Checklist: Winter School Thailand

Preparation for Your Stay in Phuket

Humanistic Winter School $^{2026}/_{27}$ – November to February Location: Laguna Beach / Bang Tao, Phuket, Thailand

---

1. Travel Documents & Visa

- [ ] Valid passport (at least 6 months beyond return date)
- [ ] Children’s passports (separate passport required)
- [ ] Passport photos (for possible visa extension on site)
- [ ] Copies of all documents (digital + paper)
- [ ] Return flight ticket available (recommended for entry)

Visa Information:

- CH, DE, AT, EU citizens: 60 days visa-free
- Extension to 90 days possible on site (approx. THB 1,900, Immigration Office Phuket)
- Russian citizens: E-Visa available online (approx. 3 business days)

---

2. Insurance

- [ ] International health insurance (all family members)
- [ ] Travel cancellation insurance (recommended)
- [ ] Accident insurance: check overseas coverage
- [ ] Note insurance card/policy numbers

Note: Bangkok Hospital Phuket (15 min. away) offers European-level medical care.

---

3. School & Leave of Absence

- [ ] Submit leave request to school administration (use our letter template!)
- [ ] Discuss learning plan with teachers
- [ ] Pack school books/materials for absence period
- [ ] Confirm Winter School registration (30% deposit)
- [ ] Prepare program description for school (as proof of education)
- [ ] Obtain confirmation from school administration

---

4. Home & Household (for longer absence)

- [ ] Set up mail forwarding or holding
- [ ] Check standing orders (rent, insurance, etc.)
- [ ] Electricity/gas: set to absence mode or reduce
- [ ] Heating: set to frost protection (winter!)
- [ ] Water: turn off main valve (frost risk)
- [ ] Inform neighbors/trusted person (mailbox, plants)
- [ ] Leave key with trusted person
- [ ] Dispose of waste before departure

---

5. Finances & Communication

- [ ] Inform bank (international credit card use)
- [ ] Credit card: check foreign transaction fees
- [ ] Cash: exchange CHF to THB (or use ATM on site)
- [ ] Phone: plan roaming package or local SIM card

- [ ] Install useful apps: Grab (taxi), Google Maps, translator

---

6. Accommodation in Phuket

- [ ] Book accommodation (Laguna Beach / Bang Tao area recommended)
- [ ] Organize airport → accommodation transfer
- [ ] Check distance to Winter School location
- [ ] Kitchen/cooking facilities available?
- [ ] Check internet speed (for home office)

---

7. Packing List – Clothing & Daily Life

- [ ] Light, breathable clothing (summer temperatures!)
- [ ] Swimwear (multiple sets)
- [ ] Light long clothing (for temples, mosquito protection in evenings)
- [ ] Comfortable shoes + sandals/flip-flops
- [ ] Light rain jacket (brief showers possible)
- [ ] Sun hat / cap
- [ ] Sunglasses

---

8. Packing List – School & Children

- [ ] School backpack
- [ ] Writing materials (pens, notebooks, pencil case)
- [ ] School books / learning materials from home
- [ ] Favorite book / reading material
- [ ] Water bottle (reusable)
- [ ] Sunscreen (high SPF, suitable for children)

- [ ] Insect repellent

---

9. Packing List – Health & Travel Pharmacy

- [ ] Sunscreen SPF 50+ (children & adults)
- [ ] After-sun / aloe vera
- [ ] Insect repellent (DEET-based)
- [ ] Plasters, disinfectant, bandages
- [ ] Thermometer
- [ ] Pain relief (paracetamol, ibuprofen)
- [ ] Anti-diarrhea medication
- [ ] Personal medications (sufficient supply!)
- [ ] Vaccination record (Hepatitis A/B, Tetanus recommended)

---

10. Packing List – Technology

- [ ] Laptop / tablet (for home office / children)
- [ ] Chargers for all devices
- [ ] Adapter Type A/B/C (Thailand sockets, mostly EU-compatible)
- [ ] Power bank
- [ ] Camera / GoPro (for excursions)
- [ ] Headphones

---

11. On Site – First Days

- [ ] Buy SIM card (AIS, True or DTAC – available at airport)
- [ ] Install and set up Grab app (taxi service)
- [ ] Supermarket: buy essentials (Lotus’s, Big C, Villa Market)

- [ ] Visit meeting point / school location
- [ ] Save emergency numbers (Police: 191, Ambulance: 1669)
- [ ] Bangkok Hospital Phuket: note location (Hongyok Utis Rd.)
- [ ] ATM: withdraw cash (max. THB 20,000 per withdrawal)
- [ ] Explore neighborhood

Important Contacts

Winter School	info@humanistischeschule.ch
Emergency Thailand	1669 (Ambulance) / 191 (Police)
Bangkok Hospital Phuket	+66 76 254 425
Swiss Embassy Bangkok	+66 2 674 6900

Notes

- **Registration deadline:** September 15 (annually)
- **Minimum 3–4 families** required for program to run
- **Climate Phuket (Nov–Feb):** 25–32°C, little rain, ideal travel season
- **Time difference:** CET +6 hours (winter time) / +5 hours (summer time)

Humanistic International Education Association humanisticeducation.org/winter-school