



# General Risk Assessment

Think Pacific Projects in Thailand

Last Updated: 19th May 2025

# Global Mobility Risk Management

## Background

The following risk assessment has been completed by Think Pacific in line with our policies and procedures, and included multiple site visits and audits of project accommodation, transport providers, work spaces, activities and local surroundings by the Thailand Programme Manager, the Global Development and Operations Manager, and the Senior Management team.

## Measures

- Risk assessments are updated prior to each individual programme
  - The 'Template' Risk Assessment can be the core organisational document, and then the in country team complete project specific risk assessments as part of the project preparation process
- Training of staff based on specific risk assessment points is implemented by Senior Management
- Risk assessments are referenced throughout the project by Think Pacific staff
- Following each project, the risk assessment is reviewed
- Learning outcomes are used to influence future assessments
- Risk assessments are compiled with consideration of local laws, DFAT guidelines and UK Government Health and Safety Executive <https://www.hse.gov.uk/>
- This risk assessment is in addition to Think Pacific policies, including Health and Safety, Crisis Management, PSEAH Policy, Fire Safety Policy and First Aid Policy

# Project Activities & General Information

## Overview of Mobility

### Background

Think Pacific has over 10 years experience guiding over 8000 participants on programmes lasting from 2 weeks to 6 months. We have used our expertise in mobility alongside the recruitment of an experienced local Thai staff team to plan programmes that meet our high standards and those of our HE partners. Each mobility programme involves work experience combined with team and cultural activities, with participants living in groups and guided by our local Thai and international team throughout. Over 300 participants completed our 2-8 week mobility placements in 2024 without incident or issue and with very high feedback received.

### Staff & Supervisors

Think Pacific has an experienced and professional team of over 7+ local and international staff to oversee the projects in Thailand, this includes full time Country Manager (remote), Programme Manager, Programme Coordinators and Programme Leaders, to provide logistical support, overarching management and 24/7 back-up for emergencies. Think Pacific Staff undergo extensive training, including first aid, police clearance (DBS or equivalent) and an internal enrichment programme. The team in Thailand is also supported by a 'wider management team' including Directors and Global Development & Operations Manager.

### Location

The project will take place in Chiang Mai, Thailand. Chiang Mai is located in northern Thailand, about 700 km (435 miles) north of the capital city, Bangkok.

### Accommodation

Accommodation will be at Alt Ping River, a high standard coliving and coworking space in Chiang Mai centre. This quality, serviced accommodation will be the location for the 'briefing' and 'debrief' sections of the itinerary, as well as the project weeks. This accommodation has been thoroughly reviewed and audited by Think Pacific Management to ensure it meets all safety, suitability and program requirements. This accommodation has consistently received excellent feedback from both Think Pacific Management and previous guests, and the team have lived in the accommodation as a trial period prior to the commencement of Think Pacific programmes in Thailand.

### Nearest Airport

Chiang Mai International Airport (CNX) is the primary gateway for international and domestic arrivals to Chiang Mai. It is located just 10 minutes from Chiang Mai's city centre, offering convenient access to accommodation and project locations. The airport facilities are modern and equipped with amenities such as currency exchange, dining options, and transportation services. If flying domestically from another airport within Thailand, services may be more limited, and many shops and restaurants may only accept cash payments.

Chiang Mai International Airport is well-connected to major international hubs across Asia, including direct flights from cities such as Bangkok, Singapore, Hong Kong, Shanghai, Kuala Lumpur, Seoul, etc. For participants travelling from further destinations, it is often more convenient to connect through Bangkok's Suvarnabhumi Airport (BKK) or Don Mueang Airport (DMK), which together operate approximately 60 daily flights to Chiang Mai. The flight time from Bangkok to Chiang Mai is just over one hour.

### Transport

Transport and accommodation is arranged by Think Pacific and vetted by Think Pacific staff. We use trusted local suppliers and professional drivers for all operations and project delivery.

### Weather

Thailand has a tropical climate with three main seasons: hot, rainy, and cool.

#### Hot Season (March to May)

- **Temperature:** 30-40°C during the day.
- **Humidity:** High, making the heat feel more intense.

- **Risk:** This is the hottest time of the year, especially in central and northern Thailand. Risks include dehydration, heat exhaustion and heatstroke. This season also coincides with crop-burning practices in areas like Chiang Mia, leading to poorer air quality.

#### Rainy Season (June to October)

- **Temperature:** 25-34°C
- **Rainfall:** Heavy, often in the form of short but intense downpours, particularly in the afternoons or evenings. Northern and Central Thailand (e.g., Chiang Mai, Bangkok) typically experience the bulk of their rain during the height of the monsoon season. Although monsoons can be disruptive, they usually involve periods of intense rain followed by clearer skies.
- **Risk:** Flooding, landslides, delayed or disrupted transport, and increased risk of mosquito-borne illnesses.

#### Cool Season (November to February)

- **Temperature Range:** 18-32°C
- The most pleasant time of the year, especially in the north and central regions, with cooler mornings and evenings. This is the peak tourist season in Thailand, as the weather is dry and relatively cool. As a result, expect higher prices and crowds in tourist areas.

### Phone Reception & Internet

Good mobile phone reception is available throughout the programme including briefing, project delivery and debrief. Think Pacific shall facilitate SIM cards for participants to ensure they are connected throughout. Wifi is available in many locations and data packages for phones are low cost to enable participants to be online for the duration of their programme.

### International Foreign Office Advice

For Foreign office advice from UK, USA and Australia, please see the following links:

- UK Foreign Office Advice for Thailand: <https://www.gov.uk/foreign-travel-advice/thailand>
- US Department of State Advice for Thailand:  
<https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/Thailand.html>

- Australia Government Advice for Thailand: <https://www.dfat.gov.au/geo/thailand>

## Project Delivery

The project is planned in partnership with local NGOs and businesses and includes workshops, activities and site visits. Participants will work in small groups and travel to partner organisations, business sites and cultural sites each day. Participants are transported in private cars or mini buses arranged by Think Pacific to each location to ensure quality of transportation. A team of Project Coordinators and Leaders, employed by Think Pacific (both international and Thai) are on site daily to facilitate the project and provide pastoral, mentoring and emergency support. The project is overseen by an experienced Thailand Country Manager.

## Contact Numbers - Think Pacific

- **Think Pacific (UK) Office line:** +44 113 335 9919. Email: [info@thinkpacific.com](mailto:info@thinkpacific.com)
- **Think Pacific 24/7 Emergency number;** +44 113 335 9922
- **Nigel Scott, Director, UK:** +44 7720 603347. Email: [nigel@thinkpacific.com](mailto:nigel@thinkpacific.com)
- **Simon Darker, Director, UK:** +44 7595437797. Email: [simon@thinkpacific.com](mailto:simon@thinkpacific.com)
- **Alicia Brown, Country Manager, Thailand (Interim) / Global Development & Operations Manager;** Email: [alicia.brown@thinkpacific.com](mailto:alicia.brown@thinkpacific.com)
- **Nway Nway, Programme Manager, Thailand;** +66 81 240 2041 Email: [Nway@thinkpacific.com](mailto:Nway@thinkpacific.com)

## Emergencies

- **Police:**

- Call **191** if you need to contact the **Thailand Police** for serious crimes or incidents requiring immediate police response.
- Call **1155** if you need to contact the **Tourist Police**, an English speaking service specialised in assisting tourists. They handle common issues like theft, scams, and harassment.
- **Medical:**
  - In case of a health emergency requiring immediate transport to a hospital, dial **1669** for the **Public Ambulance Service**. If you are in urban areas, you will get the response in 10 to 15 minutes, and if in rural areas, it may take up to 30 minutes.
  - Call **1554** for the **Ambulance and Rescue Service**, a foundation-based rescue service that may provide faster or more specialised rescue assistance in certain urban areas for various types of emergencies (e.g., traffic accidents or rescues in difficult locations).
- **Fire:** Call 199.

## Consulates

### Chiang Mai, Thailand

- **British Honorary consultant in Chiang Mai, Thailand:**
  - There is a British Honorary Consulate in Chiang Mai, which provides limited services for British nationals. It can assist with some basic consular services, such as emergency travel documents, but it doesn't offer the full range of services available at the main British Embassy in Bangkok. For more complex consular matters (such as visa inquiries, passport renewals, or notarial services), British nationals in Chiang Mai are typically referred to the British Embassy in Bangkok.
- **Australian High Commission:**
  - There is no Australian High Commission or Consulate in Chiang Mai. For consular services in Thailand, Australians need to go to the **Australian Embassy in Bangkok**, which is the primary point of contact for all consular assistance, including passport services, visas, and emergency support. For urgent assistance in Chiang Mai, Australians can still contact the Australian Embassy in Bangkok by phone.

- **United States:**

- The United States has a **Consulate General in Chiang Mai**. It provides a range of consular services to U.S. citizens in northern Thailand, including passport services, notarial services, and emergency assistance. The U.S. Consulate General in Chiang Mai can also assist with some visa services and serves as a local resource for American citizens needing support.
- <https://th.usembassy.gov/embassy-consulate/chiang-mai/>

### **Bangkok, Thailand**

- **British High Commission:**

- British Embassy Bangkok
- Address: AIA Sathorn Tower, Floor 12 A 11/1 S Sathon Rd, Sathon, Bangkok 10120
- Phone: 02 305 8333
- <https://www.gov.uk/world/organisations/british-embassy-bangkok>

- **Australian High Commission:**

- Address: 181 Witthayu Rd, Lumphini, Pathum Wan, Bangkok 10330
- Phone: 02 344 6300
- <https://thailand.embassy.gov.au/>

- **US Embassy:**

- Address: 95 Witthayu Rd, Lumphini, Pathum Wan, Bangkok 10330
- Phone: 02 205 4000
- <https://th.usembassy.gov/>

### **Health Care Services in Thailand**



- Thailand offers a well-established healthcare system with a range of public and private facilities available to address health needs. In urban areas like Bangkok and Chiang Mai, hospitals and clinics provide high standards of care, with many facilities staffed by English-speaking medical professionals.
- Health care facilities in Thailand may not always be the same standard as participants will be used to, but they are good for routine medical treatment.
- In the event of very serious or complex cases, repatriation is likely and all participants must have travel insurance to join a project.
- For non-urgent health issues, Thailand's pharmacies, clinics, and hospitals are well-equipped to handle common ailments

## Hospital - Contact Information

There are several major hospitals equipped with advanced medical equipment, emergency departments, and specialty care units. These would be considered in case of illness or injury and depending on the location of the participant. As project accommodation will be in a central location, all hospitals for emergencies should be within a 10-15 minute drive.

Hospital contact details (in alphabetical order):

### **Bangkok Hospital Chiang Mai**

88/8-9 Lampang - Chiang Mai Superhighway, Tambon Nong Pa Khrang, Mueang Chiang Mai District, Chiang Mai 50000, Thailand

Tel: (+66) 52089888

Website: <https://www.bangkokhospital-chiangmai.com/>

Email: [info@bangkokhospital-chiangmai.com](mailto:info@bangkokhospital-chiangmai.com)

Summary: Private hospital that is part of a renowned hospital network in Thailand. Offers a wide range of specialities, emergency care, and ICU. High-quality facilities, English-speaking staff, and international patient services. Suitable for major health concerns, emergency care, and general medical needs.

**Chiangmai Ram Hospital**

ตำบล ศรีภูมิ 8 Bunrueang Rit Rd, Tambon Su Thep, Mueang Chiang Mai District, Chiang Mai 50200, Thailand

Tel: (+66) 52004699

Website: <http://www.chiangmairam.com/>

Email: [chiangmairam@chiangmairam.com](mailto:chiangmairam@chiangmairam.com)

Summary: Private hospital known for high-quality care. Services include emergency care, surgeries, ICU, and specialties. Staff speak English, and it has an international patient centre. Suitable for both major and minor conditions.

**Maharaj Nakorn Chiang Mai Hospital (Suandok Hospital)**

110 Intrawarorot Road Soi 2, Si Phum, Mueang Chiang Mai District, Chiang Mai 50200, Thailand

Tel: (+66) 53936150

Website: <https://www.med.cmu.ac.th/web/suandok-hospital/>

Summary: Government-run teaching hospital associated with Chiang Mai University. Provides high-quality care but can be busy. Suitable for serious medical conditions, including trauma and intensive care. More affordable than private hospitals, but may have longer wait times.

There are also a range of hospitals offering general medical care, which are suited for non-emergency treatments.

Hospital contact details (in alphabetical order):

**Lanna Hospital**

1 Sookasam Rd, Tambon Chang Phueak, Mueang Chiang Mai District, Chiang Mai 50300, Thailand

Tel: +6652134777

Summary: Private hospital known for general medical services. Suitable for both minor and moderate issues, such as dehydration, stomach issues, and general medical check-ups. Some English-speaking staff may be available.

**Rajavej Chiang Mai Hospital**

316/1 Chiang Mai-Lamphun Rd, Wat Ket, Mueang Chiang Mai District, Chiang Mai 50000, Thailand

Tel: (+66) 52011999

Website: <https://www.rajavejchiangmai.com/>

Email: [contactcenter@rajavejchiangmai.com](mailto:contactcenter@rajavejchiangmai.com)

Summary: Private hospital with general medical services. Good option for minor health concerns like dehydration or basic consultations.

### **Chiang Mai Medical Center Hospital**

21 Nantaram Rd, Haiya Sub-district, Mueang Chiang Mai District, Chang Wat Chiang Mai 50100, Thailand

Tel: (+66) 53270145

Website: <http://www.cmc-hospital.com>

### **Doctor Tan Clinic**

114/10 โครงการกรีนพลัสมอลล์2 ถ.เชียงใหม่บิสเนสพาร์ค เมือง Chiang Mai 50000, Thailand

Tel: (+66) 991403553

Summary: Private clinic popular with expats, offering general consultations. Good for minor health concerns, dehydration, stomach issues, and colds. English-speaking staff, walk-in services available.

## **Medical Evacuation**

Medical evacuation from Thailand is either by commercial aircraft or private air ambulance. Commercial aircraft medical clearances can only be made after obtaining a report from the relevant airline's doctor to determine whether a patient is a stretcher case and/or whether an escort is needed. The Consulate General will assist in obtaining this report.

**If patients are insured**, and if their insurance company has agreed to cover the cost, the company will be able to make any necessary evacuation arrangements. Such arrangements include settling the hospital account, hiring an ambulance to the airport, check-in procedures, immigration processing and tarmac clearance for the ambulance. **All participants on Think Pacific projects must have travel insurance in place and provide details to Think Pacific before starting their programme.**

## **Vaccinations**

- Think Pacific advises all participants to check the following website for latest updates regarding vaccinations: <https://travelhealthpro.org.uk/country/221/thailand>.
- All Travellers should ensure that they are up-to-date with routine vaccinations including Diphtheria, Tetanus and Polio and Measles, Mumps and Rubella.
- Hepatitis A & B vaccines are also recommended for most travellers visiting Thailand.
- Some Travellers may also be advised additional vaccinations based on their individual needs and risk assessment:
  - Japanese encephalitis vaccine is recommended for travellers visiting rural areas
  - Rabies vaccine is recommended for those staying longer than a month
  - Tuberculosis (TBG) vaccine is recommended for those at increased risk of developing severe disease and/or of exposure to TB infection
  - Under International Health Regulations, a yellow fever vaccination certificate is required for travellers from countries with risk of yellow fever transmission and for travellers having transited more than 12 hours through an airport of a country with risk of yellow fever transmission. There is, however, no risk of yellow fever in Thailand. List of countries with risk of yellow fever transmission.

## Covid Requirements

At the time of this risk assessment:

- The Tourism Authority of Thailand (TAT) has announced that Thailand continues to welcome all international tourists in 2024 with no restrictions. Visitors do NOT need to show proof of vaccination for Covid. However, Think Pacific advises best practice for all participants to be vaccinated for Covid.
- There are no PCR tests required on arrival for Thailand.

# Risk Evaluation

## General Think Pacific Projects in Thailand

- **Step 1-** Think about the activity and decide what the **significant** hazards are, using the table below as a guide
- **Step2-** When you have identified the hazards think about what you are doing to control those hazards
- **Step 3-** What is the risk of injury or harm from your identified hazard, you can set this as High/Medium or Low
- **Step 4-** Can anything else be done to lower the risk and consequence of any injury
- **Step5-** Set a timescale to put actions in place to control the hazard or remove it completely.

### Hazard Examples

1.	Fall of person (from work at height)	6.	Lighting levels	11.	Use of portable tools and equipment	16.	Vehicles / driving at work	21.	Hazardous fumes, chemicals, dust	26.	Violence to staff / verbal assault/confrontation
2.	Fall of objects	7.	Heating & ventilation	12.	Fixed machinery or lifting equipment	17.	Outdoor work / extreme weather	22.	People movement and crowd control	27.	Induction of staff/contractors
3.	Slips, Trips & Housekeeping	8.	Stress	13.	Accidents/incidents	18.	Hazardous substances	23.	Confined space	28.	Security Provision
4.	Manual handling operations	9.	Welfare provision	14.	Noise or Vibration	19.	Layout , storage, space, obstructions	24.	Access and Egress	29.	Lone working / work out of hours
5.	Display screen equipment	10.	Electrical Equipment and PAT testing	15.	Fire hazards & flammable material	20.	First aid provision	25.	Food preparation both indoor and outdoor	30.	Other Hazards specific to your work.

# Risk Matrix

## Evaluating Likelihood and Consequence

For activities that have a higher degree of risk, we identify whether the risk is classified as **High- Medium -Low** by undertaking the following calculation: (L) **LIKELIHOOD** of harm occurring X (C) **CONSEQUENCE** or severity of harm or injury

### (L) LIKELIHOOD

1. RARELY - Won't be likely to re-occur
2. UNLIKELY - Not expected to re occur but possible
3. POSSIBLE - Occasionally may occur
4. LIKELY - Will probably re occur but not persistently
5. CERTAIN - Likely to occur persistently

### (C) CONSEQUENCE

1. NONE-No injury
2. MINOR- Short term/resolved in less than 1 month
3. MODERATE- Non permanent injury- up to 1 year
4. MAJOR- Permanent harm-RIDDOR reportable
5. CATASTROPHIC-Death

Likelihood	Consequence				
	1 - NONE	2 - MINOR	3 - MODERATE	4 - MAJOR	5 - CATASTROPHIC
1 - RARELY	1	2	3	4	5
2 - UNLIKELY	2	4	6	8	10
3 - POSSIBLE	3	6	9	12	15
4 - LIKELY	4	8	12	16	20
5- CERTAIN	5	10	15	20	25

# Project Risk Assessment

## Chiang Mai, Thailand

Please note, for the below:

- 'Participant' means any person undertaking a Think Pacific project
- 'Portal' means Think Pacific preparation portal. Please contact your Think Pacific representative to request access.

Last Updated	May 2025		Think Pacific Global Mobility Placements to Chiang Mai, Thailand	
Title	Main Project Risk Assessment, Chiang Mai		Completed by: Alicia Brown (Country Manager, Thailand (interim) / Global Development & Operations Manager), Simon Darker (Director) and Nigel Scott, Director	RISK MATRIX:
Hazards (i.e. what are you concerned might happen?)	Who might be harmed and how?	Current risk rating before controls (High, Medium or Low)	List of existing controls and safety procedures implemented (i.e. what Think Pacific will do to minimise the risk?)	Remaining level of risk after controls implemented: High, Medium or Low
<b>Terrorism and security</b>	Physical/psychological harm; evacuation; impact on successful completion of program; legal issues or potential to become a consular case; medical issue or death	High	<ul style="list-style-type: none"> <li>• Regularly check International SOS for updates</li> <li>• Think Pacific will keep updated with both the FCO website and news coverage specific to the region, and we advise participants to do the same</li> <li>• Think Pacific staff to be vigilant of suspicious behaviour, particularly near public buildings, structures or bridges, also inside buildings at specific entry/exit points, stairwells, hallways or fire escapes and participants are advised to be vigilant also</li> <li>• Take extra precautions and avoid crowded areas e.g during national festivals and celebrations</li> <li>• Participants to be aware of vehicles parked in suspicious circumstances</li> </ul>	Low

			<ul style="list-style-type: none"> <li>• Pre-arrival checks on all accommodation and transport</li> </ul>	
<b>Road Transport</b>	Participants and Think Pacific staff are at increased likelihood of injury by car incidents if travelling in busy and congested roads and unsafe driving practices of other motorists, or driving in unsafe vehicles	Medium	<ul style="list-style-type: none"> <li>• Use approved and well known trusted suppliers for all project transport</li> <li>• Regular vehicle maintenance by staff (includes checking brakes, tires, lights, and other critical systems)</li> <li>• Transport not to be used if deemed to be unsafe, overloaded or driver in unfit state</li> <li>• Seat belts to be worn at all times where possible</li> <li>• Staff to use real-time traffic apps or GPS systems to monitor road conditions and avoid routes that may be dangerous due to heavy traffic or construction</li> <li>• Staff advised to avoid use of motorcycle taxi services, as helmets are rarely provided</li> <li>• Participants are not permitted to ride or travel on motorcycle taxi services, as helmets are rarely provided and participants are advised to remain in pairs or groups at all times</li> </ul>	Low
<b>Boat Transport</b>	Participants and staff may increase likelihood of injury by using unsafe boats	Medium	<ul style="list-style-type: none"> <li>• Boats not intended for use on most itineraries. Where included, only use approved and well known suppliers where possible</li> <li>• Think Pacific staff to check over vessels, make enquiries with suppliers before boarding</li> <li>• Life Jackets to be worn if available, if travelling by boat</li> <li>• Safety policy followed (e.g no smoking, no overloading, etc.)</li> </ul>	Low
<b>Walking by foot</b>	Participants and staff risk injury by walking in unknown areas, areas congested by traffic or with poor pavement near to roads	Medium	<ul style="list-style-type: none"> <li>• Pre-plan any walking routes you intend to take and ensure access to map/ phone map</li> <li>• Avoid fast roads where possible</li> <li>• Set, communicate and use only established crossing points for busy roads</li> <li>• Travel in a group or at least in pairs when possible</li> <li>• Walk in single file where pavements are thin and close to roads</li> <li>• Be mindful of uneven paths, potholes and hazards on paths/walkways</li> <li>• Caution when crossing roads. Always be mindful of poor car drivers, mopeds and cyclists</li> <li>• Avoid walking at night where possible</li> <li>• In residential/rural areas, follow main paths and listen to local staff</li> <li>• Walk in pairs at night</li> </ul>	Low



			<ul style="list-style-type: none"> <li>Always advise staff and fellow participants of intended whereabouts if leaving the project site</li> </ul>	
<b>Sun</b>	Participants and staff may suffer from sunburn or heat stroke if precautions are not taken in Thailand	Medium	<ul style="list-style-type: none"> <li>Educate participants about the dangers of sun exposure and heat-related illnesses. This should include information on recognizing early signs of heat exhaustion and the importance of taking preventive measures</li> <li>Advise participants to bring broad-spectrum sunscreen with a high SPF (30 or higher) that is water-resistant. Reiterate use of aftersun if burned</li> <li>Discourage excessive activities and sunbathing in heat, especially during peak hours of 11am - 3pm</li> <li>Plan outdoor activities in shaded areas to avoid prolonged sun exposure</li> <li>Staff trained in basic first aid procedures</li> <li>Facilitate transport to a medical facility if necessary</li> </ul>	Low
<b>Heat &amp; Dehydration</b>	Participants and staff could suffer dehydration, Heat Exhaustion	Medium	<ul style="list-style-type: none"> <li>Allow time for acclimatisation to heat during the briefing period</li> <li>Encourage regular fluid intake to stay hydrated. Participants should be reminded to drink water throughout the day, especially during outdoor activities.</li> <li>Encourage participants to carry refillable water bottles</li> <li>Provide access to refill water stations or bottled water if not possible</li> <li>Use rehydration sachets for any suspected case of dehydration</li> <li>Facilitate transport to a medical facility if necessary</li> </ul>	Low
<b>Alt Ping River Co living and Co Working Accommodation</b>	Participants require safe and appropriate accommodation. Risk of poor accommodation including physical illness due to poor hygiene and limited facilities, emotional distress and damage or loss of items due to security	Medium	<ul style="list-style-type: none"> <li>Hotels in Thailand are regulated by the Thai government, specifically under the Hotel Act B.E. 2004 (2543) and its recent amendments. The operation of hotel businesses is classified as a controlled activity, meaning that establishments must comply with various laws and regulations to operate legally</li> <li>Accommodation is visited individually by Think Pacific staff to ensure security and standard of the facilities. All accommodation is vetted and approved in line with our health and safety audits</li> <li>All accommodation is of a good western standard</li> <li>Staff checks are conducted prior to participants arrival to accommodation</li> <li>Participants briefed to advise Think Pacific staff immediately of any health or safety issues highlighted once checked in</li> <li>Staff to maintain vigilance and report any issue immediately whilst visiting teams at hotels so accommodation risk assessments can be maintained</li> </ul>	Low

			<ul style="list-style-type: none"> <li>• Regular (pre and post project) as well as general quarterly meetings with hotel management to discuss feedback and reviews with staff</li> <li>• Each participant to have single bed (most rooms are twin shared)</li> <li>• Room can be locked and each participant has a key for privacy/security (note entry to rooms at Alt Ping River is via an electronic code and fingerprint system)</li> <li>• Room will be cleaned (including change of bed linen) regularly by Alt Ping River staff</li> <li>• Shared Western bathrooms will be available</li> <li>• Participants reminded not to flush items (including toilet paper) in the toilet and dispose of in bins provided to avoid flooding and unsanitary conditions</li> <li>• Participants to dispose of bins daily to maintain hygiene</li> <li>• Participants are advised to bring a lockable bag/padlock for private documents/money</li> <li>• No smoking within property. Designated smoking areas will be advised on arrival</li> <li>• Participants are briefed thoroughly to set expectations in orientation and Think Pacific staff will guide participants for respectful integration within the region/community</li> <li>• External guests at the property are fully briefed prior to the arrival of Think Pacific guests. This includes awareness of the Think Pacific code of conduct, expectations, and schedule</li> <li>• Alt Ping River have their own guidance and code of conduct that all guests have to read and sign at check in</li> <li>• Alt Ping River does not serve alcohol, however, external guests may bring alcohol on site. They are informed that Think Pacific participants and staff are not permitted to consume alcohol during the programme at any time</li> <li>• Think Pacific Programme Leaders and Coordinators are the key contact points for Alt Ping River staff and external guests</li> </ul>	
<b>Activities in the Itinerary</b>	Participants put in harm from activities and excursion	Medium	<ul style="list-style-type: none"> <li>• All activities and partnerships are developed in advance in collaboration, key risks are identified and mitigated where possible by Think Pacific management</li> <li>• Think Pacific management conduct research into activities and the team trial all activities prior to programme delivery</li> <li>• Think Pacific Programme Leaders to provide daily briefing and debrief for participants, and highlighting any risks and necessary precautionary measures</li> </ul>	Low

			<p>which may need to be taken</p> <ul style="list-style-type: none"> <li>• Think Pacific Programme Leaders and Coordinators are trained in emergency processes and how to conduct dynamic risk assessments when visiting a new programme location</li> <li>• Saturday Excursions are delivered by a trusted and reputable third party (Green Trials) who manage the risk and brief prior to all activities, they have a tour guide present and provide their own driver and transport</li> <li>• All Think Pacific team members are first aid trained</li> <li>• Think Pacific Leaders will have a first aid kit with them, to support if aid is required</li> <li>• Think Pacific staff have access to detailed information regarding how to contact emergency services if required</li> <li>• Think Pacific has an on call staff member (Manager or Programme Coordinator)</li> <li>• In addition, a member of Think Pacific Senior Management is on call 24/7 during delivery periods</li> </ul>	
<b>Self-arranged activities not on the itinerary</b>	Participants put in harm from organising own excursion	Medium	<ul style="list-style-type: none"> <li>• These visits have not been arranged by Think Pacific and are not included as part of the package</li> <li>• Participants encourage to conduct research into areas, hotels and activities for their free travel weekends</li> <li>• Participants must satisfy themselves that the visit or excursion meets their own safety requirements</li> <li>• Participants to ensure that they are covered by insurance for any activity</li> <li>• Think Pacific briefs all participants on appropriate and safe behaviour if undertaking independent excursions</li> <li>• Think Pacific staff hold a 24 hour base phone and are available for support at all times. This includes free travel weekends</li> </ul>	Low
<b>Theft</b>	Participants and staff. Mitigate risk of being robbed in accommodation or pickpocketed	Medium	<ul style="list-style-type: none"> <li>• Participants briefed on common theft tactics in tourist areas, such as pickpocketing and distraction techniques</li> <li>• Participants advised to carry minimal cash and leave valuable items, such as expensive jewellery or electronics, at home</li> <li>• Participants advised to keep their possessions securely and to use a lock on their bag</li> <li>• Items to be kept securely on their person when visiting local surroundings</li> </ul>	Low

			<ul style="list-style-type: none"> <li>Each participant has a key to their room and is advised to lock the room at all times when leaving</li> <li>Participants advised to report any suspicious behaviour (e.g unknown persons standing/ walking near accommodation) immediately</li> <li>Participants provided with emergency and tourist police contacts, so they know who to reach out to in case of theft</li> <li>Participants advised to travel in groups whenever to reduce the likelihood of becoming a target for theft</li> </ul>	
<b>Scams</b>	Leading to significant financial loss or personal harm	Low	<ul style="list-style-type: none"> <li>Participants should always agree on a price before starting a ride and use reputable transport services. Ensure that taxis use the metre, or arrange fixed prices in advance</li> <li>Avoid unsolicited offers, especially from strangers and avoid purchasing from random sellers</li> <li>Think Pacific will always book tours through official channels or trusted providers only and advise participants to do the same on their own time</li> <li>Always inspect the ATM for any unusual attachments before use, and prefer using machines inside banks or well-lit, secure areas</li> <li>Check menus for prices before ordering, and consider asking for a price breakdown or comparing with similar establishments in the area</li> </ul>	
<b>Security</b>	Participants - Mitigate risk of mugging or assault causing physical and psychological issues and loss of income. Practice precaution when taking money from cash machines. Practice caution near busy roads and areas	Medium	<ul style="list-style-type: none"> <li>Urban areas are very busy with both locals and tourists and generally friendly and safe, but there have been incidents of pickpockets and thieves in the region</li> <li>Avoid people who approach you asking for your name and country</li> <li>Always visit cash (ATM) machines in pairs and be vigilant. Withdraw only small amounts as needed and keep money safe and out of sight before leaving the cash machine booth. Cash machines in Chiang Mai may release the card with a delay after the money transaction and tourists can often forget to collect their cards. Participants are reminded to ensure they leave the cash machine with their card</li> <li>Never let anyone lead you off to another location or isolate you</li> <li>Take precaution carrying items near roads as there have been incidents of moped drivers taking wallets, bags and phones as they ride past. Participants advised to bring a daysack with two straps and keep personal items safe and</li> </ul>	Low

			secure when walking <ul style="list-style-type: none"> <li>Participants briefed on safety measures during orientation and before arriving in the country</li> </ul>	
<b>Darkness / Activities or transport at night time</b>	Participants avoid increased risk at night time and walking in poorly lit areas, rural villages are not well lit	Medium	<ul style="list-style-type: none"> <li>If participants need to travel at night, they should use reputable taxi services or ride-sharing apps rather than walking, especially in rural or dimly lit areas</li> <li>Participants advised to avoid walking at night, especially on their own. If walking, do so in pairs whenever possible</li> <li>While walking, participants should stick to well-lit streets and busy areas. They should avoid shortcuts through dark alleys or isolated paths</li> <li>Participants should be mindful when walking in the local area near Alt Ping River, as some of the streets have minimal lighting</li> <li>In such areas, participants advised to carry a torch at night to assist with visibility and allowing vehicles to see them upon approach</li> <li>Always wear appropriate footwear</li> <li>Advise others in the group or team leaders of your plans in advance if leaving the group</li> <li>Think Pacific staff regularly checks-in on participants and are aware of participants whereabouts so as to minimise risk</li> <li>Participants have access to the Think Pacific 24/7 emergency on call phone</li> </ul>	Low
<b>Hygiene and Sanitation in rural areas</b>	Participants may experience diarrhoea & sickness if hygiene is poor, or adjusting to tropics and especially in rural areas or eating food prepared locally	Medium	<ul style="list-style-type: none"> <li>Think Pacific sets expectations thoroughly during briefings and preparation . Participants should commonly expect some level of sickness or illness when adjusting to the food, water, heat, humidity and hygiene of different countries</li> <li>Participants advised to always use a water filter bottle when drinking water. Filter water or bottled water is also provided at the accommodation</li> <li>Participants are educated on food safety practices, emphasising the need to choose reputable restaurants and food vendors</li> <li>Be mindful of ice in drinks at local restaurants as this may not always be filtered</li> <li>Participants should be cautious with street food, particularly in rural areas, and avoid foods that may have been exposed to contamination or prepared in unsanitary conditions</li> <li>Participants advised to practise good personal hygiene, washing hands thoroughly and regularly</li> <li>If suffering from sickness and diarrhoea, ensure to tell staff, stay hydrated and</li> </ul>	Low

			<p>rest. The use of oral hydration fluids and salts may be recommended.</p> <ul style="list-style-type: none"> <li>• Participants must have appropriate travel insurance that covers medical expenses to join projects. A list of local medical facilities to seek treatment is provided and staff facilitates attendance when needed</li> <li>• It is important to keep cuts clean against risk of infection, which is a common health complaint in the tropics. Advise staff of any cut or if first aid is required</li> <li>• Common sickness or diarrhoea may last a few days upon arrival</li> </ul>	
<b>Infection due to cuts, scratches, boils and bites</b>	<p>Risk of discomfort.</p> <p>Broken skin in tropical environment and basic sanitation can lead to more severe complications</p>	Medium	<ul style="list-style-type: none"> <li>• Minor cuts, scratches or bites are a very common cause of infection, and participants are briefed to take extra caution to care for small ailments in tropical environments. Keep any cut, scratch, insect bite or boil clean and covered and practise good hygiene at all times</li> <li>• Participants are encouraged to wear appropriate footwear to prevent cuts and scrapes that can lead to infections. Long sleeves and pants can also help protect skin from abrasions and insect bites</li> <li>• Stress the importance of maintaining good personal hygiene practices, including regular hand washing and bathing, to minimise the risk of introducing bacteria into broken skin</li> <li>• Participants have access to a well-stocked first aid kit, including antiseptic wipes, bandages, etc</li> <li>• Participant to notify Think Pacific staff at earliest opportunity or any cut or boil and participant to advise staff of any deterioration that may need medical attention</li> <li>• Participant to be aware that Think Pacific can facilitate transport to hospital care to gain medical advice</li> </ul>	Low
<b>Traditional medicine/healing</b>	<p>Risk of further illness or injury through traditional medicine practices/ risk of delaying treatment</p>	Low	<ul style="list-style-type: none"> <li>• Participants advised that they should never engage with traditional medicine to treat illness or injury</li> <li>• Participants should always seek professional medical advice from a qualified doctor, health centre or hospital, which Think Pacific staff can advise and arrange</li> <li>• Participants are provided with a list of reputable medical facilities and professionals, including hospitals and clinics where they can receive timely and appropriate care</li> <li>• Participants to advise Think Pacific staff if traditional medicine practices are used</li> </ul>	Low

			<ul style="list-style-type: none"> <li>Think Pacific staff are onsite to provide pastoral care to support participants if they become distressed regarding cultural practices</li> </ul>	
<b>Illness due to food contamination</b>	Participants become ill or the program interrupted/ delayed or curtailed due to contracting disease or infection from food contamination. Possibility of contaminating the entire team	Medium	<ul style="list-style-type: none"> <li>Hotels and restaurants used by Think Pacific have been vetted and approved in line with our internal policies</li> <li>Think Pacific does not advise hotels/restaurants where we are aware of past instances of food poisoning</li> <li>Wash before eating any fruits and vegetables</li> <li>Participants should be vigilant and advise leaders of any poor practices of food hygiene they see, so they may be resolved</li> <li>Participants advised to stay hydrated, and to speak to a team member if they have any concerns or need to visit a health professional</li> </ul>	Low
<b>Use of Kitchen facilities in Alt Ping River</b>	Participants have access to a fully equipped kitchen at Alt Ping River Accommodation, (including cooker, air fryer, microwave, knives)	Medium	<ul style="list-style-type: none"> <li>Participants are briefed during the Think Pacific briefing regarding health and safety, including a short briefing on</li> <li>Alt Ping River are responsible for the upkeep and compliance checks of the kitchen equipment</li> <li>Think Pacific advises that participants may use the kitchen and facilities at their own risk, and must take adequate care and precautions if using these facilities. Participants must not leave appliances unattended at any time</li> <li>Fire blankets and extinguishers are provided and available in the kitchen area</li> <li>Alt Ping River and Think Pacific staff are on site and available for support if required</li> </ul>	Low
<b>Diet / Dietary requirement / Allergies</b>	Illness due to allergy/ ensuring participants eat healthy and balanced amount of food each day	Medium	<ul style="list-style-type: none"> <li>Participants must inform Think Pacific pre departure, if they have any specific dietary requirements and/or allergies</li> <li>Think Pacific notify all resorts and food providers of specific dietary requirements and/or allergies</li> <li>Participants are briefed on food challenges within the country. This is advised within the website portal and at the briefing</li> <li>Participants are advised to bring vitamin tablets</li> <li>Think Pacific brief host accommodation, restaurants or any other providers on dietary needs, but the participant may need to reiterate this at times and remain vigilant to errors and cross cultural miscommunication</li> </ul>	Low

			<ul style="list-style-type: none"> <li>Participants ensure they are comfortable with the foods provided and they understand the foods they are eating by asking questions to their hosts</li> <li>If participants are unsure, they should ask the advice of their leader</li> <li>For severe allergies/ danger of anaphylaxis, participants must bring an epi pen and staff briefed in advance. Staff undertake training on epi pen use</li> </ul>	
<b>Water Contamination</b>	<p>Participants and staff may experience illness from drinking contaminated water. This can lead to gastrointestinal illnesses such as diarrhoea, vomiting, and, in severe cases, bacterial infections</p>	Medium	<ul style="list-style-type: none"> <li>Participants advised not to drink tap water in Thailand, to avoid ice (unless verified safe), and any drinks that may have been prepared with unfiltered water. They should also avoid washing fruits or vegetables in tap water if they plan to eat them raw</li> <li>Participants advised to bring a water filter bottle, with examples provided in online Portal and filter water is additionally provided in homestays</li> <li>Participants advised to drink bottled water in Chiang Mai</li> <li>Boil water or use water purification tablets where necessary especially in poor weather</li> <li>Never drink water from a river or creek as this can lead to Typhoid</li> <li>Advised to have TYPHOID VACCINATION as soon as possible once confirmed onto the program to ensure this has been arranged before departure</li> </ul>	Low
<b>Wildlife - Stray dogs, wild cats monkeys, rodents, snakes, spiders, scorpions, insects, large mammals,</b>	<p>Participants may be bitten, become ill from diseases spread by wild animals, psychological impact/ fear</p>	Medium	<ul style="list-style-type: none"> <li>Participants are made aware that stray dogs and other types of wildlife may be encountered in rural and natural settings. This may be frightening in residential areas, particularly at night</li> <li>Thailand is home to several venomous snake species, and while they are often shy and avoid human contact, encounters can be dangerous (King Cobra, Russell's Viper, Krait species). Participants instructed to stay on marked paths when hiking and avoid tall grass, dense vegetation, or areas with poor visibility. In case of a snake bite, seek immediate medical attention, and try to identify the snake for better treatment</li> <li>There's no lethal spiders in the regions, but bites can cause local swelling and pain. Shake out clothing or shoes before wearing them, especially if left outside overnight. If bitten, seek medical help immediately for proper treatment, especially if symptoms worsen</li> <li>Scorpions, while mostly non-lethal, can cause intense pain and allergic reactions with their sting. Wear shoes when walking at night or in rural areas. Be cautious when moving rocks and wood</li> </ul>	Low



			<ul style="list-style-type: none"> <li>• The region is home to the Asiatic black bear, which may be encountered in rural or forested areas, though it is generally elusive. Always keep a safe distance from large animals. If hiking in remote areas, make noise to avoid surprising larger mammals. In the rare case of an encounter with a bear or elephant, slowly retreat to a safe area without turning your back</li> <li>• Participants are encouraged to avoid contact with any stray dogs and cats</li> <li>• Participants are advised to always walk in pairs</li> <li>• If a dog barks or comes near, stay calm, keep arms down and walk slowly</li> <li>• In rural areas, rats or rodents can occasionally come into housing areas. Participants asked to keep their bed and surrounding area clean: clothes are off the floor. Accommodation will be checked by Think Pacific and hotel staff before arrival</li> <li>• Advise Think Pacific leader of any issue and staff, so that staff can work with accommodation management to resolve</li> </ul>	
<b>Mosquitoes and Dengue Fever</b>	<p>Mosquito bites lead to discomfort and risk of infection from scratching bites. There have been cases of Zika and Dengue fever. Although malaria is present in some forested regions of Thailand, it is rare in popular tourist destinations like Chiang Mai</p>	Medium	<ul style="list-style-type: none"> <li>• Chiang Mai has experienced a significant rise in dengue cases. Zika cases in Thailand, while generally less common, have occasionally been reported in various parts of the country</li> <li>• Malaria is rare in Chiang Mai itself and in most parts of Thailand's major cities and tourist destinations. However, malaria transmission can occur in some remote, forested, and rural areas, particularly near borders with Myanmar, Cambodia, and Laos. Medication is not advised as standard from TRAVEL HEALTH PRO. It should be taken based only for high risk individuals (e.g problems with spleen) and personal advice from a doctor</li> <li>• Be very mindful of mosquitos - advice provided within the pre-departure portal and at briefing</li> <li>• Participants advised to bring mosquito repellent (with high concentration of DEET) and use frequently, especially during dawn and dusk when mosquitoes are most active</li> <li>• Participants were advised to bring a mosquito net for additional protection</li> <li>• Participants advised to wear light, but long-sleeve clothes in the evening</li> <li>• Refrain from scratching bites as this can cause infection</li> <li>• Participants are warned about the symptoms of mosquito-borne diseases and</li> </ul>	Low

			told to seek prompt medical care if symptoms like high fever or joint pain arise, especially within two weeks of receiving mosquito bites	
<b>Excursions - Walking, treks, exploring by land</b>	Participants risk danger if precautions are not taken when trekking or exploring. In areas like Chiang Mai, trails may pass through dense forests, hilly terrain, and rural area	Medium	<ul style="list-style-type: none"> <li>• All treks and excursions have been risk assessed by Think Pacific staff and/or external third party providers</li> <li>• Participants are briefed on the planned route, potential hazards, expected duration, and emergency procedures</li> <li>• Participants are told to wear appropriate footwear for excursions</li> <li>• Follow advice of local guides and Think Pacific staff</li> <li>• Knowing about local wildlife risks, including snakes or aggressive insects, is essential. Participants should avoid interacting with wildlife and follow guidelines for minimising encounters</li> <li>• Ensure team members are physically fit and able to attempt the trek</li> <li>• All participants should have emergency contact numbers, and a first aid kit should be accessible</li> </ul>	Low
<b>Alcohol/ Banned Medication/ Recreational drugs/ Gambling</b>	Participants risk injury if drinking excessively or causing offence if drinking within rural communities. Drinking excessively or using drugs can pose both personal and legal risks, especially in rural or conservative communities where alcohol consumption may be frowned upon, and drug laws are strictly enforced. Thailand has stringent penalties for drug use and possession, including severe prison	Medium	<p><b>ALCOHOL:</b></p> <ul style="list-style-type: none"> <li>• Think Pacific programmes in Thailand are zero alcohol</li> <li>• Participants advised pre-departure never to drink alcohol within the accommodation, community or project settings, which is against code of conduct and deemed misconduct on project</li> <li>• Participants should never drink alcohol with local community members and external guests at At Ping River</li> <li>• Participants advised never to buy spirit-based drinks. Bottles may appear to be genuine when they're not. Serious incidents of alcohol being contaminated with Methanol have been reported in Thailand</li> <li>• Be mindful of drink spiking and do not accept drinks from strangers.</li> </ul> <p><b>MEDICATION &amp; DRUGS</b></p> <ul style="list-style-type: none"> <li>• Drugs will not be tolerated. Participants to be aware that possession of all drugs in Thailand is a serious crime with severe penalties including the death penalty</li> <li>• Participants should not consume or purchase marijuana in Thailand as per the code of conduct</li> <li>• Even though marijuana has been decriminalised for medical use, recreational use is still illegal, and there is a risk of being arrested for possession, particularly in areas where the drug is sold in shops or cafes, which may not be legally</li> </ul>	Low

	sentences, which apply to both foreigners and locals. Additionally, certain medications that are legal in Western countries are restricted or banned in Thailand		<p>compliant</p> <ul style="list-style-type: none"> <li>Participants advised that some drugs (such as some strong painkillers, antidepressants, and ADHD medications) are highly regulated in Thailand, and often require special permits/doctors prescription. Participants advised within the Portal ahead of departure</li> </ul> <p><b>GAMBLING:</b></p> <ul style="list-style-type: none"> <li>Participants advised pre-departure and in-country that most forms of gambling are illegal in Thailand. The only legal forms of gambling are the state-run Government Lottery and horse racing, both of which are heavily regulated. Therefore, participants should never engage in gambling, including card games, for money</li> </ul>	
<b>Sexual Harassment, assault or abuse</b>	Participants and staff may risk sexual harassment or abuse from within the programme team or from local people	Medium	<ul style="list-style-type: none"> <li>Think Pacific briefs all participants on appropriate interactions with the general public ahead of the programme, including cultural norms and beliefs</li> <li>Participants advised clearly to refrain from situations that could lead them to becoming isolated</li> <li>Participants are briefed to not accept invites from locals, especially at night and with people they do not know and to be wary of situations where they are away from the group and on their own</li> <li>Use only registered and approved taxi providers</li> <li>Exercise the same caution you would in the UK/at home when travelling at night and avoid areas that are poorly lit</li> <li>Participants advised to always walk in pairs, especially at night</li> <li>Think Pacific staff encourage a culture of reporting concerns and all instances of harassment. This is reiterated during briefings and includes safeguarding and whistleblowing policy</li> <li>Think Pacific briefs community members on PSEAH policy and appropriate behaviours and asks hosts to be mindful of cultural differences</li> <li>Think Pacific staff guide participants into the community and reside with the participants, living within the same accommodation and providing 24/7 support</li> <li>Think Pacific staff hold 1-1 pastoral meetings each week and encourage open dialogue in confidence to provide safe space to raise and discuss any concern</li> <li>If a participant feels uncomfortable with any local or fellow participant or any situation, they should advise TP staff immediately</li> </ul>	Low

			<ul style="list-style-type: none"> <li>Think Pacific implements Preventing Sexual Exploitation, Abuse and Harassment Policy. Participants are advised to read Think Pacific's policy and make staff members of Think Pacific aware and follow the process should they encounter any incidents</li> <li>PSEAH policy follows DFAT guidelines</li> <li>All staff are trained in PSEAH policy as standard, including refresher training on at least an annual basis</li> <li>Any case of PSEAH must be reported to Senior Management</li> <li>Think Pacific has Health and Safety staff to support victims, and provide links to medical and mental health support in Thailand</li> </ul>	
<b>Fraternisaton and Sexual relations within project sites or community of residence</b>	Participants and staff risk causing offence and creating potentially harmful repercussions if they engage in sexual relations / are fraternising with local people within the community or project, including increased risk of sexual harrassment and assault and causing offense within traditional communities	Medium	<ul style="list-style-type: none"> <li>Partipants are not permitted to engage in sexual relations or fraternisation with anyone whilst undertaking the placement, including local community or within the project team</li> <li>Think Pacific follows the DFAT advice and shares policy with scholars ahead of programmes</li> <li>Any case of sexual relations in any circumstances will be against Think Pacific code of conduct</li> <li>Definitions of inappropriate conduct are provided within Think Pacific's specific PSEH policy</li> <li>This advice is also shared within project briefings</li> </ul>	Low
<b>Adhering to cultural protocols</b>	Participants and staff should be mindful of cultural protocols, especially dressing modestly, when in rural areas so as not to cause offence to local people, with danger of resulting negative response or	Medium	<ul style="list-style-type: none"> <li>Participants and staff are briefed to wear appropriate clothing (as per Think Pacific's kit list advice) and also follow advice of Think Pacific staff or local guides as to cultural protocols</li> <li>Clothing examples provided within kit list, recommendations and within pre-departure preparation</li> <li>Within urban areas there is less cultural restriction but advice is to continue to dress modestly such as not wearing swimsuits etc when walking in towns and cities</li> <li>In Thailand, tattoos are generally accepted in urban and tourist areas, but they</li> </ul>	Low

	<p>action by local people.</p> <p>In some areas, traditional gender roles are more rigidly adhered to, and participants may encounter expectations about appropriate behaviour based on their gender. Access to certain temples may also be restricted for women in certain locations.</p>		<p>can still carry different social connotations in rural communities or religious contexts. Participants are advised to keep them covered. Tattoos depicting Buddha or religious symbols are considered disrespectful and should be covered at all times</p> <ul style="list-style-type: none"> <li>• Piercings are generally accepted in urban and tourist areas, but may not be deemed appropriate in local communities or professional contexts. Participants are required to remove piercings during projects</li> <li>• When visiting temples, staff will advise the group prior to the activity if there are any expected restrictions on access to females</li> </ul>	
<b>Disability, additional support required</b>	Participant may be put in danger during boat, transport or have uncomfortable or unsuitable accommodation if it is not known in advance if additional support for mobility or disability is required	Medium	<ul style="list-style-type: none"> <li>• Participants advised to make Think Pacific fully aware in advance</li> <li>• Think Pacific will request for further information from participants and gain a full understanding</li> <li>• Think Pacific will work to facilitate participation in the programme, where possible and where this does not pose a danger or detriment to the participant or local community</li> <li>• Any accessibility requirements will be communicated to the team and providers in Thailand prior to arrival</li> <li>• Think Pacific shall make amendments as per our Inclusion Policy wherever this is possible for the itinerary</li> </ul>	Low
<b>Pre-existing illness or medical condition</b>	Participants may be put at risk if they have pre-existing conditions, which staff facilitators are not aware of	Medium	<ul style="list-style-type: none"> <li>• Participants are required to make Think Pacific aware in advance so we can implement risk assessment</li> <li>• Think Pacific to be made aware of medication to be carried (participant to advise on booking form)</li> <li>• One to one pre-departure health calls are offered to participants so staff on the ground are fully advised or adjustments to projects are discussed</li> <li>• Participants must advise of any changes to their medical conditions prior to the start of the project</li> <li>• Think Pacific will work to facilitate participation in the programme, where possible and where this does not pose a danger or detriment to the participant</li> </ul>	Low

			<ul style="list-style-type: none"> <li>or local community</li> <li>participants taking prescribed medication for ADHD, anxiety, depression, chronic pain, etc. must check if their medication is allowed to be taken into Thailand, as some medications are banned/highly regulated</li> </ul>	
<b>Natural disasters</b>	Participants and staff harmed by repercussions of natural disaster. In Chiang Mai, the risk of natural disasters is relatively low compared to some other regions in Southeast Asia, but it is still important to account for the possibility of disasters such as floods, earthquakes, and forest fires	Medium	<ul style="list-style-type: none"> <li>Think Pacific has a crisis management plan in place, including processes for natural disasters such as Cyclone, flooding or earthquakes</li> <li>While Chiang Mai is not located in a major flood zone, heavy rains, especially during the rainy season (June to October), can lead to flash floods in certain areas. Flooding can disrupt transportation and impact the safety of participants if they are located in flood-prone areas</li> <li>Thailand experiences occasional seismic activity, particularly in the northern region where Chiang Mai is located. Though major earthquakes are rare, they are possible and could cause damage to buildings or roads</li> <li>During the dry season (January to April), Chiang Mai can experience significant forest fires. These fires are often exacerbated by agricultural practices, and they can cause air pollution that may affect respiratory health</li> <li>Staff are briefed and trained in crisis management and response and monitor events closely</li> <li>In the rare occurrence of a natural disaster, monitor local news and media reports and follow any advice and instructions issued by authorities</li> <li>Think Pacific have staff onsite to assist in any emergency</li> <li>Think Pacific has back up communication in emergency situations</li> <li>The Think Pacific emergency committee would direct operations and have done so very successfully in previous instances of national disasters in other locations</li> </ul>	Low
<b>Participants becoming lost or separated from the group</b>	Participants may become lost or disorientated putting themselves at risk	Medium	<ul style="list-style-type: none"> <li>Project is supervised 24/7 with daily briefings and debriefs</li> <li>Participants advised to stay in groups or pairs at all times</li> <li>At weekends, participants are briefed to exercise caution and show responsible behaviour at all times</li> <li>Before venturing into unfamiliar areas, participants receive clear instructions on meeting points, the layout of the area, and emergency contact details</li> <li>participants are advised of unsafe locations and safety precautions discussed</li> <li>For any independent excursion participants asked to notify staff of whereabouts</li> </ul>	Low

			<p>and timings</p> <ul style="list-style-type: none"> <li>• Staff to approve any participant visit or excursion away from the project site</li> <li>• Participants are briefed on the itinerary and arrangements</li> <li>• Think Pacific implements head counts on all excursions</li> <li>• Participants to have contact details for Think Pacific staff for emergencies</li> </ul>	
<b>Illness or injury requiring medical attention</b>	Participants may suffer general illness or injury and require treatment in Thailand	Medium	<ul style="list-style-type: none"> <li>• All participants must have comprehensive travel health insurance in order to join the programme</li> <li>• Medical information on participants is collected beforehand to understand any specific health risks, allergies, or ongoing conditions</li> <li>• All participants are provided with local emergency services contact information (included within this document)</li> <li>• All participants are provided with emergency numbers for Think Pacific key staff</li> <li>• Think Pacific staff are first aid trained to offer support</li> <li>• Participants advised to carry funds in-case of emergency</li> <li>• Think Pacific has contact details to arrange transport to the nearest medical facility (nursing station, clinic or hospital)</li> <li>• Think Pacific creates a culture of participants seeking medical attention at the earliest opportunity and being proactive in visiting medical professionals for any illness or injury. This is expressed in preparation material, orientation and within leader briefings</li> <li>• Chiang Mai has well-regarded private hospitals like <i>Bangkok Hospital Chiang Mai</i> and <i>Chiang Mai Ram Hospital</i>, these are only a short drive away from project locations and accommodation</li> </ul>	Low
<b>Fire</b>	Participants and staff from fire related injury or death	Medium	<ul style="list-style-type: none"> <li>• Do not smoke within hotel rooms</li> <li>• Staff advise participants of any designated smoking areas</li> <li>• Caution when smoking, always following hotel/venue policy</li> <li>• Familiarise yourself with any emergency exit routes and a safe place to meet in case of fire or emergency</li> <li>• Do not rely on hotels to carry out a roll call in the event of a fire alarm</li> <li>• In the event of fire within the community, gather at the set meeting point advised by the leader in briefings</li> <li>• Think Pacific will conduct headcounts</li> <li>• Participants are provided with the emergency contact number for the local fire</li> </ul>	Low

			service, as well as Think Pacific's emergency base phone	
<b>Hotel swimming pools</b>	Participants and staff from injury related to use of pool	Medium	<ul style="list-style-type: none"> <li>• If a pool is available for use during the itinerary, participants and staff should check the safety of the pool before use, in particular noting the colour and any floating debris</li> <li>• Participants advised to remain in groups or pairs at all times</li> <li>• Advise participants that lifeguards are not generally present and to exercise extra caution</li> <li>• Participants to practise pool safety, be cautious of diving and not to run across wet areas</li> </ul>	Low
<b>Adverse weather conditions</b>	Participants can be injured if they do not take precautions or follow local advice	Medium	<ul style="list-style-type: none"> <li>• Think Pacific shall obtain weather forecasts and assess conditions on the actual day</li> <li>• Participants and Think Pacific to be mindful that weather conditions can change quickly</li> <li>• Be particularly mindful of extreme weather - high temperatures or tropical rain/storms</li> <li>• Extreme weather such as heavy rainfall, flash flooding, river flooding, landslides or strong winds are likely to occur during the rainy/monsoon season June to October</li> <li>• Appropriate clothing should be worn</li> <li>• Participants to have adequate clothing advised to note and bring all items listed within relevant sections of the Portal 'kit list'</li> <li>• Think Pacific shall only travel to the placement destination, if it is safe to do so and will delay if necessary.</li> <li>• During heavy rains, low-lying areas, riversides, and urban streets are prone to flooding. Avoid these areas when possible, and follow local guidance if roads are blocked or rerouted</li> </ul>	Low
<b>Lack of awareness of country/area, local laws and customs</b>	Consequential reaction of others to non-adherence or understanding of laws, tradition, religious and cultural customs	Medium	<ul style="list-style-type: none"> <li>• Before travelling participants are advised to research local laws/customs via FCO travel and cultural guidance available online</li> <li>• Participants are advised to thoroughly read Think Pacific's Portal, which includes 'Cultural Learning Modules'. This information is shared again during the briefing period and constantly reinforced by Think Pacific staff.</li> <li>• Participants to ensure they follow local dress code and cultural norms within</li> </ul>	Low



			<p>traditional communities</p> <ul style="list-style-type: none"> <li>• Always be respectful around representations of Buddha and never point your feet in his direction</li> <li>• In Thai culture, the head is considered the most sacred part of the body, so avoid touching anyone's head, including children</li> <li>• In local areas: <ul style="list-style-type: none"> <li>○ When visiting temples or religious sites, dress respectfully by covering shoulders, chest, and legs. This applies especially to women, though it's good practice for all genders</li> <li>○ Ask before taking any pictures</li> <li>○ Use your left hand sparingly (especially when touching or shaking hands). It is polite to use your right hand</li> <li>○ Do not shout, swear or make loud noises when walking within a community</li> <li>○ Take shoes or flip flops off before entering a village home or communal building, as well as temples</li> <li>○ Only ever wear very modest clothing within a community (no revealing, low cut, short etc clothing- cover arms, chest and knees)</li> </ul> </li> <li>• Participants advised to take similar precautions to those when living or studying at home, including: <ul style="list-style-type: none"> <li>○ not take any unnecessary risks;</li> <li>○ be aware that they may stand out as a foreigner, especially when first arriving;</li> <li>○ seek local advice where necessary, such as in local areas to avoid;</li> <li>○ be alert when travelling alone or at night;</li> <li>○ be aware of laws, tradition, religious and cultural customs, depending on the destination;</li> <li>○ consider clothing and behaviour, before travelling to a destination</li> </ul> </li> <li>• Thailand has strict lese-majeste laws, and it's important to show respect to images of the royal family. Criticising or defacing royal portraits or currency, which has the King's image, can lead to serious legal consequences, including imprisonment</li> <li>• The Thai greeting, known as a "wai," involves placing your palms together in a</li> </ul>	
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			prayer-like gesture. It's a respectful way to greet others, particularly elders and people in authority. Avoid attempting it with a higher status person if they don't initiate	
<b>Travelling without insurance details</b>	Unable to get medical treatment, resulting in the worsening of medical conditions/injuries	Medium	<ul style="list-style-type: none"> <li>Participants are advised it is essential to have travel insurance</li> <li>Participants provide these details to Think Pacific before the project commences</li> <li>Participants to ensure their placement destination is covered for the area(s) visited and the activities that are undertaken, (planned and unplanned)</li> <li>Participants to have access to and understand the cover provided and travel insurance details throughout the placement and especially to have the details recorded for activating any claim and the timeframe to do so</li> <li>The staff member on the base phone is available 24 hours for support and guidance during the project. This staff member will hold the insurance and health information for all participants on the project</li> </ul>	Low
<b>Travelling and Living in a group with new people / living within a Coworking and coliving accommodation</b>	Disagreements and arguments. Poor mental health. Loneliness	Medium	<ul style="list-style-type: none"> <li>All participants agree to Think Pacific's code of conduct, which is provided within the Portal; participants are informed during briefing that external guests (non Think Pacific) are not required to comply with the same guidelines</li> <li>All participants will be provided with an additional code of conduct upon check in to Alt Ping River, this includes key information and expectations for guests in this accommodation</li> <li>Participants are advised to be respectful of the community (Think Pacific guests, Alt Ping River external guests and staff)</li> <li>All key communication from Alt Ping River - Think Pacific - Alt Ping River will come via appropriate channels (Think Pacific Leaders &amp; PCs)</li> <li>Participants advised to practise compromise; be friendly, respectful and supportive of each other, and to advise Think Pacific leader of any problems</li> <li>Think Pacific leaders to foster an atmosphere of teamwork and respectful collaboration through preparation and briefings</li> <li>Participants advised to adopt a learning mindset to living in the co-living community and appreciate differences and reflect on these afterwards rather than challenging any differences in the community</li> <li>'PPP' - Personal Project Planning: These are weekly 1-1 conversations with the participant and a member of the Think Pacific leadership team, where participants can discuss their project, challenges and any challenges of living</li> </ul>	Low

			with others in person	
<b>Mental illness, mental health conditions, underlying phobias, allergies</b>	Reduced mental health during the project. Reduced rational thought and level of competency, risk of loneliness, erratic behaviour or harm to themselves or others, increased risk when travelling alone. participants may not be adequately supported if underlying health conditions are not disclosed	Medium	<ul style="list-style-type: none"> <li>Participants advised of challenges of the project fully in online webinars and 1-1 pre-departure calls</li> <li>Participants should engage with occupational health professionals/other support professionals to gain advice before the project</li> <li>Think Pacific staff to be advised of any conditions pre-departure (Booking and Pre-Departure Forms). Capture points so that all instances of mental ill health are required to be disclosed so we can advise fully</li> <li>Participants offered a 1-1 health call with TP prep-departure staff so understand conditions fully so that reasonable adjustments can be made where possible</li> <li>Think Pacific will liaise with university leads and health team (where appropriate) regarding health and following confirmation signature from participants so we can offer joint support</li> <li>Participant, where applicable, to be in possession of appropriate and adequate supplies of prescribed medication, supporting medical information - identifying condition, Medical ID bracelets. <b>Be mindful of medication that is prohibited in Thailand (advised in Portal)</b></li> <li>Think Pacific has details of support networks for physical and mental health needs, including emergency numbers for local services in Thailand/Chiang Mai carried by staff if required. But participants should be aware that these services may differ from support available back home and may be limited</li> <li>In some extreme cases, Think Pacific may not be able to accommodate participants on the project or decide the project may be a detriment to their recovery or health and not allow a participant to proceed</li> <li>In cases where Think Pacific staff believe the participant is in danger, or risks causing harm to themselves or others, they may be removed from the project, with support provided by Think Pacific on next steps of returning home</li> </ul>	Low
<b>Loss of passport, driving licence, money, belongings</b>	Consequences leading to stress and isolation, inconvenience and financial loss due to loss or theft of documents or fraudulent use	Medium	<ul style="list-style-type: none"> <li>Participants are advised to keep important documents/items on hand, or secured within their bag in the locked accommodation at all times</li> <li>Participants advised within Portal and briefings: <ul style="list-style-type: none"> <li>Do not leave valuables on display</li> <li>Carry documents, cards or cash discreetly</li> <li>Carry bags across body rather than on shoulder</li> </ul> </li> </ul>	Low

			<ul style="list-style-type: none"> <li>○ Have access to a copy of passport/driving licence, as proof of identity, and an appropriate credit card that can be used to pay for expenses if money is lost or stolen</li> <li>○ Have access to emergency numbers to cancel lost or stolen cards and make arrangements to obtain alternative monies</li> <li>○ Leave details with a responsible person at home eg parents</li> </ul>	
<b>Threat of tropical illness or disease</b>	Being infected and becoming unwell. Spreading to others. Injury without adequate care and tropical ailments that can quickly escalate	Medium	<ul style="list-style-type: none"> <li>● Think Pacific and participants to check for ALL currently reported illnesses/diseases on the FCO website immediately prior to travelling and act accordingly</li> <li>● Participant to receive appropriate vaccinations, listed within the online portal and briefings</li> <li>● Think Pacific provides advice within the kit list for adequate supplies of necessary medication within sufficient time prior to travel</li> <li>● Participants must have appropriate travel insurance and funds available for any medical costs</li> <li>● Think Pacific provides a pre-departure health webinar, guide and in-country briefing</li> <li>● Participants are to notify Think Pacific staff in a timely manner if they believe they are unwell. Think Pacific staff reside close to the group 24/7</li> <li>● Participants are advised to visit a hospital or clinic if staff recommends</li> <li>● Participants should be especially vigilant with small ailments such as a cut or boil that can get infected in tropical environments and worsen. This is reiterated during briefings and preparation</li> <li>● Daily 'health and wellbeing check' by TP staff each morning on project</li> <li>● Participants should exercise caution with general illness as this can be early signs of more serious illness such as Typhoid</li> </ul>	Low
<b>Abduction, hostage, political situations</b>	Injury, imprisonment. Thailand has a complex political situation that can pose some risks, though these risks are typically concentrated in	Medium	<ul style="list-style-type: none"> <li>● Thailand has a history of political protests, particularly in Bangkok. Recent protests have often focused on political reform, government transparency, and calls for changes to the monarchy. These demonstrations are generally peaceful, but some can escalate, especially if authorities intervene. Participants are advised to stay away from such protests or demonstrations</li> <li>● Thai elections or other major political events can heighten tensions, leading to</li> </ul>	Low

	specific urban areas, especially Bangkok, and occasionally in the southern provinces		<p>more frequent demonstrations or even temporary shifts in policy. Thailand has experienced cycles of military coups in past decades. Be more cautious during election times</p> <ul style="list-style-type: none"> <li>Thailand has stringent lèse-majesté laws, which prohibit any criticism of the monarchy. Violations of these laws can lead to severe penalties, including lengthy prison sentences</li> <li>In Thailand's deep south, particularly in the provinces of Yala, Pattani, and Narathiwat, an insurgency driven by separatist groups has been ongoing for decades. While this does not impact northern cities like Chiang Mai, it is a risk factor in those southern areas, which have seen attacks, bombings, and military activity. The Thai government and international advisories generally discourage travel to this region due to safety concerns. Think Pacific projects in Chiang Mai are far removed from this conflict zone</li> <li>Think Pacific will keep updated with both the FCO website and news coverage specific to Thailand and Chiang Mai in particular, and we advise participants to do the same</li> <li>Monitor local news and government advisories for any indication of political activity that could impact travel routes or the general environment in Chiang Mai and Bangkok</li> <li>Think Pacific staff to be vigilant of suspicious behaviour, particularly near public buildings, structures or bridges, also inside buildings at specific entry/exit points, stairwells, hallways or fire escapes and participants are advised to be vigilant also</li> <li>Participants to be aware of vehicles parked in suspicious circumstances, possibly watching a building or structure, also slow-moving vehicles, near public buildings, structures or bridges</li> </ul>	
<b>Dangers Related to Conflicts and Border Areas in Thailand</b>	Disputes and security issues around Thailand may put participants who are travelling at increased risk of violence, armed activity, military tensions,		<ul style="list-style-type: none"> <li>Thailand has ongoing border disputes and security issues, especially in regions near neighbouring countries like Myanmar, Laos, and Cambodia. These conflicts, while not directly affecting areas like Chiang Mai or Bangkok, could pose risks to participants if they venture into border areas or certain regions of Thailand</li> <li>Ensure participants are briefed on safe travel zones and avoid southern border provinces, such as Pattani, Yala, and Narathiwat, where there is an ongoing insurgency led by separatist groups seeking autonomy from Thailand</li> </ul>	

	encountering illicit activity		<ul style="list-style-type: none"> <li>Thailand shares a long border with Myanmar, which has faced internal conflict for decades. While the border areas are generally not conflict zones for tourists, there is a risk of spillover violence, especially in the event of refugee movements or military activity. Avoid areas near the Myanmar border, particularly in the northwestern regions like Mae Hong Son or Tak</li> <li>Thailand shares borders with Cambodia and Laos, where territorial disputes have historically led to military standoffs. Such disputes typically do not affect major tourist areas. Exercise caution if travelling to remote or historically contentious sites</li> <li>Think Pacific staff regularly checks travel advisories from the Thai government and consular services and advises participants to do the same</li> </ul>	
<b>Manual Handling: Heavy items, lifting and/or carrying something too heavy to move alone on project</b>	Leading to injury to the back and/or other areas of the body	Medium	<ul style="list-style-type: none"> <li>Participants are advised not to overpack (less than 20 Kg backpack advised)</li> <li>Think Pacific staff to assist participants in carrying bags onto buses etc as required by participants</li> <li>Participants are advised not to lift/move any heavy items</li> <li>Participants are advised to take caution on community projects with lifting heavy objects or to ask for help from Think Pacific staff</li> </ul>	Low
<b>COVID-19</b>	Risk of testing positive/ Illness from Covid symptoms / requiring hospital attention, upset/ frustration/ loneliness caused by having to isolate	Medium	<ul style="list-style-type: none"> <li>COVID Information for Thailand is provided within an online Portal for participants to read before departure</li> <li>All staff and participants recommended to have had 2 x doses of covid vaccines although this is not a legal requirement</li> <li>No Covid tests are required on entry. There is no quarantine</li> <li>If feeling ill and testing positive, the participant must transfer to a private room and self isolate. This is at the cost of the participant but Think Pacific shall facilitate all arrangements</li> <li>If symptoms deteriorate, or if participants request, Think Pacific staff shall transport participants to a hospital facility for treatment</li> <li>Think Pacific to stay in daily contact with participants in isolation and offer support and pastoral care</li> <li>If testing positive before departure from Thailand the participant will need to contact us on +44 113 335 9919 to discuss options</li> </ul>	Low

