

DISCOVER
PATTAYA

Issue 236/47 JUN 2021

COMPLIMENTARY COPY

Step Into the Beauty of *SugarHut*
1984



“Soft power” has been a buzzword for a couple of years now, reflecting the Thai government’s growing interest in presenting its national culture on a global stage. Thailand’s soft power is rooted in its rich heritage, encompassing cuisine, and traditional arts with the hospitality and warmth of the Thai people. Sugar Hut is a unique complex that embodies all this traditional Thai charm.



The Sugar Hut resort is located amidst the bustling city of Pattaya and for more than 40 years has been renowned for its authentic Thai-style bungalows set in lush, tropical gardens. Its amenities include an award-winning restaurant and magnificent swimming pools complete with Steam, Sauna and even Onsen Spa. There are fabulous peacocks, Koi Carp and birds of all varieties to keep both children and adults entertained. Many visitors return to the Sugar Hut with fond memories of their holidays here with their parents. Often they bring their own children back to introduce another generation to this charming resort.

Yet Sugar Hut does not rest on its laurels but blends its traditional architecture with modern comforts and all the facilities today’s traveller will need. Netflix required? No problem it is available in all 28 rooms together with air conditioning, of course. There are even separate living rooms with comfy seating, large TVs, minibars, snacks and drinks cabinets in which to relax.



The management team never stops renovating and improving both inside and out, encouraging visitors to comment on their stay and to make suggestions. That is why you will now see that the wooden panelling around the fabulous mosquito-netted beds has been cut and the premium mattresses raised, to aid guests when coming to bed. The traditional bathrooms are not simply left open for all the "creatures" of the resort to come to stay but protected by high quality fibre glass. You will also see that Bamboo matting around the pools has been added to make it safe from slipping. Everywhere throughout the extensive grounds, new trees, plants, flowers and herbs (to be used in the kitchens) are constantly being added.

At night the whole oasis has a different, tranquil feel with the softly lit paths leading you up to the Jazz Pit to enjoy live music and perhaps a delicious cocktail. Or to the Heavenly Pavilion to get a beautiful skyline view with a spirit and cigar. Or you may simply wish to stroll around the Sunya Spa and delight in the colours of Pattaya's newest nighttime flower garden. This oasis of calm attracts both local and international tourists seeking a peaceful getaway. Come see what they have found. Sugar Hut has everything you need day or night. It is celebrated for its cultural authenticity and provides a truly immersive experience of Thai heritage whilst ensuring a relaxing and luxurious stay.



Sugar Hut Resort is near Pattaya Provincial Court on Thapraya Road, Jomtien

www.sugarhut-resort.com
tel: 038 251 686



— DISCOVER —
PATTAYA
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Photo of P’Pui By The 79 Company

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This Month in Discover Pattaya

Hi Everyone

So now that we have rain do you consider that a good thing or a bad thing? Certainly it is good for our environment and to stop potential water shortages. However, rather selfishly I have to say I saw enough rain on my recent trip to the UK, so could happily look forward to a few more sunny days now I’m back. Incidentally if you missed part 1 of my article about Dublin you can still read it online at pattayatrader.com website. Part 2 is on page 50 and features the amazing Guinness Storehouse. Awarded Europe’s Leading Tourist Attraction in September 2023 (even beating the Eiffel Tower) and then going on to win World’s Leading Tourist Attraction at the prestigious World Travel Awards in Dubai. Certainly the Guinness Storehouse is a must see if you go to Dublin.

Closer to home our cover story this month features the Lush and Lovely Sugar Hut. It’s a great place for a staycation just to unwind, recharge the batteries and a fabulous place to bring the kids. Look out for our YouTube video featuring this stunning resort on Pattaya Trader channel coming soon. Also if you are a fan of YouTube please subscribe to the Pattaya Trader YouTube channel to see what we are regularly filming in and around Pattaya.

If you have a resort, restaurant or business that you would like Barry and I to film and review please send me an email with your contact information and we’ll be in touch. Looking forward to hearing from you
 All the best
 Gloria x



gloria@pattayatrader.com
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La Cucina - Our Third Andaz Restaurant Review

We have often enjoyed dining in the amazing restaurants at Andaz: Sunday lunchtime at The Village Butcher, Sunset at The Fish Club. If you missed our reviews, you can still read them online on the Home Page of our website pattayatrader.com. This time, for our return to this stunning resort we decided to come in the evening for dinner at La Cucina. A restaurant that blends traditional Italian cuisine with locally sourced ingredients it features handcrafted pastas and wood-fired pizzas..



The ambiance of La Cucina is both chic and inviting, with an open kitchen concept that allows diners to watch the chefs at work. Jazz music playing is soft and unobtrusive and the lighting golden and gentle on the eye. There are rustic wooden tables, blue and white hand painted tiles, a vaulted beamed ceiling and floor to ceiling windows that allow you to look out at the beautifully lit grounds.

So on to the food and as the menu was so enticing, we felt the most sensible thing would be to share our selection. So started with a fabulous cold cut selection of wonderful Italian meats that included some you don't always see such as Mortadella and Coppa accompanied by a great Garden salad. The salad was fresh and appetising, it included orange fennel, asparagus, red onion and parmesan cheese. The accompanying condiments we enjoyed with the salad and throughout the meal must also be mentioned, You have to try the excellent balsamic vinegar, olives and delicious pesto that accompanies the warm bread



Of course pasta had to be next so we opted for handmade spinach & ricotta with mozzarella and spicy Nduja sausage which gave it a bit of a kick. Then the Baby chicken Cacciatora which was a delight in a rich, creamy tomato sauce.



Then finally the pizza. I would like to tell you that we only selected the fine Pumpkin and Gorgonzola Bianca so as to watch the chef work his magic. The truth is that our eyes were too big for our ever expanding waistlines but no matter, a lovely box was the answer for us to take the remaining deliciously cheesy slices home.

All that was left was a quick trip to the elegant drinks lounge. A quick nightcap accompanied by the wonderful addition of live saxophone music being played just outside to really end a memorable evening.



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Why is Everyone talking about The Microbiome right now?

The Microbiome refers to the collection of trillions of microorganisms: (bacteria, viruses, and fungi) that inhabit our guts. These microorganisms play a crucial role in maintaining our health by aiding digestion, synthesising vitamins, and helping the immune system. An imbalance in one's microbiome can lead to inflammatory bowel disease, obesity, diabetes, and even mental health conditions such as depression and anxiety. Recent research tells us that it's a subject well worth looking into and currently, Netflix has been doing just that with their programme "Hack your Health: The Secrets of Your Gut". It makes for easy viewing, clearly explaining the biology and including case studies of people with extreme imbalances in their microbiome.

The programme features Professor Tim Spector, a prominent epidemiologist and geneticist who is everywhere in London at the moment. Known originally for the TwinsUK registry (one of the world's most comprehensive studies aimed at understanding how genetic or environmental influences affect us - Nature or Nurture). He shifted focus to studying the microbiome after some personal health problems, writing several influential books, including "The Diet Myth" and "Spoon-Fed,".



Having become a rather popular food guru, Tim Spector went on to be co-founder of the Zoe diet which is extremely popular in the UK right now. The diet focuses on understanding every individual's response to food by analysing gut microbiome, blood sugar, and blood fat levels through advanced testing. After testing a personalised programme is provided with dietary recommendations. It costs quite a bit and of course, comes with an App. During a recent trip to the UK, I met up with a friend who has bought into it. She is generally happy with the system but has lapses. Certainly, I know I wouldn't be able to keep up with the amount of calculating and entering of data re different food groups, that she seems to have to do on a daily basis.

However, much of what Tim Spector and Netflix are putting out there does make logical sense to me. For years we have regarded the very word "bacteria" as bad, and as kids, lived in a clean, disinfected world. I remember Grandparents shaking their heads, saying: "It's good for children to get dirty once in a while". What the "Hack you Health" episode tells us is that we have destroyed much of the healthy bacteria that should naturally occur in our Microbiome helping us to digest food and maintain good health. It's not just a lack of getting dirty though, other factors can adversely affect the microbiome including the taking of too many antibiotics, and of course poor diet especially with over-processed foods.



Each of us has a unique Microbiome based on our genetics and lifestyle to date. We've been hoodwinked by misconceptions such as "listening to what our body wants" whereas recent research has shown that our cravings have mostly been formed by bad habits. "If you eat a lot of sugar, you get sugar-loving bugs. If you eat a lot of fat, you get a lot of fat-loving bugs," explains microbial ecologist Jack Gilbert. It is important to introduce a diversity of foods into children's diets so that they can build a healthy Microbiome and be less prone to developing food allergies.

Taking steps to improve our gut health is good not just for our physical well-being but also for our mental health. Gilbert and his team discovered that people with certain depression-like symptoms were missing bacteria in their gut that produce chemicals which shape brain chemistry. In a study utilising mice, they found that those given microbes from a healthy person were generally more explorative and inquisitive but mice that were given microbes from a depressed individual developed stress, anxiety and depression. These mice also experienced changes in the chemicals involved in serotonin (the body's natural "feel good" chemical) both in their gut and brain. Further research has shown that an unhealthy gut can even lead to autoimmune disorders and Parkinson's disease.



However, the good news is that we can reverse some of the damage already done. It turns out that our gut can be extremely flexible and can react favourably if we seriously change the way we eat. Diets rich in fibre and fermented foods can promote a healthy microbiome, as can the addition of probiotics. Most importantly of all, to promote overall well-being it is essential to consider a complete lifestyle change rather than just a temporary diet fix.

Doctors speaking during the Netflix programme advise the counting of plants, encouraging us to consume 20-30 per week. For me, counting never seems to work but what I have found myself doing recently is considering my choices when looking at menus or deciding what to eat on a daily basis. If you can't do the 5 a day trick at least make sure to include fruit and veg with your meals. Or consider juices and smoothies with as much variety and different colours as possible. You might even visit the lady at the Rompho market in Jomtien who has a stand selling chlorophyll water - she's been there for years so must be doing something right and after all any improvement is a good improvement! Bon Appetit!

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BRINGING YET MORE QULTURE TO PATTAYA

The marvellous thing about “Discovering” what’s in and around Pattaya is that you can happen upon some fantastic places whilst investigating the unexpected. Places for example like Qulture Lounge and Cafe on Jomtien 2nd Road just in front of Riviera Jomtien. You may remember they featured on our front cover in April with Chef Brandon, Chicago and Patty showing us just how fun this vibrant place can be. If you missed this edition we keep Back issues online at pattayatrader.com for you to enjoy and read at any time..

We had so much fun doing that photo shoot and generally soaking up the great energy at Qulture that we decided to go back and try breakfast there. One year on from their opening this place has become a destination hub for people who enjoy great food, friendly service and sometimes hold meetings up on the second floor. It’s also a great place with comfy seating and good music to generally just hang out and sample their authentic cuisine straight from the US.



Whilst studying a very appealing menu but with the words of my Microbiome article still ringing in my ears I decided that my colleague and I should start with some cold-pressed juice. I went full on with the Veggie option because it contained: kale, lettuce, celery, cucumber, spinach, apple, passion fruit and pineapple and ticked quite a few boxes. Next, a great cup of coffee was essential and I love that you don’t even have to think about hydrating, as your glass with lemon and ice will be regularly refilled by the attentive staff.

So, without further ado, onto the food. Starting with Eggs Benedict and Avocado toast you may be as surprised as I was to find that I was excited by the toast under my avocado. Sure I knew from the time I'd spent talking to Chef Brandon that all his ingredients would be fresh and flavoursome. So I was prepared for the avocado, the salmon and the Eggs Benedict to be just right but I wasn't prepared for the toast. I have had many breakfasts where it is just a dry base accompaniment but toast at Qulture is like no other you have tasted in Pattaya. Moist, soft and delicious I know how they do this but I have been sworn to secrecy. So trust me when I say you're just going to have to try it for yourselves to be convinced that if they spend this much time and attention making something as simple as toast taste good then what's to follow is sure to be a delight. And it was!



I had seen the photos of the French Toast and American Pancakes with whipped cream, strawberries, blueberries and banana accompaniment. Therefore I knew that for your sake dear reader, my colleague and I should not eat for the rest of the day to see if these matched up to their TikTok and Instagram loveliness. You will not be surprised for me to tell you that they did. Light, fluffy and with a perfect, accompanying maple syrup they really completed a breakfast to set us up for the entire

There's more great food at Qulture if you choose to go there for lunch rather than brunch with juicy burgers, great looking salads and delicious fried chicken but I'm not going to tell you about those right now. It will give me a chance to go back another time to Qulture which you can be sure I certainly will be doing so watch this space.....



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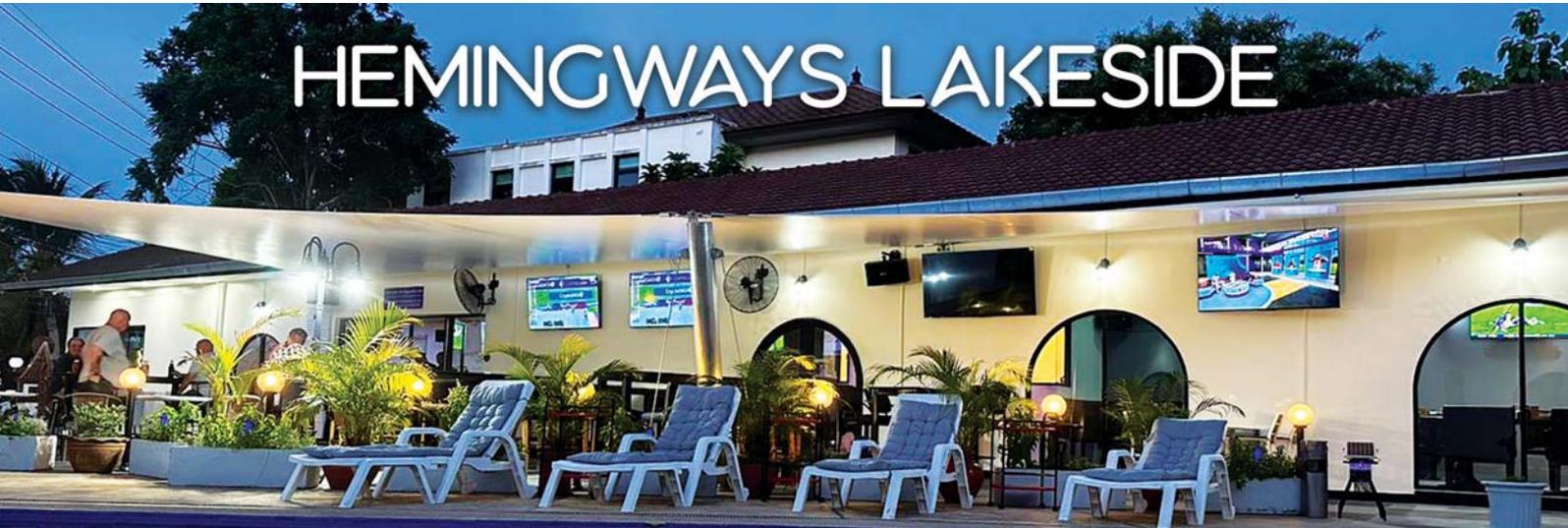
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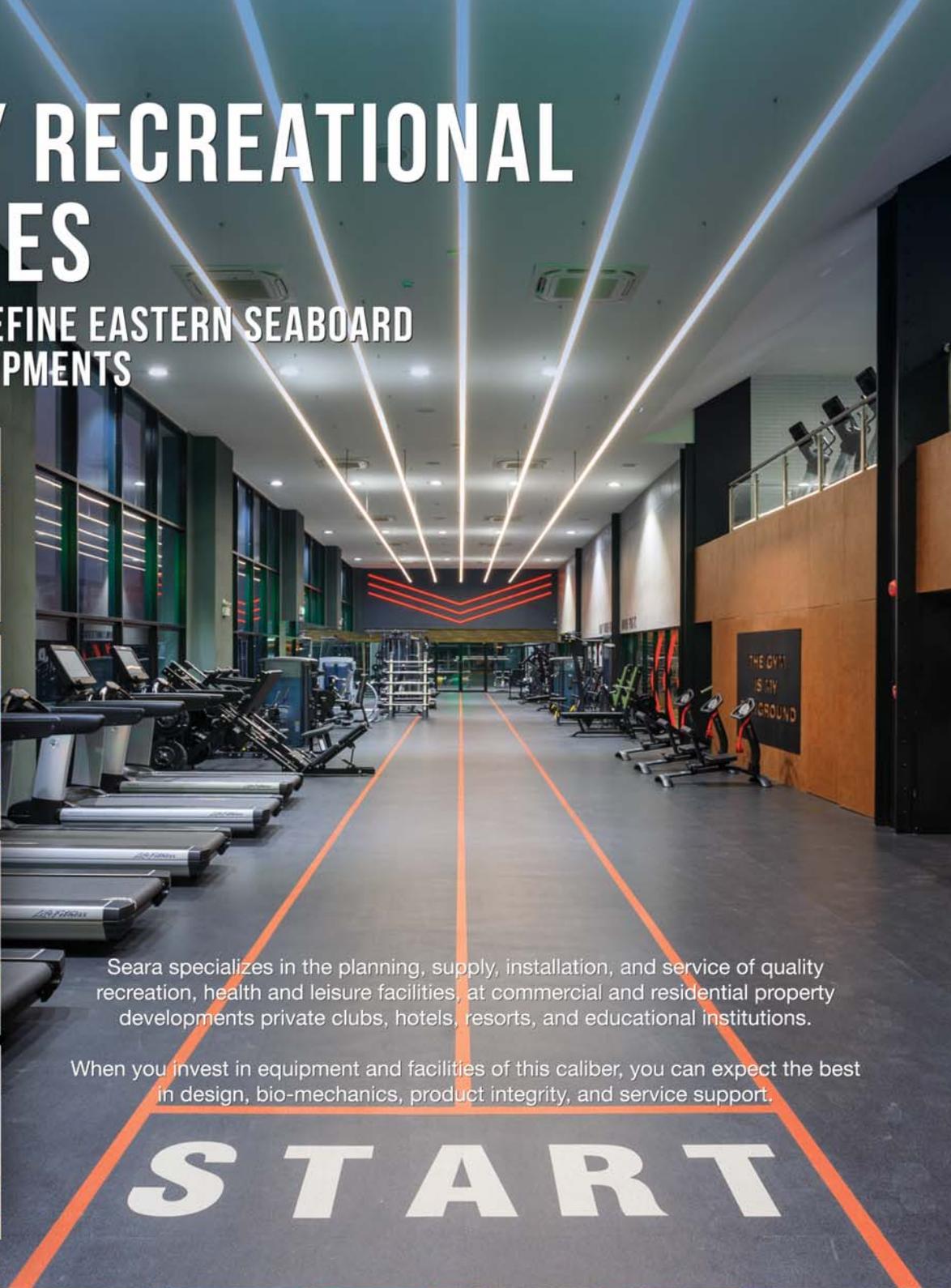
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Why MIS?



Choosing the right school for your family is such an important decision. Mooltripakdee International School (MIS) offers a high-quality, British-based education for children aged 2 to 18 years. Located in the tranquil countryside just outside Pattaya, the school provides a comprehensive curriculum blending the English National Curriculum with Montessori methods in early years, and the Cambridge International Curriculum for older students. MIS prepares students for IGCSE, AS, and A-Level qualifications. The campus is well-equipped with spacious classrooms, playgrounds, science labs, an organic garden, swimming pool, and sports facilities, fostering both academic excellence and holistic development. Here are some of the school's teachers who give their thoughts on why MIS should be a top consideration for your child's education.

"At MIS I feel we empower students to explore their passions, think critically, and embrace diversity, and it's definitely a great place for children to grow academically and socially."

Ayesha Rahman (Primary Homeroom Teacher at MIS since March 2010)



"Staff, students and parents have built an incredible community at M.I.S., I feel lucky to have been able to help build and grow here over the last 5 years!"

Mercedes Slawter (Early Years Homeroom Teacher at MIS since August 2019)



"In the ten years I have been a teacher at MIS, I have been privileged to be part of a vibrant, growing community committed to the safety, education, and overall development of its students"

Tim Swihart (Secondary English Teacher at MIS since August 2014)



"Above all, I have been really impressed with the wonderful sense of community at MIS and the politeness and cheerfulness of the students here"

Christopher (Charlie) Brennan (Secondary English Teacher who joined MIS in August 2022)



"I really believe that MIS provides and promotes a happy and creative learning experience that really helps children progress through their educational journey."

Richie Roberts (Primary Homeroom Teacher at MIS since August 2018)



"The great thing about MIS is that the children's welfare and happiness are prioritised and the school helps them grow into socially responsible citizens."

Simon Andrews (School Counsellor at MIS since August 2022)





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Keeping Kids Occupied During the Summer Holidays



Summer holidays can be a wonderful time for children, filled with opportunities for fun, learning, and creativity. However, keeping kids occupied for weeks can be challenging for parents. Here are some ideas that balance entertainment, education, and physical activity to keep children engaged during the summer break.



Outdoor Adventures

Nature Hikes and Picnics: Exploring local parks and nature reserves can be an exciting adventure for kids. Parents can organize nature hikes where children can learn about different plants, animals, and ecosystems. A picnic at the end of the hike can provide a relaxing and enjoyable end to the day.

Gardening: Starting a garden can be both educational and fun. Kids can learn about different types of plants, the process of photosynthesis, and the importance of looking after the environment. Plus, growing their own vegetables or flowers gives them a sense of accomplishment.

Water Activities: Swimming, and trips to the beach or Lake Mabprachan can not only keep kids occupied but also provide excellent exercise.

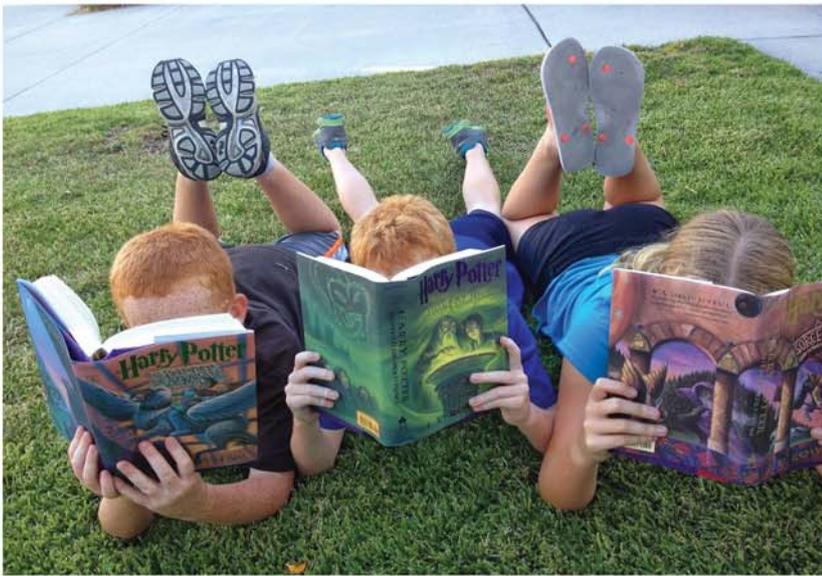
Creative Pursuits

Arts and Crafts: Setting up a crafting station at home can spark creativity. From painting and drawing to making jewelry and building models, there are endless possibilities for art projects. Try searching Google or YouTube for inspiration..

Writing and Storytelling: Encourage children to write their own stories or start a summer journal. They can also create comic books or write plays to perform for the family. This not only improves their writing skills but also their imagination and self-expression.

Music and Dance: Learning a musical instrument or taking dance lessons can be a delightful way for kids to express themselves. Online tutorials and local classes can provide structure and instruction. Organizing a mini-concert or dance performance at home can also be a fun family activity.





Educational Activities

Science Experiments: Simple science experiments at home can be both educational and entertaining. Kits are available for various age groups, or parents can find instructions online for experiments using household items.

Reading Challenges: Setting personal reading goals and discussing books as a family can make reading more interactive and enjoyable.

Educational Apps and Games: There are numerous educational apps and online games that make learning fun. These can cover a wide range of subjects, from math and science to language arts and history.

Skill Development

Cooking and Baking: Teaching kids to cook and bake can be a fun and practical activity. They can learn about nutrition, measurements, and following instructions. Starting with simple recipes and gradually trying more complex dishes can build their confidence in the kitchen.

Sports and Fitness: Encouraging children to participate in sports can help them stay active and healthy. Whether it's joining a local sports team, learning a new sport like tennis or golf, or simply playing games like soccer or basketball. Physical activity is crucial for their development.

Travel and Exploration

Day Trips: Exploring nearby places can be educational and exciting. Day trips offer a change of scenery and new experiences without the commitment of a longer vacation.

Camping: Whether it's in the backyard or at a campsite, camping can be a thrilling adventure. Setting up tents, building a campfire, and stargazing are activities that children will remember fondly.

Virtual Tours: If travel isn't feasible, virtual tours of museums, zoos, and landmarks around the world can be a fantastic alternative. These tours can provide a global perspective and inspire curiosity about different cultures and places.

Keeping kids occupied during the summer holidays involves a mix of activities that cater to their interests and promote learning, creativity, and physical activity. By planning a variety of indoor and outdoor activities, parents can ensure their children have a memorable and productive summer. From exploring nature and engaging in creative arts to learning new skills, the possibilities are endless. The key is to provide a balanced mix of fun and educational activities that keep kids engaged and excited throughout the summer.



PHUKET SHOW EARNS PRAISE



After a flat first edition in 2023, the second Thailand International Boat Show appeared to tick most of the boxes for exhibitors and visitors.

The second edition of the Thailand International Boat Show enjoyed great weather, strong industry support and an impressive line-up of close to 40 yachts, headed inside Royal Phuket Marina by the Thailand debut of the Princess Y95 and featuring the 40m Silentworld charter superyacht at anchor. The four-day show was preceded on the Wednesday by the Thailand Yachting Conference, which was held at the White House in the neighbouring Phuket Boat Lagoon marina and featured speakers and delegates from across Asia-Pacific. Royal Phuket Marina hosted the opening ceremony of the show, which was officially inaugurated by Kitti Chaodee, Secretary to Thailand's Minister for Tourism and Sports. In his opening address, he noted the importance of the annual event and its role in boosting tourism, with the latter helping the country's ongoing economic recovery following the pandemic.

Ewa Stachurska, Group Marketing Director of Simpson Marine, said: "We found it a very positive show, with a good number of visitors genuinely interested in yachting and looking for boat ownership options. Our charter division was booking charters directly at the show, while our service team was on hand to talk with customers about their servicing needs."





“Visitors were a good mix of local Thai customers and foreign visitors and residents. With this positive reactivation, we’re already planning for next year’s edition with some exciting new models arriving in Phuket. Overall, a positive, well-organised event that’s now firmly on our Asia boat show map.”

The Yacht Sales Co and Multihull Solutions exhibited three large yachts, comprising Fountaine Pajot’s Alegria 67 sailing catamaran, Dufour’s flagship 61 and a Monte Carlo Yachts MCY 70 brokerage yacht. Leopard showed a 45 sailing catamaran and 46 Powercat side by side, both receiving strong interest. Asiamarine displayed a Galeon 500 Fly motor yacht, Bali 4.2 Boat Lagoon Yachting, the Southeast Asia dealer for Princess since 1994, had a strong display headed by the Thailand premiere of the new Y95 Simpson Marine, marking its 40th anniversary, had a strong line-up headed by the Thailand premiere of the Sanlorenzo SX76. Asia Yachting hosted the Prestige 420 and 590 flybridge motor yachts plus a Super Air Nautique G23 wake boat. While Go Boating and Extreme Marine displayed a Gulf Craft Silvercraft 36 and Al Dhaen 365 Centre Console respectively.

Activity informally stretched beyond the official show borders, as yachts resident in Royal Phuket Marina also hosted visits and group gatherings on the sidelines of the event.

In fact, the show’s biggest yacht was at anchor, with Iseo Yachting of Hong Kong and UK-based TJB Super Yachts co-presenting the 130ft Silentworld charter superyacht, which hosted guests during the day and evenings. Hayes was delighted with the event and the response from Exhibitors. They now prepare to organise the third Thailand International Boat Show from January 9-12, 2025.

www.thailandinternationalboatshow.com

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Sports Update

For June by Steve Wade

With a sense of inevitability, Manchester City won the Premier League for a record fourth consecutive year after being pushed all the way by a very good Arsenal side. City manager Pep Guardiola is now saying that he is closer to leaving than staying when his contract expires at the end of next season, which must be a relief to the remainder of the league, and unless Chelsea can continue their improvement next season or the new Liverpool manager can spark a revival, it looks very much like a two horse race for next season too.

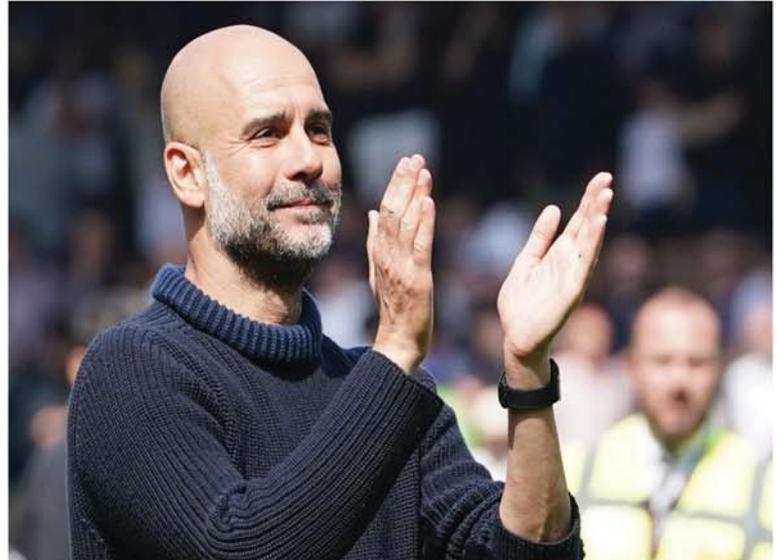
We covered the European Football championship in last month's magazine but just a reminder that the tournament kicks off on the 14th when the host country Germany play Scotland. The back to form German team, along with France and a highly talented English squad, are the three main fancies to lift the trophy this time. With the miracles performed by Bayer Leverkusen and the appearance of Borussia Dortmund in the champions league final, German football is having a serious renaissance.

There are three rounds of the F1 season this month, starting in Canada on the 9th, moving on to Spain on the 23rd and completing the month in Austria on the 30th. Red Bull still have a healthy lead in both the driver and constructor standings but Ferrari and McLaren are making giant strides towards improving their cars and actually making a competition of the remainder of the year.

The third golfing major championship of the year, the US Open, is taking place at the iconic Pinehurst course from the 13th - 16th of the month. At time of writing the second major, the USPGA, has just finished and Xander Schauffele, having played some excellent golf leading into the tournament, got his reward by holding off the monster hitting Bryson de Chambeau by one stroke.

The real news surrounding the event was the arrest of world number one Scottie Scheffler in the morning before the start of the second round, after being involved in a traffic incident whilst trying to get to the course. After understandably having a reaction to all this in the third round, he was right back in business at the end and will be the man to beat at Pinehurst, without a doubt.

Just a word about another major event starting this month, the Tour de France, which runs through until late July. How do people even contemplate such a task? I like to watch it and I know that cycling is hugely popular, especially this event, but I watch in wonder at the fitness, durability and sheer determination of the people taking part. Apparently we're all the same species but sometimes I wonder!





European Championship 2024

UEFA EURO2024

by Steve Wade

Just in case you thought that there would actually be a break from football during the summer, the European Championship finals are with us. Starting on the 14th of the month and taking us right through until the same date in July, the final will be played in Berlin after 50 matches in the group and knockout stages decide who has the right to be there.

I have no doubt that Germany will make a success of hosting the tournament as they have the infrastructure and transport system to do so. The drawback for us expats is that a large proportion of the matches, including the semis and final, will be played at 9pm local time, meaning 3am kickoff times here. A few “back to my place” late viewings with the required beers will be in order I’m sure!

It has been known for the occasional shock winner to come through in the tournament, Greece in 2004 spring to mind, but in general it’s one of the European superpowers who collect the trophy. Among the favourites this year are France, Germany, Spain and Portugal with England, runners up four years ago, being the outright market leaders.

England are well fancied for the tournament and rightly so, given the quality and depth of the current squad. Whether they can shine under the pressure and come through in a major tournament, or are allowed to do so, we will just have to wait and see. An abundance of talent in the attacking and midfield departments is tempered by the suspicion that the central defence may encounter serious problems against some of the world class attackers they will face here. Nonetheless England have some fantastic talent in the squad and may never get a better chance to end the search for that elusive trophy.

Germany must have a shout on their home turf and after being a virtual punchbag for everyone they played in 2023, they have changed managers and suddenly regained their form this year by beating both the Netherlands and more importantly France, well tipped up here, recently.

So along with England, Germany and France, Spain and Portugal are the other more fancied teams to win the competition, with the likes of Italy, Belgium and the Netherlands also not out of it according to the bookmakers.

Whatever the outcome, there are going to be some wonderful players on show and let’s hope that the teams are given the freedom to play the kind of football we know they are capable of. Things kick off with hosts Germany playing Scotland on the 14th and the action goes right through until the final the following month.

My fancy? I would be surprised if the winner doesn’t come from either England, France or Germany, and I think that home advantage will just shade it for the hosts. I think we can look forward to some excellent football whoever lifts the trophy as there are some excellent teams who are trying to do so.

Keep an eye out for kickoff times by the way, it’s 3pm, 6pm or 9pm local time for the group matches at least. Unfortunately every knockout round is either 6pm or 9pm local time so if your team progresses, be prepared for a few late nights!





FOR THE SECOND YEAR ROYAL CLIFF HELD AN EXCITING ASSETWISE JUNIOR TENNIS THAILAND CHAMPIONSHIP

Hosted at the resort's Fitz Club luxury fitness center, last month saw the second edition of the AssetWise Junior Tennis Thailand Championship. It featured singles and doubles matches for players of all levels aged 4 to 14 years old. Over 120 young athletes registered to join and enjoy refreshments from the delicious live food stations which also offered a selection of beverages, fruits and ice cream. Medical staff and support services were also available for the players taking part throughout the event.



"We are delighted to host the second edition of the AssetWise Junior Tennis Championship as well as running the ITF masters for the 7th time. We are proud to help make an impact to Pattaya city's sports scene and attracting players from across the globe. As an award winning family resort we will keep doing our best to create more events to uplift Pattaya's image as a leading sports and family destination." said Mr. Vitanart Vathanakul, CEO of the Royal Cliff Hotels Group.



Look out for the forthcoming ITF MT-700 Masters Championship to be held in November 2024



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WILL WE SEE F1 RACING IN THAILAND?

Thailand's potential as a host for a Formula 1 Grand Prix has been a lively topic of interest and speculation in recent months. With the nation's growing enthusiasm for motorsport, Thailand presents a compelling case for inclusion in the prestigious F1 calendar. Also, hosting an F1 race could significantly boost the country's economy and bring numerous cultural, and infrastructural benefits aligning with Thailand's aspirations to become a global sporting hub.

The Grand Prix would serve as a platform to showcase Thai culture to a global audience, with opportunities to integrate cultural performances, traditional food, and local crafts into the event. This international exposure could foster a deeper appreciation of Thailand's rich heritage, "Soft Power" and attract more cultural tourism. So in April Thai Prime Minister Srettha Thavisin hosted F1 boss Stefano Domenicali to pitch the government's vision of bringing a grand prix to the streets of Bangkok.



Government spokesman: Chai Watcharong said that if F1 is to be held in the capital then if possible it should take place on Ratchadamnoen around Rattanakosin Island so that the beauty of Rattanakosin Island would be presented globally while the event is held, in line with Srettha's "Ignite Thailand Tourism" vision.

Last month Prime Minister Srettha Thavisin followed up on this visit by meeting Formula One organisers in Milan and said he hoped the construction of a Formula One racing circuit would start near U-Tapao airport in Rayong province in 3 or 4 years. Reinforcing this statement was the fact that Chatchai Phromlert chairman of PTT Plc and Kavin Kanjanapas president of BTS Group Holdings Plc were also present. The prime minister said he invited both men along as he expected PTT to sponsor the construction of the new circuit and BTS Group Holdings was the concessionaire of the vast compound of U Tapao airport, The prime minister also said his delegation received a positive response from Formula One Group.



The influx of international visitors for the event would stimulate the tourism sector, leading to increased occupancy in hotels, higher patronage of restaurants, and greater spending in local businesses. This economic surge would not be limited to the race weekend alone; the global visibility and media coverage could enhance the area's reputation as a travel destination. Moreover, the excitement and prestige of F1 could inspire a new generation of Thai motorsport enthusiasts. Increased interest in racing could lead to the development of local talent and the establishment of training academies and racing schools nurturing future motorsport professionals.

Mr Srettha said that there could be F1 and F2 events at the track and also events for young racers, also that he believed both the Thai Government and the organisers both want this to happen and that he was confident that there would be good news in a few months. Construction of the circuit would then be scheduled to start in 2027 or 2028 at the latest the prime minister said.

WHAT IS A COMFORTABLE RETIREMENT?

When it comes to retirement, we all would like to have the same income level as we do whilst in employment; that goes without saying. However, the hard truth is that this is far from realistic. Most of us cannot achieve the maximum from a Defined Benefit Pension scheme (Company Final Salary Pension). Where we would look to receive a maximum of 60% of our final salary if we had been employed for 40 years, equal to two-thirds of our salary. Nor are Pension plans readily available in the Offshore market, which means that we have limited choices in what we can do to save for our future retirement.

So, if you are expecting a Comfortable, Moderate or Minimum standard of living at Retirement, what do the figures look like for married couples and Singletons? Below is an extract from the information released from the Pensions and Lifetime Savings Association, which they reported in April 2024. If we use this table that has been supplied, then we must look at all options of how we can fund our retirement. This may include, Pensions from employment, state pensions, savings, downsizing our property, Inheritance, just some of the options we have to build an income to sustain our standard of living.

SINGLE	COUPLES
43K COMFORTABLE	59K COMFORTABLE
31K MODERATE	43K MODERATE
14K MINIMUM	22K MINIMUM

*All figures based on sterling (GBP)



With the ever-increasing cost of goods, rise in inflation, interest rate rises and a vast increase in energy prices, we could all be forgiven if we are a little worried about the future and our financial livelihoods.

If we think about this, the real fear comes if we do nothing at all, certainly not an option if you are a working Expat. Some financial bodies recommend that employees save between 12 to 15% of their annual salary towards retirement. How many of us are doing that right now? So, with all the increases, both costs to save and cost of living, **how can we resolve this issue?**

Our advice is to review what you have at least twice a year continually. Stay up to date with the cost of everything, the rate of inflation and interest rates; these will all have significant impacts on your retirement fund.

Stay in touch with your adviser; how are your individual plans doing? Have you made sure that they are still on track to meet your retirement goals? If not, then what do you need to do to bridge the gap?

This constant analysis will make sure that you are fully informed and have a real handle on your ability to retire comfortably, or if not, you know what requirements are needed to save more to fulfil your dreams.

So, think about the goal you set yourself for retirement and the income you might need. What is the figure that you need? How do you get there, and what amount can you safely withdraw to maintain the "Retirement Pot" for a healthy income?

Experts state that around 4% per annum would be a realistic figure to withdraw each year, the more conservative state 3%, so plan yours now and talk to Corestone; if you are unsure what awaits you in retirement, we can help guide you with a clear path to your financial future.



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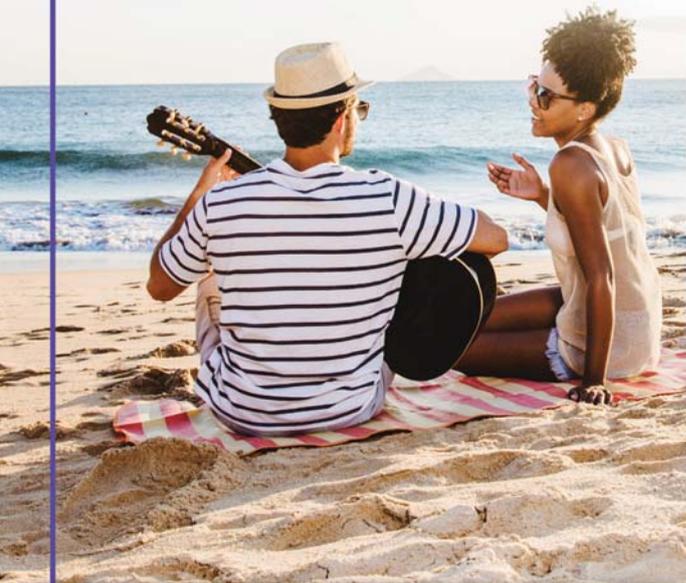


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What's on The Small Screen



Sweet Tooth: Season 3

The hybrids and humans fight for survival in the final season of this post-apocalyptic Arctic story.



Becoming Karl Lagerfeld: Season 1

Exploring the rise of Karl Lagerfeld in the 1970s Paris fashion world and his relationship with Jacques de Bascher.



The Boys: Season 4

The team targets Victoria Newman as she moves closer to the Oval Office.



Hotel Cocaine: Season 1

The story of Cuban exile Roman Compte the manager of the Mutiny hotel during late 70s Miami.



The Acolyte

A Jedi Master starts to investigate a series of crimes and runs into a former Padawan.



My Lady Jane.

16-year-old Lady Jane Grey is to be married off to a stranger but discovers a plot to rob her cousin King Edward.



What's on The Big Screen



Inside out 2

Amy Poehler, Phyllis Smith, Lewis Black, Kyle MacLachlan
Joy, Sadness, Anger, Fear, and Disgust have been doing well with their plans. But when Anxiety joins them, they feel unsure.



Bad Boys Ride or Die

Will Smith, Martin Lawrence, Vanessa Hudgens, Alexander Ludwig
After their deceased police captain is tied to drug cartels, Miami detectives Mike Lowrey and Marcus Burnett set out on a perilous quest to vindicate his reputation



Hitman

Richard Linklater, Mike Blizzard, Michael Costigan, Jason Bateman
A professor working undercover discovers an unexpected skill as a counterfeit assassin.



The Exorcism

Russell Crowe, Ryan Simpkins, Sam Worthington, Chloe
An actor's worrying actions on a supernatural film set raise concerns from his daughter.



A Quiet Place: Day One A

Alex Wolff, Eliane Umuhire, Alexander John, Jennifer Woodward
In the midst of an alien invasion in New York City, Sammy battles to stay alive against creatures that hunt using sound.



The Watchers

Dakota Fanning, Georgina Campbell, Oliver Finnegan
A 28-year-old artist becomes stranded in a remote Irish forest. Sheltering with three strangers, are hunted by mysterious creatures.

The Haley Retro Record Player

Cruise back to the golden age of rock and roll with the Victrola® Haley Retro Record Player. This stylish record player boasts a 3-speed turntable for playing all your favorite vinyl records (33 1/3, 45, and 78 RPM). But the Haley isn't stuck in the past! It also features a built-in CD player, AM/FM radio, and Bluetooth® connectivity for streaming music from your devices. With its classic design and versatile functionality, the Haley Retro Record Player is the perfect way to relive the magic of vinyl while enjoying modern convenience.



RETRO

We are Rewind modern cassette player

Take a trip down memory lane with the We Are Rewind modern cassette player. This isn't your old boombox - it combines classic cassette functionality with modern tech. Listen to your favorite tapes on-the-go, or record new ones using the built-in stereo recorder. Plus, connect wirelessly to speakers or headphones with Bluetooth. All in a sleek, aluminum design with a rechargeable battery for long-lasting enjoyment.



Retro Machine PixelCade Jr



The Retro Retro Machine PixelCade Jr. is a miniature, retro-style arcade cabinet that features classic pixel art games. It's perfect for gamers on the go or for those who want a nostalgic blast from the past. The PixelCade Jr. comes with a variety of built-in games, and you can also add your own custom games. With its compact size and eye-catching design, the PixelCade Jr. is a great way to relive the glory days of arcade gaming.

Lively Jitterbug Flip 2

The Lively Jitterbug Flip2 is a simple-to-use flip phone designed for seniors. It features a large screen, big buttons, and a powerful speaker for clear calling. With an Urgent Response button and optional medical alert service, it allows you to get help whenever you need it. Plus, Amazon Alexa lets you use your voice to make calls, send texts, and more.





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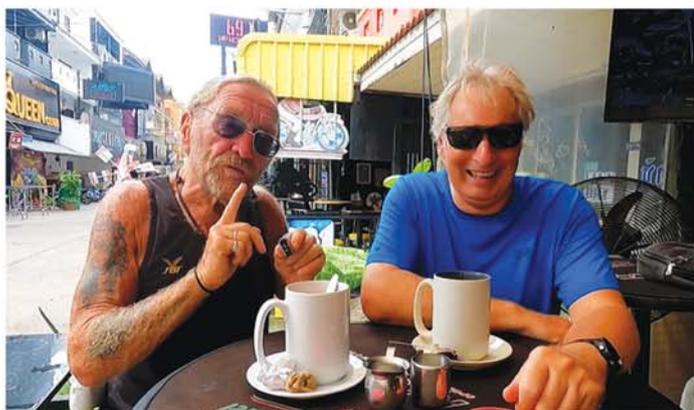
✉ chris-thailand@hotmail.com 🌐 www.ama-fashion.com

YouTube has been my 'go to' TV viewing for a few years now. I'm always amazed at the variety of entertainment plus educational material that is available. I regularly watch travel vlogs, music documentaries and tech reviews without ever tiring of the interesting array of subjects on show.

A couple of years ago, I started my own personal music channel, FAB BAZ MUSIC TV, to showcase my original songs with appropriate accompanying visual material to make it easy for producers of TV series, film, commercials, etc., who might be looking for music to 'sync' with their productions, to source and subsequently contact my administrating publisher in the U.K. to get permission from me for usage by means of a royalties, or, as in many cases, a 'buyout' one off payment. It's the rule that approval has to be sought and the scenario in which any such song will be used has to be described in detail.



Many have seen me presenting and making features for a local Pattaya Media company during the last fourteen years that I've lived in this part of the world and a lot of these have been interviews or chats with interesting local residents and visitors to Pattaya including some famous celebrities. Also there's the monthly reviews that I produce for this very magazine with DISCOVER PATTAYA editor and friend, Gloria.



If you feel you could contribute to my channel by being a guest, then please contact me, either through this magazine or by Emailing me at barryupton876511@gmail.com .

So, now I'm Barry 'two channels' Upton, please check out my offerings on FAB BAZ MUSIC TV and now FAB BAZ SUNSHINE TV. Don't forget to press the 'like' and 'subscribe' buttons to be informed when new material is uploaded.

Then it's up to the composer to decide whether to approve usage or not. To date, in every single case involving any of my songs, I have always replied 'approved'! There was once a request from a Japanese commercial whereby the producer submitted a cartoon storyboard. I couldn't make head or tail what it was all about, but I still 'approved'. Well, they were paying!

YouTube has been very good for me and, enacting my ability to produce a video for every new song, has given me an advantage in a world of songwriting competition. I've recently had numerous 'syncs' in a variety of productions including a Netflix film, for a top gaming company and inclusions in many TV series productions.



Therefore I thought it might be a good idea to continue producing some entertaining features and start up a new YouTube channel called FAB BAZ SUNSHINE TV. My intention is to highlight and converse with individuals that I feel have something positive to say about life plus any filmed events that I think may raise a smile or two.

Already uploaded are some fascinating talks including the fascinating life of fellow YouTuber Sean King (Vlogging A Dead Horse), Sarah Jayne with her inspiring positive approach to her last days of terminal cancer and the loveable Scouse Paul with his positive attitude to life.





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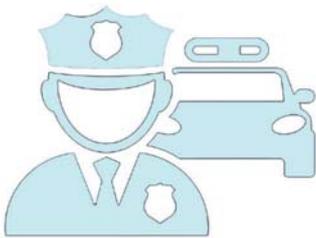
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6. บริการจองรถแท็กซี่
7. บริการให้คำปรึกษาด้านกฎหมาย
8. รับแปลเอกสารและแปลสดตามงาน (แปลไทยเป็นอังกฤษและอังกฤษเป็นไทย)
9. อสังหาริมทรัพย์ สำหรับซื้อและขาย

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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

SUDOKU JUNE 2024

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SOLUTIONS

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GLORIA VISITS DUBLIN'S FAIR CITY - PART TWO

(If you missed part 1 of this article you can still find it within the Back issues (May 2024) of Discover Pattaya magazine or on the Homepage of our website pattayatrader.com.)



So with the cultural part of a visit to Dublin taken care of it was time to give some consideration to the logo that you will find everywhere around the city - namely that of Guinness, the iconic Irish stout. In Ireland it is more than just a beer; it's a symbol of heritage, tradition, and craftsmanship.

Founded by Arthur Guinness in Dublin back in 1759, The Guinness Storehouse is located in the heart of the city at St. James's Gate Brewery and has been developed into a seven-story attraction. Amazingly, it was named World's Leading Tourist Attraction 2023 at the prestigious World Travel Awards, held in Dubai last December.

Each floor of the Storehouse is dedicated to a different aspect of Guinness's story, from its unique brewing process to its iconic ad. campaigns. Visitors explore interactive exhibits and historical artefacts and I for one found it fascinating to stroll through the journey of how Guinness is made. With its four main ingredients: barley, water, hops, and yeast. I had always wondered how this particular beer got its dark colour? I discovered it is because the barley is roasted at 232 degrees centigrade and that gives it the signature dark colour and flavour.





Another interesting tip to come away with was given to us in the tasting room. Here we found out that one should never sip Guinness because that will give a bitter taste. This is certainly in my case because I have often enjoyed the occasional draft - especially when in the “old country” but have usually found it rather bitter unless I ask for a drop of blackcurrant to be added: A “Black & Black” Well the reason for the bitter taste is due to the fact Guinness store their yeast in liquid nitrogen and that is what you are tasting if you just sip your pint. Apparently the official tasting method is to inhale, take a good gulp let it wash around your mouth to then get the full creamy flavour before swallowing. - So there you go - no more blackcurrant required!



As well as a really interesting gift shop the final highlight of the Guinness Storehouse experience is the Gravity Bar. Located right on the seventh floor. You can savour your complimentary pint while enjoying stunning, panoramic views of Dublin. The Guinness Storehouse is a must-see attraction when you visit Ireland's fair city.





Travelers' Choice Awards The Top 6 of the Best of the Best Hotels

The Travelers' Choice Awards Best of the Best celebrates the highest level of excellence in travel. It's awarded to those who receive a high volume of above-and-beyond reviews and opinions from the Tripadvisor community over a 12-month period.



01. Hotel Colline de France - Gramado, Brazil

Hotel Colline de France sits in a lovely setting, where you'll find a mix of sophistication and comfort. The rooms feel luxe with large beds and L'Occitane amenities, while the Imperial suite is even more indulgent. Relaxation awaits you at the heated pool, spa, sauna, and steam room, or get a workout in at the fitness center. You'll love the live piano music during breakfast and did we mention there's complimentary sparkling wine? The hotel's sensational design and warm atmosphere make it a unique choice for an elegant, yet cozy, getaway.



02. OBLU SELECT Lobigili - Male, Maldives

Check out OBLU SELECT Lobigili, where idyllic tropical vistas meet nature-inspired designs. Picture a secluded, adults-only setting with modern accommodations, private pools, and amazing views. Exciting excursions like snorkeling, diving, and fishing are just steps away from the beach access. Enjoy amazing food at the on-site restaurant and relax in the calming spa with rejuvenating treatments. Take a dip in the infinity pool or hit the fitness center. With its excellent service, exceptional weather, and hideaway feel, it's the ideal getaway.

03. La Siesta Hoi An Resort & Spa - Hoi An, Vietnam

La Siesta Hoi An Resort & Spa is a lovely spot that combines a leafy garden setting with boutique charm. The resort has plenty of amenities, including bars, lounge areas, restaurants, 4 pools, a gym, and a spa. The rooms are clean, spacious, and thoughtfully designed, some including a terrace and an outdoor spa bath. You'll enjoy a complimentary airport transfer, dinner, daily breakfast, a 60-minute massage for two, and a half-day tour for two. The resort is known for its exceptional customer service, colonial charm, and luxurious ambiance that creates memorable experiences.



04. Adiwana Suweta - Ubud, Indonesia

Adiwana Suweta offers the ultimate serene setting. Here you'll love unwinding in the yoga room, pampering yourself at the spa, or taking a dip in the picturesque infinity pool overlooking a lush forest. For adventure-seekers, the resort also offers hiking and bicycle tours. A small number of spacious rooms ensures a peaceful atmosphere, with luxurious bathrooms and ultra-comfortable beds. The on-site restaurant serves a fantastic breakfast, and the attentive staff provides extraordinary service. Add this tranquil escape to the top of your list.



05. Iberostar Grand Packard-Havana, Cuba

Iberostar Grand Packard is a sleek and modern 5-star hotel that's sure to impress. With its prime location, you can take in stunning views while enjoying an atmosphere full of Old Havana charm. A range of chic suites and rooms offer a haven-like feel, with warm, hospitable service to boot. Unwind in the spa or take advantage of the resort's pool and other amenities for some well-deserved R & R. Plus, dining is at your fingertips with on-site restaurants offering stellar food.



06. Emerald Maldives Resort & Spa- Fasmendhoo, Maldives

Emerald Maldives Resort & Spa is an all-inclusive resort set against turquoise waters and lush tropical scenery. Choose from luxe rooms or stunning water villas, both featuring private pools and incredible views. Plenty of activities await, like windsurfing, snorkeling, and even an outstanding scuba diving experience. With four restaurants managed by an executive chef, there's no shortage of spots to have a fantastic meal. With a friendly staff, the resort is a popular choice for honeymooners and special celebrations.



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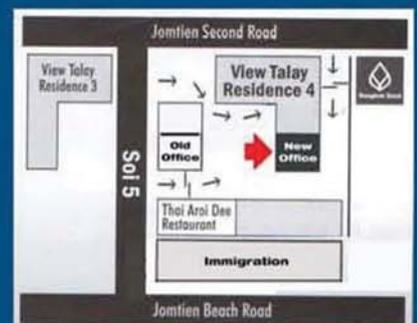
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What to consider when choosing between Pattaya's New-build or more established condos.



Pattaya has experienced significant development over the years. So if you're looking for a condo the real estate market here offers a wide choice of both old and new build condominiums. Each type will have distinct advantages and challenges in terms of architectural design, amenities, location, price, size of units per square metre and investment potential.

Over the years pronounced changes to the demographic and nationality of visitors looking to buy in Pattaya have influenced developers. Many of the older buildings you see in Pattaya and Jomtien were clearly built with the European, Western long-term retiree in mind. However, as Russian and Asian visitors started to purchase in Pattaya, developers were quick to accommodate the needs of this new market. Also let's not forget the domestic tourist sector, mainly comprised of Bangkokians who began to choose Pattaya as a good location for a holiday home or for units to provide investment potential.

A long term retiree coming to Pattaya from the West will usually prioritise space and consider larger unit sizes appealing. The domestic and Asian markets in contrast may find smaller units more to their liking knowing that they will be spending comparatively less time in them and perhaps just arrive with a suitcase rather than a lifetime of possessions. Affordability may also be an important factor. Older condominiums generally command a price per square metre that is lower than new builds where modern designs, superior construction quality, and extensive amenities will come at a premium .

When weighing up size and price, maintenance costs should also be taken into consideration. Older buildings often require more frequent repairs and updates to plumbing, electrical systems, and structural elements. So the upkeep and repairs of these by an efficient Juristic team is essential. With newly built condominiums the quality of construction will generally be higher, meeting current building codes and standards and will often be marketed with a host of state-of-the-art amenities :infinity pools, rooftop gardens, advanced fitness centres etc. New builds can also offer attractive financing options, promotional deals especially for off plan purchases with flexible payment plans. The higher initial cost often justified by the potential for quicker appreciation in value and lower maintenance costs.

There will be different ways of marketing different types of condominiums. The vast majority of older units are often in individual owners' hands and will be advertised by agents on a singular basis rather than the huge marketing campaigns that the new projects will undertake. A sensible buyer will have to do some homework and to consider whether the purchase is as a home to reside in or as an investment to perhaps rent out. One bedroom units are the most popular size for this type of investor and if you take a look at any of the new projects going up you will see that the majority of what they offer are in fact one bedroom condos.

It will be interesting to see how the situation develops over time in Pattaya. Now the world has recovered from the pandemic the city will be able to accommodate all types of visitors. In the years to come there will undoubtedly be a mix of short term and long term Pattaya residents, the short termers will be those who just want a bolt hole and pied a terre where furnishings may be minimal, whilst older residents or those with families will prefer larger rooms, multiple bedrooms, bathroom units and of course ample storage. Whatever you're looking for, you'll find it in Pattaya. The city is constantly changing, rearranging and re-inventing itself. Its ability to bounce back to its former popularity has been proven time and again and it looks very much like that it will be a safe haven for investment for the foreseeable future.



Modular Build Thailand has the answer

Do you need more space? A Guest bedroom? Granny Annex? Teenage Hideaway or Man Cave? Do you work from home and want a separate office space? Modular Build Thailand has the answer. Have you considered trying out a new business? A coffee shop or deli counter? Need space to house an external worker or have a showroom unit for a construction project? Modular Build Thailand has the answer.

Modular Build Thailand has handmade units that can be built to order and designed for your specific needs. You can Transform your available space with our smart and versatile solutions into stylish and functional havens. Units can be customized and rigged for air conditioning with plenty of available electric sockets placed where needed. If required a separate shower room and toilet can be part of your specification. The Modular units are also designed to be portable so wherever you are in Thailand your Modular home can be transported to the site. We will deliver, place and install it so you are up and running and settled in your new unit within days!

FROM DESIGN TO DELIVERY

Step 1. Design:

Sit with our Designer and tell him where you want your unit to be delivered, the space and environment then design the unit to your specifications.

Step 2. Build.

Come and visit your build anytime and discuss any new ad-hoc ideas you may need

Step 3. Delivery and Installation.

We have all the vehicles and manpower to deliver your unit safely and stress free, and



ABOUT MODULAR BUILD THAILAND

We provide the perfect solution to transform your space with our smart and versatile units and can offer a wide range of products to suit your needs. We are a division of a much larger Thai Registered Construction business building homes across Chonburi and selling real estate in Thailand. Units are built right here in Thailand by skilled Thai and European manufacturers. The company's owner also has a lifetime of experience in Engineering and Construction and over 20 years in the Chon Buri province.

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Harmonia City Garden Pattaya



Nestled in the heart of Pattaya, Harmonia City Garden promises a unique blend of urban convenience and tranquil escape. This under-construction condominium complex, designed with stunning European architecture, offers an idyllic haven for those seeking a harmonious balance between nature, community, and happiness. Scheduled for completion in January 2027, Harmonia City Garden boasts a collection of residences ranging from studio apartments to spacious 2-bedroom units. Each unit is meticulously crafted to cater to modern lifestyles, ensuring comfort and functionality.

The true essence of Harmonia City Garden lies in its design philosophy. Drawing inspiration from European aesthetics, the development features a captivating exterior that exudes elegance and sophistication. This is perfectly complemented by lush greenery and landscaped gardens creating a serene oasis right in the city.

Harmonia City Garden enjoys a prime location in Pattaya. Residents will find themselves within a short distance of: bustling markets and supermarkets for everyday essentials. Renowned Pattaya beaches, diverse restaurants and international schools. Harmonia City Garden promises to be more than just a place to live; it aspires to be a haven for leisure and well-being.



The development boasts a plethora of amenities designed to cater to a healthy and fulfilling lifestyle, including: a swimming pool for a refreshing escape, fitness facilities to stay active and landscaped gardens for relaxation and rejuvenation.

With its emphasis on creating a harmonious living environment, Harmonia City Garden fosters a sense of community and togetherness. Residents can unwind in the beautifully landscaped gardens, socialize with neighbors, or simply enjoy the peace and quiet of their private sanctuary.

It also presents an exciting opportunity for those seeking a property investment in Pattaya. With its prime location, modern amenities, and focus on creating a harmonious living experience, this development is poised to be a desirable address for residents and renters alike. For more information or to arrange a viewing appointment please contact:



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How to Adapt Cities to Extreme Heat

By Marília Matoso | Translated by Diogo Simões

Last year in June the planet experienced its hottest month on record when in Iran, the heat index reached a staggering 66.7 degrees Celsius. As we can see now this alarming trend is not an anomaly. It is a stark reminder that temperatures will continue to rise as climate change intensifies. Scientists are linking the rise to human-induced climate change and the El Niño phenomenon. Additionally, the natural warming of Pacific Ocean waters is being further intensified by global warming.

Michael Mann, a climatologist at the University of Pennsylvania (USA), referring to a 2021 study, suggests, "It is certainly plausible that the recent days have been the hottest in the last 120,000 years or at least in the last 23,000."

Heatwaves are currently sweeping through multiple regions worldwide, and in Brazil, scientists are particularly concerned about the increased risk of wildfires, especially in the Amazon region. In June 2023 the Amazon rainforest and the Cerrado savanna experienced record-breaking wildfires, surpassing levels not seen since 2007. So how can we adapt cities to extreme heat waves? Here are a few ideas:

Crossroads

When the Dutch city of Arnhem devised a new plan to combat extreme heat, they considered reimagining their roads as part of the strategy. They recognized that the more paved areas in a neighborhood, the stronger the urban heat island effect, as these surfaces absorb heat during the day and release it at night. Arnhem is now evaluating which roads are underutilized, to reduce traffic lanes and replace some asphalt with greenery. Additionally, the city is planting trees along bike paths and sidewalks to provide extra shade, creating new shaded parks and ponds as cool spots for residents, and identifying areas that should remain open to help regulate temperatures.



City of Arnhem. Photo © Exploring the Netherlands

Redesigning Public Spaces

In Abu Dhabi the city is testing various features to enhance outdoor comfort during extreme heat. These features comprise parks with blinds designed to open at night, releasing accumulated heat, strategically placed walls to direct cooling breezes, shaded seating areas, and misting devices that spray water to provide additional cooling.

Redesigning Public Spaces

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Planting Trees

Low-income neighborhoods tend to have fewer trees, leading to a lack of shade that can make these areas at least 5 degrees hotter. To address this issue, some cities are using tools like the Tree Equity Score from American Forests to identify areas in need of more trees. Subsequently, they are implementing large-scale tree-planting projects to mitigate the heat disparity.



Cooling stops in Abu Dhabi. Photo © CBT

Cities like Dallas and Phoenix have focused on planting trees along the paths children take to reach elementary schools. Medellín, Colombia, has developed a network of 30 "green corridors" adorned with thousands of trees to enhance walking and biking experiences throughout the city. However, any such initiative requires meticulous planning to ensure tree survival. In Madrid, a forest encircling the city aimed at cooling was unfortunately dubbed a "tree cemetery" due to the high mortality rate caused by drought. Consequently, some cities are revising their approach to urban forestry, emphasizing diversity in tree species and selecting those resilient to climate change.

Revisiting Old Cooling Techniques

In Abu Dhabi, where temperatures often exceed comfort levels, certain buildings are incorporating modernized versions of ancient cooling methods. For instance, the Al Bahar Towers, a 25-story skyscraper, is adorned with shades inspired by traditional Islamic latticed screens. These shades, equipped with sensors that open in sunlight, significantly reduce the need for air conditioning. Meanwhile, in China, where temperatures are consistently breaking records, architects are drawing inspiration from ancient "skywells," which are shaded courtyards designed to naturally attract cooler air.

White Paint

Applying a white coating to rooftops can reflect up to 90% of sunlight, resulting in indoor spaces being around 30% cooler and reducing the reliance on air conditioning. New York City provides free coatings for selected buildings, including low-income housing, and assists other building owners in accessing discounted paint and free labor. Emerging technologies, like the whitest white paint developed by Purdue University researchers, offer additional cooling benefits. Furthermore, cities such as Los Angeles are also coating roads to help lower temperatures in neighborhoods.



Hiring Heat Specialists

A growing number of cities are introducing new roles for "heat chiefs," recognizing the escalating risk of extreme heat and the urgent need for resilience. Jane Gilbert became the first Chief Heat Officer (CHO) in Miami-Dade County in 2021. In this capacity, she oversees initiatives such as tree planting, installing cool roofs and pavements, and upgrading low-income housing to reduce energy consumption for cooling. The county has also proposed a new decree to safeguard outdoor workers, ensuring they receive regular breaks and access to water when the heat index reaches 40 degrees.



I'VE LIVED IN PATTAYA FOR MORE THAN 10 YEARS BUT NEVER VISITED THE KING POWER STORE

King Power is a world famous Thai company, founded by Vichai Srivaddhanaprabha in 1989. It has expanded into many sectors but is best known for duty-free shopping, particularly at airports, where it has a significant presence in: Suvarnabhumi International Airport, Don Mueang International Airport, Phuket International Airport, U-Tapao Rayong Pattaya International Airport and Chiang Mai International Airport

It is of course possible to shop within the Duty Free shops at all these airports and even online at the company's website: kingpower.com, but I had always been fascinated by the impressive looking store on Pattaya's Sukhumvit and for a long time had wanted to have a look inside. So with a flight to the UK already booked I decided it was time to go take a look.



First of all, I must say that I was delighted to find it was extremely easy to drive and park at King Power. Upon entering I further discovered that there is also plenty of space on two floors to shop until you drop! You can browse through a vast range of designer brands and quality products including Beauty, Fragrance, Fashion, Watches & Jewelry, Sunglasses, Luggage, Footwear and also traditional Food & Souvenirs.

At the front there is a reception desk with a team of people to help you complete all the necessary documentation with of course details of your flight details to ensure a trouble free pick up. I would advise going there at least 48 hours before you are due to travel to ensure that your purchases are ready and waiting for you at the airport.

What were my thoughts on the whole experience? Well I actually think it's a great idea. Not only was there a money saving coupon presented to me before making my purchases in store, but also I had all the time in the world to consider and have a good look around. I know there is plenty to look at when you are at an airport but let's face it, sometimes when you're about to get a flight you may not be in the best frame of mind and have your "shopping head" on. Perhaps you are carting around your hand luggage? Maybe a bit flustered having just had the hassle of passing through the baggage and passport control areas? Perhaps the Duty free area is busy and you don't have much time before you get to the gate?

How much nicer to just collect your duty free purchases from the King Power collection point and wait to be called for your flight with time for a coffee, a flick through a good magazine and maybe even a glass of something before you go. I would recommend having a look around the King Power store. There's plenty of great shopping to enjoy inside.

By Gloria Jones



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