



# TTA NEWSLETTER

Turkish Thai Association

## *In This Issue*

**January's Webinar  
TTA Business Series  
No. 15 - 16**

**News Updated  
Test and Go Scheme  
in Thailand**

**3 Trendy Spots  
in Thailand**

## **Turkish Thai Association**

Website: [www.turkthai.org](http://www.turkthai.org)

Email: [tta@turkthai.org](mailto:tta@turkthai.org)

Address: Green Tower 16th Floor Khwaeng  
Klong Tan, Khet Klong Toei,  
Bangkok 10110



## **The First TTA Networking Event in 2022**

Our first physical event in this year was held successfully on 27th January at Octave Rooftop Lounge and Bar with relaxed atmosphere and gorgeous city view photographs.



## **3 Habits that are Good for Your Health**

Taking care of yourself is always the priority. A must-read health article written by Mr. Ovunc Albay explained about three good habits with amazing tips and suggestions.



## Webinar Series No.15 "The Application and Future of Solar Energy in Thailand"

The 15th webinar was held on Wednesday, 12nd January 2022. It was a great opportunity to invite Mr. Murat Erdogan and Mr. Jose Luis Martin from Energreen Asia to share a rooftop project, energy-saving, and CO2 reduction in Thailand. Solar energy is a renewable energy that has become popular nowadays. They also depicted the solar installation and process applying to different locations for people who are interested. We appreciate having experts allocate new ideas with us.



## Webinar Series No. 16 "The Last Drop of Clean Water"

Our latest webinar is achieved on 26th January 2022. We are delighted to have a guest speaker Mr. Sean Too, Chief Eco Consultant of Sentinel Solution Thailand, talked about the topic The Last Drop of Clean Water. It was an interesting topic to increase audience awareness about the water crisis, sustainable water conservation, as well as other general and new insights that we have to regard in our daily life. We believe that this webinar was definitely worthy for our audiences.

All January's webinars were uploaded in full version on our Youtube channel.

## TTA Business Open House "1st Business Networking 2022 at Amazing 360' Octave "



27 JANUARY 2022

On the 27th of January, we had our 1st networking event night at the Amazing 360° Octave Rooftop Lounge & Bar at Bangkok Marriott Hotel Sukhumvit 48th floor. The atmosphere, Bangkok night city light, and the guests and hosts at the event made the perfect blend for the special night. We invited our TTA members and non-members in the different kinds of business fields to enjoy the night, expand the networks, and seek opportunities through making new friends with 49 people. This event offered 13 drinks at a special price for people who joined the event.



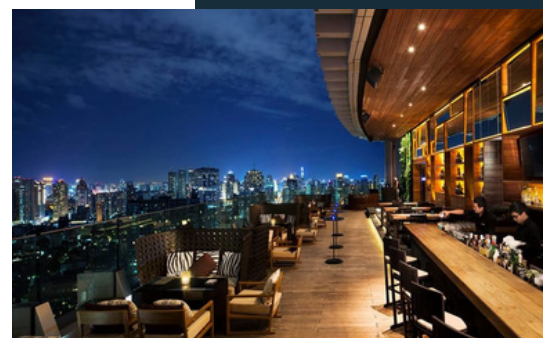
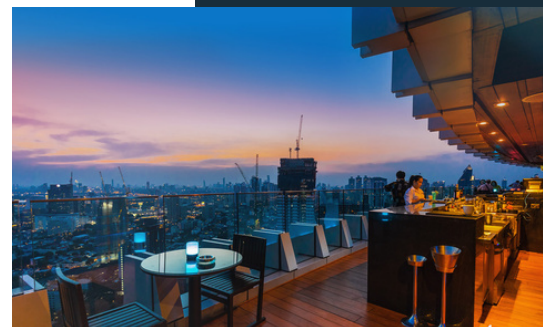
We would like to thank all participants in our networking event. We hope everyone would enjoy and expand business connections as our purpose. TTA is looking forward to seeing the next event.



More photographs can be found in our Facebook page in the Album "1st Business Networking 2022 at Amazing 360° Octave".

### Experience our amazing night

We captured the inclusive atmosphere for people who missed our spectacular event. A TTA Business Open House was arranged at Octave Rooftop Lounge and Bar on the 48th floor of Bangkok Marriott Hotel Sukhumvit. The rooftop bar is a 360 degree scenic view of sunset and nightlife in the central city. The evening definitely becomes iconic. The restaurant provided various delectable finger foods during networking night, like a torched salmon, tartar sauce chicken carake, and more. Plus, a top-notch service enhanced our networking event by hotel staff who accommodated us well.





# New Updated Test and Go Scheme

Cited TAT News and The Thaiger

Thailand resumes TEST & GO scheme, reopens Pattaya and Ko Chang Sandbox from 1 February 2022

Centre for COVID-19 Situation Administration (CCSA) approved that TEST & GO entry scheme, the reopening of Pattaya and Ko Chang Sandbox destinations, and the reintroduction of the Sandbox Extension program will be resumed from 1 February 2022.

The Test & Go applicants must submit the prepayments for the two nights of the hotels' fees only at the SHA Extra Plus hotels, AQ, OQ, or AHQ on Day 1 and Day 5, including the expenses for 2 RT-PCR tests for those two days. Travelers can book two different kinds of hotels for Day 1 and Day 5 accommodations (2 RT-PCR tests).

However, the second RT-PCR will not be required if the traveler will stay in Thailand for less than 5 nights (the international departure date out of Thailand is on Day 5 or before). Since the covid rules and regulations of the airlines or other international destinations are not the same as in Thailand, whether the second PCR is needed or not is depended on the next destination.

Also, from 1 February 2022, the CCSA approved the reopening of Bang Lamung, Pattaya, Si Racha, Si Chang, and Sattahip – only Na Jomtien and Bang Saray – in Chon Buri, and Ko Chang in Trat as Sandbox destinations.



“

## Postponement of New Year Come Together

“New Year Come Together” is a celebrate event for new year in 2022. This event would be launched on 23rd January at Blue Parrot. Unfortunately, due to coronavirus pandemic in Bangkok, it was postponed indefinitely.

”

# 3 HABITS THAT ARE GOOD FOR YOUR HEALTH

Life has not been easy for most of us these years. Since 2020, we have been suffering from the COVID-19 pandemic, and it seems it will be around us for a while. Life has been changing rapidly, forcing people to change their habits and lifestyle, too. We had to stay indoors more often and meet our friends less than we used to. Among all these, we may sometimes forget a very important thing: to look after ourselves. In this issue of the newsletter, we compiled three good habits to adopt. These habits are very important for our physical and mental well-being. Enjoy the read!

## *Sleeping*

Getting enough sleep is very important for all ages. During the sleep, our body works to support our mental and physical health, and children grow and develop during their sleep. On the other hand, having less sleep than required will cause you to be angry, unable to focus, and without energy. If you have less sleep for a long time, your risk of chronic health problems such as heart disease and diabetes can increase.

Adults need 8 hours of sleep each night, and children need 9 to 10 hours.



Here are some tips to have a good sleep:

- Try to go to bed same time every night and get up same time every morning.
- Do not drink coffee, tea, or alcohol close to bedtime. Try to finish eating at least two hours before bedtime.
- Avoid screentime in bed, no TV, no tablet.
- Make your bedroom comfortable, for example a comfortable bed, less light before sleeping.
- If you are unable to sleep, try getting up and reading a book for a while.



## *Exercising*

Doing regular exercises is a great habit to support our body and mind. You do not need a tough or a long exercise to have the benefits. Keep in mind that even a short exercise has benefits and is better than having no exercise.

Experts recommend a total of 2.5 – 5 hours of moderate physical activity, or 1.25 – 2.5 hours of heavy physical activity per week.

There are many different forms of exercise that you can follow, but in this article, we will focus on walking. Walking is an excellent form of exercise for people of all ages and abilities. 30 minutes of daily walking can improve cardiovascular fitness, muscle power, bone strength, and endurance.

A quick suggestion: Before starting a new fitness program, a person should have a medical check-up, especially if the person is obese, or suffers from a chronic medical condition, or has not exercised for a long time.

Here are some useful tips for walking:

- Start slowly, with some warm-up exercises. Do not walk immediately after a big meal.
- Walk for 20 minutes first time, then increase slowly.
- Walk at a steady pace, swing arms freely and stand straight. Your feet should step in a rolling action from heel to toe.
- Wear comfortable socks and comfortable, lightweight shoes.
- Wear clothes appropriate to the weather. In summer, use sunscreen.
- Drink water before and after your walk. In summer, take water with you.
- Cool down after a long fast walk.

Here are some key points for adults to eat healthy:

- Your diet should contain vegetables, fruits, legumes (lentils, beans), nuts and whole grains (unprocessed oat, wheat, maize, brown rice).
- At least 400g (five portions) of fruit and vegetables daily.
- Avoid consuming free sugars (sugars added to foods or drinks by manufacturer, or sugar in honey, fruit juices)
- Less than 5g of salt (one teaspoon) daily.
- Eat less fats. Prefer unsaturated fats (from fish, nuts, avocado, canola oil, sunflower oil), and avoid saturated fats (such as palm oil, fatty meat, butter) or trans-fats (in baked and fried foods or pre-packaged foods).



References:

1. Better Health Channel, Mood and sleep
2. Better Health Channel, Exercise and mental health
3. Better Health Channel, Walking for good health
4. Better Health Channel, Walking tips
5. World Health Organisation, Healthy diet

## Healthy Diet

According to the World Health Organisation, unhealthy diet and lack of physical activity are leading global risks to health. You should keep a balance between what you eat and what you burn. If you have a less active life but eat more, you may gain weight in an unhealthy way, and this can lead to some health problems. Increased production of processed foods, rapid urbanisation and changing lifestyles cause many people to start eating unhealthy foods.

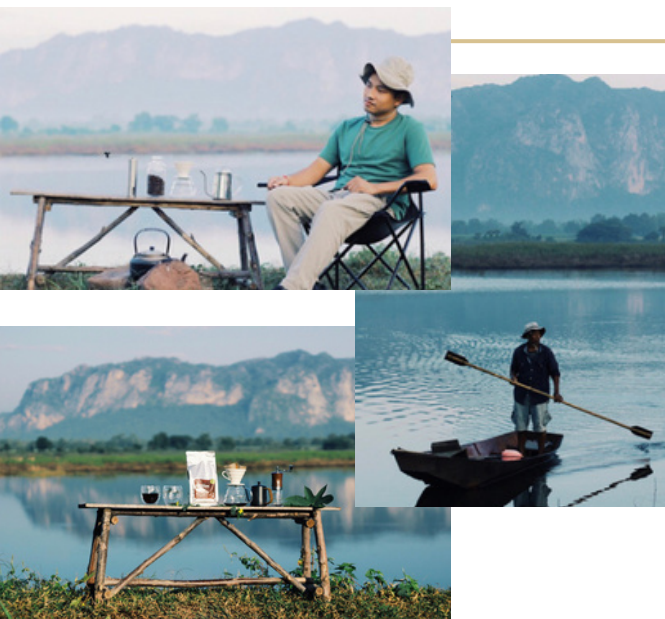
# TRENDY TOURIST SPOTS IN 2022

Written by May Thiri Nander and Pakjira Siripasid

The beginning of 2022 is the best time to plan domestic travel in Thailand. It is one of the most abundant geographical diversity. It could say that you can visit either the northern region to explore the rainforest or southern region to experience crystal clear beaches and white sand. If you are bored and don't want to visit monotonous places, we collected tourist paradises recommended by Thai travel reviews and experts. Let's have a look at the 3 trendy tourist parades you have to check in.!

## Ne La Mit

Ne La Mit is an American-style glamp-site with bubble villas that have private terraces and outdoor bathtubs, which is located in Mae Kampong, Chiang Mai. Each bubble is named after a state known for their abundant natural resources and parks such as: Colorado, Oregon, Utah, Alaska, and Montana. For the food sessions, it offers both English and Thai style breakfast, afternoon tea sets and the shabu hotpot with the affordable prices rangings.



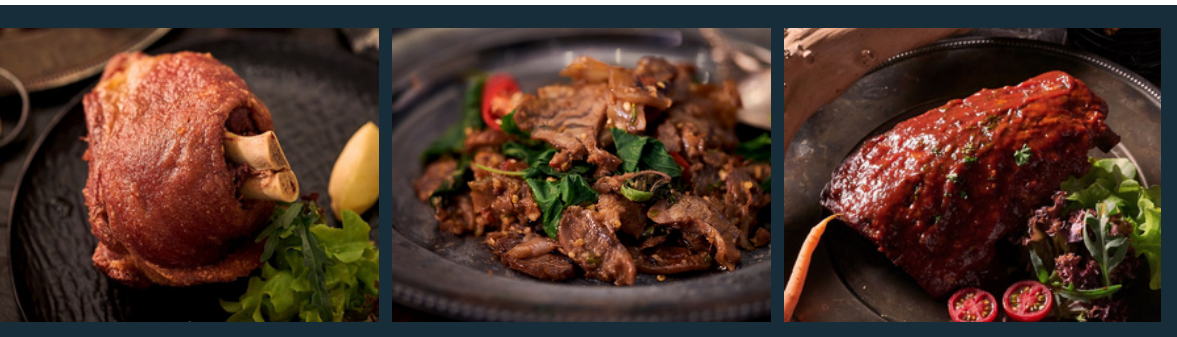
## Phu Pha Man

Phu Pha Man is a national park located in Khon Kaen. It is widely regarded as an unseen tourist spot in 2022 since celebrities and influencers capture stunning views. There are several homestays, restaurants, and cafes available around Phu Pha Man. Nong Smor is a famous cafe where you can drip coffee while relaxing beside the river with your private car camping. Outdoor activities would be recommended to discover Thai heritage and aesthetic such as kayaking, trekking, horse riding, touring local agriculture at Farm Kits. It could be the best answer for people who love nature and adventure.

*cont'd p.8*

# Midwinter

Introducing the castle-designed restaurant in Khao Yai, located 3-4 hours of driving from Bangkok. The name is Midwinter Green, surrounded by the fountains and deer status, giving the luxurious atmosphere with a large white castle (European Style). The idea was inspired by the British novel "Midsummer Night's Dream" written by Shakespeare. Midwinter Green is a European-style restaurant mixed with Thai food with up to 750 seats (inside and outside spaces) to accommodate, so it is the largest restaurant in Khao Yai. For the inside area, the decoration is in a simple, stylish English style, dignified, significant, along with the sense of eating in a castle. Outside you can enjoy fantastic views of Khao Yai with live music, giving you a very chilled and satisfying atmosphere. When it comes to the food menu, they take care of the importance of raw materials mainly based on family homemade. Below pictures are must-order dishes.



## Reference & Search More Information

- Ne la mit: <https://thesmartlocal.com/thailand/ne-la-mit/>
- Phu Pha Man: <https://th.readme.me/p/37577>
- Midwinter: <https://www.wongnai.com/restaurants/midwintergreen>



Ne La Mit



Phu Pha Man

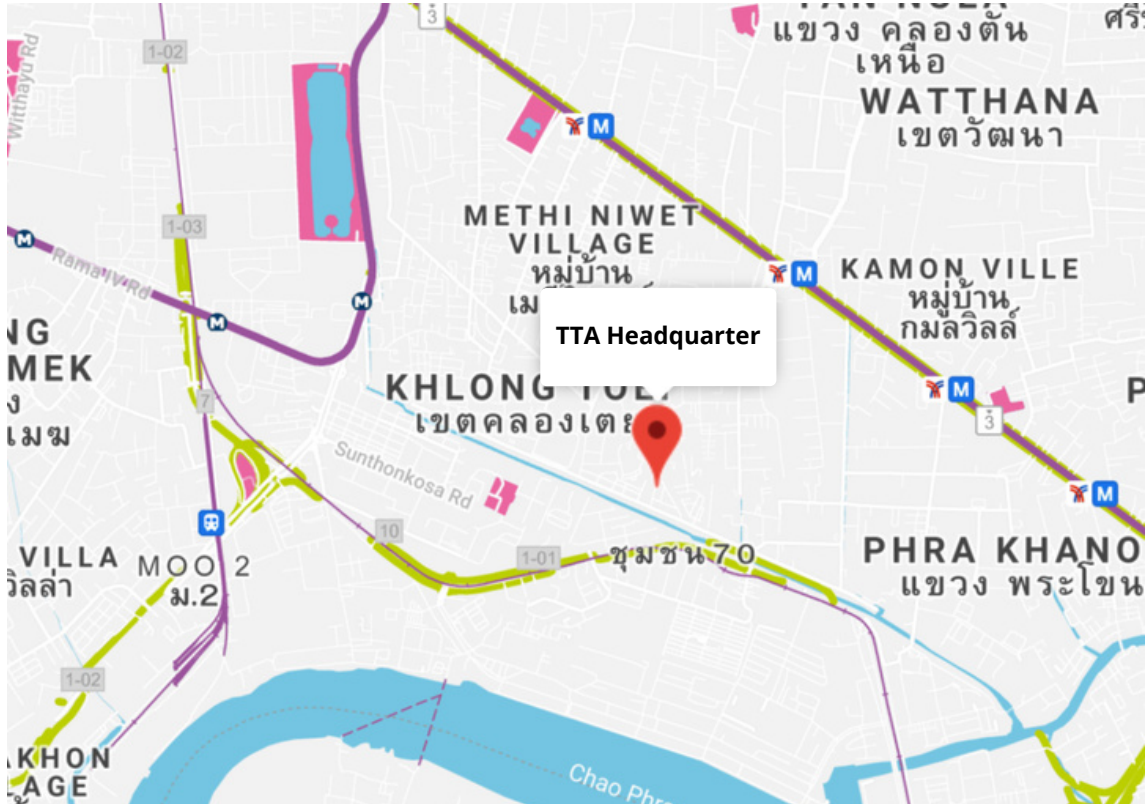


Midwinter





## Turkish Thai Association



### Contact Information



[www.turkthai.org](http://www.turkthai.org)



Turkish Thai Association



@turkishthaiassociation



Turkish Thai Association



TTA Turkish Thai Association



Green Tower 16th Floor Khwaeng Khlong Tan,  
Khet Khlong Toei, Bangkok 10110