

LOOKWE

Edition September, 2020
We Deliver the World to You!

泰国

泰王国与中华人民共和国
建交45周年纪念特刊

Thailand

Special Edition Dedicated to the 45th Anniversary
of the Establishment of the Diplomatic Relations
between Thailand and China

ISSN 1995-1019



9 771995 101003



泰王国与中华人民共和国建交45周年纪念特刊

Edition September, 2020

LOOKWE



Krabi, Thailand 泰国, 甲米

CONTENTS 目录

Messages 寄语 /02

Message from Ambassador of the Kingdom of Thailand to China
泰国驻华大使寄语 /02

Message from President of LOOKWE LOOKWE 总裁寄语 /06

Country Profile 国家概况 /10

Bilateral Relations 双边关系 /14

Economy & Investment 经济投资 /24

Thailand's Economic Performance 泰国经济概况 /26

Eastern Economic Corridor 东部经济走廊 /37

Culture 文化 /42

Brief Introduction of Thailand's Culture 泰国文化概况 /44

Thailand, the "Land of Smiles" 走进“微笑之国”/48

Social Media 社交媒体 /51

Thai Cuisine 泰国料理 /52

Thailand, Fruits Paradise 水果天堂 /56

Thailand's Exportable Offer Catalog 泰国出口产品 /62

Tourism 旅游 /66

Travel to Thailand: Meet Delicacy and Beauty of the World
泰国之旅：邂逅世间的美味佳肴与绮丽风光 /68

Amazing Parent-Child Tourism in Thailand 奇趣泰国亲子游 /72

Enjoy the World-Class Medical Services in "the Kingdom of Smile"
在微笑的国度里尊享世界级医疗服务 /76

Fun and Thrilling Sports Activities in Thailand
到泰国享受嗨翻天的充电之旅 /80

Flavors of Thai Cuisine 捕捉泰国的千滋百味 /84

Festivals in Thailand 泰国的节日 /86

UNESCO World Heritage Sites 联合国教科文组织世界遗产 /90



Special Edition Dedicated to the 45th Anniversary
of the Establishment of the Diplomatic Relations
between Thailand and China
泰国与中华人民共和国建交 45 周年纪念特刊



ROYAL THAI EMBASSY, BEIJING
泰国驻华大使馆

Chancery: No. 21, Guang Hua Lu
办公处: 光华路 21 号
电话 Tel: (+8610)85318700
传真 Fax: (+8610)85318714 / 85318720

专刊顾问 CONSULTANTS

H.E. Mr. Arthayudh Srisamoot
Ambassador Extraordinary & Plenipotentiary

阿塔育·习萨目阁下
泰国驻华特命全权大使

供稿伙伴 CONTRIBUTORS

Ministry of Commerce
泰国商务部

Ministry of Agriculture and Cooperatives
泰国农业与合作部

Ministry of Higher Education, Science, Research and Innovation
泰国高等教育、科学、研究与创新部

Tourism Authority of Thailand
泰国国家旅游局

Thailand Board of Investment
泰国投资促进委员会

Eastern Economic Corridor Office
泰国东部经济走廊办公室



国际标准刊号 | ISSN1995-1019
International Standard Book Number ISSN1995-1019

编辑出版 Editing & Publishing

泰国驻华大使馆

北京路客威国际文化发展有限公司
LOOKWE International Cultural
Development Co., Ltd

设计制作 Designer & Layout

北京一诺国际广告有限公司
Beijing YiNuo International Advertisement Co.Ltd.

Tel: 86-10-51668479

Fax: 86-10-51668419

E-mail: look@lookwe.com

www.lookwe.com



Message from the Ambassador



On the occasion of the 45th Anniversary of the Establishment of Diplomatic Relations between Thailand and China in 2020, I wish to extend my warmest greetings to all of you.

Thailand and China have enjoyed long-standing friendship over 700 years since Sukhothai Era and Yuan Dynasty. At that time, our relations focused on maritime trade exchange which later led to cultural integration and people-to-people contacts as well as Chinese resettlement in Thailand. Nowadays, Thailand is home to the world's largest overseas Chinese community and Chinese tradition and culture have been embraced by Thai people and blended into their livings. This long and strong relationship has reflected in the common saying in both countries: "Thailand and China are one family".

In the modern era, Thailand and China officially established diplomatic relations on 1 July 1975. Over the past 45 years, Thailand and China have enjoyed excellent ties underpinned by frequent high-level visits, comprehensive cooperation at all levels and aspects and people-to-people exchanges that help foster mutual trust and understanding between the two countries.

The Thai Royal Family members have made invaluable support and contribution to the strengthening of Thailand and China relationship. Her Royal Highness Princess Maha Chakri Sirindhorn has paid a royal visit to China more than 45 times since 1981. At the recent visit on the occasion of the 70th anniversary of the founding of the People's Republic of China, Her Royal Highness the Princess received the Friendship Medal from President Xi Jinping. This is a testament of a special bond of friendship between our two countries.

On economic front, China is the largest trading and investment partner of Thailand in recent years while Thailand is China's third trading partner in ASEAN and thirteenth in the world. In 2019, our two-way trade amounted USD 79.5 billion which has increased 3,000-fold and investment volume has stood at USD 12 billion since the establishment of diplomatic relations. Both sides have strived to achieve trade target of USD 140 billion by 2021. Megaprojects cooperation between the two countries such as hi-speed train, 5G technology, digital economy and the linkage between the Greater Bay Area (GBA) and the Eastern Economic Corridor (EEC), among other things, are potentially moving forward.

Over the past decades, our people-to-people ties are even more strengthened, thanks to globalization and tourism's booming. There were more than 300 flights travelling weekly between Thailand and China. Chinese tourists have been Thailand's top list for several years. Last year, there were 10.99 million Chinese travelling to Thailand, about 4 folds increase from 2012. Meanwhile, approximately 870,000 Thai tourists travelled to China which is 4.6% increase from 2018.

I believe that Thailand and China relations will remain strong amidst the changing global environment. During the COVID-19 pandemic, His Majesty the King of Thailand sent President Xi Jinping a royal message of sympathy as well as graciously bestowed medical supplies for people affected by the outbreak.

The Thai Government extended financial donation, essential supplies and equipment. Prime Minister Prayut Chan-o-cha also recorded a video of encouragement, while Thai people rushed to

offer help. In turn, the Chinese Government, non-governmental organizations and private sector have provided assistance and donated medical supplies to Thailand which we really appreciated. Our two countries have stood shoulder to shoulder and extended mutual support to each other at government and people levels to fight against the pandemic. Thus, I see that the anti-virus cooperation has played key role in promoting our friendly bilateral relations to move forward, especially in public health.

Looking ahead, there is a large room for our relations to grow and deepen in many areas particularly trade and investment, science and technology, poverty eradication, public health, education as well as connectivity through regional linkage and Belt and Road Initiative. Moreover, we should synthesize and coordinate our national development strategies, namely Thailand 4.0 and Made in China 2025 that aim to transform our nations into a modernized digital economy.

Finally, I would like to express my congratulations to our two countries that have successfully developed closer bilateral ties over 45 years. I am convinced that this special edition of LOOKWE magazine will give you insightful and multi-dimensional information that will bring better understanding about Thailand in various aspects. The Royal Thai Embassy in Beijing and all the 9 Royal Thai Consulate-General Offices in China are determined to work together with their Chinese counterparts in order to enhance bilateral cooperation for the brighter future of our two countries and greater benefits of our peoples.

H.E. Mr. Arthayudh Srisamoot
Ambassador Extraordinary and Plenipotentiary



泰王国驻华大使寄语



值此 2020 年泰王国与中华人民共和国建交 45 周年之际，我谨向各位致以最诚挚的问候。

自素可泰王朝和元朝至今的 700 多年里，泰中两国友谊源远流长。彼时，两国关系主要以海上贸易往来为主，此后在文化融合和民间交往中不断得以升华，越来越多的中国人前往泰国定居。如今，泰国是世界上最大的华侨华人聚居地，中国的传统和文化已经获得泰国人民的广泛认可，并融入到当地的生活方式之中。双方长久而稳固的关系正如两国的俗语所言：“中泰一家亲”。

1975 年 7 月 1 日，泰国与中国正式建交。在过去的 45 年里，中泰关系发展势头良好，两国高层交往密切，各层次全方位的合作与人文交往进一步增进了两国互信和了解。

泰国王室成员为推动中泰关系发展做出了重大支持和贡献。自 1981 以来，玛哈扎克里·诗琳通公主先后 45 次访问中国。在中华人民共和国成立七十周年之际，习近平主席授予诗琳通公主中华人民共和国“友谊勋章”。这是我们两国之间特别友谊的美好见证。

在经济方面，中国是泰国近年来最大的贸易和投资伙伴；泰国是中国在东盟的第三大贸易伙伴，以及中国在全球的第十三大贸易国。2019 年，两国双边贸易额达 795 亿美元，相较于建交时已增长 3000 倍；投资额已达 120 亿美元。双方曾提出在 2021 年双边贸易额达到 1400 亿美元的目标。其他大型合作项目，例如高铁、5G 技术、数字经济、对接粤港澳大湾区（GBA）与东部经济走廊

（EEC）等，都蕴含着巨大的发展潜力。

在过去的几十年里，得益于全球化和旅游业的蓬勃发展，我们两国人民之间的联系更为紧密。每周有 300 多次航班往返泰国与中国。数年来中国游客数量一直位居前列。去年，有 1099 万中国人到泰国旅游，比 2012 年增长了约 4 倍。与此同时，约 87 万泰国游客前往中国，较 2018 年增长 4.6%。

我坚信，在风云变化的国际局势中，泰中关系将继续保持强劲发展势头。新冠肺炎疫情在中国大爆发时，泰国国王陛下就疫情致函习主席表示慰问，并为受到疫情影响的人们慷慨捐赠医疗用品。泰国政府也提供了财政捐助及必要的抗疫物资和设备援助。泰国总理巴育·占奥差录制了一段视频为中国加油打气，泰国民众纷纷伸出援手。之后在泰国面临疫情冲击时，中国政府、非政府组织和私营企业也向泰国提供援助并捐赠医疗用品，我们对此表示衷心的感谢。我们两国政府和人民携手并肩，相互支持，共同抗击疫情。因此我认为，此次抗疫合作对推动两国友好关系发展，特别在公共卫生领域的国际合作方面发挥了关键作用。

展望未来，我们两国关系在众多领域都有极大发展空间，尤其是在以下这些领域：贸易投资、科学技术、消除贫困、公共卫生、教育以及通过区域联动和“一带一路”倡议实现有效对接等。此外，我们应该统筹和协调国家发展战略，推进“泰国 4.0”战略同“中国制造 2025”战略相契合，旨在将两国转变为现代化的数字经济体。

最后，我想向我们两国在过去 45 年间建立的深厚友谊

表示祝贺。本期 LOOKWE 国家特刊将为您提供深入多维的信息，让您更好地、全面了解泰国。泰王国驻华大使馆和九个泰王国驻华总领事馆决心与中方一道，继续加强双边合作，为泰中两国的美好未来和两国人民的福祉贡献力量。

阿塔育·习萨目阁下
泰王国驻华特命全权大使





LOOKWE 寄语

泰国地处东南亚，素有“微笑之国”的美称。这里有历史悠久的遗址胜迹、丰饶多彩的自然资源；北部雾霭笼罩的山脉，一直延伸到边境；南连安达曼海，海上的石灰岩岛屿郁郁葱葱；湄公河沿岸点缀着宁静的村庄，首都曼谷则饱含着永不停息的跃动能量。泰国，无疑是亚洲最具风情的国家之一。

中国与泰国长久以来的友好关系是建立在坚实的历史基础上的，两国关系的特点是互信、友好、友善、互利合作。中泰历史友谊也在贸易和文化往来中得以见证。

近年来，中泰通过直接投资、贸易和旅游推广，经济合作日益加强。中国连续七年成为泰国最大贸易伙伴，2019年成为泰国最大外资来源国，泰国则是中国在东盟国家中第三大贸易伙伴。此外，中国多年稳居泰国最大旅游客源国，赴泰游客数量连续两年突破千万人次。未来，双方一致同意加强发展战略对接，推动中国“一带一路”建设同泰国4.0、“东部经济走廊”规划实现优势互补，不断加强新经济、新业态合作。

在文化方面，两国合作在泰国开设16所孔子学院和11个孔子课堂，近1500名中国汉教志愿者在泰国传播中国语言文化。2019年共3.6万名中国学生在泰国学习，2.8万名泰国学生赴中国留学，两国年轻一代之间的相互了解不断加深。泰国电视剧在华热播，中国电影电视剧、网络文学受到泰国年轻人的喜爱，中泰关系的民意基础日益牢固。

2020年是中泰两国建交45周年；回首过往，中泰关系破土出芽、茁壮成长、风华正茂；展望未来，中泰两国经济文化合作潜力巨大、前景广阔。

LOOKWE作为民间交流的使者，愿为中泰友好发展贡献一份力量。本刊物涵盖了泰国经济、投资、文化、旅游等方面的相关信息，希望能成为您走进泰国、了解泰国的一扇窗口。在此，我谨代表LOOKWE，特别感谢泰国驻华大使阿塔育·习萨目阁下以及使馆所有工作人员的大力支持。相信在泰国使馆的帮助下，中泰两国关系将迸发新的活力！

Message from LOOKWE



Thailand, known as the “Land of Smiles”, located in the South-east Asia. With a long, rich heritage and abundant natural resources, from its mist-covered mountains in the north rising up to the border, to the verdant limestone islands of the Andaman Sea, the tranquil villages moored along the Mekong River and the ever present pulsing energy of Bangkok, Thailand is without a doubt one of the most exotically beautiful countries in Asia.

China and Thailand have been enjoying historic and longstanding relations built on strong foundations of friendship, which have been characterized by mutual trust, amity, goodwill with close partnership for mutual benefits. The evidence of this historical friendship is witnessed in the trade and culture relations.

In recent years, the economic cooperation between China and Thailand is becoming stronger through direct investment, trade and tourism promotion. China has become the largest trading partner of Thailand for seven consecutive years, the largest source of foreign investment of Thailand in 2019, and Thailand is the third largest trading partner of China among ASEAN countries. In addition, China has been the largest tourist source country in Thailand for many years, and the number of tourists to Thailand has exceeded 10 million for two consecutive years. Most importantly, both sides agreed to strengthen the development strategies connection, promote the complementary advantages of BRI construction, Thailand 4.0 and Thailand EEC, and constantly strengthen cooperation in new economy and new formats.

Culturally, China and Thailand cooperated to open 16 Confucius Institutes and 11 Confucius Classrooms in Thailand, and nearly 1500 Chinese volunteers taught Chinese language and culture throughout Thailand. In 2019, a total of 36000 Chinese students were studying in Thailand, 28000 Thai students went to study in China, and mutual understanding between the younger generations of the two countries will continue to deepen. Thai TV series are popular in China and Chinese films, TV series and online literature are also loved by the young in Thailand. The public opinion foundation of China-Thailand relations is increasingly solid.

The year of 2020 witnesses the 45th Anniversary of the Diplomatic Relations between China and Thailand. Looking back on the past 45 years, China-Thailand relations have broken the ground, thrived and flourished; and looking forward to the future, the bilateral economic and cultural cooperation has a great potential and broad prospect.

As the messenger of non-governmental communication, LOOKWE would like to make contribution for promoting China-Thailand friendly development. This special publication includes information on economy, investment, culture and tourism of Thailand, hopefully it could serve as a bridge between Thailand and China. Here, on behalf of LOOKWE, I'd like to take this very opportunity to appreciate the strong support by H.E. Mr. Arthayudh Srisamoot, Ambassador of Thailand to China, and all the hard work done by the embassy staff. With the effort of the Royal Thai Embassy, we believe China-Thailand relations will burst into new invigoration!

LOOKWE 总裁: 
President: Wang Yan

Celebrating the

45th

Anniversary

of Thailand-China diplomatic relations

Bangkok Bank joins in celebrating 45 years of diplomatic relations between Thailand and China.

We have been building business, economic, and cultural ties between China and Thailand for generations.

We established our first overseas branch in Hong Kong in 1954 and our local bank in China in 2009,

Bangkok Bank (China), with branches in Shanghai, Beijing, Shenzhen, Chongqing, and Xiamen.

Over the years we have supported many Chinese companies to invest in ASEAN, where we have a presence in nine countries including local bank subsidiaries in Indonesia and Malaysia.

We look forward to continuing to partner with our Chinese and Thai customers as they grow and flourish in this dynamic region.

热烈庆祝
泰中两国正式建交

45周年

盘谷银行（大众有限公司）热烈祝贺泰中两国正式建交四十五周年。

盘银世代延绵，长期致力于为泰中两国的商业、经济和文化交流搭建桥梁。

我们早于1954年在香港成立首家国外分行，并于2009年在中国成立当地法人银行子公司

——盘谷银行（中国）有限公司，

其上海、北京、深圳、重庆和厦门设有分行。

多年来，我们大力支持众多中国公司投资东盟，

我们在东盟九个国家中设有分支机构，

其中包括印尼和马来西亚的当地法人银行子公司。

随着泰中两国客户在这个充满活力的地区不断发展壮大，

我们期待继续加强、深化相互间的合作。



盤谷銀行

Bangkok Bank



COUNTRY PROFILE

国家概况

Thailand, officially the Kingdom of Thailand, is situated in mainland Southeast Asia. It is composed of 76 provinces and a population of 69 million. The capital city is Bangkok located in the central region of the country.

泰国，全称为泰王国，地处东南亚，共有76个府（省级行政区），6900万人口，首都曼谷位于泰国中部地区。





泰国

泰国是东南亚第二大经济体。2019年，国内生产总值（GDP）达到5437亿美元，增长2.4%，主要经济引擎包括汽车工业、计算机和设备零部件出口以及旅游业。泰国是亚洲第二大粮食出口国，也是世界第二大大米和糖出口国。2019年，泰国被列为世界第六大医疗领先国家，在亚洲排名第一。

泰国以洁白的沙滩、晶莹剔透的大海、古老的寺庙、可口的美食和热情好客的人民而闻名。数年来，来泰国的中国游客数量位居前列。2019年，赴泰旅游的中国游客达1099万人次，较2012年增长约4倍。

全称：泰王国
政体：君主立宪制，国王为国家元首
官方语言：泰语（英语也是社会通用语言）
首都：曼谷
货币：泰铢（截至2020年8月19日，1美元=31.32泰铢，人民币1=4.57泰铢）

人口：69699548（2019年）
面积：513115平方公里（198115平方英里）
地理位置

泰国位于东南亚的中心，东临柬埔寨，东北与老挝交界，西北与缅甸为邻，西临安达曼海，东南连泰国湾；南与马来西亚毗连，南部是绵延的丘陵和森林。最高的山在泰国北部。

人民
泰国人口中，绝大多数是泰族。还有一些少数民族，包括高棉族、马来族、缅族、克伦族、华人和苗族。人口中也有一小部分是越南人、老挝人和柬埔寨人。

宗教
94.6%的泰国人是佛教徒，此外还有4.6%的泰国人是穆斯林，0.7%的泰国人是基督徒。

气候
泰国属于热带气候，四季分明：3月至5月中旬为炎热季节；5月中旬至10月为西南季风带来的雨季；11月至2月为干燥、相对凉爽的季节，此时来自亚洲大陆的东北季风盛行。不过，北部和内陆地区的天气相对凉爽，而沿海和南部地区，即使在冬天也很炎热。

Thailand

Thailand's economy is the second largest in Southeast Asia. In 2019, the country's GDP registered at USD 543.7 billion or 2.4% growth driven by strong auto industry and computer and equipment part export as well as tourism. Thailand is the 2nd largest food exporter in Asia and the 2nd largest export of rice and sugar of the world. In 2019, the country is ranked the 6th best healthcare system in the world and number 1 in Asia.

Thailand is well-known for white-sand beaches, crystal-clear sea, ancient temples, delicious local cuisines, and excellent hospitality. Chinese tourists have been Thailand's top list for several years. In 2019, there were 10.99 million Chinese travelling to Thailand, about 4 folds increase from 2012.

Official Name: Kingdom of Thailand
Form of Government: Constitutional Monarchy with the King as Head of State

Official Language: Thai (English is also widely used in general public)
Capital: Bangkok
Currency: Thai Baht (USD 1 = 31.32 Baht, RMB 1= 4.57 Baht as of 19 Aug. 2020)
Population: 69,699,548 (2019)
Area: 513,115 square kilometers (198,115 square miles)

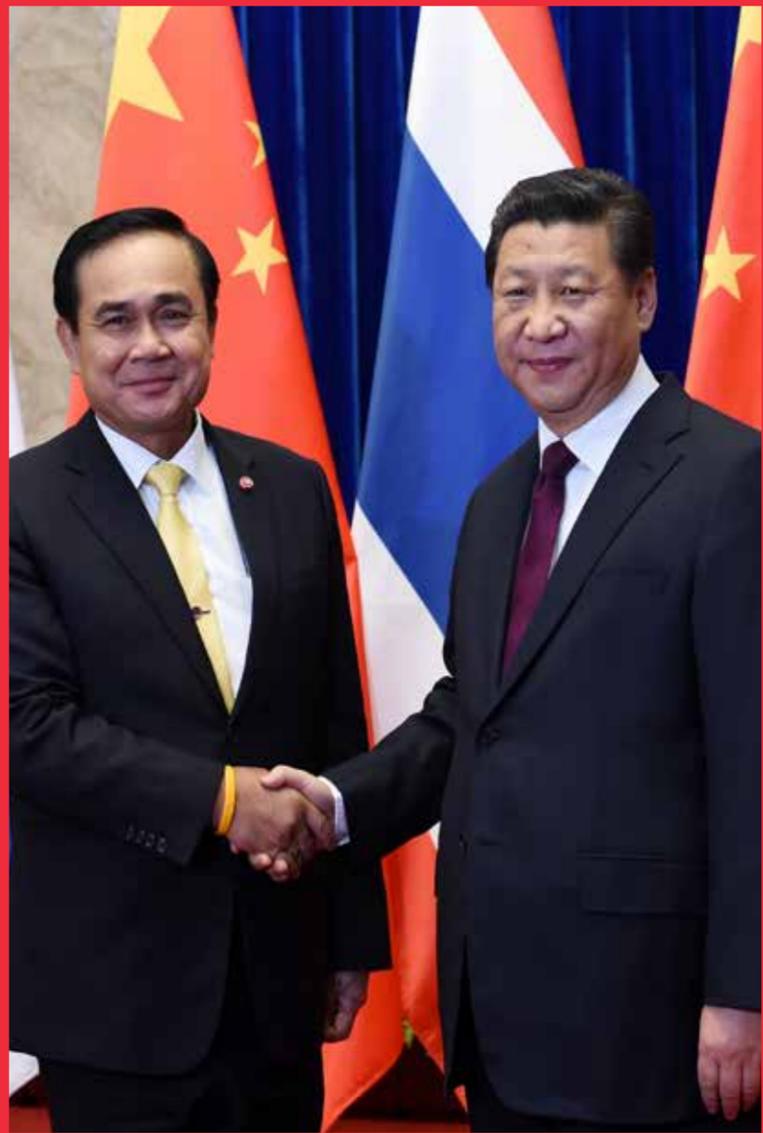
GEOGRAPHY
Thailand is located in the heart of Southeast Asia. Cambodia and Laos border the country to the east and northeast, and Myanmar lies to the northwest. To the west is the Andaman Sea, and to the southeast is Gulf of Thailand. The long southern region, connecting with Malaysia, is hilly and forested. The highest mountains are in northern Thailand.

PEOPLE
The vast majority of Thailand's are ethnically Thai. Some of the

largest minorities include Khmer, Malay, Bamar, Karen, Chinese and Hmong people. There are also a small percentage of Vietnamese, Laotians and Cambodians in the population.

RELIGION
94.6% of Thais are Buddhist, 4.6% of Thais are Muslim and 0.7% of Thais are Christian.

CLIMATE
Thailand's climate is tropical, with three distinct seasons: a hot season from March to mid-May; a rainy season due to the southwest monsoon, which generally runs from mid-May to October; and a dry and relatively cool season from November to February, when the north-east monsoon, coming from the Asian continent, prevails. However, the relatively cool season is felt in the north and in inland areas, while on the coasts and in the south, it's hot even in winter.



BILATERAL RELATIONS

双边关系

There is a popular saying among people in both our countries that "Thais and Chinese are never distant, as we are like brothers."

在中泰两国民间流传着这样一句俗语：“中泰一家亲。”简单明了又完美地概括了两国之间的关系。



The Establishment of the Bilateral Ties

There is a popular saying among people in both our countries that "Thais and Chinese are never distant, as we are like brothers." This simple phrase has indeed perfectly summed up our relationship. Over 700 years ago, the Kingdom of Sukhothai sent a diplomatic mission to China during the Yuan Dynasty and our two countries remained in contact through the junk trade until the Kingdom of Siam became the number one trading partner of ancient China.

Although Thailand and China had become estranged from 1911-1975 due to colonialism and ideological differences, both sides realized the importance of this partnership to the peace, stability and prosperity of our two nations and the region. As a result, efforts for rapprochement were made by both sides and eventually bore its fruit in 1975.

双边关系的建立

在中泰两国民间流传着这样一句俗语：“中泰一家亲。”简单明了又完美地概括了两国之间的关系。在 700 多年前的元朝，素可泰国就曾向中国派遣外交使团，之后两国通过旧货贸易保持联系，暹罗王国一度成为中国古代第一大贸易伙伴。

然而，在 1911 年至 1975 年期间，由于受到殖民主义和意识形态分歧的影响，泰国和中国之间的往来并不密切。但双方都认识到保持友好伙伴关系对两国和地区间和平、稳定与繁荣的重要性，因此，双方为实现和解所作的努力在 1975 年取得了重大成果。



On 1 July 1975, M.R. Kukrit Pramoj, Prime Minister of Thailand paid a courtesy call on Mao Zedong, Chairman of the Communist Party of China.

以建交关系为目的，泰国总理克里·巴莫亲王于 1975 年 7 月 1 日率团访华并且与毛泽东主席进行会晤。

The Joint Communiqués on the Establishment of Diplomatic Relations between the Kingdom of Thailand and the People's Republic of China were eventually signed on 1 July 1975, ushering in the new chapter of the two countries' bilateral relations.

1975 年 7 月 1 日，《中华人民共和国和泰国关于建立外交关系的联合公报》签署，开启了两国双边关系的新篇章。



On 1 July 1975, M.R. Kukrit Pramoj, Prime Minister of Thailand and Zhou Enlai, Premier of State Council, signed the Joint Communiqué on the Establishment of Diplomatic Relations between the Kingdom of Thailand and the People's Republic of China.

1975 年 7 月 1 日，泰国总理克里·巴莫亲王和中华人民共和国国务院总理周恩来分别代表本国政府在建交联合公报上签字。

Ever since, the cordial relations between Thailand and China have continued to prosper with mutual support and respect, family bonds, and deeply rooted cultural ties.

此后，中泰两国相互支持、彼此尊重，民心相亲、文化相通的友好关系不断繁荣发展。



Photo of the Welcoming Ceremony in Beijing organized by the Chinese Government in honour of M.R. Kukrit Pramoj, Prime Minister of Thailand, and Thai delegation on 30 June 1975.

1975 年 6 月 30 日中国国务院副总理邓小平在北京接待泰国总理克里·巴莫亲王及其代表团对中国进行正式访问的照片。



Group photo after the signing ceremony of establishment of the diplomatic relations, including important representatives from the two countries, for example:

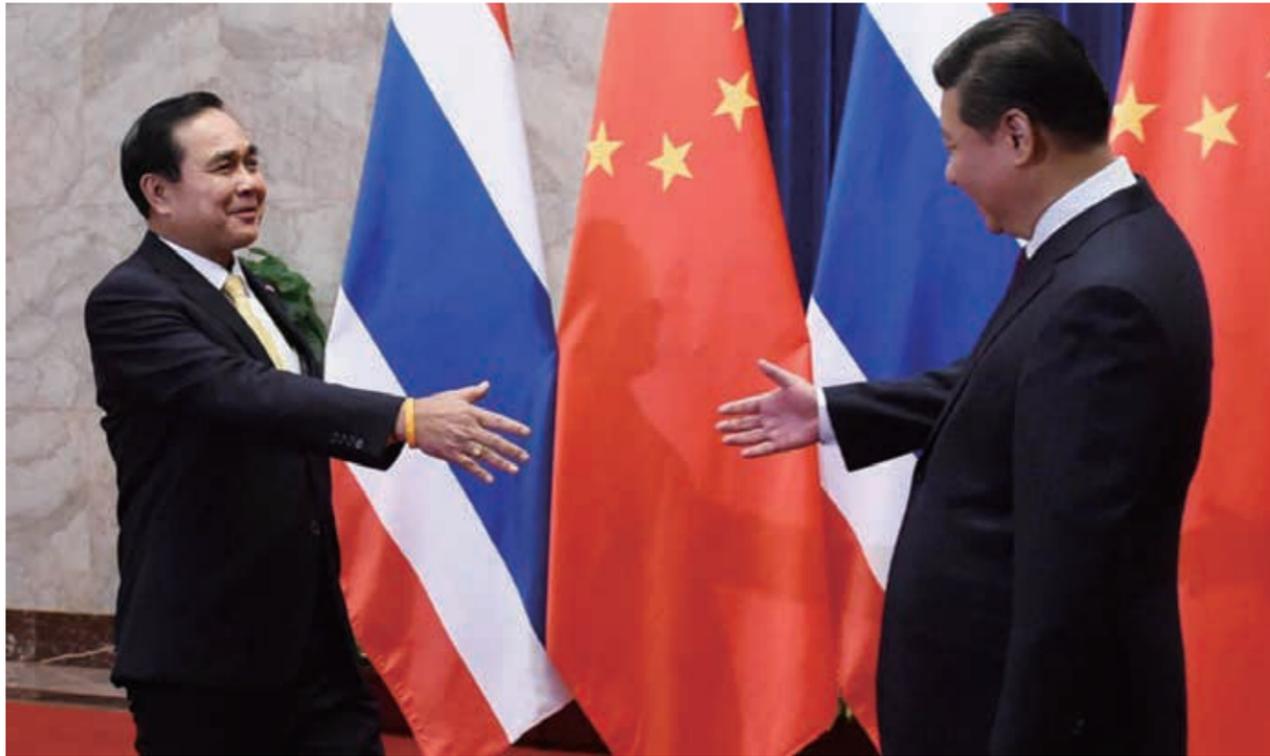
(Chinese side) Deng Xiaoping, the core leader of the CPC, Executive Vice Premier of the State Council; Zhu De, Chairman of the Standing Committee of the National People's Congress; Hua Guofeng, Vice Premier of State Council and Minister of Public Security.

(Thai side) M.R. Kukrit Pramoj, Prime Minister of Thailand; H.E. General Chatichai Choonhavan, Former Prime Minister of Thailand (serving as Minister of Foreign Affairs); H.E. Mr. Tej Bunnag, Former Minister of Foreign Affairs and Former Ambassador to China (serving as Director of Chinese Affairs Division, Ministry of Foreign Affairs); H.E. Mr. Don Pramudwinai, Minister of Foreign Affairs and Former Ambassador to China (serving as China Desk Officer, Ministry of Foreign Affairs).

泰国和中国政府高级代表团结束建交仪式后的合影照，其中包括两国若干重要人物，例如：

（中方）中国共产党的核心领导、国务院常务副总理邓小平；人民代表大会常委会委员长朱德；国务院副总理兼公安部部长华国锋。

（泰方）泰国总理克里·巴莫亲王；泰国前总理差猜·春哈旺（时任外交部部长）；泰国前外交部部长、前驻华大使德·汶纳（时任外交部中国处处长）；泰国外交部部长、前驻华大使敦·帕马威奈（时任外交部中国处外交官员）。



Exchange of High-Level Visits

Frequent high-level visits underscore the strong bilateral ties.

His Majesty King Maha Vajiralongkorn Phra Vajiraklaochaoyuhua paid royal visits to China in 1987, 1992 and 1998 when he was the Crown Prince. Her Royal Highness Princess Maha Chakri Sirindhorn also visits China every year and has been to all provinces in China. Her most recent trip was in September-October 2019 to receive the Friendship Medal from President Xi Jinping on the occasion of the 70th anniversary of the founding of the People's Republic of China.

Other members of the royal family have also paid royal visits to China, for example Her Royal Highness Princess Bajrakitiyabha Narendira Debyavati's official visit to Beijing in September 2017 and Her Royal Highness Princess Sirivannavari Nariratana Rajakanya's visit to Wuhan in 2019 as the team leader of the Thai equestrian team to participate in the 7th Military World Games.

At the governmental level, General Prayut Chan-o-cha, Thai Prime Minister, visited China not only for an official visit but also for attending international conferences such as APEC Summit in 2014, G20 Summit in 2016, and BRICS Summit in 2017. Most recently, the Prime Minister attended the 2nd Belt and Road Forum for International Cooperation in April 2019, paving a way for China and Thailand to expand their cooperation under the BRI initiative.

On the Chinese side, President Xi Jinping paid an official visit to Thailand when he was Vice President in 2011, laying a solid foundation for closer and deeper cooperation between the

two nations by focusing on 4 main areas, namely high-speed train, water management, clean energy and education. Premier Li Keqiang also visited Thailand in many occasions. The most recent one was in November 2019 when he led the delegation to Thailand to attend the 22nd ASEAN-China Summit, followed by an official visit.

Cooperation Mechanisms

Thailand and China have set up embassies in their respective capital and many consulates-general in various provinces. Thailand has 9 consulates-general in Shanghai, Guangzhou, Kunming, Nanning, Xiamen, Qingdao, Xi'an, Chengdu and Hong Kong, while China has three in Khonkaen, Chiangmai and Songkhla.

In 2012, Thailand and China have upgraded our relations to "Comprehensive Cooperative Strategic Partnership". The two main cooperation mechanisms between the two nations are as follows:

- (1) Joint Committee on Trade, Investment and Economic Cooperation co-chaired by Deputy Prime Minister of Thailand and State Councilor or Deputy Prime Minister of China which was set up in 2003.
- (2) Strategic Dialogue co-chaired by Permanent Secretary of Foreign Affairs of Thailand and Vice Foreign Minister of China which was established in 2012 to exchange views on current affairs and cooperation at bilateral, regional and global levels.

Moreover, Thailand has set up several joint working groups with local governments of Yunnan, Guangxi and Guangdong provinces of China. The Thai military is also in the process of establishing a

high-level dialogue with the PLA to promote our military ties and partnership in national defence further.

Economic Cooperation

On the economic aspect, China remains Thailand's number one trading partner for many years. Bilateral trade between the two countries has maintained its momentum, heading towards the target goal of USD 140 billion by 2021. In 2019, Foreign direct investment (FDI) applications from China, valued at USD 8.6 billion, comprised almost half of total foreign investment applications (USD 16.7 billion) making China number one foreign investor in Thailand for the first time. Furthermore, the number of Chinese tourists visiting Thailand in 2019 also made a new record of 10.99 million.

Our two nations also made significant progress on the flagship projects. For instance, the Thailand-China high-speed railway project which made a good start. Both sides are working hard to expedite relevant procedures so that the construction could finish at the earliest opportunity and become a showcase for successful cooperation under the framework of China's Belt and Road Initiative and the "Connect the Connectivities" of Thailand. In addition, the Thai-Chinese-Japanese consortium won the bidding in 2019 to develop a high-speed railway linking three international airports bridging Bangkok and the Eastern Economic Corridor in the eastern part of Thailand. The project will help facilitate the travelling and support Thailand's aim of becoming one of the aviation hubs of the region.

Joint Efforts Against COVID-19

The outbreak of Novel Coronavirus Pneumonia (COVID-19) has had an unprecedented impact on the global health security. Millions of people around the world have suffered from COVID-19, causing an enormously tragic loss of human life. Indeed, international and regional cooperation are much needed to fight against COVID-19 and mutually work on economic rehabilitation.

The strong support and sincere assistance between Thailand and China during the COVID-19 pandemic reflected the true friendship between the two countries. Since the very beginning of the outbreak in China, His Majesty King Maha Vajiralongkorn Phra Vajiraklaochaoyuhua graciously bestowed medical supplies for those working and living in the areas affected by the outbreak. In addition, the Royal Thai Government also sent medical supplies and cash donations to the Government of the People's Republic of China, and Thai friends have also shown their care and support to Chinese friends through various means. At the same time, China stood shoulder to shoulder with Thailand and offered a helping hand when the situation improved in China. Thailand and China continue to cooperate in the area of vaccine development and health care.

Apart from bilateral cooperation, Thailand and China also expressed support for each other both in the regional and

multilateral frameworks, particularly in the ASEAN-China Special Foreign Ministers' Meeting on the novel coronavirus disease on 20 February 2020 in Vientiane, Lao PDR. and the High-level Video Conference on Belt and Road International Cooperation: "Combating COVID-19 with Solidarity" on 18 June 2020.

Way Forward

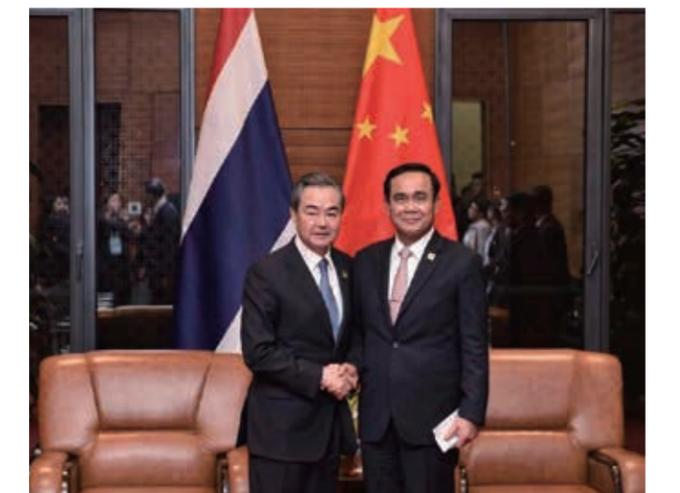
Although we have made significant progress in our 45 years of diplomatic relations, both sides still have a lot more work to do to advance our bilateral cooperation substantively. We should jointly identify new dimensions of our partnership beyond the bilateral level, such as partnership for regional collaboration, in line with the Royal Thai Government's policy of supporting regional connectivity and the "One Belt One Road" policy of President Xi Jinping.

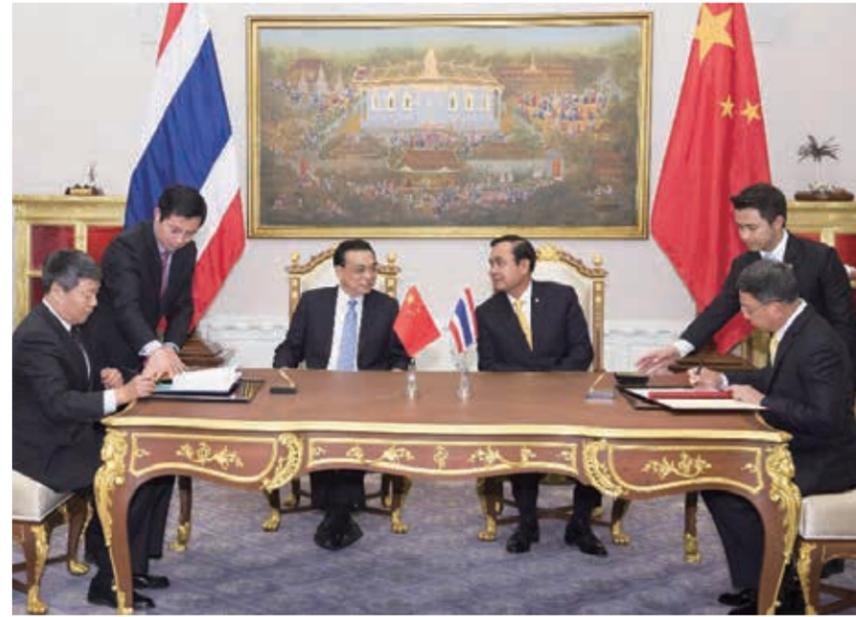
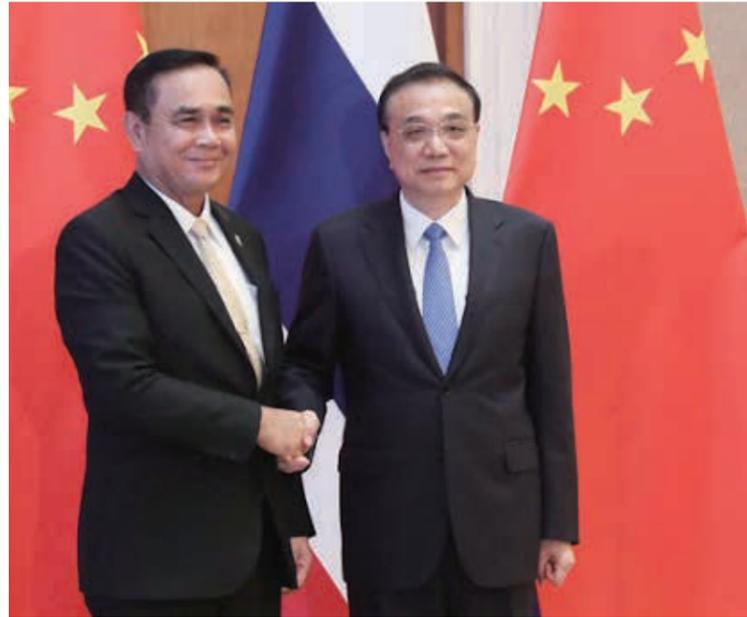
The next step in supporting the connectivity of our region could be the distribution of economic growth along the One Belt One Road and ASEAN's Connectivity concepts to ensure that no one is left behind.

Our national strategies, namely Thailand 4.0 and Made in China 2025 which aim to move forward our nations into a modernized digital economy are complementary to each other. In this regard, Thailand wishes to learn China's expertise in science, technology and innovation. We also look forward to deepening our cooperation in the area of digital economy and e-commerce to better integrate our micro, small, and medium enterprises into the global economy.

Moreover, Thailand and China can extend our cooperation into the areas of development and trade and investment cooperation in third countries, such as in other Asian and African countries.

Lastly, Thailand and China have always enjoyed good cooperation under the ASEAN framework. Thailand hopes to see more collaboration between our two countries both in ASEAN and other multilateral fora in all areas for mutual benefit and prosperity of our two countries and peoples.





高层互访

中泰高层互访频繁 双边关系坚实稳固

泰国国王玛哈·哇集拉隆陛下时任王储期间，曾于1987年、1992年和1998年对中国进行了正式访问。玛哈扎克里·诗琳通公主每年都会访华，曾到访过中国的所有省份。她最近一次访问在2019年9月至10月，并于中华人民共和国成立70周年之际接受了习近平主席颁发的友谊勋章。

其他王室成员也曾到访中国，例如，2017年9月，泰国公主帕差拉吉帝雅帕殿下正式访问北京；2019年公主希里婉瓦丽殿下访问武汉，并作为泰国马术队长参加了第七届世界军人运动会。

政府高层也与华保持密切交往。泰国总理巴育·占奥差曾多次正式访问中国，并参加了2014年亚太经合组织峰会、2016年G20峰会、2017年金砖国家峰会等国际会议。最近，总理出席了2019年4月举行的第二届“一带一路”国际合作论坛，为中泰在“一带一路”倡议下扩大合作铺平道路。

中方领导人多次访泰。2011年，习近平阁下任副主席期间曾正式访问泰国，重点推动两国在高铁、水资源管理、清洁能源、教育这四大领域的合作，为两国进一步深化合作奠定了坚实基础。李克强总理也多次访泰，最近一次是在2019年11月，他率领中国代表团赴泰国出席第22届东盟-中国峰会，随后展开对泰国的正式访问。

中泰国际合作机制

中国和泰国在各自首都互设大使馆，并在多个省份互设总领馆。泰国在上海、广州、昆明、南宁、厦门、青岛、西安、成都和香港设有九个总领馆，中国在泰孔敬、清迈和宋卡设

有三个总领馆。

2012年，中泰关系升级为“全面战略合作伙伴关系”。 两国的两个主要合作机制如下：

(1) 中泰贸易、投资和经济合作联合委员会（中泰经贸联委会）：成立于2003年，由泰国副总理和中国国务委员（或副总理）共同主持。

(2) 中泰战略对话：由泰国外交部次长和中国外交部副部长共同主持，成立于2012年，旨在就双边、地区和全球层面的时事和合作交换意见。

此外，泰国还与中国云南省、广西省和广东省的地方政府成立了多个联合工作组。泰国军方也正在与中国人民解放军商谈成立高层对话，以进一步促进两国在国防领域的军事联系和伙伴关系。

经济合作

在经济方面，中国多年来一直是泰国第一大贸易伙伴。两国双边贸易发展势头强劲，稳步向2021年双边贸易额达到1400亿美元的目标迈进。2019年，来自中国的外商直接投资申请高达86亿美元，几乎占据境外投资申请总额（167亿美元）的一半，使中国首次成为泰国第一大境外投资者。此外，2019年赴泰国旅游的中国游客数量也创下1099万人次的新纪录。

中泰在旗舰项目的发展上取得了重大进展。例如，中泰高铁项目便是一个良好开端。双方正努力加快相关程序审批，推动建设尽早完成，成为在中国“一带一路”倡议和泰国“互联互通”框架下合作的成功典范。此外，中-泰-日企业联合体在2019年中标开发的连接三个机场的高铁项目，将实现

曼谷和泰国东部经济走廊的衔接。项目建成后将为旅游提供巨大便利，并实现泰国成为区域航空枢纽之一的目标。

共同抗击新冠肺炎疫情

新冠肺炎疫情的爆发对全球卫生安全产生了前所未有的冲击。全世界数以百万计的人遭受了病毒的侵袭，无数鲜活的生命丧生在病毒的肆虐之下。实际上，抗击新冠肺炎疫情并恢复经济发展，更加需要国际和区域间合作。

“患难见真情”，疫情期间中泰两国共克时艰、守望相助，彰显了两国之间的风雨同舟、和衷共济的真正友谊。疫情在中国爆发之初，泰国国王玛哈·哇集拉隆陛下向在疫情爆发地工作和生活的泰国同胞慷慨捐赠医疗用品。此外，泰国政府也为中国送去防疫物资和现金捐助，泰国各界人士以不同方式传达对中国朋友的关心和支持。同样的，中国在国内疫情防控形势持续向好之时对泰国伸出援手，携手并肩共同抗疫。泰中两国也将继续在疫苗研发和卫生保健领域开展合作。

除双边合作外，泰国和中国还在区域事务和多边领域合作中相互支持。特别体现在中国-东盟关于新冠肺炎问题特别外长会（2020.2.2，老挝万象），和以携手抗击新冠肺炎疫情为主题的“一带一路”国际合作高级别视频会议（2020.6.18）上。

未来的前进方向

尽管中泰建交45年来取得了重大发展成果，但双方仍需不断努力以深化实质性合作。中泰应该共同建立更高维度的新型伙伴关系，如扩大区域合作机制，推动泰国政府支持的区域互联互通战略与习近平主席提出的“一带一路”倡议实

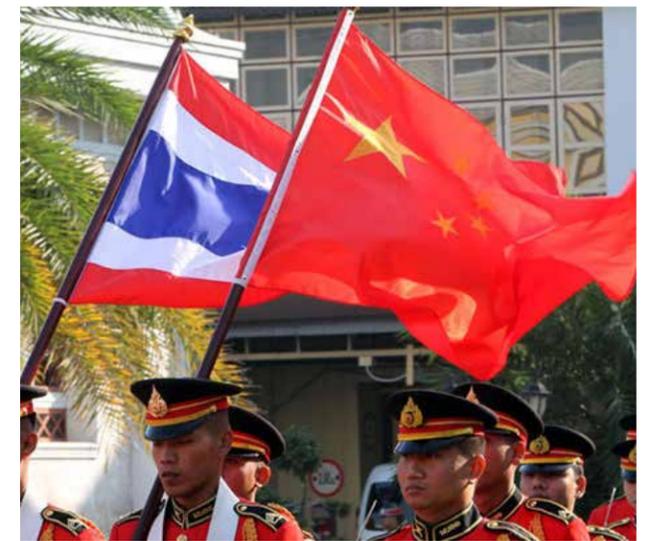
现有效对接。

实现“区域联通”的下一步是“一带一路”沿线经济增长布局 and 东盟互联互通构想，以确保不让任何一个人掉队。

“泰国4.0”战略对接“中国制造2025”战略，旨在推动两国进入现代化的数字经济时代。泰方愿学习中国在科技创新领域的特长，并深化两国在数字经济和电子商务领域的合作，使两国中小微企业能够更好地融入经济全球化的浪潮之中。

此外，中泰两国还可以将合作拓展到第三国家，如在其他亚非国家的贸易和投资领域进行合作。

最后，中泰在东盟框架下一直保持着良好的合作关系。泰国希望能加强与中方在东盟和其他多边论坛上的合作，以造福两国和两国人民，实现互利共赢、繁荣发展。





为中泰经济发展注入正大力量

Inject CP strength into China-Thailand Economy



正大集团于1921年在泰国曼谷创建。集团秉承利国、利民、利企业的经营宗旨，历经近百年的蓬勃发展，业务已遍及全球100多个国家和地区，员工约35万人，2019年全球销售额约680亿美元。

作为改革开放后第一家进入中国大陆的外资企业，40年来，正大集团不断加大在华投资力度，是改革开放伟大历程的参与者、见证者、贡献者，也是受益者。截至目前，正大集团在中国设立企业600多家，下属企业遍布除西藏以外的所有省份，员工9万人，总投资额超1200亿元人民币，年销售额近1500亿元人民币。

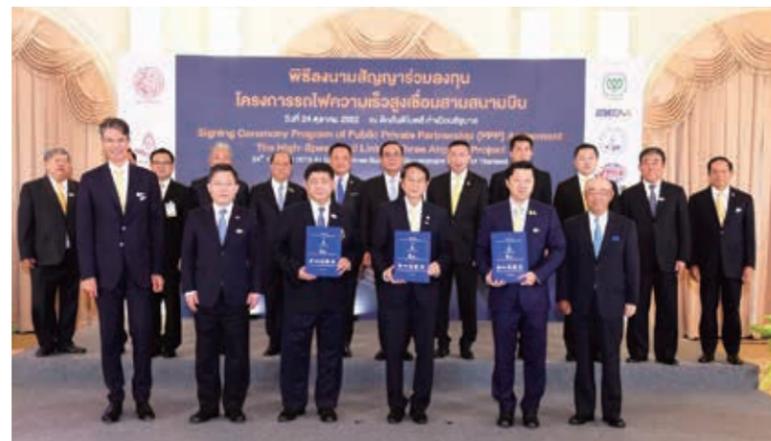
农牧食品是正大集团在中国最主要的投资项目。秉持“做世界的厨房，人类能源的供应者”的企业愿景，正大集团全力打造从种子、种植、饲料、养殖，到食品加工、零售、餐饮、物流的一体化经营，通过优选畜禽和水产品种，引进世界生产工艺和设备，采用科学的全封闭式可视监控体系和严格的防疫制度，对原材料、生产过程和终端产品实行严格的监控和检验，实现了产品的全程可追溯，为食品安全、消费者安全、健康可

持续发展提供了坚实保障。

作为中泰友谊的见证者，正大集团积极参与和推动两国的跨国经贸合作。近年来，为响应习近平主席提出的“一带一路”倡议，正大集团积极向泰国政府建言献策，推进泰国东部经济走廊（Eastern Economic Corridor，简称EEC）的发展，并中标连接三大机场高铁项目。为了三大机场高铁项目的成功推进，正大集团联合了中国铁建、铁四院、中车四方，以及日本、意大利等国企业，促成了“一带一路”倡议在泰国的开展与合作，具有非常重要的典范作用。

除了泰国三大机场高铁项目，正大集团还利用自身优势，整合各方资源，联合中国企业“走出去”——与上汽合资在泰国设厂生产汽车；中国移动与泰国电信“True”签订股份认定协议；与北汽福田汽车集团签署“一带一路”战略合作协议，共同开拓泰国乃至东盟市场等。

正大集团资深董事长谢国民和董事长谢吉人表示将长期看好中国的发展前景，并将继续本着“共商、共建、共享”的原则，为推进“一带一路”倡议、促进中泰友好和经贸交流发挥更大的作用。



2019年10月24日，在泰国总理府，泰国国家铁路局与正大集团连接三大机场高铁项目合作投资协议签署仪式举行。泰国总理巴育上将将与谢吉人董事长、谢谔仁 CEO 等出席签约仪式代表合影。

On October 24, 2019, Signing Ceremony Program of Public Private Partnership (PPP) for the High-speed Rail Linking Three Airports (Don Mueang-Suvarnabhumi-U-Tapao) Project between the State Railway of Thailand (SRT) was held. Prime Minister General Prayut Chan-o-cha took a group photo with Mr. Soopakij Chearavanont, Chairman of CP Group and Mr. Suphachai Chearavanont, CEO of CP Group.

Charoen Pokphand Group was founded in Bangkok in 1921. Adhering to the business objectives of benefiting the country, the people and the company, the Group has experienced vigorous development for nearly a hundred years. Its business has covered more than 100 countries with more than 350,000 employees around the world and its sales reached approximately US\$68 billion in 2019.

As the first foreign corporation since China economic reform and opening-up, CP Group has continuously increased its investment in China in the past 40 years. It is a participant, witness, contributor and beneficiary of the great historical course of economic reform and opening-up. Employing more than 90,000 employees in China, CP Group has accumulated a total investment of more than 120 billion yuan, and its annual sales has reached nearly 150 billion yuan with more than 600 enterprises scattered across nearly all of the country's provinces except Tibet.

Agri-food is CP Group's top priority. Adhering to the vision of "the kitchen of the world, energy for human beings", the Group has spared no effort to promote the integration of seed, crop integration, animal feed, livestock and poultry breeding, food processing, retail, food & beverage, logistics. In order to provide safe and healthy food for consumers and ensure healthy and sustainable development, the Group has taken a series of measures, including optimizing livestock and aquaculture varieties, introducing world advanced technics and equipment, adopting scientific and fully enclosed visual monitoring system and strict epidemic prevention system, and strengthening the monitoring and inspection on the raw materials, the production process and the terminal products. In this way, the end-to-end product traceability is finally achieved.

As a witness of China-Thailand friendship, CP Group has been actively involved in and promoted international economy and trade cooperation between the two countries. In recent years, CP Group has actively made recommendations to the Thai government in response to "the Belt and Road" Initiative proposed by President Xi Jinping and has made effort to push for the development of Thailand's Eastern Economic Corridor (EEC). It won the bidding for the high-speed railway project linking Thailand's three major airports. In order to successfully drive the project forward, CP Group joined forces with China Railway Construction Corporation, China Railway Siyuan Survey and Design Group, CRRC Qingdao Sifang Corporation, as well as firms from Japan and Italy. The



2019年中国国庆期间，谢国民资深董事长和谢吉人董事长应邀参加庆祝中华人民共和国成立70周年招待会、庆祝大会和联欢活动并观礼阅兵。

Mr. Dhanin Chearavanont, Senior Chairman of CP Group, and Mr. Soopakij Chearavanont, Chairman of CP Group, attending the National Day reception and observe the military parade in 2019.

Group facilitated the execution of "the Belt and Road" Initiative in Thailand and no doubt has offered a strong role model.

In addition to the high-speed railway projects connecting three major airports in Thailand, CP Group has also leveraged its own strengths to integrate resources from various parties and work with Chinese companies to "go global"—CP Group signed a contract with SAIC Motor to jointly build cars in Thailand; China Mobile and Thai telecommunications carrier True Corp signed the "Share Subscription Agreement"; CP Group and Foton Motor signed "the Belt and Road" strategic partnership agreement to explore Thai market, even ASEAN (the Association of Southeast Asian Nations) markets.

Mr. Dhanin Chearavanont, Senior Chairman of CP Group, and Mr. Soopakij Chearavanont, Chairman of CP Group, said that they are always optimistic about prospects for growth in China, and also continue to promote "the Belt and Road" Initiative and China-Thailand friendship, as well as the economic and trade exchanges between the two countries according to the principle of extensive consultation, joint contribution, and shared benefits.





ECONOMY & INVESTMENT

经济投资





Thailand's Economic Performance

Thailand is the world's 20th largest country by population and the 30th largest economy. In Southeast Asia Thailand's economy is the second largest with a gross domestic product (GDP) of around USD 543.7 billion¹, after Indonesia, and its per capita income was approximately US \$7,996.2 in 2019. Locating in the heart of Southeast Asia, Thailand enables easy access to some of the largest and fastest growing markets in the world. The country offers high quality infrastructure for air, land, sea, and rail transportation, as well as excellent digital connectivity, a highly skilled labor force, and an excellent standard of living, making Thailand an outstanding value when considering its cost effectiveness.

The country has a strong domestic market and a growing middle class, with the private sector being the main engine of growth. Thailand also has a strong industrial sector and a robust and growing service sector centred on the tourism and financial service industries. The strength of the Thai economy lies in its financial

system, market size, business dynamism, macroeconomic stability, and health. Thailand's international ranking has been consistently elevated, particularly in competitiveness, ease of doing business, and logistics. In the medical and healthcare perspective, Thailand is the 6th ranking among a total of 195 countries for the world's strongest health security making Thailand is Asia's Number 1 and the only developing country on the World top ten list according to Johns Hopkins University Center for Health Security.

The Thai economy has been resilient throughout a number of regional and global economic slowdowns. During the COVID-19 pandemic, Thailand's economy like many others that are deeply integrated in the global supply chain has been affected by the disruption of global economic activities due to the outbreak of COVID-19. Thailand has implemented economic measures, worth more than 10 per cent of its GDP, to mitigate the impact of the outbreak on the livelihoods of its people. The three phases of

¹ Nominal GDP(2019), National Economic and Social Development Council (NESDC)

economic relief packages include wide-ranging measures from soft loans, debt moratoriums, cash handouts, extending tax filing deadlines, and the establishment of the Corporate Bond Liquidity Stabilization Fund.

Thailand enjoys a strategic location that provide easy access to other nine members of Association of Southeast Asian Nations (ASEAN), a larger market of nearly 600 million people. Thailand can be the springboard for China to access other markets in all directions of the region. Based on President Xi Jinping's Belt and Road Initiative, Thailand can physically connect with China both in the north-south and the east-west directions through network of roads and rails. In addition, Thailand's friendly relations and expanding network of free trade agreements (FTA) with other countries have further opened up trade access to markets both within and outside the region. Thailand offers the rewards of almost tariff-free trade with 18 different nations, including major global economies such as Australia, China, New Zealand and South Korea, as well as the ASEAN community. As an open economy with liberal economic policies, Thailand has signed 13 FTAs. This have made the country a regional centre for international travel and trade, as well as hub for various industries, such as automotive and agro-industries. Moreover, the signing of the Regional Comprehensive Economic Partnership (RCEP), which would be the world's largest trade agreement by population and cover roughly one third of global GDP, in the near future would provide a major boost for regional economies, enhance business confidence and strengthen a multilateral trading system. Additionally, Thailand is a leader in adopting the national single window system which enhances connectivity among the 10 ASEAN countries. The system reduces regional trade barriers and increases the efficiency of the regional financial system due to simplified customs clearance.

Logistically, Thailand is well-connected to the fast-growing CLMV (Cambodia, Lao PDR, Myanmar and Vietnam) sub-region by excellent transportation infrastructure, including rail, road, water and airways. The ongoing national investment and rapid development of Thailand's logistics systems are integrating the country's transportation system with those of emerging economic powerhouses. This brings vast opportunities for cross-border trade and investment, making Thailand an ideal investment destination.

Moreover, Thailand has strong connections to the world of digital information through multiple high capacity bandwidth submarine cable systems. Currently, there are 8 marine cable systems mostly owned by state enterprises. To support Thailand's rising consumer demand, and to enable widespread adoption of cutting-edge information tools such as big data analysis, the country is expanding their connectivity to the Asia-Pacific region spanning from Singapore to Japan and mainland China.

Thailand does not only connect countries and regions logistically and digitally. More importantly, Thailand has connected countries' people and businesses for a long time. This strategic location makes Thailand a center of doing businesses in the region. With a favorable investment climate, streamlining of government legislation, a growing domestic market, access to resources and entrepreneurial spirit and an open society, many companies and organizations have chosen to locate their offices or headquarters in Thailand. Thailand has been the second home for numerous global MNEs, and a supply chain hub for major industries. Thailand has long been known for its open, free, and business-friendly market economy and sound macro-economic policies with fiscal and monetary prudence. Thailand's international ranking has been consistently improved. World Bank Group's Ease of Doing Business Index 2020 ranks Thailand 21 of 190. The U.S. News ranks Thailand as the best country to start new business for 2018-2019.

- Thailand is one of the top three export bases in ASEAN. In 2019, the country registered an export growth of 6.7% to US \$245.35 billion.
- Thailand is the world's largest supplier of high-quality natural rubber, accounting for US \$4.1 billion or 31.5% of total natural rubber exports in 2019.
- Thailand has been dominating the world exports of canned tuna with 20.15% of global market share. The export value of canned tuna of Thailand in 2019 is \$2.18 billion.
- Thailand has long been a globally important producer and exporter of rice, ranking 2nd in term of exports. It has achieved 21% of global exports which amounting to \$4.19 billion (19.2% of world market share) in 2019.





Bloomberg's Misery Index ranks Thailand as the happiest economy in the world for the 5th consecutive year.

Going forward, Thailand will continue to strengthen its infrastructure particularly with regards to connectivity, particularly involving the Eastern Economic Corridor (EEC), digital infrastructure to continue the country's digital transformation, as well as turn the Bio-Circular-Green economic model into reality for sustainable and self-sufficient development. Thailand is committed to fostering and ensuring a favorable business and investment environment. With infrastructure and world-class services, Thailand stands ready to welcome more Chinese and other foreign businesses and investment to our country, particularly to the EEC. With our strong medical sector, inclusive public health system, and food security, Thailand is well-positioned and safe to further drive the EEC as a prime investment destination in ASEAN. Thailand will continue to streamline its laws and regulations, improve its infrastructure, enlarge the pool of quality workforce and promote research and development to strengthen creative economy. Thailand therefore remains a favourite investment destination of choice for foreign investors looking for business opportunities both within Thailand and throughout Asia, attracting approximately USD 16 billion of foreign direct investment in 2019.

The Royal Thai Embassy in Beijing, along with Thai Consulate-Generals as well as representative of Thai agencies including Thailand Board of Investment (BOI), which reports directly to the Office of the Prime Minister underscoring the country's commitment to supporting economic investment, stands ready to support trade and investment between Thailand and China.

泰国经济状况

泰国人口总数位列世界第二十位，经济规模居世界第三十位。泰国是东南亚第二大经济体，其国内生产总值（GDP）约为 5437 亿美元¹，仅次于印度尼西亚；2019 年国内人均收入达到 7996.2 美元左右。泰国位于东南亚的心脏地带，因此拥有便捷的条件连接一些世界最大、增长最快的市场。泰国基础设施建设完善，航空、陆地、海上和铁路运输系统发达，其高效率的数据连通、高素质的劳动力和高质量的生活水平，使泰国在成本效益考量中凸显出独特的优势与价值。

泰国国内市场广阔，中产阶级规模不断壮大，私营部门是经济增长的主要动力。泰国工业发达，以旅游业和金融服务为主的第三产业发展迅速。泰国经济的优势在于其金融体系、市场规模、商业发展活力、以及平稳健康运行的宏观经济。泰国在世界的排名不断提高，特别是在国际竞争力、经商便利性和物流领域。在医疗卫生方面，根据约翰霍普金斯大学健康安全中心发布的报告显示，泰国在全球卫生安全指数领先的 195 个国家中排名第 6，成为亚洲第一个，也是唯一一个进入世界榜单前十的发展中国家。

在大部分地区 and 全球经济放缓的背景下，泰国经济一直具有强大的适应力。新冠肺炎疫情爆发以来，像许多深刻融

入全球供应链的国家一样，泰国的经济也受到了由于疫情而导致的全球经济活动中断的影响。但是泰国已经实施经济措施，价值超过其国内生产总值的 10%，以减轻疫情对其人民生计的冲击。三个阶段的经济救助计划措施广泛，包括发放软贷款、延期偿付债务、现金拨款、延长纳税期限、以及设立稳定企业债券流动性的基金。

泰国地理位置优越，能够方便到达东南亚国家联盟（ASEAN）的其他 9 个成员国，这是一个拥有近 6 亿人口的更为庞大的市场。泰国有望作为中国进入东南亚地区其他市场的跳板。在习近平主席提出的“一带一路”倡议下，泰国可以通过南北和东西走向的道路和铁路网实现与中国在空间上相连接。并且，泰国与其他国家的友好关系和不断扩大的自由贸易协定（FTA）网络，进一步开放了区域内外贸易的市场准入。泰国与 18 个国家，包括澳大利亚、中国、新西兰和韩国等全球主要经济体，以及东盟共同体，开展几乎免关税贸易；作为一个经济政策自由的开放型经济体，泰国已经签署了 13 个自贸协定；这促使泰国成为了本地区国际旅行和贸易的中心，以及多种工业产业的枢纽，例如汽车产业和农产品加工业。更重要的是，即将签署的区域全面经济伙伴关系协定（RCEP）将是世界上涉及人口最多的贸易协定，约占全球生产总值的三分之一，在不久的将来将大大推动区域经济发展，增强商业信心，完善多边贸易体系。此外，泰国率先采用国家“单一窗口”通关体系，以增强东盟十国之间的连通性。由于通关手续得到简化，该制度成功减少了区域贸易壁垒，提高了区域金融体系的效率。

- 泰国是东盟三大出口生产基地之一。2019 年，泰国出口增长 6.7%，达到 2453.5 亿美元。
- 泰国是世界上最大的优质天然橡胶供应国，2019 年出口额为 41 亿美元，占全球天然橡胶总出口额的 31.5%。
- 泰国在世界金枪鱼罐头出口方面占据主导地位，拥有全球市场份额的 20.15%。2019 年泰国金枪鱼罐头出口额为 21.8 亿美元。
- 长期以来，泰国是世界重要的大米生产国和出口国，出口规模排名第二。2019 年出口额达到 41.9 亿美元，占全球出口额的 21%（占世界市场份额的 19.2%）。

• 在物流领域，泰国通过完善的交通基础设施建设，

包括铁路、公路、水路和航空线路，与快速发展的柬老缅越（柬埔寨、老挝、缅甸和越南）次区域形成良好的互联互通。不断增长的国家投资和快速发展的物流体系正在整合泰国对接新兴经济强国的运输系统。这将为跨境贸易和投资带来巨大机遇，推动泰国成为理想的投资目的地。

同时，泰国与数字信息世界联系紧密，建设有多个大容量光纤海底电缆系统。目前，有八个海底电缆系统主要由国有企业负责管理。为了满足国内不断增长消费需求，并推动尖端信息工具的广泛使用，例如大数据分析，泰国正在进一步扩大与亚太地区的联系，从新加坡到日本和中国大陆。

泰国不仅在物流和数字信息上与其他国家和地区保持联系，更重要的是，泰国长期以来汇聚了各国人民和企业。这一战略定位使泰国成为区域商业中心。得益于其良好的投资环境、精简的政府立法、不断扩大的国内市场、可共享的资源、创业精神以及开放的社会，许多公司和组织都选择在泰国设立办事处甚至总部。泰国是众多跨国公司的第二故乡，以及主要产业的供应链枢纽。泰国一直以开放、自由、经商便利的市场经济，稳健的宏观经济政策，以及审慎的财政与货币政策而闻名。泰国的国际排名在不断提高，根据世界银行集团（World Bank Group）发布的《2020 年营商环境报告》显示，泰国在领先的 190 个国家中名列第 21 位。《美国新闻与世界报道》（The U.S. News）将泰国列为 2018-2019 年最佳创业目的地。在彭博全球“悲惨指数”排名中，泰国更是连续第五年被评为世界上最幸福的经济体。

未来，泰国将继续加强其基础设施建设，增强其连通性，特别是涉及东部经济走廊（EEC）的数字基础设施，以推动国家数字化转型；并构建“BCG”经济发展新模式，实现可持续、自给自足的长远发展。泰国致力于营造并确保良好的商业和投资环境，凭借其基础设施和世界一流的服务，随时欢迎更多的中国企业以及其他国外企业来泰投资，特别是投资泰国的东部经济走廊。凭借强大的医疗卫生系统、全面的公共卫生体系、以及有保障的食品安全，泰国将以优越的区位条件和安全的环境进一步推动东部经济走廊成为东盟地区的主要投资目的地。国家还将继续精简相关法律法规，完善基础设施建设，培养更多高素质劳动力，促进科技研发，加速发展创新型经济。因此，无论是在泰国国内还是在整个亚洲，泰国仍然是外国投资者寻找商机的首选目的地，2019 年泰国吸引了大约 160 亿美元的国外直接投资。

泰国驻华大使馆、泰国各总领事馆以及其他泰国机构，例如泰国投资促进委员会（BOI），以直接向总理办公室汇报的方式，进一步强调了泰国对经济投资的支持，并已做好充足准备为中泰贸易和投资助力。

¹ 名义上的国内生产总值（2019 年），国家经济和社会发展委员会（NESDC）

TopThai Flagship Store 泰国产品旗舰店

The Department of International Trade Promotion, Ministry of Commerce of Thailand has launched “TopThai Flagship Store” on Tmall Global to promote and distribute Thai products, particularly food, personal care, and fashion & lifestyle products on the online platform.

泰国商务部的国际贸易促进厅在天猫国际推出了“泰国食品官方旗舰店 (TOPTHAI)”，在线上推广和分销泰国产品，主要包括食品、个人护理和时尚及生活用品。



Bio-Circular-Green (BCG) Economic Model “BCG”

For a sustainable economic development, Thailand has adopted the BCG (Bio – Circular – Green) Economic Model:

- The concept of bio economy focuses on the country’s strength in biodiversity with addition of advanced technologies and innovations to create more values.
- Circular economy will develop the “highest” value out of natural resources while keeping waste at a minimum or zero waste.
- Green economy is an economic development that involves mitigating global environmental issues.

In keeping with international best practices and achieve SDGs, the BCG Economic Model will help Thailand use resources more efficiently, produce minimal waste, and reduce the impact on the environment. The realization of the BCG economy lies in the development of science, technology, and innovation to use natural resources efficiently, to manage wastes, and to recycle materials.

Thailand welcomes cooperation in scientific research and knowledge sharing that will lead to concrete outcomes that will be beneficial economic development that is conscious of environmental impacts.

经济发展新模式

为了实现经济的可持续发展，泰国提出英文缩写为“BCG”的新型经济模式：

- “生物经济” (Bio economy) 的概念注重国家在生物多样性方面的优势，并凭借先进的技术和创新来创造更大价值。
- “循环经济” (Circular economy) 将尽可能发挥自然资源的最大价值，同时控制将废弃物总量降到最低，甚至实现零浪费。
- “绿色经济” (Green economy) 是涉及缓解全球环境问题的经济发展模式。

学习国际上成功的实践，实现可持续发展目标，BCG 经济模式将有助于泰国更有效地利用资源，降低污染，并减少对环境的影响。BCG 经济的实现有赖于科学、技术和创新的发展，解决如何有效利用自然资源，控制排放，回收资源等问题。

泰国欢迎各界在科学研究领域合作，共享知识，带来具体成果，以增加环境意识带动经济发展。



Digital Economy

Thailand encourages investment in the digital technology sector to drive towards a "Digital Thailand". The government continues to develop its tele-communication infrastructure to strengthen its digital economy and enable Industry 4.0.

As the value of Thailand's e-commerce has been on the rise in the past few years combined with continuous digital infrastructure development, there are opportunities to cooperate and it is worthwhile to invest in Thailand's digital economy especially with growing demands in online retailing and online delivery services.

In February 2020, Thailand became the first country in ASEAN to hold 5G license auction in which the National Broadcasting and Telecommunications Commission auctioned three spectrum ranges for private companies and state enterprise to set up 5G infrastructure. Next year, it is expected that Thailand will begin the commercial use of 5G and the second batch of 5G licenses will be auctioned.

数字经济

泰国鼓励投资数字技术领域，力争实现“数字泰国”目标。政府将继续完善电子通讯基础设施，发展数字经济，以转型进入工业4.0时代。

在过去几年中，泰国的电商市场价值飞升，数字基础设施不断完善，在线零售和在线送货服务的需求大量增长，因此，泰国的数字经济领域涌现了很多值得投资与合作的机会。

2020年2月，泰国成为东盟第一个拍卖5G牌照的国家，国家广播和电信委员会(NBTC)拍卖了三个频段，供私营和国有企业建立5G基础设施。预计泰国将在明年开始5G商用，并拍卖第二批5G牌照。



Smart Cities

Smart city development is a part of the national agenda as Thailand prepares for the changing environment of disruptive technologies and fosters sustainable development through the use of environmentally-friendly innovations.

The Thai government launched a policy to develop smart cities in major provinces throughout the country. The initial development will focus on pilot projects in Bangkok, Chiang Mai, Phuket and Khon Kaen as well as the three provinces within the EEC.

Smart City is designed to upgrade people's quality of life in 7 intelligent platforms ("7 Smarts"); namely, efficient transport (Smart Mobility), education and social equitability (Smart People), life security (Smart Living), ease of doing business (Smart Economy), efficient public services (Smart Governance), green and safe energy (Smart Energy) and clean, efficient and balanced management of resources and environment (Smart Environment). Smart Environment is set as a compulsory component for smart city development.

Special incentives for investment in smart city development are available through the Board of Investment. These incentives include 8-year exemption of corporate income tax, and import duty exemption.

Thailand's "Smart City" is being developed through cooperation with ASEAN countries under ASEAN Smart Cities Network (ASCN).

智慧城市

发展智慧城市是国家战略的一部分，泰国已经做好充分准备来适应尖端技术不断更新的国际环境，并计划通过环境友好型创新促进可持续发展。

泰国政府推行了在全国主要府发展智慧城市的政策。初步的开发试点将集中在曼谷、清迈、普吉和孔敬以及东部经济走廊三府。

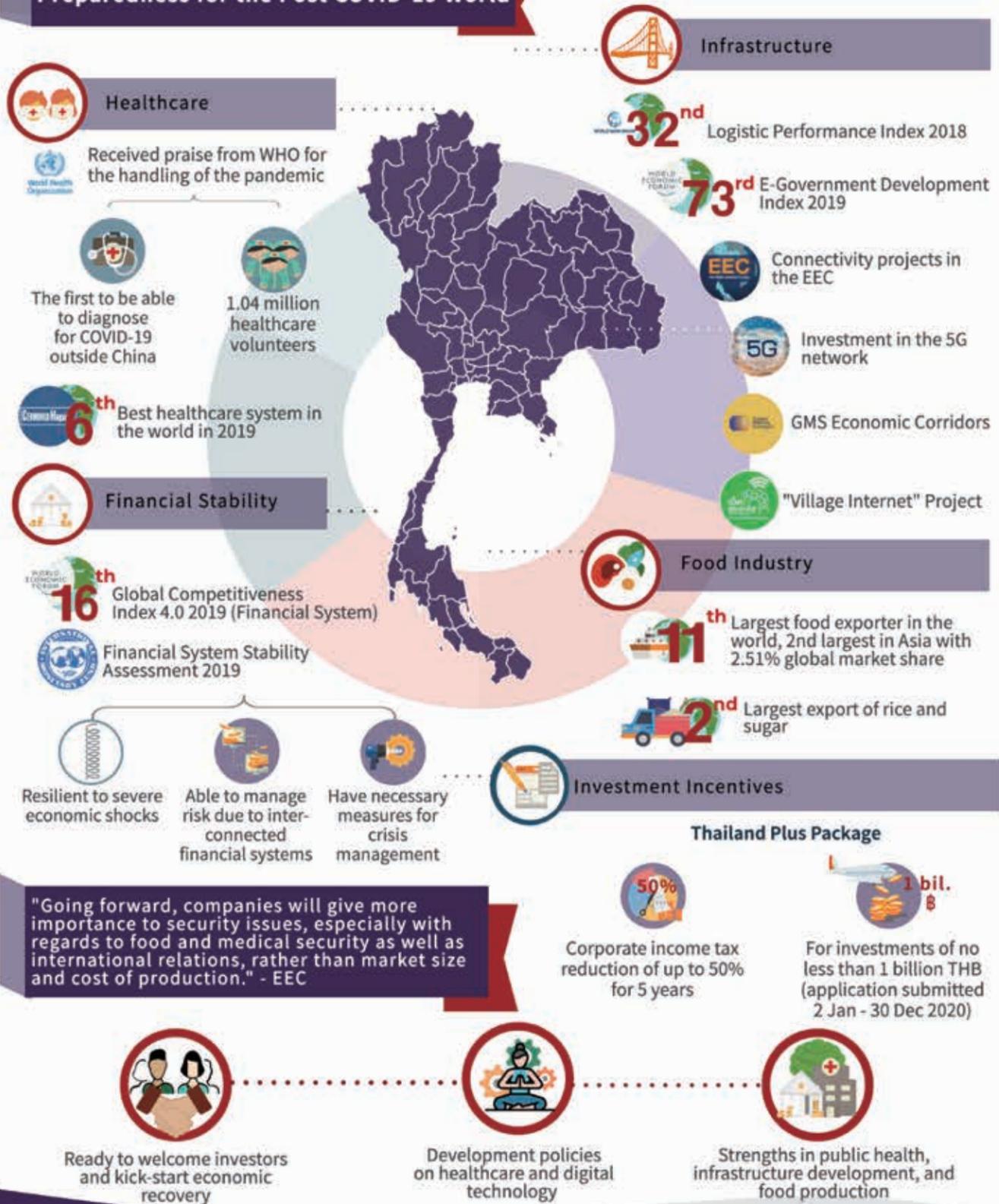
智慧城市旨在通过“七个智慧”来提高人民的生活质量，即高效交通（智慧出行）、教育和社会公平（智慧人群）、生活安全（智慧生活）、经商便利（智慧经济）、高效公共服务（智慧治理）、绿色安全能源（智慧能源）以及清洁、高效和平衡的资源和环境管理（智慧环境）。其中，智慧环境对智慧城市发展必不可少。

投资促进委员会公布了一系列特殊激励措施来鼓励投资智慧城市发展，包括八年内免征企业所得税和进口税。

通过东盟智慧城市网络（ASCN）框架，泰国正在与其他东盟国家合作发展“智慧城市”。

THAILAND'S COMPETITIVENESS

Preparedness for the Post COVID-19 World



Incentives Under The Investment Promotion Act

In order to obtain investment promotion, the BOI applicant must follow the conditions prescribed by the Board of investment as specified in the BOI promotion certificate in which the following incentives will be granted:

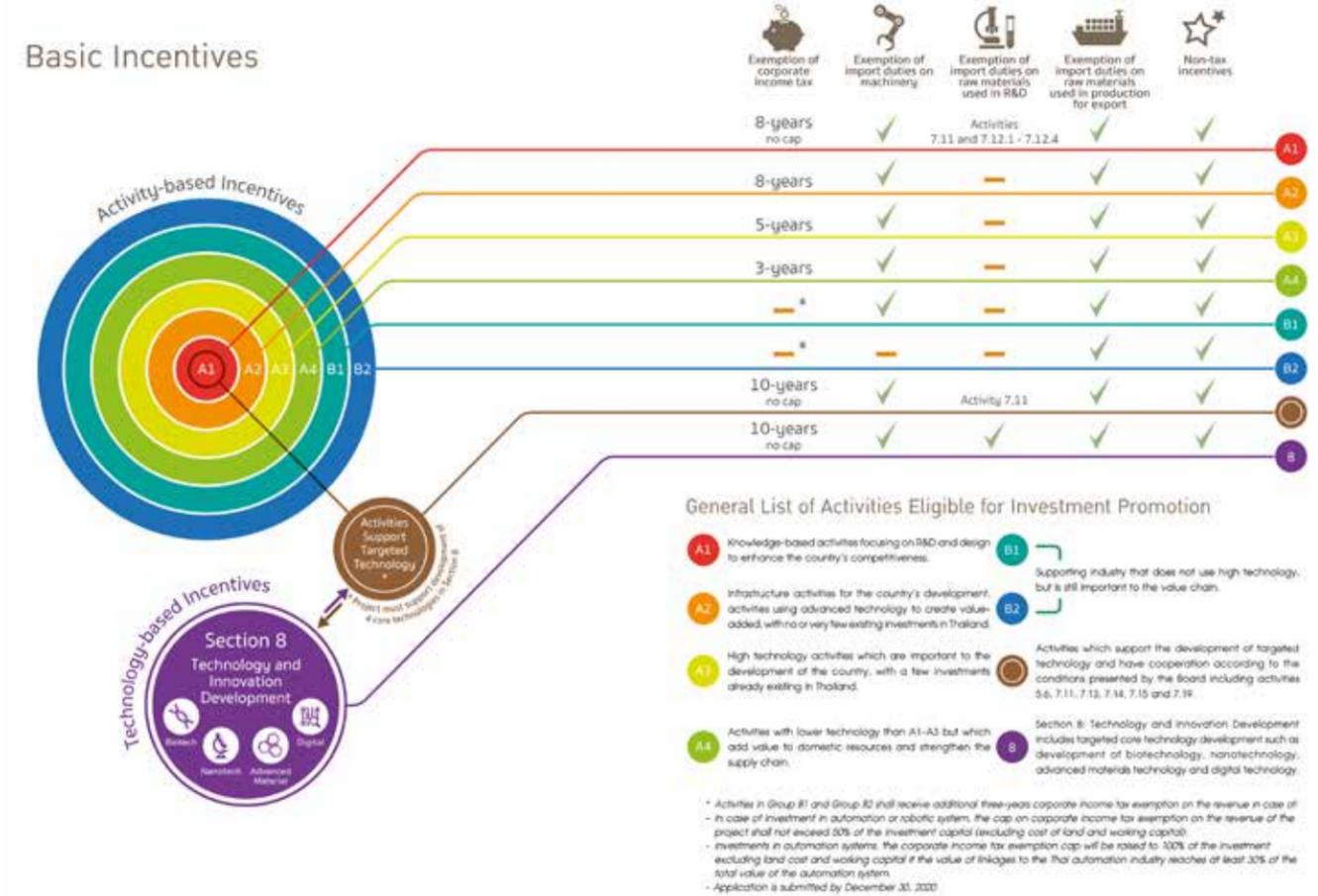
Incentives:

Tax incentives	Non-Tax Incentives
<ol style="list-style-type: none"> 1. Exemption/reduction of import duties on machinery (Section 28/29) 2. Reduction of import duties for raw or essential materials (Section 30) 3. Exemption of import duties on materials imported for R&D purposes (Section 30/1) 4. Exemption of corporate income tax on the net profit and dividends derived from the promoted activity (Section 31 and 34) 5. A 50 percent reduction of the corporate income tax (Section 35(1)) 6. Double deduction from the costs of transportation, electricity and water supply (Section 35(2)) 7. Additional 25 percent deduction of the cost of installation or construction of facilities (Section 36(3)) 8. Exemption of import duty on raw or essential materials imported for use in production for export (Section 36) 	<ul style="list-style-type: none"> · Permit for foreign nationals to enter the Kingdom for the purpose of studying investment opportunities. (Section 24) · Permit to bring into the kingdom skilled workers and experts to work in investment promoted activities (Section 25 and 26) · Permit to own land (Section 27) · Permit to take out or remit money abroad in foreign currency (Section 37)

Use of Corporate Income Tax Incentives

To ensure that the incentives are granted effectively and exercised correctly in accordance with promotion conditions and to ensure the clear cost-and-benefit evaluation of investment promotion, promoted persons must report operating results for their projects to the Office of the Board of Investment for review prior to being granted corporate income tax incentives for that year. The reporting criteria and method shall be as prescribed by the Office of the Board of Investment.

Basic Incentives



INVESTMENT POLICIES

WHY Thailand ?

- 1. Strategic Location & Connectivity**
- 2. Strong Economic Fundamentals**
- 3. Business-friendly Environment**
- 4. Excellent Infrastructure**
- 5. Attractive Incentives**

Revised Investment Promotion Act (effective as of 25 Jan 2017)

- Exemption of CIT up to 13 years for R&D, advance technology and innovation
- 50% reduction of CIT up to 10 year
- Investment Tax Allowance
- Special Packages for targeted core technology
- 100-300% tax deduction for R&D expenses and technology and workforce development

Competitiveness Enhancement Act (effective as of 14 Feb 2017)

- Exemption of CIT up to 15 years
- 10,000 million Baht matching fund for targeted industries
- Import duty exemption
- All other privileges under old and revised Investment Promotion Act

The EEC Act (enter into force on as of 15 May 2018)

- Exemption from CIT for up to 13 years and 17% personal income tax which is the lowest in ASEAN
- Matching grants for investment, R&D, innovation, human resource development for targeted industries
- Smart Visa Issuance for Talents, Foreign Investors, Foreign Executives and Startups
- International university establishment in high technology field

Incentives (BOI)

Merit-based
Grant additional incentives to encourage investment that benefits the country or overall industry

1. Competitiveness Enhancement
2. Decentralization
3. Industrial Area Development

Activity-based

- A1
- A2
- A3
- A4
- B1
- B2

Classified incentives based on importance of activities

including...

Tax and Non-Tax Incentives

- 0-8 years of CIT Exemption
- 300% tax deduction on R&D investment
- Smart Visa for investors/experts/startups
- Exemption of import duties on machinery

Special Economic zones (SEZ)

Super Clusters

- many more
- INCENTIVES - 8 years of CIT Exemption +50% reduction for further 5 years

- Food Innopolis
- Digital Parks
- Automotive and Parts
- Eco-friendly Petrochemicals and Chemicals
- Medical Hub
- Electrical Appliances, Electronics and Telecommunication Equipment

SEZ's border provinces

- Chiang Rai
- Tak
- Kanchanaburi
- Nong Khai
- Nakhon Phanom
- Mukdahan
- Sa Kaeo
- Trat
- Song Khla
- Narathiwat

Thailand Plus Package

Special Investment Measures

Objectives: To attract more FDI esp. investments from companies seeking to relocate as a result of trade war

Additional Incentives	CIT reduction
	50%
	5 Years

Criteria

1. Enhanced investment incentives of BOI to projects that:
 - apply for investment promotion by the end of 2020
 - have in place actual investment worth ≥ 1 billion THB (around 32.26 million USD) by the end of 2021.
2. Establishing a one stop service to service investors
3. STEM manpower development
4. Automation investment support

Other Clusters

- INCENTIVES - 3-8 years of CIT Exemption +50% reduction for further 5 years

Targeted Industries

- Each zone with different targeted activities depending on competencies
1. Agricultural, fishery and targeted industries
 2. Ceramic products
 3. Textile, garment and leather industries
 4. Manufacture of furniture
 5. Gems and jewelry
 6. Medical equipment
 7. Automotive, machinery and parts
 8. Electrical appliances and electronics
 9. Plastics
 10. Medicine
 11. Logistics
 12. Industrial estates/zones
 13. Tourism related industry

Department of International Economic Affairs (September 2020)



Eastern Economic Corridor – Thailand's Path towards Regional Hub for Advanced Industries and Logistics

To transform the economy into an innovation-driven economy, Thai government has launched Thailand 4.0 initiative by lifting manufacturing technologies and moving towards Industry 4.0. With an emphasis on advanced and knowledge-based industries, the Eastern Economic Corridor project lies at the core of Thailand 4.0 scheme.

The Eastern Economic Corridor (EEC) project is an area-based development initiative, leveraging Thailand's main industrial hub since 1980s, the Eastern Seaboard, where investors have experienced a rewarding investment journey. The EEC development plan concentrates mainly upon the 3 Eastern provinces, namely Rayong, Chonburi, and Chachoengsao with an area of 13,000 square kilometers. The EEC project includes the upgrading of existing physical and digital infrastructure, and further improvement of social well-being including smart city development. With the design as a regulatory sandbox, the Eastern Economic Corridor Office (EECO) can facilitate businesses and industries in this area to regain country's competitiveness.

Connectivity through Comprehensive Infrastructure

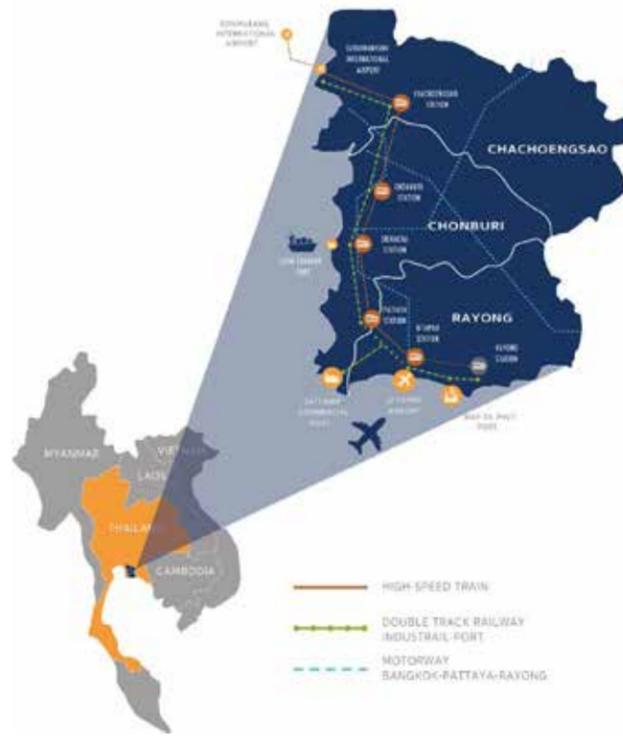
The advantage of Thailand through its strategic location is further strengthened by EEC development. A large-scale investment to upgrade infrastructure in the area is underway. A high-speed rail link between Bangkok and the EEC area is being built and will be completed by 2025. It will provide fast and convenient journeys,

taking less than an hour to travel between international airports of Bangkok and the U-Tapao International Airport in the EEC. Located at the heart of the EEC area, the U-Tapao Airport will be upgraded with a capacity to receive 60 million passengers/year. The airport will also have a commercial gateway, an air cargo terminal, a maintenance repair and overhaul service center (MRO), a free trade zone, and an aviation training center. The upgraded U-Tapao International Airport will be completed by 2024 and positioned as the regional aviation hub between EEC and major partners in Asia.

The two major deep-sea ports in the EEC are also being expanded and upgraded. The phase 3 expansion of the Laem Chabang Port will make it become one of the best seaports in the world using an automated system and advanced full-scale services. The Map Ta Phut Industrial Port phase 3 development will consist of two terminals, namely natural gas and liquid material, and the development area for related industries such as power plants and warehouses. Expected to be completed in 2025, the total capacity of Laem Chabang Port will be 18 million TEU/year and the Map Ta Phut Port will be able to handle 31 million tonnes of gas and liquid cargo shipment/year. Coupled with the high-way and rail networks being expanded in the EEC, which will connect industrial zones and logistic centers, the EEC will become a regional logistics and transport hub providing a competitive edge in trade and supply chain management for industries.

EEC Complete Strategic Location

Creating an Inclusive Environment



Opportunities in Digital Industry

To realize Thailand 4.0 vision, Thailand is the first country in ASEAN who adopts 5G. Thai government has provided 5G spectrum license (four bands) on Feb 16, 2020. The rollout of 5G networks will enhance investment opportunities in the digital industry in many areas, such as e-commerce, IoT, digital content and cloud computing, as well as those related to Industry 4.0 and smart city. The Digital Park project in the EEC is being developed to make Thailand a digital hub of ASEAN. Digital Park Thailand will serve as an excellent destination for global digital players and innovators in developing digital technology as a house of high-tech facilities to support digital businesses in various fields such as big data and cloud, smart city platforms, 5G testbeds, digital enterprise, and startup incubator. The development of specialized clusters in digital also contributes to advanced industries like automation and robotics, aerospace, digital businesses, and smart electronics. The Eastern Economic Corridor of Innovation (EECi) is another flagship project aiming to provide supporting an innovation ecosystem for research and development activities and commercialization through collaboration among the government, private-sector organizations, universities, and local communities. Thailand has the perfect ecosystem to move towards digital economy due to its creative industries and ground-breaking ICT infrastructure.

Human Resource Readiness

In the EEC, many multinational corporations have already experienced the resilience and dedication of local workers in this

prime location for over 30 years. Under the EEC human resource development scheme, skillful and motivated workers will be built up to be ready to support the businesses. EEC collaborates with related agencies to produce qualified human resources to serve EEC targeted industries. There is also a plan to develop digital manpower that will be crucial to the success of Thailand 4.0. With significant demand being expected in the coming years, the Thai government has launched several human resource development schemes which include apprenticeship-style of vocation education, collaboration between Thai universities and renown international universities and enterprises, upskilling of current digital manpower, as well as reskilling existing workforce in related fields.

The Relationship Between China - Thailand: EEC Development Partnership

EEC area is one of the linkage points through China's Belt and Road Initiative, connecting the South China, including Greater Bay Area (GBA), with ASEAN countries. As a prime gateway, EEC will serve not only as a connectivity center in ASEAN, but also a South East Asia's gateway to South Asia, the Middle East and Europe markets through the integration of China's Belt and Road Initiative.

EEC is the investment destination for Chinese investors. According to Thailand's Board of Investment (BOI) data, Chinese companies invested in EEC area more than 1,000 million USD in 2019, which the investment increased by 87% compared to 2018. The BOI also predicted that China will still be at the top 5 of Thailand's highest foreign investment values over the coming years. This reflects a crucial role of EEC in a regional supply chain for Chinese investors.

The two countries also were bound together by cooperating in infrastructure business partnership such as the high-speed rail link 3 airports and 5G rollout projects. Furthermore, The MOU between Japan - China for private economic cooperation in the third countries is the initiative between two countries in EEC area. The focus areas of this MOU are logistics, energy, environment, and smart city, which the high-speed rail link project is the first project of this cooperation.

Last but not least, Thailand is entering into an exciting phase of economic transformation. With the EEC being developed to become a connectivity center and a hub for advanced industries, there are ample opportunities for investment and business. The Thai government is committed to ensure that the EEC project is successful. Therefore, EEC Office is ready to be a partner and investment consultant for investors who wish to do business in the EEC.

WEBSITE



<http://www.eeco.or.th>

泰国东部经济走廊

——正在崛起的区域先进工业中心及物流枢纽

为转型成为创新驱动型经济体，泰国政府提出了“泰国 4.0”计划，旨在通过提升制造业生产技术，向“工业 4.0”时代迈进。“东部经济走廊”（EEC）项目是泰国 4.0 计划的核心，以高端产业和知识型产业为发展重点。

泰国东部经济走廊（EEC）项目优先发展区域，延伸建设 1980 年代以来国家主要的工业枢纽——东海岸，一个曾让投资者收益丰厚的投资圣地。EEC 计划重点开发东部沿海的罗勇、春武里和北柳三府，覆盖面积达 1.3 万平方公里。项目包括升级现有的实体和数字基础设施，完善社会福利，以及建设智能城市。作为“监管沙盒”，东部经济走廊办公室（EECO）将促进该地区的企业和行业重获国际竞争力。

全面加强基础设施互联互通

东部经济走廊更好地发挥了泰国的战略区位优势。大规模的投资正在涌入，推动当地基础设施升级。同时，连接曼谷与 EEC 地区的高铁也在建设之中，预计将于 2025 年完工。该线路方便快捷，从曼谷国际机场到 EEC 地区的乌塔堡国际机场只需不到一小时。乌塔堡机场位于东部经济走廊区域的中心，即将进行升级改造，升级后每年可接待 6000 万名乘客。机场还将配有商业门户、航空货运站、维护维修服务中心（MRO）、自由贸易区和航空培训中心。乌塔堡国际机场升级计划预计于 2024 年完工，建成后将成为东部经济走廊和亚洲主要地区之间的航空枢纽。

数字产业的机遇

为实现泰国 4.0 愿景，泰国是东盟成员国里第一个采用 5G 技术的国家。2020 年 2 月 16 日，泰国政府发布了 5G 频谱牌照（四频段）。5G 网络的推出将为诸多数字化产业带来大量投资机遇，例如电子商务、物联网、数字化内容、云计算，以及与工业 4.0 和智慧城市相关的其他领域。东部经济走廊的数字公园项目正在开发之中，将推动泰国成为东盟的数字中心。泰国数字公园也将成为全球数字爱好者和创业人才开发数字技术的绝佳目的地，作为高科技产业园，支持发展数字产业，包括大数据、云计算、智能城市平台、5G 试验平台、数字企业和创业孵化器等领域。数字产业专业集群式发展也促进了自动化、机器人、航空航天、数字企业和智能电子等先进产业的发展。另一个旗舰项目是创新型东部经济走廊（EECi），旨在通过政府、私营部门、高等院校和地方社区之间的合作，为研发活动和商业活动营造创新型环境。得益于其成熟的创意产业和尖端信息和通信技术基础设施，泰国拥有发展数字经济的完美生态和体系。

人才资源储备

在东部经济走廊这个黄金地段，许多跨国公司已经见证了当地工作者们 30 多年来的高度适应力和奉献精神。EEC 的人力资源开发计划预计将为企业培养更多技能娴熟、工作积极的劳动者。EEC 还与相关机构合作，塑造合格的劳动力团队，为其目标行业服务。同时，泰国还计划培养数字相关人才，这对能否成功实现泰国 4.0 至关重要。为了满足未来几年内市场对人才的大量需求，政府推行劳动力资源开发计划，包括开展学徒制职业教育、促进国内大学与国际知名大学和企业进行合作、提高在职数字从业者的技能，以及重新培训相关领域的现有劳动力。

中泰合作——东部经济走廊推动两国伙伴关系深入发展

东部经济走廊地区是中国“一带一路”倡议的重要节点之一，链接中国南部大湾区与东盟国家。通过整合对接中国的“一带一路”倡议，EEC 不仅是东盟国家的连通枢纽，而且是通往南亚、中东和欧洲市场的东南亚门户。

东部经济走廊是中国投资者的投资目的地。根据泰国投资促进委员会（BOI）的数据显示，2019 年中国企业在 EEC 地区的投资超过 10 亿美元，与 2018 年相比，投资增长了 87%。投资促进委员会还预测，未来几年，在泰国国外投资总额最高的国家中，中国仍将位居前五。由此可见，对中国投资者来说，EEC 在区域供应链中扮演着重要的角色。

两国还通过进行基础设施方面的商业合作紧密相连，例如高铁连接了三个机场和 5G 推广项目。此外，中日签署了关于中日企业开展第三方市场合作的备忘录，这是两国在东部经济走廊的首创。该谅解备忘录重点关注物流、能源、环境和智慧城市等领域，其中高铁项目是其中的首次合作。

泰国正逐步迈入令人振奋的经济转型阶段。随着东部经济走廊发展成为区域中心和先进产业的枢纽，将有大量的商业投资机遇涌现。泰国政府致力于确保东部经济走廊项目取得成功，因此，对于计划在 EEC 地区开展业务的投资者而言，东部经济走廊办公室将是最佳的协助伙伴和投资顾问。

网址



<http://www.eeco.or.th>

12 Targeted Industries

Promoting Advanced Technology and Innovation

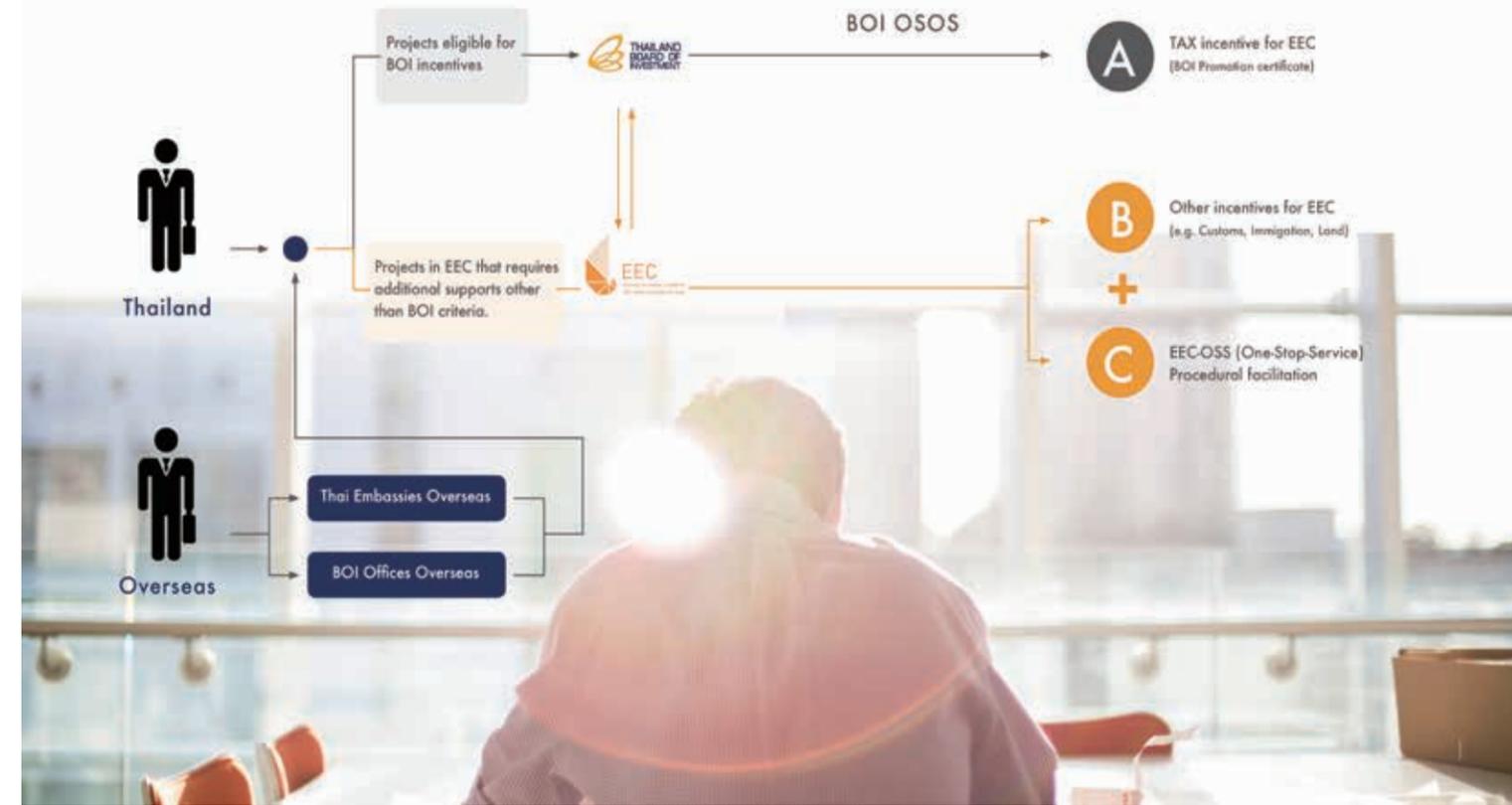
First S-Curve



New S-Curve



Steps to Successful Investment Journey



Promoted Zones For Specific Industries

Investors will be eligible to receive both tax and non-tax privileges from investing in these Promoted Zones for Specific Industries



EECh, High-Speed Rail Ribbon Sprawl

Location: Along the high-speed rail track that crosses Don Mueang, Suvarnabhumi, and U-Tapao Airport | Distance: 220 kilometers

EECh consists a High-Speed Railway and the Transit-Oriented Development area (TOO), located at the Makkasan and Si Racha station, measuring 140 Rai (22.4 Hectares) and 25 Rai (4 Hectares), respectively.

EECd, Digital Park

Location: Si Racha District, Chonburi Province | Area: 708 Rai (113.28 Hectares)

EECd is the future destination for digital global players and digital biz innovators to explore, develop, and acquire original digital technology for thriving digital business. It consists of the world-class data center, digital innovation testbed and IoT institutes which are fully equipped with high-tech facilities.

EECmd, Medical hub

Location: Bang Lamung District, Chonburi | Area: 566 Rai

EECmd is projected to be Thailand's first medical hub, where the area would offer complete health care and medical services. EECmd aims to elevate Thailand's health services and equip the country for the expansion of its aging population.

EECi, Innovation Platform

Location: Wangchan Valley, Rayong Province | Area: 3,000 Rai (480 Hectares)

EECi is a novel ecosystem designed to promote innovation and upgrade modern technology that will serve future business needs. A complete "innovation ecosystem" will transform technological and innovation research into practical industrial applications.

EECa, Eastern Airport City

Location: U-Tapao International Airport, Rayong Province | Area: 6,500 Rai (1,040 Hectares)

EECa consists of business and facilities in the U-Tapao International Airport, including a commercial gateway, a cargo terminal, an aviation training center, an MRO center, and Free Trade Zone that will enhance business operations and provide a world-class experience for everyone.

Extensive Tax Incentives

Great Benefits to Your Investment

The EEC Act ensures that investors in the EEC receive the best tax incentive packages.

A1 : Knowledge-based activities focusing on R&D and design to enhance the country's competitiveness.
 A2 : Infrastructure activities for the country's development, activities using advanced technology to create value-added, with no or very few existing investments in Thailand.
 A3 : High technology activities which are important to the development of the country, with a few investments already existing in Thailand.
 Section 8: Technology and Innovation Development includes targeted core technology development such as development of biotechnology, nano-technology, advanced materials

Investment Incentives package for investment projects in the Eastern Economic Corridor (2020-2021)					
Key features	Investment Incentives	Target Activities			
		Section 8	A1	A2	A3
1 Standard tax package	Tax holidays	10 Years (no cap)	8 Years (no cap)	8 Years	5 Years
Additional Tax Incentives for Human Resource Development					
2 Investment projects engaging in human resource development	Tax holidays	2 Years (no cap)	-	-	-
	50% reduction of CIT	-	3 Years	3 Years	3 Years
Projects located in the promoted zones for specific industries (EECa, EECi, EECd and EECmd) OR promoted industrial estates and industrial parks					
3 Investments located in EECa, EECi, EECd and EECmd	Tax holidays	1 Year (no cap)	-	-	-
	50% reduction of CIT	-	2 Years	2 Years	2 Years
Investments located in promoted industrial estates and industrial parks	Tax holidays	1 Year (no cap)	-	-	1 Year
	50% reduction of CIT	-	-	-	-

Source: The Board of Investment of Thailand (BOI)



THAILAND CULTURE

泰国文化

Thailand is a very diverse country
and home to multiple cultures.

泰国是一个多元化的国家，文化丰富多样，并受到其他各类文化的广泛影响，其中包括印度文化、中国文化和东南亚其他国家的文化。





government and education. Thai is part of the Tai-Kadai language family, and is closely related to Laotian, which is the primary language spoken in Laos, such that the 2 are largely mutually intelligible.

There are many varying dialects of Thai spoken throughout the different parts of the country, including Southern Thai and Northern Thai.

There are also a range of minority languages spoken throughout Thailand, including Khmer, Malay and various dialects of Chinese, in addition to numerous tribal languages, many of which are unfortunately on the decline.

Religion

Thailand's most prevalent religion by a wide margin is Theravada Buddhism, and active participation in the religion is among the highest of any country in the world at around 95%. Most of the remaining population are Muslim, with only very few adherents to other minority religions.

There are many Buddhist temples throughout the country, often capped by large golden domes, called stupas. If you happen to visit a temple, make sure to remove your shoes before entering as a sign of respect.

Despite the dominance of Buddhism, which is even promoted by the government, Thailand is very accepting of people of all faiths and backgrounds.



Culture Briefing

Local culture

Thailand is a very diverse country and home to multiple cultures. Its culture is made up of a wide range of different influences from different sources, including Indian culture, Chinese culture and the cultures of other countries in Southeast Asia.

Thailand is overwhelmingly a Buddhist country, with around 95% of the population belonging to the Theravada branch of Buddhism. As such, Buddhist teachings and philosophy also play a big part in the formation of Thai culture. Generally in Thailand there is an underlying desire to attain 'refinement' and to avoid any behaviour or actions which could be considered coarse or rude. The prototypical Thai expression is a serene and welcoming smile, which is reflective of the friendly and welcoming people.

Language

The primary language spoken in Thailand is simply called Thai. Thai is the official language of the country and is used widely in



Music

Thai music is assumed to be not more than 600 years old. The first historical evidence of Thai music was found during the reign of the Ayutthaya kingdoms around the 14th century. Music flourished in Thailand during the 18th century. Contemporary Thai music is a harmonious blend of the old and the new genres of music.

Dance

Thai dance can easily be categorized into two segments: high art, which includes classical dances, and low art, which focuses mainly on folkdance forms.

There are three distinctive parts of Thai classical dance drama namely, Khon, Lakhon and Fawn Thai. Khon dances are very stylized with traditional dance forms and brightly colored masks. Lakhon dances usually depict folk stories and are performed by a group. Typically related to the folk music of a particular region of Thailand, is the Fawn dance. It has a typical flavor of its own.

Sports

Thai people are great sports enthusiasts and sports lovers. Thailand sports play a major part in the life of every Thai national. Thais enjoy both traditional and indigenous games as well as modern games.

There are wide array of sport activities to choose from in Thailand. Golf is the most popular Thai sport apart from badminton, soccer, boxing, snooker, tennis and bowling. Traditional games of Thai boxing, kite-fighting, and boat racing are also practiced in Thailand.

Golf is one of the most popular Thailand sports. The soothing weather of Thailand makes golfing possible all throughout the year in the various golf courses spread at various places in the country.

Water sports activities are very popular in Thailand. Presence of some world-class beaches provides opportunities for scuba diving and snorkeling. There are abundant diving facilities at Pattaya, Samui Islands, Phuket, Phi-Phi islands and in many more islands and beaches.

Almost all the leading hotels and resorts in Bangkok have badminton, squash and tennis courts for tourists and visitors. Windsurfing has also become a popular sport in Pattaya's Jomthien Beach. Thai boxing, kite-fighting and boat racing are some traditional Thailand sports, which are enjoyed till date.



Thailand, the "Land of Smiles"

When you visit Thailand, you will notice immediately that Thai people put on a smile in all situations of life. The famous smile is an ever present feature of Thai culture.

Thailand is known as the 'Land Of Smiles' thanks to a marketing campaign in the 1980s by the Tourism Authority of Thailand (TAT) to promote the country as a tourist destination. The slogan was probably based on the friendliness of Thai people, beaming at visitors in a land of glorious sunshine... It caught on like wildfire and is now is a common euphemism for the country of Thailand.



This smile can be a sign of friendliness and good will, an attempt to instill confidence in another person or to appease someone in a confrontation, or it may be an expression of hope to camouflage one's own insecurity in an embarrassing situation. Then there is the smile when making a request or to show one's respect or to appear less blunt when denying a request. Even though foreigners may find this difficult to understand, the Thai people's smile makes the daily contact with them extremely pleasant.

The Thais have a wide range of terms for different types of smiles; like Eskimos with all their different terms for snow. According to "Working with the Thais: A Guide to Managing in Thailand" by Henry Holmes and Suchada Tangtongtav, the 'top 13' identified Thai Smiles are:

1. Yim thak thaa / ยิ้มทักทาย: The "polite" smile for someone you barely know. This is the smile of convenience, a polite smile that enables you to acknowledge someone you don't know that well, or someone you aren't going to get into a long conversation with. It's pretty much the most common smile you'll get when out and about in Thailand.
2. Yim cheun chom / ยิ้มชื่นชม: The "I admire you" smile, or, I'm proud of you".
3. Yim thang nam taa / ยิ้มทั้งน้ำตา: This smile must be interpreted in context, as it can mean two different things. On one hand it can mean "I'm so happy I'm crying inside", and on the other, given different circumstances, "I'm so sad inside, but I'm still smiling".
4. Fuon Yim / ฟันยิ้ม: The stiff smile and somewhat fake smile, also known as the "I should laugh at the joke though it's not funny" Smile.
5. Yim mee lessanai / ยิ้มมิเลศนัย: The smile which masks something wicked in your mind.
6. Yim yaw / ยิ้มเยาะ: This smile can be used in two ways: Firstly, when

teasing someone, and secondly when wanting to express the words "I told you so", without actually having to be so harsh.

7. Yim yoh-yae / ยิ้มหยอะเหยอะ: The "I know things look pretty bad but there's no point in crying over split milk" smile. This smile is the Thai equivalent to suggesting that it's not worth getting upset over something that seems pretty bad, but has happened and can't be changed.
8. Yim sao / ยิ้มเศร้า: The sad smile; one that indicates someone really isn't happy.
9. Yim haeng / ยิ้มแห้ง: The dry smile, also known as the "I know I owe you the money but I don't have it" smile.
10. Yim dor dhaan / ยิ้มต่อต้าน: The "I disagree with you" smile, also known as the "You can go ahead and propose it but your idea's no good" smile.
11. Yim chuead chuean / ยิ้มเชือดเฉือน: The "I am the winner" smile, the smile given to a losing competitor.
12. Yim suu suu! / ยิ้มซื่อซื่อ: This is the smile of encouragement, the "You/I can do it" smile.
13. Yim mai awk / ยิ้มไม่ออก: The "I'm trying to smile but can't" smile. This is the smile used when concealing difficult emotion. It's the "I'm trying my best to smile but I'm struggling" smile.

After all, Thais do smiles a lot. Thai people have a very relaxed attitude towards things. The phrase sabai sabai embodies it, which roughly translates as 'relax, be comfortable'. The largely Buddhist Thais learn to meditate from an early age and take on more of a 'whatever will be, will be' approach to life and happiness.

In the decades since its introduction, the phrase 'land of smiles' has spread like wildfire. Not only is it used by all types of people when talking about Thailand, but large corporations are getting in on the act and promoting Thailand as the land of all things smile.



泰国，走进“微笑之国”

来到泰国，随处可见微笑的泰国人民。著名的“泰式微笑”已经成为泰国不可磨灭的文化特征。

泰国之所以被称为“微笑之国”，得益于泰国旅游局（TAT）在20世纪80年代发起的一场营销推广活动，旨在宣传泰国成为知名的旅游目的地。“微笑之国”恰好表现了泰国人民的热情友好：这里阳光灿烂，人们笑容和煦……很快这个说法以燎原之势得到了广泛认可，现在已经成为人们对泰国的普遍印象。

泰式微笑可能是友好和善意的表现，或者是鼓励他人自信的尝试，也可能是在尴尬的情况下掩饰本人的不安。当然，也有微笑是在委婉地提出请求或表示尊重，或在拒绝他人时显得不那么直截了当。也许外国人很难理解，但泰国人民的微笑确实让人们之间的交往变得愉快起来。

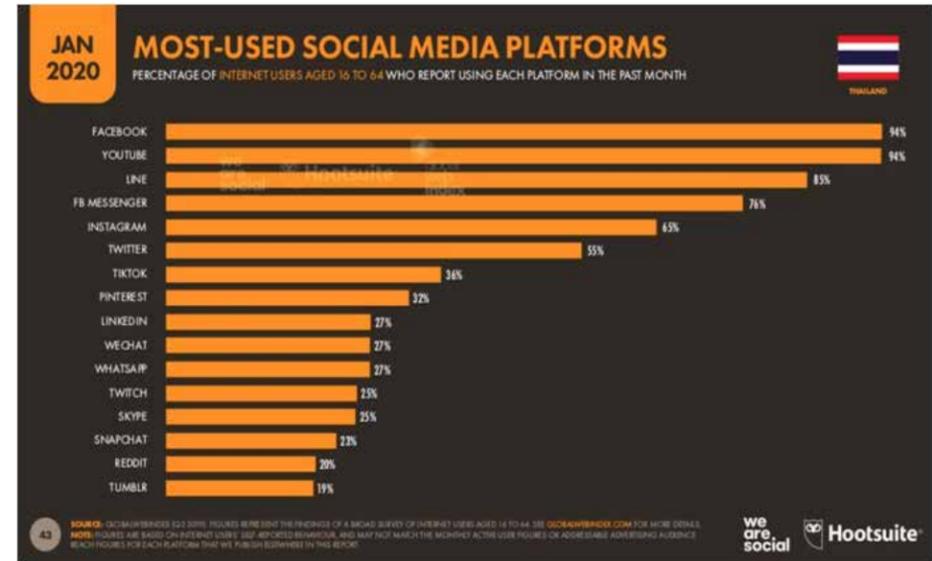
泰国人对各种各样的微笑有着不同的定义，就像爱斯基摩人对雪有着不同的称呼一样。亨利·霍姆斯和苏查达·唐同泰在《和泰国人一起合作：泰国工商管理指南》中写道，泰国人的“13大微笑”包括：

1. Yim thak thaai / ยิ้มทักทาย: 对陌生人的“礼貌”微笑。用来向不熟悉、或不会与之进行长时间对话的人打招呼致意。这是在泰国最常见的微笑。
2. Yim cheun chom / ยิ้มชื่นชม: “我钦佩你”或者“我为你骄傲”的微笑。
3. Yim thang nam taa / ยิ้มทั้งน้ำตา: 这个微笑需要根据上下文来理解，因为可能表达两种不同的含义。一方面，它可能意味着“我非常开心，甚至在心里喜极而泣”，另一方面，根据不同情况也表示，“尽管我内心很悲伤，但我表面仍然在微笑”。
4. Fuoon Yim / ฟุ้งยิ้ม: 僵硬和有些虚假的微笑，也表示“听到并不有趣的笑话，但必须得笑”。

5. Yim mee lessnai / ยิ้มมีเลสนัย: 掩饰心里恶作剧的顽劣微笑。
6. Yim yaw / ยิ้มเยาะ: 这种微笑有两种用法：在取笑别人时；或者想表达“我早就说过”这句话时。
7. Yim yoh-yae / ยิ้มเหวอะเหว: “我知道事情看起来很糟糕，但没必要再为洒出来的牛奶哭泣”的微笑。这个微笑在泰语中暗示，不值得为一些看起来很糟糕，但已经发生，无法改变的事情而难过。
8. Yim sao / ยิ้มเศร้า: 悲伤的微笑；表示某人真的不快乐。
9. Yim haeng / ยิ้มแห้ง: 干巴巴的微笑，也是“我知道我欠你钱，但我没有钱”的微笑。
10. Yim dor dhaan / ยิ้มต่อค้ำ: “我不同意”的微笑，也称为“你可以继续说，但你的想法不好”的微笑。
11. Yim chuead chuean / ยิ้มซื่อคตเจื้อน: “我是赢家”的微笑，向失败的竞争者展露的微笑。
12. Yim suu suu! / ยิ้มสูสู: 鼓励的微笑，“你可以/我能行”的微笑。
13. Yim mai awk / ยิ้มไม่ออก: “我试着微笑，但做不到”的微笑。这是掩饰困难情绪时使用的微笑。是“我在强颜欢笑，内心很挣扎”的微笑。

不过，泰国人确实很爱笑。泰国人应对事物的态度非常放松，“sabai sabai”这个短语就很好地说明了这一点，大致翻译为“放轻松，舒适过”。泰国以佛教为主，大部分人从小就学会了冥想，对生活和幸福更多采取“随遇而安”的心态。

“微笑之国”这个形容问世后的几十年里，以极快的速度传播开来。在谈到泰国时，不仅大多数人都会想到“微笑之国”，而且一些大公司也开始参与其中，并将泰国各行各业都在微笑加以宣传。



社交媒体

泰国社交媒体用户概况

“脸书”（Facebook）和“油管”（YouTube）是泰国2019年第三季度使用率领先的社交平台，在包括Line、Instagram和Twitter等所有社交媒体上，这两个

平台的用户份额高达94%。在同一时段内，泰国网民平均每天花9个小时上网，其中2个半小时使用社交媒体。

- ◆ 截止2020年1月，泰国共有5200万用户活跃在社交媒体上。

- ◆ 从2019年4月到2020年1月，泰国社交媒体用户数量增加了230万（4.7%）。

- ◆ 截止2020年1月，泰国的社交媒体渗透率高达75%。

泰国 Facebook 用户数

（数据来自 Statista Research Department，更新于2020年7月17日）

2019年，Facebook在泰国的用户数量达到约4850万，高于2018年的约4700万。截至2019年第二季度，该社交网络每月有近20亿用户访问。2019年泰国有5031万互联网用户，几乎所有人都在使用Facebook。

Facebook 在泰国的使用情况

2017年，泰国的数字人口达到5600万，其中4600万是互联网用户，3200万是在线用户。使用Facebook主要群体是18至34岁的年轻人。Facebook的流行页面包括热门视频、新闻和明星事迹。因此，泰国用户对视频帖子的参与率最高。

泰国的社交媒体

2019年，泰国约有5000万社交网络用户。除了Facebook，YouTube和LINE的渗透率也很高。总的来说，社交媒体的使用对电子商务的成功功不可没。例如，Facebook将同时作为数字消费者的信息来源和在线购物渠道。

Social Media

Social media user profile in Thailand

For social media, Facebook and Youtube were the leading platforms in Thailand in the third quarter of 2019, with 94 percent as a share of users for both platforms among others such as Line, Instagram, and Twitter. In that same time period, internet users in Thailand spent around 9 hours per day on average using the internet, and two and a half hours to use their social media.

- ◆ There were 52.00 million social media users in Thailand in January 2020.
- ◆ The number of social media users in Thailand increased by 2.3 million (+4.7%) between April 2019 and January 2020.
- ◆ Social media penetration in Thailand stood at 75% in January 2020.

Number of Facebook users Thailand

(Published by Statista Research Department, Jul 17, 2020)

In 2019, the number of Facebook users in Thailand reached around 48.5 million, up from around 47 million in 2018. As of the second quarter of 2019, the social network was accessed by close to two billion users on a monthly basis. Given that there were 50.31 million internet users in Thailand in 2019, almost all of them were using Facebook.

Facebook usage in Thailand

The digital population in Thailand reached 56 million in 2017, of which 46 million were internet users and 32 million who were engaged online. Facebook was mostly used by men and women between the age of 18 and 34 years old. The most popular Facebook pages contain viral videos, news and celebrities. Hence, video posts had the highest engagement rate among Thai users.

Social media in Thailand

There were around 50 million social network users in Thailand in 2019. Besides Facebook, Youtube and LINE also had a high penetration rate. In general, social media usage has several implications for the success of e-commerce and businesses. For example, Facebook would serve both as information and online shopping channel for digital consumers.

Thai Cuisine

Thai cuisine has become globally popular as a result of its unique characteristics and its rich flavours, derived from a huge variety of ingredients. Each dish has its own flavour from different signature ingredients as well as the delicate and detailed process of preparation and cooking. The ingredients and the cooking process contribute to dishes that are a feast for the senses, with a vast array of flavours, be they sourness, saltiness or sweetness, not to mention the richness of coconut milk and the fiery heat of chillies. They all add to the colour and flavour of Thai food as well as the popularity of this cuisine among Thais and foreigners alike.

The variety of ingredients, in terms of both herbs and spices, in the dishes has also led to Thai cuisine being widely accepted in foreign circles as a healthy cuisine. Thus, the massaman curry, through its rich, spicy flavours that appeals to the taste of foreigners, has become the most popular dish on the menus of Thai restaurants overseas. Apart from the famous massaman curry, there are other dishes that have been acclaimed overseas for a long time and have since become signature dishes of Thai cuisine. These include Tom Yom Gung (Spicy sour prawn soup), Pad Thai (Thai-style stir-fired flat rice noodles), Som Tam (papaya salad), Gaeng Khiao Wan (green curry), Khao Pad (Thai-style fried rice) and Nam Tok Moo(Thai-style spicy pork salad). And the list keeps growing as more and more people explore Thai cuisine, for example, Pad See Ew (Thai-style stir-fried noodles with sweet soya sauce) is currently gaining widespread popularity.

In addition, Thai cuisine has four regional variations corresponding to the four geographical regions of Thailand. Each has its own unique characteristics, derived from local wisdom and tastes. Southern Thai cuisine has a strong, spicy flavour with turmeric as the signature ingredients in almost every dish - this spice also assist in the healing of stomach ulcers. The North, with its mountainous topography and its cooler climate, calls for dishes that are more fattening to warm the body.

The Northeast or Isaan region, has two main flavors: saltiness and spiciness. Sticky rice is also the main accompaniment to meals in this region. Finally, the Central region is the most gastronomically blessed, with access to ingredients from across the country, leading to a wide variety of dishes, such as snacks, chilli sauces, dips, various curries (both with and without coconut milk), Yums (spicy salads) and Thai desserts.



泰国料理

泰国料理因其独特特色和丰富口感广受世界欢迎，所使用的原料种类多样。每道菜都有特殊的风味和招牌配料，并经过精心地准备和细致地烹调。配料和烹调之考究为食客们带来了一场感官盛宴：酸味、咸味、甜味，更不用说浓厚的椰奶味和辣味了，丰富的口感不但为泰国菜肴本身增色添香，并且让泰国料理在国内外都享有极高的知名度。

泰国料理的原料种类繁多，大量使用药草以及香料，因此泰式菜品也被视为健康料理，国外接受度很高。例如，玛莎曼咖喱以其浓郁、辛辣的味道吸引了众多外国人前去品尝，成为海外泰国餐馆菜单上最受欢迎的菜式。除了著名的玛莎曼咖喱，还有一些其他菜品在海外久负盛名，是泰国料理的招牌菜，其中包括冬阴功汤（泰式酸辣虾汤）、泰式炒粉、木瓜沙拉、绿咖喱汤、泰式炒饭和泰式辛辣猪肉沙拉。随着

越来越多的人开始探索泰国菜肴，这个名单还在不断增加。例如，泰式酱油炒河粉目前正广受欢迎。

此外，对应泰国的四个地理区域，泰国料理也具备相应的地域特点，代表着当地人民的智慧和偏好。泰国南部菜系味道辛辣，几乎每道菜都有姜黄作为标志性成分存在，这种香料也有助于胃溃疡的愈合。北部地形多山，气候凉爽，需要可以增加脂肪的菜肴来为身体保暖。

泰国东北部伊森地区主要盛行两种口味：咸和辣。在这里，糯米也是主食。中部地区是最为优越的美食天堂，食材来源于全国各地，各种各样的菜肴在此汇集，比如特色小吃、辣椒酱、蘸酱、各种咖喱（无论是否有椰奶）、辛辣沙拉和泰式甜点。



DIY Thai Food

Tom Yum Gung (Hot and Sour Prawn Soup)

(Recommended by CNNGo)

Ingredients

- 4 Prawns
- 100 g Straw mushrooms
- 1 stick Chopped lemongrass
- 2 pieces Galangal, thinly sliced crosswise
- 1 Coriander root
- 3 Old Kaffir lime leaves
- 625 ml Stock
- 10-15 Pounded small chillies
- 5 tbsp Fish sauce
- 5 tbsp Lemon juice
- 1 bunch Coriander

Preparation

1. Wash the prawns. Remove the shells. Keep the shells, prawn oil and prawns separate.
2. Bring the stock to the boil, and then add the shells. Bring back to the boil.
3. In a frying pan, heat a little bit of oil. Then add the prawn oil and stir. Set aside.
4. Devein the prawns.
5. Bring the stock to the boil. Add the following: sliced galangal, chopped lemongrass and coriander root.
6. When the stock is simmering, add the straw mushrooms, kaffir lime leaves, deveined prawns and stirred prawn oil. Stir until cooked through and garnish with coriander leaves.

Note

The best hot and sour prawn soup should have a sour, salty and spicy taste. The prawns should be fresh. The prawn oil must not be burn.

Tip

Hot and sour prawn soup without Thai chilli paste and milk is the traditional recipe. The shells can be roasted before being added to the boiling water. If you do not like too much oil in the soup, it is not necessary to fry the prawn oil separately as in stage 3. Freshly-squeezed lemon juicy can be frozen for future convenience. The soup should be sour, salty and hot, with a subtle fragrance of lemon juice and small red chillies. The prawns should be opaque and the prawn oil must not burn.

泰式佳肴 DIY！

冬阴功汤（泰式酸辣虾汤）

(上榜美国有线电视新闻网(CNN)的亚洲旅行相关推荐)

原料

- 4 对虾
- 100 克草菇
- 1 根柠檬草，切碎
- 2 块良姜，横切成薄片
- 1 香菜根
- 3 苦橙叶
- 625 毫升高汤
- 10-15 小辣椒，捣碎
- 5 汤匙鱼露
- 5 汤匙 柠檬汁
- 1 束香菜叶

做法

1. 虾洗净去壳；将虾壳、虾头油膏和碎虾壳留下备用。
2. 高汤煮开，然后加入虾壳，继续烧开。
3. 煎锅加热，加一点油。然后加入虾头油膏搅拌，放置一旁备用。
4. 剔除虾线。
5. 汤烧开，加入切片高良姜、切碎的柠檬草和香菜根。
6. 炖汤时，加入草菇、苦橙叶、去壳虾和搅拌过的虾头油膏。搅拌至食材熟透，再用香菜叶装饰。

注

上乘的酸辣虾汤要有酸、咸、辣的味道。虾应该是新鲜的。虾头油膏不能烧焦。

小贴士

传统的冬阴功汤食谱不加泰式辣椒酱和牛奶。虾壳在加入沸水之前可以先烤熟。如果你不希望汤里有太多油的话，最好不需要在第三个步骤里把虾头油膏放进油锅里炸。鲜榨柠檬汁可以冷冻起来以备之后使用。成品汤应该是酸咸的、热的、带有淡淡的柠檬汁和红色小辣椒的香味。做好的虾是不透明的，虾头油膏不能烧焦。

Pad Thai Gung Sod

(Recommended by CNNGo)

Ingredients

- 1 Small pack of medium flat noodles or soya bean-flour-noodles (soaked in water until soft)
- ½ cup Bean sprouts
- 1 Egg
- 1 tsp Chopped roasted peanuts
- 1 tsp Chopped preserved turnip
- ¼ cup Garlic chives (cut into 1 inch lengths)
- ¼ cup Tofu (cut into small cubes)
- ½ tsp Fried garlic
- 1 tsp Fried dried shrimps
- 2 tsp Soybean oil for frying

Ingredients for the sauce

- 2 tsp Lemon juice
- 4 tsp Sugar
- 2 tsp Tamarind juice
- 2 tsp Fish sauce
- ½ tsp Ground chillies

Preparation

1. Drain the noodles.
2. To the saucepan, add the sugar, fish sauce, tamarind juice, lemon juice and ground chillies. Simmer until the sauce thickens.
3. In a frying pan, heat the oil. Add the fired garlic, fried dried shrimps, tofu and chopped preserved turnip. Stir until an aroma develops. Put the ingredients to one side of the pan.

4. Break the egg into the frying pan and stir thoroughly. Then add the noodles and pour some of the prepared sauce into the pan. Stir until the noodles become dry. Mix all the ingredients together. Pour the remaining sauce into the pan. Then add the bean sprouts, garlic chives and chopped roasted peanuts. Serve on a plate.

Tip

When frying the egg, it is recommended to cook until crispy, with a slight "burnt" aroma.

泰式炒河粉

(上榜美国有线电视新闻网(CNN)的亚洲旅行相关推荐)

原料

- 1 小包 河粉或者大豆米粉，在水中泡软
 - ½ 杯 豆芽
 - 1 鸡蛋
 - 1 茶匙 花生，切碎烤好
 - 1 茶匙 腌萝卜碎
 - ¼ 杯 韭菜，切成一英寸小段
 - ¼ 杯 豆腐，切块
 - ½ 茶匙 大蒜酥
 - 1 茶匙 炸干虾
 - 2 茶匙 大豆油
- #### 酱汁原料：
- 2 茶匙 柠檬汁
 - 4 茶匙 糖
 - 2 茶匙 酸角汁
 - 2 茶匙 鱼露
 - ½ 茶匙 辣椒粉

做法

1. 米粉出水沥干。
2. 在平底锅里，加入糖、鱼露、酸角汁、柠檬汁和辣椒粉。炖到酱汁变稠。
3. 煎锅里倒油加热，加入蒜酥、炸干虾、豆腐和腌萝卜碎，搅拌直至香味飘出。配料放在锅的另一边备用。
4. 将鸡蛋打入煎锅，充分搅拌。然后加入河粉，把准备好的酱汁倒进锅里，搅拌直到河粉变干，然后将所有原料混合，把剩下的酱汁倒进锅里。最后加入豆芽、蒜、葱和花生碎，出锅盛盘。

小贴士

煎蛋时，建议煎至酥脆，有轻微“焦”味。

Thailand, Fruits Paradise

When it comes to delicious tropical fruits, Thailand, the country, with its great variety and diversity, is a veritable Garden of Eden. Thailand is blessed with a climate that permits almost any type of tropical fruit to flourish. Those who come to Thailand will find that fruits in this country are so plentiful, so diversified, so inexpensive and so delicious that they constitute an unexpected reward, a bonus.

It is not simply because of its geographical position as a tropical country that Thailand produces so many different kinds of fruits of good quality. The tropical climate is certainly favorable to the growth of vegetation. But there are other factors that have contributed to the rich production – the fertile soil, the introduction of new species from foreign countries, the continued efforts to improve the quality of fruits by scientific methods, and the comparative length of Thai territory, which extends right into the subtropical zone, making it possible to grow fruits native to places of higher latitudes.



To put it lightly into perspective, there's a strong fruit culture in Thailand, one in which most local people look forward to their seasonal favorites. And when the particular season comes, free entrepreneurship is pretty common, allowing small producers and landowners to sell fruits at local markets and at roadside stalls, so it's really not that hard, and indeed a lot of educational fun, to explore the Thai kingdom's fruit choices. First-time visitors are often fascinated to discover fruits in Thailand that they'd never even heard of, let alone seen, before visiting the country.

The particular way of enjoying fruits in Thailand can also be a bit surprising, as many are often eaten with quirky seasonings: watermelon with dried fish, shallot and sugar; guava with salt and chili; green mango with fish sauce, coconut sugar, shallot and dried shrimp; gooseberry with shrimp paste; yellow mango with coconut milk and sticky rice... It's a never-ending list. Thai people have long understood how the delicate balance between sweet, sour, salty and bitter brings out the best in each individual fruit. Thai cuisine is world-renowned for its masterful combinations of tastes and textures, and its fruit culture is by no means less colorful and certainly a pleasure to explore.



简单来说，泰国拥有浓厚的水果文化，当地人民都有偏爱的季节性水果。当某个特殊的季节来临时，随处可见自由创业的人们，小厂商和土地经营者可以在当地市场和路边摊位上出售水果。因此探索泰国水果方便易行，而且能够学习到新知识：初来乍到的游客往往会在泰国发现他们从未听过、更没见过的水果，并为之深深着迷。

在泰国，品尝水果的方式也非常新奇，因为很多水果都配有其他调料食用：西瓜配鱼干、葱和糖；番石榴配盐和辣椒；青芒配鱼露、椰子糖、葱和虾仁；醋栗配虾酱；芒果配椰奶和糯米……凡此种种，不一而足。泰国人民早已掌握了酸甜咸苦之间的微妙平衡，并懂得如何激发出每种水果最好的味道。泰国料理以其完美的口感和味道闻名于世，其水果文化也毫不逊色，充满了探索发掘的乐趣。

泰国，水果天堂

泰国是名副其实的热带水果天堂，水果种类繁多，香甜可口。这里气候宜人，几乎适合任何热带水果生长。来到泰国，你会发现这里的水果如此丰富多样，美味实惠，是泰国给予游客们的意外之喜和特别馈赠。

泰国盛产品种丰富的优质水果，不仅得益于其地理位置的优越和其有利于水果生长的热带气候，而且，也有很多其他因素促进了水果丰产：肥沃的土壤、从国外引进的新品种、通过科学方法不断努力提高的水果品质、以及泰国领土的广度（领土一直延伸到亚热带地区），这让种植原产于高纬度地区的水果成为可能。



DURIAN 榴莲

HOW IT'S TASTE 味道

Sweet 甜: ●●●●

Odor 酸: ●●●●

Richness 香: ●●●●

AVAILABILITY

Peak period: May-August

成熟期: 5 月份到 8 月份



Shape

- The skin is covered with hard thorns.
- The fruit can be as long as 30 cm. With a diameter of 15 cm. Each fruit weighs around 1-4kg.
- The fruit is oval to round. The skin color varies from green to brown. The flesh of pale yellow to red.
- The fruit has a lot of flesh.

果实形状

- 表皮布满硬刺
- 长 30 厘米, 直径 15 厘米, 重 1-4 公斤
- 果状椭圆或圆形, 果皮绿色或棕色, 果肉黄色或浅红色
- 果肉丰富

TOP 5 SPECIES 五大品种



Golden pillow

The fruit is oblong shape. Each one weighs around 1.5-6kg.

金枕头榴莲

果状长方形, 果重 1.5-6 公斤



Kan Yao

The stem of the fruit is bigger than that of the other species. The fruit is in oblong or ovoid shape. Each one weighs around 1.5-4 kilograms.

千天榴莲

果柄比其他品种长又大, 果状椭圆形或蛋形, 果重 1.5-4 公斤



Puangmanee

The fruit is in oval shape. Each one weighs no less than 1 kg.

宝石榴莲

果状椭圆形, 果重不少于 1 公斤



Chani

The fruit is in cylinder/oval shape. Each one weighs around 1.5-4.5kg.

差尼榴莲

果状圆柱或椭圆形, 果重 1.5-4.5 公斤



Kradum Thong

The fruit is in oblate or cylinder shape. Each one weighs around 1.3-4kg.

金纽

果状圆又扁或圆柱形, 果重 1.3-4 公斤

Extra Class

The fruit is of the highest quality. The thorns are in perfect condition. There must be no less than 4 complete compartments. There are no abnormalities regarding its shape.

Class I

The fruit is of good quality. There could be a few abnormalities or defects. There must be no less than 3 complete compartments and 2 incomplete compartments. Overall, the defect area does not exceed 10% of the skin surface and does not affect the shape of the fruit.

Class II

The fruit is not as high in quality as that of the other classes. However, its quality is in accordance with the specifications of its shape. There are no less than 2 complete compartments and 2 incomplete compartments. The fruit maintains its right shape.

特级

最佳的质量, 表皮上的尖刺和肉瓣完整, 一个果实不少于 4 排肉瓣, 果形无异常。

一等

质量好, 可有少量伤疤, 一个果实里完整的肉瓣不少于 3 排, 不完整的少于两排, 总体表皮上的伤疤不该超过 10%。

二等

质量比不上前两个等级, 可有果色和果形上的缺点, 完整的肉瓣不少于两排, 不完整的少于两排, 不影响榴莲的品质。

HOW TO PICK A DURIAN?

- The compartments of the flesh are complete and are as long as the length of the fruit.
- There are no cracks on the skin or pests that affect the appearance of the fruit.
- There are no traces of damages caused by pests.
- Its flesh should not be hard or paler than normal.
- The end lip of the flesh that covers the seed should not turn brown or dark brown.
- The core of the fruit should not be succulent. In an extreme case, the flesh could also be affected.

挑选榴莲的正确方式

- 表皮果瓣和肉瓣完整
- 表皮上没有裂口, 没有受到害虫的损坏
- 果肉不硬, 颜色不苍白
- 果肉的头与尾部分不呈棕色或深棕色
- 果心水分过多会影响果肉

STORAGE 保存方式

A whole durian fruit can be stored at 13-15°C for 10-15days. Durians that are already cut open can be stored at 13-15°C for 7-14days.

整个果实可在 13-15 度的温度下保存 10-15 天; 已打开的可保存 7-14 天。

MANGO 芒果

HOW IT'S TASTE 味道

Sweet 甜: ●●●●

Odor 酸: ●●●

Richness 香: ●●



AVAILABILITY

Peak period: March-May

成熟期: 3 月份到 5 月份

TOP 3 SPECIES 三大品种

NAM DOK MAI

The fruit is plump and almost round. The fruit size is large with the width of 6.5-7.5 cm, and the length of 12-15cm. Each fruit weighs around 250-400 grams or more. The ripe fruit is cream or golden yellow. The fruit skin is thin and easily bruised.



Phonlamai 芒果

果状偏肥偏圆, 果实大, 宽 6.5-7.5 厘米, 长 12-15 厘米, 果重 250-400 克或以上, 成熟时果色为金黄色或淡黄色, 果皮薄, 果实容易压坏。

RAD

The fruit is in ovoid shape with pointed end. The fruit skins dark green and thick. The flesh is greenish yellow, rough and fibrous. There is a little horn near the stem which resembles the horn of a rhinoceros. The unique fruit tastes very sour and turns tasteless when ripe. Each fruit is 250-350 grams.

Rad 芒果

果状蛋形, 果尾偏尖, 果肉青黄, 表皮粗, 果头部分有像犀牛的小角, 味道酸, 果熟后味道淡, 果重 250-350 克。



OK RONG

The fruit is flat and in kidney-like shape. There is a cleavage near the stem which makes it look like a breast. The stem is big and thick. The fruit is 3-5 centimeters wide and 5-10 centimeters long. The unripe fruit is light green or yellowish green. The flesh is whitish-yellow or cream. The fruit has fine sweet succulent flesh.



Ok Rong 芒果

果状像肾, 果头上部凹起, 果核大又厚, 宽 3-5 厘米, 长 5-10 厘米, 果生为青色或青黄色, 果肉呈白黄或淡黄, 果肉饱满, 味道香甜。

HOW TO PICK A MANGO?

- It should be a whole mango fruit.
- The length of the stem should not exceed 1.5 cm.
- Its appearance follows the specifications of its species.
- It should be fresh and in good condition. It should not be bruised or rotten which makes it unsuitable for consuming.
- It should be clean and free from visible foreign matters.
- There should be no cracks or pests that affect the overall appearance of the fruit.
- There should be no damages caused by pests that affect the quality of the flesh.
- There should not be any unusual moisture caused by external factors. However, this dose not include water droplets caused by the change in temperature of mangoes' coming out from a cold storage room.
- There should be no damages from a high/low temperature.
- It should not have unusual smell or taste.

挑选芒果的正确方式

- 果实完整, 可有果枝或没有果枝
- 如果有果枝不应该超过 1.5 厘米长
- 新鲜, 完整, 没有压坏的疤痕, 从而影响食用
- 干净, 没有异物
- 表皮上没有裂口
- 没有受到害虫的损坏
- 表面没有多余的水分, 因冷冻产生的湿气除外
- 没受到低温或高温的损坏
- 无异味

STORAGE 保存方式

Mango can be stored at 10-13°C for 2-3 weeks. 在 10-13 度的温度的下可保存 2-3 周。

Extra Class

The fruit is of the highest quality. There are no abnormalities in terms of shape or skin. The abnormalities or defects should not be clearly visible and should not affect the overall appearance and the flesh of the fruit.

Class I

The fruit is of good quality. There can be a few defects in terms of shape, scratches from rubbing against other fruits, sunburn scars, or stains caused by the latex of the fruit. There can be a few brown freckles. The overall defect area should not exceed 30% of the total surface.

Class II

The fruit is not as high in quality as that of the other classes. There can be a few defects in terms of shape, scratches from rubbing against other fruits, sunburn scars, or stains caused by the latex of the fruit. There can be a few brown freckles. The overall defect are should not exceed 40% of the total surface.

特级

质量最佳, 表皮上没有缺点, 或者缺点不明显, 表皮上的损坏不影响芒果的果肉。

一等

质量好, 有果枝, 可在果状、果形和果色上有小缺点或晒斑, 表皮上的损坏不应该超过 30% 及不影响到果肉质量。

二等

质量比不上前两个等级, 可有果色、果形上的小缺点, 果内部的黏液粘在表皮上的棕斑不应该超过整个果实的 40%。

MANGOSTEEN 山竹

HOW IT'S TASTE 味道

- Sweet 甜: ●●●
- Odor 酸: ●●
- Richness 香: ●●

AVAILABILITY

April-June
成熟期: 4 月份到 6 月份



Shape

- Soft white flesh (jelly-like) with pink veins.
- Round in shape with a purple rind.

果实形状

- 果状偏圆形，外皮紫色。
- 果肉白嫩，花瓣状，像果冻，果肉有粉色的天然纤维。

HOW TO PICK A MANGOSTEEN?

- It should be a whole mangosteen fruit.
- Its stem should remain attached.
- Its sepals may or may not remain attached.
- It should be fresh and has no bruises, dents or cracks.
- It should not be rotten or have any damages such as animal bites or slits.
- There should be no foreign matters on the skin.
- It should not have unusual taste.
- It should not have unusual smell.
- There should not be any damages caused by pests.
- It should weigh 30-100 grams.

挑选山竹的正确方式

- 完整
- 有果头柄
- 表皮上有或没有果瓣
- 新鲜，没有损坏或压肿的伤疤
- 不烂，表皮上没有缺点，例如：小动物啃或咬的伤疤
- 表皮上没有任何异物
- 没有异常的味道
- 没有受到害虫的损坏
- 果重 30-100 克



NUTRITION AND VALUE

73 Kcals/100 grams. Nutrients called Xan-thones in mangosteen have antioxidant and anti-inflammatory properties and also help lower blood pressure.

营养与价值

每 100 克含 73 千卡路里，可增强抗氧化性，消肿，降血压。

Mangosteen Sizes 山竹的平均与大小

Size Code 大小编码(克)	Weight per fruit(grams) 平均果重 / 个
1	>100
2	>85-100
3	>70-85
4	>55-70
5	30-55

Note

The classification of quality and size in this standardization is used for commercial purposes. The specifications of quality are combined with those of size to specify classes of the fruit used when trading. However, trading partners may have different classification criteria according to their preference or due to the seasonality of the fruit.

备注

此山竹的平均大小和质量表是商用概念。各客商可按照平均大小或质量等级的不同需求和水果成熟期长短来考虑购买。



COCONUT 椰子

HOW IT'S TASTE 味道

- Sweet 甜: ●●●
- Odor 酸: ●
- Richness 香: ●●●●

AVAILABILITY

All year round
成熟期: 全年



Shape

- Its grown rate is based on its species, the abundance of soil, water, environment, and climate.
- Round in shape with a thick rind.

果实形状

- 椰子结果至成熟快慢取决于品种、产地、水分、肥分和气候。
- 圆形，表皮硬。

TOP 2 SPECIES 两大品种



NAM HOM

Fragrant and sweet, in high demand, fast growth rate.

Nam Hom 椰子

味道香甜，很受市场欢迎，结果较快。



CHUMPORN LUK PHASOM

A mixture of West African Tall and Thai Tall, its fruit size ranges from medium to large, the percentage of oil is its dried meat is as high as 63.

混合 Chumporn 60-1 椰子

此品种是非洲西部地区椰子和泰国椰子混合品种。果实分中型和大型，干果有 63% 的油性。

HOW TO PICK A COCONUT?

- Its appearance should follow the specifications of its species.
- It should have no sprouts.
- There should be no cracks that affect the quality of its flesh.
- It should not be rotten or low in quality.
- Its general quality should not be affected by pests.
- There should be no damages from pests.
- If there are any damages, they should not affect the quality of its flesh.
- It should not have unusual smell.

挑选椰子的正确方式

- 品质完好
- 没有存放过久
- 没有裂口影响果肉和果汁
- 不烂
- 没受到害虫的损坏，如果有应该不影响到果肉和果汁的质量
- 无异味



STORAGE 保存方式

Coconut can be stored at 2-4°C and should be consumed within 2-7 days to get the best taste from them. 保质期多为 2-7 周，为保持最佳风味，应该在 2-7 天内食用。

Mangosteen Sizes 山竹的平均与大小

Size code 大小编码	Weight of a whole coconut 整果平均果重 / 个 (type 3.1) (kg) (3.1 椰子品种: 3.1) (公斤)	Weight of a peeled coconut 剥果皮后的平均果重 (type 3.2, 3.3, 3.4) (椰子品种: 3.2、3.3、3.4) (公斤)
1	>2.0	>1.2
2	>1.0to 2.0	>0.8to 1.2
3	0.5to 1.0	>0.3to 0.8

Note

The classification of quality and size in this standardization is used for commercial purposes. The specifications of quality are combined with those of size to specify classes of the fruit used when trading. However, trading partners may have different classification criteria according to their preference or due to the seasonality of the fruit.

备注

此椰子的平均大小和质量表是商用概念。各客商可按照平均大小或质量等级的不同需求和水果成熟期长短来考虑购买。



Thailand's Exportable Offer Catalog

泰国出口产品

China and the bird's nest market

On August 28, 2017, the Chinese government allowed Thailand to export cave nests. All of them must be cave nests that meet the standards of Thai bird's nests. The good thing about the cave nests is that certain cave walls still have natural minerals so the bird's nests created around that area will also contain those minerals. Most of the caves that the birds are nesting in are close to the sea which makes the harvesting difficult. The collectors have to be skillful in cave climbing. The transportation of the bird's nests from the caves on the islands to the factories by sea is also difficult.

The accreditation of the Thai companies by the AQSIO and the CNCA is a good proof of the product safety.

Cave nests

Cave nests are of the highest-quality and the most popular kind of bird's nests. There are many colors of the cave nests depending on the nutrients existed in the habitat of the birds. The top-quality cave nests are golden. Their flesh is clean and thick and contains more nutrients when compared to other kinds of bird's nests.

中国与燕窝市场

从 2017 年 8 月 28 日起泰国洞燕再获准进入中国市场，初步允许入境中国的燕窝是颜色呈白色、黄色或金色的可使用燕窝产品。入境中国的泰国燕窝产品必须经过泰国畜牧厅的认证，而且必须全是洞燕。洞燕之特点在于岩壁中富含人体所需的各种天然矿物质，天然营养成分高。因为洞燕多产于沿海峭壁岩洞中，所以采摘的工作是非常困难的。采摘燕窝的工人除了要专门在陡峭的山洞攀爬以外，还要专门通过船将燕窝从山洞运输到工厂来。

泰国燕窝已经获得中国国家质量监督检验检疫总局 (AQSIQ) 和中国国家认证认可监督管理委员会 (CNCA) 的登记注册，这能够证明泰国燕窝产品是安全的。

洞燕

洞燕是质量最好的燕窝，并且非常受人们欢迎。因筑巢于山洞的岩壁上，岩壁内部分的矿物质会经“燕窝”与岩壁的接触面或经岩壁的滴水慢慢地渗透到“燕窝”内，故而野生洞燕颜色大多并不均匀。洞燕最好的品质为金黄色，干净又厚，并且所包含的天然营养成分比其他品种高。

The authentic swallow bird's nests are the nests which are created using the swallow's saliva. They are full of a variety of nutrients including carbohydrate, calcium, potassium, phosphorous, and vitamin A which are all beneficial to the health and help with the producing of collagen used for nourishing the skin and the bone.

纯天然燕窝的好处来自于燕子唾液做的窝富含蛋白质、碳水化合物、钙、钾、钠、磷、维生素 A、增强胶原蛋白，可防止皮肤老化、去皱纹、补钙和保养身体等等。

Thung Kula Rong-Hai Thai Hom Mali

Thung Kula Rong-Hai Thai Hom Mali Rice receives high popularity worldwide. It is a long-grain rice that has pandan-like aroma when cooked. It contains aromatic compound called 2 acetyl 1 pyroline (2AP) which makes it more aromatic than other varieties of rice. Thung Kula Rong-Hai Thai Hom Mali Rice is a GI (Geographic Identification) rice grown in 5 provinces of Thailand, which are Mahasarakham, Roi Et, Yasothon, Srisaket, and Surin. It can only be cultivated once a year.

Thung Kula Rong-Hai Thai Hom Mali Rice is a source of a wide variety of nutrients such as protein, carbohydrate, vitamin A, vitamin E, vitamin C, vitamin B1, vitamin B2, vitamin B3, vitamin B5, vitamin B6, calcium, phosphorous, potassium, beta-carotene, and magnesium. It also helps nourish the body and increases appetite. It contains antioxidants which help nourish the skin, the nerve system, and the eyesight. It also helps prevent Alzheimer's diseases and anemia.

Hom Rice

Hom Rice refers to long-grain rice in general that is not Jasmine Rice. Its aroma resembles to that of Jasmine Rice. Commonly, Home Rice refers to Hom Pathum Rice or Pathumthani 1 Rice which have been improved and become almost as aromatic and flavorful as Jasmine Rice. It is also less soft in texture when compared to Jasmine Rice. Hom Rice is grown in irrigation areas in the central region of Thailand. It can be cultivated throughout the year. It contains both iron and antioxidants which are 7 times higher than rice in general. It also helps reduce the risk of cancer.

香米

香米是粒呈细长型的大米，不属于茉莉香米，可是香味与茉莉香米差不多。一般指 Pathum 香米或者 Pathum1 香米，这两个品种研发自茉莉香米。除此以外，也没有茉莉香米那么嫩。泰国香米主要种植于泰国中部的水利地区，可种植一整年。香米富含铁，抗氧化物质，比其他品种的大米高 7 倍，可预防癌症。

Sangyod Muang Phatthalung Rice

Sangyod Muang Phatthalung Rice has pale whitish-red to dark red pericarp. The unpolished rice is red due to the anthocyanin in the outer layer of rice. While some of the Sangyod Muang Phatthalung Rice is transparent when half polished, most of it is opaque white. When cooked, the rice becomes very soft. Its softness remains even after letting it cool. It has a unique aroma and can only be cultivated once a year. Sangyod Muang Phatthalung Rice is commonly consumed unpolished or half-polished. It contains more benefits when compared to unpolished and half-polished rice in general. Sangyod Muang Phatthalung Rice is a variety of Thai GI rice.

Sangyod Muang Phatthalung Rice contains more fiber than other varieties of rice so it has anti-aging property. Moreover, it contains high protein, iron, and phosphorous. It helps nourish the blood and the body and prevent Alzheimer's disease. Its antioxidants help reduce the risk of cancer.

泰国茉莉香米

Tungkularonghai 泰国茉莉香米享誉世界各地。米粒呈细长型，烹煮时有香兰叶的香气，香味来自 2 acetyl 1 pyroline (2AP)，食用时便可感觉到比其他品种的大米香。此品种是 GI (Geographic Identification) (GI 米指只有在原产地米才能表现出最好的品质。这是因为那里具有特殊的生长条件。) 主要种植于泰国 5 个府，包括吗哈沙拉堪府、黎逸府、益梭通府、四色菊府和素攀府，一年只可种植一季。

Tungkularonghai 泰国茉莉香米富含蛋白质、碳水化合物、维生素 A、维生素 E、维生素 B1、维生素 B2、维生素 B3、维生素 B5、维生素 B6、钙、磷、钾、β-胡萝卜素、镁等。有助于补养身体、增强食欲。富含抗氧化物质，可以保养肌肤、护理神经系统和视力、预防痴呆症及贫血症等。

博他仓府的 Sangyod 米

博他仓府的 Sangyod 米粒有白浅红或红色的膜。糙米米粒有红色的膜，因为米粒外含有花色素苷。另一些糙米有些米粒呈清白色，大多数呈灰白色。Sangyod 米粒煮熟后可以持久地保持软嫩口感，变凉后可散发出别具特色的香味。一年只可种植一季。人们日常以食用糙米为主，因为与普通糙米相比所包含的营养比较丰富。Sangyod 米是泰国的一种 GI 米 (GI 米指只有在原产地才能表现出最好的品质。这是因为那里具有特殊的生长条件。)

Sangyod 米比其他品种的大米富含纤维高，所以可抗衰老。除此以外，还富含蛋白质，铁和磷，可补血、保养身体、预防痴呆症。富含抗氧化物质，可预防癌症。

Thai chicken meets international standards and is ready for exportation

Thai chicken is one of the exported goods which are internationally recognized. This is due to the international standards that it meets, which include the GMP (Good Manufacturing Practice), the HACCP (Hazard Analysis and Critical Control Point), the ISO, the animal welfare, etc.

Nowadays, Thai chicken can be exported to China through the registration with the Certification and Accreditation Administration of the People's Republic of China (CNCA), an agency responsible for guaranteeing safety production of Thai goods. The products from Thailand and chicken breasts, chicken legs, chicken thighs, chicken wings, chicken drumstick and chicken innards. Moreover, the exported goods are also in form of processed food, such as breaded chicken, marinated chicken, chicken nuggets, chicken steak, etc.

得到国际标准认证的泰国鸡已做好出口工作准备

泰国鸡是受世界各国欢迎的一种出口产品。原因是其得到了国际标准认证，例如：GMP (Good Manufacturing Practice)、HACCP (Hazard Analysis and Critical Control Point)、ISO、Animal Welfare 等。

目前中国已允许从泰国进口鸡肉制品，泰国各种鸡肉制品需要通过中国国家认证认可监督管理委员会或者中国 CNCA 商业注册，泰国出口的主要鸡肉制品有鸡胸、鸡爪、鸡臀、鸡翅、鸡腿和鸡内脏。此外，泰国还出口加工过的鸡肉成品，例如：脆皮鸡、香辣酱鸡、鸡块、鸡排等。



Tiger prawn

Tiger prawn is a saltwater prawn with reddish brown to dark brown body and smooth thick shell banded with clear alternative black and yellowish white. The edges around the tip of the tail and its legs are in red color. It is about 18-25 centimeters long and is bigger in size than the whiteleg shrimp. The antennae are long and in black color. Its flesh is flavorful and becomes beautiful orange and firm when cooked. Its suitable cooking methods are grilling and baking with salt or butter.

黑壳虾

对虾科海洋生物，体色为棕红色到深棕色。甲壳厚，体由黑色和白黄色横斑相间排列明显。尾尖和步足为红色，体长大约 18-25 厘米，个体比白对虾大，触角长为黑色。肉质鲜美，烹好之后肉质十分美观，呈橙色。适合烤、烧、盐烘和黄油烘。

Whiteleg shrimp

Whiteleg shrimp is a saltwater shrimp with white body, clear shell, white legs and red tail. The tip of its tail is dark red. It is a small shrimp with thin shell. Its fully-grown size is about 23 centimeters long. Its flesh is sweet but not very firm. It can be cooked in different ways. Its suitable cooking methods are frying, stir-frying, and boiling.

白对虾

对虾科海洋生物，体色为白色，甲壳色较亮，步足呈白，尾部呈红。尾部常呈深红，偏小，甲壳薄。成虾大约 23 厘米，肉质甜美，虾肉不太结实。可烹饪多样，适合炸、炒和煮。

Giant freshwater prawn

Giant freshwater prawn is a freshwater or brackish water prawn with big body and hard thick shell divided into segments. Its head and thorax are fused together which makes its head looks big in size. Its skin is bluish green. Its long big claws are in indigo blue or dark purple color. They are about 13 centimeters long. It has a big body. Its flesh is white, flavorful, and firm. Its suitable cooking methods are grilling, roasting and boiling in Tom Yum soup.

长臂大虾

淡水或者半咸水生物，个体大，甲壳厚又硬，体呈段状。头胸甲发达，头大体小。甲壳色呈绿蓝色，有一对既长又大的蓝色或深紫色的螯，长度大约 13 厘米。个体大，肉质呈白色，鲜美结实。适合烧、烤或者做酸辣汤。





THAILAND TOURISM

泰国旅游

Travelling in Thailand should be like reading a nostalgic story that makes you happy throughout the trip.

在泰国旅行就像阅读一个怀旧的故事，让人在旅途中始终感受愉悦。





Travel to Thailand: Meet Delicacy and Beauty of the World

As Saint Augustine said, "The world is a book, and those who do not travel read only a page." Travelling in Thailand should be like reading a nostalgic story that makes you happy throughout the trip. Indeed, Thailand is ready to embrace you with its warm hospitality, unique and diverse natural sceneries, various specialties of local cuisine, and pleasant shopping experience.

The Undiscovered Charm of Thailand Awaits Your Exploration

Thailand is already well-known to many tourists, but surely, there are still many hidden attractions to be discovered. Natural sceneries, cultural uniqueness, friendly locals, and mouth-watering cuisine make Thailand the wishlist destination for tourists around the world. Most of them look forward to revisiting Thailand on their next vacation as this country is full of amazingly novel experiences.

You can enjoy the leisure time and practice yoga on the beach

of Phuket, learn to cook Thai food with five-star chef in Bangkok, trek in the tropical forest to swimming the waterfall in Kanchanaburi, or wear traditional Thai clothes and visit historical sites in Ayuthaya. You can also take a walk to get in touch with the slow-paced life style on Nimmanhaemin Street of Chiang Mai, enjoy the pastoral life in organic farms and tea gardens of Chiang Rai, or make a worship at Wat Phra That Lampang Luang of Lampang, which is one of the most important temples in northern Thailand.

You can also explore the primeval forest in Kanchanaburi, make fresh hot spring eggs by yourself in Tak, pay homage to the Wat Bang Kung in Samutsongkhram, take a cruise through the mangrove forest in Kohchang, or search for gorgeous ruby and sapphire and enjoy fresh and delicious tropical fruits like a "jewelry hunter" in Chanthaburi. These will also bring you wonderful experiences to get in touch with local livelihood.

A Feast of Thai Cuisine

According to a ranking by CNN, Thailand ranked No.1 for the best street food in the world, making it a true paradise for food lovers. While enjoying site seeing in cities, you can stop by street side food stands to fuel up at anytime or head up to hit the city's famous Sky Bar. In MICHELIN Guide Thailand 2019, 27 restaurants were rewarded with stars, including 4 two-star restaurants, 24 one-star restaurants, and as many as 10 newly shortlisted restaurants.

Moreover, if you wish to cook Thai food after returning your country, Thai food cooking classes are available in many hotels and culinary schools in Thailand. Guided by the professional chefs, you can simply select fresh ingredients at local markets to cook Thai signature dishes by yourself. From the farm to the dining table, going through the fingers to the tongue, this unique experience will bring you a flavor forever fresh and lively.

Upscale Accommodations and Services

In addition to the ultimate satisfaction of taste buds, you can also find a place for your body and mind to relax cozily in Thailand. For instance, the deluxe hotels in Bangkok will offer you the optimal enjoyment: Perfect integration into the urban nightlife, and 28 meter rooftop with infinity pool to immerse in the beauty of the Chao Phraya River. You can also conveniently find Thai massage and SPA services as well as wellness courses in a variety of price and services to take a break from busy routine and recharge your energy.

"Shopping Paradise"

As the second largest retail market in Southeast Asia, Bangkok and other major cities are crowded with mega malls, community malls and flea markets to serve all diverse needs of consumers. You can easily find not only international luxury brands, but also local designed fashions which have good quality and friendly price. The hearts of shoppers was captivated by such charm and that is why Thailand is so-called the "Shopping Paradise."

泰国之旅： 邂逅世间的美味佳肴 与绮丽风光



圣·奥古斯丁说，“世界是一本书，而不旅行的人只读了其中的一页。”在泰国旅行就像阅读一个怀旧的故事，让人在旅途中始终感受愉悦。其实，泰国已经准备好，以热情的款待、独特多样的自然风光、品类繁多的当地特色美食和令人愉快的购物体验来迎接您的到来。

泰国等待探索的未知魅力

泰国虽然是众所周知的旅游国家，但可以肯定的是，泰国仍有许多隐藏的景点在等待发掘。自然风光、独特的文化、友好的当地人民和令人垂涎欲滴的美食，使泰国成为了令世界各地游客神往的地方，大多数游客都期盼着在下一个假期再次造访泰国，因为这里到处都充满了令人震撼的新奇经历。

您可以在普吉岛的海滩上享受休闲时光、练习瑜伽；在曼谷向五星级酒店的厨师学习烹饪泰国美食；徒步穿过热带森林到北碧府的瀑布中游泳；或穿上泰国的传统服装，参观大城府的历史遗迹。您也可以清迈的文艺圣地尼曼路散步，体验慢节奏的生活方式；到清莱的有机农场和茶园体验左手世俗右手田园的怡然自得；或前往泰国北部最重要的寺庙之一的南邦舍利寺（Wat Phra That Lampang Luang of Lampang）进行朝拜。

你也可以在北碧的原始森林中探险；在达府亲手制作新鲜的温泉蛋；朝拜龙仔厝府的邦孔寺（Wat Bang Kung）；乘船游览象岛的红树林；或者像“珠宝猎人”一样，在尖竹汶府寻找华丽的红、蓝宝石、品尝新鲜美味的热带水果。这些也将为您带来深入当地人生活的奇妙的体验。

琳琅满目的泰国美食

泰国的街头小吃被美国有线电视新闻网（CNN）评选为

全球最佳街头美食。这里是真正的美食爱好者天堂。在享受城市观光的同时，您可以随时停下脚步，在街边的饮食摊上为自己补充能量，或是去城市著名的空中酒吧放松自己。在2019年《泰国米其林指南》中，27家餐厅摘星成功，其中包括4家两星级餐厅，24家一星级餐厅，新入围的餐厅达10家之多。

此外，如果您想在回国后自己烹饪泰国美食，您可以在许多泰国酒店和烹饪学校中找到烹饪课程。您可以在专业厨师指导下，在本地市场中甄选新鲜食材，并亲手烹饪泰国的特色美食。这份从农场到餐桌、从指间到舌尖的独特体验，别有一番风情。

高档的住宿和服务

在味蕾获得极致满足之余，在泰国也能寻找到令您身心安逸的栖息之所。例如，曼谷的豪华酒店就能为您带来星级享受：您可以完美地融入都市夜生活、在28米长的屋顶无边泳池里尽享湄南河美景。您还可以十分方便地找到泰式按摩、水疗服务以及包含各种价位和服务的健康课程，让您在繁忙的日常生活中得以休憩片刻，重新充电。

乐享购物天堂

作为东南亚第二大零售市场，曼谷等主要城市中大型购物中心、社区购物中心和跳蚤市场云集，能够满足各级消费阶层的多样需求。您不仅可以轻松地买到国际奢侈品牌，也可以找到本地设计、物美价廉的服装。如此魅力足以让来自世界各地的购物达人们为之倾倒，泰国的“购物天堂”之称的确名副其实。



Amazing Parent-Child Tourism in Thailand

Known as the "Kingdom of Smile", Thailand is particularly suitable for family trips for its close distance from China with direct flights, its policy of free visa on arrival, and multiple fun programs for parent-child tourism. The modern cities, the romantic islands, the ancient cultural capitals, and the mysterious nature... All these interesting experiences are waiting to be discovered and explored to create unique memories for your family.

Share the Leisure between the Blue Sea and the Clear Sky

Instead of crowding together with noisy crowds at Instagrammable places, you can enjoy the leisure on a tranquil island. Koh Yao Yai near Phuket is a place worth visiting. As the filming location of "Mechanic: Resurrection", Koh Yao Yai is regarded as the last "paradise" on the Andaman Sea. The long and narrow beach, the characteristic palm trees, the crystal clear sea water, and the unique life experience of the islanders are all extra bonuses for your cozy holiday.

Nopparat Thara Beach in Krabi is of distinctive characteristics. On this 3km-long beach, there scatters all sorts of shells. You can pick up shells with your children and enjoy the fun of discovering hidden treasures; or you can get a close contact with the blue sea and get to know all kinds of marine creatures, so as to help you children acquire new knowledge in the journey.

In addition, there are the rooster-shaped "Chicken Island" in Krabi, the Khanom Beach where pink dolphins can be seen, and the Poda

Island with various tropical flounder and beautiful coral reefs... Every beach or island has its unique charming features.

Discover and Explore the Magical Nature

Do not miss this trip to Thailand if your children are passionate and curious in exploring the nature. The rainforests, national parks, waterfalls, and wildlife here allow them to explore and discover nature in person, thus obtaining an experience far more vivid and shocking than that in their textbooks.

Thung Teao National Forest Park in Krabi is a place worth exploring. While walking through the park's undeveloped rainforest, you will encounter a wide variety of rare wild animals and plants, and experience Thailand's unique ecosystem. You can also swim in the famous scenic spot "Emerald Pool" in the park, and get relaxed in its light blue water.

Satun National Geopark is also a good choice. As the first and only UNESCO Global Geopark in Thailand, it boasts a diversity of landforms like caves, corrosion caves and stromatolites, as well as magnificent landscapes like waterfalls, jungles and rivers, all of which will demonstrate the infinite charm of the nature.

Appreciate the Culture from Historical Traces

Thailand has a history of over 700 years and possesses a profound cultural heritage. Buri Ram in northeastern Thailand

is a representative city of Khmer culture; Sukhothai is central Thailand is known as the cradle of Siamese culture; and Nakhon Si Thammarat in southern Thailand is an ancient city that has been standing for over one thousand years. Tourists can have great fun by experiencing different Asian cultures from the north to the south.

You can visit Phnom Rung Historical Park in Buri Ram, which is comparable in grandeur to its Cambodian neighbor, Angkor Wat. As the most famous stone palace in Buri Ram, it is composed of well-structured buildings with a long history. The subtlety of Phnom Rung lies in its 15 perfectly aligned doors. This marvelous spectacle can be seen through the doors at sunset in October.

In Sukhothai, you will be able to feel the charm of Sukhothai Historical Park, which is a world heritage site. The park is rectangular, covering an area of 116.5 square kilometers. There are 193 Buddhist monuments scattered inside and outside the city, including one palace, 35 Buddhist temples, and a large number of ancient pagodas, Buddha statues, stone tablets, ponds, dams and ancient porcelain kilns. It is a cultural site under key national preservation in Thailand.

In Nakhon Si Thammarat, Wat Mahathat, which is a prominent royal temple of Thailand, together with the Puppet Museum, Ram Noh Raa, and Old City Wall have all demonstrated the accumulation of this ancient city with a history of more than 1,800 years.

As witnesses of the exquisite culture, museums are also an indispensable part of the journey. You can acquire a better

understanding of Thai history at the Ancient City or appreciate art at Wat Khanon Museum. In this journey about past, present and future, the parents and children will obtain a unique experience only to be shared with one another.

Experience the Fun of Interaction in the Journey

It is always a great fun to integrate into local life during a leisurely journey. Visitors can pick fresh vegetables from farms and cook an authentic Thai dish. Go to Moo Ban Kiriwong to learn how to tie-dye scarves, and experience the joy of making handicrafts together. Plant coconut trees with friends from all over the world in a coconut farm, and experience the local life around by riding a bicycle... These shared experiences between parents and children will form precious memories for you.

Of course, you can't miss a variety of adventurous, water, or fantasy theme parks. Start your adventure from Tribhum, help your children build a dreamy childhood in the Dream World, and enjoy classic performances in Phuket Fantasea Theme Park... These novel and interesting experiences will also enhance the interaction between parents and children.

Learn about Charity through Volunteer Activities

Living in a country with many islands, the Thai people have a unique way of getting along with the ocean. Thailand has a special plan called "Crab Bank", which was spontaneously organized by some fishermen. Whenever fishermen catch female crabs with eggs, they must put these female crabs in the "Crab Bank" to protect them for laying eggs, and then the hatched crabs will be returned to the sea through pipelines. This fishing method not only maintains the ecological balance of the ocean, but also provides part of its profit for community welfare.

There are many sea turtle protection centers in Phang-Nga Bay, Khaolak and Amanda Sea in Phuket. Children can learn, understand and participate in various sea turtle protection and conservation projects there. Such experience is not only full of fun, but also extremely meaningful.

In addition to the marine programs, volunteer activities to protect elephants are also worth attending. You can go to the Elephant Natural Park in Chiang Mai to have a close encounter with elephants. In the Natural Park, children can bathe the elephants, prepare food for them, and enjoy the process of helping protect elephants whole heartedly, while learning a complete set of knowledge of Asian elephants and rescue concepts. In the process, the children will understand that we and the elephants are equal.

Perhaps the experience of being a small volunteer with local people will be rooted in the children's hearts, helping them understand the balance between man and nature, and let the concept of loving nature and helping the weak with their heart accompany them throughout their lives. Thailand, a wonderful tourism destination for children!



奇趣泰国亲子游

被誉为“微笑之国”的泰国非常适合家庭出行。这里距离中国不远，有直飞航班和落地签免费的政策，还有很多适合亲子游的游乐项目。现代都市、浪漫海岛、文化古都、神秘自然……各种各样的趣味体验，等待着被发现和探索，创造专属于家庭的回忆。

在碧海蓝天下共享悠闲

远离喧闹的人群，避开拥挤的网红景点，选一个宁静的

岛屿感受别样的悠闲与静谧。普吉岛附近的大长岛值得一去。大长岛是《机械师2》的取景地，被誉为安达曼海上最后一块“世外桃源”。狭长的海滩、特色的棕榈树、纯净的海水，还有岛上独特的居民生活体验，都能为惬意的假期加分。

甲米的诺帕拉塔拉海滩也别具特色。在这个长达3公里的海滩上，有各种各样的贝壳。你可以和孩子一起拾贝壳，享受“淘宝”的乐趣；或者与蔚蓝海水亲密接触，认识各种海洋生物，让孩子在旅行中获得新知识。

此外，还有状如“雄鸡”的甲米“鸡岛”、能看到粉红海豚的卡农海滩、有着各种热带比目鱼和美丽珊瑚礁的波达岛……每个海滩、岛屿都有它的独特与迷人之处。

在神奇自然里解密和探险

如果孩子对大自然有着强烈的探索欲和好奇心，那就更不能错过这场泰国之旅。热带雨林、国家公园、瀑布、野生动植物……亲自去探索和解密自然，远比在教科书上看到的更加生动和震撼。

去甲米的 Thung Teao 国家森林公园吧。你们可以穿行在公园未经开发的热带雨林中，偶遇各种稀有的野生动植物，感受泰国独特的生态系统。公园里还有甲米著名的景点“翡翠池”，可以在浅碧色的池水中游个泳，放松一下。

沙敦国家地质公园也是不错的选择。这里是泰国首个也是目前全境内，唯一一个登记在册的联合国教科文组织世界级地质公园。洞穴、地下溶洞、叠层石等丰富的地貌，瀑布、丛林、河流等壮美的景观……都展现出大自然的无限魅力。

在历史印迹中品味文化

泰国已有七百多年的历史，文化底蕴深厚。泰东北部有高棉文化的代表城市——武里南，泰中有“暹罗文化的摇篮”——素可泰，泰南则有千年古城——洛坤……从北至南，可以体验到不同的亚洲文化，乐趣十足。

在武里南，可以参观有着“小吴哥窟”之称的帕依蓝历史公园。它是武里南府最有名的石宫，建筑规整，历史悠久。帕依蓝的精妙之处在于15道门连成一线的奇观。在10月的日落时分能够看到这一奇景。

在素可泰，可以感受世界文化遗产——素可泰历史公园的魅力。公园呈长方形，面积约116.5平方公里，城内外密布着193处佛教古迹，包括1座王宫，35座佛庙以及大量的古塔、佛像、石碑、池塘、堤坝和古瓷窑等，是泰国国家重点保护的文化遗址。

在洛坤，一级皇家寺庙玛哈泰寺、皮影戏博物馆、诺拉舞蹈、古城墙遗址等，都能让游客感受到有着1800多年历史的古城的积淀。

博物馆作为精美的文化见证，也是一次旅程不可缺少的部分。去古城七十二府了解历史、去堪农寺博物馆品味艺术……大手牵小手一起认识过去、现在和未来，你和孩子都能获得属于自己、又属于彼此的体验。

在旅程中体验互动乐趣

在悠闲的旅程中融入当地生活，是旅行的一大乐趣。从农场里摘下新鲜的蔬菜，制作一餐地道的泰国菜；去奇丽翁村学着扎染围巾，一起体验手工制作的快乐；在椰子农场和来自世界各地的朋友一起种椰子树，骑行感受周边当地生活……这些父母和孩子之间的共同经历，将成为你们宝贵的情感结晶。

当然也不能错过各种冒险、水上和奇幻的另类主题乐园。

在“神奇三界”开启你们的冒险之旅，在 Dream World 梦幻世界帮孩子筑造梦幻童年，在普吉奇幻多奇乐园欣赏经典表演秀……这些新奇有趣的体验也会增进亲子之间的互动。

在志愿活动中了解公益

生活在一个海岛众多的国家，泰国人民有和海洋相处的独特之道。泰国专门有一套“螃蟹银行”计划，由一些渔民自发组织而成。每当渔民捕到有卵的母螃蟹时，都要将它们放到“螃蟹银行”以保护其顺利产卵，之后再将其孵化后的小蟹通过管道放回大海。这样的捕捞方式不仅维护了海洋的生态平衡，而且其中的部分收益还可用于社区公益。

在普吉岛攀牙湾、考拉克和安曼达海，则有很多海龟保护中心。孩子们可以在海龟保护中心学习、了解和参与各种海龟的保护保育项目，趣味十足，意义非凡。

除了海洋公益项目，你也不能错过参与保护大象的志愿活动：去清迈大象自然保护园与大象亲密接触。在保护园里，孩子们可以为大象洗澡，为大象准备食物，享受为大象全心付出的过程，并学习到一套完整的关于亚洲象的以及亚洲象救助的理念。在这个过程中，他们会明白，我们每一个人和大象都是平等的。

也许跟着当地人做小小志愿者的经历会永远根植在孩子的心中，帮他们理解人与自然的平衡，让热爱自然、用心帮助弱小的理念陪伴他们一生。奇趣泰国，与你童行！





Enjoy the World-Class Medical Services in “the Kingdom of Smile”

As one of the leading countries in healthcare services, Thailand has become the main destination of global health tourism. Following impeccably high standards, Thailand's medical and healthcare services are able to meet the growing needs of patients from all over the world with modern medical facilities and equipment, as well as health centers located in major tourist cities.

In recent years, over 4 million medical tourists have received medical care in Thailand, and the number is increasing year by year. It appears that Thailand is getting more and more popular among Chinese tourists in terms of medical tourism, as they can enjoy a vacation in Thailand while receiving medical treatment and services in world-standard hospitals at reasonable prices.

national agencies lend full support to promote the advancement of medical technology and the access to global medical techniques and devices. Therefore, hospitals around the country are equipped with the world's most advanced medical equipment and technology.

Moreover, Thailand's medical personnel have been globally recognized as leading experts in many areas of healthcare. International medical journals have published researches and studies done by Thai medical experts. Thailand's medical institutions keep close cooperation and frequent exchanges of expertise with famous medical organizations around the world to improve skills, techniques and knowledge in the field of public health.

Excellent Medical Environment and Service

JCI evaluates hospitals in Thailand with excellent environment and infrastructure. The accredited hospitals provide not only world-class healthcare services but also comfortability and relaxation. For example, patients will receive one-on-one service by specialists and professional nurses in the physical examination. Many hospitals' international departments are equipped with translation teams to provide language support for guests throughout the process of treatment.

Favorable and Reasonable Prices

JCI certified hospitals in Thailand provide world-class treatment and services at favorable prices. The starting price of physical examination in Thailand's top medical institutions is about 1,000 yuan, and the cost of hospitalization and surgery is far lower than that in developed countries. Meanwhile, in Thailand, the price of medical examination is reasonable. The detailed prices of specific examination, surgery and treatment can be directly looked up on official websites of the hospitals and physical examination centers or be easily inquired via direct lines.

Enjoy the Convenience of Medical Tourism

Thailand's most renowned cities for medical tourism such as Bangkok, Chiang Mai, Phuket, Samui and Pattaya have established direct flights from China. Chinese tourists spend only 3-5 hours travelling to Thailand to enjoy world-class healthcare services.

Thailand is one of the most popular tourist destinations in the world. During the physical examination and recovery period, one can also enjoy the historical culture, natural scenery, delicious food and the shopping expeditions of the "The Kingdom of Smiles".

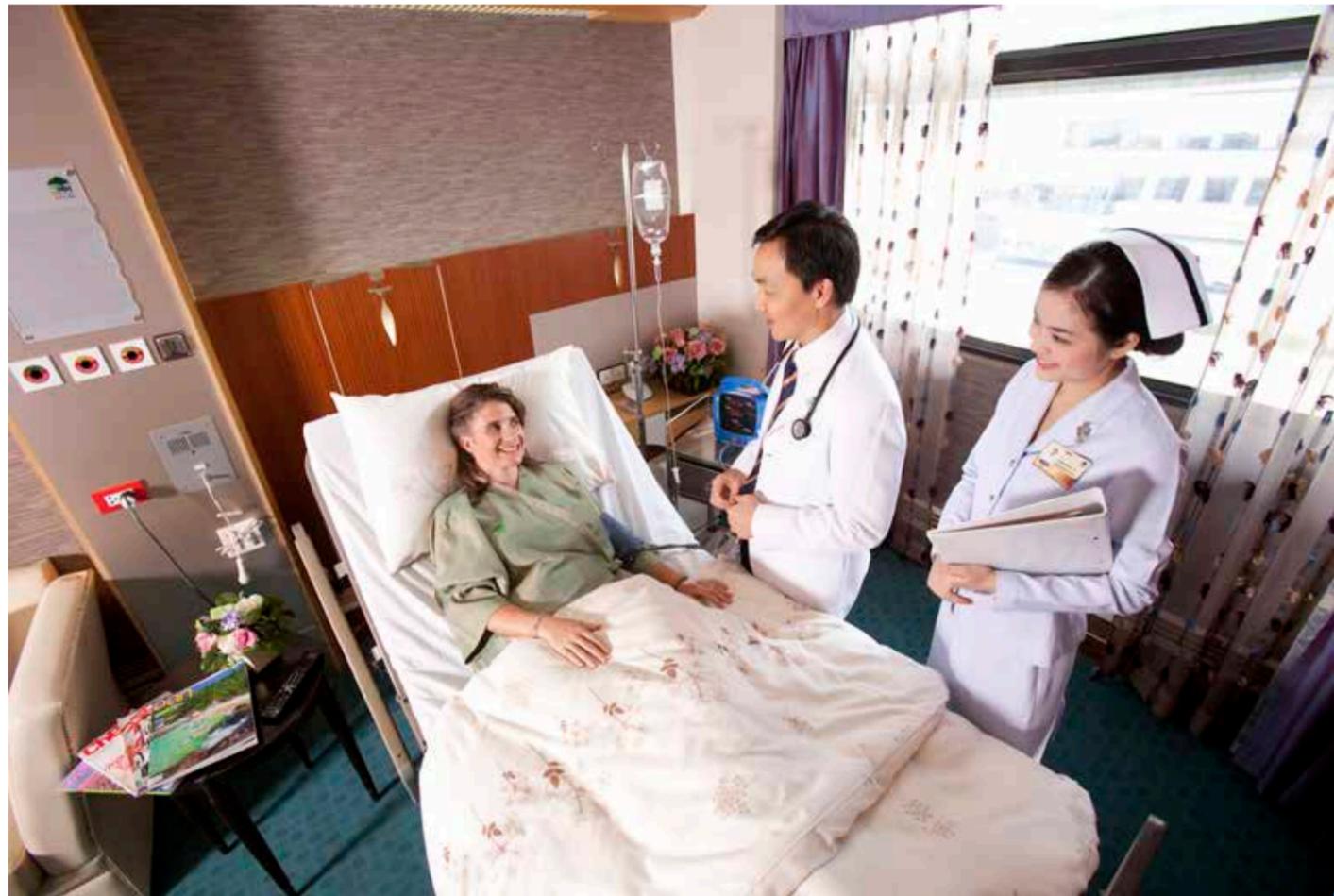
It is prevalent for foreigners to travel to Thailand for both medical treatment and perfect vacation. And Thailand has become one of the most popular destinations for Chinese to enjoy overseas medical treatment and tourism.

International Recognitions for Quality and Safety Certification

Thai hospital was the first in Asia to be accredited by the Joint Commission International or JCI, an international organization accredits and certifies health care institutions, and both its quality and services conform to JCI standards. As of last year, about 66 hospitals in Thailand have obtained JCI certificate and offered relevant services to foreign tourists. This development has made Thailand's healthcare industry rank the first in Asia and the sixth in the world.

Medical Technology on a Par with Developed Countries

The Thai Government attaches great importance to the development of public health and medical treatment. The relevant



优质的就医环境与服务

JCI 对拥有良好环境和基础设施的泰国医院进行了评估。获得认证的医院不仅提供世界级的医疗保健服务，还配备令人舒适放松的环境。例如，在体检中，患者将享受到专家和专业护士的一对一服务。许多医院的国际部都配备了翻译团队，在整个治疗过程中为患者提供语言支持。

优惠合理的价格

获得 JCI 认证的泰国医院以优惠的价格提供世界级的医疗服务。泰国顶级医疗机构的体检起价仅在 1000 元左右，住院和手术费用更是远低于发达国家。同时，在泰国，医学检查的价格也十分合理，检查项目、手术和治疗的具体价格明细在医院和体检中心的官方网站都可以直接查到，也可以很轻易地通过热线查询。

尊享医疗旅游的便捷

泰国最著名的医疗旅游城市，如曼谷、清迈、普吉、苏梅岛和芭堤雅都已与中国互通了直飞航班。中国游客只需 3-5 个小时就能飞抵泰国，享受世界级的医疗服务。

泰国是全世界最受欢迎的旅游目的地之一，游客在进行体检疗养的同时，也可以饱览“微笑国度”的历史文化和自然风光，享受美食，尽情购物。



就医旅游两不误，享受完美假期，这就是很多外国人到泰国医疗旅游的真实写照。泰国已成为最受中国人欢迎的海外医疗和旅游目的地之一。

在微笑的国度里 尊享世界级医疗服务

作为医疗保健服务的领先国家之一，泰国已成为世界健康旅游的主要目的地。泰国的医疗保健服务奉行无可挑剔的高标准，凭借现代化的医疗设施和设备及位于主要旅游城市的健康中心，满足来自世界各地的各类患者不断增长的需求。

近年来，超过 400 万医疗游客在泰国接受了医疗保健服务，而且这一数字逐年增加。在选择旅游医疗时，中国游客也越来越青睐泰国，因为他们既可以在世界标准的医院中以合理的价格接受医疗服务，也可以在泰国度过一个美好的假期。

国际质量与安全认证

泰国医院是亚洲第一家通过国际医疗卫生机构认证联合委员会（JCI）认证的医院，其质量和服务均符合 JCI 标准。截

至去年，泰国约有 66 家医院已获得了 JCI 认证，并为外国游客提供相关服务。这一发展使泰国医疗保健产业的服务质量位列亚洲第一和世界第六。

医疗技术水平比肩发达国家

泰国政府重视公共卫生和医疗的发展。国家相关机构全力支持推进医疗技术的进步及全球医疗设备技术的引进，因此，全国范围内的医院都配备了世界上最先进的医疗设备和

技术。此外，泰国的医务人员许多保健领域中已被全球公认为领先专家。国际医学期刊已发表了泰国医学专家的多项研究成果。泰国的医疗机构与世界各地的国际著名医疗机构保持着密切的合作和频繁的专业知识交流，以提高公共卫生领域的能





Fun and Thrilling Sports Activities in Thailand

As the engine of life, sports can relieve players from the stressful routines, as well as motivate them to build up physical and mental health. Whether or not you are a fan of sports, if you are planning a vacation, you may as well come to Thailand to experience a sports trip!



Golfing with Nature

Enthusiastic golfers are accustomed to visiting different golf courses all over the world. If you are looking for world-class golf courses and travel abroad, Thailand is the top choice destination for you. Tourist cities such as Bangkok, Phuket, Chiang Mai and Samui all have world-class high-quality golf courses and clubs. Every year, millions of sports enthusiasts flock here to enjoy the excellent facilities and warm services.

Making full use of the island's tropical climate and unique landscape, Phuket's high-level courses are equipped with greenery fields and holes for golfers at all levels. Some of the courses are also selected as venues for World Golf Championships. In addition, surrounding hotels with completed service facilities will satisfy family members' demand to relax in swimming pool or lounge on the beach.

With enchanting natural beauty and nice weather, Chiang Mai's golf courses are highly-rated in Thailand and are recommended by several golf magazines. For example, Chiang Mai Highland Golf Club is praised as the "Golf Legend" in northern Thailand. Its location at the foot of the hills has ensured an abundance of mountain views. Alpine Golf Resort Chiang Mai has also hosted

many international golf tournaments, in which Tiger Wood won his championship there.

Samui's golf courses are also of world-class standard. Quality grass seeds are used in the courses, and each hole is designed on the hills of different heights to guarantee its international standard. The tropical flora and fascinating natural scenery can be seen everywhere.

International Marathon in Thailand

It is trendy now for young people to run marathon and participate in challenging tournaments. In Thailand, a number of cities hold annual marathons, such as Chiang Mai, Pattaya and Phuket. Fresh air and pleasant environment will ensure joggers to practice running healthily and happily.

Chiang Mai marathon is the largest marathon event in northern Thailand. Thanks to its flat road, fair temperature in the morning, and Thai style fruits and drinking water supplied along the running route, Chiang Mai is one of perfect choices for organizing marathon tournament. Beginning-level runners can complete their full marathon without any pressure, therefore, it is also much preferred by many "tourist runners".

With 40 kilometer coastline, sunshine, beaches and appetizing food, Pattaya is not only a paradise for tourists from all over the world, but also a destination for marathon enthusiasts. Pattaya's annual marathon starts at 3:30 a.m., participants run along the long coastline, immersing in the sea breeze and the sound of lapping waves.

Phuket's Laguna marathon is currently one of the largest travel-marathons in Asia. It is suitable to participate with family members and friends. The starting and finishing point are set in Laguna Resort. Enjoy the passion of Southeast Asia by running through the tropical villages, blue sea, and azure sky of Phuket!

Paradise for Diving Enthusiasts

Diving is the latest popular sport among young Chinese. As long as you are in good health condition and in a qualified age, you can apply for diving courses at certified diving schools. Thailand's Kho Tao is popular with beginners. All kinds of diving courses with international certificate are found here. Diving courses for Chinese are provided in many diving schools in Kho Tao as well.

Experienced divers can choose diving liveboards to avoid crowds and deeply feel the charm of the sea. You can try the exciting night diving, and swim with ocean creatures to explore the underwater secrets. Besides, some hotels and resorts also provide activities such as snorkeling, hiking, and Thai boxing.

Just Have Fun!

A number of indoor-outdoor sports activities can be found in Thailand. Most hotels are well equipped with fitness facilities and offer yoga courses, beach volleyball, football and other recreational activities.



到泰国享受嗨翻天的充电之旅

运动是生命的引擎。它既能让运动者从压力中得以释放，也可以培养和改善身心健康。无论您是否是个体育迷，如果您正在计划度假，不妨来泰国体验一下运动之旅吧！

在大自然中挥杆——高尔夫

高尔夫爱好者都有打卡世界各地不同高尔夫球场的习惯。如果您在寻找世界级的高尔夫球场和出国游，那么泰国就是您的不二之选。曼谷、普吉、清迈和苏梅岛等旅游城市拥有世界级的高品质高尔夫球场和俱乐部，每年都有数百万计的体育爱好者慕名而来，享受绝佳的设施和热情友好的服务。

普吉岛的优质高尔夫球场充分利用岛上的热带气候和独特的地形地貌，配备了适合各层次高尔夫球手的绿地和球洞。部分球场还被选作世界高尔夫锦标赛的赛场。此外，周边酒店服务设施完善，可满足家庭成员在游泳池或沙滩休息室放松休闲的需要。

清迈的高尔夫球场自然景色美丽，天气宜人，是泰国几家高尔夫杂志倾情推荐的高等高尔夫俱乐部。例如，清迈高地高尔夫俱乐部被誉为泰国北部的“高尔夫传奇”，坐落于山脚下，丰富山景一览无遗。清迈阿尔卑斯高尔夫度假酒店还举办了许多国际高尔夫锦标赛，老虎伍兹曾在那里夺冠。

苏梅岛的高尔夫球场也是世界一流的标准球场。球场采

用优质草种，每个球洞都设计在不同高度的山丘上，确保了国际标准。在球场上，热带植物群和壮观的自然风光随处可见。

用脚步丈量泰国——国际马拉松

当今时代，跑马拉松和参加极具挑战性的比赛已在年轻人群中成为一种时尚。在泰国，清迈、芭提雅和普吉岛等许多城市每年都会举办马拉松比赛。新鲜的空气和宜人的环境让跑者们跑得健康、练得愉悦。

清迈马拉松是泰国北部最大的马拉松赛事。平坦的道路，早晨适宜的气温，以及赛道沿线供应的泰式水果和饮用水，让清迈成为了举办马拉松比赛的最佳之选。初级跑者也可以毫无压力地完成全程马拉松，因此也备受许多“旅游型跑者”的青睐。

芭提雅拥有长达40公里的海岸线，阳光明媚，沙滩和美食随处可见。那里不仅是全世界游客的度假天堂，也是马拉松爱好者的打卡圣地。芭提雅年度马拉松在凌晨3点半开跑，跑者能够沿着长长的海岸线奔跑，伴随着他们的是凉爽的海风和阵阵海浪。

普吉岛乐古浪马拉松是目前亚洲规模最大的旅行马拉松赛事之一，适合与家人和朋友一起参加。比赛的起终点设置在乐古浪度假村内。跑过普吉岛的热带乡村和碧海蓝天，尽情享受东南亚的热情吧！

潜水爱好者的天堂

潜水是一项在中国年轻人中最新流行起来的运动。只要您身体健康，年龄符合要求，就可以向获得认证的潜水学校申请参加潜水课程。泰国的涛岛很受初学者的欢迎，这里有各种颁发国际证书的潜水课程，还有许多潜水学校专门为中国人开设了潜水课程。

有经验的潜水者可以选择船宿出海，以避开喧闹的游客，

深度感受海洋的魅力。您可以体验神秘刺激的夜潜，在深夜中与巡游的海洋生物们同游一路，探索水下的奥秘。除此之外，一些酒店和度假村还提供浮潜、徒步旅行和泰拳等活动。

随时随地的玩乐！

泰国拥有丰富的室内外体育活动。多数酒店都配有健身设施，并提供瑜伽课程、沙滩排球、足球及其它多种娱乐活动。





Flavors of Thai Cuisine

Thailand is a memorable cuisine heaven. Thai food always caters to visitors' taste buds regardless of street snacks, special local dishes, or world-famous Michelin restaurants. No wonder Thailand is praised as a paradise for foodies!

Enjoy the Roadside Delicacies

Thailand's local markets and roadside stalls are the top destinations that tourists shall never miss. There are not only local authentic Thai snacks, but also unique local dishes with sweet, sour, spicy and salty taste, fully showing the exotic flavor of Thai food.

Various types of shopping and food markets are located in tourist cities such as Bangkok, Chiang Mai, Phuket, Hua Hin and Pattaya. Night bazaar, weekend market, floating market and railway market, which not only demonstrate country's unique features, but also provide tourists a wide range of affordable and delicious Thai foods and snacks, such as pad thai, rice noodle soup, fried spring rolls, mango sticky rice, Thai milk tea, etc.

Say Hi to Michelin Restaurants

In Thailand, the Michelin restaurants are scattered over Bangkok, Phuket, and Phang Nga. Thanks to the rich natural landscape and history, different cities vary in their cultures and resources. Accordingly the Michelin restaurants distributed in different cities have their own marks and charm, including European cuisine, traditional Thai flavor, fusion food style, southern Thai cuisine, and even chef's creative dishes.

Most of Thai food is healthy because it is mainly cooked with fresh ingredients and natural seasonings. Many Thailand's Michelin restaurants are chosen to cater important celebration or special festivals.

Thailand's Michelin restaurants also continuously introduce "Designed Menu" to tailor a complete dining experience for guests according to the seasonal changes, special local ingredients and other conditions. This kind of high-quality and fair-priced services features both enjoyable and memorable experience.

Fresh Experience at Exclusive Restaurants

Thai exclusive restaurants drawn inspiration to their dishes by combing authenticity of Thai cuisine and creativity to create a special experience for travelers. Whether expats who have been in Thailand for a long time, or food lovers who first try Thai foods, will definitely have mind-blowing experience.

Do It Yourself!

While enjoying sightseeing, tourists are welcomed to attend short courses of Thai cooking class which are launched by hotels, restaurants and culinary schools. Guided by professional chefs, one can go to the local markets and learn about the herbs and seasonings that commonly used in Thai cooking. On farming area, planting skills and vegetable picking activities are also provided.

At the cooking class, all ingredients are prepared, and professional chef will demonstrate cooking methods for each dish. The satisfying aroma of ingredients and special Thai spices permeated into the air. Then you will try self-made dishes, and bring your own recipes back home to continue the cooking journey.

Fresh Fruits All Year Round

In addition to mouth-watering Thai food, plenty of Thai fruits are found in almost every corner all year round in Thailand. A variety of tropical fruits attract foreign tourists to visit Thailand to enjoy sweet aroma and delicious flavors.

Named as the King of fruits, durian has sweet and foul aroma with custard and creamy texture. Mangosteen is considered to be the Queen of Fruits with mild sweet flavor. Coconut is one of the most nutritious fruits in Thailand, and known well for their refreshing water. Rambutan gives you sweet and cool taste. Pineapple is sweet and crispy. Other tropical fruits also bring good taste and surprise to you such as rose apple with black-pearl like color,

custard apple with sweet and soft texture, and raw papaya cooked for papaya salad. These fruits will help relieve thirsty and cool the high temperature down.

Thai fruits are famous for its fresh and sweet. You can enjoy variety of tropical fruits all year round in Thailand. Local farmers also welcome visitors to experience fruit picking and enjoy all you can eat fruit buffet!



捕捉泰国的干滋百味

泰国是让旅食家们念念不忘的美食胜地。无论是街头小吃，还是别具风味的泰式地方菜，亦或是享誉全球的米其林餐厅，泰国美食总能恰到好处地取悦旅客的味蕾，难怪泰国被誉为美食家的天堂！

街边也有大享受

泰国的当地市场和路边摊是旅食家们绝不会错过的最佳目的地。这里不仅有地道的泰国小吃，还有独具特色的地方菜式，甜酸辣咸齐聚一堂，充分展现着泰国美食的异域风味。

曼谷、清迈、普吉、华欣和芭堤雅等旅游城市的购物和美食市场各具特色，从夜市、周末市场、水上市场到铁路市场，既展现了泰国的独特面貌，还能够让旅食家们享受到种类繁多又实惠好吃的泰国小吃，例如泰式炒河粉、泰国米粉、炸春卷、芒果糯米饭、泰式奶茶等。

谁能拒绝米其林

在泰国的曼谷、普吉岛和攀牙，米其林餐厅云集。丰富的自然景观和历史让不同城市的文化和资源也各不相同，因此，不同城市的米其林餐厅也都有自己的独特魅力，通过欧式菜肴、传统泰式风味菜肴、融合混搭风格、泰式南部菜肴，以及厨师的创意菜式等淋漓尽致地呈现了出来。

值得一提的是，由于泰餐主要用新鲜食材和天然调料烹饪而成，所以大部分的泰餐都很健康。泰国重要的节日庆典中，许多米其林餐厅都有机会大展身手。

泰国米其林餐厅还根据季节变化、当地特色食材等条件不断推出“赏味菜单”，精心为客人们设计完整的用餐体验。这样高品质而又相对平价的米其林餐厅美食体验，难怪让很多人流连忘返、记忆深刻。

独特餐厅新体验

许多泰国特色餐厅汲取外国菜品精华并独创翻新，提供给旅食家们与众不同的美食体验。无论是已经在泰国逗留多时的老饕，还是首次品尝泰国特色餐厅菜色的美食爱好者，都会为此大开眼界，满意而归。

美食也能自己做

各大酒店、特色餐厅和烹饪学校推出的短期泰式菜肴烹饪课程，让旅食家们在享受优美的异国风光的同时，能够在专业厨师的指导下，在当地集市中学习辨识烹饪中常用的香草和调料。在农耕地区，甚至还可以了解种植技巧并采摘新鲜蔬菜。

烹饪课上，丰富的食材摆在面前任您挑选，更有专业厨师为您演示每道菜的烹饪方法。泰国配料和香料那沁人心脾的香味在空气弥漫。而后，您可以品尝自己亲手制作的菜肴，并把您的菜谱带回家，继续美食烹饪之旅。

一年四季果不停

在泰国，除了令人垂涎欲滴的各色美食，还有四季不断的水果供游客尽情享用。泰国的热带水果种类繁多，以其甜美的香气和可口的味道让旅食家们深深着迷。

榴莲素有“水果之王”之称，拥有独特的气味和奶油般的质地；山竹甜而不腻，被誉为“果中皇后”；椰子可饮可食、健康解渴；红毛丹甜美甘爽；菠萝香甜爽脆。其它热带水果，让人好奇尝试后惊为天人：具有黑珍珠般色泽的莲雾、鲜甜软糯的释迦，还有尚未成熟时用来凉拌的青木瓜……清凉香甜的热带水果汁水饱满，在入口的一瞬间完美驱逐炎热带来的躁郁。

泰国水果以鲜甜闻名。在泰国，您可以全年享用各种热带水果。更重要的是，当地农民也欢迎游客深入水果生长的土地，亲身体验水果采摘，畅享水果自助餐！



Festivals in Thailand

January

New Year's Day

On the New Year's Eve, magnificent New Year Countdown parties are held at several venues across Bangkok, featured with concerts, firework show, and street food. Tourists from all over the world will gather here to enjoy and celebrate the upcoming New Year's Day. Meanwhile, shopping malls will offer tempting discount and activities to show unique characteristics of Thai culture.

Bo Sang's Paper Umbrellas Festival

Bo Sang village in Chiang Mai is famous for its handmade paper umbrellas. Villagers have been engaged in handmade paper umbrellas for more than 200 years. Its simple design, exquisite painting, and elaborate skills have been taught from generations to generations. In every January, the whole town is surrounded by colorful paper umbrellas, which is truly enrapturing.

February

Trang's Underwater Wedding Festival

Since its beginning in 1997, Trang's underwater wedding ceremony has rapidly become one of the most favorite activities of diving lovers and couples around the world. In 2000, it won the Guinness

world record and was awarded the title of "the largest underwater wedding in the world". Trang's underwater wedding festival is held every year on the Valentine's Day. The participated brides and grooms will together experience the rich and colorful Thai-style wedding ceremony and impressed activities.

March

Pattaya International Music Festival

The Pattaya International Music Festival is held in middle of March every year, Famous international and Thai singers of different musical genres and styles will perform throughout day and night. It is also an opportunity for talented music artists to debut and showcase their new single. The whole music festival will last for three days.

April

Songkran Festival

Songkran Festival is the Thai New Year's national holiday from April 13 to 15 every year. The celebration is held throughout the country. It is rich with symbolic traditions. In the morning, Thai people will make merit and offer food to monks, pay respect to elders and enjoy family gathering time. This holiday is worldwide known for its water festival. People, young and old, Thai and foreigner, go out to participate in "water-fighting on the street".

May

Royal Ploughing Ceremony

The Royal Ploughing Ceremony is a traditional ritual to mark the traditional beginning of the rice growing season and pray for

fair weather and good harvest in Thailand. It began in Sukhothai Dynasty which has been carried forward until present day. In recent years in Thailand, the ceremony is held at Sanam Luang in Bangkok. Rice is sown in the ceremony, and afterward, onlookers swarm the field to gather the seed, which is believed to be auspicious.

June

The Ghost Festival

The Ghost Festival is held every year in the middle of June in Loei. In this three-day festival, residents in the town will dress up in ghost mask decorated with colorful and vibrant cover and dance with the onlookers along the street parades. Instead of frightening, the Ghost Festival is filled with joy and excitement. If you are interested, you can dress up to join the "ghost team" and experience the special gaiety!

July

Buddhist Lent Day

July 16 is the annual significant traditional Buddhist festival. Monks are forbidden to stay overnight outside temples for three months and shall study dhamma and practice meditation, and the devout men and women should abstain from alcohol and killing animals to keep away from sin and cultivate their moral character.

In the morning of the Buddhist Lent Day, Thai Buddhists will offer foods and donate some daily necessities to monks. Traditionally, villagers will gather to make and sculpt huge candles to give to monks for their three-month lent period. Tourists can enjoy beautiful wax sculptures' parade on street and pay homage to

Buddha statues. Important notice, one should wear proper dress when enter to temple compound.

October

Commemoration of H.M. King Chulalongkorn

Much of significant modernization in Thailand were taken place under the reign of H.M. King Chulalongkorn or King Rama V (1868-1910), which laid a solid foundation for Thailand in present day. H.M. King Chulalongkorn passed away on October 23, 1910 which is later designated as King Chulalongkorn Memorial Day. On this day, Thai people and government officials will worship and place wreaths in front of the statue of King Rama V.

November

Loy Krathong Festival

Loy Krathong Festival is held annually in November. Krathong or small baskets are made from banana leaf or bread decorated with flowers and candles. Many Thais use the krathong to thank the Goddess of Water. The fragrance of flowers and candle light will make the night full of joy and romance.

December

Christmas

Thailand embraces various diversities of cultures. We celebrate the Chinese New Year in China town. So does the Christmas holiday. A variety of celebrating activities are held in December. Promotion at shopping malls and major business districts will add more color to this festive month.



泰国的节日

一月

元旦

在新年前夜，曼谷多地会举行以音乐会、烟花秀和街头美食为特色的新年倒计时晚会，世界各地的游客齐聚在这里欢庆即将到来的新年。届时，购物中心也会推出诱人的折扣和活动，以展示泰国独特的文化特色。

清迈博桑纸伞节

清迈的博桑村（Bo Sang Village）以手工纸伞闻名。村民们从事手工纸伞制作已有二百余年的历史。纸伞简约的设计、精美的绘画和精细的技艺代代相传。每年的1月，整个城镇都会被五颜六色的纸伞包围，令人流连忘返。

二月

董里水下婚礼节

董里水下婚礼自1997年创办后，迅速成为全球潜水爱好者和情侣们最喜爱的活动之一，并于2000年获吉尼斯世界纪

录，被授予“世界最大水下婚礼”称号。董里水下婚礼节在每年的情人节举行，参加婚礼的新人们将一同体验丰富多彩的泰式婚礼仪式及令人难忘的活动。

三月

芭堤雅国际音乐节

芭堤雅国际音乐节在每年的3月中旬举行，届时不同音乐流派和风格的国际及泰国知名歌手将昼夜进行演出。此外，芭堤雅国际音乐节也为杰出音乐家提供了初次登台演绎新作品的机会。整个音乐节会持续三天。

四月

宋干节

每年的4月13-15日的宋干节（泼水节）是泰国的新年，也是泰国的法定假日，届时举国欢庆，十分隆重。宋干节包含着极具象征意义的泰国传统。清晨，泰国人民会向僧人布施、向长辈致敬，并享受家庭团聚的时光。这个节日以“水的狂欢”而闻名世界，无论男女老少、泰国人民还是外国人，都会出门参加“街头水战”。

五月

农耕节

农耕节是泰国庆祝水稻种植季节开始、祈祷风调雨顺、农业丰收的传统仪式。农耕节始于素可泰王朝，一直延续至今。近年来，该仪式是在泰国曼谷的皇家田广场举行的。在仪式上会播撒稻米，观看仪式的民众会涌入田地收集种子，以祈求吉祥如意。

六月

鬼节

鬼节每年六月中旬在黎府举行。在为期三天的节日里，镇上的居民们戴着五彩缤纷的鬼怪面具，在街头游行队伍中与围观者共同起舞。鬼节不但没有半点惊悚，反而洋溢着欢乐和兴奋。如果你有兴趣，也可以打扮一番加入“鬼脸大军”，体验别样的欢腾！

七月

守夏节

7月16日是泰国一年一度传统佛教节日——守夏节。这个节日在泰国意义重大。僧侣们三个月内不能在寺院外过夜，还要学习佛法、修行。而善男信女们也要通过戒酒、戒杀生等来远离罪孽，修身养性。

在守夏节的早晨，泰国佛教徒会向僧侣布施食物和一些生活必需品。根据传统，村民们会齐聚一起制作雕

刻巨型蜡烛，并在三个月斋戒期间敬献给僧侣。游客可以在街上欣赏美丽的蜡像游行，并敬拜佛像。需要特别注意的是，进入寺院时应着装得体。

十月

朱拉隆功大帝纪念日

泰国许多重大的现代化进程都发生在朱拉隆功大帝（拉玛五世王：1868 - 1910）统治下，这些成果为如今的泰国奠定了坚实的基础。朱拉隆功大帝于1910年10月23日逝世，这一天后来被定为朱拉隆功大帝纪念日。在这一天，泰国民众和政府官员会在拉玛五世王塑像前敬拜并敬献花圈。

十一月

水灯节

泰国每年11月举行水灯节。人们用芭蕉叶或面包做成的水灯或小花篮，上面装饰着鲜花和蜡烛，以此来酬谢水之女神。弥漫的花香和闪烁的烛光让水灯之夜充满了欢乐与浪漫。

十二月

圣诞节

泰国包容丰富多样的文化，我们既会在唐人街庆祝中国新年，也会庆祝西方的圣诞节。十二月的庆祝活动异彩纷呈，各大商场和主要商区的促销优惠活动也会为这个喜庆的月份增添更多的色彩。





UNESCO World Heritage Sites

1. Dong Phrayayen-Khao Yai Forest Complex

The Dong Phrayayen-Khao Yai Forest Complex spans 230 km between Ta Phraya National Park on the Cambodian border in the east, and Khao Yai National Park in the west. The site is home to more than 800 species of fauna, including 112 mammal species (among them two species of gibbon), 392 bird species and 200 reptile and amphibian species. It is internationally important for the conservation of globally threatened and endangered mammal, bird and reptile species, among them 19 that are vulnerable, four that are endangered, and one that is critically endangered. The area contains substantial and important tropical forest ecosystems, which can provide a viable habitat for the long-term survival of these species.

2. Thungyai-Huai Kha Khaeng Wildlife Sanctuaries

Stretching over more than 600,000 hectares along the Myanmar border, the sanctuaries, which are relatively intact, contain examples of almost all the forest types of continental South-East

Asia. They are home to a very diverse array of animals, including 77% of the large mammals (especially elephants and tigers), 50% of the large birds and 33% of the land vertebrates to be found in this region.

3. Ban Chiang Archaeological Site

Ban Chiang is considered the most important prehistoric settlement so far discovered in South-East Asia. It marks an important stage in human cultural, social and technological evolution. The site presents the earliest evidence of farming in the region and of the manufacture and use of metals.

4. Historic Town of Sukhothai and Associated Historic Towns

Sukhothai was the capital of the first Kingdom of Siam in the 13th and 14th centuries. It has a number of fine monuments, illustrating the beginnings of Thai architecture. The great civilization which evolved in the Kingdom of Sukhothai absorbed numerous influences and ancient local traditions; the rapid assimilation of all these elements forged what is known as the 'Sukhothai style'.

5. Historic City of Ayutthaya

Founded c. 1350, Ayutthaya became the second Siamese capital after Sukhothai. It was destroyed during the Burmese's invasion in the 18th century. Its remains, characterized by the prang (reliquary towers) and gigantic monasteries, give an idea of its past splendour.

联合国教科文组织 世界遗产

1. 东巴耶延山 - 考爱山森林保护区

东巴耶延山 - 考爱山森林保护区横跨在柬埔寨东部边缘的巴耶延国家公园和西部的考爱山国家公园之间，绵延 230 公里。这里是 100 米到 1351 米高的崎岖山区，总面积 615 500 公顷，其中有 7500 公顷在海拔 1000 米以上。北部由孟河的几条支流汇聚而成，其本身也是湄公河的支流。南边是许多瀑布、河谷和由四个溪流汇聚而成的巴真武里河 (Prachinburi River)。这里栖息着 800 多个动物种群，其中有 112 种哺乳动物 (长臂猿类有两种)、392 种鸟类，200 种爬行和两栖类动物。保护世界上受到威胁和濒危哺乳动物、鸟类和爬行动物具有全球性的重要意义。这其中有 19 种动物易受危害，4 种动物处于濒危状态，还有 1 种受到严重威胁。这一地区包含丰富而重要的热带森林生态系统，为这些动物的长期生存提供了一个适宜的栖所。

2. 童·艾·纳雷松野生生物保护区

在泰缅边界上绵延 60 多万公顷，是保存相对完整，包括东南亚大陆几乎所有森林类型的保护区。它是各种不同种类动物的家园，保护区内栖居着本地区 77% 的大型哺乳动物 (特别是大象和老虎)，50% 的大型鸟类和 33% 的陆地脊椎动物。

3. 班清考古遗址

班清被视为迄今为止在东南亚发现的最重要的史前聚居地，它的发现向人们揭示了人类文化、社会和技术发展过程中的一个很重要的阶段。该遗址发掘出来的葬物证实该地区



曾有过农业耕作、制造和使用金属的活动，也是迄今为止所能提供的最早的此类证明。

4. 素可泰历史城镇及相关历史城镇

素可泰是 13 世纪和 14 世纪暹罗第一王国的首府，这里矗立着许多引人注目的纪念性建筑，反映了泰国早期建筑的艺术风格。素可泰王国时期逐步形成的灿烂文明迅速吸收了各种文化成分，并结合当地的古老传统，以此构成现在所谓的“素可泰风格”。

5. 阿育他亚 (大城) 历史城及相关城镇

阿育他亚 (大城) 是继素可泰 (Sukhothai) 之后的第二任暹罗首府，大约建于 1350 年，18 世纪被缅甸人摧毁。它的遗迹圣骨塔和清真寺至今还依稀显露出其昔日的辉煌。





天一生水



热烈祝贺中华人民共和国与泰国建交45周年
Celebrating the 45th Anniversary of the Establishment
of the Diplomatic Relations between Thailand and China



詹彦福 建盏手艺人

—— 为世界献上一尊古典的茶盏 ——

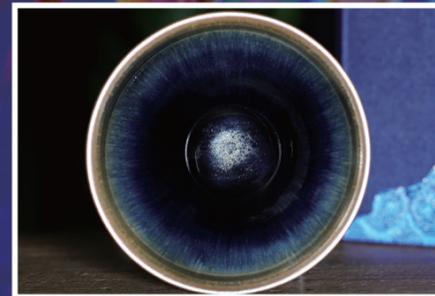
Zhan Yanfu, Master of Jianzhan
Classic tea cup presenting to the world!



为中华人民共和国与泰国建交45周年献礼
Celebrating the 45th Anniversary of the Establishment of the
Diplomatic Relations between Thailand and China



青蓝毫



花月夜



七彩曜变



银毫



七彩曜变



金丝兔毫





全球外交官中国文化之夜

Global Diplomats' Chinese Cultural Night



See you in December!

文明互鉴 民心相通

助力“一带一路”倡议 共建人类命运共同体

Mutual Learning among Civilizations, Joint Enhancing between People-to-People Ties
Support the Belt and Road Initiative, Build a Community of Shared Future



2019年全球外交官中国文化之夜
现场直播



关注LOOKWE公众号
了解更多

E-mail:embassy@lookwe.com

Tel:+86-10-5166 8479

www.lookwe.com

LOOKWE
WE DELIVER THE WORLD TO YOU