



# TTA NEWSLETTER

Turkish Thai Association



## March Networking Event at Hillary 11

On March 31, we held a networking event at Hillary Kangna with a total number of twenty-three participants. The highlight is amazing music with the best authentic relaxing experience. Read the full article in this newsletter on page 3.

## National Book Fair 2022 at Bang Sue Station

Mrs. Ayca Ay Kocagoz recommended us to go to the National Book Fair and Bangkok International Book Fair which held at Bang Sue Grand Station.

## TTA Webinar No. 18 Conducted by Mrs. Sylvia Knoss

## Rising Fuel Costs in Thailand News Update

## 5 Healthy Dishes Easily Found in Thailand

### Turkish Thai Association

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TTA BUSINESS SERIES NO.18

# "CULTURAL CHALLENGES IN BUSINESS"

## TTA 18th Webinar in March

31 MARCH 2022

Mrs. Sylvia Knoss was our honored speaker in the webinar titled "Cultural Challenges in Business" on 31 March. This webinar was fun as everyone shared stories and experiences about cultural challenges in the workplace. The topic covered hierarchical concepts, time management across cultures, and cultural value in 4 countries, which were Thailand, China, Turkey, and Germany.



Mrs.Sylvia Knoss  
General Manager of  
COMPASS Asia Training  
& Consulting



Moreover, Mrs. Sylvia Knoss engaged with attendees that made the section was joyful and lively. She provided us with online activities through a Concept Board presentation, short video, and personality quiz based on *Lewis Model of Cultural Types from Business Insider* to indicate what kind of personality you are, such as Linear-Active, Multi-Active, and Reactive. It is an interesting topic since our audiences, both TTA members and Non-members, are foreigners living in Thailand. It gave us more understanding of cultural diversity that can be beneficial to their daily life and working environment, especially Thai culture and norms.

Visit our Youtube channel "TURKISH THAI ASSOCIATION" to rewatch



*TTA BUSINESS OPEN HOUSE*

# TTA Networking Night Out & Live Music



More photographs can be found  
in TTA Facebook page

Album: "TTA Networking event  
Night Out & Live Music"

## TTA NETOWKING EVENT COMPLETED SUCCESSFULLY

24 March 2022

We had the third Networking Event in 2022 named "TTA Networking Night Out & Live Music" held at Hillary 11. The event had a total of 23 participants, including Turkish, Japanese, Dutch. The event was reserved on the second floor, VIP, which has privacy for chit-chatting, relaxing, expanding business connections. The atmosphere in the event was vibrant with live music making our experience more fun and satisfying.

Food and beverages are top-notch with reasonable prices. Hillary 11 is a famous bar in Sukhumvit area among tourists and Thai people. Eventually, we would like to thank Mrs. Gul Elitok, a TTA member, for coordinating with Hillary's manager, Khun Paul, to support our event running successfully.

# PLANTING AT BANGKOK PREP

19 March 2022

Our members participated in an event named “Planting Seeds for the Future” hosted by Bangkok Prep at Primary Campus on Saturday, March 19. The activity covered planting air-purifying plants, games, exploring the school area, and meeting with Bangkok Prep teachers.



It was a great family-friendly event. The school was a wonderful place for children and bonds relationship within our community. We always suggest good events you can enjoy with the TTA family. You are enable join us in the future, stay tuned!

# *National Book Fair and Bangkok International Book Fair 2022 to take place at Bang Sue Grand Station*

WRITTEN BY AYCA AY KOCAGOZ



Bookworms can browse through a massive array of titles from various genres from local and international publishers at these two events, which will be relocated to Bang Sue Grand Station for the very first time.

Irina Demirci, who is the spouse of TTA board member Aydin Demirci also took place with her illustrations under the roof of Matchon Publishing House with the “King Taksin The Great” book written by Khun Padjai.

Bangkok’s two biggest book fairs will be taking place at Bang Sue Grand Station from 26 March to 6 April 2022.



# NEWS UPDATED

## Rising Fuel Price in Thailand

The crude oil has been rising due to a Russia- Ukraine war. This situation affects the increase in production costs due to high costs. The Commerce Ministry has prohibited the increase in product prices in 18 groups of good such as, instant noodles, milk, medical, and electrical products. Prayut Cha-O-Cha stated the government is dealing with this circumstance to lessen the impact on business entrepreneurs and consumers. He suggested reducing private car demand and generated policy by cutting the diesel excise tax by 3 baht per liter until May 20, 2022.



## Singapore and Thailand to discuss cruise trips to Phuket

It is good news for travel lovers. In the third quarter of 2022, The Department of Disease Control (DDC) will allow cruise trips from Singapore to Phuket for vaccinated tourists. The requirement includes an antigen test which must be taken within 24 hours before departure. The trip applies safety protocol by limiting passengers, social distance, and wearing-mask mandatory.

### Reference:

nationthailand. (2022, March 5). War hitting Thais as rising fuel prices make consumer goods more expensive.

Pete. (2022, March 18). Singapore and Thailand to discuss cruise trips to Phuket. Thaiger.

Reporters, P. (2022, March 18). Dept eyes singapore-phuket cruise plan.

# 5 Healthy Dishes Easily Found in Thailand

Written by Pakjira Siripasid

You might think that Thai food is tangy. Some of Thai food might load with sugar and coconut milk which can affect your health and increase the risk of chronic disease. In fact, most Thai dishes can benefit your body from the ingredients such as vegetable, herb, fruit, and plant. At the beginning of this year, you might plan to take care of yourself and stay more healthy. Some people may think that healthy food is difficult to find and expensive in Bangkok. This article suggests 5 healthy dishes and easy-cooking that you can find in the markets, street foods, and restaurants.

## 1 Kapi Fried Rice with Shrimp Paste

Kapi fried rice with shrimp paste is a delectable menu combining with 4 tastes, sweet pork, sour mango, spicy, and salty from Kapi fried rice. Certainly, your body will gain benefit from vegetables and plants that support the digestive system and get all five food groups in one dish. According to research from Dr. Kritsada Siramaput, Director of the International Anti-aging Medicine Center, although Kapi has strong smell and unattractive color, but it is the best source of Omega 3, Amino acid, calcium, and anti-oxidant.



## 2 Spicy Mushroom Soup

Mushroom curry is also rich in medicinal benefits. Straw mushroom contains high vitamin C and important amino acids. Eating regularly will help strengthen the immune system against various infections and lowers blood pressure and accelerates wound healing.

This food originated from the northeastern region and became more popular nationwide. One reason is it has only 90 calories that can help people lose weight. Nowadays, there are many shops selling mushroom soup. If you haven't yet will be able to try something new and tasty.



## 3 Chicken Soup with Potato

Chicken soup with potato, called Soup Gai Mun Farang, is beneficial to your health. It helps nourish the blood, heart, vitamin C, phosphorus, collagen, iron, calcium, and improving the immune system of your body. However, most restaurants may season with seasoning powder. The best alternative is using chicken stock by simmering for 4 to 6 hours. It can become a delicious flavor and good for your health as well.



## 4 Spring Roll

Spring Roll, known as Kuay Teow Lui Suan, is one of the common menu options for controlling your weight and reducing premature skin. The main ingredients are salad green, basil, cucumber, carrot, and rice wrapper. Your body directly receives nutrition from these raw ingredients, without unhealthy seasoning. This menu is commonly found in the market. Or, if you love cooking at home. You can add your favorite protein such as shrimp, tuna, crab stick, and fish.



## 5 Stir-Fried Sprout with Tofu

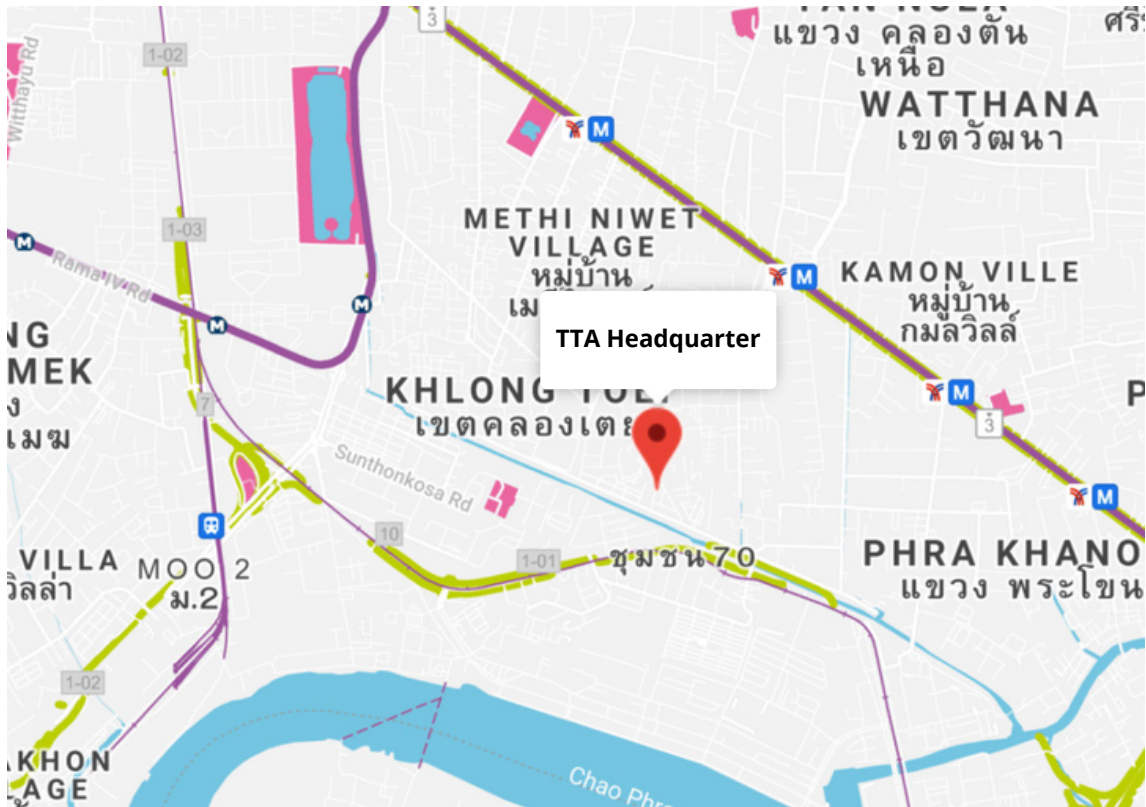
Stir-fried sprouts with tofu, or Pad Tua Ngog, is a vegetarian dish with high nutritional value. 100 grams of bean sprouts contain only 39 calories, 2.8 grams of protein, 6.6 grams of carbohydrates, fiber, iron, vitamin C, and more. It can improve digestion and excretory system. In addition, It helps to reduce waste and residues in the body along with excretion. This menu is very popular among Thai people who can find it at restaurants to order. When eaten with steamed rice, it is very delicious. I would recommend you to try it!







## Turkish Thai Association



### Contact Information



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