



The Ten Commandments of behaviour in Thailand

1. Relax A LOT!!!

The Thai people are very relaxed; you can't expect to change that.

2. Turn down your need to express

Be quite and subtle in your expressions

3. Observe the Thais

Take time to observe how the Thai people interact with each other. Watch how Thai people act in everyday situations. Spend time to build relationships with the Thai people.

You may feel like you want to rush in and do as much as you can to help, but taking a little time to observe the Thais and getting to know them is going to make you a lot more productive in the long run.

4. Smile a lot and mean it

Even when you say sorry, even when you're annoyed, laugh at your own problems. This must be a genuine smile: Thai people smile all the time so are very sensitive to false smiles, and it is impolite to give a false smile.

5. Wai

Learn how to wai respectfully, and never wai with things in your hands. Use your intuition to know the right situations to wai and how to wai. The more that you bow and the higher your hands when you wai, the more respect that you are giving to the other person. Again don't give false wais.

6. Be gentle

Remember how you act when you are out and about. Thai people will love you when you are gentle in your actions, manner and the way you speak.

7. Accept everything that people offer with generosity

Or decline very carefully; white lies are sometimes better than the truth.

8. Be aware of feet and heads

Never touch a Thai person on the head, or shoulders. Never use your feet to point or move things around. Take your shoes off before entering a house, anytime that you see a heap of shoes by a door just take your shoes off. Never stand above an elder, if they sit you sit. If you have to sit on the floor sit with your feet to one side

9. No hugging, keep touching to a minimum

Sometimes men will hold hands with other men or women will hold hands with other women, but only when they are good friends. You can touch on the elbow if you want to comfort someone who you have spent time to build a relationship with. If you are from a culture that kisses on the cheek, be aware that this will probably offend Thais if you do it to them. Also be aware of the clothes that you wear and how that is seen by the Thai. Women should dress modestly.

10. Be humble and be here to learn