





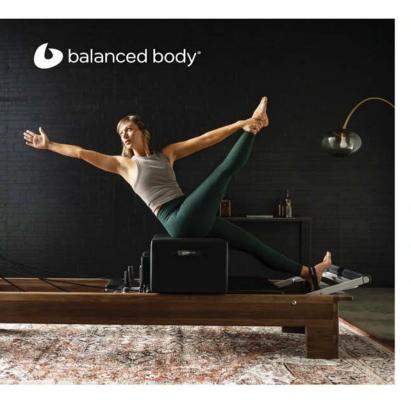
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This Month in Discover Pattaya

#### Hi Everyone

After last month's loved-up issue, this month's focus is very much on marriage, in particular Thailand's decision to be the first Southeast Asian Country to pass a marriage equality law. The touching story of Mike and Carlos (shown above), who, after 13 years together, were finally able to marry in Bangkok, is on page 6. Whilst on page 8 we report on A Marriage Equality Celebration held here in Pattaya.

We commend the women of Pattaya International Ladies Club for the sterling work they have been doing fundraising for the community. Also, congratulate a previous member of the club: Louise Roxlin who achieved her lifelong goal of climbing Kilimanjaro - very well done Louisel

There are reports on the achievement of another restaurant here in Chon Buri to receive a first-time mention in the Michelin quide: Fish Club in the beautiful Andaz Hyatt resort and Le Paris right on Pattaya beach road in the beautiful Romsai Brasserie. Then for the fishermen amongst us there is Hookers Fishing resort that has a wonderful restaurant called Catch, worth visiting if you fish or not!

Have a great month people and remember the hot months are coming so "Buckle up" and look after your pets with some handy tips from Peturday. Keep Cool

Gloria x









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Why not reach out to tourists, expats and residents alike through DISCOVER PATTAYA, the city's premier printed and social media outlet.

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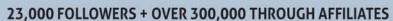
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Pattaya Trader Expat Ladies Group - Discover Pattaya







### Beat the Heat: Cool Solutions for Your Pet's Summer Days







In Thailand, where the summer heat can be particularly relentless, ensuring your pets stay cool isn't just a courtesy; it's a necessity. This season, let's explore how you can shield your beloved pets from the he at, ensuring they remain as joyful and energetic as ever, despite the soaring temperatures.

- **1. Water is Essential:** Always ensure your pets have access to fresh, clean water. Consider adding ice cubes to their water bowl on particularly hot days to keep it cool longer. If you're heading out, bring a portable water dish for your pet.
- **2. Create Shady Sanctuaries:** Whether it's indoors or outdoors, make sure your pet can escape the sun. Indoors, keep blinds closed and fans running. Outdoors, create shady areas with umbrellas or cloth canopies where your pet can rest.
- **3. Mind the Paws:** Remember, if the ground is too hot for your hands, it's too hot for your pet's paws. Avoid walking your dog on hot pavement, and try to schedule walks during the cooler parts of the day, such as early morning or late evening.
- **4. Cooling Accessories:** Consider investing in a pet cooling mat, or make a DIY cool neck wrap using damp towels. These can be especially useful after a walk or playtime.
- **5. Never Leave Pets in a Parked Car:** Even with the windows down, a parked car can become a furnace in minutes, and could lead to fatal heat stroke.
- **6. Keep Exercise Light:** Adjust your pet's exercise routine based on the temperature. On extremely hot days, limit exercise to short walks, keeping playtime light and fun.
- **7. Watch for Signs of Heatstroke:** Know the signs of heatstroke excessive panting, difficulty breathing, increased heart and respiratory rate, drooling, mild weakness, or even collapse. Offer ice packs or cold towels to your pet, and if you suspect heatstroke, contact your vet immediately.
- **8. Grooming is Good:** Keep your pet well-groomed to prevent overheating. Pets with thick fur need regular brushing to remove excess hair. Consider a summer trim for particularly fluffy pets, but never shave them the layers of pets' coats protect them from overheating and sunburn.

Summer doesn't have to be a dangerous time for pets. With these precautions, you can help ensure that your pet not only stays safe but also enjoys the season. Remember, if you're unsure about the best way to keep your pet cool, consult your veterinarian. They can provide guidance tailored to your pet's specific health needs and conditions



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## "This is more than just our story. It's a victory for everyone who has fought for this moment" - Congratulations Mike and Carlos!

When Thailand's marriage equality law took effect this year on the 23rd January, TAT governor Thapanee Kiatphaibool remarked: "This demonstrates our commitment to diversity and inclusivity while further establishing Thailand as Asia's premier LGBTQ+ destination. Showcasing Thailand's readiness to welcome all travellers with warmth and equality."

1,754 LGBTQ+ couples officially registered their marriages nationwide, heralding a "Grand Celebration of Law" and a heartfelt "Grand Moment of Love." In Bangkok alone over 300 LGBTQ+ couples registered their marriages and there was a Marriage Equality Day at Paragon Hall, Siam Paragon, featuring a grand wedding parade, exhibitions, discussions, a Pride Carpet, and live performances

All these figures whilst impressive don't really bring home just how special an occasion this was. I think to really appreciate it you need to look at individual cases of people who have been waiting a long time to be allowed the freedom to marry. I am lucky enough to have a couple of very dear friends who really helped me appreciate what an important, lovely and truly romantic event this was for them.

I met Mike many years ago when he had Rainbow Properties in the Jomtien Complex, Pattaya. A real estate agency with the brilliant ethos of being gay friendly. It showcased the properties from landlords who were happy to have gay couples as tenants -back then this might sometimes have been a problem - amazing how far we have now all come. The agency gave advice about gay friendly resorts and hotels, as well as information about properties to buy and sell. It was just before British Mike from Lincolnshire, UK met Carlos from Corrientes, Argentina. Oh the beauty of living in Pattaya!



That was 13 years ago and from the moment they met it was obvious to everyone how much this couple adored each other. They decided to get married 2 years ago - just waiting for the date when they could officially do so and this year their dreams came true when Thailand became the first South East Asian nation to allow marriage equality. Therefore although the couple were now living and working in Vietnam they returned to Bangkok to celebrate in a fantastic event with their very close friends.

#### The Washington Post ran a feature on this auspicious occasion and here is an excerpt from their interview with Carlos:

On the morning of January 23, 2025, Mike and I stood together at the registration desk on the fifth floor of Paragon Hall in Siam Paragon. The air was thick with excitement, with couples like us—many who had waited a lifetime for this moment—eagerly signing their names, legally binding their love. After 13 years together, we were finally recognized as husbands.

We got engaged in Hua Hin, at Shrubsole House, when I turned 40.(2022) The plan was always to marry when Mike turned 60 in 2024, but the legal barriers in Thailand kept pushing that dream further away. We explored every possibility, even considering returning to our home countries, but after 13 years away, that option felt both impractical and isolating—our chosen family was here. Then, in June 2024, the news broke: Thailand had passed the equal marriage law. We read the announcement with tears in our eyes. The country we had called home for so long was finally ready to fully embrace us.

With the support of Ms. Waaddao Chumaporn and the organizers of Bangkok Pride, on October 1, we were invited to be among the first couples to register our marriage. So, we showed up. We became part of history. The feeling was overwhelming—not because we needed this to validate our love, but because, for the first time, we could say it out loud and have it acknowledged. For years, we had to tick the box that said 'single,' even though we had built a life together. We celebrated with a wedding cruise along the Chao Phraya River—our way of marking the end of one cycle and the beginning of another. This is more than just our story. It's a victory for everyone who has fought for this moment, and for those still waiting for theirs. If society sees us, it must now include us."





Dear Mike and Carlos, we were honored and delighted to be amongst your Bangkok family of friends to celebrate with you. An often tear jerking and emotional day it was also just so much fun!







Here in Pattaya, Avani Pattaya Resort, Pattaya City and Royal Garden Plaza collaborated to hold a marriage equality celebration. Seven lucky couples were chosen to participate. They received gifts including wedding dresses from I do Wedding studio, a romantic dinner at Moonwhale Pattaya, 5-star accommodation at Avani Pattaya Resort and a yacht cruise from Once Yachting.



By supporting this unique event Avani Pattaya Resort, Pattaya City and Royal Garden Plaza show that Pattaya is an "All Genders Friendly Destination" where love and diversity are proudly embraced in the form of 'Marriage Equality'

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No discount is applicable.





#### **Happy Hour** On The Beach!

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Scan the QR code to view Happy Hour Menu.



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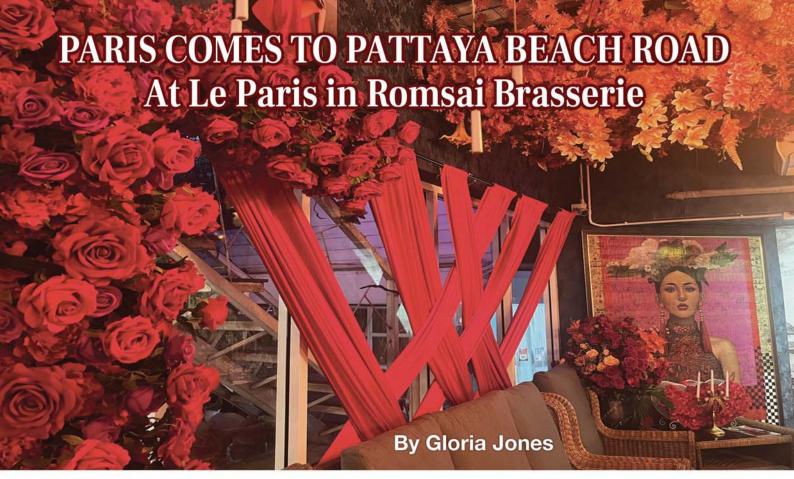




#### FOR REGISTRATION AND QUESTIONS, PLEASE CONTACT BELOW:

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P'Pui and Martial are a lovely couple with amazing energy, always thinking of new ideas and improvements. They have combined their talents and cultures to create the popular Pattaya Beach restaurants Romsai Brasserie and Cafe La Plage. Now Martial (Ricky to his friends) has been even more specific by bringing his favourite food to Pattaya. He has actually gone to the trouble of transporting chef Julien Henon to provide authentic French cuisine at Romsai's latest new venture: "Le Paris". Julien Henon is a celebrated chef who had two of his own restaurants back in France but was excited to try something new and so accepted the challenge of coming to Thailand. And Ricky? Well, he couldn't be happier. He gets to enjoy the authentic tastes and flavours that he has missed for a long and share them with his customers. P'Pui was also inspired by her trip to Paris to decorate the area in a sumptuous Parisian style.

We were lucky enough to discover this gem of a bistro for ourselves. Situated in the beautiful Romsai Brasserie on Pattaya Beach Road (close to Pattaya Klang turning). Ricky, our host for the evening of course, loves everything on the menu. This is his passion for as well as bringing Julien to Thailand he has spent a fortune getting the kitchen, ovens and equipment just to be able to provide authentic French cuisine. So I asked Chef Julien which dishes he most enjoys cooking. Classic Beef Bourguignon was his first choice and then his signature Homemade Foie Gras, Vol au Vents Escargots, Rabbit with prunes and Scallops.

I tried Chef Julien's scallops in an amazing Coquilles Saint-Jacques which had the most delicious sauce. This led me to remark that although I have always enjoyed Italian food because of the simplicity of the dishes and quality of produce used, in my humble opinion nobody can make sauces as well as the French! Just to prove that we were also treated to egg mayonnaise with of course a wonderful homemade mayonnaise. I am also happy to see that Julien uses a lot of truffles in his cooking and that he is also gifted at making something as simple and tasty as homemade french fries. I urge you to give them a try. You will never call McDonald's efforts "French fries" again!





From 8 am you can step into Pattaya's very own Paris on the Beach Road and enjoy a wonderful continental breakfast with amazing croissants, pain au chocolate, excellent coffee, hot chocolate and freshly squeezed Orange and Lemon juice. Stay for lunch and there will be amazing baguette sandwiches, avocado and cheese toasts, salads, a huge selection of homemade pastries and even made in-house ice cream to delight you. Eat al fresco across from the beach, at the counter to experience the open kitchen magic or on the beautifully presented red tables.



Then in the evening up until 2 a.m. what a romantic place this is. You might swoon to the mellow sounds of Mitch Benny on who sometimes performs here whilst you enjoy a bottle from their excellent cellar or perhaps an amazing bowl of French Onion Soup. When I tried this it immediately transported me to Paris where I have fond memories of eating onion soup in a little bistro on the banks of the Seine. Here at Le Paris, it has the same delicious well-soaked bread and oodles of melted cheese. I can also recommend the Beef Tartar which was delicious!

I will be back. I saw Gravalax with citrus vodka and whipped cream that I am keen to try and also the wood fired beef tenderloin sounds very good. Ricky and Julien are also planning a Sunday brunch which sounds very exciting, possibly on the 1st Sunday of the month but watch this space. Check out their social media or even better, go to Romsai Brasserie and have a look for yourself. Don't forget there is free parking available at the nearby Basaya Beach which you can use if you are dining at Le Paris, Romsai Brasserie or Cafe la plage.



#### CONTACT INFORMATION

You will find Le Paris on the ground floor of Romsai Brasserie, Beach Road, Pattaya Make a reservation by phoning 094 612 4265 or by email Mricky@hotmail.com









2025 marks the first year that Chonburi has been recognized by the Michelin Guide, with a couple of restaurants right here in Pattaya having a mention in the most important food review and guide of them all. In our January issue we wrote about the marvelous Indian By Nature, and their delight at being one of the inaugural restaurants in the province to receive such acclaim. If you missed this you can still read the article on our website at pattayatrader.com.

Our next stop on the Michelin trail was the gorgeous Fish Club at the spectacular Andaz Pattaya Resort. The restaurant's speciality is serving locally caught and freshly grilled seafood. You can choose a table indoors with air-conditioned seating or sit al fresco to make the most of the enviable location right on the beach front. Fish Club operates daily, with lunch from 11:00 AM to 6:00 PM and dinner from 6:00 PM to 10:00 PM Sunday through Thursday, extending to midnight on Fridays and Saturdays. We were there to sample some delights from the dinner menu so opted for a table outside by the pool to catch the last rays of sunset







To get our taste buds tingling we were presented with an amuse bouche of crunchy battered seaweed that was wonderfully zesty and flavoursome. It certainly did the trick, making us eager to receive our starters. For these we chose a favourite dish from a previous visit, the tuna tacos made with Japanese tuna, lime, avocado, sour cream, and Asian slaw.

The other was King Crabmeat Salad which was amazing and is now a new favourite. It has generous portions of crab meat, such a joy to eat without the hassle of having to wrestle with the shell, another tangy accompaniment with the addition of a crispy black rice cracker jalapeno and coriander dressing and the smoothest best avocado puree I have ever tasted. In fact there need to be a new description for this avocado. It is so smooth, so fresh, so delicious, I wonder if they put it through a sieve to get it so creamy?



Well that was all a tremendous success and time now to talk about the Watermelon Splash. Not just a great drink to feature because it looks so good in the photos, it is made with a mint, citrus cordial and soda. Don't think about the sickly sweet Watermelon smoothies you might sample around town this Water Melon Splash is light, thirst quenching and very refreshing

So on to the main event "Surf and Turf" but not as we might usually know it. Fish Club's version features half a chargrilled Boston lobster and 200 grammes of succulent Japanese Wagyu striploin - enough for 2 to happily share. We had originally thought of only selecting fish and seafood for our review here at Andaz but the recreation of a classic was just too good to pass up. As with everything we sampled it was all perfectly and imaginatively seasoned with flavours to really compliment the lobster and wagyu. Other non-seafood options include whole grilled pork collar and whole grilled baby chicken that has been declared "extremely good" by a friend who chose this and really loves his food.



Other highlights at the Fish Club include the oysters which are available in single, three, or six-piece servings, the seafood towers and lobster mac & cheese. So visit this stunning restaurant to find out for yourself just why it was credited by Michelin.

ANdAZ $_{\scriptscriptstyle{\rm M}}$ 

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Telephone for reservations
(advisable) 038 221 234



At Andaz Pattaya Jomtien Beach 345, Moo 3, Na Jomtien (just behind Aquaverse)

## PTLC Pattaya International Ladies Club

### PILC'S AGM

This year the Pattaya International Ladies Committee held their Annual General Meeting for the nominated and agreed committee members at The Holiday Inn. Returning President Sue Saunders kicked off proceedings by advising all the members in attendance that the club had enjoyed a very good year. Not just with its social meetings and events but more importantly through its fund raising activities. With a sizable increase on last year's total the club is delighted to be able to give a large donation directly to the Mercy Foundation to support their work, and carry on with the PILC's ethos of helping look after the poor of Pattaya.

Membership is up and expected to increase through 2025 as some part time members return from abroad and the monthly coffee morning to welcome new members is still very popular. After all, many ladies joining the club do so as "newbies" to Pattaya (we've all been there) and this is a gentle introduction to the club. Also, the regular monthly coffee mornings and lunches have been well attended with new venues introduced. A survey was taken to see whether members would still be happy to attend coffee mornings (or should that be afternoon teas) if timings were changed to later in the day. This might help some of the larger hotels and venues to complete the breakfast sittings before entertaining the PILC. Watch this space to see if this idea comes to fruition.







A steady increase on social media being used by members through the club's Facebook and Instagram was reported by Leesa Davidson. She also advised that LINE is now available in addition to the club's traditional email methods of communication. Then we heard from Liz Shepherd and Lhen Lhen how with the help of the PILC the Mercy Foundation has been able to increase the number of poor families it helps from 70 to 100. This equates to an annual total of 10 tons of rice, 2,400 tins of fish, 2,000 bottles of oil and 12,000 eggs. Help is always needed on the last Thursday of the month to bag these items ready for distribution. Also 19 students have been given scholarships and 10,000 baht forwarded to The Fountain of Life Centre.

Violette Gauthier has organised many, very popular trips for the club and will enjoy doing so again this year. Carol Johnson takes on the role of committee secretary and former PILC President Sue Tait Hospitality. So there is now a very strong

team to take PILC through 2025 and into 2026. Onwards and Upwards Ladies! Always good to see a bit of Girl Power supporting each other and the community!

If you would like to join this great organisation send an email to Melissa at

> pilcmembership@gmail.com. Or contact Sue pilcpresident@gmal.com

if you would like to be nominated for next year's committee. For more information check out their Instagram and Facebook page





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# WHERE WILL YOU CELEBRATE ST. PATRICK'S DAY IN PATTAYA? HOW ABOUT DICEY REILLY'S IRISH PUB?

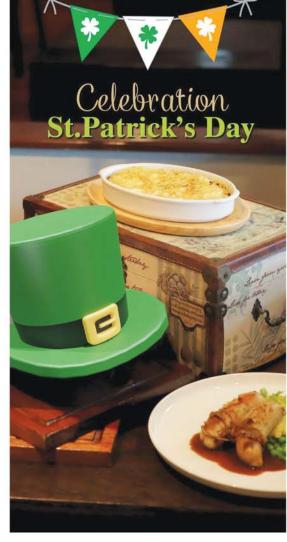
#### **By Gloria Jones**

St. Patrick's Day takes place this month on the 17th. It originated as a religious festival honoring the patron saint of Ireland, who brought Christianity to the Irish people in the 5th century. Today it has evolved into a global celebration. Perhaps because Irish immigrants travelling the world have brought the tradition with them?

This is especially true of the US and every year the Chicago River is dyed green with a city parade to celebrate the occasion. Or perhaps it has grown in popularity worldwide to overshadow other saints' days such as St. George's or St. Andrew's because it is just so much fun.

Of course this type of annual, inclusive get together is perfect for Pattaya where there was once a parade along beach road but now embraces the day in a number of "party places" throughout the city. Generally people celebrate by the wearing of green, silly large hats often featuring shamrocks, corny jokes, Irish music and typically consuming Irish food and especially drink.

Many will flock to Dicey Reilly's on the 17th where of course the drinking of Guinness will be de rigeur but if you find it rather bitter I have a tip. Try not sipping but taking a gulp as you drink - I was taught this when visiting the tasting room of the Guinness Storehouse in Dublin and yes it really works!



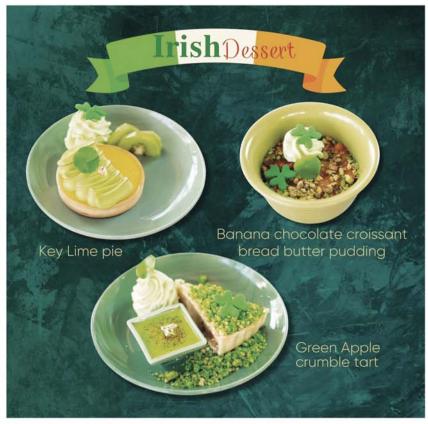


I caught up with the new Food and Beverage Director Andrea to see what he has in mind for the day. Andrea arrived at the Avani in July last year.

Although originally from the beautiful northern area of Italy close to Lake Como he is no stranger to Thailand having worked in Phuket before joining the team at Avani Pattaya Resort.

He loves the atmosphere here and the feeling of belonging to an extended family with his work colleagues and many returning guests.

This March 17th will of course,be his first time experiencing a Pattaya St Patrick's day and for Dicey's he is planning some lovely treats for the revellers.





As well as the customary Guinness and Irish coffees there will be some green cocktails and beverages to add to the fun. Also some Irish Desserts.

What he will be most proud to show is the newest addition to Dicey's namely the BBQ Smoker which is producing some mouth watering results.

Try them any time at Dicey Reilly's from 12 noon until 11 pm - but especially on St Patrick's Day with a pint of the "Black stuff"! Sitting inside at the bar, in the restaurant or outside on the terrace, the day is sure to be tons of fun.

Dicey Reilly's Irish Pub and
Restaurant is located at
Avani Pattaya Resort
2nd Road Pattaya email
pattaya@avanihotels.com or
Telephone +66 3841 2120 to
book a table (advised)





### Step Inside the Original Boutique Resort

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

"软实力"已经成为近年来一个热门词语,反映了泰国政府越来越重视在全球舞台上展现其国家文化。泰国的软实力源于其丰富的遗产, 包括美食、传统艺术以及泰国人民的热情好客。糖小屋 洒店 是一个独特的综合体,凝聚了所有这种传统的泰国魅力。



Sugar Hut Resort and Sun Sabella Complex are near Pattaya Provincial Court on Thappraya Road,

Tel 038 251 696-88 033 002 934/35 Please like our Facebook pages

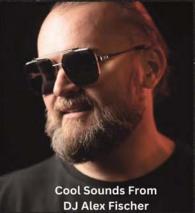


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Email: Romsaibrasserie66@gmail.com



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Fruit Pies are Apple, Cherry, Rhubarb, and Blueberry served with Custard.



■ www.facebook.com/TheSportsmanPattaya ⊕ www.sportsmanpub.com



Hemingways Family Friendly Restaurant and Sports Bar on Mabprachan Lake has 14 Big Screen TVs with Sports on Demand, an Outside Pool and indoor air conditioned seating. Its a great place to enjoy Traditonal pub grub, Daily and Weekly specials an of course the popular Sunday Carvery. Plus now there's a Kids area complete with playstations, pool table, table tennis and table football.



11/ 2.moo 4 pompranamit road Mabprachan lake







Tel: 095 078 2567 hemingwayslakeside.com

# Sports Update

### For March by Steve Wade

We're into March sports fans and in the UK, spring is doing its best to get itself sprung. As any discerning sports enthusiast will know, that can only mean one thing, the Cheltenham national hunt festival is with us again. The festival falls a week or so earlier than usual this year, running from the 11th until Gold Cup day on the 15th. We'll return to this subject shortly but I'm told that some other sporting events are taking place so we better get those out of the way first!

The Formula 1 season starts this month and all joking aside this is going to hopefully be one most exciting and open seasons we've had for many years. The constructors championship is looking mighty close between McClaren and Ferrari according to the odds layers and the drivers contest has a very open look to it with Lando Norris just shading Max Verstappen for favoritism, with Charles le Clerc and Lewis Hamilton not far behind. The season gets underway in Australia from the 14th until the 16th and then moves to China from the 21st until the 23rd. If all the cars live up to their potential, this looks like a season to savor for F1 fans.

The Premier League has a relatively quiet month with only two matchdays scheduled and the Champions League, currently at the final stages of the league format, is a mystery as far as the last 16 fixtures are concerned. I did do some digging at time of writing but found no confirmed dates anywhere.

The build up to the Masters is well underway and two big PGA tournaments are scheduled for March including the "fifth major", the Players Championship at TPC Sawgrass, which runs from the 13th until the 16th. The Arnold Palmer invitational, another 20-million-dollar event, tees off on the 6th until the 9th.

Back to the Cheltenham festival and there was talk earlier in the season that perhaps the Irish, headed by the Willie Mullins Battalions, may not be as strong this year. This wishful thinking was put to bed by the results at the Dublin racing festival, where a host of top class horses was unleashed by the Closutton based maestro. Nicky Henderson is flying the flag for England and has some well fancied runners for the championship races, but I expect Ireland to continue its dominance of recent years, with a few notable exceptions. That's about it for March and if you're a horse racing or F1 fan, there's plenty to look forward to.







### PATTAYA'S 6TH CLASSIC CAR SHOW

There was a fantastic turn out for the 6th Classic Car Show at Asia Pattaya Hotel. An extremely reasonable 100 baht entrance fee allowed visitors to enjoy some real vintage beauties and lovingly restored classic cars. The star of the show was undoubtedly a 1954 Mercedes-Benz 300 SL Gullwing, of which there are only 3 in Thailand!













Guests also attended a Charity Dinner at the hotel's beautiful Sunny Beach House with stunning seaside views.

A live band provided entertainment and Children of Child Protection and Development Center (CPDC) joined in the fun, performing some wonderful

Thai dances.











The following day 15 of CPDC's children had a special experience riding in rare vintage cars, joining a classic car procession along the streets of Pattaya city. A truly wonderful day was had by all with all benefits going to support children of Human Help Network Foundation Thailand. They expressed their gratitude with the following statement:

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"Human Help Network Foundation Thailand would like to express its gratitude to Classic Car Friends Pattaya; founder and president; Jo Klemm, Classic Car Show Pattaya's sponsors and partners and all benefactors for their kind generosity toward children May God bless you all".

Classic Car Friends Pattaya brings people together who are interested in Classic Cars and in creating a network to support and help the local community. If you are interested in joining go to their website for more information:

https://classic-car-friends-pattaya.com





Throughout the year, golfers worldwide can play Asia's finest public and private golf courses in a multi-day tournament format, unlike anything else ever produced for amateur golfers.

Golfasian, the leading Asian golf tour operator, started organising tournaments for clients over ten years ago. What then was a novelty has expanded, and in 2025, they are now organising twelve amateur tournaments in Thailand, Vietnam, and the Philippines. The trend has been incredibly successful.

In 2024, over 2,000 male and female golfers from 21 countries took part and enjoyed all the trappings of a professional tour event, with caddies wearing the golfer's name on their bibs, trophies and prizes, and even advertising hoardings, just like on the DP World tour.

Their 19th-hole parties are legendary, and the gala dinners are superb and a great way to meet friends from all over the world.

Coming up is the Centara World Masters in Hua Hin from June 8th to 14th. With 340 competitors last year, it is the biggest event in Thailand. Another exciting event is the Doubletree Hilton Phuket Golf Invitational from July 20th-24th.

Further afield check out the Vietnam World Masters from September 7th-13th followed by the North Vietnam Tour from 13th - 17th. For full details, visit https://www.golfasian.com/events/







#### 80 Pages Packed with Golf and Travel Tips

The 3rd edition of Golfasian's popular magazine Asian GOLF & More is now out. This edition includes regional reports on Hua Hin, Danang, and Clark, as well as several golf course reviews and useful tips on places to visit away from the golf clubs.

Download your free copy of the latest edition of Asian GOLF & More, which came out last week by going to https://www.asiangolfandmore.com/





Since its new owners took over Hookers Fishing Resort in Huay Yai, Pattaya the changes have been remarkable. The obvious ones are to the fishing lakes (large and small) with improvements in the quality of the water, the variety of fish and the plants and general landscaping across the resort. Hookers Fishing Lake now has around 40 different species of fish and because of its size can stock extremely large specimens that grow to over 200kg. So staff are on hand to help with that photo moment for a real whopper! For more information about the amazing varieties to be found, have a look at their website (hookerspattaya.com).

Although fishermen can be quite a hardy bunch, their other halves or family members may require more creature comforts. Therefore Hookers have upscaled their lakeside lodges and we went to have a look at a 2 bedroom one, perfect for a family. It had air-conditioned comfortable living spaces, Netflix, fridge, tea and coffee making facilities, sun loungers, a plunge pool and even bunk beds for the kids. So perfect for anyone who just wants to stay, chill and enjoy the lovely tranquil space.





The less immediately obvious improvements are very well worth discovering within the all day dining area "Catch Bar & Restaurant". Already gaining a great reputation for visitors coming here just for the food Chef Danny Wogan leads his team in the kitchen. Moving to Huay Yai last year he arrived with a very impressive CV having worked at restaurants in London's Lanesborough, Connaught, and Dorchester (alongside famous 3-star Michelin chef Alain Ducasse). Also for the King of Dubai at Jumeirah. It was whilst there that he was included in the MasterChef 2014 live shows (an extension of the famous TV show) which featured some of the best of the capital's chefs in an event lasting over three days at London's Olympia Exhibition Centre.





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Now Danny has a new life and a new partner here in Pattaya and we are lucky to have him with us. His Fish and Chips and traditional East End Pie and Mash have fans returning again and again. However, we were there to try another very popular meal, his Sunday roast. Although portions are generous enough to just be a meal in themselves, we decided to add a couple of starters (purely for the sake of the photos you understand).







My colleague decided to go "Surf and Turf" declaring his prawn cocktail fresh and juicy with a flavoursome Marie Rose sauce. Then selecting the roast beef - already given a big thumbs up by some friends and fellow diners at another table. I went with the Prawn Gambas which I loved, cooked in garlic, paprika and olive oil, served with sourdough toast and salad. My roast of choice was the chicken and pork combo with meats perfectly cut (not too thin - which can sometimes be annoying) and accompanied by all the correct sauces and condiments. These were served straight away without us having to request them.

Desserts you really should try include Danny's own recipe Banana bread and if you're feeling too full to finish it - there's always the doggy bag! Which reminds me "Catch" is pet friendly so it's an excellent restaurant to bring your furry friends. This plus plenty of on-site parking, spacious well air-conditioned interior, scenic views, elegant outside terrace and fantastic food make it a great Sunday lunch destination - but try it anytime. They are open 7 days a week from 7 a.m. to 7 p.m.









## Interview with Mr Bruce Grindlay, Principal of Rugby School Thailand

#### By James Kemp Deputy Head of Mooltripakdee International School

Driving from the city past Lake Mabprachan, and up towards the imposing grey cliff sides of Khao Mai Keao, I must admit to feeling excited. As I have mentioned in previous articles, I always enjoy spending time at Rugby School Thailand. Since returning from Bangkok to Pattaya, I have been keeping a watchful eye on developments at Rugby and was keen to hear about them firsthand.

Those of us living in and around Pattaya with an interest in education will know all about Rugby School. Simply put, it is an exceptional institution; the facilities, the staff, the leadership and the ethos all epitomise excellence. However, this was not what sparked my curiosity on this visit. After achieving so much in a relatively short space of time, how do you keep things fresh and moving forward? Where does the school's Principal, Mr. Bruce Grindlay, find his inspiration and drive to ensure Rugby continues striving to do even more for its students?



Before exploring this, it would be remiss of me not to highlight some of the school's recent achievements and developments. Rugby School Thailand has recently gained significant recognition in the field of international education. In October, 2024, it was selected as a finalist for the 'British International School of the Year 2024' at the Independent Schools of the Year Awards, underscoring its commitment to excellence in British education abroad. Additionally, it was ranked as the 'Best Boarding School in Thailand' for 2024 by The Thaiger, reflecting the outstanding quality of its boarding facilities and student care. These accolades reaffirm Rugby School Thailand's dedication to providing a holistic and high-quality educational experience for its diverse student body—they would say, The Whole Person, The Whole Point.

Looking ahead, Rugby School Thailand has announced plans to construct a state-of-the-art auditorium on its expansive 80-acre campus. Scheduled to break ground in May, 2025, and expected for completion in November, 2026, the auditorium will feature a generous seating capacity of 750, ensuring ample space for audiences to experience the remarkable events it will host. This addition aims to enhance the school's performing arts facilities, providing students with a dedicated space for performances, examinations, and other significant events. The new auditorium will complement the school's existing facilities, which include a Performing Arts Centre, a recording studio and various theatres, all designed to nurture students' artistic talents.

But once a school reaches these heights, how does it maintain its momentum? I put this question to Mr. Grindlay, who explained that it all comes down to ambitious, structured school improvement plans—plans that are continuously reviewed, developed and driven forward by an empowered team of experienced senior leaders. These leaders are given the time, trust and the autonomy to make meaningful changes. He also highlighted the role of the school's governing body and owners, the Teepsuwan family, a group of experts and leaders from a range of fields who guide and advise the school's direction, often bringing fresh perspectives that might not occur to educators. Overwhelmingly, I was left with the impression that Rugby School recruits great teachers and leaders, then provides them with the support they need to succeed. As a senior leader in education myself, this was music to my ears. All too often, teachers are micromanaged, stifling innovation and sapping them of their love for the profession.

Our conversation then turned to Mr. Grindlay himself. What keeps him passionate about education and Rugby School? What drives him to want to improve? I was impressed to hear that he still sees significant areas for growth within the school, particularly in the Sixth Form, where he has ambitious plans for both student numbers and provision. He spoke enthusiastically about the breadth of sports students are participating in and competing in, as well as the large FOBISIA (Federation of British International Schools in Asia) events the school is hosting. We also discussed his role as a member of the ISAT Executive (International Schools Association of Thailand) and the opportunities this has given him to advise on and influence policy at a national level. He clearly relishes working with the school's owners to sustain and build upon all they have achieved so far.

Rugby School Thailand rightly has high expectations placed upon it—it is an expensive school, and it must justify that cost. To my mind, it absolutely does. Not only because of its academic rigour and outstanding teachers but also because of the breadth of opportunities available to students. From the Duke of Edinburgh's Award to LAMDA qualifications, from its journey towards becoming a fully accredited forest school to its international trips and exchange programmes with their sister schools in both the UK and Japan, Rugby offers an unparalleled range of experiences. So, if you are looking for something truly exceptional, I encourage you to visit. I can assure you of a warm welcome and the chance to explore a world-class school in action.

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For 29 years, St. Andrews Green Valley has been a leader in international education, offering a world-class learning experience from Pre-Nursery to Year 13. Nestled within a scenic golf course near Rayong and Pattaya, the school follows the IB, IGCSE, and PYP British curriculum. They focus on equipping students with essential life skills such as entrepreneurship, eco-literacy, coding, and robotics, preparing them for success in an ever-evolving world.

With a strong history of academic excellence, Green Valley students consistently achieve top results in both IGCSE and the IB Diploma Programme (IBDP), earning placements at prestigious universities worldwide.



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### Former Student, Chemical Engineer at Caltech, USA (Class of 2017)

Green Valley gave me hands-on experiences that shaped my passion for engineering. My teachers supported me through university applications, from recommendations to interview prep. Their guidance helped me secure a place at Imperial, and now, as I pursue my PhD at Caltech, I still stay in touch with them.

#### Parent of Year 10 & 8 Students

We've been part of the Green Valley community for 8 years. Beyond academic excellence, the school focuses heavily on character development and instilling essential soft skills for today's digital world.

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# CREATING A PLAN FOR THE WHAT IF'S IN LIFE

"Peace of mind is derived from making informed decisions - these are the best decisions."

This is a question we are frequently asked by our clients, though it is not always a topic that many are eager to discuss. *When the unfortunate passing of a loved one occurs*, the last thing we often consider is who to contact or where to find the essential documents.

As part of our annual client reviews, we complete a Data Capture form. This form has proven invaluable for many families, as it provides a clear record of assets, reference numbers, and key contacts.

Additionally, we ensure that all our staff members' contact details, including phone numbers and email addresses, are listed in case our assistance is needed with any documentation. Upon reflection, you may be surprised by the number of individuals who need to be informed, the various details that must be shared, and the many accounts that will need to be accessed and transferred. It is a more complex process than one might initially expect.

One critical document that is often overlooked is the Will. Having a valid Thai Will is essential for the distribution of your assets within the Kingdom. Furthermore, if you have assets located elsewhere, it is important to have a Will that is applicable in those jurisdictions as well.

To simplify matters, for clients with investments we manage, we often create *beneficiary trusts*. These trusts *allow assets to be passed smoothly* to the named beneficiary, minimising disruption to those left behind. If you are considering taking action now to ensure that your affairs are in order, we encourage you to proceed.

The most challenging step is acknowledging that this is something that will affect everyone. Once you take that first step, the process becomes significantly easier. We assist many clients with various aspects of financial planning. It is not always questions about where to invest that arise, but rather inquiries such as:

How can I reclaim the tax I paid when I accessed my pension? Can you assist with my self-assessment return? How can I contribute to national insurance to increase my state pension?

These are typical questions we receive, and we have been providing expert guidance in these areas for many years. If you believe we can assist in managing your financial affairs, ensuring that tasks are not delayed until a later time, we encourage you to get in touch. We may have the solutions you are seeking.











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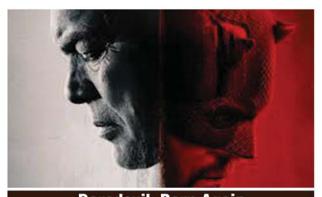
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# What's on The Small Screen



#### Daredevil: Born Again

#### Charlie Cox, Deborah Ann Woll, Jon Bernthal

As Daredevil, blind lawyer Matt Murdock battles crime while his nemesis, Mayor Wilson Fisk, pulls the city deeper into darkness, forcing a fateful collision.



#### The Residence

#### **Edwina Findley, Molly Griggs, Susan Kelechi Watson**

Netflix's The Residence, a mystery drama by Paul William Davies, explores a fictional White House murder scandal, inspired by Kate Andersen Brower's book.



#### Dope Thief

#### Wagner Moura, Amir Arison, Brian Tyree Henry

Posing as DEA agents, delinquent friends rob a house, accidentally uncovering a massive East Coast narcotics corridor.



#### The Wheel of Time Season 3

#### Rosamund Pike, Olivia Williams, Shohreh Aghdashloo,

Season 3 sees Rand grappling with his destiny as the Dragon Reborn, while the Forsaken's growing power threatens the world. New alliances form and old ones shatter as the fight against the Shadow intensifies



#### **Dark Winds Season 4**

#### Jessica Matten, Zahn McClarnon, A Martinez

Two Navajo cops, haunted by their pasts, unite to solve a brutal double murder, unearthing dark secrets within their community.



#### The Studio

#### Seth Rogen, Evan Goldberg, Pete Huyck

New Continental Studios head Matt Remick, desperate for celebrity clout, balances corporate pressures and creative vision to keep movies alive.



## What's on The Big Screen



#### **Paddington in Peru**

#### Antonio Banderas, Emily Mortimer, Ben Whishaw

Paddington and the Brown family journey to Peru to visit his beloved Aunt Lucy, but a mystery plunges them into an unexpected adventure through the Amazon rainforest and up to the mountain peaks of Peru.



#### **A Working Man**

#### Jason Statham, Michael Peña, David Harbour

A construction worker and former black ops agent must use his skills to save his boss's kidnapped daughter.



#### Rich Flu

#### Mary Elizabeth Winstead, Jonah Hauer-King, Rafe Spall

When a strange disease targets the wealthy, people will do anything to save themselves, even if it means giving up their fortunes.



#### Mickey 17

#### Steven Yeun. Robert Pattinson, Naomi Ackie

Mickey 17 follows an "expendable" crew member on a space mission. He's sent on dangerous tasks because he can be regenerated if he dies. But when one regeneration goes wrong, things get complicated.



#### **Snow White**

#### Gal Gadot, Rachel Zegler, Andrew Burnap

Snow White, a musical reimagining, stars Rachel Zegler as Snow White and Gal Gadot as the Evil Queen in a magical adventure based on the classic fairy tale.



#### Black Bag

#### Kate Blanchett, Michael Fassbender, Tom Burke

Accused of treason, a spy's wife forces him to choose between his love for her and his duty to his country.

## TRAVEL SMARTER WITH TECH



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The Pocketalk S is a smart, two-way translator that fits in your pocket, making communication across languages effortless. 1 With advanced AI and a simple interface, it translates conversations in real-time, supporting a wide range of languages. 1 Perfect for travelers, students, or anyone needing to bridge language barriers, the Pocketalk S offers accurate and fast translations, helping you connect with the world.



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Ah, the 1980s. A decade defined by mullets, leg warmers, and larger-than-life hairdos that defied the laws of physics. It was a time when the world was convinced that excessive synthesizers, drum machines and neon colors, were the keys to success. I loved the eighties of which I spent the early part cavorting as a frontline member of the international number one hit band Brotherhood Of Man, therefore enjoying to the max the colourful and boisterous music and entertainment business. The second half saw me 'pop tarting' myself as a topline nightclub DJ / remixer and versatile record producer for many famous names.

If you've ever thought you needed a neon sign to really stand out in a crowd, the '80s had you covered. Hot pink, electric blue, and lime green were rampant, forming a collective rebellion against any notion of muted tones. Shoulder pads were the mighty armor of the decade.

The 1980s were a time when pop and rock music ruled the airwaves and what a musical landscape it was. From the pulsating beats of Madonna's 'Like a Virgin' to the arena rock anthems of Bon Jovi, the 80s provided a soundtrack for the legions of denim and leather-clad youth. Madonna, the Queen of Pop, single-handedly started the backlash against normal hair with a fashion sense that seemed to say, 'I didn't even try, but let's add more bracelets!'. She shook the music scene and invited everyone to strike a pose.





Let's not forget about the incredible phenomenon known as hair metal, the genre equivalent of a Hollywood blockbuster fueled by hairspray. Bands like Poison and Def Leppard unleashed an onslaught of hairspray that could probably be detected from space. With their high-pitched vocals and love ballads that made you wonder if anyone knew how to have a relationship without defining every feeling in a power chord, the hair metal bands were truly a marvel.

As we dipped our toes into the synth-pop pool, we weren't just drenched in catchy melodies. It was the decade of Prince & Michael Jackson's moonwalk. Wham!'s 'Wake Me Up Before You Go-Go' made us re-think the entire purpose of sleep. How could one possibly rest when there was so much shimmery goodness to dance to?

MTV arrived and changed everything. If you could find a palm tree and a dancing wind machine, you had yourself a hit. Who could forget Cyndi Lauper's colorful wigs in 'Girls Just Want to Have Fun'?

Nestled within this sonic paradise was a serious divide, pop and rock. While one camp reveled in glittery outfits and unashamedly catchy tunes, the other was bent on expressing angst through guitar riffs, big hair and leather jackets.

Despite the confusion, the fashion faux pas, and those ridiculous music videos, one thing is clear, the 1980s revolutionized the music industry. The '80s was less about rules and more about creativity, fashion as a form of expression, and an opportunity to say, 'Why not?'

So let's celebrate this decade of music for giving us more than tunes. It gave us moments, memories, and a sound so ludicrously brilliant that it still echoes through our hearts (and occasionally our Spotify playlists).

Here's to you, the wild and wonderful 8os. A time when we all agreed that more is more! Experience the original songs and videos of Barry Upton on YouTube – FAB BAZ MUSIC TV





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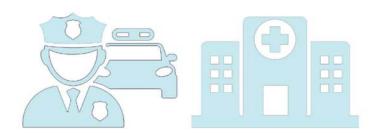
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## **SUDOKU MARCH 2025**

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- 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

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#### **SOLUTIONS**

#### **MEDIUM**

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## Key Travel Trends so far in 2025 from Sabre

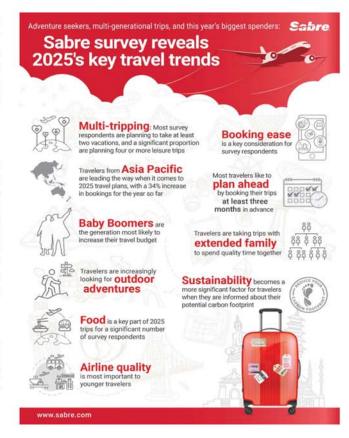
#### By Kanchan Nath

What truly matters to travellers when planning their leisure trips in 2025? And, what insights can the travel industry gain? For the second consecutive year, Sabre surveyed its global team members to discover what travel industry insiders prioritize when booking their own vacations. Combined with Sabre's rich industry data, the results reveal 10 key trends shaping how we travel this year:

#### 1. Multi-tripping

Why settle for just one vacation, when you can squeeze two into the year...or even five? In 2025, travel is a key priority, with most respondents planning at least two leisure trips – an increase of 6% from 2024. And, if you're dreaming of even more vacation time, you're not alone: close to a quarter of survey respondents are planning 4+ trips, an increase from last year when a fifth said the same. 12% of respondents are gearing up for five or more getaways in 2025, a 2% rise from last year. Only 3% of people said they're skipping vacations entirely for 2025, a big drop from 2024's 9.4%.

This trend is also borne out by Sabre's global travel insights, which confirm the prioritization of travel across the world. There are 9% more air bookings for 2025 (when looking at bookings made from January through September 2024 for travel in 2025), compared with the same time period last year.



#### 2. Asia Pacific setting the pace

Asia Pacific (APAC) is the travel frontrunner so far for 2025. According to Sabre's global travel data, there is a 34% increase in bookings made by travelers from the region year-on-year (looking at bookings made from January to September 2024 for travel in 2025), outpacing other regions.

Lower airfares in APAC could be one factor driving this growth. Increased air capacity in the region has resulted in fare price reductions of 10% in the first quarter and 5% in the second quarter of 2025, making travel more accessible and helping to fuel demand. A growing middle class in key APAC markets such as India, Indonesia, and Vietnam, is also leading to increased travel.

#### 3. Hey, big spenders

With increased travel activity in 2025, it's no surprise that household travel budgets are on the rise. Over 90% of travelers surveyed are spending the same or more on travel compared to 2024. However, spending habits vary significantly across age groups. Younger respondents, particularly Gen Z (born 1995-2012), are focusing on budget-friendly options to stretch their travel dollars, with most maintaining a budget that's comparable to or only slightly higher than last year.

In contrast, many Baby Boomers (born 1946-1964) responded that they are elevating their travel spend, with this generation having the highest proportion of respondents opting to spend significantly more on travel in 2025 than they did in 2024.

#### 4. Looking for adventure

The survey indicates that travelers are embracing adventure in 2025, with a growing interest in exploring the great outdoors and participating in sporting activities during their leisure trips. Cultural experiences remain a favorite, with 46% of respondents ranking visiting the likes of landmarks, monuments, museums, and galleries as their top holiday activity. However, adventure travel is rapidly gaining traction, with close to 30% prioritizing outdoor pursuits and sports while on vacation.

This trend is especially strong among Gen Z, where 73% of respondents cite sports and outdoor activities as their preferred vacation activity. While Gen X (born 1965-1979) and Gen Y (born 1980-1994) incorporate more child-friendly activities into their plans, the focus on adventure resurges among Baby Boomers, who perhaps have more freedom in how they spend their time on holiday, with 45% of respondents emphasizing the importance of outdoor and sporting experiences in their travel itineraries.

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#### 5. Building up an appetite

It seems all that adventure and activity is fuelling a growing appetite for local delicacies while on vacation. The old saying that the "way to a person's heart is through their stomach" holds true too for travelers, with food set to play a central role in the travel experience for 2025, according to Sabre's survey. Culinary experiences are especially important to Baby Boomers, with 27% identifying food as their top vacation priority.

This focus on food isn't unique to Sabre's findings. Research from the IMARC Group highlights the booming culinary tourism market, which is projected to reach \$4.2bn by 2033 – growing at an impressive rate of over 14% annually from 2025 to 2033. Meanwhile, according to the Hilton's 2025 trends report, more travelers are focused on food.

#### 6. Airline quality matters to younger generations

When it comes to booking a trip, it's no surprise that cost, destination, and activities rank as the top priorities for travelers. However, an interesting trend emerges among younger travelers: although they aren't significantly increasing their travel budget for 2025, they place high importance on airline quality. Nearly 10% of Gen Z respondents identified the quality of the airline as a key factor in their decision-making, with a notable portion of Gen Y travelers echoing this sentiment. This emphasis on airline quality presents an opportunity for carriers focused on enhancing service and fleet standards.

#### 7. Booking ease

The survey indicates that booking ease is particularly important to Gen X and Gen Y, indicating a strong opportunity for the travel industry to create a more seamless, tailored way to book travel. Those traveling with children responded that they are also more likely to book a tour package than other types of traveler; likely valuing the convenience and structure these packages provide.

#### 8. Early bird bookings

Booking windows—the time between booking and travel—can show traveler confidence, with longer windows reflecting greater optimism. However, a longer period between booking and date of travel doesn't necessarily mean more travel; this might simply reflect changes in when people are choosing to book their 2025 trips. Sabre's research shows 52% of survey respondents purchasing flight tickets three to six months before departure – a 14% increase compared to the same period last year. Meanwhile, 14% of travelers are booking at least six months in advance, marking a 4% uptick.

Global booking data from Sabre echoes these trends, showing the most significant growth in bookings made even further in advance. In particular, travel planned for October 2025 is showing a significant uptick, most notably for travelers booking from APAC who are planning trips around the Golden Week travel period in China, where a number of public holidays come together to provide a full week off work.

#### 9. Family first – traveling with extended family

Most respondents are traveling with children, followed by those traveling as couples. However, the survey results indicate that there is a significantly higher percentage of respondents in Latin America and the Caribbean (LAC) as well as in North America who are looking at trips with extended family.

This trend is mirrored in other industry research. For example, Beaches Resorts and Censuswide found travellers are prioritizing quality time with grandparents and extended family interactions on vacation. Their survey found 69% of parents would like grandparents to join them for more vacation time. Meanwhile, research in Asia by Booking.com found 47% of families value bonding time as the top benefit of intergenerational travel.

Sabre global booking data also shows that multi-person bookings are seeing a year-on-year boost, with group bookings for seven people showing a 14% increase, and for eight or more people, the increase is close to a quarter at 23% (bookings made from January through September 2024 for travel during 2025).

#### 10. Sustainability counts - when it's visible

Sabre's survey suggests that sustainability is playing an increasingly important role in travelers' decisions, especially when clear information is provided. While cost and convenience remain top priorities, Sabre's survey highlights the power of awareness in shaping sustainable choices. When presented with data on lower-emission options, 54% of respondents said they considered carbon emissions in their decision making. Among them, over 5% said they would choose the most eco-friendly flight even at a higher cost, while 49% said they would favor lower carbon-emitting flights when prices were comparable to other options.

As the survey indicates that travellers are embracing more journeys, allocating bigger budgets, and approaching the rest of 2025 with increased confidence, the focus on meaningful experiences, quality family time, and sustainability continues to grow. Travel is an important priority, and delivering on these expectations requires intelligent, open, modular, and scalable technology to anticipate and respond to evolving trends. By embracing the right tools, the industry can provide the tailored, seamless experiences travelers seek – ensuring their trips are as fulfilling and memorable as possible – for 2025 and the years ahead.



I climbed Kilimanjaro - Africa's highest point, the world's highest free standing mountain and one of the world's largest volcanos - 5 895m (19 341 feet) above sea level

Since 2016 I nurtured a dream to climb Mount Kilimanjaro in Tanzania. Living in Pattaya at that time, I was inspired by David Cole, a good friend (also an expat in Thailand) and an adventurer, who climbed all the highest mountains on each continent, called the "Seven Summits". Mount Kilimanjaro is one of those mountains that you actually don't have to climb technically. You can reach the top by "hiking". There are 7 official routes up the mountain but in general, the longer it takes the bigger chance to succeed and avoid altitude sickness or other negative side effects of being at heights with low oxygen levels.

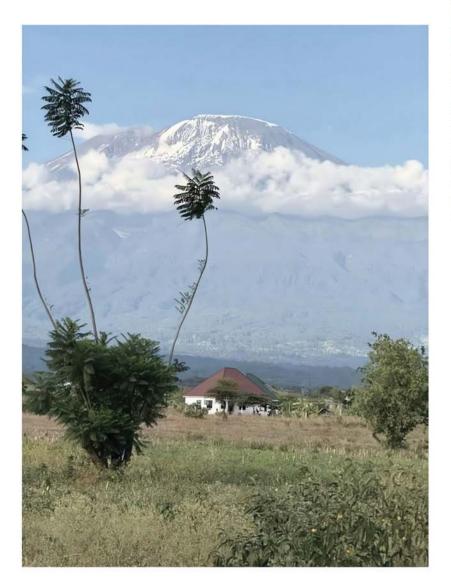




The 22nd of January 2025, I left Sweden together with group of 16. Guided with firm and loving hand by Ola Skinnarmo (owner of a travel company focusing on adventure trips - "Expeditionsresor") and Andreas Mattisson. Ola Skinnarmo, who, in his younger days, made big headlines by skiing alone both to the South and the North Pole. A challenge few others have succeed in doing. Choosing the "Machame Route" up the mountain, it took us 5 days to reach the summit and 2 days down. By following a rigid training program prior to our arrival in Tanzania, we were all as prepared, as we could be, to meet the challenge lying ahead of us. Supported by local guides and porters we went "pole pole" - which in Swahili means "slowly slowly" to be able to reach our goal. On our way to the top, we passed through 5 different climate zones consisting of a cultivation zone, montane rainforest, alpine desert, ice cap zone and arctic tundra with a gorgeous snow covered top at Uhuru Peak which is the highest point on the mountain. The specter in terms of climate zones goes from being at the Equator traveling to the North Pole. Sad to say, 85% of the glacial ice at the top has from 1912 until 2011 disappeared.

Unfortunately the weather Gods were not on our side. On the mountain we faced heavy rain, thunder, snow, hailstorm and a minimum of sun but the amazing and positive attitude in our group and a "Hakuna Matata" mindset we saw no problems and just embraced our challenges. On summit night though, we were all rewarded with a starry sky, no wind and perfect temperature conditions for a great climb to 5895m and Uhuru Peak! So after 5 days of gradually climbing through different climate zones it was finally time for us to try to reach the summit. Quite nervous and exited we left Base Camp at 23.00 p.m and reached Stella Point at around 08.00 a.m. Then we gradually hiked the last 140m of altitude to Uhuru Peak and with a clear blue sky surrounding us, we reached our goal. Excited and full of positive energy we had at that point, forgotten that we had an approximate 12h walk back to camp before any rest, meaning we would be physical active on a hard scale level for a total of 42h. Say no more!

This was an extreme challenge for me with so many aspects to be accounted for as I never been at this altitude before. Not only a physical challenge but also a psychological one. The factor of uncertainty is always a challenge in it self. How will your body react to the low oxygen levels, do you have the right equipment, how cold will it be? Endless questions that I now know the answer to. To be well prepared taking on a challenge like this is of great importance. You need to invest in good quality gear that will keep you dry when exposed to bad and rough weather conditions. That is with no doubt a life saver. High quality tents, sleeping bags that can handle -12 degrees and sleeping mats. All your gear needs to be packed in waterproof packing bags to protect everything from being wet as the mountain dictates its own weather and changes from hour to hour.





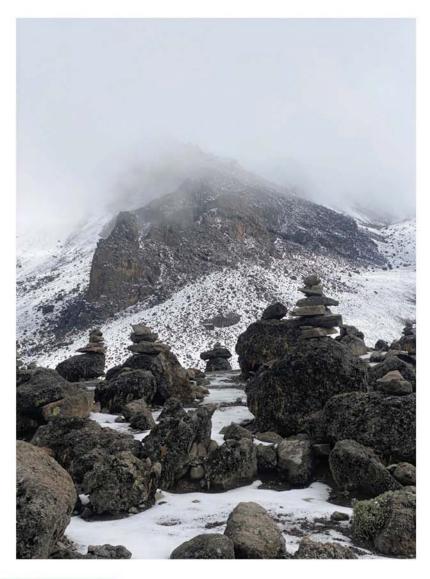


We were allowed to bring no more than 10kg of our personal belongings, in total 17kg covering all equipment. This bag was day by day, carried by our porters from camp to camp all the way up to the Base Camp and then back down again. "The heroes of Kilimanjaro" with no doubt. In our own daypack we carried rain gear, gloves, extra warm clothes (temperature at the top can reach below minus 30 and be extremely windy), extra nutrition, sun screen and a minimum of 4l of water.

In total around 10kg. It is extremely important to drink a lot reaching higher altitude, eat and sleep well and stay focused on your breathing.

At times you loose your appetite, your stomach is in chaos, you have head ache and feel a total loss of energy as the low pressure of oxygen, affects you in so many different ways. Twice a day our saturation and pulse were checked, to see how our system handled the high altitude. My lowest saturation was 73% which is quite low (normal saturation ranges between 96-100%) but normal at some points of the climb. I suffered mostly from a high pulse and woke up a few times during nigh due to this.

We had the luxury of having our own "toilets" brought up the mountain. Even a small water pump was installed so we could wash our hands. All to keep high hygienic standards and avoid any bad stomachs. Every time when reaching another camp we were met with warm towels (like in a first class hotell) to wash our face and hands. No shower for 7 days was a new experience and actually no issue what so ever. Food was prepared on the mountain. Tables, chairs, table cloths, food and all kitchen wear were transported from camp to camp, just to serve us with the most lovely food ever. Always a three course dinner with soup, main course and fruit. We had porridge in the mornings, scrambled eggs and bacon and sometimes even pancakes. Wake up call consisted of a knock on the tent canvas and someone kindly asking if we wanted tea or coffee. I have no words for how well taken care of we were!





DISCOVER PATTAYA

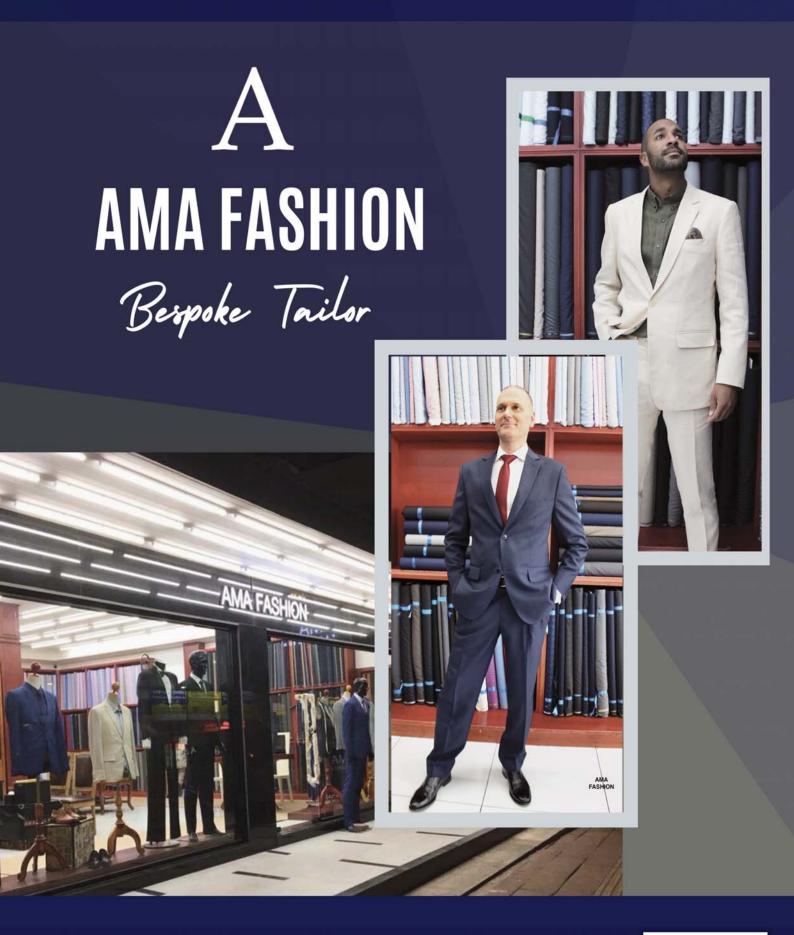
I had a goal: to reach the top of Kilimanjaro, and I did, but I would never have been able to do it alone! The amazing guides and porters played a big part in me succeeding in reaching that goal. They are the true heroes of Mount Kilimanjaro! Their commitment to my success is hard to put into words and still hard for me to grasp. I climbed that mountain once, they have done it and will do it so many times more!

I had hesitated and wondered if I had what it takes? I had... and I would never have found out if I hadn't have tried! It was hard and it was challenging. I dug deep and found sides and aspects of myself I didn't know existed and I experienced how extremely rewarding it is to be outside your comfort zone. On average 30 000 people each year try to climb Kilimanjaro. 65% of them succeed.

I was one of them. With this story, I really hope I can inspire someone else to reach out and fullfil the dreams they have but not really had the courage to realise. Do it! Life is to short to wait until tomorrow!

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#### LAMPANG, THE HISTORIC AND TIMELESS CITY

#### by Songpone Siriwaniert Chapter 3 – Something left from history

#### Introduction:

In the previous issues, we have talked about Lampang's history from its beginning in the 13thBuddhist Century (757 AD), the modern period in 2440 BE (1897AD) until now. Many places and buildings from the "modern period" still exist in the present time. We are going to show you these places which are famous, and well known for tourists to visit.

#### **Nakhon Lampang Railway Station**







It was built in 1915 and opened on 1st.April 1916 in the reign of King Rama VI. The building of Nakhon Lampang railway station was built in a combination of Lanna and Bavarian Cottage style. It is a first-class railway station on the northern route.

#### Mansions and Shop Houses







The mansions and shop houses were built in a combination of Colonial and Burmese architectural styles as there were many Burmese and British traders in Lampang during the period of 2442 – 2482 BE (1899-1939AD) when Lampang's economic situation was bustling. These buildings were owned by Lanna and Burmese noble people and inherited by present family generations

#### Siam Commercial Bank





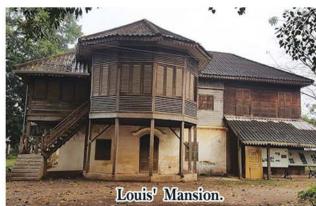




The 3rd Northern regional branch of Siam Commercial Bank is the Lampang Branch that opened in 2473BE (1930AD). During that time M.R. Kukrit Pramoj, (the 13thPrime Minister of Thailand in 1974) was the branch manager. He also starred in the film, "Ugly American" with Marlon Brando in 1963 and he is the first Thai Prime Minister who form a relationship with China.

#### Louis'Mansion

Louis 'mansion is entirely made of teak wood in the Colonial style. Louis T. Leonowens used to live here when he had his forestry business in Lampang.







In the next issue, we will present you with information about Cultural Events and Buddist Ritual Ceremony in Lampang

## ดำปาง นดรแห่งประวัติศาสตร์ที่อยู่เหนือกาลเวลา ตอนที่ 3 – สิ่งที่เหลือให้เห็นอากประวัติศาสตร์

บทนำ : ในฉบับก่อนๆ ได้พูดถึงประวัติศาสตร์ของลำปาง เขลางค์นคร ตั้งแต่เริ่มสร้างบ้านแปลงเมือง จนถึงยุคปัจจุบัน สิ่งที่ยังคงหลง เหลือจากประวัติศาสตร์ในยุคสัมปทานป่าไม้ ซึ่งทำให้ลำปางเป็นเมืองศูนย์กลางทางเศรษฐกิจของภาคหนือ ยังคงมีให้เห็น ดังนั้น ในฉบับนี้ ขอพาท่านชมสถานที่สำคัญที่น่าสนใจเหล่านั้น

#### สถานีรถไฟนครลำปาง







ก่อสร้างปี 2458 เปิดใช้งานสำหรับรถไฟสายเหนือจากกรุงเทพฯเที่ยวปฐมฤกษ์ เมื่อวันที่ 1 เมษายน 2459 ตรงกับรัชสมัยพระบาทสมเด็จ พระมงกุฎเกล้าเจ้าอยู่หัว รัชกาลที่ 6 อาคารสถานีรถไฟเป็นทรงล้านนาผสมผสานกับ บาวาเรี่ยน คอทเทจ เป็นสถานีรถไฟชั้นหนึ่ง บนเส้น ทางสายเหนือ จากกรุงเทพฯถึงเชียงใหม่

#### บ้านและอาคารพาณิชย์







บ้านพักส่วนตัวและอาคารพาณิชย์ในยุคสัมปทานทำไม้ที่ยังคงอยู่ให้เห็น เป็นอาคารทรงโคโลเนี่ยล ผสมผสานกับศิลปะพม่าของผู้ประกอบการ ชาวพม่า และ บ้านทรงไทยสมัยใหม่ ยุครัชกาลที่ 5 ผสมโคโลเนี่ยล ของคหบดีชาวล้านนา ในช่วงปี พ.ศ.2442 ถึง 2482 ซึ่งลำปางอยู่ใน ยุคเศรษฐกิจเพื่องฟู ในปัจจุบันเป็นมรดกตกทอดมายังลูกหลานรุ่นหลังๆ

#### ธนาคารไทยพาณิชย์





อาคารธนาคารไทยพาณิชย์หลังเก่าซึ่งปัจจุบันได้รับการอนุรักษ์ เป็นพิพิธภัณฑ์ธนาคาร ธนาคารไทยพาณิชย์เป็นธนาคารสาขา ที่ 3 ในส่วนภูมิภาคของภาคเหนือ เปิดทำการเมื่อปี พ.ศ. 2473 ในตอนนั้น ม.ร.ว.คึกฤทธิ์ ปราโมช (ซึ่งเป็นนายกรัฐมนตรีคนที่ 13 ในปี พ.ศ.2516-2517) ได้เริ่มทำงานเป็นผู้จัดการสาขา ท่านเคยแสดงภาพยนตร์ร่วมกับ มาร์ลอน แบรนโด เรื่อง "อเมริกันอันตราย" หรือ "Ugly American" ในปี พ.ศ.2506

#### บ้านหลุยส์







เป็นบ้านไม้สักทั้งหลังในแบบโคโลเนี่ยล ซึ่ง หลุยส์ ที.เลียวโนเวนส์ ได้อาศัยอยู่ ในขณะทำธุรกิจป่าไม้ในลำปาง ฉบับหน้าจะพาท่านนั่งรถม้าชมเมือง (ขอบคุณภาพประกอบจากเพจแอ่วลำปาง)



A small condo can be made the best of and provide a perfect rental space if you design and decorate it with care. So here are some tips to show it to its best advantage for photographs, viewings or as a desirable residence in which to live. A tidy and organised space will reduce stress and create an overall sense of well-being. Therefore, it is important to avoid over-cluttering, especially in small units.

People will be put off by unmade beds and messy interiors when looking at a property listing so make sure that everything is tidy and in its rightful place..





Use light colours for walls and flooring as it will bring a fresh, light and airy feel to any room and make it feel more open. Darker colours will draw the walls in, which is fine if you are going for a small, cosy feel; however, it can be counterproductive in creating the illusion of more space. White can be known to reflect sunlight when applied correctly, so using this colour for the base of your walls can maximise the natural light in your apartment. Another good idea to add more light and reflective surfaces is with the use of mirrors. They will bounce both natural and artificial light around a room, creating the illusion of it being more open and spacious, especially if you set them up opposite windows or behind artificial light sources such as lamps.

When designing your interior it is important to be mindful of the scale as too many large décor pieces can make a room feel overwhelming and cluttered. As previously mentioned you should aim to avoid clutter, utilise the space that you have and fit pieces in carefully to create the vibe you are going for, whether it be a minimalist or maximalist approach. Another good way to save space in a small apartment is to bring in furniture which can be used for multiple purposes. This could include sofas and beds with built-in storage or multi-purpose cabinets, or replace a coffee table with an ottoman. This will make for great storage space and also add visual appeal.

Making the most of your walls is another good idea. You can hang artwork and decorations to make the space feel more personalised and welcoming. As well as giving visual appeal, your walls can be a great place to free up floor space. For example with shelves, cabinets for storage, or mounting your television. Living in a small condo may mean that you do not have access to your own personal garden space, but this doesn't mean that you can't bring nature indoors! Houseplants can really bring a sense of well-being and will look beautiful when used to decorate your apartment. You can also add them to a balcony as plants have a number of benefits that impact our physical and mental health, including the potential for better air quality, and lower stress levels.

Although we previously mentioned using lighter colours for the base of your room to make it feel more light and open, adding pops of colour will bring more depth and personality to your design. For example you may wish to add an accent colour or use wallpaper on just one wall. Or add colourful cushions or a throw to a plain sofa. Floor-to-ceiling curtains will also create the illusion of your room being taller than it actually is, so they can really elevate a small space.

In a studio you should try to divide the space into zones and have set spaces for different functions, such as living, sleeping and dining areas, it will be more manageable and appear more open and spacious. This look can be achieved through how you arrange your furniture and by making use of room dividers, curtains, bookshelves, and different flooring or rugs to separate each space and give it its own feel and atmosphere.

However, you plan to decorate your condo, remember if it is a rental to leave some space for the tenant to move in their own trinkets and possessions. Even if it is where you will personally live, don't pack it full of furniture and artifacts straight away as you may want to add souvenirs and purchases from travels and holidays over the time you live in your condo.





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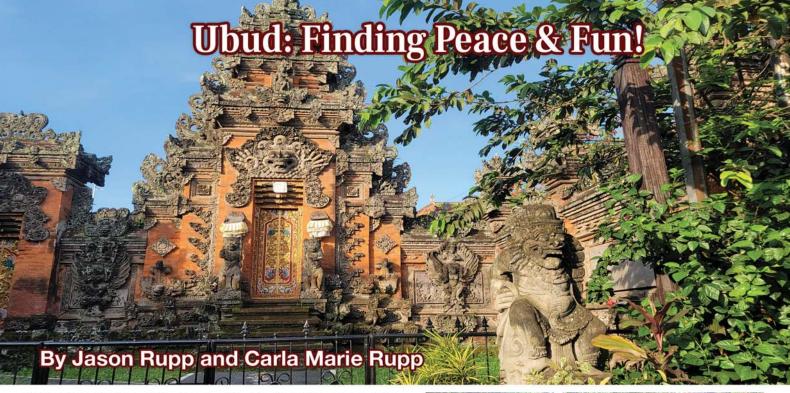


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Indonesia's Bali is a hot spot for the young party crowd, and always has been since the Australian and California surfers discovered "waves that dreams are made of." We left Bangkok on a direct plane to Bali's Denpasar Airport and our first stop was the original party beach of Kuta, where the surfers first settled back in the 70s. Nowadays Kuta and its next beach Legian almost feel like Pattaya Beach, with a mix of everything to satisfy any desire. While we had fun in Kuta and Legian – actually tons of fun – it feels like Balinese culture is watered-down and is put on display as a show. There is actually much more to this island. In Ubud, Balinese culture is flourishing and isn't showy. It's practiced in real-time to the max here.





On our taxi ride to Ubud, we enjoyed the extraordinary beauty of the scenery of green, terraced rice paddy fields. We knew we were leaving the beach scene behind with new adventures waiting. Our driver Puta (growing long hair because it's the custom when a wife is pregnant) took us to the family guest house we reserved. We were amazed by the family's hospitality and that they had their own Hindu temple in the guest house. Decorative carvings in wood and stone line the streets in Ubud. It almost feels like the whole town is one big temple. Religion and culture are everything. Bali is the only island in Indonesia that is dominated by the Hindu religion. There's a beautiful Hindu temple on an island seaside cliff called Tanah Lot.

Exploring the town is easy on foot. We found the Seed of Life vegan cafe for a delicious lunch and fruit smoothies, had massages and decided to plan the next few days. The Monkey Forest was first on our agenda the next day. Jason's favorite book as a child was the book "Curious George." He always loved monkeys. So spending the whole afternoon at a sanctuary with the monkeys without cages was a storybook come to life! However, while we took pictures of monkeys, we always followed the rules that included not getting too close to them. We were careful not to walk holding anything in our hands. While they are cute, a monkey will snatch anything! It made us feel good that the locals value the monkeys. They are well-fed and look nourished although visitors are not allowed to feed them. You would enjoy seeing our walk though the Monkey Forest in a YouTube video on the Jason Rupp Learning to Walk and Talk YouTube channel.

During our walk that evening, a travel agent sold us a deal on a great river rafting day trip. We were glad we did it. We were picked up at our guest house and brought back after an amazing adventure. Our last stop before booking our taxi to the airport was to Caramel Patissiere to get a box of goodies. We also bought lovely items at a batik shop. So for a quieter Bali time with adventure and culture, go to Ubud. It's worth seeing! That's our recommendation. Jason Rupp and Carla Marie Rupp are freelance travel journalists reached at jasonruppy@gmail.com and carlaruppy@gmail.com



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