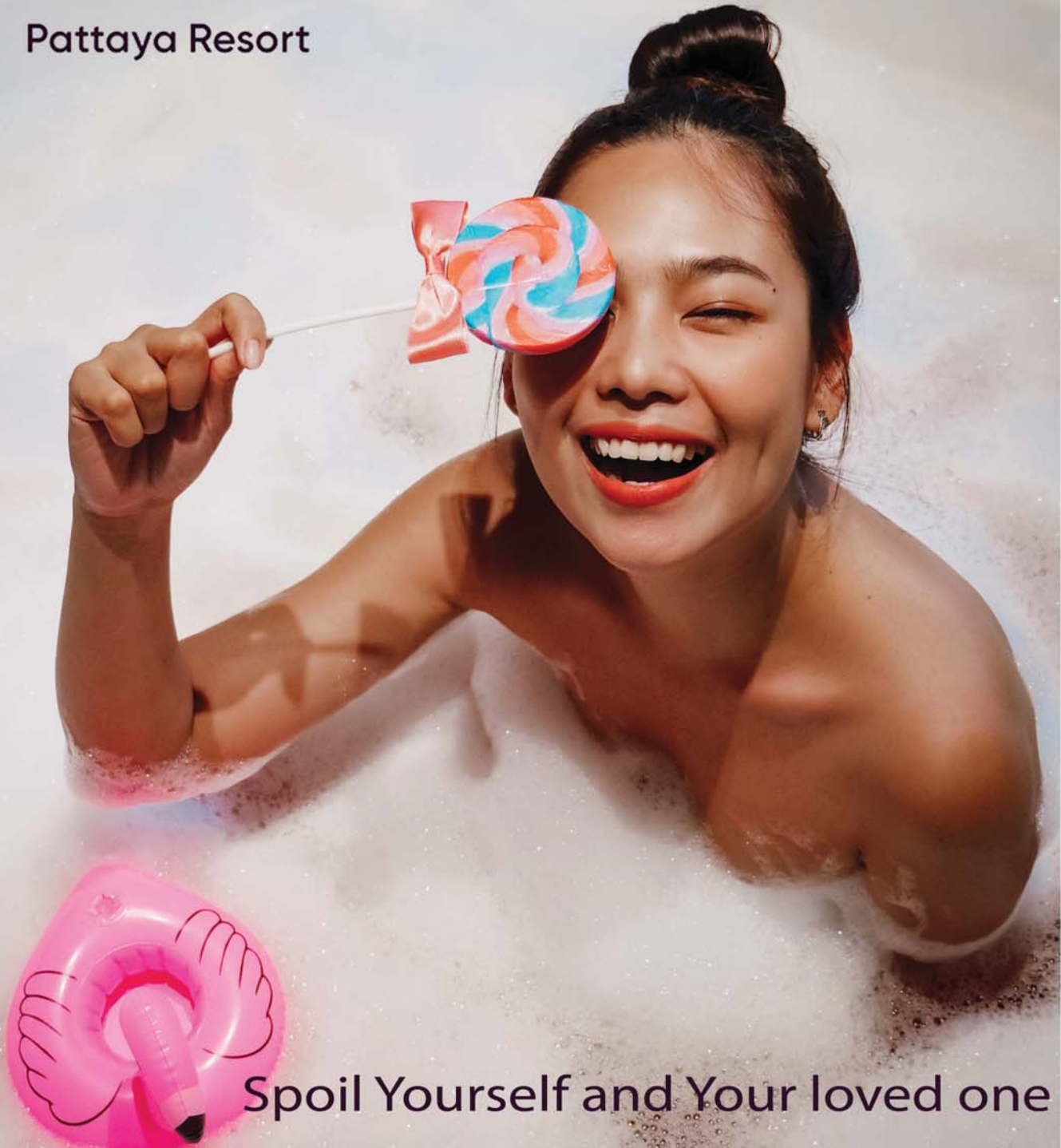


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Book a suite or room with amazing garden or sea views and enjoy Avani's special All you Need is Love package which includes.

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Date : 14 February 2023

Time : 6:00 pm - 10:00 pm

Price : THB 5,250++ per couple, including a bottle of sparkling wine

Venue : Avani rooftop 11th floor

Book early to avoid disappointment.



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Head towards the sky this Valentine's, and treat your loved one to the most romantic rooftop dinner ever. You're bound to remember the delicious Japanese Teppanyaki served in Benihana's unique style amidst stunning panoramic views of Pattaya's coast and city skyline.

Price: THB 8,999++ per couple, including a bottle of sparkling wine

Date: Tuesday 14 February 2023

Time: 6:00 pm – 10:00 pm

Venue: Avani Rooftop 10th floor



AVANI

Pattaya Resort



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- Advance booking is required and reservations are subject to availability
- Please contact AvaniSpa Tel. 038 412120 Ext. 1711



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This year how about treating your Valentine to an amazing pampering session from the AvaniSpa?

How about a choice of one hour body massage followed by a luxurious soak in their rose petal bath?



For more information on all the ways to treat yourself and your loved ones Contact:
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E: pattaya@avanihotels.com
T: 038 412 120
www.avanihotels.com/en/pattaya

DISCOVER PATTAYA

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CONTENTS

COVER STORY

THE ROMANTIC AVANI PATTAYA RESORT

DISCOVERING

- 04 SEE THE WAN AT AVANISPA
- 06 AN AMAZING MASSAGE AT THE ROYAL CLIFF HOTEL
- 08 Z-LIPO FROM DR NICHA'S CLINIC
- 14 GET THEM TO PLAY YOUR SONG AT THE JAZZ PIT
- 18 PART 2 OF SNAKES IN THAILAND
- 24 CKD AND ITS TREATMENT
- 37 WHY SOLAR POWER IS RIGHT FOR YOU
- 40 TAKE CARE KIDS
- 41 THE OSCARS

SPORTING AND LEISURE

- 26 YACHT STYLE
- 28 SPORTS UPDATE

DISCOVER MOTORING

- 30 THE LATEST MOTORING NEWS FOR THAILAND
- 32 NEW DRIVING PENALTIES COME INTO FORCE

EASY LIVING

- 38 What's on the Small Screen
- 39 What's on the Big Screen
- 40 Tec. Living
- 44 Jeff Beck
- 45 Confessions of a Pop Tart
- 46 Crossword
- 47 Sudoku
- 49 Solutions and Important numbers

PROPERTY AND TRAVEL

- 50 KOH PANGAN
- 52 A NEW TRAVELLER'S GUIDE
- 53 TOP TEN CRUISE DESTINATIONS FOR VALENTINES
- 55 CONVERTING YOUR HOME TO AN OFFICE
- 55 KITCHEN TRENDS FOR 2023



This Month in Discover Pattaya

Dear Readers

I hope we haven't all become too cynical and jaded to stop believing in Romance. Whilst there may be some justification for saying that Valentine's day has become a contrived, commercial venture it's never a bad idea to show your commitment and gratitude to those you love.

So at Discover Pattaya we'd like to extend the idea of love not only for the 14th but throughout the month of February. The Avani Resort Pattaya is a great place to do just that either as a couple of at their spa where you can book a treatment with the same lady who massaged Lady Gaga! Talking of music, if you and your partner have a favourite song why not go along to the Jazz Pit and ask them to play it for you? They even have a Las Vegas crooner appearing every Thursday for Sinatra Night!

The children of Take Care Kids could do with your love and there will be plenty of Peace and Love at Burapa this month. Also if like me you love the Oscars turn to page 41 to see some of the front runners for next month's Academy Awards.

Have a great month everyone and please contact me, I'd love to hear from you!

Gloria
gloria@pattayatradetrader.com
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Here in Pattaya we are lucky to have Khun Wan of the Avani Spa. She has given massages to royalty, not only in Thailand but also at The Ritz in Paris, and to celebrities such as Lady Gaga at The St Regis in Rome. I was curious to see what Lady Gaga had asked for and was told that she enjoyed aroma massage. So I felt I should also try an aroma massage and opted for the Avani Signature Touch.

Of course in Thailand there are many massage options, but part of what makes the Avani experience so special is the consultation you have. You should allow 15 minutes beforehand for this to enjoy some warm tea and complete the consultation form you are given. It asks questions about your general health, lifestyle and how you hope to feel after your treatment. For example: Energised, Refreshed, De-stressed - you get the idea. If there are any areas of your body that you wish to be avoided - e.g. if you've had an operation, you can mark the sketch on the form with a X and any areas you wish to be given special attention mark with an O.



So consultation done, forms completed, selections made and questions asked and answered it was time for the massage. I was led to one of the beautiful, private massage rooms to shower and prepare for my massage. Inside, the Avani have ensured that every element is catered to give you a perfect setting for your massage: Optimum temperature, soft lighting and ambient sounds. There is nothing to interfere or distract from the massage experience.

I was also delighted to see a massage bed with a hole for your face. Although seeming a little odd at first it is in fact the most relaxing way to lie on your front and stops the aggravating neck ache that can occur when you simply turn your head to one side, which is something I am bothered by if I have a massage at the beach.

During this blissful treatment I have to say that never at any time did I feel uncomfortable. Bolsters and pillows were placed under my ankles and knees to give extra support and put my body in the most comfortable position possible. There were no wooden sticks or jerky movements. The pressure from Khun Wan was controlled, consistent and always to the degree that I was happy with and her skill could certainly be felt by the fluid movement of her hands.

So why not treat a loved one this Valentine's Day to a wonderful experience - or go on treat yourself mind and body at any time!



Then you can choose your scented oil. I asked if any of these are made from botanicals in the Avani's own beautiful gardens but was advised that in order to meet controlled standards and not run the risk of any irritants or allergic reactions they must be tested and approved professional products.

Amongst these products the Avani even have Cannabis balms and compresses. The resort had to be checked and granted the exact, required licenses from the government inspectors in order to be able to offer these products. Maybe another time! For now I went with the Lemon Grass.

AVANISPA

NOW YOU CAN GET CANNABIS SPA TREATMENTS

<p>Cannabis Sound Sleep</p> <p><small>Cannabis Body Massage with Lavender oil or Rice Milk oil massage for 60 minute + Cannabis Flower Tea</small></p>	<p>THB 1,600 nett</p>
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- Additional booking fee applies to all reservations.
- Availability subject to change without notice.

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- Special 4 course -

set menu at The Tram restaurant, bar & wine cellar (THB **3,499** net / per couple)

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A ROYAL THAI MASSAGE AT CLIFF SPA



Here in Pattaya when life becomes too stressful we are fortunate to have many places where we can retreat from the hustle, bustle and stress of everyday life. One such oasis of calm is the beautiful Cliff Spa at Royal Cliff Hotel. Overlooking the Gulf of Thailand it has one of the most enviable views anywhere in the world. The individual treatment rooms make the best of this lovely view as they have balconies where you can gaze out to the sea whilst sipping the warm tea before and after your massage.

There are many options to choose from. Aromatherapy, Deep Tissue, Swedish, and Hot Stone - to name just a few. I opted for the Royal Thai massage and was given crisp white cotton pyjamas to wear during the experience and a really comfortable thick mattress on which to lie.

My therapist began by bathing my feet in scented warm water and applying a gentle scrub to my calves and feet. Duly prepared it was time for me to lie down and the massage to commence. I was asked if I wanted medium or strong pressure and opted for medium. No oil was applied, simply towels were used over each part of my body as my therapist applied pressure to work her magic and soothe away the stiffness in my muscles. I could literally feel my knotted sinews pop and release under the pressure of her skilful touch. There was no discomfort or jerking of my body so as to ever feel uncomfortable and after the Royal Thai massage, I felt relaxed but also invigorated.

Hint heavily that you too would like a gift this month of a massage at the Cliff Spa. Or spoil yourself this month and treat your body to a wonderful experience.



For enquiry please call or email
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Z-LIPO AT THE NICHA CLINIC GET RID OF THOSE LOVE HANDLES!

Seriously though what we may not love about our bodies are the stubborn areas that just don't seem to respond to dieting or exercise. Sometimes we need a little help to shift these and Nicha clinic has the answer: treatment using the Z-Lipo system.

The Z-Lipo system makes it possible to target fatty areas such as those on thighs, hips, belly, buttocks, men's chests (man boobs), love handles, and reduce them non-invasively. Z-Lipo works by means of a cold treatment that causes the apoptosis (elimination) of unwanted fat cells. The treatment is safe, gentle and non-invasive. Also its ability to use pulsating suction increases the positive effect on your lymphatic drainage and metabolism.

The intensity of the Z-Lipo machine can be set to one of ten different levels and can even be adjusted during treatment. The state of the art machine used at Nicha clinic also has a touch-screen display which allows the therapist to adjust the application time, suction level and suction mode to either continuous or pulsed, safely and intuitively. This non-surgical alternative to liposuction shows visible results after the very first session. On average 2-3 treatments per area may be needed but this very much depends on your goals and expectations of how much fat reduction is required and how your body responds to the treatment.

So if you are looking for an easy solution to remove unappealing, excess fats on your body – go for a consultation at Dr Nicha's clinic to see how Z-Lip can help you..



BEFORE AND AFTER Z-LIPO



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Aesthetic & Wellness Beauty Clinic



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~~3.590.-~~



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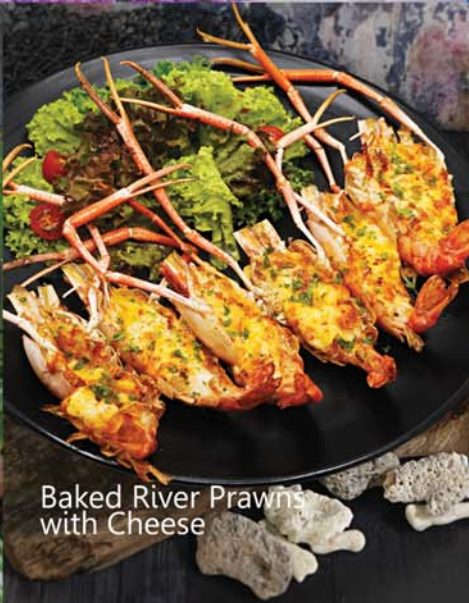
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"They're Playing our Song"

As February is the month of Love Come to the Jazz Pit and ask them to play your song



Thursday Night is Sinatra Night!

Come hear the Jazz Pit's very own Las Vegas Crooner every Thursday night.

Back in the States, Andrew Lee is known as "The Sinatra Guy" because he sings the songs of Frank Sinatra, Dean Martin and more. In addition to entertaining in Europe and Asia, he is a well known vocalist in Las Vegas and has performed at "Prosecco," "The Speakeasy" at Lake Las Vegas, "Spaghetti" and the Tuscany Casino. He even produced a multi-media show called "Sinatra at the Movies" which he performed at The Firelight Theater in Las Vegas. The show included his singing accompanied by film clips and historical footage of Frank Sinatra.

Fifteen years ago, Andrew visited Thailand and after spending time in Bangkok decided that Pattaya was the place he'd like to settle. He is now especially pleased to discover Jomtien's Jazz Pit with its world class musicians.

Andrew will be performing from 5:30pm to 10:30pm every Thursday beginning in February.



"It's the Good Life" at the Jazz Pit so go check him out!



Thomas Can play Your Song at The Jazz Pit

Self-taught from the age of 14 Thomas Reimer quickly gained a following as a popular guitarist. By 16 he had formed a band where he amazed fellow members by playing his guitar behind his head Jimi Hendrix style! After formally studying in Vienna he moved to Frankfurt and then Munich where he played at "Unterfahrt", a world renowned jazz club. Also, at "Nachtcafe" a popular hangout for celebrities such as Boris Becker and the American guitarist, singer, songwriter George Benson. Thomas invited George up on the stage so that they could perform together and afterwards George gave Thomas an autograph saying;

"TO THOMAS GREAT GUITARIST, THANKS GEORGE"

Another fantastic opportunity came when Thomas was invited to perform on a CD entitled Global Guitar alongside such important names as Al Di Meola, Scott Henderson, and Mike Stern.

When travelling to Thailand Thomas happened upon the Jazz Pit (then in Soi 4) Pattaya which quickly became his home. Now at the club's home in Sun Sabella Resort Thomas plays with his varied group of international musicians and can also amaze you with his incredible solo repertoire of over 1400 songs.

Come to The Jazz Pit for Valentine's or throughout the month of February to put Thomas to the test and request "Your Song" - he's bound to know it!

- MON** : THOMAS REIMER GUIT/VOC
5.30 PM - 10.30 PM
- TUE** : JOHN TRANE SAX
5.30 PM - 10.30 PM
- WEN** : JOHN TRANE SAX + THOMAS R.GUIT 5.30 PM - 10.30 PM
- THU** : SINATRA NIGHT WITH ANDREW LEE 5:30 PM - 10:30 PM
- FRI + SAT** : THE JAZZ PIT BAND FEAT:JOHN TRANE SAX
7.00 PM - 11.00 PM
- SUN** : JAM SESSION JAZZ PIT QUARTET + GUESTS 02.00 PM - 06.00 PM
THOMAS REIMER GUIT/VOC
7.00 PM - 10.30 PM



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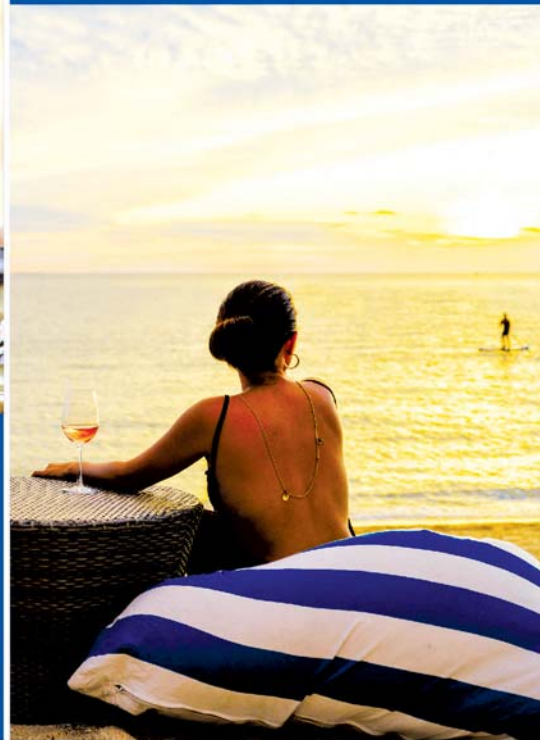
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ALL ABOUT THAILAND SNAKES CHAPTER 2

By Songpone Siriwanlert

Preface: In this chapter, we have classified the common venomous snakes in Thailand by group of venom that have different effect to human body. As Thailand is geographically in tropical moist climate, venomous animals are always plentiful. Such kind of animal is snake. Over 180 species of snakes comprising strong and mild venomous, also nonvenomous as well. Poison effect to people who is bitten by venomous snake is very common in nature. The patient has high percentage of death unless on time treatment with the right serum. General problem to the doctor or nurse for treatment is uncertain confidence in diagnostic analytics of venom kind. In the most case, dead body of beaten snake is brought to the doctor with the patient. In order to help for proper treatment, we shall provide all readers with basic information of type of venomous snakes as follows:

Venomous snakes shall be classified into 3 groups:

1. Neurotoxins or toxic to nervous system: This group of snakes comprises of Cobra, King Cobra, Banded krait, Malayan krait.
2. Hematotoxins or toxic to blood system : This group of snakes comprises of Russell's viper, Malayan pit viper and Green pit viper.
3. Myotoxins or toxic to musculoskeletal system: This group of snakes are Sea Snake

Green pit viper



Cobra



Russell's viper



Malayan pit viper



King Cobra



Malayan krait



Banded krait



Sea snake



This chapter is to classify venomous snakes by type of venom that is beneficial for right serum for treatment of snake bitten patients.

The next issue will show you in detail of each kind of snake in term of type, ecology, and chance to face it in people's living residence.

งูไทย อะไรก็ได้ บทที่ 2

โดย ทรงพล ศิริวรรณเลิศ

คำนำ: ในบทที่ 2 นี้ เราได้จัดประเภทของงูพิษที่พบเห็นได้ทั่วไปตามแหล่งธรรมชาติของประเทศไทย โดยจำแนกตามกลุ่มของพิษงูซึ่งมีผลต่อระบบร่างกายของผู้ที่ถูกกัดแตกต่างกันไป โดยที่ประเทศไทยเป็นประเทศที่ตั้งอยู่ในเขตร้อนชื้นแถบศูนย์สูตร จึงมีสัตว์มีพิษอาศัยอยู่อย่างชุกชุม สัตว์เหล่านี้มีงูอยู่ 180 ชนิด ซึ่งมีทั้งพิษร้ายแรง พิษอ่อน และไม่มีพิษ คนถูกงูมีพิษกัดมีอยู่เป็นธรรมชาติและอาจถึงแก่ชีวิตถ้ารักษาไม่ทันและไม่ถูกวิธีด้วยการใช้เซรุ่มที่ตรงกับพิษงูที่ถูกกัด ปัญหาโดยทั่วไปของแพทย์และพยาบาลในการรักษาผู้ถูกกัดคือ การวินิจฉัยอาการเพื่อหาประเภทของพิษงูด้วยความไม่มั่นใจ ดังนั้นผู้ถูกกัด มักจะนำเอาซากงูมาพบแพทย์ด้วย เพื่อให้มั่นใจต่อการใช้เซรุ่มที่ถูกต้อง ในบทนี้เราจึงขอเสนอประเภทของงูพิษแยกตามกลุ่มของพิษ ซึ่งแบ่งออกเป็น 3 กลุ่ม ดังต่อไปนี้

1. NEUROTOXINS พิษต่อระบบประสาท งูกลุ่มนี้ ได้แก่ งูเห่า งูจงอาง งูสามเหลี่ยม งูทับสมิงคลา
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3. MYOTOXINS พิษต่อระบบกล้ามเนื้อ งูกลุ่มนี้ อยู่ในประเภทงูทะเล ซึ่งอาศัยอยู่ในทะเล ว่ายน้ำอยู่ใกล้ชายฝั่ง หรือ แนวปะการัง



ในบทนี้เราได้จำแนกชนิดของงูพิษตามประเภทของพิษงู ทั้งนี้เพื่อเป็นประโยชน์ต่อการใช้เซรุ่มให้ถูกประเภทสำหรับรักษาผู้ที่ถูกงูพิษกัด บทต่อไป จะกล่าวถึงงูแต่ละชนิดตามถิ่นที่อยู่และโอกาสที่จะเผชิญหน้ากับงูภายในเคหะสถานบ้านเรือน

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When did you last have your eyes tested?



Like regular trips to the dentist having your eye tested is something we often forget to do and yet we should get them checked at least once a year.

There are many opticians in Pattaya and quite often on our Facebook sites Pattaya Trader - Discover Pattaya and Pattaya Trader Expat Ladies Group we are asked to give recommendations. Asian Optical on Pratumnak Soi 4 is the only one we recommend. This is because unlike some other opticians that are little more than shops selling glasses in Pattaya Asian Optical can give you a proper eye test and they also have a fantastic selection of frames, lenses and contact lenses.



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KIDNEY DISEASE AND ITS TREATMENT THROUGH DIALYSIS

Chronic Kidney Disease (CKD) is on the increase worldwide but is especially prevalent in Southeast Asia. Here in Thailand the latest figures indicate that over 11 million people suffer from CKD and 100,000 of those who are in the advanced stages require dialysis, alarmingly these figures are heading upwards.

According to the WHO, Thailand is classed as an upper-middle-income country that spends 6.5% of its gross domestic product on health and the coverage for the population provided by the healthcare system is seen as one of the better examples in the region. The problem with CKD is that once it gets to the later stages and dialysis is needed the treatment has to be regular, (usually 2-3 times a week).

One of the major contributors to the problem is diet and if you want healthy kidneys it is best to avoid sugar and salt and especially dark coloured fizzy drinks, ready meals, potato snacks and processed meats. Walk into any convenience store anywhere in the country and you see quite a bit of the shelf space taken up with these very items. All of those noodles, crisps, hot dogs and other processed foods are top heavy in potassium and sodium, better known as salt. Add to this to our love affair with all things sweet and you get the perfect recipe for kidney problems in the future.

The high incidence of CKD in Thailand raises important questions about the sustainability of healthcare in the future and solutions need to be found when the inevitable need for dialysis increases, because the long term solution for the problem, is a real change in diet and lifestyle.

The Pattaya Dialysis Center provides effective dialysis treatment with unparalleled commitment to patient comfort and satisfaction. Walk inside the center and you will see that it includes an outside garden area for patients and their families to enjoy alongside its fully functioning interior ward.

Dialysis involves substituting kidney function by cleansing blood and removing excess water within the body. The Center at Pattaya International Hospital uses the latest dialysis technology including Fresenius technology from Germany which provides safe and extremely efficiency renal replacement therapy. A consistently pure water supply is also an essential component and the water treatment system at the center meets AAMI standard and is verified by The Nephrology Society of Thailand. There is even a team of Water Solutions and Technical Support specialists available to provide a vital link in ensuring safe and effective dialysis for every patient at every treatment.

The hospital's goal is to maintain and improve the overall health and quality of life through dialysis treatments and to monitor patient satisfaction and performance in order to continuously measure and improve the quality of patient care. The Highly Qualified Nephrologists and Caring Nurses at the dialysis center have all passed dialysis training courses and are expert in this increasingly important field of medical treatment.

For further information contact the Dialysis Center 3rd Floor Pattaya International Hospital
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DUBAI READY FOR MORE



Ahead of the Dubai International Boat Show, Yacht Style interviewed Trixie LohMirmand, who organises the event in her role as Dubai World Trade Centre's Executive Vice President – Events Management.

Trixie, how did a Singaporean lady come to work as an organiser of the Dubai International Boat Show? Dubai was looking for someone who had deep experience in large-scale events delivering significant economic impact, and who could drive change, rebuild teams and co-create strategies. I had been managing one of the world's biggest aviation events serving the government and private sectors, so this positioned me suitably for this opportunity.

How did last year's edition compare to others since you've been working on the show?

It was an incredible feeling for the Dubai International Boat Show, after almost three decades, to finally be held in a world-class yachting marina, Dubai Harbour, befitting one of the globe's most influential leisure boating events. We now can scale up and offer more quality hospitality services to welcome our clients and guests for an increasingly experiential time at the event.

What is it like working with Dubai Harbour?

From accessibility, infrastructure, operations and logistics to the flexibility of Dubai Harbour's supportive team and management, organisation of the last edition was one of the smoothest we've had. Dubai Harbour is located at the heart of the precinct gazetted as the international tourism and leisure hub in the Dubai 2040 Urban Master Plan.





This makes it a most attractive and strategically unifying destination for the Dubai International Boat Show, which is a major contributor to leisure marine tourism. Hosting a big-scale, international boat show can be disruptive to a working marina's daily operations, but the cooperation was impeccable between us and the Dubai Harbour team. With the support of all the government authorities, it produced one of the most memorable editions of the event.

What can visitors expect at the 29th edition of the show from March 1-5, 2023?

We continue to build on the momentum generated at Dubai Harbour with a focus on congregating global boating professionals and stakeholders to explore innovative opportunities in positive ecological actions

Do you see a growth in international interest in the Middle East yachting market?

The attractive calendar of experiential events and festivities in Dubai has created tremendous tourism appeal, enhancing yacht visits here. The attractive climate nine months of the year and the high liveability index of Dubai has drawn new residents and tourists into the sector. Luxury yachting is spearheading the sector's growth in the region and Dubai continues to rank first for HNWI (high-net-worth individual) wealth. Recent immigration-policy changes in the region put us ahead of the curve in the global competition for talent and investment, which helps accelerate expansion of the Middle East yachting market.

Looking ahead, how do you see links developing between Asia and the Middle East?

There are indications of increased movement of yachts between two of the world's most interesting emerging hubs. With Asia now emerging from pandemic restrictions and the urgency to normalise business and lifestyle behaviours against increasingly yachting-friendly regulations, the rise in marine activities and collaboration is only expected to grow. The question is how much and how fast.

This edited interview from GAEL BURLLOT with photos by GULF CRAFT / DUBAI INTERNATIONAL BOAT SHOW is republished by kind permission of

For more information go to www.boatshowdubai.com

YACHT
style



SPORTS UPDATE

By Steve Wade.



February brings in some top quality sporting events and the Six Nations rugby starts on the 4th of the month and continues right through until mid March. Kick off times vary between 19.30 and midnight local time so rugby fans will be able to catch every match live in the bars and clubs in the city. Matches start on the weekend of the 4th and continue through the month on the weekends of the 11th and the 25th.

The Superbowl is scheduled for the 12th of the month and is being played at the State farm Stadium in Glendale, Arizona. The half time show marks the return of Rihanna to the stage and demand for tickets has increased since the announcement of her booking. The Kansas City Chiefs are the slight favourites to win the event, just in front of the Buffalo Bills but you can expect a few upsets and shocks along the way.

The Premier League is racing to catch up after the completion of the World Cup and the breaks for the FA Cup. There is a full programme throughout the month and all four weekends have a complete match-day fixture list involving every team in the division. The standout game is the Arsenal v Manchester City clash on the 16th which unfortunately is one of the few games that has an evening kick off throughout the month and will mean a late night for fans of both teams!



The Champions League also swings back into action in February with the first leg of the round of 16 matches being played between the 15th and the 23rd of the month. Quality fixtures abound but the two standout matches are PSG v Bayern Munich on the 15th and Liverpool v Real Madrid on the 22nd . Both start in the early hours local time.

Some big golf tournaments are on this month via the PGA tour and with purses being increased in some events to 20,000,000 US to combat the threat from LIV Golf, the competition is sure to be fierce. Look out for the Pebble beach pro-am, the Phoenix Open, the Genesis International and the Honda Classic on consecutive weekends where all the best golfers (or nearly all) will line up.

That's about it for the month. As you can see the sporting calendar is really getting into gear after the heavy pandemic restrictions of the last two years. About time too! Good luck and happy viewing everyone.



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THE LATEST MOTORING NEWS FOR THAILAND

THE TOP SELLERS



If we take a look at the sales that were generated at the Motor Expo 2022 show that took place at the Impact Challenger Arena in December last year, Japanese motor manufacturers seem to have a stranglehold on the Thailand car market at the moment. The event, which attracted over a million visitors, has released the sales figures and the revenue generated over the twelve days that it ran. Orders were taken for nearly 43,000 vehicles, 6,000 of which were motorcycles. Of the near 37,000 cars sold, the top five in popularity was headed by Toyota and followed by four more Japanese manufacturers, accounting for nearly two thirds of all the vehicles sold. The modern version of the always trendy Lambretta headed the bike list with nearly 2,000 sales, followed by Yamaha. The electric car giant BYD headed that category with over 2,700 units and they were closely followed by MG with over 2,400. MG are really making headway in the Thai market and have re-invented themselves very well over the last decade or so. Old English ex-pats like myself remember the name being dead and buried many years ago so this incursion back into the market is all the more commendable.

VOLVO LEAD THE WAY IN ELECTRIC CAR CHARGING INNOVATION



Volvo Thailand have come up with something interesting for the recharging of their electric car range. They have opened solar carport charging stations at four of their dealerships, which is available to Volvo customers free of charge. I have always wondered how the question of where the extra energy would come from as the electric vehicle market increased and this could be one possible solution. Of course there is no question that electric vehicles help enormously with emissions but when you plug into the power grid to charge up your car, that energy has to come from somewhere.

DISCOVER MOTORING  DISCOVER MOTORING  DISCOVER MOTORING

That somewhere will usually be a power station that burns fossil fuel and only adds to the problem of carbon dioxide in the atmosphere. The solar carport idea means that you are recharging your car with renewable energy direct from source, which not only means that you don't contribute to air pollution but you make considerable savings too. Volvo have apparently made a commitment to reduce their greenhouse gas emissions by 50% over three years, not an easy Thing to do I would have thought, and this innovation will go some way to reaching that target. If this idea really takes off I could see space being an issue in the future. I can't imagine spending billions on some land in Bangkok and using it to let Volvo drivers recharge their cars! It looks like an idea well worth pursuing though and this continued innovation from the car makers is good to see.

SALES OUTLOOK FOR 2023



The automotive producers in Thailand are expecting sales to pick up in 2023, principally after the general election in May. The industry has slowed since October last year in the wake of rising inflation and increasing interest rates but it is widely believed in most parts of Asia that elections increase confidence and people are more willing to spend their money in the long term. Whether this applies to Thailand or not is another question but alongside the recovery from the pandemic the makers are hopeful of an upturn in sales in the second half of the year. A long term semi-conductor shortage also held up the growing electric car market and is expected to continue to do so throughout the coming year. In spite of that, the EV market in the Kingdom is a target for some of the biggest manufacturers around and their will be a concerted effort in the coming year to woo the Thai motorist over to electric.



Of course what Thailand really needs is a massive improvement in its road safety figures. No matter where you get the statistics, the numbers are awful and have been in all the twelve years I have lived here, with no improvement in sight. The information released concerning the recent Christmas and new year only confirm that. Whoever runs the country after the election in May has to make a long term commitment to the education of drivers throughout the country. Not an easy task.

NEW DRIVING PENALTIES COME INTO FORCE IN THAILAND



From September 5th last year the penalties for various driving offences in Thailand increased substantially. The authorities decided at the time to give a three month grace period to all road users to give them time to adjust and “improve their road behaviour”. Judging by the figures over the Christmas and new year for road deaths and injuries this has not yet filtered through to the general population but the main point is that the grace period ended on the 5th of January and the new penalties are now in place.

HARSHER PENALTIES

Jumping a red light or not stopping at a zebra crossing now both carry a maximum fine of 4000 Baht, up from 1000 Baht. How this would help if a pedestrian gets knocked twenty feet in the air whilst trying to cross or a truck smashes into the back of your bike because you stopped and they decided not to is unclear at the moment.

Driving against traffic and not wearing a crash helmet on a bike or a safety belt in a car all now carry a maximum 2000 Baht fine, up from 500 Baht. There has also been an addition to this because up until now passengers in the rear seats of cars or trucks were not required by law to wear seat belts, but are now. Failure to do so also carries a 2000 Baht fine.

Driving without care for the safety or lives of others now has a penalty of a fine of between 5000 – 20,000 Baht and a jail sentence of a maximum one year. This is increased from 2000 – 10,000 Baht and a three-month prison sentence. This seems a bit vague and who decides what constitutes “driving without care for the safety or lives of others” is not made clear. It seems to leave lots of room for interpretation and I assume that would be done by the officer that attends the scene, so good luck with that.

Drink driving is the area where the punishment for contravening the law has increased substantially. If you are convicted of drink driving you will now face a fine of up to 20,000 Baht and a prison term of a maximum one year. However, if you repeat the offence within two years of the first one you will face a fine of up to 100,000 Baht and a MANDATORY jail term of up to two years. Whatever your thoughts on these increases, it’s hard to argue with the fact that drink driving has been a curse on Thailand for decades and they have to start somewhere to get the general population to understand that drink driving is a serious offence and needs to be stopped. It will take time because it seems endemic here but as I say, you have to start somewhere.



New offences for road racing and preparing vehicles for same have also been put in place but needn't concern us here. Of more interest is that the original plan to make child car seats compulsory has been shelved, wisely in my opinion, until more research can be done.

So there we have it. Major increases in fines and possible prison terms for all kinds of offences. For foreign nationals, all you can do really is make sure you have a valid license, buckle up if you're driving, wear a helmet on a bike and most importantly, don't drink and drive under any circumstances. If you do drink and drive and are involved in an accident, especially with a Thai national and there are injuries, you are in serious trouble, make no mistake, so avoid.

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DUE DILIGENCE ON THAI PROPERTY PURCHASE

By: Magna Carta Law Firm

Investing in real estate certainly involves a huge amount of money. We cannot deny the fact that there are some fraudulent dealers and developers taking advantage of naïve investors who can easily get victimized by unscrupulous deals. Therefore, investors are advised to take extra precaution before finalizing any transactions.

It is essential to consider conducting Due Diligence as it is a useful tool for estimating the status of a prospective project and its developer. It serves to confirm all material facts and legal parameters with regards to a sale or acquisition by investigating and evaluating a potential investment, helping to identify potential risks and liabilities

The failure to conduct necessary precautions could result in terrible consequences such as serious financial and legal distress on the part of the buyer. Investors must remember that almost always after completing the transfer, the seller will not hold responsibility for problems the buyer did not discover earlier.

Important Factors to Consider in Carrying Out Due Diligence

- It is necessary to establish whether or not the Title Deed has been correctly and legally issued. Information contained in a title deed must match with the records in the Land Department.
- Be aware of any encumbrances and liens currently levied upon the property.

- You need a guarantee that the seller is holding the said property under a true title of ownership that may therefore have the full legal rights to sell the property.
- You need to be aware of any pending or potential legal action involving the property.
- You need to make sure that the developer has all of the required permits and legal documentations for a project that is not yet built.
- You or your legal consultant may have some minor concerns with the sale contract details that can be corrected before signing to purchase.
- You need to be informed of the details and status of the developer.
- You must have a clear understanding of the rights and obligations of each party. This includes who pays which taxes and fees, when the deposit and balances get paid, how long the project will take to completion and what remedies there will be if the project is not completed on time.
- It is recommended that you have a lawyer in Thailand to review the contract drafted by the seller to ensure it is prepared with proper terms and conditions that meets the standard terms as required by relevant laws and confirm that the contract does not contain terms of any hidden cost and drawbacks.

The need for thorough detailed due diligence begins prior to the signing of a binding contract. The necessary title and background investigations provide the initial basis to confirm any safe purchase and ensure that both parties deal with each other in a fair manner.



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SCAN MAP

WHY SOLAR POWER IS RIGHT FOR YOU.

Living here in Thailand has its benefits, for example the nation receives a significant amount of sunlight throughout the year, with an average of around 5-6 hours per day. This equates to around 2,000-2,200 hours of sunlight per year which is, high compared to other countries, particularly Europe and North America, which receive significantly less.

Also countries near the equator such as Thailand, tend to have higher levels of sunlight compared to countries located further from the equator, because the sun's rays are more direct here, shining directly down and leading to more intense sunlight. So using solar panels is very advantageous here in Thailand and have the capability of producing a significant amount of electricity at a low cost. With NCA-Solar systems it is possible to benefit from continuous savings on electricity over many years and save up to 90% on your power bills. And while you are saving money feel good that you are doing the right thing for the environment and our future. Solar power is a clean and renewable source of energy, which means that it does not produce any greenhouse gases or pollutants. This is important for reducing your carbon footprint and doing your part to combat climate change.

Solar power is a smart choice for anyone looking to reduce their energy costs, and do their part to combat climate change. With the cost of solar technology continuing to decrease, there has never been a better time to invest in solar power. Move with the times and use the power of NCA-Solar solar energy systems, with their team of innovative experts in engineering and project management they will work in tandem to deliver your projects on time and within your budget, finding the right Solar technology for your personal needs

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The Whale

Brendan Fraser, Sadie Sink, Ty Simpkins Hong Chau
 Brendan Fraser plays an obese and reclusive English teacher who's trying to reconnect with his estranged daughter.



Tar

Cate Blanchett, Noémie Merlant, Nina Hoss, Sophie Kauer
 When about to record a symphony Lydia Tar, one of the world's greatest conductors faces some difficulties.



A man called Otto

Tom Hanks, Manuel Garcia, Kailey Hyman, Mariana Treviño.
 A young family moves in next door to a grumpy old widower in this comedy drama.



TAKE CARE KIDS NEED YOUR HELP



Last Year Take Care Kids were able to buy a piece of land on which to build their Family Home to provide foster care for the many abused and desperate children they help. The new home will allow them to care for 40 children at a time and carry on the good work that this local Pattaya charity has for many years been well known for.



Friends and clubs helped raise much of the necessary 9,200,000 million baht . Contributions came in as a result of the good work Khun Gio (known to many of us) did by also organising Charity dinners and fund raising events in Italy. Local events such as Rotary Club and Souled Out nights also helped. Take Care Kids are now close to their dream

However, last year as anyone in the construction industry will tell you building costs dramatically increased raising the overall cost of this project by 35% from the original estimate. So even though the construction work started last month this amazing non profit organization need your help to get it all completed.

To all those who donate specifying "New Foster Home" a dedicated plaque will be affixed inside the boundary wall as a permanent memory. So if you are an individual or a company hoping to help this very worthwhile concern please don't forget to give your name, surname as you wish it to appear and send your donations to:

Kasikorn Bank Public Co. Ltd (Tailandia) – Swift: KASITHBK – Central Festival Pattaya Pattaya Beach Branch – A/C Name: Take Care Kids Thailand Foundation – A/C No.: 584-2-05272-8



**For More Information: Tel Thailand: 0066852480194 Tel Italy: 00393381661073
Facebook: Take Care Kids Onlus www.takecarekids.org**



LOVE THE OSCARS! ❤️

We're now deep into Film Awards season with last month's Golden Globes kicking everything off and the Oscars 95th Academy Awards taking place on the 13th of March. It's always interesting to look at previous award winners and the many predictions you can find online before deciding who you think will win.

However, before guessing you should consider the other factors that can influence results rather than just a case of the best performance. For example in the overall mix of winners the Academy has to be seen to show appropriate representation of diverse groups including those from various races and genders. Also there may be two quite equally matched contenders but only 1 final winner.

The Golden Globes cleverly gets round this problem by having different categories, for example where Cate Blanchett and Michelle Yeoh were both in the listing this year for best Actress one was able to win for Drama, the other in the best Musical or Comedy category. There is no such delineation at The Oscars.

In the case of a Biopic there is often love of the person being portrayed to consider, for example Elvis in the case of Austin Butler. Or a sentimental reason such as seeing an actor make a comeback - like Brendan Fraser in *The Whale*. A Film may be tremendously successful at the Box office - *Avatar The Way of Water* for example which has taken over a billion dollars worldwide - but will it be considered Oscar worthy?

Best then to watch the films nominated and make your own judgements. It's also fun to look at the fashions on the red carpet and if last year's incident with Will Smith was anything to go by, catch the drama that may occur during the ceremony itself!



Valentine's

Audio-Technica AT-LP60XBT-BK

The AT-LP60XBT gives you all the great features of the redesigned AT-LP60X fully automatic belt-drive stereo turntable with the added convenience of Bluetooth® wireless connectivity. The turntable pairs with speakers, headphones or other wireless devices.



Backbone One

Transform his phone into the ultimate gaming console. It snaps onto your phone so he can play any game or service that supports controllers, including Xbox Game Pass Ultimate, or even stream directly from your Xbox, PlayStation, PC. No charging, no waiting for updates, no tedious setup.



Fujifilm X-T5 Mirrorless Camera

Featuring the newly developed 40MP APS-C X-Trans CMOS 5 HR BSI sensor this portable mirrorless multimedia camera is even lighter than the previous model. It features some cutting-edge seven-stop in-body image stabilization and is also a great movie making machine..



Gift ideas

Apple iPhone 14 Pro

The iPhone 14 Pro is powerful, has amazing cameras, sports a beautiful display, and is a real heart breaker. It's hard to think of anything truly wrong with this device and it's perfect for people tired of giant handsets. Battery life is more than adequate and there are different memory sizes available to match your budget.



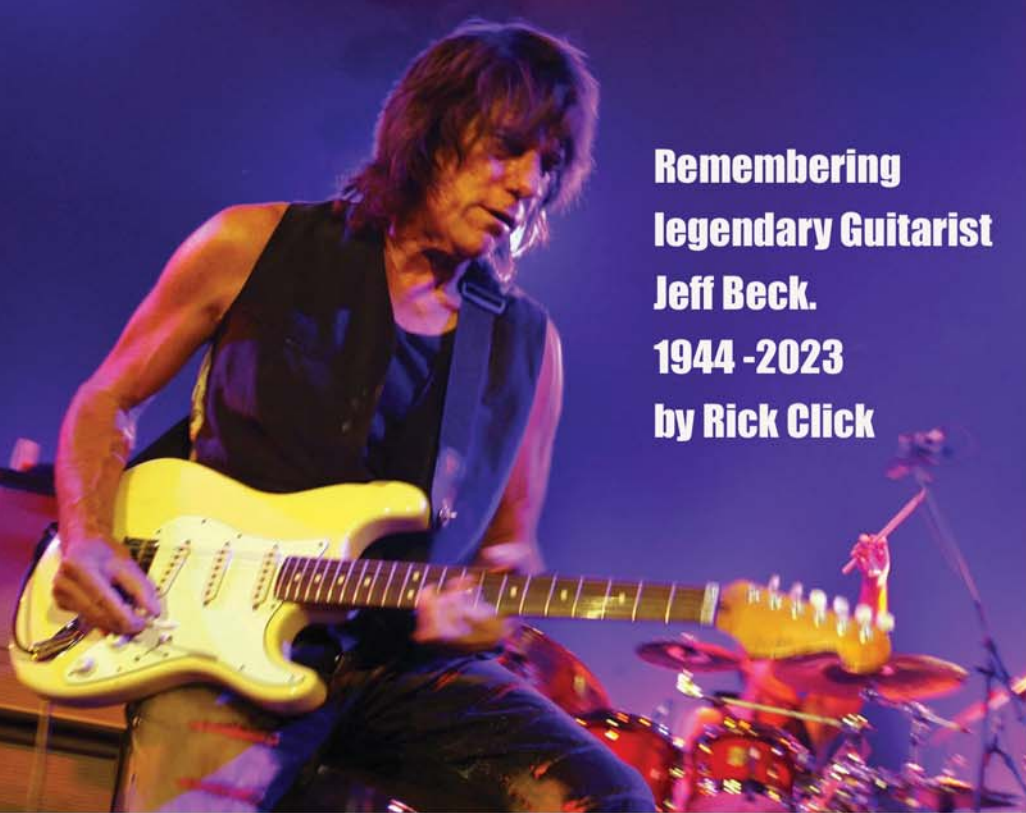
Oliver Bonas Grey Essential Oil Aroma Diffuser

After a stressful day this scent diffuser will not only look elegant in your home but will create an pharmacotherapy paradise. Inviting aromas will fill the air from fresh floral fragrances to warm woody notes and aromatic spices.

CHEF iQ Smart Pressure Cooker

The Chef iQ Multifunctional Smart Cooker connects to an app with guided recipes that can teach your other half how to pressure cook, slow cook, steam, and sear/sauté. Thanks to a built-in scale it will allow her to easily measure ingredients and cut down on dishes.





Remembering Legendary Guitarist Jeff Beck.

1944 -2023

by Rick Click

I was shocked and saddened by the passing of Jeff Beck. Not unexpected at the age of 78 but to me, he was always age defying. He was cool, still relevant and touring with Johnny Depp recently, who was devastated by his death and was at his bedside when he passed.

“It’s an extraordinary honor to play and write music with Jeff, one of the true greats and someone I am now privileged enough to call my brother,”

Beck started out on his career in 1963 by playing gigs with The Rumbles, a Croydon based band that covered songs by Gene Vincent and Buddy Holly. After playing with a few other bands he became a session musician in 1964 before by recruited by the Yardbirds to replace Eric Clapton on the recommendation of his palm Jimmy Page. After leaving the band in 1967 he recorded “Hi Ho Silver Lining”, which reached the UK top twenty. After this he formed the Jeff Beck Group with Rod Stewart on vocals and Ronnie Wood on bass guitar. He then went on to be part of the supergroup Beck, Bogart & Appice before being rumoured to have been offered the lead guitar role in the Rolling Stones on the departure of Mick Taylor around 1974-75. He decided to stay on the instrumental side, teaming up with Jan Hammer and guesting on other musicians projects, preferring to be the hired gun when you wanted a distinctive part on your recording.

Speaking with Jennifer Batten some years back who toured with Beck, she was greatly influenced by his style and tried to pick up some of his “nasty” licks. As a guitar player he was very unique and very difficult to copy. His use of the tremolo bar combined with harmonics created some hauntingly beautiful melodies, as on the track “Where were you” which was Just one of the many innovative ways he played his cream white Fender Strat. Deciding to use his fingers instead of a pick gave him a closeness to the instrument and many percussive attack options. His style also kept evolving as he moved from his blues roots to hard rock and experiments with Jazz Fusion. He ranked in the top five of Rolling Stone’s list of 100 greatest guitarists in a recent poll



I heard that his musical career helped fund his other passion, collecting and working on classic hot rod and vintage cars. In fact, before he joined The Yardbirds in the 60’s he worked at a car body shop to make ends meet. If you were one of the lucky few to visit him at his Surrey mansion you would probably find him tinkering away at his purpose built garage where he kept his beloved fleet of hot rods.

It saddens me that most people only know him for just for his hit “Hi Ho Silver Lining” when there is a great catalog of his music out there to explore. Thankfully we live in the age of YouTube so most of his greatest performances have been captured. I certainly intend to take the time out to view him live at Ronnie Scott’s one more time.



BURAPA 26 - A Festival of

The 26th BURAPA PATTAYA BIKE WEEK is back this year, after a two year absence for obvious reasons, with the slogan 'Back To the Culture'. The most unique event for motorcycle clubs, music fans and festival goers is right on our doorstep here in Pattaya at the outdoor arena next to the Chaiyapreuk Stadium..

The closet experience to the famous 'Woodstock' event in 1969 is coming on February 9th, 10th and 11th with a host of diverse music acts, clothing stalls and other types of vendors plus a chance to be part of a 'peace & love' happening which is watched closely by the rest of the world. And....entrance is completely free.... WOW!



I personally have been involved as a performer on many occasions with Beatlemania, Beach Boys & Queen tributes plus an unbelievable couple of years playing with world famous guitarist Ron 'Bumblefoot' Thal, formerly of Guns 'N' Roses. Topping the bill and playing second guitar to such a rock legend was totally amazing and after being labelled a cheesy 'middle of the road' pop producer for so long, it was pure joy to show the 40,000 strong crowd attending that I could rock with the best on a festival stage. Playing a dual harmony guitar solo with one of the best guitarists in the world at a Burapa Pattaya event ranks as one of my top five highlights since moving to Pattaya.



So, to this year and some regular international festival favourites will be appearing alongside some interesting new performers like Thai band 'Fareinheight', reggae and ska band 'Foggo' plus a crazy international rocker, 'Yeti'. It is strongly rumoured that popular Thai legendary guitarist 'Lam Morrison' will be making an appearance after a recent illness left him hospitalised.

There is a more than a good chance that you will be able to see me playing with my Chinese female powerhouse 'Coco Zhu' including a live performance of our new original song!

'Richie Rhodes', who has been involved with the organizing team since day one of this long running event, will once again be scheduling the performers and helping to create a unique festival vibe as has been so successful in the past. He tells me that there will be increased parking spaces this year and more exits plus a more diverse range of legal experiences to help the general atmosphere of this wonderful 'Woodstock' like event (I think you can guess what I'm alluding to..!)

A Burapa Pattaya Bike Week and Music Festival is like no other in the world especially with the no crime, no policing and complete comradery between all the motor cycle clubs. Expect love, peace, harmony and a feeling of wonderful elation about life as you witness a plethora of photo opportunities with incredibly colourful like minded people. Also, being so close to Valentine's Day, it's appropriate that all you need is love and, in fact, love is all around. See you at Burapa 26. Rock on !



CROSS WORD FEBRUARY 2023

Across

1. Actress, ___ Berry
6. Prod
9. Golf club
13. Movie starring Sigourney Weaver
14. Nocturnal creature
15. Ambit
16. Wanderer
17. Body of water
18. Relative
19. Push down
21. Wrongdoing
23. Forty winks
24. Used as fuel
25. Man or boy
28. Small stream
30. Nuance
35. Part of the eye
37. Burden
39. Oddity
40. Solitary
41. Coherent
43. Secret agent, James
44. Remedy
46. Used to calculate net weight
47. Rim
48. Consortium
50. Rip
52. Long fish
53. Peel
55. Be seated
57. Monolithic
61. Enchant
65. Obviate
66. Fish eggs
68. Empower
69. Circumvent
70. By way of
71. Rhonchus
72. Actor, ___ McGregor
73. Tree
74. Surname of actress who played Arwen in The Lord of the Rings

Down

1. Part of a clock
2. Succulent, ___ vera
3. Hobble
4. Gain knowledge
5. Make attractive or lovable
6. Chinese god
7. Wonder
8. Incrimination
9. Magician's baton
10. One time only
11. Stare at
12. Action
15. Pastoral
20. Tumble
22. First name of actor who played Gandalf in The Lord of the Rings
24. Notice
25. Fragrant plant
26. Perfume
27. Buffet car
29. Oaf
49. First name of actress in 74 across
51. Compilation
54. Effrontery
56. Large marine food
57. Manufactured
58. Affirm
59. Soft drink
60. Part of the zodiac
61. Ray
62. Object of worship
63. Traditional knowledge
64. Pitcher
67. Fuel

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SOLUTIONS ARE ON PAGE 49

SUDOKU FEBRUARY 2023

SOLUTIONS ARE ON PAGE 58

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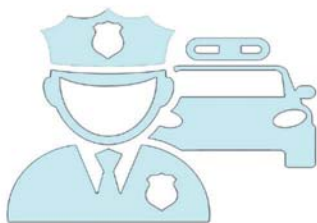
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IMPORTANT TELEPHONE NUMBERS



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



Bringing Businesses Together

Are you looking for a partner to help your business or business community thrive?

At BBX we are an experienced and committed team, designed exclusively to help businesses grow

Who we are?

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

H	A	L	L	E		J	A	B		W	O	O	D	
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HARD

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3	9	8	4	6	1	5	7	2
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5	6	1	9	7	2	4	8	3
4	2	5	6	3	7	8	1	9
6	8	9	1	2	5	3	4	7
7	1	3	8	4	9	2	6	5

MEDIUM

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7	1	8	4	2	6	5	3	9
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4	2	3	8	9	5	7	1	6
1	3	4	9	5	8	6	2	7
8	7	2	1	6	4	9	5	3
5	6	9	2	3	7	8	4	1

MEDIUM

8	7	1	2	4	5	6	9	3
6	4	5	9	3	7	1	2	8
9	2	3	8	1	6	7	4	5
2	1	4	3	6	8	5	7	9
3	9	7	4	5	2	8	1	6
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4	5	9	6	7	3	2	8	1
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Koh Phangan - Impressions from a non-party, non-yoga person and former Digital Nomad!

By Kim Waddoup

Just for clarity, maybe I should preface this article with the proviso that I am a sane and mature human who loves to travel and explore new places. I don't think that I can be stereotyped and apologise in advance if I do this to others. Koh Phangan is very different with wildly diverse people and sub-cultures that are quite unusual for the rest of Thailand. I am not saying this in a negative view but keep shaking my head as I write this article! My first impression of Koh Phangan was of a green, fertile island with steep hills. Especially on the West of the island where the resorts are to be found below the road with gradients so steep as to limit any guests with limited mobility.

For the first night we booked the Pimmada Hut on Pleayleam Beach, mainly due to its proximity to Thong Sala. Whilst a lovely small resort, it did not state that the roadway down was dramatically steep. Going down was a challenge but coming back up we almost reverted to hands and feet. The chalets were simple but adequate and being the only guests, we were offered their beachside chalet just 2 metres from the sea.

Naturally we were well aware of the reputation of this



island with its infamous Full Moon parties and bohemian yoga fanatics, but the mix of visitors to the island is complex. There are many couples, young and old and probably the world's largest collection of dreadlock hairstyles and digital nomads laying claim to their tables at the island's coolest cafés. A real cornucopia and melting pot of world travellers.

Ao Hing Kong is a long but small beach running along the road. Haad Son Resort and Koh Rahan Beach Club are well worth a visit. The beach club is located on a rocky outcrop, decorated in a fantasy/shipwreck style and the bar is very cool with spectacular views.

The weather was not at its best when we discovered

Haad Salad (Salad beach) but we were most fortunate to find a great offer on Booking.com for the superb Salad Buri Resort. It is a good-sized resort with a comfortable beach restaurant, 3 swimming pools and direct beach access. The hotel and Salad beach became our comfortable home for 4 nights which is quite unusual for us as we generally change hotels/resorts every day!

Also on the beach is a thatched roof massage establishment. There is nothing better than having a professional massage with just the sea breezes to cool you.

North of Haad Salad we explored Mae Haad Beach and the curious sandbar out to Koh Ma. From Mae Haad Beach it is just a short drive to Ao Chaioklum beach and its selection of fish restaurants overlooking the bay. Now in full exploration mode we headed to Haad Kkom and the road twisted and the gradients were spectacular with scenic views that were impressive along the way.

We then followed the road along towards one of the most beautiful little beaches in Thailand, Haad Khom. With just 2 small resorts of bungalows directly on the edge of the beach this must be what most people can only dream about.



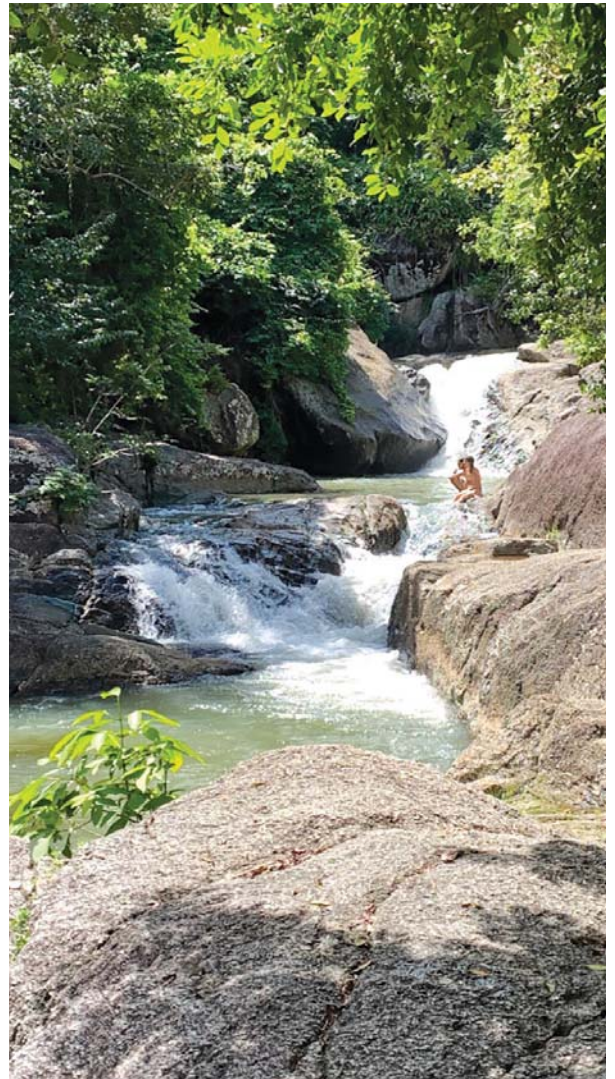
The next bay is Ao Thong Nai Pan Yai which has managed to avoid the onslaught of International hotels and features simple resorts all directly on the beach. Returning towards Thongsala we turned left at the roundabout towards a series of waterfalls. There are some places to park and walk down, again quite steep and at the Phu Dang waterfall you can swim in the clear water.


Follow the falls to the end of the road and you come to the Deang Waterfall, and as the river flows into the sea the vista of Haad Than Sadet beach suddenly opens through the foliage. Probably one of the most enchanting beaches that I have visited, there is an excellent little bar, lovely white sand and an impressive, surrealistic bamboo bridge over the small river. From There we drove on to Haad Rin Nok beach, the location of the notorious Full Moon Parties. The 'avenue' to the beach is littered by boarded up shops but the beach itself is actually impressively beautiful.



Finishing on a high, our exploration of the island was complete and it was time to book the ferry for Koh Samui. What are my impressions of Koh Phangan? It is well worth a visit; the scenery and beaches are truly spectacular. It is probably the least Thai place that I have visited. Very few Traditional Thai greetings and not so many smiles, as the majority of the staff are from Myanmar. Not a criticism, purely an observation. The people on the island are a mix of modern-day hippies, bohemians, yoga aficionados, vegetarians, vegans, partygoers and couples blending together like one of the island's smoothies. Be prepared for steep gradients on the road and if you do ride a motorbike, please wear a helmet as it is not easy to drive. Otherwise enjoy and bask in the glory of this island paradise!

For more from Kim Waddoup visit his website
<https://meanderingtales.com/>





There's nothing quite like visiting an unfamiliar country and locale, taking in the sights and sounds and feeling like you're breaking new ground for yourself. It's the kind of experience you won't really find anywhere else, which is why so many people are interested in hoisting up their backpacks and doing some hiking on the other side of the world.

However, the prospect of travelling to a place you've never been in can be stressful and intimidating, especially if it's your first time going abroad. While there is no guarantee that things will go smoothly (something always comes up), you can minimise risk and improve your odds of a relaxing, unforgettable trip with the tips below.

1. Using an online planner

There's no denying that it isn't easy for new travellers to feel confident about planning a trip abroad. Such is why there are online planners that can help you plan things out based on preferences, dates, and the weather. It's never a bad idea to prepare as much as you can before a big trip, so feel free to utilise the services of top-quality planners such as [routeperfect.com](https://www.routeperfect.com).

While planning a trip will take much more than an online planner, it's best to get an idea of how you want your travels to go, and online planners make it much easier for you to feel things out. Whether you want to go off the beaten path or focus on a safer trip based on hotspots, online planners can help you visualise your trip abroad.

2. Familiarise yourself with your planned destination

It's not a good idea to head to an unfamiliar locale without any idea how the locals do things. For example, do most places accept international cards, or are you required to use local currency for most places? Are there strict rules regarding specific types of behaviour? Is it the kind of place where haggling is the norm?

Most importantly, do tourists have to stay vigilant due to the potential for scams—or worse? The more you familiarise yourself with a location, the easier it will be to minimise risk.

3. Take good care of your travel documents

Unfortunately, there are situations where travellers accidentally lose important documents, which can lead to significant issues if you aren't careful. Best-practice for travel documents include making copies (both hard and digital) and double-checking your documents before, during, and after the trip.

4. Ensure you have local currency with you

Even if you know that international cards are expected, there are far too many advantages for those that bring local currency when heading abroad. You never know when you might need it, and most of the amenities can only be purchased with local currency. Even if research tells you that most places accept cards, it's far better to have local currency ready.

Aside from the best-practice tips above, you'll want to ensure that you pack light, as it can be challenging to keep track of things if you bring too much with you. The idea is to keep stress levels to a minimum, allowing you to focus on your trip. While it might be intimidating for first-time travellers, it's an experience you won't soon forget.

TD TOP TEN CRUISE DESTINATIONS FOR VALENTINE'S DAY

By Kanchan Nath

Loved-up couples are increasingly choosing to visit exotic locations for a romantic Valentine's Day break and now the top ten destinations have been named. With Valentine's bookings up 200% on last year, luxury cruise experts at Panache Cruises have named the top ten most romantic spots around the world.

From idyllic beaches to bustling city breaks, these spots are the ideal destinations for love birds to enjoy some quality time surrounded by charming settings. To make the experience even more enjoyable, couples are encouraged to embark on a cruise ship that takes travellers on a voyage while also offering luxurious accommodation, elegant restaurants and fun entertainment along the way.



James Cole, founder and managing director of Panache Cruises said: "As pandemic restrictions have lifted, we have seen a sharp rise in bookings around Valentine's Day as couples seek to celebrate their relationship. "Escaping routine and having some one-on-one time while exploring new destinations with your significant other is a fantastic way to spend Valentine's Day. "There are places around the world that offer enchanting settings that are bound to make you and your other half swoon. "Going on a cruise with your loved one is one of the most romantic experiences you can give them. "You can go on dates in elegant restaurants and bars onboard, soak up the amazing views and enjoy all the luxurious facilities and treatments offered on the ship – all that while enjoying stunning seascapes and discovering beautiful destinations.

1. Santorini, Greece

Santorini is considered to be one of the most popular honeymoon destinations for a good reason. This Greek island has incredible views and sunsets, beautiful blue-domed white houses built on cliff sides and the brilliant blue Aegean Sea, which make this charming island the perfect spot for a romantic getaway. Couples can wander the cute villages, go wine tasting, visit volcanoes and enjoy sunrises and sunsets on beautiful beaches.

2. Venice, Italy

Venice is a unique city that allures visitors with its canals, stunning architecture, art and history. What could be more romantic than sailing off into the sunset on a gondola with your loved one or strolling hand-in-hand across romantic bridges? Not to forget, visitors can enjoy delicious Italian cuisine and incredible hospitality.

3. The Maldives

The Maldives is a popular holiday choice for romance-seekers who are looking to go off-grid for some relaxation. The crystal clear waters, pristine beaches and overwater bungalows make it a paradise where couples can unwind and soak up the sun.

4. Paris, France

One of the most traditional romantic cities is undoubtedly Paris. Couples can explore many famous love-drenched landmarks from the Eiffel Tower to the Pont Des Arts bridge outside of Notre Dame, go on serene strolls by the Seine and try out French cuisine in chic cafes and restaurants.

5. Kauai, Hawaii

Kauai is a picturesque destination in Hawaii with endless sandy stretches, waterfalls and gorgeous scenery. This island is perfect for love birds who want to escape crowds and embark on romantic adventures. Kauai delivers everything that a couple could ask for, from serene, secluded beaches and resorts, to fun activities like surfing and snorkelling.

6. Cancun, Mexico

Cancun provides some of the world's most luxurious beach resorts that also include amazing food and pampering, with many of them catering to couples or adults only. Couples can enjoy lavish spas and treatments in the resort or opt for adventurous nature trips, like exploring natural swimming pools and Mayan ruins, or trying scuba diving in the underwater caves.

7. Bali, Indonesia

Couples who are looking for an enchanted jungle paradise should bump Bali to the top of their bucket list. Bali offers breath-taking vistas with its emerald green rice fields, magnificent volcanoes, waterfalls and mystical temples.

8. Dubrovnik, Croatia

One of the less commonly known romantic destinations is Dubrovnik in Croatia. With its stunning medieval old town, narrow cobbled streets and beautiful sea views, it provides the perfect setting for romance-seeking couples.

9. Budapest, Hungary

Budapest is an ideal location for a romantic city break. It's located on the Danube River, so tourists can enjoy amazing riverside views when they're on a relaxing stroll along the bank or try some traditional Hungarian food at a boat restaurant. A trip to Budapest is not complete without soaking in the historical thermal baths.

10. Fiji

Fiji is an exotic tropical paradise known for its dreamy resorts, vibrant reefs and pristine beaches, and is perfect for those who like their privacy. Couples can go island hopping and may even find a private beach that's all to themselves. There's even a Turtle Island which is only for couples and hosts a maximum of 14 couples at a time.



228M Chinese travellers per year by 2030

By Kanchan Nath



The number of outbound trips made by Chinese citizens is expected to increase from 170 million in 2019 to reach 228 million in 2030, according to the new *China Outbound Tourism Handbook 2023: 88 Practical Ways to Prepare for the New Wave of Chinese Visitors*. The 200 million milestone of annual cross-border movements from China is likely to be breached in 2028 – 14 years after it reached the 100 million mark in 2014.

The *China Outbound Tourism Handbook 2023: 88 Practical Ways to Prepare for the New Wave of Chinese Visitors* is co-written by Wolfgang Georg Arlt and Gary Bowerman. The Handbook introduces the developmental drivers of the first 25 years of Chinese outbound tourism since it officially began in 1997, and assesses the outlook up to 2030. The main section is divided into 88 key themes that will influence the development of Chinese outbound travel throughout 2023 and beyond.

Vital travel drivers discussed range from VFR and Business Travel to Family Trips and Student Travel. Niche segments featured include Winter Sports, Pop Culture Tourism, Self-drive & RVs, Adventure Travel and Weddings & Honeymoons. Consumer engagement strategies through Social Commerce, Mixed Reality and Metaverse Marketing, Virtual Idols and Livestreaming are covered. So, too are the latest developments in Duty-free Shopping, Chinese Brands, Camping & Glamping, Travel Fashion and Themed Hotel Staycations.

Each of the 88 segments features a quick-read summary at the beginning, a page of up-to-date commentary and three bullet-point takeaways at the end. These are directly applicable actions to help travel, tourism and hospitality businesses tailor their products and services as well as their marketing to meet the new needs and aspirations of Chinese travellers.

The *China Outbound Tourism Handbook 2023* explores the dramatic changes within China over the past three years – and guides readers to view Chinese tourism through a new lens for an unfolding era of travel. It explores the emerging travel, technology, fashion, branding, retail, marketing and lifestyle trends in China during the pandemic. It discusses the diverse impacts of the Covid-Zero policy on travellers and travel businesses. The authors also provide practical advice and tips for travel industry players to enhance international travel and tourism experiences for Chinese tourists.

The *China Outbound Tourism Handbook 2023* is written by Prof. Dr. Wolfgang Georg Arlt and Gary Bowerman. These two leading authorities count decades of experience in the field. They regularly interact with travel industry leaders in China, Asia and worldwide. Both are in-demand speakers at international tourism conferences and are frequently interviewed by media organisations on all continents. They write and publish widely on Chinese and Asian travel developments, and research the developing travel and lifestyle trends across China and worldwide. Editorial support and artwork are provided by Zheng Rong.



Living the Extraordinary

"To live is the rarest thing in life. Most people just exist." Oscar Wilde

"Space is the ultimate freedom." Mendes Cavin, Founder & CEO of Deehiy. Deehiy believes in well planned space rather than the quantity of it, which goes against almost every principle of property development in Thailand where, until now, the number of bedrooms has been a more important criterion to buy property than its size or comfort. "We aim at creating spaces to unwind and rejuvenate from daily stress in a home where you feel comfortable and confident to host friends"

Casa Verde Villas consists of 8 secluded pool villas. 7 sit on a plot of 135 square wah (540 square meter), and 1 on a plot of 189 square wah (759 square meter). The standard house size is 435 square meters over two floors with 3 generously spacious bedrooms. Casa Verde Villas are designed with a yet unseen architecture, surrounded by greenery as the name would suggest. The biggest difference to the "usual" single house is the front of the building, which does not contain a large fence or brick wall but instead an open entrance showing the beauty of the building. Privacy, or security, however is not an issue, as the fence is set back further into the property and thus offers the same security or privacy as any other walled-in property would.

"What you see is what you get", Mendes says, in contrast to the often misleading imagery seen when looking at marketing materials of other developers and comparing them to the actual finished product. We have developed luxury hotels for over 12 years and now bring the same quality and detail finishes to the residential market", he continues. Casa Verde is built based on Swiss finishing standards, UK electrical standards, and the use of various imported materials. These include a new wall system from Germany that assures better durability, fire resistance and insulation. "We want to use only the best quality materials to create Casa Verde and therefore choose various European brands to achieve that".

Casa Verde Villas will feature 3 bedrooms and 3 bathrooms, with 1 bedroom on the ground floor next to the pool and two rooms on the upper floor. The ground floor offers a large open space combining kitchen and living area overlooking a beautiful pool and lavish green backdrop. For those who enjoy fine wines, the villa offers a provision for a built-in wine room. There is a garage with space for two cars and direct access to the house, another small convenient detail. The master bedroom, located on the upper floor, spans over 72 square meters with a spacious walk-in closet, large bathroom and a beautiful round bathtub overlooking the swimming pool.



Casa Verde Villas is located just behind Tara International School, set into the beautiful countryside of Nongprue. "The development has its own water well and produces drinking water quality through a Dutch designed filtration system, allowing residents to drink best quality mineral water from their tap at home", Mendes mentions. "This was something very important to me as it is normal in my home country (Switzerland), and I wanted to bring the same convenience to Pattaya".

Casa Verde Villas has indeed many unique features, and breaks a few of the usual rules of Thai developments for the benefit of those who appreciate quality and comfort.

For more information and to stay up to date with progress and pricing, please visit

www.casaverdevillas.com



GUSTAF REAL ESTATE

Discover Pattaya was delighted to view Gustaf Real Estate's Second Office

As Pattaya gets busier and back to its bustling former glory everyone is happy to have the extra business. None more so than Gustaf Real Estate who have found that more people visiting the city has produced extra opportunities not only for Sales and Rentals but also for overseas customers keen to invest in Pattaya's property market.

This busy real estate company has just opened their new branch at View Talay 2, Thappraya Road Jomtien which Discover Pattaya was delighted to visit. It has been some time since we last went to the View Talay shops and offices on the ground floor. During the pandemic it was a sad reflection of Pattaya's state at that time with most units closed and a dark sombre air. Now the View Talay 2 building, like the city itself, is thriving, with a hive of activity along its corridors. Also a lovely pool side restaurant that serves great, Thai and European food.



It's a lovely location for Gustaf's newest member of staff Khun Sue who spent 15 years in Cardiff and so can add some Welsh to the varied language mix that the team have between them.

They already speak English, Thai and Swedish and just like Khun Naree and the rest of the team Sue is a friendly, enthusiastic person happy to help you with any of your property needs.

Congratulations to the Gustaf Real Estate team. We wish you all the best in your 2nd location!





Great News ! Our 2nd Office
in View talay 2 Jomtien
IS NOW OPEN

Based in Pattaya, we
are a sales team who's
goal is to help you buy
or sell your property
for the best price!



Our team will also still be available at our
original address.



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KITCHEN Trends 2023



Open-Concept Kitchens with plenty of seating for the whole family are a strong trend in new kitchen designs. Always a central hub for the home, during the last couple of years the kitchen has become especially important as a family-friendly space. An area to be used not only for cooking, eating and entertaining but also as a “work from home” space or place for the kids to do their school work.



Maximizing light has been a popular kitchen trend for a while now and will certainly continue into 2023. Huge windows, all white kitchens and reflective matte surfaces will all help to boost the glow from the incoming sunlight.



Another important feature are marble or granite countertops and large cooker hoods that really make a statement and give a highlight to the room. Open shelving also helps break up the all white look.



Expect to also see an increase in organic, eco-friendly designs. Plastic is out, and natural, sustainably sourced materials are in. The heightened awareness of environmentally friendly design is sure to stay, with two-tone wood kitchens gaining in popularity. Also the use of wood, stone, and ceramics that sit alongside give a fresh, texturally pleasing effect.

Making the most of what you already have can help in a kitchen revamp. With new lighting and cabinets providing great potential in the updating of an interior. You can also make the most of a tight space with a stowaway kitchen where a wooden shutter as shown below can cover a bed during the day and slide over to cover the kitchen at night. These designs are so sleek and minimal that they fit into a standard built-in cupboard. So, if you want to renovate but don't have much room, consider a space-smart alternative.



As an alternative to the white kitchens dark woods are really popular especially when mixed with interesting finishes and unique hardware. extra large cabinet hardware providing the icing on the cake:

By mixing finishes, such as brass, bronze, stainless, nickel and more you get a varied and visually rich look Also kitchens with loads of lower drawers, instead of cabinets, are on the rise because drawers glide out more easily, and can store so much more. Bending down, and getting on your knees to discover lost items at the back of the cabinet will be a thing of the past!

Giving your kitchen a more furniture feel can also be accomplished by adding actual furniture pieces, like using a farmhouse table or vintage desk as a great alternative to a center island.

Stone slabs are also dominating countertops and especially with a dark wood kitchen can help to provide light and enhance the kitchen with a contrast that in lighter neutral colour themes never could. Expect to see more and more kitchens featuring natural stone as well as dramatic pattern stone and marble.

Experience a better style of **Living in Pattaya**



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