



*Inspiring **Change**, Innovating **Futures***

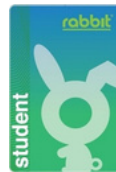
Pre-Congress Checklist

A guide to attending the
WFOT Congress 2026



Transportation and Accommodation

- Confirm you flights are booked and your passport is valid.
- Review your visa requirements and travel insurance.
- Fill out and submit your Thailand Digital Arrival Card (TDAC).
- Research transit options within Bangkok (from your accommodation to the venue etc.). Find out about BTS Rabbit Cards [here](#).



Enjoy Bangkok

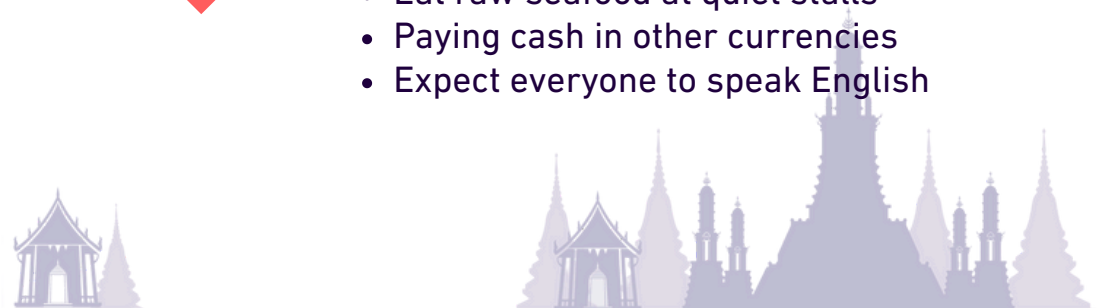
Take these tips and recommendations from our local Thai collaborators to make your time in Bangkok as easy and enjoyable as possible. Find top attractions and general information on the website [here](#) and a collated [map](#) of the local recommendations provided by our Thai collaborators.



- Smile and be polite
- Dress modestly at temples
- Use Grab app
- Eat at busy street stalls
- Carry small change



- Raise your voice and argue loudly
- Disrespect religious sites
- Ride unmetered taxis
- Eat raw seafood at quiet stalls
- Paying cash in other currencies
- Expect everyone to speak English



Key Phrases to Know

Learn a few Thai phrases. Locals appreciate even small efforts to speak Thai.

English	Thai Phonetic
Hello	sa-wàt-dee khráp / sa-wàt-dee khâ
Thank you	khòp-khun khráp / khòp-khun khâ
Excuse me/Sorry	khăw-thôt khráp / khăw-thôt khâ
How are you?	sa-bai-dee mái?
My name is	chăn chêu ...
What is your name?	khun chêu à-rai?
I'm from	chăn maa jàak ...
I can speak a little Thai	phûut phaa-săa thai dâi nít-nòi
Can you speak slowly?	phûut cháa cháa nòi dâi mái?
Can you repeat that?	phûut ìik khráng dâi mái?



Key Phrases to Know

English	Thai Phonetic
How much is this?	an-níi raa-khaa thao-rài?
Can you give a discount?	lót raa-khaa dâi mái?
I'll take this	ao an-níi khráp / ao an-níi khâ
No, thank you	mâi ao, khòp-khun
Where is the restroom?	hông-náam yùu thîi năi?
How do I get to?	bpai ... yang-ngai?
Can I see the menu?	khăw mee-nuu nòi
Not spicy / a little spicy / very spicy	mâi phèt / phèt nít-nòi / phèt mâak
Check, please	chék-bin dūai khráp / dūai khâ
Delicious!	a-ròi mâak



Networking

- Use the Congress hashtag **#WFOT2026** and follow WFOT across [Facebook](#), [Instagram](#), [LinkedIn](#) and [X](#) to join the conversation online.
- Contact your local association and occupational therapy network to find out who else may attending from your region.
- Check the [Member Organisation and Other Meetings page](#) on the Congress website to find meet-ups planned.
- Attend the Welcome Reception and meet your international colleagues. Don't be shy in saying hello!



Programme

- Familiarise yourself with the BITEC map to feel confident navigating around the Congress venue.
- Download the Congress mobile app to stay informed of daily notifications, and other important information.
- Study the [programme](#) and make a note of specific sessions and presenters you would like to hear from. There will be hundreds of concurrent sessions, from speakers representing over 50 countries, from Angola to Denmark, the Maldives and South Korea.
- Make sure to check out the Poster Showcase and Satellite Education Sessions, both located within the Exhibition Hall and open to all delegates.

