

# DISCOVER PATTAYA



**Q**ULTURE THE NO 1

AMERICAN DINING EXPERIENCE IN PATTAYA





# QULTURE

## LOUNGE & CAFE

**In just 2 ½ years Brandon and his team have built the name Qulture into a brand that brings the No 1 American Dining Experience to Pattaya - DAY OR NIGHT!**

**With 2 premium destination spots on Jomtien 2nd road the Qulture Lounge and Cafe is buzzing from 8 in the morning through to 5:30 pm. With signature dishes that keep people coming back for more, the French Toast has so many Tik Tok fans its videos have gone viral!**

**Brandon engages with all his customers making sure they're happy and loving the food - which they do! Many even coming here directly from Bangkok just to try the delicious, authentic American Cuisine.**



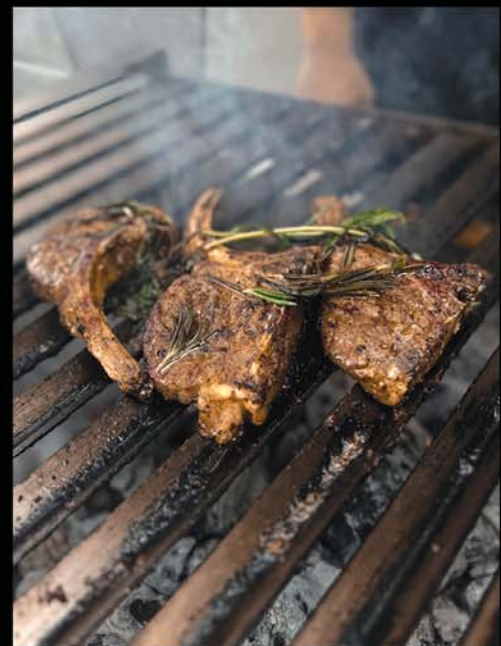




Customers love hanging out so much at the Cafe lounge they just don't want to leave at 5:30 p.m. So Brandon and his team have created Qulture Lounge & Bar. Just a stroll from the cafe, it opens at 4pm and gives the Qulture Vultures a place to enjoy the vibe right through until 11:30 pm



There's an amazing selection of cocktails covering all the classics but also with some inventive creations from the 2 great mixologists. With indoor or outdoor seating many customers choose to sit at the bar and watch these cocktails being created.



For those wanting Jazz with their Soul Food - Shaddow is at Qulture every Thursday and Sunday evening. Bringing his African American Songbook to the Bar. Just another reason why so many American visitors who come here say it feels just like home.

**Try it for yourself!**

Located in front of the Rivera Jomtien (2nd Road)

Qulture Lounge & Cafe Mon - Sat 8am - 5:30pm

Qulture Lounge & Bar Tues - Sun 4pm - 11:30pm

**Q**CULTURE  
LOUNGE & BAR



INSTAGRAM



LOCATION



# DISCOVER PATTAYA

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THE NO1 AMERICAN DINING EXPERIENCE!

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### *This Month in Discover Pattaya*

Hi Everyone

What is it about the human condition that tends towards gossip and leads to resentment of people who are doing well? Even more perversely that causes delight in social media stories featuring bad news and businesses failing? On our Front Cover we unashamedly buck this trend and show a real Pattaya Success story as this is what we most like to cover.

Brandon and his team at Culture swept into Pattaya (on Jomtien 2nd road) with a cafe which brought classic American diner dishes to a new level and caused videos of their popular French toast to go viral! They have built on this success with the Culture Cocktail lounge. We urge you to go try both these amazing hangouts to enjoy their food, the music and their general positive vibe. See for yourselves and like many who travel direct from Bangkok for the experience, you will agree that they provide the No 1 American Dining Experience in Pattaya.

Also on page 52 we carry on with another of our series of articles entitled "Pattaya Patriots". Celebrating the selfless work of Liz and Lhen Lhen. If you want to nominate anyone you feel deserves the title, please write to me at [gloria@pattayatrader.com](mailto:gloria@pattayatrader.com) and let me know.

Onwards and Upwards everyone and please remember if there are fewer Chinese tourists this year than last, Discover Pattaya will help you reach out to the many other nationalities who still love to visit Pattaya !

Gloria x

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# DISCOVER PATTAYA

## DELIVERING OUR MAGAZINE AROUND PATTAYA'S PREMIER HOTELS



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For months now we had been advertising what must surely be the best breakfast deal in town without having tried it for ourselves. That had to be put right, and so without further ado, we went along to the InterContinental Pattaya Resort to see if their breakfast buffet really was a blissful experience.

First of all, if you know the InterContinental in Pattaya's Pratumnak area, you will know just how picturesque a spot it is. On a clear day - which mercifully it was when we were at the resort, you have wonderful sea views right across to Koh Larn. So we took full advantage of this and chose outside seating to get the full experience of having a wonderful al fresco, hotel buffet breakfast without even being on holiday.

So the deal from the InterContinental is that between 6:30-10:30 a.m. from Monday to Friday, even if you are not staying at the resort, you can enjoy a tremendous selection of breakfast food at their Elements restaurant. Usually, it costs 775 baht but until further notice, except at weekends, it is Buy 1 Get 1 Free, so "Blissful indeed"! Read on to see what's on offer for around just 400 baht a head!







Once seated you are offered a hot drink and juice. We both went for creamy cappuccinos with one freshly squeezed orange and one watermelon juice. Inside we found, of course, a great egg station where I opted for the omelette “with everything” because I love all the little cubes of onion, ham, peppers etc. you get with an egg station omelette.

My colleague had fried eggs “over easy” (as our American pals would say). With eggs you can get sides of baked beans, grilled tomatoes, sausages both pork (hurrah) as well as chicken and a choice of either soft or crispy, streaky bacon, also there is Dijon or English mustard to choose from.

Open up the many hot dishes lined up and you will find loads to choose from, even sushi, rice and noodle dishes if you so wish. Want to be a little healthier? Then why not look after your microbiome with some salad or beautifully prepared fruit? I had watermelon, honey dew melon, Thai green melon and papaya. There are also some cute little glass jars you can pick up with delicious extras such as muesli, blackberry yoghurt and apple compote - delicately seasoned with cinnamon.

Then just when you think you cannot take another bite and charming, happy young man approaches you offering a plate full of mini, chocolate muffins - yes “Blissful” indeed!



Try it for yourself any Monday - Friday 6:30-10:30 a.m. at Elements Restaurant, InterContinental Pattaya Resort.  
Also home to the Marvelous BBQ Seafood Buffet on Saturday 6:00 - 10:00 p.m.

  
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# POTONG

Chef Pam (Pichaya Utharntharm) has become the first ever Asian Chef to receive The World's Best Female Chef status. She has also earned Michelin Star and "Opening of the Year" awards from the Michelin Guide and is the first and only Thai female chef to achieve the status of 3 knives from the World Best Chef Award.

Born in Bangkok on July 15, 1989, Chef Pam trained at the Culinary Institute of America and went on to work in 3 Michelin-starred kitchens, before returning to Thailand. Here she founded Restaurant Potong, which has received acclaim for its bold tasting menus and deep cultural storytelling.

Known for her innovative approach to modern Thai cuisine Chef Pam blends traditional Thai flavors with global techniques. A trailblazer in Thailand's fine dining scene, she emphasizes sustainability, local ingredients, and culinary heritage.

"I'm truly honoured to be named 'The World's Best Female Chef 2025' and humbled to be the first Thai and first Asian to join the remarkable women who have paved the way before me.



## CHEF PAM IS NAMED THE WORLD'S BEST FEMALE CHEF 2025

This award highlights the importance of recognising women's invaluable contributions to the culinary world. It's not just for me, but for every other female chef who may contribute to the journey of Thai cuisine on the global stage. As a Thai, I feel proud that I'm able to bring the words of Thai food, the words of Thailand and Thai cuisine, to the world stage, and hopefully to take true Thai flavours around the world with me, and not just the common dishes. I want to show the world that Thai cuisine has so many sub-cuisines and we have a deep culinary history. Even our produce is amazing all year round. Above all, I hope this award inspires the next generation of female chefs to pursue their culinary dreams".





Chef Pam goes on to add when talking about her restaurant Potong: “We want the customer to feel like they’re travelling back in time to a museum of my family’s heritage, and with my 5 elements philosophy, I want my customers to make long-term memories at Potong so I try to incorporate all five senses during the dining experience,” Restaurant POTONG, helmed by Chef Pam has won many awards:

Michelin Star from Michelin Guide, Michelin Thailand Opening of the Year Award, #35 ASIA’s 50 Best Restaurants 2023 from World 50 Best Restaurants Awards. Condé Nast Travellers and World Culinary Awards as “The Best New Restaurant in the Word: 2022 Hot List ” (the only Thai restaurant in Bangkok to be featured in the article from Condé Nast) And Bangkok Awarded prestige accolade from TOP 25 Restaurants.

Here’s some of what TOP 25 Restaurants said when giving this award “At POTONG, Chef Pam delivers a contemporary and exciting experience of progressive Thai-Chinese cuisine. Located near the entrance to Sampeng Market, the restaurant is located in a 120-year-old Sino-Portuguese architectural building and the traditional medicine house of Chef Pam’s great-great-grandparents.

POTONG’s fine dining menu is designed to take you on a journey through time, not only culinary but sensorial as well, as patrons progress from one floor to the other, feeling the spirit and vibrations of the building’s history...”

Chef Pam and her partner also set up THE X PROJECT group that caters specifically to catering requirements for extraordinary events. With unique menus which are influenced by global cuisines and trends. Whether the modern Thai, Chinese, European, elegant fusion, luxury comfort food, or cutting-edge molecular gastronomy, Always using the highest quality seasonal and ethically procured ingredients to create vibrant and seductive culinary delights.

Now one of the top influencers in the culinary world of Thailand today, Chef Pam is not only a critically acclaimed chef but also a global television personality (Top Chef Thailand, Top Chef Arab World, World Cook Competition, Iron Chef, Maverick Academy, and many more). Making her one of the most recognized faces of Asia today.

Her creativity and precision not only earn her multiple awards but solidify her place as a leading figure in Asia’s contemporary gastronomy. With this new title of Asia’s Best Female Chef, Chef Pam’s popularity is set to accelerate further and she is sure to inspire generations of young chefs along the way.





# The Importance of Regular Grooming for Your Pet

Proper grooming is not just about keeping your pet looking good—it's an essential part of maintaining their overall health and well-being. Regular grooming sessions can help prevent numerous health issues and improve the quality of life for both you and your pet. Here's a look at why grooming is so crucial:



## 1. Skin and Coat Health

Regular grooming, including brushing and bathing, helps remove dirt, dead skin, and excess hair from your pet's coat. This process not only prevents matting and keeps the coat shiny but also stimulates the skin to produce natural oils that protect and moisturize. Additionally, during grooming sessions, potential issues such as ticks, fleas, and skin infections can be spotted early, allowing for prompt treatment.



## 2. Preventing Painful Matting

For pets with longer hair, knots and tangles can quickly turn into matted fur, which can be painful and lead to serious skin infections. Regular brushing and professional grooming keep mats at bay and make your pet more comfortable. Groomers can safely remove mats without harming the skin underneath.

## 3. Hygiene and Odor Control

Grooming is vital for keeping your pet clean and hygienic. Regular baths remove dirt and odors from your pet's skin and coat, which is especially important for pets that spend time both indoors and outdoors. Clean pets are also more welcome around the house and can snuggle up with you without concerns about cleanliness.



## 4. Nail Trimming

Long nails can be painful for a pet, causing difficulty walking and potentially leading to arthritis in the paws and legs. Regular nail trimming prevents this discomfort and reduces the risk of infection caused by nails splitting or breaking.

## 5. Ear and Dental Care

Grooming sessions often include ear cleaning and dental care, which are critical for preventing infections and dental diseases. Clean ears are especially important for breeds that are prone to ear infections, while regular dental care helps prevent tooth decay and gum disease, contributing to overall health.



## 6. Emotional Well-being

The physical act of grooming can be soothing for many pets, and it strengthens the emotional bond between the pet and the owner (or groomer). Regular grooming also accustoms pets to being handled, which can make veterinary examinations less stressful.

## 7. Detection of Early Warning Signs

Groomers are often the first to discover lumps, infections, inflammations, or other abnormalities that might not be apparent to even the most dedicated pet owner. Early detection of these issues is key to effective treatment.

## Conclusion

Grooming is an integral part of responsible pet care. It not only keeps your pet looking great but also contributes to their physical health and emotional well-being. Whether you choose to groom your pet at home or opt for professional services, the important thing is to maintain a regular grooming schedule. Your pet deserves to look and feel their best, and regular grooming is the way to ensure that.



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# The Rocket Festival:

*A Celebration of Culture, Rain, and Tradition*



Thailand is known for its vibrant festivals, we have all just experienced Songkran, but a less well known one which is usually celebrated in the northeastern region of the country is the Rocket Festival (Bun Bang Fai). This ancient rain-making festival blends folklore, religion and exhilarating festivities. Its origins are in ancient fertility rites and Buddhist customs, the festival taking place annually on the second weekend of May over 3 days.

This year Bun Bang Fai will run from Friday 9th to Sunday 11th.

**Day 1 (Friday 9th)** will focus on Buddhist ceremonies and merit-making rituals. Devotees visit temples to make offerings to monks, seeking blessings for a successful planting season. Traditional dance performances, music, and folk plays are also staged, providing a glimpse into the rich cultural tapestry of the Isaan people.

**Day 2 (Saturday 10th)** will be filled with colourful parades and lively street performances. Locals dress in elaborate costumes, and processions feature dancers, musicians, and large, ornately decorated floats. This is a day of joy and celebration, where people engage in revelry, drink local rice whiskey (lao khao), and participate in playful activities. One of the highlights of the second day is the Rocket Parade, where villages showcase their handcrafted rockets before the grand launch. The best-decorated rockets often receive prizes, adding an element of friendly competition.

**Day 3 (Sunday 11th)** is the most anticipated when the rocket launching competition takes place.. Participants bring their rockets to an open field, where they are set up on massive launch pads. Villagers cheer for their local teams and judges evaluate the rockets on their height, distance, and design. Those that soar high into the sky are believed to bring abundant rainfall, while the rockets that fail to launch or explode prematurely can lead to playful teasing and even throwing failed participants into mud pits

The Rocket festival is believed to have originated from an ancient fertility rite connected to Thailand's agrarian culture. The Isaan region, for example, is largely dependent on agriculture, and farmers rely heavily on the monsoon season for their crops.







The festival is held just before the rainy season to invoke the gods and ask for plentiful rains to nourish the rice fields. It is also linked to Buddhist traditions, as it usually takes place around the same time as Visakha Bucha Day, a significant Buddhist holiday marking the birth, enlightenment, and death of the Buddha, which this year will be on Sunday 11th.

The combination of religious customs and local beliefs results in a unique celebration that showcases the fusion of spirituality and communal entertainment.

Preparations for the Rocket Festival will begin weeks in advance. Thai people come together to craft giant rockets, known as Bang Fai, which can vary in size from small fireworks to massive bamboo structures packed with gunpowder. These rockets are often elaborately decorated and carry symbolic meanings. Traditionally made from bamboo tubes and packed with gunpowder, using techniques passed down through generations more recently some teams have adopted more advanced materials to ensure their rockets achieve impressive heights and distances. The rocket launching itself requires skill as the largest rockets, called Bang Fai Lan, can be several meters long and need careful handling to prevent accidents. While the festival is meant to be a fun and festive occasion, safety precautions are taken to minimize risks.

The Rocket Festival is primarily celebrated in the northeastern provinces Yasothon, Roi Et, Kalasin, and Ubon Ratchathani. Among these, Yasothon Province is the most famous for hosting the grandest and most spectacular Rocket Festival where it has grown into a major tourist attraction, drawing visitors from across Thailand and abroad.

The local government supports the event, ensuring proper organization and safety measures. The Yasothon Rocket Festival also includes additional activities such as beauty pageants, concerts, and food stalls.



For Isaan the Rocket Festival is more than just a celebration; it is a vital part of the Isaan identity. It strengthens community bonds, preserves traditional arts, and provides an opportunity for younger generations to learn about their heritage. The influx of visitors also contributes to the local economy, promoting tourism in the lesser-known regions of Thailand.

For travellers, attending the Rocket Festival it is a chance to experience authentic Thai culture beyond the usual tourist hotspots. The warm hospitality of the Isaan people, combined with the exhilarating spectacle of rocket launches, make for an unforgettable experience, whilst for the local people to seek blessings for a prosperous agricultural season continues to be at the heart of their celebration.



# Danny's Pie and Mash



Any self respecting Londoner has to have tried Pie and Mash at least once. More if you come from the East End! I had it at a traditional eatery on the North End Road whilst working at Olympia Exhibition Centre but that was many years ago. So when I saw it on the menu at Catch Bar & Restaurant I asked Danny, their international chef, and a true East Ender, where his favourite Pie and Mash place was. Quick as a wink he said "Eel & Pie House in Leytonstone". So I checked them out online. Their social media declares "It's been nearly a century since we first opened our doors and all our pies are still handmade daily using our traditional family recipe which dates back four generations."

However, if you're not planning a trip to Leytonstone any time soon, and you want to try this iconic British dish closer to home then you can get amazing Pie and Mash from Danny at Hookers Fishing resort in Huay Yai. I had to try it. But before doing so, I needed to ask about the infamous "Liquor" traditionally served with pie and mash. I think when I was in the North End Road I "chickened out" and just had gravy. I was put off by a rumour that it contained ground-up fish heads. Not true, Danny informed me. It was traditionally made with water in which stewed eels were cooked but in order to thicken the sauce gelatin had to be added. Danny prefers to make a parsley sauce from scratch with a roux that let me tell you tastes delicious, as does the creamy, buttery mash. Also, the homemade pie with mince beef and onion coated in delicious beef gravy is lip smacking good Try it for yourselves, and if you go on a Wednesday you'll also be treated to a Free Large Beer to wet your whistle!

By Gloria Jones



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# Why You need to go

By Gloria Jones

## UPSTAIRS — Lounge Bar & Grill —

Central Festival is a great place to go. Its extensive amenities make it a must-visit for both tourists and locals alike. Located in the heart of Pattaya, this premier shopping destination can be reached from Pattaya's 2nd Road or by its Beach Road entrance. It has over 370 retail outlets, including international fashion and beauty brands, electrical goods and entertainment venues. There is also plenty of available free parking to use while you cruise around the seven floors of air conditioned shopping heaven. Need a break from all the retail therapy? Then head to the beach side of the 2nd floor and the air conditioned sanctuary of Upstairs Lounge Bar & Grill..

You can also reach this beautiful, new restaurant directly from Pattaya Beach Road by use of an external escalator which literally takes you "Upstairs" directly to their al fresco terrace. Here you can watch the world go by along the palm tree lined street and enjoy panoramic views of Pattaya Bay.

We went to Discover what was on offer in this stunning new venue and were amazed by the variety offered in its comprehensive menu. Let's start with the food, and for long term residents of Pattaya who know the extremely popular Akvavit Grill & Bar in Jomtien, you will recognise chef Pelle's influence in this. With a tremendous variety of Mediterranean dishes, there were some Scandinavian favourites amongst them. I had to have the Toast Skagen as this delightful starter consists of succulent prawns in dill mayonnaise with lumpfish roe on toast. My colleague went for the Italian Beef Carpaccio and declared the delicately sliced beef tenderloin seasoned with Capers, black pepper, olive oil and sherry vinegar a delight. The additional garnish of walnuts was also very tasty.







Toby the manager had told us we had to try the signature Cold Cut and Cheese Platter so we decided to be obedient and give it a go. As you will see from the photo there is a sumptuous selection of cheeses, including a delicious Parmesan with a selection of Copa, Salami, Mortadella and Parma ham amongst the cold cut meats. Accompanied by crackers, fresh bread, olives, sundried tomatoes, nuts and fruits all imported from Italy, this dish was practically a meal in itself. However, we had to sample the entrees for the sake of our review you understand.

First of all, the fish with "Pasta Arrabiata" packed a good punch with shrimp, squid & mussels in a chilli, basil and tomato sauce. Another option we would definitely recommend is the Norwegian, salmon fillet pan fried in butter and served with cox lettuce, potatoes and a deliciously creamy lobster sauce.

We were told that no visit would be complete without trying some meat from the grill. So we shared a succulent grain fed Angus Ribeye with grilled asparagus and peppers and wonderful gratin potatoes.

Unsurprisingly this restaurant is already gaining a tremendous and well deserved reputation for its steaks with many diners returning again and again to sample from the vast range available. Choices include Ribeye, Tenderloin, Short loin, Striploin Wagyu and there is even a marble grade for those amongst us who are real steak aficionados. You really should rush to the current Buy 1 Get 1 Free promotion on a Thursday whilst it is still on!

In fact, take note of everything on offer at Upstairs Bar & Grill as it will soon become your favourite Pattaya Hang Out. For a full meal snack one of the best Irish Coffees I've ever had or a refreshing Aperol cocktail to be enjoyed as the sun goes down - cheers!



## Upstairs Lounge Bar & Grill 2 Floor, Central Festival Pattaya Beach

333/99, Moo 9 Pattaya Beach Road, Pattaya 20260

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MENU



REVIEW



FACEBOOK







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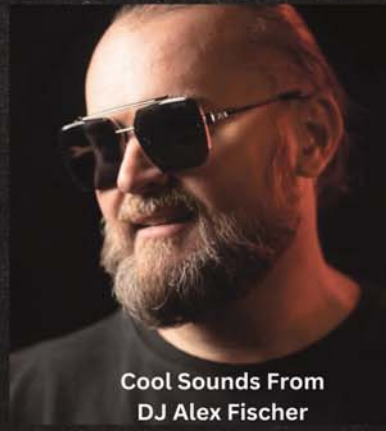
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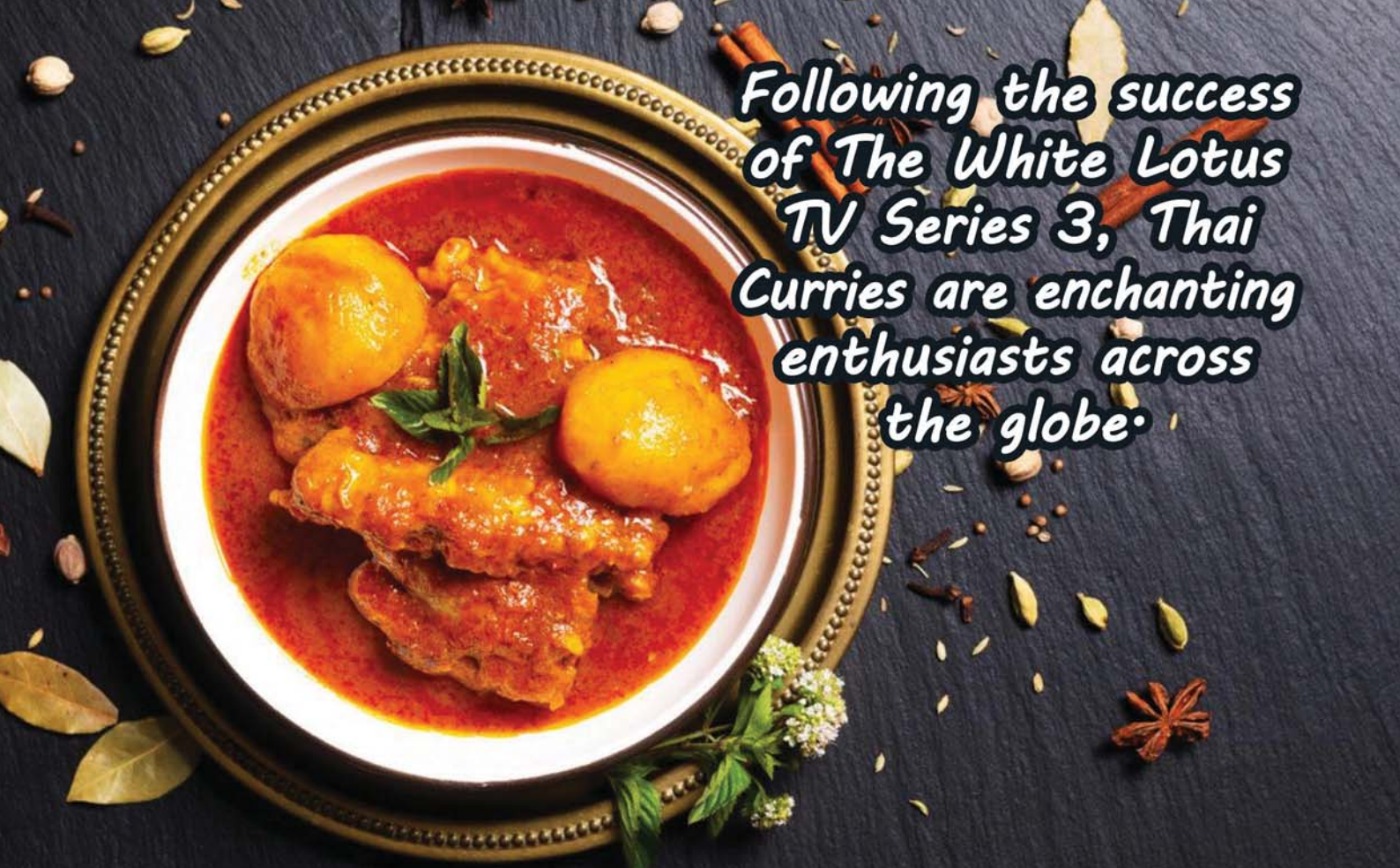
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Location







*Following the success of The White Lotus TV Series 3, Thai Curries are enchanting enthusiasts across the globe.*

Thai Curries are popular throughout the world but the uninitiated may not realise that Thai curries can be categorized into 4 main types:

1. Curry with paste and coconut milk: Notable examples include Green curry and Massaman.
2. Curry with paste, no coconut milk: This category features Kaeng Pa and Kaeng Som.
3. Curry without paste but with coconut milk: Tom Kha and Tom Kati fall into this group.
4. Curry without paste and coconut milk, e.g. dishes like Tom Yum and Tom Khem.

## Green Curry

At the heart of Thai curry is the revered “curry paste,” a harmonious blend of herbs and spices meticulously ground, pounded, or chopped. Ingredients such as shrimp paste, fresh and dried chilies, shallots, garlic, lemongrass, galangal, and coriander root meld together to create a robust foundation for these dishes. The preparation varies regionally, allowing each curry to showcase its own distinct personality.

An iconic staple, green curry derives its name from the vibrant green chilies that define its color.

This curry balances salty and spicy notes with the creamy richness of coconut milk. Diners can choose from a variety of proteins, including chicken, beef, pork, clown knifefish, and catfish, and enjoy it over rice or fermented rice flour noodles.





## Massaman Curry

Often regarded as the pinnacle of curry dishes, this masterpiece is celebrated for its exceptional flavour, appearing on many “best of” lists and lauded by esteemed international food platforms. Crafted with a harmonious blend of aromatic herbs and spices, the curry paste imparts a delightful balance of sweetness, sourness, saltiness, and heat. This exquisite concoction is further elevated by the luxurious richness of coconut milk and the earthy notes of peanuts. Simmered with potatoes and tender meat including chicken, beef, and pork, this dish offers a distinctive flavor profile that has enamored palates globally.



## Pineapple Curry (Kaeng Kua Supparod)

The term “Kaeng” might evoke thoughts of a spicy, broth-like soup. While this interpretation holds some truth, “Kaeng” refers to a category of watery dishes, each defined by distinct cooking methods and flavor profiles\*. Thai curries can range from those resembling traditional Indian curry to those with a more soup-like consistency, each offering a unique tasting experience.

Resembling red curry but milder in taste, pineapple curry stands out with its fruit-forward sweetness. The absence of intense spices results in a more delicate dish, harmonizing the curry’s savory base with the refreshing tang of pineapple, making it an enticing option for those seeking a lighter taste.

## Sour Curry or Kaeng Som

Sour curry shines a spotlight on acidity, with key ingredients like lime, tamarind, and pickled bamboo shoots contributing to its tangy profile. Depending on the region, it may present a sweet flavor characteristic as in the Central Region of Thailand, or a spicier iteration from the South. Often referred to as Kaeng Luang (Yellow Curry) due to its golden turmeric hue, it complements an array of seafood, including succulent shrimp, crab, delicate fish, and roe, as well as an assortment of locally sourced vegetables.



## Tom Khlong

For fans of Tom Yum, Tom Khlong is a must-try. This dish embodies the quintessence of clear Tom Yum, while enhancing the aromatic profile with the robust flavors of roasted herbs and dried fish.

Whether grilled or fried, the harmonious interplay of salty nuances from dried fish with the heat of chili spices, and tangy essence of tamarind juice culminates in a clear curry soup that is as fragrant as it is flavorful. Ideally accompanied by steaming jasmine rice to temper their heat.



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# Rotary Club Eastern Seaboard

By Rodney James Charman



This year, instead of giving goodies to the children agreed by our board, I asked each charity if they had any special needs to help their organisations? I am pleased to say I had a good response.

Pattaya Orphanage asked us to help as they had an outbreak of Flu B, Chicken pox, and a lot of the children were in quarantine. They requested several test kits to monitor other children around the affected. I ordered and delivered 100 kits within 48 hours for them.



Khun Toy of HHNFT, requested part of the school uniforms for the migrant children of ASEAN Education Center, socks are on the list, a donation of 15,000 THB plus a sweets bar.

Two smart LED TVs were requested by the Fountain of Life Children Center. We purchased 2 43-inch 4K Smart LED TVs that were delivered and installed along with some treats for the children.

Then out to Take Care Kids Foster Home, where we delivered fruit, rice, eggs, cakes and goodies. Father Ray Children's Village also requested fruit, Rice, eggs and goodies plus a Samsung 13.9 cu-ft refrigerator which we purchased and delivered.



**Rodney James Charman** Rotary Club Eastern Seaboard Assistant Governor 2018, 2019  
President 2015-2017-2020 Local Community Project Committee Email: [rodjames56@yahoo.co.uk](mailto:rodjames56@yahoo.co.uk)



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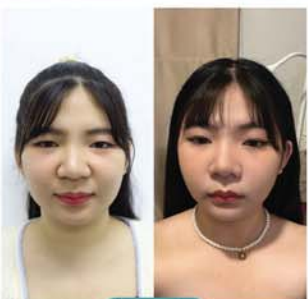
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# Stem Cell Treatment - Is it all Smoke & Mirrors?

By Gloria Jones

Recently a friend said he didn't believe in the efficacy of stem cell treatment declaring it all "smoke and mirrors" so I decided to find out if that statement was justified.

Looking up stem cells I saw that they were often referred to as the body's "master cells", having the potential to develop into muscle, blood, brain, or bone cells. Stem cell treatment itself being hailed as one of the most exciting areas in modern medicine with claims of repairing, replacing or regenerating damaged tissue. Obviously when a medical treatment is used inside the body the effects are not easily visible and if the treatment requires a period of time to work then cynicism and mistrust can creep in.

My friend who declared it all "smoke and mirrors" was basically saying that most of the patient's feeling of stem cell treatment doing them good could probably be put down to a placebo effect. But how does that work with animals I wonder? After all, Stem cell treatment first gained widespread attention in the care of elite racehorses. These thoroughbreds, when suffering from tendon tears, ligament damage, and joint problems, would be in danger of having their racing careers prematurely ended because of these injuries. Traditional treatments would lead to long recovery times, a great deal of expense for the owners, and high rates of re-injury. However, in the early 2000s, veterinarians began exploring the use of stem cells to inject directly into the injured area and so help horses return to competition faster and with fewer relapses. The equine world thus became an early testing ground for stem cell therapy, contributing valuable insights in its application for human medicine.

More recently, (at the end of 2024) a story caught my attention about a Vulture called Bernard, a 28-year-old Eurasian black vulture residing at the Horstmann Vulture Trust in South Wales. Bernard had been experiencing stiffness and reduced mobility due to arthritis, which hindered his ability to engage in natural behaviors such as nest building and mating with his partner. This was particularly concerning as the pair had previously produced the first-ever Eurasian black vulture chick in the UK, marking a significant achievement in vulture conservation.

So it was that Bernard became the first of his species to undergo stem cell treatment aimed at alleviating arthritis in his stifle joint. The innovative procedure involved extracting stem cells from Bernard's own tissues, which were then cultured and expanded over four weeks by Dr. Jo Miller and her team at Cell Therapy Sciences. A dose of 7.2 million stem cells was prepared and subsequently injected into Bernard's affected joint by a team of veterinary specialists, including Dr. Neil Forbes, Dr. Tom Bailey, and Dr. Lance Jepson, at Seren Vets in Carmarthen under the direction of Dr. Kevin Jones of Gibson & Jones Vets.



The Daily Telegraph newspaper went on to report that "Post-treatment observations indicated significant improvements in Bernard's mobility and comfort. He resumed activities such as carrying sticks for nest building, suggesting a positive response to the therapy. This pioneering use of stem cell treatment in a vulture not only enhances Bernard's quality of life but also opens new avenues for treating joint-related conditions in other avian species, representing a milestone in veterinary science and wildlife conservation." The story even caught the attention of the BBC reporting that "An arthritic 28-year-old vulture has been given a stem-cell treatment in what conservationists say is a "turning point for wildlife medicine".

So placebo effect in horses and vultures I think not. The use of stem cell treatment in "dumb" animals surely disproves the "smoke and mirrors" suggestion and if you would like to find out more or see how stem cell treatment may be of help to you - go see Dr Patrick at Taara Clinic for his expert advice.



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## THAILAND HOPING FOR FORMULA 1 GRAND PRIX

Thailand's dreams of hosting a Formula One Grand Prix could soon become a reality, with plans to stage a race in Bangkok's Chatuchak area by 2028. The Sports Authority of Thailand (SAT) has signed a memorandum of understanding (MoU) with F1. Governor Dr Gongsak Yodmani confirmed the MoU signing and revealed that the Chatuchak area is currently designated as the primary venue for the race.

This followed a recent visit to Bangkok by Stefano Domenicali, an Italian motor sport executive and the current CEO of Formula 1 Group. During his time at the Nation's capital he had a meeting at Government House with Prime Minister Paetongtarn Shinawatra to discuss the project.



After the meeting F1 chief executive Domenicali posted a statement on X, describing the plans for a Bangkok race as "impressive". "I am looking forward to continuing our discussions in the weeks and months ahead," he added.

Prime Minister Paetongtarn Shinawatra also took to X to post after the meeting with Domenicali "We had the opportunity to discuss the opportunity of Thailand to host the Formula 1 race, which is a great sport with a worldwide following." She further advised that the government would commission a feasibility study into hosting a Grand Prix on a Bangkok street circuit from 2028. Further adding that she thought this would provide an opportunity to upgrade Bangkok's infrastructure, and attract more tourists from abroad, particularly visitors in the "high-end" market.







"I believe that all Thai people will benefit from organising this event, whether it is large-scale infrastructure investment, job creation, new income generation, and importing new technologies and innovations," Prime Minister Paetongtarn Shinawatra added. "I am confident that this project will be successful. It is another important opportunity for the country to organise a world-class event."

F1 already has a crowded schedule of 24 races around the world with four in the Asia-Pacific region, including the Singapore Grand Prix in Southeast Asia. Thailand also has a Fédération Internationale de l'Automobile (FIA) accredited track in the northeastern province of Buri Ram, which currently hosts a round of the MotoGP motorcycling world championships, but the proposal recently discussed is for a street race in the kingdom's capital.

The government confirmed that it will study this joint investment, including the study of the race route, the investment budget, and the value for Thailand to receive from hosting the race. Governor Dr Gongsak Yodmani said that although the details of the MoU have been kept under wraps, it's the beginning of a three-year collaboration involving extensive data analysis, precise design and a carefully mapped-out timeline.

"The important thing is that we have to understand the community and the people in the area who will be affected by the race. We all agree that hosting an F1 event should benefit all concerned parties, especially people living in the area," Gongsak said,

"We need to let them know that we're committed to minimising the impact on environmental and noise issues and ensuring the locals are informed and compensated." He added that a working committee set up by Tourism and Sports Minister Sorawong Thienthong has also considered other areas in Bangkok and in the provinces such as Chon Buri in case the Chatuchak option is deemed unfeasible.

This would obviously be good news for Pattaya - so watch this space!







## Sports Update for May by Steve Wade

May is a busy month for sport and the most exciting F1 season for years is in full swing at the moment and we have three more races this month including the iconic Monaco Grand Prix. That takes place on Sunday the 25th and is preceded by the Miami Grand Prix on the 4th and the Emilia Romagna race, which is taking place at the Imola circuit in Italy on the 18th.

The Premier League is concluding at the end of the month and unless some miracles or disasters occur, depending on your team, both the winner of the league and the relegation places seem pretty much set in stone. There is however plenty still to play for as far as Champions League places are concerned and this should ensure a pretty exciting last day of the season for the fans of the teams involved.

Tennis fans are treated to the next grand slam event of the season with the French Open being played on the famous red clay surface at Roland Garros in Paris. The event starts on the 19th of the month and goes right through to the finals on the 9th of June.

The Champions League final is taking place in Germany on the 31st of the month and although at time of writing it's too early to tell who will be involved, the possibility of both Bayern Munich and/or Dortmund being there will add an extra level of excitement for the fans of both teams. The thought of a "home final" against one of the other top teams in Europe must be a mouthwatering prospect and a great incentive for both outfits, especially Harry Kane and Bayern!

The second golf "Major" of the season, the US PGA Championship, is being played at the tough Quail Hollow course from the 15th until the 18th of the month. The result of the Masters is not known at the time of writing but regardless of how Rory McIlroy gets on at Augusta, he is a multiple winner here and if he cannot secure his career grand slam at the Masters, compensation may well await here.

That's about it for May, looks like there's something for everyone.





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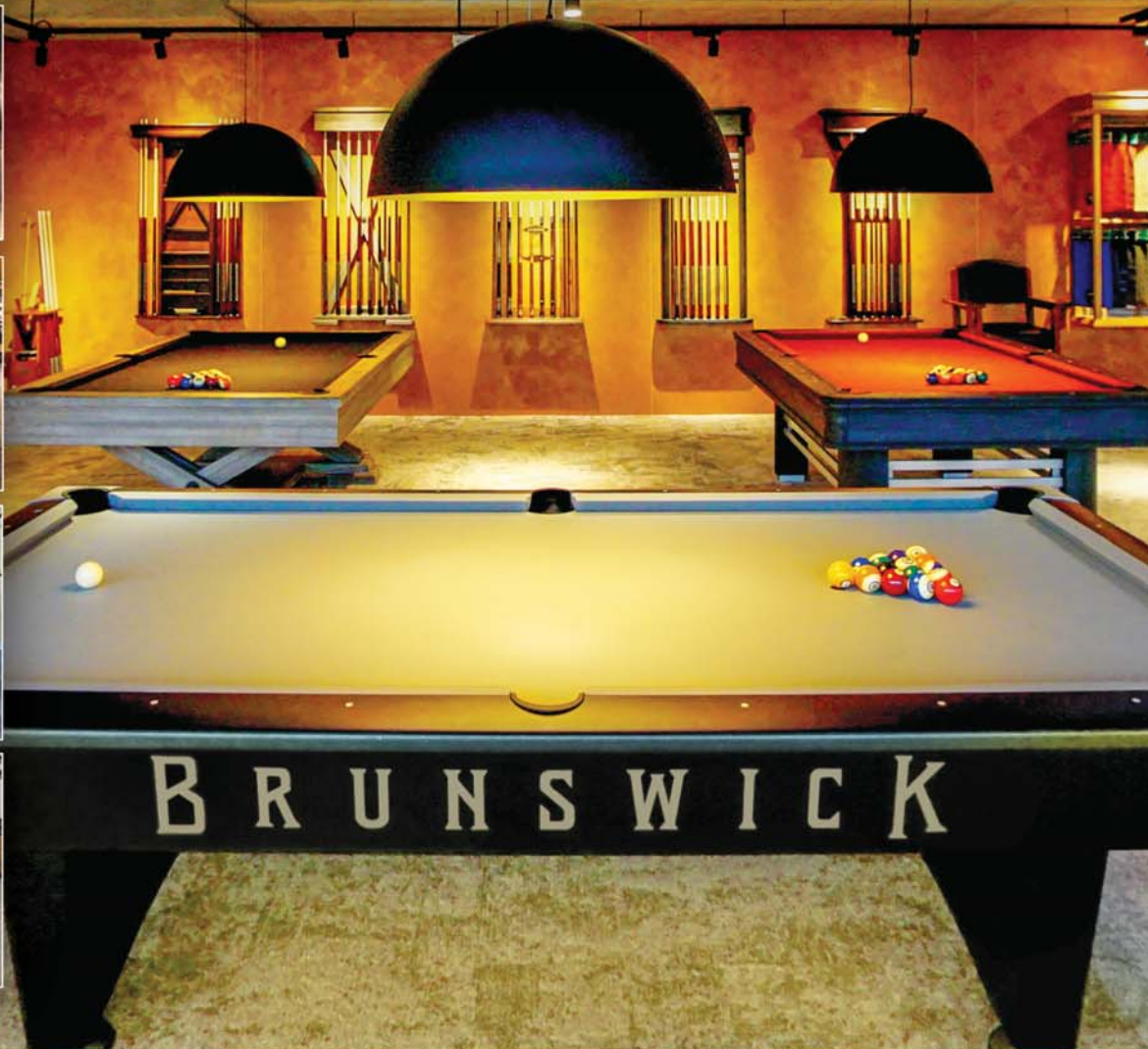
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## Thaniya Plaza: A Golfer's Paradise in Bangkok

Said to be Asia's largest dedicated golf shopping mall, Thaniya Plaza in the heart of Bangkok is a popular destination for golf enthusiasts, offering a wide range of golf-related facilities, services, and products. It is a hub for golfers looking to explore a variety of golf equipment, accessories, and services. The plaza caters to both amateurs and professionals, providing a one-stop shopping experience for all golfing needs.



Thaniya Plaza offers a diverse range of golf-related products and services. From golf clubs, balls, clothing, and accessories to golf lessons and equipment customization, you can find everything you need for a perfect golfing experience. The plaza is known for its authentic and high-quality golf merchandise, making it a paradise for golf enthusiasts. Top brands include Adidas, Cobra Puma, Footjoy, Titleist, Loudmouth, Mizuno, Ping, Le Coq Sportif, Fenix and Srixon.

For budget-conscious or looking for rare finds, second-hand stores offer pre-loved equipment carefully inspected for quality.





One of the unique aspects of Thaniya Plaza is its extensive collection of second-hand golf balls. They are meticulously cleaned and graded, providing a cost-effective option for golfers to stock up on quality balls without breaking the bank.

They frequently host golf-related events and promotions for visitors. Whether it's a golf sale, fair, or special discounts on equipment, staying updated on the plaza's events can help you make the most of your visit and find great deals.

It is easy to reach Thaniya Plaza, you can use public transit like buses, SkyTrain or metro, and the local BTS station is Sala Daeng. Next time you plan a golfing excursion in Bangkok, make sure to visit Thaniya Plaza to discover the best in golf equipment, services, and experiences. <https://thaniya.co.th/en>

Opening hours: Everyday 10.00 am - 9.00 pm. This edited article is republished by kind permission of Asian Golf & More at <https://www.asiangolfandmore.com/>



80 Pages Packed with Golf and Travel Tips The 3rd edition of Golfasian's popular magazine Asian GOLF & More is now out.

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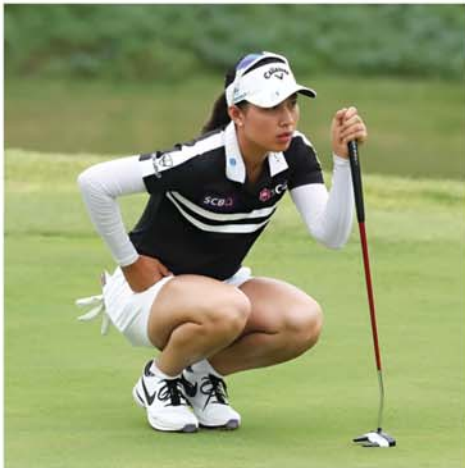
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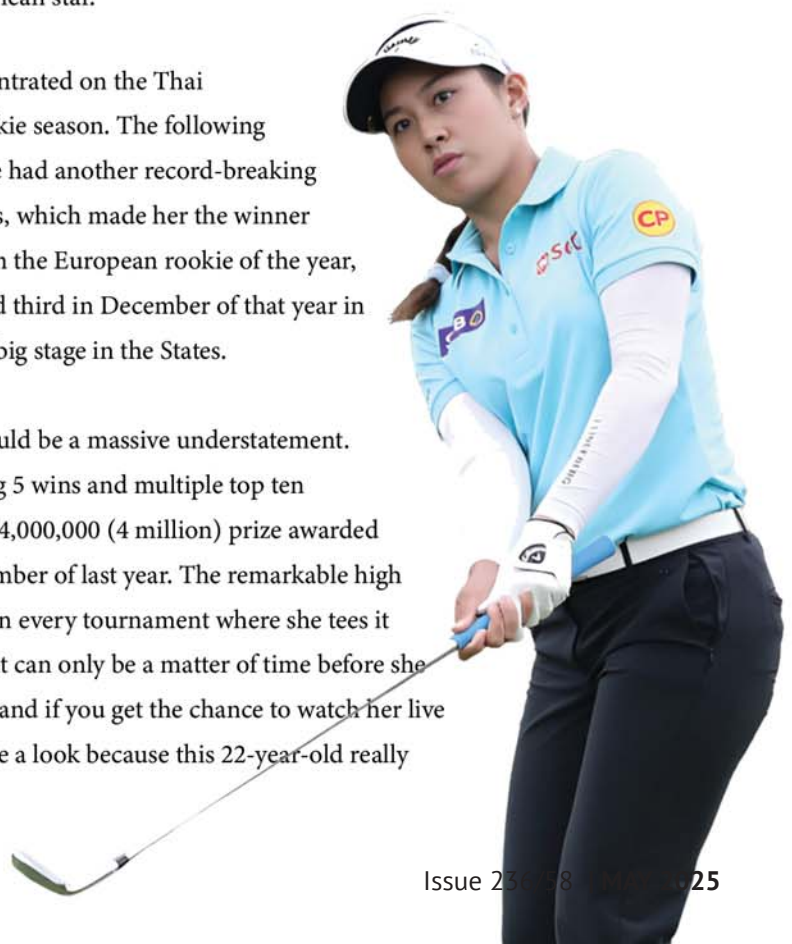
## Thailand's World Golf Star



Thailand has been a hotbed of new golfing talent over the last few years and while the men have struggled to make an impact lately, barring the redoubtable Thongchai Jaidee on the Champions Tour, the women continue to lead the way on the LPGA tour. The Kingdom currently has nine players in the Rolex world ranking top 100 but the undoubted star of the show is 22-year-old Jeeno Thitikul, who burst onto the scene in 2017 by becoming the youngest golfer to ever win a professional event at 14 years and 7 months of age, a record since broken. Unlike some of these young stars that arrive on the golfing scene she has continued her improvement and is currently ranked at number 2 in the world behind only Nelly Korda, the exceptional American star.

After that early win in 2017 Jeeno turned pro in 2020 and concentrated on the Thai LGPA tour where she secured 5 wins, amazing stuff for her rookie season. The following year saw her turn her attention to the European Tour where she had another record-breaking season, securing two further titles and a host of top ten finishes, which made her the winner of the European order of merit at her first attempt. She also won the European rookie of the year, the players player of the year and just for good measure, finished third in December of that year in the American LGPA qualifying school to earn her place on the big stage in the States.

To say that Jeeno has been a success on the main LGPA tour would be a massive understatement. Since 2022 she has played with remarkable consistency, securing 5 wins and multiple top ten finishes over the past three years including the unprecedented \$4,000,000 (4 million) prize awarded to the winner of the CME Group Tour Championship in November of last year. The remarkable high standard that she keeps her golf game up to makes her a threat in every tournament where she tees it up and having had five top six finishes already in the "Majors", it can only be a matter of time before she secures her first title. She really is a once in a generation talent and if you get the chance to watch her live at the Honda LGPA Thailand Open next year, go along and take a look because this 22-year-old really is something special.







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# Tech or Trees? Why Schools Are Going Back to Nature

Walk into any international school classroom today and you'll likely see technology front and centre. From AI-powered tools and online platforms to coding clubs and digital whiteboards, education has entered a new era - one that feels smarter, faster and more connected than ever before. But while the digital world races ahead, something much older and slower is quietly re-emerging: outdoor education.

When I was teaching in the UK over ten years ago, I began to notice the early signs of the forest school movement gaining momentum. Schools were carving out spaces for mud kitchens and mini-woodlands, learning to celebrate the benefits of play, exploration, and managing risk in natural environments. At the time, this seemed to develop as a reaction to growing concerns about children spending too much time indoors or on screens. But now, with the rise of AI and digital tools reaching new heights, I can't help but see a deeper connection.

What's fascinating is that the boom in digital learning and the rise of outdoor and resilience-based education are often talked about as separate trends, as if they have nothing to do with each other. In reality, I believe one has grown in response to the other. Perhaps not deliberately or consciously, but in a way that reflects something fundamental about what children need to grow and thrive. As the learning experience has become more screen-based, more structured and more high-tech, there has been an equal and opposite push back towards nature, real-world challenges and human connection.

That's why we're now seeing many of the leading international schools in our region developing forest school environments on campus and placing a greater emphasis on eco-literacy and programmes like the Duke of Edinburgh's International Award (DoE). These experiences aren't just "nice extras", they fulfil a need that sits outside the reach of even the most impressive piece of technology.

It's not just the school day that's being reconsidered. More and more schools are implementing stricter mobile phone policies, some outright bans. This is supported by a growing body of evidence linking reduced phone use with improved attention, fewer social and mental health issues and better sleep. I support these measures entirely. But they need to be mirrored at home too. Parents play a vital role in managing screen time and helping children form healthy digital habits. Too often, the easiest option is to hand over a device and keep the peace. But long term, that approach can erode important skills like self-regulation, focus and even being able to hold a basic conversation.

The truth is, schools can only do so much. Digital literacy and AI fluency are undoubtedly essential, but they should be developed alongside, not instead of, qualities like resilience, teamwork, empathy and creativity. Those are the things no algorithm can replicate. Where do children develop them best? Often, it's outdoors, where they have the freedom to explore, solve problems, make mistakes and build confidence.

What does this mean for families in our community? I think it means being intentional about balance. Embracing technology and its benefits, yes, but also protecting time for nature, unstructured play and offline relationships. If you're a parent wondering how to get started, here are three small but powerful steps:

- **Limit screen time** and keep phones or devices out of bedrooms, especially before bed.
- **Spend time outdoors together**, even if it's just a short walk, a weekend bike ride or some time in the garden.
- **Model healthy digital habits.** Children watch how we use our phones and they copy what they see.



Ultimately, the rise of outdoor learning isn't a rejection of technology, but a response to it. A quiet, human instinct that says: We still need the real world, too. By recognising this, and by supporting both innovation and nature-based education, we can help our children become not only capable students, but resilient, well-rounded people, ready for whatever the future brings.

By James Kemp Deputy Head of Mooltripakdee International School

By James Kemp Deputy Head of Mooltripakdee International School





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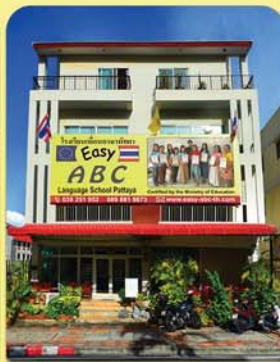


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# What's on The Small Screen



## The Walking Dead: Dead City Season 2

**Lauren Cohan, Jeffrey Dean Morgan, Gaius Charles**

In a ravaged Manhattan, Maggie and Negan's uneasy alliance is further tested as they navigate new threats and internal conflicts,



## Murderbot

**Alexander Skarsgård, David Dastmalchian, Noma Dumezweni**

Alexander Skarsgård stars as a self-aware security android struggling with its violent past and burgeoning humanity.



## Forever

**Lovie Simone, Michael Cooper Jr, Karen Pittman**

Two Black high schoolers in Los Angeles experiencing love and intimacy face parental pressure.



## Miss Austen: A story of love and losses

**Keeley Hawes, Alfred Enoch, Patsy Ferran**

After Jane Austen's death, her sister Cassandra tries to protect her reputation by retrieving revealing letters, uncovering their shared past and secrets.



## Poker Face Season 2

**Natasha Lyonne, Katie Holmes, Giancarlo Esposito**

Using her ability to determine if someone is lying Charlie investigates a new cast of characters.



## The Four Seasons

**Steve Carell, Will Forte, Colman Domingo**

New Continental Studios head Matt Remick, desperate for celebrity clout, balances corporate pressures and creative vision to keep movies alive. Six friends plan a relaxing weekend away, but discover one couple is about to break up.





# What's on The Big Screen



## Thunderbolts

**David Harbour, Florence Pugh, Sebastian Stan**

A team of reformed villains, the Thunderbolts, are sent on a dangerous mission by the government, only to discover they've been double-crossed.



## The Surfer

**Nicolas Cage, Finn Little, Rahel Romahn**

A seasoned surfer, returning to his childhood beach, finds his home claimed by a local gang. He must face them and the treacherous waves to reclaim his territory.



## The Ritual

**Al Pacino, Dan Stevens, Ashley Greene**

Two priests, must overcome a crisis in faith and a turbulent past to perform a risky exorcism.



## Shadow Force

**Mark Strong, Kerry Washington, Omar Sy,**

A disbanded special ops team is forced back into action when a dangerous threat emerges, requiring them to confront their past and work together once more.



## Mission Impossible The Final Reckoning

**Tom Cruise, Hannah Waddingham, Vanessa Kirby**

Ethan Hunt faces his most impossible mission yet: stopping a rogue AI from triggering a global catastrophe, all while contending with a ghost from his past.



## Karate Kid Legends

**Jackie Chan, Ralph Macchio, Ben Wang**

A new generation of martial artists seeks to forge their own path, honoring the legacy of past masters while facing a modern threat that tests their skills and spirit

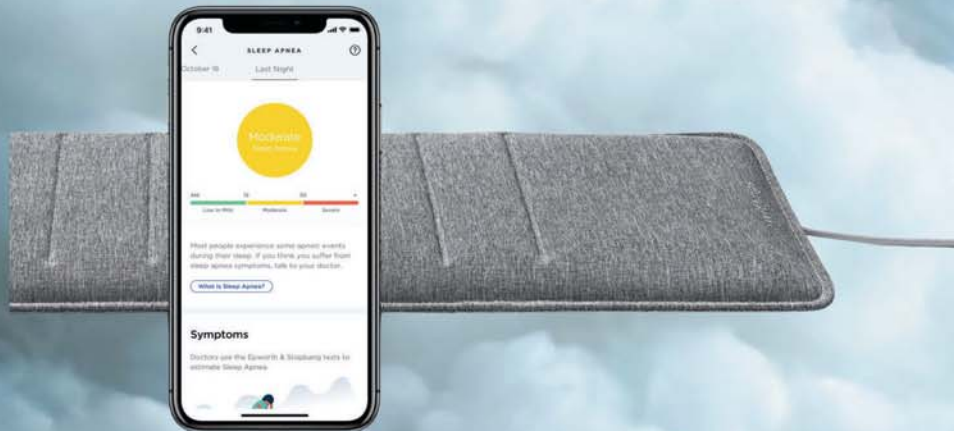


# Sweet dreams

The Philips SmartSleep Wake-up Light simulates a natural sunrise, gradually increasing light to gently wake you. It also offers sunset simulation to help you wind down, promoting a more restful sleep cycle.



## Philips SmartSleep



## Withings Sleep Analyzer

The Withings Sleep Analyzer is a non-invasive sleep tracking solution. Placed under your mattress, it monitors sleep cycles, heart rate, and breathing without wearables. Gain insights into your sleep quality and detect potential sleep disturbances, like sleep apnea, for improved rest.



The Magicteam Sound Machine creates a soothing sleep environment with a variety of white noise and nature sounds. It effectively masks distracting noises, promoting relaxation and deeper sleep. Simple controls and a timer allow for personalized soundscapes throughout the night



## Magicteam Sound Machine



## Climate360® Smart Bed

Experience personalized sleep with the Sleep Number Climate360 Smart Bed. It actively regulates temperature, adjusts firmness, and tracks sleep, all while automatically adapting to your movements. Enjoy tailored comfort and deeper rest with its smart technology and adjustable base.



# MUSIC 2000 TO 2025 - THE RISE OF ROBOTS

-BARRY UPTON

I have been celebrating the golden age of original inspiring music from the 60s, 70s, 80s and 90s in the first four issues of 'Discover Pattaya' this year. The dawn of the 21st century ushered in a seismic shift in the landscape of music, a transformation inextricably linked to the rapid rise of digital technology. From the year 2000 to the present day, music has undergone a radical evolution, not only in its creation and distribution, but also in its consumption and cultural impact.

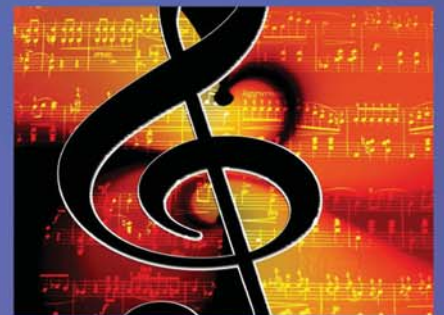
The most immediate and profound impact of technology was the dematerialization of music. The rise of MP3s and digital file-sharing platforms like Napster, which emerged in the early 2000s, fundamentally disrupted the traditional model of physical record sales. This digital revolution democratized access to music, allowing listeners to curate their own collections and discover new artists outside the confines of mainstream radio and record stores. While this initially posed a significant challenge to the established music industry, it also fostered a culture of independent music and empowered artists to bypass traditional record companies.



The advent of streaming services, such as Spotify, Apple Music, and YouTube Music, further revolutionized music consumption. These platforms offered vast libraries of music at listeners' fingertips, transforming music from a commodity to an on-demand service. Algorithms began to shape listening habits, recommending new artists and genres based on individual preferences. Technology also transformed music production and distribution. Digital audio workstations (DAWs) like Ableton Live and Logic Pro, coupled with affordable home recording equipment, empowered artists to create high-quality music without the need for expensive studio time.

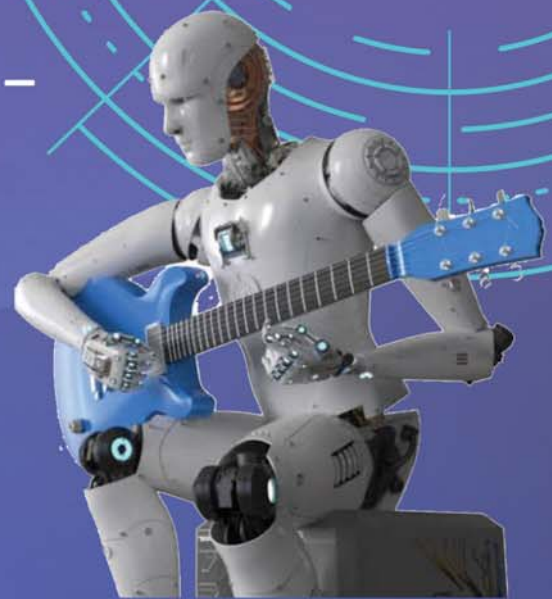
This democratization of music production fostered a surge in independent artists and DIY music scenes. Social media platforms like SoundCloud and Bandcamp became crucial tools for artists to share their music directly with fans, bypassing traditional record labels. YouTube became a vital platform for music discovery, allowing artists to reach global audiences and build online communities. The abundance of music has led to increased competition for listeners' attention, making it harder for artists to stand out. The dominance of streaming platforms has also raised concerns about fair compensation for artists, with many struggling to earn a sustainable income.

The burgeoning field of artificial intelligence (AI) is poised to revolutionize the music industry, impacting both the creation and consumption of music in profound ways. While the technology presents exciting possibilities, it also raises critical questions about authorship, artistic integrity, and the future of human musicians. One of the most significant impacts of AI is in music composition and production. AI algorithms can now generate melodies, harmonies, and rhythms, sometimes indistinguishable from human-created music.



The rise of A.I. generated music also raises concerns about originality and authorship. Who owns a song created by an algorithm? Does the A.I. itself have a claim to authorship, or does the ownership lie with the programmers or the users who input the initial parameters? These are complex legal and ethical questions that the music industry is only beginning to grapple with. The future of music may well be a collaboration between human artistry and artificial intelligence, but it is crucial that this collaboration prioritizes the unique qualities of human expression and ensures a sustainable and equitable

To see and hear Barry's recent non A.I. productions, go to his YouTube channel FAB BAZ MUSIC TV (not forgetting to click on SUBSCRIBE).





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 Pattaya Police Station: Soi 9  
 038 420 - 802  
 Tourist Police 1155



Fire & Rescue 199  
 Pattaya Fire Station  
 038 425 943



General Emergency 191 or 911  
 Bangkok Pattaya 038 259 999  
 Pattaya International 038 428 374  
 Pattaya Memorial 038 488 777



Electricity Pattaya  
 038 426 463  
 Water 1416 Press 9  
 For English  
 Garbage Collection  
 038 428 100



Airport Flight Information  
 Suvarnabhumi (02) 132 1888  
 U-Tapao Airport 038 245 593



Traffic accidents  
 medical assistance 1669  
 Highway Police 1193



## MEDIUM

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## Bringing Businesses Together

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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](http://www.bbxworld.com)





# SOLUTIONS

## MEDIUM

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# LAMPANG, THE HISTORIC AND TIMELESS CITY

by Songpone Siriwanlert

## Chapter 5 – Lampang, the city to visit throughout the year

### Introduction:

In the previous issue, we introduced you to Lampang's cultural events. There are also regular events that are permanently organized that you can join at any time throughout the year as follows.

### Kard Kong Ta night market



It is a kind of walking street where many different kinds of foods, local products and other kinds of items are selling along the Mae Wang River side road every evening of Saturday and Sunday, starting from 4.00 p.m. to 9.00 p.m. There are also many places that are food shops to stop and get in for eating on the way. Most of the shop houses and buildings along the street are colonial style, remaining from the era of forestry business. At the end of the street, you can stop to see the local museum with a cultural stage show

### Cultural Street at Tha Ma Oh community.



Tha Ma Oh is an old village with a mass community where people keep their way of living from their ancestors. Cultural Street takes place every Friday evening from 4 p.m. to 9 p.m. There are various kinds of local food for bringing back home and cultural stage shows. The special event is set up in different forms. What we show you in these pictures is Hung Ley Curry contest. Hung Ley is a kind of northern curry influenced by Burmese food made of streaky pork with masala, turmeric, dry chili and other northern spices as ingredients. Originally, Hung Ley Curry should be eaten with sticky rice. In this event there are some chefs who adapt the recipe as fusion foods such as Salmon Steak with Hung Ley sauce, Crispy roast pork belly topped on Hung Ley sauce and Hung Ley Curry with shark meat.



"Kard" means market, "Nung" means sit, "Kom" means small seat in northern Thai native language. This morning market takes place on Saturday and Sunday morning from 8.00 am to 2.00 pm. Many famous food shops participate in the market with various kinds of foods and desserts. Other than that there are local products such as cloths, plants, fresh fruits and vegetable from farmers for buying. There is also music on stage and elephants walking in to greet all visitors and tourists.

### Grand Bridge Opening Memorial Day



Ratsadaphisek Bridge was built in the reign of King Rama the VI. Official opening took place in March 1917 108 years ago. The architectural design is a concrete structure with four arches. There is a great celebration around 20th. of March every year.



# ลำปาง นครแห่งประวัติศาสตร์ที่อยู่เหนือกาลเวลา

## บทที่ 5 – ลำปาง เมืองที่ท่องเที่ยวได้ตลอดทั้งปี

บทนำ : ในฉบับก่อน ได้นำงานประเพณีและพิธีกรรมสำคัญทางพุทธศาสนาของลำปาง ซึ่งมีกำหนดเวลาเฉพาะของแต่ละงาน ฉบับนี้ขอแนะนำกิจกรรมทางวัฒนธรรมและการท่องเที่ยวที่จัดขึ้นประจำ ซึ่งท่านสามารถไปท่องเที่ยวและร่วมกิจกรรมได้ตลอดทั้งปี ดังนี้

### กาดกอดต้า



กาดกอดต้า เป็นงานถนนคนเดินช่วงหัวค่ำของวันเสาร์และอาทิตย์ ซึ่งจัดขึ้นบนถนนเลียบริมแม่น้ำวัง โดยมีอาหารและสินค้าหลากหลายประเภทวางขายตลอดเส้นทาง ซึ่งมีอาคารพาณิชย์และบ้านเรือนตามแบบล้านนาผสมโคโลเนียล ที่ยังคงหลงเหลือมาจากยุคสัมปทานทำไม้ สุดถนนถัดจากวัดเกาะวาลุการาม มีบ้านสไตล์โคโลเนียล และ พิพิธภัณฑ์บ้านไม้สักทรงล้านนาให้เข้าเยี่ยมชม พร้อมการแสดงทางวัฒนธรรมอยู่ด้านหน้า งานเริ่มเวลา 16.00 น. ถึง 21.00 น. เป็นประจำทุกสัปดาห์

### ถนนสายวัฒนธรรมท่ามะโอ



เป็นงานถนนคนเดินที่ชุมชนท่ามะโอ ซึ่งเป็นชุมชนที่ยังคงรักษาวินัยชีวิตดั้งเดิม ตั้งแต่ครั้งบรรพบุรุษ จัดทุกเย็นวันศุกร์ เวลา 16.00 น. ถึง 21.00 น.ในงานมีอาหารล้านนาและสินค้าท้องถิ่นมาจำหน่ายพร้อมการแสดงทางวัฒนธรรม ตัวอย่างเช่น การประกวดแกงยังเลแบบดั้งเดิม ซึ่งได้รับอิทธิพลจากอาหารตำรับพม่า ใช้เครื่องแกงสูตรล้านนา แกงในหม้อดินแบบโบราณ บ้างก็มีการประยุกต์ให้เป็นอาหารแบบฟิวชั่น ให้เข้ากับยุคสมัย

### กาดนั้งก้อม



เป็นตลาดเช้า แหล่งชุมนุมอาหารหลากหลายเมนู ที่บรรดาร้านที่มีชื่อเสียงมากมาย มาออกร้านประชันกันให้เลือกชิม จัดขึ้นที่สวนสาธารณะหนองกระเทียม ทุกวันเสาร์และอาทิตย์ เวลา 8.00 น. ถึง 14.00 น.รูปแบบงาน เป็นตลาดนัดในสวนริมแม่น้ำวัง บรรยากาศร่มรื่น มีโต๊ะและม้านั่งเตี้ยๆทำจากไม้ไผ่ เรียกว่า “ก้อม” ตามภาษาล้านนา ให้นั่งรับประทานอาหาร นอกจากอาหารหลากหลายเมนูแล้ว ยังมีผักผลไม้ เสื้อผ้า งานหัตถศิลป์ และเสื้อผ้า จากชุมชนในท้องถิ่นมาวางจำหน่าย และมีช้างเดินเข้ามาทักทายและให้เราเลี้ยงผลไม้ รวมทั้งการแสดงดนตรีบนเวทีให้เป็นที่เพลิดเพลิน

### การฉลองที่ระลึกการเปิดสะพานประวัติศาสตร์คู่นครลำปาง



สะพานรัชฎาภิเศก สร้างในสมัยรัชกาลที่ 6 เป็นสะพานคอนกรีต ประกอบด้วยซุ้มโค้ง ทรงคันธนู จำนวน 4 โค้ง อันเป็นศิลปะสถาปัตยกรรมสุดคลาสสิก ทาสีขาว ซึ่งบางคนเรียกสะพานขาว หรือ ชั่วหลวง (“ชั่ว” ในภาษาล้านนาแปลว่า สะพาน “หลวง” แปลว่าใหญ่) สะพานรัชฎาภิเศก เปิดอย่างเป็นทางการในเดือนมีนาคม ปี พ.ศ.2460 ซึ่งครบ 108 ปี ในปีนี้พอดี ทุกปี ในช่วงวันที่ 20-24 มีนาคม จะมีงานเฉลิมฉลองด้วย การแสดง แสง สี เสียง และแต่งกายย้อนยุคพร้อมบรรดารถยนต์โบราณมาร่วมขบวนแห่ในคืนวันเปิดงาน

ขอขอบคุณ สถานีวิทยุกระจายเสียงแห่งประเทศไทยจังหวัดลำปาง สำนักงานประชาสัมพันธ์จังหวัดลำปาง และ เพจลำปางเมืองที่ต้องห้ามพลาด สำหรับภาพประกอบ



I am using the term Patriot for a series of articles to feature in the magazine. Firstly because I love the alliteration, and secondly because I wanted a word to describe some very special people who live amongst us here in Pattaya. Sometimes given a military connotation, the word patriot actually describes someone who deeply loves, supports and defends their country (or, for the purposes of this article, their city).

They often demonstrate loyalty through service, sacrifice, or civic engagement. True patriotism goes beyond mere pride—it involves striving to make improvements for all, for freedom, and for progress.

Last month I wrote about Margaret Grainger of The Hand to Hand Foundation. If you missed this article you can still read it online at [pattayatrader.com](http://pattayatrader.com).

For this month's article I went along to Mercy Pattaya (just behind Big C) to get involved in the monthly food bagging. Some members of the Pattaya International Ladies Club were also there volunteering their services as they do every "Last Thursday of the month" when the bagging is done. Liz calls this the "Mercy Alternative work out" which I can attest to as I decided to get stuck in to the rice bagging part of the production line. Quite the upper body workout I can tell you! Each of the prepared bags has 5 kilos of rice, 10 eggs, 1 bottle of oil, and 2 tins of fish. Mindful of adding more protein to the offer, Lhen Lhen tells me that the extra eggs have replaced noodles which used to be part of the contents.

Every end of the month Thursday between 80-120 of these bags are prepared for distribution the next day. Everything has to run like clockwork because there is no storage at Mercy, the rooms we were working in have to be vacated in preparation for the education classes that are held there. "As soon as it comes in it goes out" the duo tell me. It's really lovely to see how many different nationalities join in with this work. On the day I attended we had English, South African, American, Filipino and a charming couple from Poland. They had walked into Mercy Pattaya to ask if they could help in any way as they have volunteered at charitable foundations everywhere they have lived.



After we had finished our bagging work, I spoke to Elizabeth Shepherd and Khun Thaipinay, usually known as Liz and Lhen Lhen. It seems impossible to me to say one name without the other, so long have this dynamic duo been working together. I know them both through the raffles they hold at PILC's monthly lunches and coffee mornings. They have both been here a long time. It was 33 years ago that Liz Shepherd first came to Thailand with her husband who was working in Asia in the manufacturing industry. They spent 8 years in Bangkok and then 6 in Myanmar, before his work called him to Pattaya, which being a keen golfer he found greatly to his liking.

Liz joined a church here and quickly became involved with their charity Mercy, which is where she met Lhen Lhen who had arrived a couple of years before her. Lhen Lhen tells me she came to Pattaya to visit her mother and never left. The friendship between her and Liz is extremely touching. As long as I have known Liz there has always been Lhen Lhen, who rather endearingly calls her "Mum". She proudly tells me "Yes I started it and now everyone calls her that". They also tell me that in 2015 Mercy became autonomous of the church and Lhen Lhen became its director. Both she and Liz are members of the Pattaya International Ladies Club and in 2016 they volunteered to work as part of the committee on



The food bags are distributed the next day to unfortunate local families and to a group of 80 families who meet together on the last Friday evening of the month behind the Thai Church, Pattaya, where Mercy also provides a hot meal and some music. "We bring fizzy drinks, which is a rare treat for the children as well as little gifts and prizes from whatever has been donated". It's a monthly event that both Lhen Lhen and Liz really enjoy as it provides some respite from what is a very hard life for the people who attend. They come together to share food, music, time with the community and family time.



What else does Mercy do? I ask, and am shown the board which explains it all. They bring hope and change lives through activities and community service. Education is key and many children have benefited from scholarships that Mercy Pattaya has been able to provide them through the donations they received.

There are also special initiatives such as the one happening this month when children will colour some drawings of shoes, boots, slippers, in fact any type of footwear. These can then be individually sponsored by well wishers the money raised from used to provide actual footwear for the children. Before leaving I see some bags of toothpaste and toothbrushes which have been donated by an American gentleman who contacted Mercy to see what he could give. These are always welcome as are cleaning products both soaps, shampoos and such as well as laundry and detergents, often too costly for both poor families or orphanages to buy as they usually have to spend their funds on food rather than such items.

If you would like to get in touch with or donate to Mercy Pattaya Their Bangkok Bank Account No is 4844 210 387 Swift Code BKKBTHBK. For more information email, message the FB page or go to the website <https://mercypattaya.com/> Email: [Mercypattayapr@gmail.com](mailto:Mercypattayapr@gmail.com)



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# Thailand Tourism Festival A Spectacular Event!



**By Jason Rupp and Carla Marie Rupp**

We packed our car in Pattaya and set off for two nights in Bangkok. We breezed along on the tollway and arrived at our hotel to settle in happily for what we knew awaited. We figured if the Thailand Authority of Tourism (TAT) sponsors were to organize it, the “Festival” would be spectacular and well worth our time. Looking back, we were right. It really even surpassed our expectations.

Our taxi took us straight to the Queen Sirikit National Convention Center where the main floor hall was decorated beautifully, a kaleidoscope of color. It was a vibrant celebration of culture, tradition, flavors and sustainability. You could smell the good food as the festival was full of food and drink, artisans, travel deals and talent of all kinds. It felt non-commercial, just a “feel good,” friendly atmosphere. Featuring the five Thailand regions – Central, Eastern, Northern, Southern and Northeastern – with local specialties and highlighted hidden gems. We tried delicious Southern curry; and Khao Soi from the North .



The Ministry of Tourism and Sports and the Tourism Authority of Thailand (TAT) had invited the public to this diverse free festival event, aimed at boosting tourism and celebrating Thailand. The theme was “Carbon Neutral Tourism” and included travel inspiration from every region, and the event was open from 10 am to 9 pm. We witnessed visitors savoring local foods from the various regions across the nation and buying local handicrafts. We joined in dancing where some famous pop performers entertained and invited interaction. People really smiled and greeted each other. We had such a good time! There were multiple stages through the big hall, with each region having its own stage.

There were parades of performers in Thai costumes to enjoy. Creativity was everywhere! All attendees had an opportunity to make art and we admired lots of unique clothing designs at many of the stalls, trying some on. It felt like we were kids in a candy store!. This festival satisfied so many things for us. We love art, and we found the hall an art lover’s paradise. It satisfied our coffee desire as we tried two or three craft coffee stalls. We tried Thai snacks, especially those with coconut and chocolate plus samples of delicious cacao drinks. When we passed a massage area, we had to stop and have the free “five finger” massage with masseuses from a shop in Chiang Mai.



A jewelry vendor caught Carla's eye each time we passed it; so Jason satisfied his mom's craving for the hand-made beaded bracelets at that stall, with the seller being so happy and appreciative that we bought six bracelets in all different colors. We even exchanged contact with her to keep in touch and took pictures with her. She said she also had a shop in IconSiam. We liked all the sustainability touches, such as the key chains with found items from beaches and fishing nets, repurposed bags and a lot more. The sustainability aspect of the festival aligns with the country's "Amazing Thailand Grand Tourism & Sport Year 2025" in emphasizing sustainable practices..



We loved the festival so much we planned to go again the next day (which unknown yet to us turned out to be the earthquake day.) We woke up, checked out of our hotel, and packed our car. As we drove out into a small street, hordes of people ran towards us. Jason had felt the car shaking, not knowing what it was. He said later he thought it felt like he was in New York City and a subway train was going under the street. However, when we saw the people coming towards us, he yelled, "Get out." We did, and we asked what was going on. People said, "Earthquake!!" The people were running from the big street full of office buildings. We were confused. We got back into the car and ended up in the big street with the traffic where people lined the sidewalks.

But we still wanted to take a chance if the festival was going on, so we finally arrived at the Queen Sirikit National Convention Center, where we saw hordes of people standing outside. We asked if the festival would resume and were told "around 4 pm." We weren't sure what to do, whether to wait around or go back to Pattaya. So we phoned our jewelry friend (who sold us the bracelets the day before) and found out that the tourism festival was canceled for the rest of the day.

We parked the car by a Black Canyon coffee shop to wait for traffic to subside; we stayed there until they closed at 6 pm. With the traffic still horrible, we took a walk in the area and found a place to get foot massages for an hour, followed by another hour of Thai body massages.



While the festival seemed huge, it was broken into sections of Thailand. We wandered through each of the areas which were well-designed, and had places to sit and relax. Walking was never so much fun! We particularly liked going into the immersive Bangkok Chinatown walk-in, glitzy room and taking photos of each other. There was also a replica train to enter with photo-ops. Talented dancers weaved through the fair and Thai musicians performed at the various stages. One of our favorite things just before closing time at 9 pm was tasting the most delicious homemade durian and coconut ice cream, each from the tubs from a friendly seller. She told us she would have plenty more the next day, which we were anticipating.



After leaving, we were hungry and found a great place with delicious Myanmar food. We took our time at their restaurant, and finally walked back to our car. By that time the traffic wasn't as bad, and in time we made it to a gas station and finally back to Pattaya in the dark with very little traffic.

Our hearts go out to the families in Myanmar and in Thailand who lost their loved ones due to the earthquake and to the injured. It wasn't until the next day that we learned more about the devastation of the earthquake in the two countries and we are saddened by the news.

Carla Marie Rupp and Jason Rupp are freelance travel journalists. They enjoy festivals and reporting about their travel discoveries. You can give them feedback at [carlaruppy@gmail.com](mailto:carlaruppy@gmail.com) and [jasonruppy@gmail.com](mailto:jasonruppy@gmail.com).





## Introduction of the Thailand Digital Arrival Card (TDAC)

The Ministry of Foreign Affairs of the Kingdom of Thailand released a statement just before the Songkran holiday about the new digital arrival card that begins on 1st May 2025.

- Starting 1 May 2025, the Royal Thai Government (the Immigration Bureau), will introduce an electronic arrival card, which will be known as the 'Thailand Digital Arrival Card,' or TDAC. This will replace the traditional disembarkation, or 'TM. 6' card.
- It will be required for all foreigners entering Thailand (\*) through all channels of transport; land, water, and air. Registration can be completed online via the website [tdac.immigration.go.th](https://tdac.immigration.go.th). In the near future, this form will also be available as iOS and Android mobile applications.
- The TDAC, or online TM.6 system, is a significant development in facilitating the entry of foreign travelers, through the use of modern smart travel technology that is fast and secure. Not only will it be convenient for travelers, the information given will also be beneficial in providing the appropriate care and assistance for tourists and international visitors coming to Thailand, and will support other important purposes, such as public health.
- The TDAC can be completed up to three days prior to the date of arrival in Thailand. The system will request information including; Passport or Travel Document, personal details, travel details, accommodation in Thailand, and health details. Those from points of origin designated as high-risk areas by the Ministry of Public Health, within the previous 14-day period, may be asked to supply more information. Once submitted, the TDAC may be downloaded, or the confirmation received through the specified email address, can be used to present to the immigration officer upon arrival in Thailand. Applications can be edited, and submissions can also be made as a group.
- The TDAC is not a visa. It is a digital entry card, developed for the purposes of facilitating travel to Thailand. Thai nationals are not required to complete the TDAC upon return to Thailand.

(\* The foreign minister clarified that the requirement does not apply to consular and diplomatic personnel, members of certain international organisations, their dependents and staff, as well as foreign officials carrying out official duties.)





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# What to Consider When Choosing a Home

Whether you are buying or renting, searching for a new property can be a challenge, although richly rewarding if you get it right. To find a property that ticks all your boxes is often a process that cannot be rushed and may involve a great deal of careful planning and patience. From the budget to the location and running costs of your future home there are several things that you need to consider. Here are some of the important ones:

## Budget

Of course this is high on the list. If you are doing your own initial internet searches you may choose to have a look both above and below your budget. Above in case there are any properties showing features that you might be able to add at a later date. Below just in case you are lucky enough to find a bargain. However, before you go to a property agent to arrange any viewings it is important that you let them know your budget + keep your own mental buffer allowance for any additional costs that may be incurred.

## Location

The locations you wish to move to might be governed by your preference for inner city or countryside dwelling. Your home may need to be close to a school or within easy reach of a good road network, especially if you regularly travel to airports or into Bangkok. Are you happy with close proximity to neighbours or do you need space around you?

It is a good idea to visit the neighbourhood you are looking to move to at different times of the day to really get a feel for activity in the area. Also, ask anyone who you know who already lives there what it is like. Or visit social media forums to get a feel for the area.



## Outdoor Space

If access to good quality outdoor space is important to you and you are looking for a house, one of the key selling features will be the size, quality, and shape of the garden. Consider the amount of time you wish to spend in your new garden and how much upkeep it will require compared to how much you are realistically willing to put into it. Are you happy to employ the regular services of a gardener or pool cleaner? You can ask the seller if there is one already available and what they charge.

If you are choosing to rent, a garden may not be necessary, but you should then explore the communal areas where you will be living, swimming pool, gym, laundry etc.. Also consider the size of any balconies to see if they have room for outside furniture, plants, even astro turf that you may wish to use to give you your own sense of outdoor space. .



## Bedrooms and Bathrooms

The number of bedrooms and bathrooms you require in your home will depend on how many people will be living in the property, and how often you intend to have guests over to stay. The size of the rooms is also important. Do you want a master bedroom that is larger than the others, or are you happy with a few smaller rooms? It is important to decide how you are going to work with the space and make your furniture fit if you are choosing an unfurnished property. .

## Storage Space

Never neglect the importance of cupboards! The amount of storage space on offer is something that often gets overlooked when searching for a property, but it is of vital importance. Without sufficient storage you run the risk of not being able to keep your home as clean, tidy and spacious looking as you would like. If buying a property which doesn't come equipped with built-in wardrobes remember that you can add these later. Likewise if there are existing cupboards, for example in the kitchen, which are looking tired and worn, you can have these renovated.



## Electrical and Plumbing Quality

So you have visited a property that feels like your dream home – it is a great size, in a perfect location, but what could be worse than moving in to discover that the electrical wiring or plumbing is not up to standard? Remember to inspect the light fixtures and switches especially if it is an older building- do they look yellow and dated? Are there air conditioning units in all rooms - again do they look yellow rather than white? This may not be a deal breaker in that you can always replace ACs with modern ones but remember to calculate this into your cost. Also if renting ask the landlord how recently they have been serviced and are the servicing costs down to them or you during your tenancy?

Faulty plumbing may be trickier to spot but you can try turning on taps, and checking that all cupboards and sinks are dry. Also that there are no sign of discolouration on the wall or ceiling, paintwork which could be the result of a burst pipe or leakage.



## Amenities and Fees

Homeownership comes with many costs, and if you are looking to buy a property, it is of value to plan for the future and carefully assess how much you will need to be spending. On top of your utility bills, if you are buying you will have additional land tax costs, fees etc. If you are renting it is a good idea to check the rate, especially for your electricity that you are being charged.



Is it the government rate? Can you see examples of bills from the previous tenant to see how much they paid? Make sure that you have enough monthly income to cover all of the necessary amenities and remember when it comes to electric fees your air conditioning will be a huge part of this so again you will need to see your AC units and work effectively.

## Interior design

If you are buying a property don't pay too much attention to the colours used as repainting can be relatively inexpensive, especially if the basic condition of the walls and ceilings is good. Also you can completely transform and modernise the look of your home by changing the flooring. Speak to the friendly team at Deeco, they have options for you of natural, wood flooring which can even be laid above tiles.



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# High-rise condo transfers set to plunge as Bangkok's condo oversupply problem worsens due to quake fears

A bridge that connects two high-rise condominiums is seen as damaged due to the earthquake in Bangkok, (Photo: Reuters)

In the aftermath of the recent earthquake, the impact on the residential market in Greater Bangkok expects the value of ownership transfers for high-rise condo projects to drop by 50% in 2025 compared to 2024.

This according to research by Kasikorn Securities who also forecast that the net profit of residential developers will decrease by 15% this year compared to previous estimates.



The 7.7-magnitude March 28 earthquake, led to the collapse of an under-construction office tower in Bangkok. Authorities also reported varying degrees of damage to a further 13,000 buildings, leading to mass evacuations and safety checks. The quake has shaken the confidence of prospective home buyers, according to real estate consultants Colliers Thailand.

The fallout has also led to ongoing uncertainty in the residential sector and in the short term, the market is expected to remain highly uncertain with condo residents adopting a cautious approach to using their properties for a while. We at Discover Pattaya were talking to a lady just the other week who has cancelled her tenancy on a condo in Bangkok because she no longer felt safe on the 32nd floor and has now moved to Pattaya.

After an uncertain period of transition, with no further earthquakes anticipated, the condo demand may recover once owners are reassured by industry experts. However, if another earthquake were to occur, the true impact could be severe, negatively impacting Bangkok's condo sales in the near future.

People planning to transfer condo ownership or purchase a unit are likely to delay their decisions, seeking assurance on safety and repairs, including architectural damage to units, common areas and buildings, before proceeding. Also, condo investors are likely to delay investments due to uncertainties such as resale prices.

Already saddled with about 235,000 unsold residential units at the end of last year, (according to the Thai Condominium Association). Developers in the greater Bangkok area may delay new project launches and intensify marketing efforts by highlighting safety features, such as the reliability of contractors, disaster preparedness measures and prompt resident support services. "We've seen some condo buyers temporarily pause their search," said Pierre Lung, sales director at real estate platform PropertyScout. "A number of buyers are now more hesitant when it comes to high-rise buildings, especially new projects."

Concerned tenants may also relocate to low-rise housing. So it seems that property developers both in Bangkok and here in Pattaya will have to carefully consider their strategies over the short, medium, and long-term. Already in areas such as Lake Maprachan and Huay Yai boutique housing projects are springing up in order to look after a new customer locating in Pattaya as the Eastern Economic Corridor (EEC) develops.

Rather than build what might be seen as purely profit-led mega-developments, as was certainly the case in the formative years of the Pattaya property market, it is more important than ever to listen to prospective customers and find out what is important to them.

Seeing how customers in the local property market want to live and the facilities they require will reap dividends. An appreciation of the fact that residents of Pattaya may come with families that need space, proximity to good schools and now an increased preference for low rise facilities, will be more important than ever.



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