



# YEA survival guide

## 28 October – 3 November, AIT, Thailand

We are very happy to welcome you to the first Youth Energy Academy (YEA) in Asia. We are doing our best to make this a productive and unique training and to make your stay as pleasant as possible. Thus, we ask for your contribution in **carefully reading** and **following these guidelines** and suggestions. Hopefully this will make your life and our work easier.

## Training Venue

The YEA will take place at the AIT campus on [58 Moo 9, Km. 42, Paholyothin Highway, Klong Luang, Pathum Thani 12120 Thailand](#)



You can check [here](#) AIT campus maps to help you find your way around.

Please note that the YEA sessions will take place in **different locations** according to the programme:

- Morning sessions will be at the **training room in the AIT Library building**
- Afternoon practical workshops we will be at the **Energy lab**
- Evening sessions will take place in different locations (check programme)

The programme always indicates the location of each session, as shown here:

10:30 - 11:00 Session 3 @ Training room, AIT Library  
**The Energy Trilemma: Climate Change, Energy and Development**

## Travel and Airport Transfer

### Flights

If you do not have an e-ticket by now, please ask Ms. Lulu Sheng, at KAS, ASAP. For those with connecting flights, we suggest you try to pack all your belongings and bring them in the carry on with you, to minimize the chances of lost baggage in airport connections.

**If your flight is delayed**, please make sure you contact Ms. Lucksika at [Lucksika.Sabangga@rrcap.ait.asia](mailto:Lucksika.Sabangga@rrcap.ait.asia), so you don't keep your fellow participants waiting for your airport transfer.

### Airport transfer

The **YEA organizing team will organize airport transfers** for participants. To optimize the process and make it more resource efficient, we will organize the transfers in groups of participants arriving in flights at similar hours. An AIT driver will be at the arrivals hall holding a sign: **"Youth Energy Academy (AIT)"**

While we will do our best to avoid long waits, please be aware that you may have to wait a bit for your colleagues to go through immigration procedures, baggage claims and so on. **Please do not leave the airport** without contacting someone in the YEA organizing team first.

Closer to the starting date of the Academy you will receive more detailed instructions on your group transfer. If you want to make your own travel arrangements to the campus, please let us know as soon as possible. Note that the programme **will not reimburse individual taxis, unless previously requested the YEA organizing team.**

## Entry in Thailand - visas

All participants should ensure that their passport **is valid for at least six months** from their travel dates. Participants from countries who will need visa are responsible for obtaining appropriate entry visas to Thailand from a Thai diplomatic or consular mission at their point of origin or en route to Thailand. The invitation letter may be regarded as a supporting document and evidence for visa purposes. Hotel booking will be provided by the organisers and will need to be attached to the visa application.

Please note that Bangkok airports receive many visitors per day and immigration procedures may take some time.

## Accommodation & Meals

### AIT Conference Centre (AITCC)

You will stay at the AIT Conference Centre (AITCC) Hotel.

According to your schedule and flight itinerary, the organizers will arrange for your hotel accommodation at the AITCC.

Hotel Check-in: 2:00 pm

Hotel Checkout: 12:00 pm

Please be reminded that accommodation for participants will be on **same gender shared-double rooms**. Each participant will have **only one access key card** that you are required to return at the end of the Academy, upon check-out.

All rooms feature broadband and WiFi internet access, individually controlled air conditioning, electronic locking systems, mini bar, a wide variety of TV channels, and spare jack for modem connection. Guests may avail of the central safety deposit boxes adjacent to the Reception Desk.

All participants are expected to cover all incidentals such as laundry service, domestic and international telephone calls, and whatever extra facilities used. Participants should clear them directly with the hotel upon check-out.

### Meals

**Breakfast** is served at the AITCC hotel (ground floor) and is included in the hotel stay.

For **lunch and most diners**, you will be given an AIT cafeteria card containing enough credit for all your meals during the week that can be used in the **Cafeteria and the Student Union Cafe**. You will have an average of **200 Baht** (around 7\$US) per meal to spend, but is your responsibility to best manage your whole week's budget.

Please see [here info](#) on types of food served and opening times.



*You will have to return your AIT Cafeteria Card at check-out.*

Please note that on **the first and last evening, we will have group dinners** at other locations. These will be organized and covered by the YEA organizing team (you won't need your meal card at these times).

### Other meal options

There are other restaurants on campus that you are free to try out at your own expense (**the programme will not cover costs for those meals**).

For example:

**West End (Som tum) Restaurant** serves local Thai food. It is open from 10:00 am to 8:30 pm every day.

**Pla-Too Meklong Restaurant** serves local Thai food with a garden view to golf court from 10:00 am to 11:00 pm every day.

### Coffee Shops

Hom Krun Coffee (Administration building)

UFM Bakery House (Arcade)

### Other facilities

#### Laundry

AITCC offers laundry and dry-cleaning services. These services are also offered by Vichay Laundry Shop, which is open from Monday to Saturday from 9:00 am to 6:00 pm.

There is also a coin-operated laundry service located opposite to SU Snack Bar. It costs THB 30 per washing and it is necessary to use THB 10 coins.

#### Shopping and services

AIT Arcade has several shops

- U-Pin grocery shop which sells cleaning supplies and a variety of food items including local (season) fruits, snacks and canned food. It is open from 9:00 am to 10:00 pm.
- Grocery shop at Arcade. It is open from 7:00 am to 6:00 pm.
- 7-Eleven convenience store (24h open)

#### Banks

There are ATM machines in the Administration building and in the main cafeteria. Two banks are located close to AIT Campus:

- Kasikorn Bank – near the Pahalyothin Road
- Siam Commercial Bank – inside Thammasat Hospital

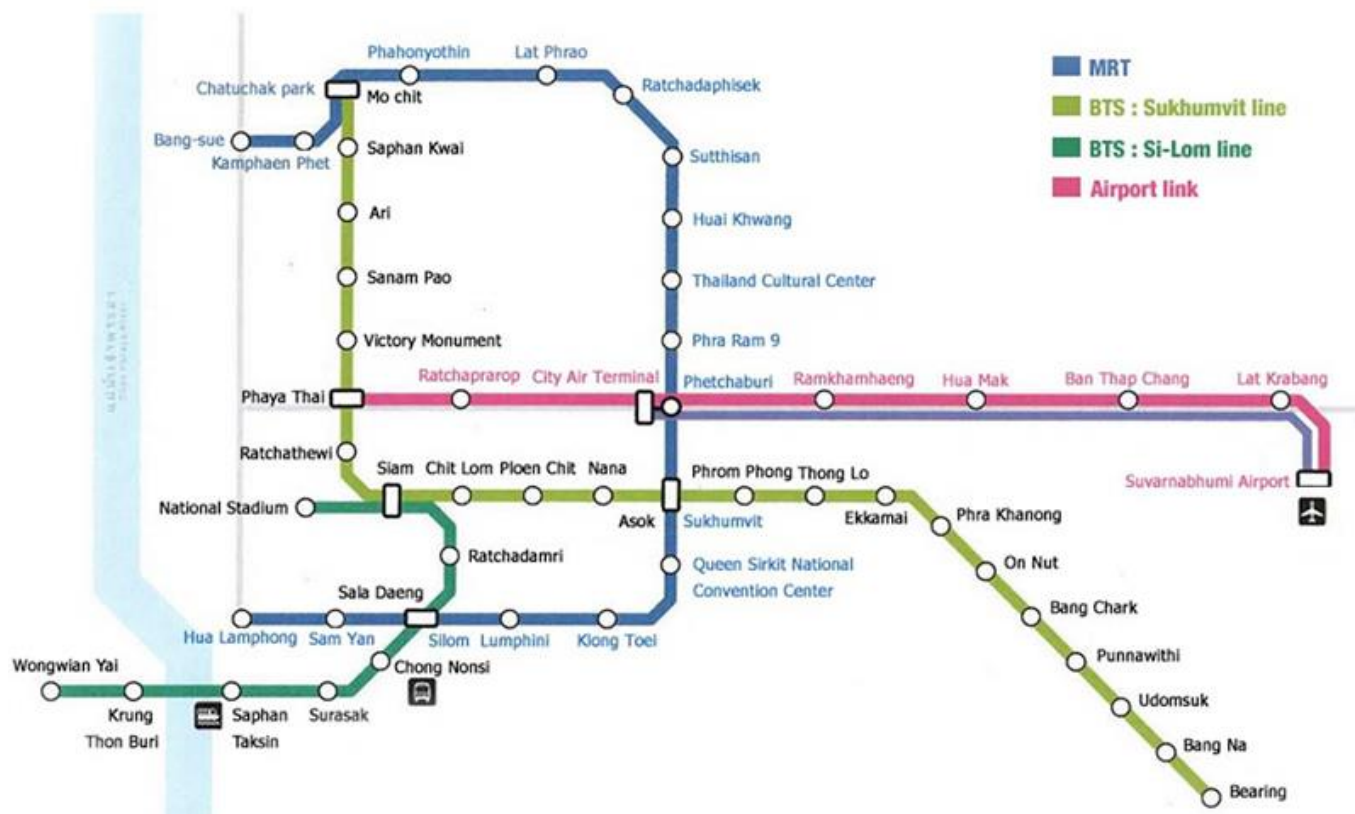
## Getting Around in Bangkok

AIT is not very well served by a public transportation system, so it takes time to go to Bangkok. There are a couple buses and minivans, but with traffic you may face around 2 hours for a return trip to the city.

Please note that during the days of the Youth Energy Academy, we expect participants to remain on campus.

### Bangkok Sky Train System

If you are in Bangkok the BTS - Bangkok Sky Train System – is the best way to get around. You can buy tickets using the automated (in English) ticket machines or ticket booth. There are two routes, the Sukhumvit Line and the Silom Line, which cover much of the central city and its many commercial, residential and tourist areas. The trains run daily between 06:00 and 24:00 with frequent services, about every 5 minutes.



### Taxi

Bangkok's thousands of brightly coloured taxis are a good way to travel in the city, depending on traffic conditions. The meter charge is 35 Baht for the first 2km, then 4.50

Baht for each of the next 1km. All taxis have meters installed and drivers cannot refuse to use the meter, although sometimes that happens. The AITCC hotel reception staff in the main lobby are happy to arrange a taxi for you.

## General information

### Attire

The participants are encouraged to **dress comfortably, in casual attire** during the meeting.

During **afternoon building workshops**, we suggest wearing clothes you don't mind getting ruined or dirty. We also advise participants to wearing closed-toed shoes, as we will be working with tools.

The weather in Bangkok is usually warm and very humid. Please bring appropriate clothing and solar protection. For more information about the weather in Pathum Thani, please visit <https://www.tmd.go.th/en/province.php?id=43>

### Currency

Thai Baht is the local currency in Thailand. Major credit cards are accepted in big establishments. There are ATMs in Bangkok accepting both credit cards and regular debit cards. ATMs dispense Thai Baht notes.

### Electricity in Thailand:

The electric power in Thailand is 220V running at 50Hz and the plug types used are either type A, type B, or type C\*. A hybrid socket is almost universally found, which accepts a combination of the above plug types. Participants are strongly encouraged to carry their own adapters for use with laptops and other electrical appliances as the AIT RRC.AP will not provide these.



## Medical Emergency and Travel Insurance

All participants are strongly recommended to buy Travel and Medical Insurance by themselves before travelling. **Medical emergency** and hospital claims are **NOT covered by AIT-RRC.AP** in case of any accidents.

The AIT Medical Clinic (24 hours) is located next to the Conference Centre.

## Emergency Contact Information

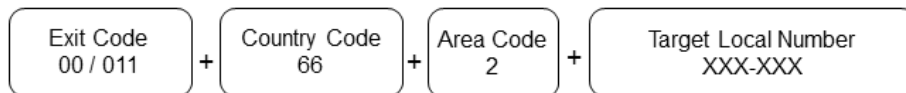
Tourist Police	Police (Emergency Call)	Ambulance and Rescue Call	Medical Emergency Call	Fire
1155	191	1554	1669	199

## YEA Contact Information

Organization	Name	Telephone and Email
AIT-RRCAP	Mr. Jonathan Brenes	<a href="mailto:Jonathan.Brenes@rrcap.ait.ac.th">Jonathan.Brenes@rrcap.ait.ac.th</a> +66(0)82 987 2156
AIT-RRCAP	Ms. Lucksika Sabannga	<a href="mailto:Lucksika.Sabannga@rrcap.ait.asia">Lucksika.Sabannga@rrcap.ait.asia</a> +66 (0)87 660 6554
AIT	Conference Centre - Hotel	+66 (0)02 524 5250



### Calling to Thailand



### Calling from Thailand

