herbs like lemongrass, kaffir lime leaves, galangal, chilies, and lime. It can be made with a clear broth or with added milk or coconut milk for a creamier texture. It's known for its bold and aromatic flavors, often including mushrooms and other vegetables.



- **Mango sticky rice**

is a popular dessert in Southeast and South Asia, especially in Thailand. It consists of glutinous rice soaked in sweet coconut milk, served with ripe, juicy mangoes, typically of the Nam Dok Mai variety. The sticky rice is soft and pairs perfectly with the refreshing sweetness of the mango. Sometimes, it's topped with crispy mung beans or shredded coconut for added texture and flavor.







## In case of emergencies in Chiang Mai, the following contact numbers are essential

### Contact Persons

- Asst.Prof.Dr.Orawit Thinnukool                      Tel: +66 81-099-0090
- Asst.Prof.Dr.Pattaraporn Khuwuthyakorn              Tel: +66 85-520-1568
- Miss. Sirin Tokhiaw                                      Tel: +66 83-949-1914

### General Emergency Services

**Police:** Dial **191** for immediate assistance from police, fire, or medical services.

**Medical Emergencies:** For urgent medical help, call **1669** to reach the ambulance service. **Fire**

**Department:** In the event of a fire, contact the fire department at **199**.

**Tourist Police:** For assistance related to tourism or if you require English-speaking support, dial **1155**.

### Ambulance Services from Local Hospitals

1. Chiang Mai Ram Hospital              Tel: +66 53-920-330
2. Bangkok Hospital Chiang Mai              Tel: +66 52-089-888
3. McCormick Hospital              Tel: +66 53-921-799

## BASIC THAI PHRASES FOR COMMUNICATION, ALONG WITH THEIR PRONUNCIATIONS

### Greetings

- **Hello**, สวัสดี (Sa-wat-dee)
- **Good morning/afternoon/evening**, สวัสดีตอนเช้า/บ่าย/เย็น (Sa-wat-dee dton chao/bai/yen)
- **How are you?**, สบายดีไหม (Sa-bai-dee mai?)
- **I'm fine, thank you**, สบายดี ขอขอบคุณ (Sa-bai-dee, khop khun)
- **Goodbye**, ลาก่อน (Lah-gon)
- **See you later**, เจอกันใหม่ (Jer gan mai)

### Politeness

- **Please**, ได้โปรด (Dai-pod)
- **Thank you**, ขอขอบคุณ (Khop khun)
- **You're welcome**, ไม่เป็นไร (Mai pen rai)





- **Sorry/Excuse me,** ขอโทษ (Khor thot)

#### Asking for Help

- **Can you help me?,** คุณช่วยฉันได้ไหม (Khun chuay chan dai mai?)
- **Where is the bathroom?,** ห้องน้ำอยู่ที่ไหน (Hong nam yoo tee nai?)
- **I'm lost,** ฉันหลงทาง (Chan long tang)
- **I don't understand,** ฉันไม่เข้าใจ (Chan mai kao jai)

#### Shopping

- **How much does this cost?,** อันนี้ราคาเท่าไร (Un nee rakha tao rai?)
- **Can you lower the price?,** ลดราคาได้ไหม (Lot rakha dai mai?)
- **I'll take it,** ฉันจะเอา (Chan ja ao)
- **I'm just looking,** ฉันแค่ดู (Chan kae doo)

#### Directions

- **Left,** ซ้าย (Sai)
- **Right,** ขวา (Kwa)
- **Straight,** ตรงไป (Trong pai)
- **Stop here,** หยุดตรงนี้ (Yut trong nee)

#### Numbers

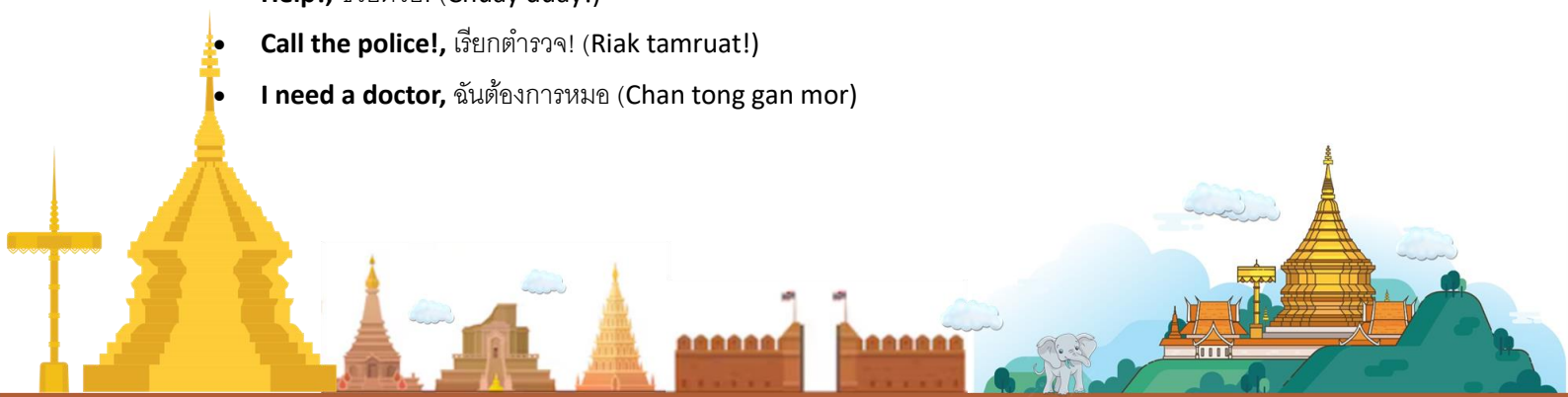
- **1,** หนึ่ง (Neung)                      **6,** หก (Hok)
- **2,** สอง (Song)                        **7,** เจ็ด (Jet)
- **3,** สาม (Sam)                         **8,** แปด (Paed)
- **4,** สี่ (See)                             **9,** เก้า (Kao)
- **5,** ห้า (Ha)                            **10,** สิบ (Sip)

#### Eating Out

- **I'm hungry,** ฉันหิว (Chan hiw)
- **I'm thirsty,** ฉันกระหายน้ำ (Chan kra hai nam)
- **What's this?,** นี่คืออะไร (Nee keu a-rai?)
- **It's delicious,** อร่อยมาก (A-roi mak)
- **I don't eat spicy food,** ฉันไม่กินเผ็ด (Chan mai gin ped)

#### Emergencies

- **Help!,** ช่วยด้วย! (Chuay duay!)
- **Call the police!,** เรียกตำรวจ! (Riak tamruat!)
- **I need a doctor,** ฉันต้องการหมอ (Chan tong gan mor)







## CONTACT INFORMATION OF CONSULATES AND HONORARY CONSULATES REPRESENTING VARIOUS COUNTRIES

### 1. Chinese Consulate General

**Address:** 111 Changlo Road, Haiya District, Chiang Mai 50100, Thailand

**Phone:** +66 53 280 380

**Fax:** +66 53 274 159

### 2. Embassy of Italy in Bangkok

**Address:** All Seasons Place, CRC Tower, 40th Floor, 87 Withayu Road, Lumpini, Bangkok 10330

**Phone:** +66 2250 4970 / +66 2250 4988

**Email:** ambasciata.bangkok@esteri.it

**Consular Section Email:** consolare.bangkok@esteri.it

**Office Hours:** Monday to Friday, 09:00–16:00

### Honorary Consulate General in Chiang Mai,

**Address:** 19 Soi 9 Sirimungkalajarn Road, Suthep, Muang District, Chiang Mai 50200

**Phone:** +66 53 21 2925 / +66 81 882 5252

### 3. Embassy of Greece in Bangkok

**Address:** 23rd Floor, M. Thai Tower, All Seasons Place, 87 Withayu Road, Lumpini, Pathumwan, Bangkok 10330

**Phone:** +66 2 253 0150

**Email:** gremb.ban@mfa.gr

**Office Hours:** Monday to Friday, 09:00–15:30

### 4. Embassy of Spain in Bangkok

**Address:** Lake Rajada Office Complex, 23rd Floor, 193/98-99 Ratchadapisek Road, Klongtoey, Bangkok 10110

**Phone:** +66 2 661 8284

**Email:** emb.bangkok@maec.es

**Office Hours:** Monday to Friday, 09:00–14:00

### Honorary Consulate in Chiang Mai,

**Address:** 199/163 Moo 3, Baan Nai Fun 2, Canal Road, Chiang Mai 50100

**Phone:** +66 53 839 632

**Email:** spainconsul.chiangmai@gmail.com

**Office Hours:** By appointment

### 5. Embassy of Lao People's Democratic Republic in Bangkok

**Address:** 520, 502/1-3 Soi Ramkhamhaeng 39, Wangthonglang, Bangkok 10310

**Phone:** +66 2 539 6667

**Email:** laoembassybkk@gmail.com

**Office Hours:** Monday to Friday, 09:00–12:00 and 13:00–16:00





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