



INFORMATION FOR PARTICIPANTS

Dear Participants,

Welcome to Bhutan and thank you for participating in the 2026 ABU Media Summit on Climate Action & Disaster Prevention and **ABU AI Forum** which will be held from **16–18 June 2026**.

To help you prepare for your visit, please take note of the following information:



WEATHER

June is generally warm with occasional rainfall. Daytime temperatures in Thimphu typically range between **15°C and 25°C**. We recommend bringing a light jacket, umbrella, or raincoat, as weather conditions can change during the day.



CURRENCY AND BANKING

The local currency is the Bhutanese Ngultrum (Nu.). Currency exchange services are available at Paro International Airport and at authorized banks in Paro and Thimphu.

International Visa and MasterCard debit/credit cards are accepted at many hotels, restaurants, and larger establishments. However, some smaller shops and local vendors may only accept cash. Participants are therefore encouraged to carry some local currency for convenience.

ATMs are available in Paro, Thimphu, and other major towns. International Visa cards can be used at selected ATMs, although withdrawal limits and network restrictions may apply. As card and ATM services can occasionally be unreliable, carrying some cash is recommended.



MOBILE CONNECTIVITY AND INTERNET

Local SIM cards can be purchased upon arrival. Most hotels and the summit venue will provide Wi-Fi access. Please ensure your mobile phone is unlocked if you intend to use a local SIM card.



TRANSPORTATION

Transportation for all registered participants will be arranged by the organizers. Airport pick-up and drop-off services will be provided between Paro International Airport and the designated hotels identified by the organizers. Transportation between the designated hotels and the Media Summit venue will also be provided throughout the event.



ELECTRICITY

Bhutan uses a 230V, 50Hz power supply. Common socket types are Type D, Type C, and Type G.

Most modern devices (phones, laptops, and tablets) support 100–240V and only require a plug adapter. Travelers bringing 110V-only appliances (e.g., from the USA or Canada) will need a step-down voltage converter.



Recommendation: Bring a universal travel adapter to ensure compatibility with sockets throughout Bhutan.



HEALTH AND SAFETY

Medical facilities and health professionals will be available at the Media Summit venue throughout the event to provide first aid and basic medical assistance.

For medical emergencies requiring hospital care, participants may visit Paro General Hospital, located in Olathang, Paro, approximately 10–15 minutes from Paro International Airport. The hospital provides emergency and general medical services.

Participants are advised to bring any personal medications they may require during their stay and to keep copies of important travel documents, including their passport, visa, travel insurance, and flight details.



CULTURAL ETIQUETTE

Bhutan is known for its rich cultural heritage and traditions. Participants are encouraged to respect local customs and traditions and to dress appropriately when visiting religious and cultural sites.



Should you require any assistance during your stay in Bhutan, please do not hesitate to contact the following focal persons:

Mr. Pema Dorji, Manager CSD	+97517900771
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We wish you a pleasant stay in Bhutan and a productive networking during ABU events.

