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PATTAYA



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ESCAPE FOR
PATTAYA



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ESCAPE TO MATYS

Just a few minutes away from Pattaya and Jomtien, on the shores of Lake Chak Nok. A unique green oasis extending over 2,000m² is bordered by a river and natural pond.

MATYS invites you to enjoy special moments with friends and family or for business seminars and meetings. Relax in the lounge bar, swimming pool or on our sunbeds with a captivating cocktail or glass of subtle wine. In a universe where the sounds of the giant bamboo and ambient lounge music merge.



Discover delicious Wagyu, Carpaccio, Sea Bass and Prawns. Fresh pasta is made on site as well as all sauces, mayonnaise and our signature chocolate mousse. We use fresh ingredients and our salads come from a local hydroponic farm. As our restaurant manager, Khun X says: "It's simple and fresh, beware you might like it!"

A beautiful day awaits you at MATYS Pattaya. Our team will be delighted to welcome you. See you soon.





MATYS ตั้งอยู่ห่างเพียงไม่กี่นาทีจากพัทยาและจอมเทียน บนชายฝั่งของทะเลสาบจากนอก เป็นโอเอซิสสีเขียวที่มีเอกลักษณ์เฉพาะตัวบนพื้นที่กว่า 2,000 ตร.ม. ล้อมรอบด้วยแม่น้ำและ สระน้ำธรรมชาติ MATYS ขอเชิญคุณเข้าร่วมช่วงเวลาพิเศษกับเพื่อนๆ ครอบครัวยหรือการ ประชุมทางธุรกิจของคุณ ค้นพบอาหารโฮมเมดรสเลิศ ค็อกเทลที่น่าหลงใหล และไวน์ชั้นดี ของเราผ่อนคลายในเลาจน์บาร์ สระว่ายน้ำ หรือบนเตียงอาบแดดในจักรวาลที่เสียงไผ่ซอ และดนตรีเลานจ์ผสมเข้าด้วยกัน วันที่สวยงามรอคุณอยู่ที่ MATYS Pattaya ทีมงานของเรายินดีที่จะต้อนรับคุณ พบกันเร็วๆ นี้

เราใช้วัตถุดิบสดใหม่ในการเตรียมอาหารเรียกน้ำย่อย อาหารจานหลัก และของหวาน เฟรนช์ฟรายส์ มายองเนส ซอส พาสต้า ซ็อกโกแลตมูส ทาร์ตมะนาว.... ทำสดๆทุกวันที่ ร้านของเราสลับของเรามาจากฟาร์มไฮโดรโปนิคส์ในท้องถิ่น ไส้กรอกและซอร์เบตที่ทำด้วยฝีมือของเราเอง

สไตล์ของเรา: เรียบง่ายและสดใหม่ และดี!

Monday	Closed	Thursday	11.30 - 22.00
Tuesday	Closed	Friday	11.30 - 22.00
Wednesday	Closed	Saturday	11.30 - 22.00
		Sunday	11.30 - 22.00

MATYS restaurant is located on Soi 21, Nongmaikaen Road, Chak Nok Lake, Nong Prue, Bang Lamung, Chon Buri.

Tel: 083 846 5063 Line ID: @matys

WhatsApp: +66 83 846 5063

Email: reservations@matyspattaya.com

Website: <https://matyspattaya.com/>

@matyspattaya on Facebook, Instagram,

Google Maps, Bolt, Grab: MATYS Pattaya Restaurant



MATYS
RESTAURANT | POOL | LOUNGE



DISCOVER PATTAYA

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This Month in Discover Pattaya

Hi Everyone

I'm sure like me you're enjoying some respite from the hot weather we've had over the last few months. It means that we're now able to get out and really enjoy the excellent activities that have been happening here in Pattaya. For instance the superb car show at Terminal 21 for the serious and not so -serious petrolheads amongst us. Also the fabulous and extremely colourful Pride Parades along the streets of both Jomtien and Pattaya.

There have also been some beautiful new eateries opening in the area. None more so than MATYS restaurant featured this month as our Cover and Cover Story. A wonderful oasis on the shores of Lake Chak Nok where you can relax by the pool or join friends at the elegant restaurant and lounge area - thoroughly recommended.

Enjoy!

Gloria x
gloria@pattayatrader.com

Pattayatrader.com Pattaya Trader YouTube



MATYS
RESTAURANT | POOL | LOUNGE



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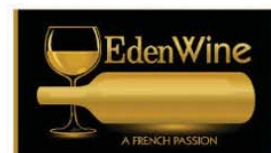


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NEE'S FOOD MAFIA BISTRO



By Gloria Jones



The section of Thappraya Road that runs from its traffic lights at Pratumnak Hill to the LED screen at Theprasit Road has a selection of very fine restaurants. Parking alongside is not that plentiful but if you take the turning, to the left just before the coach terminus for Bangkok airport, you will drive through to View Talay 1 and all the parking you need to visit Nee's Food Mafia at building B.

This charming spot has friendly staff clad in lovely colourful uniforms ready to serve you an amazing array of food and beverages. Of course, there is excellent Thai food but even more unexpected a good range of excellent international dishes including pastas, gyros, excellent cold cuts and a particularly delicious Duck Liver Mousse. For the vegans amongst us they have a selection on the menu available for diners or interestingly to take away - as are all Nee's dishes.

You can sit in comfort - inside or on the terrace where portable state-of-the-art air coolers are on hand when the weather is warm. There is even a well-stocked cocktail bar from which I would recommend you try their Limoncello Margarita! Beers, spirits and some very pleasing wines including an excellent house white and red.

Prices for the food are reasonable with specials such as Curry Wurst, Fried German Bratwurst with French Fries and Hot Curry Sauce just 145 baht. The staff are happy and friendly and the ambience rather charming as the night draws in and you sit and watch people to and fro from the View Talay buildings.

Nee herself is extremely helpful and you can contact her to make a reservation or food enquiries by telephoning 081 670 0006. I also recommend you follow Nee's Food Mafia on their Facebook page to be kept updated with the specials of the day and give yourself an excuse to keep calling back there!





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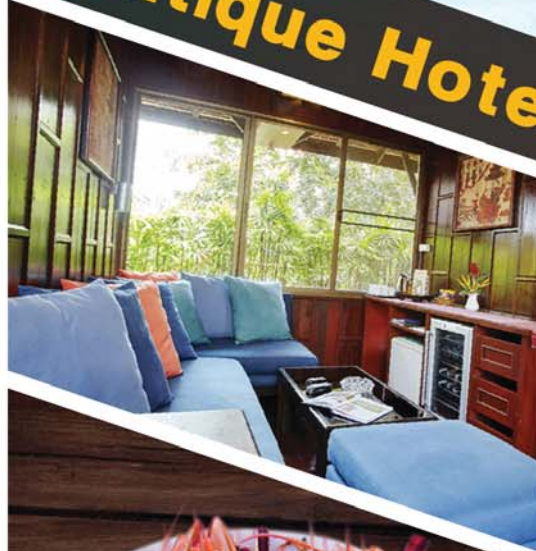
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INNOVATION, ADAPTABILITY AND CREDIBILITY



are valuable qualities of any educational institution and Regents International School Pattaya has shown their miraculous growth and progress over the past 25+ years.

With their consistent implementation of beneficial upgrades to better their education, they have been able to secure one of the best collaborations in the world, putting their students on a tailored journey to success.

As a member of Nord Anglia Education, Regents International School Pattaya has a privilege to collaborate with top-tier international institutions; The Julliard School, MIT and UNICEF, giving their students access to phenomenal curricula.

The Julliard School

Founded in 1905 and located in New York, Julliard is internationally renowned for its impressively dominant presence in the performing arts scene. Julliard's focus is primarily on music, drama and dance, providing the highest standard of artistic education.

The collaboration between Regents and Julliard presents a distinctive opportunity for their students to have access to exceptional performing arts opportunities, delivered by their knowledgeable teachers. The collaboration carries a great deal of outstanding advantages from building confidence, exploring passions, unleashing self-expression and developing a sense of cultural appreciation thanks to the magic of dance, drama and music.

MIT

The Massachusetts Institute of Technology, established in 1861, has played a significant role in the development of many areas of modern technology and science in today's world. Some of the amazing inventions of MIT are PET scans, Gillette, wind tunnels, modern urban design, pioneering high-speed photography and so much more that greatly benefited and continue to benefit society and the people in it.

Regent's collaboration allows their students to get acquainted with the well-known STEAM (Science, Technology, Engineering, Arts and Maths) learning, which aids their students to become inquisitive, innovative and creative learners. Regent's distinguished programme allows for collaborations, hands-on activities and approach, which helps develop skills necessary to thrive in the rapidly changing world, as well as preparing the students for life after high school.

UNICEF

The final feature of the phenomenal Regents collaboration is UNICEF – a humanitarian aid organisation. Operating in over 190 countries and territories, they are responsible for providing developmental aid and humanitarian support to children.

Regents' students are encouraged to make a difference both within the local and international communities by learning and acting on the UN17 Sustainable Development Goals established to initiate real change. Another fantastic implementation is that Regents School participates in the World's Children's Day by educating students about their rights, right protection and advocating for those that may not have a voice.

The collaboration further proves its strength as it allows interested students to meet and interact with the UN and government leaders at the UN High Level Political Forum, making it a fulfilling offering on their behalf.

The teachers at Regents undergo a specialised training and reap all the fantastic benefits from the experts of their collaborations, making their curricula so much more elevated and credible.

Without a doubt Regents International School Pattaya offers an incredible array of unparalleled opportunities and collaborations for their students to prosper and get ready for university life. Quality education is essential to prepare children for the unpredictable future and at Regents, they utilize everything they can to make it fully happen."



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GROUP 1: AGED 11-16 YEARS GROUP 2: AGED 7-10 YEARS



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Mr. Charles Grayhurst Head of School at St. Andrews International School, Green Valley

Interviewed by James Kemp, Deputy Head of School at The British Learning Centre



St. Andrews International School, Green Valley, sits nestled within the stunning forested hills of Rayong, surrounded by farmland and close to Rayong Green Valley Country Club. It is from this setting that St. Andrews draws its unique feel and much of its educational ethos. I met with their new Head of School, Mr. Charles Grayhurst, to discuss his vision for the school and its future.

Mr. Grayhurst took over at the helm of St. Andrews in September of last year, bringing with him 25 years of experience as an educator including headships in China, Dubai and Malaysia. With a background of establishing successful 'green' schools in Asia, his background makes him a perfect fit for St. Andrews. During my tour of the school and its grounds, it became clear to me that eco-literacy and an appreciation for sustainability and the natural world are not just buzzwords here, but deeply held values that are ingrained into school life.

Throughout our walk around, a feeling of light, space and being situated within the natural environment was evident. Mr. Grayhurst proudly pointed out the ambitious growing project that the school has begun, under his tenure, where local plants and crops are grown to become an active part of the student's learning experience: Lipstick Palm is being grown near the Art studios, where it will be used to create paint pigment; older students have self-funded a hydroponic growing project as a part of their business studies. The school's dedicated Forest School area has also recently seen an expansion to include an Outdoor classroom, enabling deeper opportunities for true outdoor education. All too often eco-literacy is delivered tokenistically; this is not the case at St. Andrews, where it is taught with enthusiasm, rigour and purpose to equip students with the knowledge, skills and competencies that they will need in an uncertain future. The school employs both an Outdoor Education Coordinator and Place-Based Education Coordinators, something which demonstrates its commitment to this style of learning.



Of course, academics remain a priority, and St Andrews maintains a strong tradition of top academic results and sending students to some of the top universities across the globe. As one walks around the school, there is the feeling that you are in a true international school, with students from a wide variety of backgrounds. With students from over 40 nationalities and highly qualified teachers who have worked around the world, the school truly is a diverse community. St. Andrews is a fully authorised IB PYP school that offers the Primary Years Programme (PYP) from the International Baccalaureate (IB), integrated with the British National Curriculum from Nursery to Year 11, followed by an IB programme in Year 12 and 13. The fact that they are the only PYP school in the region is not their only unique feature; they are also unique for offering an accredited Dutch Stream for families from the Netherlands. The IB programme sits well with the school's holistic approach, something that Mr. Grayhurst hopes to develop through expanding the school's already extensive extra-curricular programme and incorporating the Duke of Edinburgh Awards scheme more fully into the school curriculum in the near future.



Only 35 minutes from Pattaya, St. Andrews International School, Green Valley feels like it could be a world away. Students are given the space, both physical and within the curriculum, to explore and develop. This will be key as the school seeks to stand out among an increasingly competitive market where parents are, quite rightly, demanding more for their children and larger schools are seeking to establish themselves in the region.

At the British Learning Centre, we have many students who are seeking intensive English lessons to prepare themselves for international school entry assessments; I was encouraged to hear that St. Andrews promotes an inclusive admissions policy and supports students for whom English is an additional language through new and engaging programmes of study. I for one am excited to see how the school will develop over the coming years and I very much look forward to visiti

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The British Learning Centre Expands Horizons with New School in Bangkok

The British Learning Centre is thrilled to announce the opening of its second centre, in Bang Kapi, Bangkok. The tuition school has built an impeccable reputation for delivering high-quality, international school standard lessons and has become a beacon of academic excellence for over 200 students from a wide range of nationalities.

Since its establishment in January 2022, the British Learning Centre has garnered praise for its commitment to providing world-class education. Catering largely to students attending prestigious international schools, as well as those opting for online learning, the centre has swiftly become synonymous with exceptional teaching and a nurturing learning environment.



With the new centre in Bang Kapi, the British Learning Centre aims to be able to offer its services to students and families across the metropolitan area. The school's decision to open in Bangkok reflects its commitment to delivering top-quality education to families across Thailand.

Leading the way in this ambitious expansion is Mr. James Kemp, the current Deputy Head of School, who is set to assume the role of Head of School at the British Learning Centre - Bang Kapi. Mr. Kemp brings to the table a wealth of experience, accumulated over 14 years of teaching and leadership in both UK and international schools. His expertise and dedication to fostering a stimulating educational environment make him an invaluable addition to the school's leadership team.

At the core of the British Learning Centre's success lies its unwavering dedication to British learning objectives. By aligning its curriculum with those of top British international schools, the centre ensures that students receive an education of the highest standard. This approach equips students with the necessary knowledge and skills to excel academically and flourish in their future endeavours.

One of the key strengths of the British Learning Centre is its diverse student body. Drawing students from various nationalities and backgrounds, the school prides itself on creating an inclusive environment that supports and stimulates all. This diverse community not only enriches the educational experience but also prepares students for the multicultural world they will inhabit.

With the new centre in Bang Kapi, the British Learning Centre is poised to further elevate the standard of education in Bangkok. As more families seek a world-class, British style education for their children, the school's expansion ensures that this demand is supported with the highest-quality supplementary education at prices that show value for money.

The British Learning Centre's second centre in Bangkok will open its doors on August 1st, 2023, marking an exciting new chapter in the school's journey. Under the leadership of Mr. James Kemp, the centre is poised to continue its mission of providing exceptional education that nurtures young minds and prepares them to take on the challenges of the future.



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Thailand celebrates sensational rainbow phenomenon with “Pride for All” campaign

Over 500 LGBTQIAN+ joined a Parade of Rainbow Flags to symbolize equality and reflect Central World as a space that embraces diversity. Also, a space that accepts all differences and promotes equality.

In addition to the Spectacular Pride parade at Central World shopping centre, there were a number of colourful Pride festivals supporting and celebrating the LGBTQIAN+ community, Joint Ventures with the United Nations Development Programme (UNDP) in Thailand as well as partners from government and private sectors were led by the Bangkok Metropolitan Administration.

The PRIDE HAPPENING created a rainbow phenomenon The Biggest Pride Parade waving rainbow flags in eight branches nationwide led by ‘Proud to be Pride’ at Central World with the show ‘Fly High In The Sky for Pride’ and a Fashion Parade with over 500+ models. This was followed by a sensational ‘Pride Concert’ by Thailand’s leading artists.

Echoing voices of diversity and equality with the Bangkok Pride 2023 parade, which Central World co-hosted the parade moved from the Pathumwan intersection to the Ratchaprasong intersection at Central World, with a beautiful and spectacular 144.8-meter rainbow flag and hundreds of thousands of people joining the grand procession. There were also special shows, mini-concerts and celebrations of gender diversity attended by provincial governors ambassadors, government agencies and representatives from the LGBTQIAN+ community.



Pride Talks with UNDP, held discussions with key people from the LGBTQIAN+ community at Central World, Central Pattaya, Phuket, Udon Thani, Khon Kaen, Chiangmai and Chonburi. Plus Pride Competitions with Miss International Queens wearing national costumes took place.

Also, there was an art installation Pride Vibe from the artist: ‘Teayii’ Prapatsorn with her work: ‘Seat a Pride Mirror Mirror: Reflect Yourself’.

By Kanchan Nath

SING IF YOU'RE GLAD TO BE GAY

In 1978 Tom Robinson released his iconic anthem "Sing if You're Glad to be Gay". With its unapologetic chorus and shaming verse lyrics, it was used for a Gay parade in London the same year. Despite BBC 1 Radio refusing to broadcast the track the champion of all causes DJ John Peel played it on rival station: Capital Radio assuring its place as Britain's National Gay Anthem. The song quickly became a symbol of pride and resistance for the gay community, boldly addressing societal prejudice and challenging listeners to embrace their true selves.

With a catchy melody and empowering lyrics, it is still a rallying cry for LGBTQ+ rights and continues to serve as a powerful statement against discrimination celebrating the resilience and strength of the LGBTQ+ community in the face of adversity.

Gay Pride is an annual celebration in many countries worldwide. It provides a platform for individuals to express their authentic selves, raise awareness about LGBTQ+ rights, and advocate for acceptance. Pride events, marked by parades and rallies, foster a sense of unity and empower individuals to fight against discrimination. A vibrant and vital movement that plays a crucial role in creating a more equitable and accepting society for all.

TChaiyapruerk Intersection and ending 3 ½ km later at Jomtien Complex followed by 3 days of celebrations in Pattaya central. Giving the LGBTQ+ community plenty to sing about.

herefore it has been heartwarming to see how many events have been taking place in Pattaya this year under the rainbow umbrella heading of "The Pattaya Community Pride events". Sashaying off in Jomtien with a parade starting at In 1978 Tom Robinson released his iconic anthem "Sing if You're Glad to be Gay". With its unapologetic chorus and shaming verse lyrics, it was used for a Gay parade in London the same year. Despite BBC 1 Radio refusing to broadcast the track the champion of all causes DJ John Peel played it on rival station: Capital Radio assuring its place as Britain's National Gay Anthem. The song quickly became a symbol of pride and resistance for the gay community, boldly addressing societal prejudice and challenging listeners to embrace their true selves.



The Positive Effects of CBD Oil for Insomnia and THC's Multi-Faceted Role in Health

Johanny of Caramel Nougat

CBD and THC are two compounds derived from the cannabis plant that have garnered significant attention for their potential therapeutic benefits. While CBD has shown promise in treating insomnia, THC stands out for its multifaceted role in alleviating migraines and reducing chronic pain. The recent legalization of CBD and THC in Thailand further highlights the growing acceptance and recognition of cannabis as a valuable tool for promoting health and well-being.

CBD and Insomnia

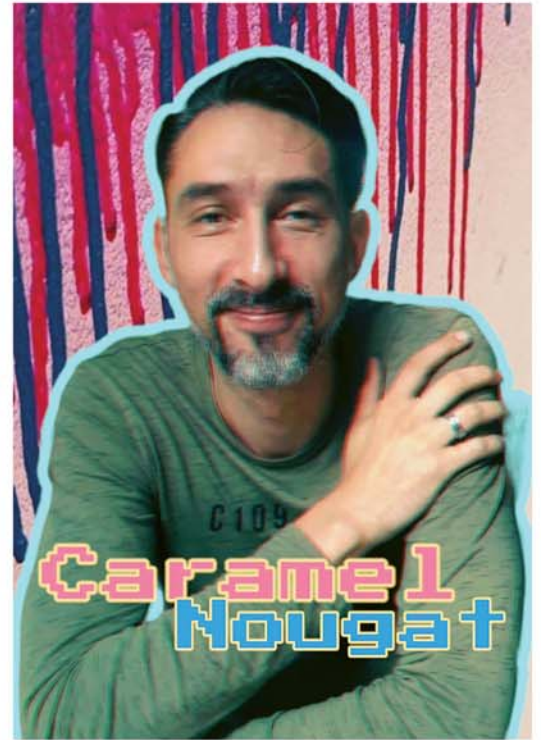
Insomnia affects a substantial portion of the population, and finding effective treatments can be challenging. However, CBD has emerged as a potential solution due to its interaction with the endocannabinoid system, which regulates sleep patterns. CBD has demonstrated the ability to reduce anxiety, alleviate chronic pain, and promote relaxation, making it an appealing option for those struggling with insomnia. Unlike THC, CBD does not produce psychoactive effects, making it a safe alternative for sleep aid without the risk of addiction or impairment. Research supports CBD's efficacy in treating insomnia. A study published in *The Permanente Journal* found that 67% of participants experienced improved sleep within the first month of using CBD.

THC and Migraine Relief

Migraines can be debilitating, affecting individuals' daily lives and overall well-being. Traditional treatments may not always provide adequate relief and this has led to an increased interest in alternative options such as THC. THC has been found to possess pain-relieving and anti-inflammatory properties, making it a potential breakthrough for managing migraines. By interacting with the endocannabinoid system and modulating pain perception, THC offers a viable alternative for migraine sufferers seeking relief.

THC's Role in Decreasing Chronic Pain

Chronic pain is a complex condition that affects millions worldwide, often leading to reduced mobility, decreased productivity, and diminished quality of life. THC has long been recognized for its analgesic properties and has shown promise in alleviating chronic pain. By binding to cannabinoid receptors in the central nervous system, THC can modulate pain signals and reduce the perception of discomfort. Research suggests that THC may be particularly effective in treating neuropathic pain, a type of chronic pain that stems from nerve damage. Furthermore, studies have shown that THC can complement existing pain management strategies by reducing the reliance on opioids, which carry a significant risk of addiction and adverse side effects.



Thailand's Cannabis Legalization: Thailand's decision to legalize CBD and THC in July 2022 is a bold and progressive step towards embracing the potential of cannabis for medicinal purposes. This move demonstrates Thailand's commitment to evidence-based policies and reflects a growing global recognition of the therapeutic benefits of cannabis.

For both CBD oil flasks and THC Flowers, you can contact Johanny at Caramel Nougat Cannabis Dispensary at the entrance of MOMENTO RESORT in Thep Prasit soi 8 or phone/WhatsApp 092 449 9960



How to Use Intermittent Fasting to Lose Weight After 40

Millions of men and women over the age of 40 struggle to shed their excess pounds, despite trying every type of diet and working out every week. Often they have tried low-carb, high-fat diets, counting calories, 'juicing' etc. etc. but often the problem is that after losing a few pounds their food cravings take over. They ruin weeks of effort by just giving up and putting the weight back on. This weight loss "rollercoaster" can feel very discouraging but the problem is usually that these diets are extreme and hard to sustain over the long term because they're overly restrictive. What tend to have longer term benefits are the diets that don't feel like diets. The ones that don't create resistance from our body, such as food cravings, hunger, or mood swings. For example regimes such as intermittent fasting.

Unlike what many people think, fasting doesn't mean that we should starve ourselves. It just means we should carefully choose WHEN we eat instead of being obsessed with WHAT we eat.

You can eat pretty much whatever type of food you want, as long as you're eating the right quantity of food at the right time. The way intermittent fasting works is pretty simple: After fasting for more than 12 hours, our body has depleted all its glucose reserves and is forced to burn fat to find energy. When this fat burning "metabolic switch" is on, it is easier to lose weight without having to eat salad all day.

A recent study from Cambridge University has shown that our body starts burning fat about 25% faster after 13 hours of fasting as insulin levels in our blood drop, allowing our bodies to burn more fat as fuel. This is also helpful for patients who are insulin resistant, meaning their bodies make more insulin than normal.

Dr. Angela Fitch, MD, FACP, FOMA, Associate Director of the Massachusetts General Hospital Weight Center says "It takes 10 to 12 hours to use up the calories in the liver before a metabolic shift occurs to using stored fat. After meals, glucose is used for energy and fat is stored in fat tissue, but during fasts, once glucose is depleted, fat is broken down and used for energy."

"Many things happen during intermittent fasting that can protect organs against chronic diseases like type 2 diabetes, heart disease, age-related neurodegenerative disorders, even inflammatory bowel disease and many cancers."

Dr. Mark Mattson, a neuroscientist at Johns Hopkins University, who studied intermittent fasting for 25 years says "When people lose weight, typically 75% is fat loss and 25% is muscle mass. But with fasting, the ratio actually changes so that 90% of weight loss is fat and 10% is muscle."

However, while many doctors agree on the effectiveness of intermittent fasting in helping us lose weight, many people don't know how to integrate this diet in their daily life. It's also important to remember each of us has a unique metabolism. So if we want to lose fat, we either need to consult a doctor or nutritionist for a tailor-made plan suited to our needs. Or we can simply experiment with timings ourselves to see what suits our lifestyle and food preferences. Certainly worth giving a go!

ELECTRIFYING CATAMARANS

Catamarans have a larger deck area than traditional sailing yachts and from an energy management perspective offer a larger area for installing wind turbines and solar panels. Groupe Beneteau has equipped its flagship Excess 15 catamaran with a Torqeedo ZF saildrive and Torqeedo DeepBlue Hybrid system. Brand Director Thibaut de Montvalon says: "Sailing is all about efficiency, about being lean and in touch with nature. At Excess, we build catamarans that connect the skipper to the wind and waves."



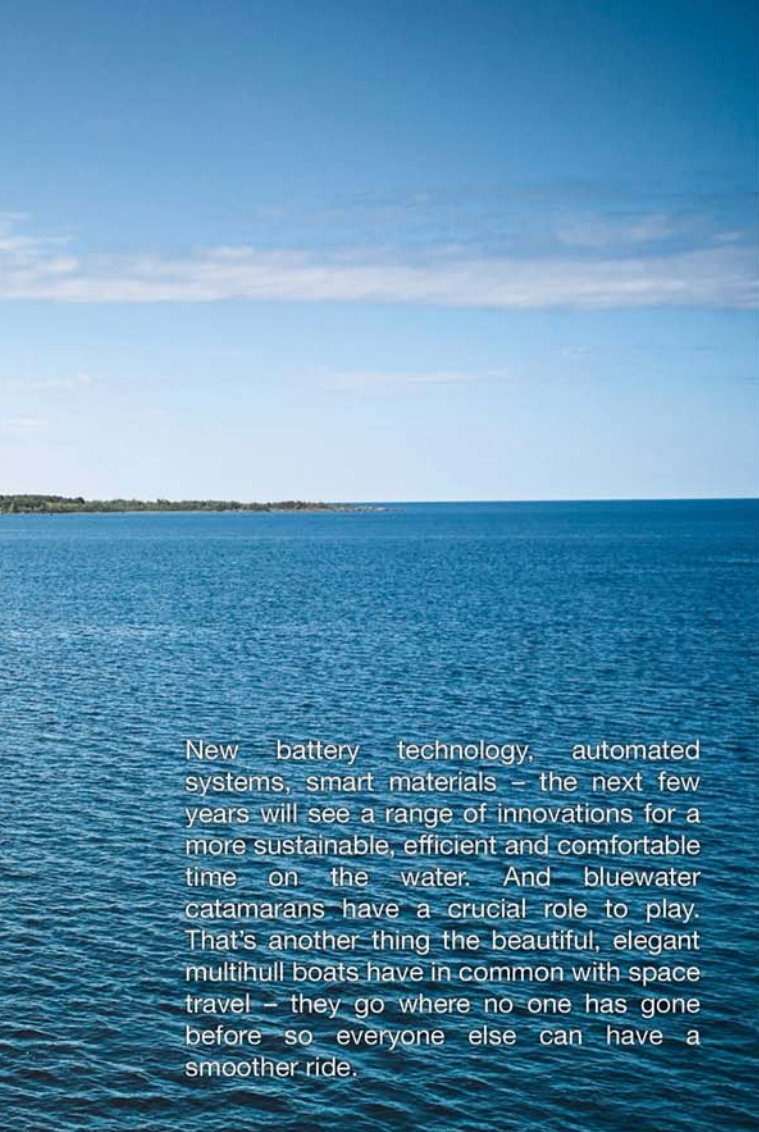
The Deep Blue energy management system on the Excess 15, shows the skipper in real time how much energy solar and water power are being generated – A GREEN WAY TO BLUE WATER. Since you don't have to visit a harbour so often, harnessing the power of the wind and sun with these state-of-the-art systems makes you truly independent.

The Ocean Explorer 72 (OE72), a high-tech catamaran is equipped with a Torqeedo Deep Blue Hybrid electric propulsion and energy-management system. Tomas Halmesmäki, the founder of the OQS boatyard says "It really is a green power plant of a boat. Our main focus being to avoid local CO2 emissions". Designed by German Frers, the elegant, sleek OE72 has two 100kW Deep Blue electric motors powered by four Deep Blue batteries. And while at sea it also generates its own green, renewable energy through 4kW solar panels and hydrogeneration. "To me, the most important differentiator is the silence and autonomy," says Halmesmäki. "Thanks to the solar panels and hydrogeneration, you don't need generators. You can stay at sea for long stretches and enjoy the silent hours."

When an electric catamaran glides past at high speed and without any noise, it might look like a modernist piece of architecture that got bored just standing around and decided to travel the world. But the real beauty lies in the underlying physics Equations. Catamarans and trimarans have a lighter construction and are more efficient than conventional monohull boats, which is true of both small day cruisers and 30m-plus bluewater catamarans. This is a major advantage for electric propulsion systems, as less power is required to propel the boat. It also means the capacity of the batteries can be better utilised and the range of the boat increased.

During long ocean crossings, the captain and crew of high-tech, high-performance catamarans are on their own. This is why it's essential that the crew, the yacht and its operating system are synchronised. Electric bluewater catamarans like the OE72 are cruising R&D labs for testing new materials and systems.

Ultimately, the larger maritime community profits from the innovation – just like the Apollo programme in the 1960s brought us freeze-dried food and modern solar cells. Only a couple of years ago, electric-hybrid propulsion was a feat only realised for a select few custom-made sailing yachts. Today, Deep Blue Hybrid is a ready-to-use solution for a much broader target group. The same goes for innovations like the automatic hydrogeneration mode of Torqeedo electric motors, which uses smart algorithms to find the highest torque the propeller can run at any given time so maximising the energy yield.



New battery technology, automated systems, smart materials – the next few years will see a range of innovations for a more sustainable, efficient and comfortable time on the water. And bluewater catamarans have a crucial role to play. That's another thing the beautiful, elegant multihull boats have in common with space travel – they go where no one has gone before so everyone else can have a smoother ride.



Tamas Brunecker is Project Sales Manager at Torqeedo Asia-Pacific, focused on the Deep Blue range of systems. He has specialised in sales and project management in Thailand since 2007, having previously worked in Germany, Switzerland and Australia. Founded in 2005 in Starnberg, Germany, Torqeedo is the market leader for electric mobility on the water, developing and manufacturing electric and hybrid drives for commercial applications and recreational use.

The company is part of Deutz Group, one of the world's leading manufacturers of innovative drive systems.
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THAILAND MOTORING NEWS

NEW **XPANDER**
CROSS

After last month's review of the Ford Ranger Raptor we thought we would take a look at something more practical for the family this month and the 2023 Mitsubishi Xpander Cross fits the bill. First introduced in Thailand in 2018, the latest upgrade seems to be more substantial than the first facelift in 2020 and the latest changes in 2022.

The exterior changes include a higher ride height which allows for 17-inch alloy wheels with bigger tyres and a more rugged styling on the front and rear bumpers, door furniture and wheel arches.

The front end features a new design with LED headlights, daytime lights, turning lights and fog lamps. At the back end the redesigned tailgate is flanked by LED rear lights.

The interior has leather seat upholstery finished in black and navy blue and a new leather wrapped steering wheel with a chunkier feel and numerous multi-function control switches. Other features include a 9-inch centre touchscreen with Apple car play/Android auto, USB-A and USB-C charging ports, a 12v power socket and rear air-conditioning.





Looking at safety, Mitsubishi have added its Active Yaw Control (AYC) system which according to them controls the driving and braking forces between the front wheels, improving the cornering performance and stability, especially on wet or slippery roads which is a big help in Thailand.

They have also said that the suspension has been improved to facilitate a more comfortable and stable ride.

This seven seater mini MPV comes with 1.5 litre four-cylinder petrol engine which generates 105bhp.

With a retail price of 946,000 Baht, this versatile ride gives you the chance to break into the MPV market and enjoy the benefits of a seven seat, multi-purpose vehicle without breaking the bank, especially as the Xpander has been officially recognised as the most fuel efficient vehicle in its class. As a first buy to enter the MPV market, it comes highly recommended.



Sports Update

For July by Steve Wade

Now that Manchester City have completed the historic treble and confirmed their dominance of both the English and European scene, it's time for a break from football, if only for July, and concentrate on what else is happening in the world of sport.

The Formula 1 schedule is in full swing this month, with the Austrian Grand Prix on the first Sunday of the month which is the 2nd, the iconic British Grand Prix at Silverstone on the 9th, the Hungarian leg which is on the 23rd and finally the Belgian edition which is racing on the 30th. There is no busier month in the calendar for you F1 fans plus every race is in Europe, which makes for good TV time in Thailand.

Starting on the 24th of June and running through until the 16th of July, the Tour de France is cycling's jewel in the crown and is immensely popular, as is the sport of cycling itself, right around the world. The first stage actually starts in Bilbao and finishes, in Paris as always, on Sunday the 16th.

Of course in July we also have what many tennis fans see as the world's best tournament, Wimbledon, starting on the 3rd of the month and concluding on the 16th. The SW19 venue always makes for great TV and we'll see if Novak Djokovic can extend his major tournament record and lay claim to being the best ever.

Finally we have another event that many believe is the jewel in the crown of the sport, The British Open golf, more commonly known as "The Open", which is being played at Royal Liverpool between the 20-23rd of the month.

Interestingly the Scottish Open, which was used as a practice round for the Open in previous times, is now a full scale multi-million dollar event in its own right and will be excellent viewing for golf fans everywhere.

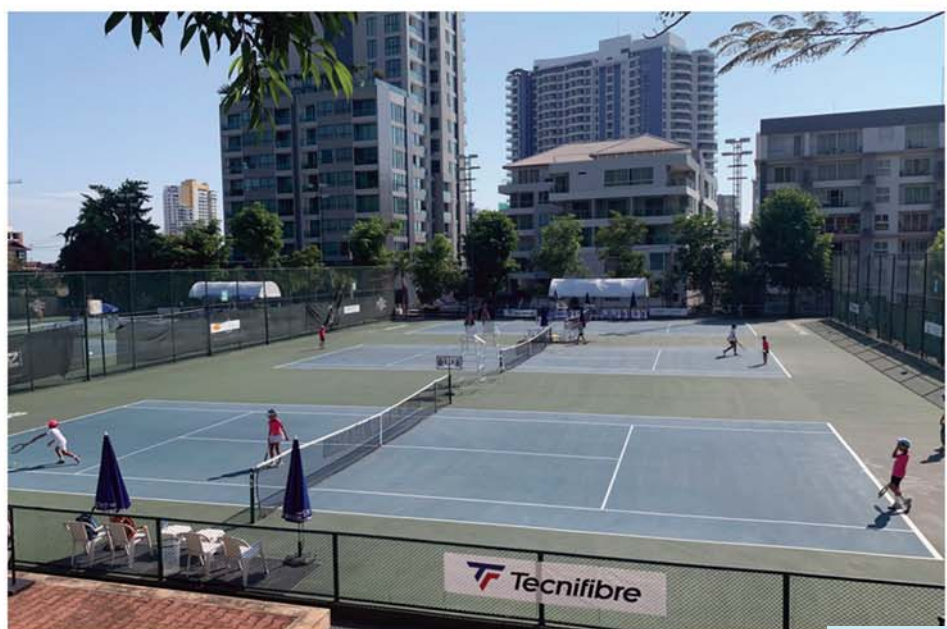
That's about it for July. Possibly the only update of the year with no football involved but still, some great viewing to look forward to.



AssetWise Junior Thailand Championship



Royal Cliff Hotel's continuous commitment to Tennis in Pattaya sees yet another tournament at its fabulous Fitz Club, this time with a Junior Competition for kids aged between 4-14 years, which is a great opportunity for young players to showcase their skills and compete against their peers in a supportive and friendly environment. Crucially, this tournament holds certification from the Lawn Tennis Association of Thailand, enabling players to earn points for their Thailand ranking.





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For further information or booking you can contact Karen Mobile phone 087 941 3986



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FISHING WITH SHAUN

Shaun here from The Savage Fishing Channel. This month's report comes from Chiang Mai at the lovely Teak Tree Lake. Now Teak Tree Lake is widely regarded as a hidden gem in the Thai angling community boasting 5.5 rai of lake.

I came here targeting Giant Siamese Carp and was not disappointed.

Day 1 started with a bang on the waggler, we threw in some pellets in and around a shallow rig hoping to catch the Pacu & Tambaqui feeding early. Second cast at around 7.05 am resulted in our first fish of the trip: a nice 17lb Pacu to get the ball rolling. We then switched to a fixed line feeder for both Carp & Predator rods resulting in our next take which was a respectable 20lb Juliens Carp - a new species for me. At around noon the line ripped off, after a 15 minute fight (and some superb boat navigational skills) I landed a cracker of an Amazon Redtail Catfish weighing in at some 60lb. This was followed by a very similar-sized Redtail.

Day 2 spirits were high as we started with a belting 30lb Tambaqui on the waggler achieving a PB for me. This was duly followed with a superb Juliens Carp weighing in at 30lb.

To see my trip for yourself go to <https://www.youtube.com/@savagefishingchannel> and if you like the content please be sure to like, comment and subscribe so you don't miss my next adventure. Tight lines guys!

SHAUN IS OUR NEWEST CONTRIBUTOR AND WE ARE VERY HAPPY TO INCLUDE HIS MONTHLY FISHING REPORTS IN DISCOVER PATTAYA MAGAZINE. AS WELL AS BEING A KEEN FISHERMAN HE ALSO BRINGS US AUTHENTIC, FISH AND CHIPS WITH SHARPLES TRADITIONAL UK CHIP SHOPS.



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CLOSING A COMPANY IN THAILAND

By: Magna Carta Law Firm

Closing a company requires strict compliance with the laws and regulations of the relevant Thai government agencies. Financial, auditing, and legal aspects of the company must be settled accordingly.

SHAREHOLDERS' MEETING AND SENDING NOTICE TO THE CREDITORS

A shareholders' meeting must be held to discuss the liquidation process and confirm the appointment of the liquidator(s). The liquidators have the authority to settle the affairs of the company, to pay its debts, and to allocate its assets. At least 14 days before the meeting, invitation letters must be published in the local press and distributed by registered mail to every shareholder of the company. Plus, the notice shall be sent to the creditors as well.

REGISTERING THE COMPANY DISSOLUTION

Within 14 days after the business's agreed closing date, the dissolution of the company and the names of the liquidators must be registered with the Department of Business Development (DBD), Ministry of Commerce.

The liquidators are required to produce the company's financial statement within 3 months, have the designated auditor evaluate and certify it, and then notify the public by placing an advertisement in a local newspaper declaring the company's liquidation to warn its creditors, if any.

LIQUIDATION

The stockholders' outstanding shares may need to be paid in full at once by the liquidators. If the liquidators discover that the assets are still not enough to cover the liabilities after the shares have been paid off, they must begin following up the debts.

VAT DE-REGISTRATION

The company must submit its tax return and pay any outstanding taxes. Companies that have registered for VAT must submit an application for VAT de-registration 15 days before their business closes, and they must also give their tax ID card and VAT Registration Certificate (Por Por 20) back to the Revenue Department.

FILING LIQUIDATION REPORTS AND REGISTERING THE COMPLETION OF LIQUIDATION PROCESS

Until the liquidation process is complete and the Revenue Department has sent the DBD a letter certifying that the company is tax-free, the liquidators must submit a report of their activities detailing the accounting of the liquidation process every three months. The DBD will then issue a document stating that the company has successfully concluded its liquidation.

FINAL SHAREHOLDER'S MEETING

The liquidator must call the final shareholders' meeting once all of the company's assets and obligations have been properly liquidated in order to deliver an account report of the liquidation outlining how the process was carried out and how the company's assets were disposed of. After the account report is approved, the liquidators have fourteen days from the meeting's date to register the proceedings with the DBD. This registration is viewed as the liquidation's conclusion. The balance sheets of the liquidated firm must be deposited with the DBD within fourteen days of the liquidation. There, they must be retained after the liquidation is complete and made available for public view. It is strongly advised to appoint a skilled legal team to promptly and efficiently handle this complex process.





What's on The Small Screen



Southern Storytellers Season 1

Billy Bob Thornton, Mary Steenburgen, Adia Victoria, Jericho Brown, and David Joy describe their bonds with the South



Survival of the Thickest Season 1

Recently single Mavis Beaumont, a plus-sized Black woman, tries to rebuild her life as a struggling stylist.



Domina Season 2

The life story of Livia Drusilla who rises to become emperor Augustus' wife.



The Prank Panel Season 1

With the help of the world's best pranksters, ordinary people try and trick friends, family, and co-workers.



The Afterparty Season 2

When a murder is discovered at a high school reunion, the attendees try to recall what happened.



Good Omens: Season 2

Angel Aziraphale and the demon Crowley ally to stop Armageddon.



What's on The Big Screen



Sisu

Jorma Tommila, Aksel Hennie, Jack Doolan, Mimoso Willamo
An ex-soldier unearths gold in Lapland's wilderness and faces off against Nazi soldiers, led by a brutal SS officer, as he tries to bring the loot to the city.



Oppenheimer

Cillian Murphy, Emily Blunt, Matt Damon, Robert Downey Jr
Physicist J. Robert Oppenheimer collaborates with a team of scientists on the groundbreaking Manhattan Project.



Insidious 5 The Red Door

Rose Byrne, Patrick Wilson, Ty Simpkins, Hiam Abbass
Josh Lambert takes his son, Dalton, to college, but when past demons return, things turn from bad to worse.



Mission Impossible – Dead Reckoning

Tom Cruise, Hayley Atwell, Ving Rhames, Simon Pegg
Ethan Hunt and his IMF team embark on a mission to locate a formidable new weapon that poses a grave threat to humanity.



Haunted Mansion

LaKeith Stanfield, Tiffany Haddish, Owen Wilson, Danny DeVito
A mother and her son gather an eclectic group of self-proclaimed spiritual experts to aid them in evicting otherworldly intruders from their residence.



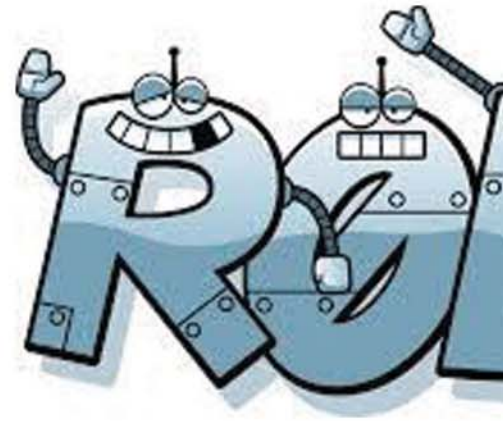
Barbie

Margot Robbie, Ryan Gosling, Ariana Greenblatt, Helen Mirren
Barbie and Ken enter the real world, where they experience the joys and challenges of human life.



Amazon Echo Show 5 (3rd-Gen)

The Amazon Echo Show 5 (3rd-Gen) is a compact and vibrant smart display powered by Alexa. Control your smart home, make video calls, enjoy entertainment, and stay connected with ease. With a sleek design, privacy features, and versatile functionality, the Echo Show 5 enhances your daily life in countless ways



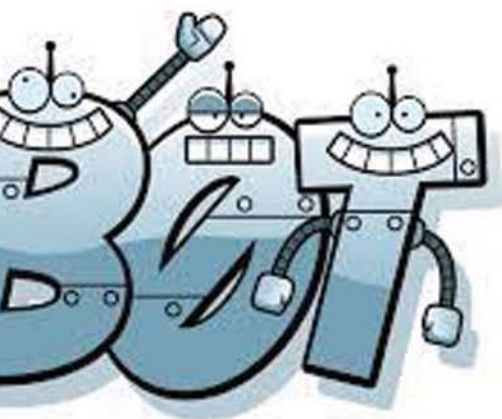
Amazon Fire Max 11

The Fire Max 11, Amazon's most powerful tablet yet, has a 2.2 GHz octa-core processor and 4 GB RAM, it's nearly 50% faster than any other Amazon tablet so far. Enjoy blazing-fast streaming, gaming, and app switching with advanced Wi-Fi 6 connectivity.



Sony Project Q

Sony's Project Q is a compact device with an 8-inch screen that brings the world of PlayStation 5 gaming to your fingertips. Using Sony's Remote Play system, you can now stream your favorite PS5 games over Wi-Fi, even when you're away from your TV. Experience the freedom of gaming on the go like never before.



Google Pixel Fold

Google Pixel Fold: a revolutionary foldable device that seamlessly combines smartphone convenience with tablet-sized immersion. With its 8.2-inch display, powerful performance, stunning camera system, and seamless integration with Google's ecosystem, the Pixel Fold delivers a future-forward experience in the palm of your hand. Experience the future of mobile technology with the Google Pixel Fold.





CLASSICAL POP – Barry Upton

The influence of classical music in pop & rock music has had a profound effect throughout history. Complex harmonies, rich melodies and intricate arrangements of classical music can be observed in many songwriters' and performers' work. Orchestration that compliments words and music has been apparent since the fifties and especially in the sixties when artists such as the Beatles & The Beach Boys started experimenting with ways to incorporate orchestral instruments into their songs.

Classical music has also influenced popular music in terms of song structure. By drawing on the rich musical traditions of the past, pop & rock musicians have been able to create new and innovative sounds that continue to captivate audiences around the world. As an international hit pop writer and producer, I myself have been a great advocate of stealing, ...sorry, ...borrowing ideas from genius composers such as Mozart, Bach, Mendelssohn and so on.

This started whilst I was in chart toppers, The Brotherhood Of Man during the early eighties. Given a certain degree of freedom to play around in top studios with arrangements for new singles and albums, I seized upon the chance to augment our successful vocal sound with a string quartet (Eleanor Rigby style) and many other orchestral sounds played by the best session musicians. Suddenly synthesisers reared their heads and everyone started using them to the max instead of real sounds.

Recently, my interest in classical music has been reawakened by 'The Pattaya Classical Society' with leading light Gregory Barton who has built a superb music room at his 'Eelswamp' property, just outside of Pattaya, that can present performing musicians for around 30 guests, giving a feeling of times gone by with a chamber ensemble. He regularly presents performances from Russian pianists and an amazing Bangkok string quartet plus, on occasion, mesmerizing Indian classical music with Sitar and Tabla. I try to attend whenever I can as it is amazing how much inspiration I get from witnessing incredibly complex pieces of music performed by musicians...close up. My latest studio music project is a direct influence of absorbing such uplifting and impressive pieces from a variety of classical composers. Of course, coming from a commercial pop background, I felt that it should be my duty to try to find a way to integrate a couple of these famous writers of classic material into my own creation.

So, for months I have had an idea going around in my mind and now I'm finally painstakingly putting the whole thing together. There will be classical piano plus a string quartet and also a Thai classic guitar section mixed together with my usual pop sensibilities. Rhythm wise, there's a mixture of romantic ballad, country, bossa nova, reggae and surf guitar to compliment the classical themes expressed. My original creative piece (with a couple of 'borrowed' themes) clocks in at 20 minutes and 30 seconds which is far too long for radio play but really works as a creative standalone song. Obviously, I will have to do an edited version for radio but for the proposed accompanying video, the full-length version will be presented.

To top all this, my favorite part of the project is that the writing credits will show 'Upton/Beethoven/Tchaikovsky' and, as the other two writers passed on many, many years ago, I get to claim all of the performance royalties.....100%. The finished music and video will indubitably appear on my dedicated YouTube channel FAB BAZ MUSIC TV. To see nearly all of my output from the last few years, log in, press 'like', ring the bell (costs nothing) and please 'subscribe' to receive notification of new uploads. In the meantime, Roll Over Beethoven !!!





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CROSS WORD JULY 2023

Across

1. Surname of A Beautiful Mind actor
6. Actress, Cameron ___
10. Bivouac
14. Invigorate
15. Land measure
16. Finished
17. Rewrite
18. Chow ___
19. Show excessive affection
20. Fertile plain
21. Expensive
23. Anger
24. Writing fluid
27. Highest mountain in Wales
29. Surname of Rocky actor
34. Volcanic debris
35. Earth has a north and south
36. Opening
38. TV serials
42. Golfclub
43. Type of tree
45. Fiend
46. Adolescent years
48. Trot
49. Bow of a ship
50. Belonging to us
52. Surname of Oscar-winning Good Will Hunting actor
54. Wander
58. Coloring material
59. Nightmare street
60. Disparaging remark
62. Accumulate
67. Gemstone
69. Part of the eye
71. Personal attendant
72. Notion
73. Simplicity
74. Composition
75. Limited period of time
76. Leaping insect
77. Laurel Hedare in the 2004 movie, Catwoman, Sharon ___

Down

1. Clothed
2. First American woman in space, Sally ___
3. English cricket ground, sounds geometric
4. Cried
5. Imply
6. Water barrier
7. Frozen
8. Star sign
9. Light quilted fabric
10. Fish
11. Obviate
12. French Underground railway
13. Clean with a bill
22. Surname of Lady
- Sings the Blues star
25. Kind of star
26. Sound of a bell
28. First name of Sister Act actress
29. Skewer
30. Ripped
31. Succulent plant
32. Surname of ex-Beatle
33. Empower
37. Lukewarm
39. Site of the Taj Mahal
40. School dance
41. Darns
44. Depend
47. Foam
51. Respite
53. Departs
54. Virtue
55. Evade
56. Translucent fossil resin
57. Pertaining to country life
61. Ascent
63. Vertical spar
64. As well as
65. Former Bond actor, ___ Connery
66. Eye infection
68. Edible tuber
70. Expanse of water

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SOLUTIONS ARE ON PAGE 49



SUDOKU JULY 2023

SOLUTIONS ARE ON PAGE 58

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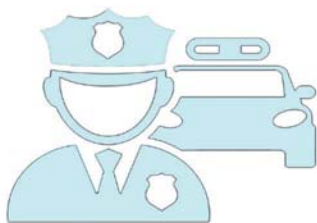
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8		6			4			
1	7							2



IMPORTANT TELEPHONE NUMBERS



POLICE

Emergency Hotline: 191
 Pattaya Police Station: Soi 9 Pattaya
 Phone: 038 420- 802, 038-420 805 0-3842-9325
 Banglamung Police Station, Sukhumvit Highway)
 Phone: 038 221 800, 038 221 331
 Tourist Police: Phratamnak Road
 Emergency Hotline: 1155
 Phone 03841 4669, 03842 5937,

AMBULANCE AND HOSPITALS

General emergency number 191 can be used or 1669
 Pattaya International Hospital
 PhoneTel: 038 428 374-5. Tel: 038-427 575
 Bangkok Hospital Pattaya
 PhoneTel: 038-259-999. 0-3825-9911
 Pattaya Memorial Hospital
 PhoneTel: 038 488 777. 038-429 422

FIRE

Emergency Phone: 199
 Fire Brigade Pattaya
 PhoneTel: 038-425-943,
 Fire Brigade Naklua
 PhoneTel: 038-221-000,

SEA RESCUE

Marine Police
 Phone. 038-423 666
 Sea Rescue
 Phone 038-488 134

ELECTRICITY

Electricity Pattaya
 Phone 0-3842-6463, 0-3842-8502
 Electricity Banglamung
 Phone 0-3822-1007

WATER

Water Works Banglamung
 Phone 0-3822-1463
 Water Works Pattaya
 Phone 0-3822-2462/5

WASTE DISPOSAL

Garbage Collection
 Phone 0-3842-9494



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BBX is a community of business owners with a solution to immediately help with business cashflow needs.

How do we do it?

- We provide interest free credit to business owners in our community
- Business owners use this credit to purchase products and services within the community to help their business grow "No Cash Outlay"

What's our commitment?

- We will continue to build the BBX Business community providing sustainable opportunities focused on business needs
- We will support business initiatives and partnerships, nurturing them in parallel with new ideas.
- We will provide a secure financial platform for transaction management

Your Commitment?

- Our business community transacts via business trade credits. A willingness to be part of this extra revenue stream
- Our community of business owners connects and supports each other via fair trading terms, an understanding that strong relationships prosper with respect

Reach out to us, we are here to help all business grow!

www.bbxworld.com



SOLUTIONS

CROSSWORD PAGE 46

C	R	O	W	E		D	I	A	Z		C	A	M	P
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HARD

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HARD

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MEDIUM

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MEDIUM

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4	9	1	3	6	5	8	2	7
7	6	8	4	9	2	1	3	5
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TD PLACES IN BANGKOK THAT ARE PERFECT FOR DIFFERENT TYPES OF TRAVEL

Bangkok is a vibrant and bustling city that offers visitors a unique blend of cultural experiences, delicious cuisine, and exciting nightlife. As the capital city of Thailand, Bangkok boasts a rich history and numerous historical sites such as the Grand Palace and Wat Phra Kaew. Food lovers will also be in heaven with a vast array of delicious street food options and restaurants serving authentic Thai cuisine. Additionally, Bangkok's nightlife scene is famous around the world, with a plethora of bars and clubs to explore. Whether you're seeking adventure, relaxation, or cultural experiences, Bangkok has something to offer every traveller.



Dieter Ruckenbauer

In a tête-à-tête, Dieter Ruckenbauer, General Manager of Le Méridien Bangkok, recommends places around Bangkok for different types of travel. Ruckenbauer is no stranger to the Thai capital as he worked as the executive chef at JW Marriott Bangkok from 2007 to 2010 and as Director of Food & Beverages at Bangkok Marriott Marquis Queen's Park from 2016 – 2018. Now, he is back in Bangkok as the general manager of Le Méridien Bangkok.

Travel Daily Media (TD): You want to experience Thai culture

Dieter Ruckenbauer (DR): There are various ways for you to experience Thai culture. Only a three-minute walk from

the hotel is Wat Hua Lamphong, where you can view the amazing architecture or take part in a traditional prayer. Another incredible structure is the Sri Maha Mariamman Temple (Wat Kaek Silom), which is about 15 to 20-minute walk away. The South Indian-style Hindu temple on Bangkok's Si Lom Road was built in 1879. In the morning, this area offers fantastic street food.

There is a long list of other activities that can be explored in Bangkok. Nevertheless, if you are looking for a true Thai experience, visit the Damnoen Saduak Floating Market, which is 100 km from Bangkok. This market presents essentially the original Thai culture; local people will go out to the market by rowing boats early in the morning

to buy food that was prepared and cooked for breakfast, lunch, and dinner. 100–200 years ago, Thailand didn't have cars, trains, or buses. So the way to commute was by rowing a boat.

TD: You want to taste authentic Thai food

DR: You want to sample real Thai cuisine. There is a lot of delicious Thai food available. It undoubtedly depends on what you are looking for. The Michelin-starred restaurant Saneh Jaan offers a wonderful dining experience. Or check out Northeast on Rama IV if you're looking for something much simpler.





TD: You want some adrenalin rush

DR: The market at Chatuchak will give you an adrenaline rush because it has a wide selection of woodworking, handy crafts, home décor, and pets. Almost anything can be found there. Another trendy place to visit would be the Train Night Market Ratchada. Big, vibrant outdoor market with music, featuring many vendors selling a variety of goods & food. Or go and explore the Patpong Museum. The Patpong Museum is a museum in Bangkok, Thailand. Opened in 2019 in Patpong Soi 2, its collection includes interactive exhibitions, artifacts, and recreated spaces covering Patpong's history from 1946.

TD: You want to experience the city's nightlife

DR: Bangkok offers a variety of locations to experience the city's nightlife, including Khao Sarn, Thong-Lor, and Patpong. Many bars and live music venues are present.

TD: You want to do some shopping

DR: Once again, it all comes down to what you are looking for. Traditional favourites like MBK or Pratunam Market,

Thailand's largest clothing market and one of Bangkok's major markets, are still popular today. However, if you enjoy luxury shopping and are inclined to do so, the abundance of malls in the Siam and Ratchaprasong neighbourhoods as well as along Sukhumvit until Phrom Phong are your best bet. There are many upscale shopping malls in this area. Or you could go across the river and see ICON Siam.

TD: You want to recharge and relax (wellness travel)

DR: You need to unwind and recharge. Cycling in this area is best done in Bang Krachao. Bangkok's oasis is located there. However, there's also the option to simply stroll down to Lumpini Park. Use the green lane that connects Lumpini with Benjakitti Park if this park is insufficient.

TD: You are taking a trip with family (children or the elderly).

DR: Take a dinner river cruise up the Chao Phraya River or visit Asiatique, a waterfront night market in Bangkok on the banks of the river.



TD: You are in the city for business but want to insert some leisure travel

DR: While you're in the city on business, you should mix in some leisure travel. No need to travel far. Stay at the conveniently situated Le Méridien Bangkok for your business trip. The hotel is located on Surawong Road only 45 minutes drive from the airport. The hotel offers a Circle Wellness Club, which is located on the 22nd floor and has a circular bed, on the "Well-being floor." These unusual beds, which have been shown to improve sleep quality and reduce pent-up stress, also allow guests to take in panoramic views of the Bangkok skyline through floor-to-ceiling windows or just relax while watching a movie on their large LED Smart TV. Additionally, visitors can cool off in the outdoor infinity pool or exercise in the fitness centre, which is fully furnished with Technogym equipment and offers stunning views of the city.

IMMERSED IN RAJA AMPAT

Following earlier festivals along the Amazon River and in the Sahara Desert, the latest edition of Immersion was held in Raja Ampat, which provided a spectacular backdrop for an alluring cocktail of dancing and diving, meditation and music.

Isolated within the towering karsts of Raja Ampat, a commune of over 100 travellers have arrived by boat on Wayag Island. On this uninhabited and near-inaccessible atoll, the wayward wanderers are performing a cacao ceremony. Participants are gathered in a circle, praying, singing and meditating while sipping on the natural elixir sanctified by the ancient Aztecs and Mayans. This esoteric exercise, taking part in an unspoiled corner of the globe, is part of a New Age festival known as Immersion. It might seem like a scene straight out of Danny Boyle's film *The Beach*, but rather than gathering a group of backpackers in Thailand, Immersion has attracted these luxury charter guests to West Papua in east Indonesia.

Raja Ampat was the seventh Immersion gathering organised by Greg Habib, a French-Brazilian entrepreneur. Previous editions of the music and wellness event have taken place along the Amazon River, amid the dunes of the Sahara Desert and on the salt flats of Bolivia. Habib calls Immersion events an invitation to "immerse yourself in a cultural universe".

A festival that seeks to showcase epic locations off the beaten path, Immersion chose Raja Ampat this year for its spectacular natural beauty. However, Immersion events are more than just gatherings in beautiful locations. Immersion is a global community that aims to bring people together to experience new cultures, nature, music, gastronomy, self-knowledge and friendship, and to give back to the local community."

The six-day programme included a give-back initiative, encouraging participants to volunteer in a local village. The group then continued sailing around the archipelago and indulging in a variety of activities to fully experience the stunning scenery. Diving, snorkelling and feasting were complemented by holistic experiences such as sound healing rituals, primal movement sessions and massage therapies. Each day was followed by a hedonistic evening of dancing under the stars, be it on a beach or a boat, or in the water.





The guests represented over 40 different nationalities, with their ages ranging from six months to 73 years. Attendees were joined by a production crew, professional musicians and spiritual leaders, although Habib emphasises that there's little distinction between guests and staff at Immersion events. "We needed a partner who could understand and accommodate our complex needs, and Yacht Sourcing went above and beyond in helping us create an unforgettable experience for all participants," he says. "From negotiating and securing the perfect vessels, to assisting with logistics, menu planning and licensing requirements, Yacht Sourcing's understanding of the remote location of Raja Ampat was critical"

By the end of the event, Habib received feedback from guests "describing the experience as the most beautiful trip of their lives". The success of the festival, the support of the local Indonesian community and the pristine beauty of the region have encouraged Habib to consider returning for another edition of the festival in the future. "While Immersion is committed to exploring new locations, Raja Ampat is likely to be revisited due to its exceptional appeal," says Habib. "It's a destination that many people dream of visiting."

www.immersioncommunity.com www.yachtsourcing.com

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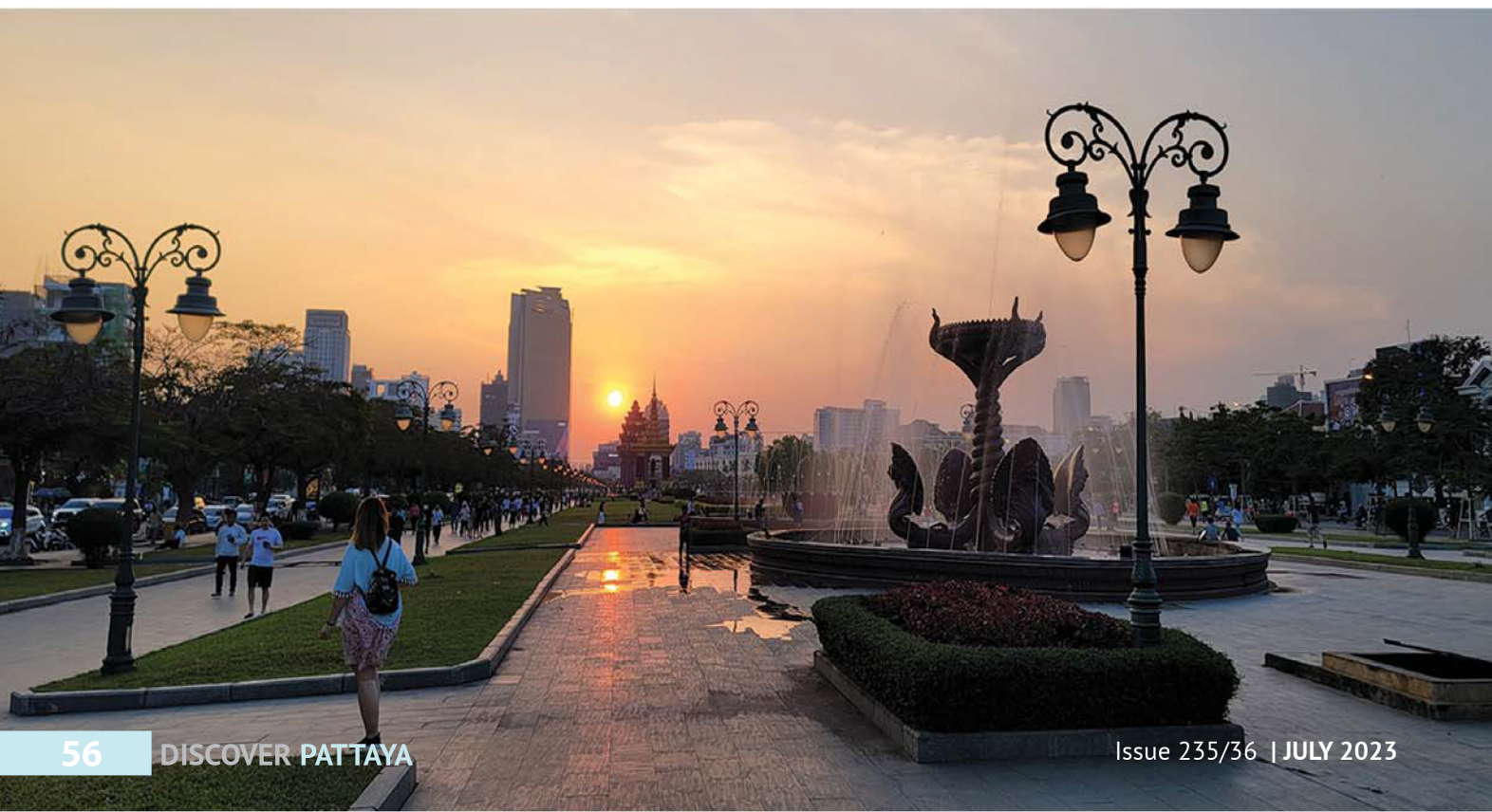
The Highlight of our Phnom Penh trip was a sunset boat ride. We really recommend taking a boat on the Mekong River and the price is so reasonable, especially if you don't book but just show up. There are many boats that leave at various times so we asked the price for one and then walked to the next one to compare. What a deal we got ...it was so cheap, around \$3 USD for each of us and the views atop the boat were spectacular.



While it's kind of a steep climb down to get into the boat and back up afterwards (you need to be careful) – it's all worth it. After the boat ride, we went to Grand River Sports Bar which faces the river and from where you can enjoy people-watching. Whilst sitting there and looking at all the tuk-tuks driving around we enjoyed a delicious green vegetable curry which reminded us of our favourite green curry back in Pattaya in the Jazz Pit at Sunsabella Classical Thai Restaurant. So good!

Then it was time for dessert. Who doesn't like an amazing dessert? Our favorite place for a treat was Backyard Cafe, where we went all out with scrumptious chocolate balls and chocolate pie, both desserts that we'll never forget. It felt so decadent and rich. It was definitely worth the stop at this outstanding restaurant only a short walk from there to the fascinating Russian Market.

This is the second biggest market area the biggest and more famous is Central Market) with stands of fresh and cooked foods. At the Russian market, we saw many people selling fruit and vegetables, all kinds of wares, and clothing of various brands, real and fake. A few other healthy restaurants we tried were the Maitreya Healthy Vegetarian Restaurant, with a great mushroom dish, Planta and Sacred Lotus Cafe, which had an all-day vegan breakfast available.





Whenever we could, we ordered fresh coconuts to drink from stands along the sidewalks. They're so hydrating and welcome in the Cambodian weather. Phnom Penh features a wealth of fresh and healthy drinks for the locals to enjoy throughout the day. Phnom Penh is also a great place for every range of lodging from hostels to top-of-the-line, even luxurious casino hotels, such as the beautiful Naga 2 Casino – which we enjoyed visiting. Jason decided \$100 was all he would be willing to lose at the Blackjack table, but at \$25/hand he lost that quick. But that is the risk one must accept.

We stayed at the mid-price Monsoon Bassac Hotel which is within walking distance of a lovely, large park with a fountain and monument. The park is empty all day and then fills up later with locals exercising and taking sunset walks. At the hotel pool, we had fun chatting with French travelers and met a Canadian farmer taking a visa run from Danang, Vietnam. The Canadian farmer, Sheldon, joined us for a meal at a nearby outdoor patio Greek restaurant, Elia Greek Kitchen. There is also an authentic local Cambodian coffee stand across the street from the hotel (as there are almost everywhere), which we enjoyed using each morning. A coffee is typically a dollar, whether hot or iced. The hotel is also a good location from which to walk to the lively Bassac Street nightlife area. Bassac Street is a relatively new entertainment area with exciting discos, bars and cafes in the hidden streets behind the main road. Several times, we tried Mama Wong's restaurant there, across from a disco. We loved our late-night noodle soup with mushrooms and greens, the spinach dumplings and the lime crème brulee which we ate while watching the dancers at the disco.

After our week in PP, we took a van to visit the relaxing, small riverside city of Kampot where you can actually swim in the river at a handful of resorts, such as Meraki, Sabay Beach and Hidden Resort. We also liked the Simple Things Cafe and the Epic Arts Restaurant, where we joined friends at the end of a day adventuring on a rented motorcycle. We then took a \$5 evening boat ride and bought all kinds of black and brown pepper, an important product produced in the area. Returning to PP for a night, we then took a farewell tuk-tuk back to the airport for our Viet Jet flight back to Bangkok and then by land to Pattaya.





Phnom Penh turned out to be a thrilling time away from Thailand. Anyone can find things to do in this up-and-coming Asian power-house city. Everybody coming from Thailand will be so relieved they can take the Grab tuk-tuks here! So don't forget to take tuk-tuks: they are a deal here and give you a perfect vantage point of the historic heritage sites as you pass by them.

They are so convenient. Another tip is to walk around each area where you have a meal. Foods of all ethnic nationalities are available; we even found Mexican tacos street food style at Tacos Kopelli.

Top attractions are the National Museum, Wat Phnom, the Independence Monument, the Royal Palace & Silver Pagoda, the Phnom Penh Night Market (best visited 5 to 9 pm), the Riverfront (open all day and night, every day), the Choeung Ek Killing Fields (a former orchard and mass grave of victims of the Khmer Rouge killed between 1975 and 1979, and Prison S21 (a former high school), where you can see photos that documented the brutal site to the world. Thousands were murdered at S21, and all were photographed and documented. We have seen most of these sites.

If like us you have not been to Phnom Penh for 10 to 15 years you will find it a very different city. We will go there again since it felt like we needed more time here. It was such a fun visit.

Jason Rupp and Carla Marie Rupp are freelance travel writers and journalists, who spend a lot of time in Pattaya, Thailand. They both run the YouTube channels: Jason Rupp; Jason Rupp Learning to Walk and Talk, and Jason Rupp Extras



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Dot Property Thailand Awards 2023: Celebrating excellence in Thailand's real estate industry.

Dot Property Group is proud to announce the highly anticipated eighth annual Dot Property Thailand Awards, one of the country's most prestigious events which celebrates the best real estate developers, projects and agencies across the Kingdom.

After months of judging rounds which saw the panel of judges touring Thailand to visit this year's contenders, we are excited to announce our awards ceremony to reveal this year's winners will again take place on August 24th at the renowned Park Hyatt Hotel, Bangkok.



Organised by the Dot Property Group, the Dot Property Thailand Awards has become the pinnacle of recognition in the real estate industry, showcasing outstanding achievements, innovation and dedication to excellence. It serves as a platform to honour the exceptional contributions of developers and agencies that have positively impacted the real estate landscape in Thailand.

The judging rounds for the eighth annual Dot Property Thailand Awards have been underway over the past months, with the judges and their consultants from Savills Thailand, carefully evaluating numerous projects and developers from across the country. The judging criteria encompass various aspects, including architectural design, sustainability, innovation and overall impact on the market.

This year's awards ceremony promises to be an unforgettable event, bringing together prominent figures from the real estate sector, including developers, investors, leading agencies and industry experts. The Park Hyatt Hotel Bangkok, renowned for its elegance and sophistication, will provide the perfect backdrop for this exclusive gathering.

'We are thrilled to host the eighth annual Dot Property Thailand Awards, which we look forward to each year as a real celebration of the tremendous work being carried out across the country to develop the spaces in which we live,' said Adam Sutcliffe, Director of Events at Dot Property Group. 'Our event focuses on bringing attention to this outstanding work and highlighting the new trends in living and design for everyone to be very excited about here in Thailand.'

The Dot Property Thailand Awards 2023 will feature various categories, including Best Condominium / Housing and Villa developments regionally. This year's Special Recognition awards will focus on luxury design, recognising the growing importance of this sector both in

Bangkok and the resort locations such as Phuket which has enjoyed a huge resurgence this year since the re-opening from the pandemic.

Adam Sutcliffe continued, 'Dot Property Thailand Awards serve as a catalyst for driving the industry forward, recognising those who have demonstrated exceptional commitment, creativity and ability to innovate and the Dot Property Group is proud to honour their accomplishments and showcase their success to the broader real estate community and buying audience both domestically and globally. We look forward to enjoying the evening together with all of our guests'

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