

CHIANG MAI - WHAT TO SEE AND DO



Compiled by Bryan Walker

Maerim Whale Park Resort, Chiang Mai

2019

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CHIANG MAI - WHAT TO SEE AND DO

This guide has been compiled from many free websites; entries have been updated and additions made. But this document does not replace the Lonely Planet Guide (for accommodation and travel advice) or the detailed Chiang Mai tourist map produced by Nancy Chandler. Additionally, much free literature, magazines and maps are available from many tourist offices. Please send suggestions for modifications to this guide to Bryan Walker (walkerun@gmail.com). You may also request a free eCopy.

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1. When to Come

In theory, there are 3 seasons in northern Thailand:

- the cool season from November to February
- the hot season from March to June
- the raining season (some want to call it the green season: more marketable) from July to October

However:

El Nino is a bad boy, his sister El Nina is no better, they're messing up with the weather... well they have an excuse, humans feed them with carbon gases, sulphur dioxide and nitrous oxide but still, it is becoming difficult to predict the weather. So you'll understand that the following is not 100% waterproof.

Usually, the seasons change quite abruptly at some time during the transition months, October/November, February/March, and June/July. The landscapes and nature can look different, and this might be an important factor for some travellers.

During the cool season, the max. temperatures reach a comfortable 25°C, nights and early morning are cool in the city (15°C), cold in the countryside (10°C), possibly freezing in the mountains (frost is reported from time to time at Doi Inthanon). Though you'll probably find it great when you walk around the city, you'll really feel the cold if you decide to ride a motorbike, then the air turns crispy and it's not uncommon to need a jacket, gloves and scarf (before noon or after 6 PM). Otherwise, the sky is blue, without clouds. You don't need to turn on the air-conditioning for sleeping.

During the hot season, the max. temperatures can reach more than 42°C and won't drop below 25°C at night. Many rooms keep the warmth accumulated during the day so you'll definitely need a full blast fan or a proper air con to sleep well. The sun is scorching, play the lizard between midday and 14.00 hours or you'll soon take the colouration of a boiled lobster (with a burning sensation to match). Another must is to drink loads of water, 4 or 5 litres even if you don't feel thirsty (no, you won't spend your time in the toilets, the water evaporates through every pore in your skin). Local talcum powder (with cooling effect) works wonders to keep a fresh feeling.

During the raining season, the max. temperatures stay over 30°C, evenings can be hot or cool if it has been raining or not. But what you lose in temperature, you gain in humidity, so it doesn't make it more comfortable. Bad weather usually comes in 3 to 4 day periods and alternates with fine weather. Lucky people can spend a week under the sun most of their time while others will have rain, rain and more rain... that's a bit of a lottery. Rain comes in every form at any time of the day and night: heavy downpour for an hour or two, small drizzle all day... better to bring your own raincoat, the plastic ponchos sold here are real sweat factories.

When to come then?

- January weather is almost perfect, but it is considered the touristic high season and prices for accommodations are at their highest. It may seem exotic to spend the New Year's Eve in Thailand but there is not much celebration. International restaurants offer traditional meals from their home country.
- February, almost like January weather-wise, but with fewer tourists and prices back to normal. Yearly burn off (crops and forests) can affect the pollution levels in Chiang Mai, usually late Feb. The spectacular Flower Festival is held this month.
- March, you start to feel the heat but it is not yet unbearable. If you like mangoes, that's the right time to come and enjoy the fruit traditionally served with sticky rice and coconut milk. Air pollution can be very bad during March. Look up air pollution levels and wear face masks when outside. (<http://chiangmaiair.org/>). But face masks do not filter toxic gases.
- April, temperatures are at their peak, but it is also the time for the craziest celebration in the country: Song Kran, the water festival also called Thai New Year. Thais come from all the provinces for the occasion. It may prove difficult to find transportation/accommodation during the festival. Festivities last about 5 days, and you don't feel the heat because you're drenched all day with buckets of water (not always the cleanest). Could be called the alcohol festival too! Consequently, there are many road casualties, beware if you have to drive during this period. The yearly slash and burn usually end in April.
- May, the accumulated heat leads to regular evening thunderstorms, much welcome. This could be called Buddha month because he was born, enlightened and died in the month of May. There are many genuine celebrations in the temples. Don't be shy; you can join even if you don't know the local customs.
- June, usually similar to May unless the raining season comes early. If you're a fruit lover this is your month. Don't miss the mangosteens and above all the 'jumbo' lychees. The landscape takes brownish shades after so many months without proper watering. Maybe not the best time for jungle trekking.
- July, due to dry soils, the first heavy rains of the 'green' season can lead to spectacular floods. In Chiang Mai, the night bazaar area can easily suffer, though it never lasts very long. You should still get a majority of dry days (not always sunny). If you're a photographer, skies can be dramatic, especially when the sun goes down behind the Suthep Mountain.
- August, dry days, rainy days are even; it's really up to your luck. Rivers fill up; it's time to enjoy some rafting in the Pai area or to take photos of the many waterfalls (great in Doi Inthanon Park).
- September, statistically the month with the most rain, not necessarily true. But floods can occur due this time to the soils being saturated with water.
- October, the period when the rainy season ends. You just wake up one day; the sky is bright blue and will remain like this for months.
- November, the perfect time to visit Chiang Mai. The temperatures are in the low 20°C, it's not the high season yet, prices are fair. It is the time for the Loi Krathong Festival. Be careful, there are many firecrackers around maybe not the best for young children. People send up beautiful hot air balloons and float candle-

lit flower rafts on the river. If you come in the second half of the month you may need warm clothing (including gloves if you plan to ride a motorbike).

- December, great weather, high season, prices on the rise, the Night Bazaar is crowded to its maximum, but Christmas in Thailand that sounds so cool... have never seen Santa Claus in shorts, T-shirt and sandals, though.

WHY WAI?

Although in *Thai business- and government circles* shaking hands has become accepted, the *traditional reception in Thailand* still is the *Wai*. The execution of the "right" *Wai* is not easy to understand as it depends on the relation of the people to each other. The *Wai* must be understood as a highly important sign of reciprocal demonstration of respect.

In normal cases, the palms with outstretched fingers in breast height are held against each other the thumbs pointing to the body. Furthermore, you slightly bow. The younger one, respectively the one who has the lower *social status* always greets first, the senior or more important one answers with a lower *Wai*: by this, the palms are held little lower in front of the breast as the younger or less important one does. The height of the palms is the most crucial criterion of respect to be demonstrated to the opponent. The higher the more respect is paid.

Thus no *Thai* will use a *Wai* for a reception or leave-taking with children, servants or beggars. Only for members of the *royal family*, *monks* or as an obeisance to *Buddha*, the fingertips are held over the eyebrows. Important people are welcomed with the finger tips held in between the eyebrows, the thumbs can touch the tip of the nose.

As a general rule, the following apply:

With less important: thumbs about on breast height.

With ones of equal rank: thumbs about on chin level.

With important and older people: thumbs on the level of the upper lip.

With very important people: thumbs on the level of the nose tip.

With *monks* (and members of the *royal family* which you will, even throughout a longer stay in *Thailand*, only meet rarely...): thumbs on the level of the eyebrows.

For the bows, the same applies: the deeper the higher is the respect of the opponent.

(After www.kochangvr...ystructures.htm)

“How to impress Thai people beyond just a wai” - what manners, traits or actions will put you in good stead? (Pattaya Inspire e-magazine, 7th August 2016)

I was asked recently how to impress Thais with more than the basics that everyone resident in the kingdom is supposed to know - more than just wai-ing reasonably correctly, more than knowing that it might be inappropriate to ruffle the hair of your girlfriend's gran when greeting her, more even than using your hand rather than your foot when turning on the fan on the floor (many Thais probably do that anyway).

So here are my top thirty tips:

1. If you know nothing of the language do learn how to say “I am completely stupid and I know nothing” - it will act as a good icebreaker as you then revert to English. “Phom eng ngo mark na krap - phom mai ruu ruang arai leuy”, or something like that should suffice.
2. Don't bore Thais with details - complaining about the inappropriateness of, say, Donald Trump is a waste of time. Just tell them who he is (they are unlikely to have the faintest) and ask their opinion about whether he is wearing a wig or not.
3. Smile a lot and shower regularly. If people do complain about your body odour tell them you will have a shower tomorrow as it is your birthday.
4. Never complain about bad service or a cockroach in your food in a restaurant. Just moan on and on about it in the car on the way home.
5. If you invite people out to dinner pay for everything. If they invite you pay for nothing. Never haggle over bills - just moan on and on about it in the car on the way home.
6. Don't sit down next to a pretty girl on the Sky train - ogle her from a distance and nudge the Thai man next to you to “get a good look at that”.
7. Do not pick up important objects like trophies or Buddhist images by the top. Use the base. If it proves necessary to eject your mother-in-law from the premises use neither the base nor top. Give her 100 baht and tell her to buy a treat at 7/11 then change the locks.
8. If a really ugly bar girl sits down next to you ask her which province she is from and say it is beautiful there. Then go to the toilet. If she is still there when you come back tell her that your wife is due in a few minutes and she is a jealous sort who works in a knife factory.
9. Always praise Thailand for everything good and blame the government or the police for everything bad. Check first you are not talking to a politician or member of the constabulary.
10. If you must complain about anything stick to mosquitos, spicy food, traffic and people who are running online Ponzi schemes. If they have fallen victim to the latter - sympathise.

11. Always say that you can take more spice in your food than your Thai wife - even if your wife is not Thai. Everyone should have a least one Thai wife.
12. If a Thai man asks you about your wife always say "Which one?" If an attractive Thai woman asks you about your Thai wife mention that you haven't seen her for twenty years but you always send her money every month.
13. Never think it is clever to make "boing" or "tawaang" sounds when your wife is watching Thai soaps. Always feign interest in Thai soaps and learn the names of three current soap stars so that conversation is possible with her. If your wife does not like Thai soaps, check that she is actually Thai.
14. Find out the name of a famous and respected Thai person that resembles you. Say that someone in the street mistook you for them and asked for your autograph.
15. If you see a stunning and well known Thai movie actress when out in public with your Thai wife say that your nearest and dearest is prettier. No need to qualify it by saying that the actress has gone downhill in recent years. When your wife posts on Facebook about the incident, click 'like'.
16. Pay a substantial dowry and buy your bride a house for her parents - when parting with your life savings at the land office and signing the bit of paper confirming you have no claim to it, smile and thank the officer for his or her help. The damage is done, no need to be churlish after the fact.
17. When other Thai people's children behave abysmally, smile and say that all children are monkeys and your own are worse. Don't worry - they know the truth.
18. If chatting with someone online who you suspect is using Google translate praise them for their English.
19. Always arrive thirty minutes late for appointments. You will still be early. If someone insists that you arrive exactly at the allotted time arrive thirty minutes late and if they are actually there blame the government and the police for the traffic.
20. Always ask immigration officers or police officers at roadside checkpoints what English Premier League football team they support. Tell them you support that team too. Visas will be quickly processed and fines have a tendency to become warnings not to be in the outside lane again.
21. Never compare the West favourably to Thailand. Always say that a plate of plain rice at a Thai restaurant in, say, London is 150 baht and say "don't know how anyone in their right mind could live there".
22. Always dress more appropriately than even the Thais when visiting places like temples and schools. When you see Thai people badly dressed - smile inanely and say nothing.
23. Pray to Buddha and Thai monks even if you are a rabid Muslim fundamentalist.
24. Generally, drive on the left - when you do drive on the wrong side of the road nod appreciatively while smiling at oncoming traffic.
25. When meeting a group of Thai women always pick on the oldest person and say how young she looks. When meeting a group of Thai men always pick on the oldest person

and say how handsome he is and what a young wife he must have. These comments will ensure harmony and mean you will never need to pay for dinner.

26. When you become aware that people are talking about you stare vacantly out the window as if admiring the buffalos roaming in the fields. If you hear the word “farang” they will be talking about guava anyway.
27. When you see an extremely gruesome image of a murder or accident victim on TV or in a newspaper say something like “waat siaw” (oooh, that’s scary) but do not avert your gaze for a second. That shows weakness.
28. If you feel the need to burp or let rip in Thai company just go ahead. There are a million faux pas that you don’t even know about anyway so why worry.
29. On the subject of which, install a remote control fart machine in your toilet for when your Thai mother-in-law visits. Humour is a much better way of breaking the ice than making any pretence about being remotely interested in her.
30. Finally, if asked if you will ever go back to your home country say that the only way you could ever imagine leaving such a wonderful country as Thailand is by going up in smoke through a temple cremation chimney.

SCAMS

Sadly, ATM scams are common. Recently, I was scammed from an ATM machine (not even the one I normally use), of 7,000 pounds sterling (about 350,000 baht). Three of the seven camera records showed two people logging in. One used a single card, the other went through a pile of cards; I have no idea how they found the PIN number and my card is always locked in my safe when not in use. In the UK, banks immediately reimburse victims and then check out the thief. In Chiang Mai, the bank manager accused me of giving my card and PIN number to another person for the fraud. I lost the lot.

So I was interested to be sent the following information. Chiang Mai is pretty good, but not perfect (I say this having worked in dozens of countries and selected Chiang Mai as my final destination). Now I have two accounts: one is a deposit account, the other has a minimum sum and a card to which I transfer money in emergency. If I need a withdrawal, I only go to the reception counter, not to an ATM machine.

Anthony`s Unofficial Expat Guide to Living In Thailand

Facts behind the gloss that the Tourist Authority, lawyers, real estate agents and commercial companies rarely warn us about.

These are my weekly reports to make visitors aware of the many pitfalls, scams and challenges that expats may encounter throughout their daily lives in Thailand or for those considering making investments and plying their resources into projects.

RESTAURANT AND CAFE SCAMS

Double Menu Scams

A customer goes into a restaurant and orders a meal from a set menu. Later receives a bill that lists the order at a higher price than was displayed on the menu. Customer queries the bill and requests to see the menu again. Staff bring menu, only this time the price displayed on the menu is at the higher price as listed on the bill.

This I describe as the double menu scam as the restaurant has 2 separate priced menus for the same meals.

This scam, particularly prevalent in tourist areas and it does exist in Chiang Mai in some of the restaurants located at markets leading off the Night Bazaar area.

Duel Pricing Menus

Some Chiang Mai restaurants and cafes may have separate menus both in Thai and English script languages. In some cases, the English language menu will have the same meals displayed at a higher markup price. If a café or restaurant does provide both menus, ask to see both the Thai and English language menus to make comparisons.

Menus with no Price Listings

There are restaurants and cafes in Chiang Mai that display descriptions and photos of meals on their menus but do not have price listings. Always ask the price before ordering a meal at these establishments to avoid rip-offs or better still, visit a different restaurant that displays prices of their meals on offer. Some menus list basic prices to which several taxes are added when paying.

Restaurant Hostess Scam - For the Guys

This scam is particularly prevalent in Pattaya and high tourist areas, but I have heard of this scam happening in Chiang Mai.

A male customer having a meal in a restaurant is suddenly approached by a young Thai lady who initiates a conversation with him. She starts chatting up the guy and gives hints that she will go to his room for a ridiculously low rate. Then during the conversation, she invites the guy to buy her a drink in that restaurant. If the guy falls for the ploy and buys her a drink, the deal is sealed; he has unwittingly hired her as his hostess. Later the male customer receives his restaurant bill with an additional 2000 baht added to the girl hostess fee as she is actually a part of the restaurant scam. If he disputes or refuses to pay the bill the odds are that the guy will not walk out of that restaurant in the same condition as when he walked in.

A HORRIBLE LEARNING EXPERIENCES AT A LOCAL CAFÉ

This true account illustrates the significant cultural importance that Thai people place on losing face or rather, on not losing face. It applies to all aspects of Thai life from driving on the roads to social interaction in the family, school or workplace. I wish I had learnt this lesson earlier and simply backed off from any confrontation.

For two years I had been a regular visitor at a local cafe Café. Then, on one occasion, I thought my bill was incorrect and on checking I found it to be 50 baht too much. I gently drew this to the attention of the owner who rudely threw the balance on the table without an apology. The next week, assuming the earlier experience was a simple error, I returned and was cheated again for a larger amount. Some weeks later, a friend asked me to meet him there in the evening. Without thinking, I accepted. As he needed to leave urgently, I offered to pick up the tab. This time it was 500 baht in the wrong direction.

Then, I was the only customer in the place. I politely asked the owner why I was being cheated each time when I had been a consistently good customer and previously tipped generously. The owner sat near me and started screaming that the police were going to be called. The screaming continued and the daughter, who was a waitress there, then poured a glass of water over me. So I gently suggested that she should call the police as I wanted them to see how this customer was treated. At that moment, the son arrived, picked up a heavy glass ashtray and smashed me on the head. Another friend arrived by chance and took me to a hospital with suspected concussion.

As a pacifist, I wanted to resolve this horrible business by ascertaining the cause and hoping to rectify any problems. When I entered again some days later the shouting was immediately resumed. I was ordered off the premises which I did after a further threat to call the police again.

A few days later I was at a nearby restaurant with several friends as I live locally. To my shock, six policemen, dressed in black arrived on motorbikes and ordered me to go to the police station with them. A kind Thai friend suggested that he would take me on his motorbike and he explained that the owner was accusing me of shouting an obscenity while walking up the road. My friends all concurred that I had done no such thing. The owner was at the station with her current partner when I arrived and the shouting continued for nearly an hour. Suddenly my Thai friend said, "We can go now". Nobody had explained anything of the Thai conversation to me and we left. All this took place many months ago and I have not been in that restaurant since. I later learnt that the daughter's boyfriend was a senior policeman! I also learnt that five other friends had also been cheated there.

Some weeks later, I met friends at another restaurant to discuss fundraising for refugees who live on and from a huge rubbish dump in Mae Sot. After the meeting, I was walking back home. As I passed the restaurant of earlier altercations their dog came out, snapping and barking at me angrily. Last year I was savaged by a street dog and hospitalised leaving

me sensitive to dog attacks. I called out, "Please will you hold your dog." The young man, who had earlier hit me, came out and starting screaming repeatedly. "Fuck off. Go to hell. Fuck off. Go to hell....." I said, "Please control your dog?" His response was to take a step forward and, unexpectedly, he punched me hard in the chest, knocking me backwards, I fell and became spreadeagled on the road normally busy with traffic. At this time, there was none, otherwise, I would not be writing this. By chance, a friend arrived on his motorbike and helped me up suggesting I return home. The young attacker retreated possibly feeling smug and macho that he could knock down a nearly-80-year-old man.

So, if the chef has not changed, the food is good there. If you plan to eat: fine. If you think you may question the bill or ask for restraint of the dog, I advise you to wear earplugs and a safety helmet. And you will need a friend with a motorbike to be parked outside!

Basic Thai

The meaning of Thai words depends on tones - high tone, low tone, rising tone and falling tone etc. Some English words depend on the tones and emphasis but to a lesser extent e.g. 'minute' (60 seconds), 'minute' (very small). To use polite forms, sentences should end in 'cap' (high tone for males) or 'cah' (falling tone for females). In Bangkok the masculine form is 'crap' and this does not seem to be a polite form for sentence ending!

Hello	Sawasdee (cap or cah. Don't forget!)
Thank you	Kob koon
Never mind	Mai pen rai
I don't understand	Mai kao jai
Please speak slowly	Phood cha cha
How much?	Tow rai?
Very expensive	Paeng maag
Pleased to meet you	Dee jai thee dai phob kun
Goodbye	La gon
See you again	Laew phob gan mai
Good luck	Chok dee
Sorry/excuse me	Kor thoad
Can you discount for me?	Lod noi dai mai?
I want to go to.....	Chan yak pai tee.....
How can I do....?	Chan tong tamyang rai....?
I am not good at Thai	Chan phood pa sa Thai mai kaeng
Nice to meet you	Yin dee tee dai ru jak
You are welcome	Mai pen rai

Changing Money

Daytodaydata.net is a website.

This site was created to save you money by allowing you to compare easily the current foreign exchange rates at various banks. Simply choosing to exchange money at the bank with the best rate can save you a substantial amount, especially if you convert a large amount and especially when converting from some currencies such as the Korean Won (KRW), Chinese Yuan (CNY) and Indian Rupee (INR).

A secondary goal is to increase competition amongst the banks such that the exchange rates will improve for everyone.

The rates are checked every 10 minutes, so you can see which banks have the highest rates at any particular time of day.

These are the actual rates that you'd get if you were to exchange currency at the bank, and would be different from the interbank currency market exchange rates that you'd find on other sites. These retail rates are more relevant to travelers, foreigners or small to medium-sized businesses who need to convert relatively small amounts of money (usually in the form of physical notes or electronically through an ATM), whereas interbank exchange rates are more relevant to financial market professionals who trade currencies in large volume for profit or hedging.

2. What to See (Tour agents will collect/return you to your accommodation. Travel agents and hotels are everywhere with information leaflets. **Make sure the agent is licensed and covered by insurance**)

1. Elephant Nature Park. This is unique. No stupid tricks and antics. Elephants are cared for by a combination of love and bananas: no spikes or cruel control of the animals.
2. Hot springs - Som Kan Peng or Nam Por Tong.
3. Waterfalls - Nam Tok, Tee Lor Sri, Non Pheng. Best in the rainy season.
4. Zoo - pandas and aquarium are excellent displays. Night Safari and crocodile shows.
5. Doi Sutep Wat Pratat Doi Kham - fantastic view over Chiang Mai.
6. Trekking - 1 to 3 days over Doi Internoon.
7. Night Safari - and beautiful gardens near there.
8. Insect Zoo, Monkey Centre, Snake Park, Orchid Gardens. All can be visited in one day.
9. Flight of the Gibbons. There are others all catering for extreme sports enthusiasts.
10. Night Bazaar, Saturday Market, Sunday Market, Worarot Market.
11. Gardens near Chiang Rai - Pattana Doi Tung.
12. Chiang Mai Women's Correctional Institution with massage, shop and restaurant.
13. Restaurants - Italian, Indian, Korean, Japanese, Thai, self-cooking BBQ and beef burgers! Riverside boat trip and dinner. Cookery schools. Fifty vegetarian restaurants!
14. Huay Tueng Tao - lakeside relaxation and food in small bamboo huts. Weekends may be crowded. Dam at Doi Saket. Meal in a stream, 360 degrees restaurant, coffee bars.
15. Massage - many places and many kinds. Massage courses.
16. White water rafting, go-carting, Thai kickboxing. For other sports see 5.1.
17. Caves on road to San Kopeng.
18. Chiang Mai Grand Canyon near Hang Dong. Fantastic high jumps into deep water.
19. White Temple and many other temples. Factories for gems, umbrellas and leather.
20. Loi Kroh - red light bars and restaurants. Also Nimmanhaemin Road. There is an active, even raunchy, nightlife: Hotshot, Spicy, Yellow Bar and Go-Go bars. Best music pub is the Brasserie, opposite the Ginger House. Quizz nights and all major sports shown on big screens at the Irish Pub.

FESTIVALS AND PUBLIC HOLIDAYS

You will need to Google individual items
to get actual dates each year

*National Holiday #Observance

JANUARY

Handmade Umbrella Festival
#Chinese New Year

FEBRUARY

Jai Thep Music Festival
Chiang Mai Flower Festival
Samoeng Strawberry Festival
*Makha Bucha Day

MARCH

Thailand Int. Balloon Festival
Pattaya Int. Music Festival

APRIL

Poi Sang Long Festival
*Chakri Memorial Day
*Songkran Festival

MAY

*Labor Day in Thailand
*Coronation Day
World Durian Fruit Festival
*Visakha Bucha Day

JUNE

None

JULY

Ghost Mask Festival
*Asanha Bucha Day
*Buddhist Lent Day

AUGUST

*Queen's B'day/Mother's Day

SEPTEMBER

Salak Yom Festival

OCTOBER

Phuket Vegetarian Festival
*Chulalongkorn Mem. Day

NOVEMBER

#Loi Krathong
Yi Peng Lantern-MASS RELEASE

DECEMBER

King's B'day/Father's Day
Thai Constitution Day
#Christmas
*New Year's

How to Travel

The main bus station is close to the City Centre on the east side and near to the train station. For some journeys, the bus is faster than the train! It is worth paying a little more for a VIP bus that has aircon and better seating.

Local journeys can be made in the small red buses; anywhere in the centre is only 30 baht. There are small yellow buses and white buses for intercity journeys that are even cheaper when you can travel for half an hour for less than 20 baht from one town to the next. Some of the yellow buses, however, have limited routes.

Uber has recently sold its contract to Grab for which there is a free download app.

Visa Services

The requirements for visas often change so be sure to contact your consulate **before** you come to Thailand whether you need a short-term tourist visa or a one-year retirement visa. For the latter, check the documents that you need to bring with you or obtain in Thailand. Once here, there are some travel agents that can assist you and the following are helpful (I have used the first three and found them all excellent):

Aui (pronounced Wee) Tel. 0850354890. She will collect your passport, complete forms and lead you through the requirements. (She can provide other services e.g. writing a Will.

Oi Tel. 0835654994. She provides a visa service similar to that above.

Best Friends Visa. Tel. 0935416444. Email. Bestfriend.visa@gmail.com.

Assist Thai Visa. Rhys Bonney and his Thai wife are lawyers who have been helping ex-pats for several years. Rhys is a native English speaker. Tel. 053272293.

3. Where to Eat

At the cheaper end, a tasty place with air-con is **Ratana's Kitchen** in Thapae Road. From Thapae Gate walk for 5 minutes eastwards (towards the bridge) and the restaurant is on the left side (opposite a temple). You must try **Kanjana**, just off Walking Street, with a unique spreadsheet menu. Chiang Mai is rich with eating places - French, Mexican, Korean, Japanese, Beef burgers, Italian etc. Walk through Anusarn Market and you come to several excellent seafood restaurants. Go for the one in the middle (facing you as you walk straight ahead): it is always so popular. Behind Anusarn Market is a huge and popular Chinese Restaurant.

I have several favourites; some are more expensive restaurants.

a) For lunch (but go at 11.00 or phone to book because it is popular and about 200 baht) is the **Empress Hotel**. The range of buffet foods is so much that you could go every day of the week and not taste everything - Thai, fish, meat, Japanese. Walk due south from the Night Bazaar Road. Tel: 053 253 199. You can eat upstairs in luxury but at a much higher price. Now getting overcrowded with tourists: you may prefer to go to Grandview Buffet for 199 baht, or Siripanna Buffet - outstanding for 189 baht.

b) In beautiful surroundings is the **Lanna Resort**. It is worth walking around the lovely grounds before you eat near the lake. This is 40 minutes away from town by car. Check location from the website www.lannaresort.com. Tel: 053 365 222.

c) For wonderful tranquillity and relaxation, my best spot is **Huay Tueng Tao**. It is only 20 minutes away and if you go between Mondays to Friday you may be the only ones there. The lake is surrounded by many simple bamboo huts (restaurants) right on the water's edge. Very cheap and excellent food.

d) Near Nawarot Bridge, the Mae Ping river is lined with Restaurants of which **Good View** and the adjoining ones are among the best. You may need mosquito repellent

e) Also near Nawarot Bridge is the **Anantara Chiang Mai Resort** (formerly Chedi Hotel) serving lovely food while you overlook the swimming pool.

f) **Khaomao-Khaofang Restaurant**. This is a large "Garden Style" restaurant just off the main road to Hang Dong about 15 minutes south of the airport crossroad. You feel you are in tropical jungle with a small lake, waterfall and delicious food.

g) My most recent discovery is **Nakara Jardin**: peaceful and overlooking the river. It is behind the Ping Nakara Hotel and close to **Anantara Chiang Mai Resort**. Tel 053 818977. It is closed on Wednesdays.

h) **The House**. (And Shop). Walk northwards after Thapae Gate. There it is immediately after Sumpet Market. Expensive but unusual and delicious.

i) **Gymkhana Golf Club** is fine for eats and drinks including fish and chips. Bit of old colonial England with a lovely terrace

4. Some Fine Hotels in Chiang Mai Town

Dhara Dhevi Chiang Mai



Anantara Chiang Mai Resort & Spa



Ping Nakara Boutique Hotel & Spa



Rachamankha



Puripunn Baby Grand Boutique Hotel



Tamarind Village



Vivobene Village – a review by Bryan Walker, August 2017

I am an experienced traveller having lived and worked in many countries. And I have stayed in some bad places as well as good ones. In contrast to most of them, I have just had a magical week in beautiful surroundings with many and varied facilities. It is so good that I am already planning a month here as soon as possible. Let me explain.

A comfortable minibus collected me from my accommodation in Chiang Mai (North Thailand). The friendly driver gave me water, a cool towel and a garland. He transported me less than 20 kilometres to the Vivobene Village in a forest area with paddy fields and water buffalo. Arrival at the reception was welcoming in magnificent surroundings, typical of Swiss buildings and management. An electric car whisks visitors to their rooms or villas that are comfortable, quiet and spotlessly clean.

Exploring the site exposed a central lake with fountains and aquatic flowers. There was a swimming pool with a sloping entry for any with walking difficulties. The delightful colourful gardens, wheel-chair friendly, were meticulously tended. There were bamboo huts overlooking the lake and a centre with rooms for beauty care, massage, therapy and a gymnasium.

Food (mainly from their organic garden) and drinks could be sent to your room or enjoyed in a fine restaurant with a vast choice of menu and wines (and even a happy hour that I utilized!). There is a bakery offering a tempting array of goodies. Nursing and caring facilities are generously available as well as optional daily activities. I chose to start each day with a meditation session followed by exercises, led by a physiotherapist, that ended with frisby, petanque or ball games. Other activities are available: massage, trips into town or visits to many sites of interest in the rich countryside around.



Outstanding are the staff members. They are so supportive without being intrusive; they are matchless in my experience. The management philosophy became clear. Every member of a community can have a fine experience here. If you want to be pampered from head to foot if you need long-term support, if you wish to have a quiet reclusive time in retirement, a short period to recover from hospitalisation or you want to come with a group for meeting facilities, this is the place to be.

I was returned to my home in the same gentle way that I had been taken. I cannot wait to come back.

5. CHIANG MAI CHAT (by Bryan Walker)

The Iron Bridge

Two schoolboys grew up together in Chiang Mai. They lived close to each other, came from similar backgrounds and were good friends. On leaving school, however, one obtained a job in a factory while the other was unsuccessful. Discouraged by several attempts to get work, he gave up trying. To help his family a little he started to fish from the Iron Bridge: you know the one; it leads from the Night Bazaar to Rimping.

The first climbed the career ladder, reached the top and bought his own factory: modest but lucrative near to the Huang Keaw Road. He worked hard for several years and bought a second factory the other side of the river. To his surprise, one morning as he drove across the Iron Bridge, he saw his old friend with whom he had lost contact since leaving school. He stopped his car and shouted a greeting. He saw the old clothes his friend was wearing and asked why he was not working. He was told that he could not get a job.

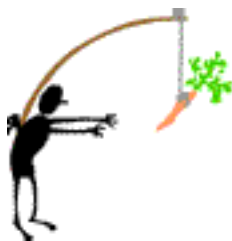
“You must try harder”, he retorted. “I start work every day at six o’clock and work every day for at least twelve hours. I have bought two factories and plan for a third, even if I have to work harder and for longer hours”.

“So what do you plan to do later in your life? Get yet more factories and work even harder?” said the fishing friend, reluctantly putting his rod down. “Good gracious, no,” said the factories boss. “When I am sixty, I will sell everything and buy a beautiful house close to the river; and relax”.

“But you have to do something. You cannot just sit all day.”

“Of course. I will start a hobby. Maybe I will take up an activity such as fishing.”

Picking up his rod again, the fisherman said gently, “Well I am doing that now.”



I Love Almost everything About Chiang Mai

After living and working in many countries it was with relief that I settled in Chiang Mai. First, I love the people. They are friendly and smile all the time, even if fermenting something unpleasant inside. The climate is made for humans. The cost of living allows a fine lifestyle on even a small pension. The food is fantastic.

The markets are exciting with rich aromas, sights and sounds. But some shopping has a drawback. I really hate the ‘balloon’ packing of commodities in non-see-through plastic bags. Of course, the weight is declared on the outside. But we know things by their appearance, not their weight. So with a bag of Sun-dried Broad Beans. I want to see what I am getting. I don’t want to unpeg the bag and shake it to guess how much is inside. I recognise my girlfriend by her appearance in a party crowd, not by shouting out, “Hey, I have arrived to see the 60-kilogram lady!”

Then, tooth brushes. I want one that actually brushes, not wipes gently. Just look at the range: almost every packet is marked ‘Soft’, ‘Medium’ or ‘Supersoft’. You can hardly see the brush, the business end, for the packing; the range of fancy handles is now absurd. I do not care what the handle looks like: you can join a good brush to the end of a disused chop-stick and it will work fine. The handles on show include a parquetry of coloured plastics and rubber patches for massaging gums and tongue, yet the actual brush is ludicrously small. Some have just a few soft hairs claimed for serious work of an interdens nature. But try it in the way intended and some of the fine soft hairs leave the brush and join the material intended to be cleared from the buccal cavity. Look, Mr Manufacturer, my mouth copes with dried and roasted broad beans and I even crunch those in their dark brown shells. I don’t want your fancy soft and gentle polisher; my teeth would be cleaner if I used a powder puff! I want a brush!



Driving in Chiang Mai

You have arrived in Chiang Mai from the west and everybody can tell you are a visitor: your head is spinning and your eyes are flashing to take in every new sight. Perhaps even your ears are wobbling to accommodate the new sounds. Certainly, your nose will be twitching. Wandering the streets your brain tries to understand the unfamiliar language and signs in Thai and Chinese.

Crossing the road is an unexpected hazard. Refreshingly, almost no vehicle is honking. Then you realise that red traffic lights do not mean ‘STOP’ they just mean slow down a little. In contrast, however, crossing on a pedestrian crossing may elicit hooting: perhaps drivers get more points for knocking someone off a zebra crossing. Highest points are allocated for

mothers with pushchairs and the elderly. Chiang Mai is probably the only town where you need to look both ways before crossing a sidewalk!

The highlights are the motorcycles. Every machine has two wing mirrors. One allows the driver to overtake on the wrong side while the other is for tweaking hairs from your chin/nose/eyebrows (depending on your gender), or for squeezing your zits. Look at that poor motorcyclist with what appears to be a horribly deformed spine. He is driving the wrong way along the sidewalk! Closer scrutiny shows that he is hunched up to retain a mobile under his ear. He cannot use the other hand because that is holding a large iced coffee. Anyway, one hand is sometimes on the handlebars.

Here is another motorbike. This one has the whole family on board. Dad is driving with a tiny one in front clinging on to the steering device. Behind is Mum, casually sitting side saddle with her toes turned up to keep her flip-flops from falling down. Between her and Dad are two other kids in school uniform. Mum is burdened with a baby and a sack of shopping. My goodness, there is also a dog in the basket on the front!

A police checkpoint stops only motor cyclists who are not wearing helmets. Many helmets are not strapped up. There is no realisation that in the event of an accident, the unstrapped helmet is likely to finish up detached from its owner on the other side of the road. A huge lady, who would definitively need two seats on a bus or plane, lurches uncertainly down the steps of the hospital wearing her unfastened headgear. What seems to be her granddaughter is waiting with a motorbike although hardly able to see over the steering. (I was told that you are allowed at any age to drive a motorbike - if you know how). Grandma approaches the machine and swings a huge leg over the passenger saddle. The unaccustomed centre of gravity shift topples the bike, passenger and driver. Several rush to help and one retrieves the head protection from the far lane taking care to avoid unsympathetic drivers of other vehicles. The helmet is obviously an encumbrance and is consigned to the front shopping basket with the dog. The motorbike weaves its way up the road. Grandma's feet are unable to find the foot rests and they skim, surfboard fashion, a fraction above the surface of the road.

Driving here is nothing to do with skill or safety: it is all about not losing face. To prevent overtakers, the vehicle immediately ahead weaves back and forth to the frustration of the follower who is trying to weave out of sequence in order to snatch a chance of overtaking. But the tuk-tuk ahead has secret devices to minimise the risk of being overtaken. The driver slaps his foot twice in quick succession on a special pedal and the vehicle emits a dark cloud of stinking smoke, octopus style. If that does not deter the follower, the touch of another button sets off an ear-shattering backfire explosion. This is a strong deterrent. The cyclist determines to call at the nearest wayside repair hut to get his engine detuned so that he too can emit smoke clouds and bangs.

There are several reasons to account for the left indicator flashing on the vehicle ahead. It could mean:

- The driver turned left at the last junction and forgot to turn it off after entering the main road
- The indicator is stuck on permanently
- The driver is testing the left indicator
- The driver might turn left but is unsure
- The driver likes the reassurance of the clicking sound

One woman car driver, who had caused a terrible accident on the Super Highway, put all the blame on the other driver. She told the policeman that she signalled that she was turning right, then she signalled clearly that she had changed her mind!

I was once driving along the Thapae one-way road when I was aware of a motor cyclist approaching me head on. I stopped and shouted to him that this was a one-way road. His response? “But I’m only going one way!”



PS. March 2014. Paris is taking the opportunity to reduce pollution by limiting vehicles with odd and even number plates to alternate days of the week. I was in Nigeria years ago when the same ploy was adopted in Lagos. The sale of number plates rocketed. The Plebs rose 20 minutes earlier every day to change the number plates on their vehicles; the rich simply bought another car!

Health and All That

You have arrived in Chiang Mai and may be apprehensive about keeping healthy. You should be careful, of course. Any visitor to a new country will be meeting new germs for the first time and can get a tummy upset. Thailand is a tropical country: everything in the Western world is here plus tropical diseases. And Thailand is number 1 in the world for road traffic accidents. Take care to avoid insect bites and never, ever scratch a mosquito nip as you will keep the itch going for weeks as well as rubbing new germs into the wound. (Do not

touch it and after 20 minutes you forget it). Perhaps it is safer to have stayed at home? Not so!

The Times (Tuesday, March 29th 2005) reported on figures released by the (UK) Department of Health:

“It’s a jungle out there. Alligator body crushes, bites from scorpions and snakes, and cuts from sharp leaves were some of the incidents that put Britons in hospital last year.

Incidents ranging from the painful and tragic to the strikingly unusual were responsible for sending almost a million people to Accident and Emergency departments according to figures released by the Department of Health.

The natural world played a small part: 451 people were stung by hornets, 6 were bitten by scorpions, 46 by snakes, 24 by rats and 2 were struck down by centipedes.

Hobbies and household objects contributed to Accident and Emergency admissions: 22 people suffered mishaps with their pyjamas, 9 had accidents with their beds, and 4,533 were injured by ice skates, skis, skateboards, and roller skates.

Twenty-two people were exposed to “ignition or melting of nightwear”, most probably due to a stray cigarette or a faulty electric blanket.

The cost to the National Health Service of accidents is believed to be about £1 billion a year. The definitions for admission have all been devised by the World Health Organization and cover even the most unlikely scenarios, some of which occur abroad but result in hospital trips back home.

At the more unusual end of the scale, exposure to noise and vibration accounted for eight admissions, while one child had to attend hospital after a “prolonged stay in a weightless environment”. Forces of nature also took their toll, according to the official statistics with 37 people admitted as “victims of volcanic eruption”, 7 because of earthquakes, 8 after avalanches and 25 due to “cataclysmic storms”. Lightning put 54 Britons in hospital.

A further 107 people suffered exposure to “unspecified forces of nature”, 239 experienced incidents with “animate mechanical forces” and 9 suffered “accidental suffocation and strangulation in bed”.

As many as 207 people had to spend time in hospital after “coming into contact with plant thorns, spines, and sharp leaves”. Contact with “a non-powered hand tool” - such as hitting your hand with a hammer - claimed 4,115 victims, while 299 people were hurt with lawnmowers. Almost 2,000 people, mostly children had to go to hospital after falling out of trees.

The figures for the 12 months to last April also take into account the 138 people who had foreign objects left in their bodies during surgery.

According to the Royal Society for the Prevention of Accidents, accidents in the home account for an estimated 4,000 deaths a year. A spokesman for the Department of Health said that the description of some of the accidents as set by the WHO, left even the Government puzzled. He ventured that the case of “prolonged weightlessness” probably referred to a fairground ride.”

***My Comment.** As most people die in bed, avoid beds at all cost. Even if you don't die, you may be accidentally strangled by your night dress!*

Sports and All That

Living near Chiang Mai Gate, every day health-loving walkers, joggers and runners can be seen puffing around the four-mile square that defines the town. Sometimes I wonder how much faster they could go if pollution from the illegal slash-and-burn farming in the surrounding hills stopped and if there were no exhaust gases from the congested traffic.

In 2002 the Guinness Book of records voted the 1954 record of running the mile in under four minutes as one of the greatest sporting events of all time. Those of my generation will remember the excitement well. Dr Roger Bannister, because of his medical responsibilities, had far less time to train than other athletes and his distance running record reflected that. However, on the morning of May 6 he added graphite to the spikes of his running shoes (to reduce track ‘pick-up’) and took the train to Oxford. The wind and rain were so bad that he decided not to run but, at the last minute, the weather improved and he joined Chris Brasher, Chris Chataway and four others on the starting line. At the end of the race the announcer kept the thousands of watchers in suspense: eventually, he reported that the race had been won in “three minutes and....” but the number of seconds was not heard by the screaming crowd. Forty-six days later another athlete made the ‘impossible’ possible and other men have done it since. Traffic pollution was less in those days although there were bad winter fogs.

Recently I have been thrilled to watch the bicycle racing in the UK and north France. Motorbikes were on either side of the leader and, immediately ahead of the leader and the rest of the pack, a large vehicle with a photographer on the roof trying to capture the atmosphere on his camera. Again I wondered about the impact on the racers of the carbon monoxide in the exhaust fumes.

Carbon monoxide (CO) is a poisonous gas that kills hundreds of people every year, many from running engines in enclosed spaces. The gas has a high affinity for the red blood corpuscles that normally carry oxygen from the lungs to the working muscles and brain. But CO has a much greater affinity for the corpuscles than oxygen and it stays attached for much longer reducing oxygen delivery to target organs.

To win a race an athlete needs the right combination of five Ss. Strength, Stamina, Speed, Skill and pSychological drive. The latter is most important in planning a race Strategy. (So

why do we need ‘pacers’? In the last year, I have seen pacers so far ahead or behind to be useless; in one race, the pacer became mixed up in the pack, fell over and dragged others down. If pacers are so good, let them join the race as competitors, but let us have no more pacers!).

The world is holding its breath to see if the marathon can be run in less than two hours. We need to provide perfect conditions for this. Last year I counted 14 vehicles, all pushing out exhaust fumes into the faces of the lead runners, in the Paris Marathon. Surely it is time to limit all the vehicles on the race track to electric ones. Then we may see a 2-hour marathon winner.

Walking in Chiang Mai

After a chat this morning with a Thai friend she was left in disbelief of my claim that I walk everywhere in Chiang Mai. I lived near Chiang Mai Gate but if I needed to go to Immigration or the Central Shopping Mall, I walked. My big challenge was to walk around the moat (klong) in less than one hour. Each side is exactly one mile, and I have no idea how that was constructed years before miles were invented.

Walking the square offers four routes. You can walk either side of the canal, or you can walk on the pavements inside or outside. The outermost path adds about 60 metres to each corner extending the shortest way by about 240 metres. To meet my objective I must walk each side in less than 15 minutes. (A soldier marches at three miles an hour, but I must go at four miles an hour without ‘speed walking’). My head silently screams at me, “Speed up, you spineless wimp”. My heart responds, “I am nearly 80 years old and my legs ache”. “Stop arguing and get a move on” my unsympathetic brain retorts”.

Another friend, kinder than my brain, suggested that I mix fitness walking with some purposeless leisure strolling. “You will experience so much more. Increased blood flow to your brain will allow you to think more creatively. Many famous people have adopted the practice of purposeless meandering”. Certainly, walking fast on roads is better than marching on a treadmill in a gym. More muscles are brought into play as you step up and down, or sideways, to cope with or avoid hazards. And your sense of balance is developed. But just aimless loafing about allows a fuller appreciation of sights, sounds and smells

I took his advice and slowly visited new back streets. There were lizards and ladybirds, birds and butterflies, and beautiful flowers with delightful buildings and smiling, responsive people. I enjoyed new smells from back street cooking. Looking at a ‘pretty sight’ I tripped up, fell down and broke my wrist! Served me right as I should have concentrated on the uneven pavement. Strolling some weeks later, I deviated from the sidewalk to follow a huge toad: they have the most beautiful eyes in the animal kingdom. I tracked it for some way trying to get a better view, nearly on my hands and knees. But it evaded me behind some dense growth. Ready to move on I stood up and cut my head badly on a projecting cement flower box. I concluded that fitness walking might be safer!

One sleepless night as I roamed the streets near Tha Phae Gate I was approached by a young woman who asked if she could give me a massage and stay with me for the night. "Of course", I replied, "Is 1000 baht OK?" She nodded quickly in agreement. So I added, "I want 500 baht now and 500 baht afterwards". Her face showed confusion. I explained, "You asked to stay with *me*, I did not invite *you*". Her puzzled expression softened and she walked away with a wry smile.

S(P)OILING SPOKEN ENGLISH (for those who will listen to the news or others talking)

During the post-war years, the BBC radio English became established as the best model for speech, accent, grammar and reporting style. Concurrently, there was a society whose members read the newspapers and reported on literary errors. Listeners to sports commentators of those times will have heard the faultless reports of rugby matches by Cliff Morgan, and of cricket by John Arlott. Richard Dimbleby's commentary on the Queen's Coronation, in the early 1950s, covered events for hours without the use of a teleprompter and it served as an ideal for clarity with a wide use of vocabulary; the attention of listeners was held compellingly. For decades, the flawless discourses of Sir David Attenborough have kept viewers spellbound.

The evolution of species has included the development of communication and language. Many old words have disappeared from use and new ones have entered. Young people would need to read the books of Dickens with a dictionary at hand as some of his words are no longer part of a modern vocabulary. During the last hundred years, the use of "Why" at the beginning of a spoken sentence has been progressively replaced with "Well". This is illustrated by almost every person interviewed on radio and TV today. More recently, *particularly* is becoming modified to *particuly*, *is* is now being used for plural as well singular objects. Language must change with the times. So, *Wed-nes-day* became *Wens-day*, *fifth* is changing to *fith*, *February* is being replaced with *Febry*. Some words even reverse their meaning: *wicked* used to mean bad but now it can also mean good. The list of modifications is endless and inevitable; linguists live in challenging times.

Although there is an increase in the number of new English words as a consequence of developing technology and inter-continental communication, the use of spoken English is generally being degraded by the intrusion of useless words, phrases and sounds. Even TV news readers and field journalists, formerly the best examples of spoken English, have followed trends introduced by others including other presenters of news, weather and sports. Many of the presenters who made such a good start have also become corrupted by these modern trends.

New vocabulary and vocal trends may start in the mass media and spread through social media and English speaking communities or move in the opposite direction. Unfortunately, this also applies to meaningless sounds and phrases that disturb, spoil or soil communication. For many years I had no access to English mass media. I was excited at the prospect of renewed contact but my pleasure turned to shock. Reporters and presenters, without the use of teleprompters, now filled their sentences with 'um', 'ah' and 'er' or the repetition of trivial words e.g. "and, and, and". "You know", "I mean", "I think", "kind of", "sort of" and "if you will" are common expressions that contribute little to the intended meaning. Some use wasted rhetorical questions in their sentences such as "Yes?"

and “OK?” without waiting for an answer. Mike Mikalleff said, “ The music is kind of almost like...” A recently qualified doctor was asked to present her experiences as a medical student. She frequently inserted “really, really, really” throughout her talk. The emphasis was lost.

Sadly, I turned from the news to a rugby commentary. Two presenters were competing with each other to include as many non-verbal intrusions as possible into every sentence. When I heard “Jonny er Wilkinson” I switched off (Robbie Nook). Any rugby commentator who is not able to say the name of the most famous player of the time should not be allowed to comment on a junior tiddly-winks game! If the speaker does not know what to say, just be quiet. (Martin Brunt included 30 ers while giving a brief report on paedophiles, 6th June 2017)

Another news reader introduced a journalist “on the ground” in a refugee camp. (Are there aerial refugee camps?) Now, few items, events or actions are actual any more. They are ‘like’. In a recent Las Vegas magic competition, one of the international judges said, “My reaction? I was like, you know, sort of, kind of, like (pause) wow!” Listen to any casual conversation in a bar or restaurant. “I am like, I went to see like my mother, like last Wednesday”.

Additionally, one of the best-known TV weather reporters has introduced a confusing habit, now followed by others. In mid-sentence, a breath is taken during a long pause. Then the sentence is completed, without a full-stop, and rapidly joined to the following one that also includes a pause. Those with English as their second language must have difficulty with this.

Some lazy speakers change the pronunciation of ‘ing’ to in’ so that shopping becomes shoppin’. This cannot be attributed to a speech impediment because it only applies to the ending of words. If ing is included within a word, it is still pronounced as such: words such as singing are spoken as “singin” not “sin’in”.

There is scope for a research project here. All oral communicators of the English language should be encouraged to set up a table of meaningless words and sounds, then listen to a recording of their presentations, ticking the table appropriately. This will lead to a realisation of the incompetence of their speech. Hopefully, the exercise will provoke a cleansing of the swamp.

ANTS and MIGRANTS

The rainy season encouraged ants to leave the grassy patch next to my balcony and migrate towards my room. They are looking to squat in a dry area but they will not find any food there. The cleaning system for the rooms is so good that it is probably more hygienic to eat food from the floor than from a plate!

I do like ants. They are amazing insects that know, better than humans, how to manage themselves. These fellows are so small that they can only be seen with a good hand lens and I wonder at the speed their microscopic legs must move to transport them so fast and over such distances. (I wanted to video them but my phone camera was inadequate). In a flash they communicate with passing members and follow, in a disciplined manner, their

spontaneously-appointed leader. However, much as I admire them, I am not keen to share my simple dwelling with them. In return, I would not dream of squatting in their home.

So I have tried to discourage them in various ways. They seem to love anti-ant spray. Talcum powder is no impediment. Then a friend told me about anti-ant chalk stick. I managed to obtain some. With my new tool I chalked a line about 12 feet long, a foot from my balcony edge and along a grouting margin between two rows of tiles. After sweeping my side of the border clear of live stock I sat in my chair (on the room side) to watch the effects of my delineation. Amazing results.

Within seconds the invaders poured over the edge of the balcony and advanced, in a determined fashion, on the intended barrier. “Aha, that has defeated them”, I thought. They could not burrow under because of the tiles. Over the top was out of the question as their little legs did not have enough jumping capacity. Driving through it was no better: for whatever reason, the powder wall defeated them.

Yet undeterred, they explored adjoining sections of the line for several feet. It took only minutes. Then they discovered a minute break in my barrier at the junction of two tiles; a fault that I had overlooked. One ventured through and others soon followed. Some returned to ‘talk’ to their mates and a large gang now moved through the microscopic gap. They tracked back along the white line so they were opposite their track from the grass. Some returned and conveyed the route news to others. In less than 10 minutes, the horde was on its way to the crack under my door. I corrected my error and watched smugly. Within minutes the blighters had found the end of my chalk line, told others and the hordes headed to my door after walking round the ‘wall’!

I reflected on the words of the wise man Solomon spoken about three thousand years ago. He was an experienced builder. “Go to the ant, you sluggard; consider its ways and be wise! It has no commander, no overseer or ruler.” (Proverbs chapter 6, verses 6-7 N.I.V.) The lesson was clear and modern migrants know it so well. If you cannot get over the wall, under it or through it, simply go to the end of the wall and go round it. Someone recently promised to get a wall built to control migrants entering their country and added that the opposition would pay for it. No way could I have induced my ants to construct my barrier at their expense! They tackled it and, when impeded, simply went round it. To build a wall around a city has been possible in the past. But to circumference an entire country is approaching impossible.

If Solomon was alive today, I wonder who might be in his mind if he repeated his words!

THAI RELATIONSHIPS

Family connections are among the strongest ties on the planet. Even when geographically separated, the links persist. The younger generation cares for their parents and grandparents, physically and financially, to an extent rarely seen in many Western parts of the world. The downside is that the money young people want to send to the older generation often forces them to seek employment away from their rural villages. A common situation is that the grandparents care for the grandchildren while mum and dad move to

a town to get more remunerative employment. When I first came to Thailand I talked to a waitress who was earning 5,000 baht a month plus tips. Her parents in a far away village, caring for her children, were sent 2,000 baht a month leaving her with 1,000 baht for food and clothing with a rental bill of 2,000 baht. Sadly, she left waitressing for prostitution as she was so driven to continue providing family support.

The caring attitude attracts elderly foreigners to Thailand where a common sight is to see an old man accompanied by a young girl. She is attracted by his financial help while he gets the caring support required while coping with the indignities of old age. Rarely, you can also see an older woman cared for by a younger man. The system works and is socially acceptable here. But be warned, when she says, “I love you” she may mean, “I love your bank book”! Sometimes, this leads to painful experiences. I have some bad stories to tell based on my experiences and those of some friends.

Let me philosophise about the ingredients of a strong and lasting relationship. The following ideas are based on the marriage of 25 years to my late wife - the best this planet has seen - followed seven years later by a second marriage from hell!

Three thousand years ago a wise man said that a three-stranded rope was not easily broken. The same can be applied to relationships. The three strands can be represented by B, S and M. I will elaborate.

B stands for biological. You see a beautiful and handsome person. Anywhere. Thoughts turn to courting, nest building and caring jointly for children. The attraction is strong. A meeting is arranged and links develop. The association can lead to intimacy and the connection continues. Caring is provided generously with an appropriate monetary response. However, a visit to the partner's village raises some problems. There may be a communication barrier: living standards may be totally different in terms of hygiene and life-styles. Sharing ideas about background and cultural experiences may be almost impossible.

S stands for social. Of course, some of the social problems can be easily overcome. But serious questions need to be asked. Would my family be comfortable here? Can my friends mix easily with the friends of my new partner? Are our interests similar in terms of social activities: gardening, music, learning, dancing, films and books, attending church or temple? We are embarking on a dangerous course if we can fit in while estranging ourselves from family and friends.

M stands for metaphysical. Perhaps this is the least acknowledged but the most important rope (relationship) strand. The biological attraction can persist and the social problems can be overcome. But are our ideals in life, above our physical needs, similar? One wants to make money while the other wants to give money to the poor. One wants to serve Buddha while the other is a Christian. One is a Catholic while the other is a Presbyterian or an atheist. Try living with a Republican when you are a staunch Communist!

Few relationships will survive with a single common strand. Some can last with B and S providing the M is not too strong. But a loving and durable relationship is most likely when B, S and M all strongly coincide.

Welcome to Thailand! But be careful.

6. General Information and Resource Availability

Much of the following information is taken from the [Chiangmai Christian Community Classifieds \(CCCC\)](https://sites.google.com/site/cccrecent/CCCC) <https://sites.google.com/site/cccrecent/CCCC> website which contains further information.

6.1 Athletic Events and Fitness Training

- **CM Dancercise!** We exercise our mind, body and soul to contemporary dance music with easy to follow dance routines - from stretches to toning to Latin salsa, merengue, rumba to hip-hop, middle eastern dance, kickboxing, pilates, floor work etc. No prior dance experience necessary! We only have three rules - keep moving, breathing and have fun! Tuesdays & Fridays 9:30-10:30am. 60b/class, 250b/5 class pass, and 400b/10 class pass. Bring a yoga mat for floor exercises and a bottle of water. Highly recommend are gym shoes. At CCC/CCF gym near Central Festival Mall (check out FB page CM Dancercise or email me for more info). https://mapsengine.google.com/map/edit?mid=zT5clxPRR2cY.k8-heaf_wXAA. Write to Kris at krischoincm@gmail.com (04/2015).
- Starting February 3rd & 5th 2015 brings the return of our **Cardio Kickboxing** class. Come learn how to do the moves and get a good workout at your own level. Appropriate for ages 12 through Adult. Cost: 70 Thb /1-hr class, or Save with a Class Pass! The first time is always free! Tuesday and Thursday mornings, 8:30 a.m. - 9:30 a.m. at Itsara Dance Studio in World Club, Hang Dong. cardiokbox@gmail.com <http://www.itsaradanceschool.com/p/location.html?m=1>
- **Chiang Mai Runners.** Please check the Chiang Mai Runners Facebook page for notices on races and other information.
- **Women's Community Basketball.** Every Thursday at 5 pm at the Chiang Mai International School gym. Women exercise and have fun by playing basketball together. Any skill level is welcome so come join us! High school girls are welcome as well. Email Hanni at hoppel@cmis.ac.th for more info. 084-806-9841.
- **Chiang Mai Softball** - Come join us for a pickup game every Sunday afternoon at 1:30 pm near Payap University. Find us on [Facebook for more details](#) or contact darindunn@gmail.com. We have bats and gloves, just need you!
- **Park with Lake and Free Exercise Machines.** Just by Suan Buak Haad. Free aerobics and Yoga as well as Tai Chi early mornings and evenings.
- **Swimming.** Pools can be found in many hotels. Some are available to non-residents: Prince Hotel, Chiang Mai Gate Hotel, and Duangtawan Hotel.
- **Gymnasia and Weight Lifting.** Present in some hotels and independent locations.

- For any of the following sports, type into Google “Chiang Mai” followed by the activity and this will link you to the website:

- Badminton
- Biking
- Billiards, snooker, pool
- Bungy jumping
- Caving
- Chess Clubs
- Dancing
- Fencing
- Fishing
- Golf
- Kick volleyball
- Marathon running
- Meditation
- Monk chats
- Mountaineering
- Photography
- Pickel ball
- Shooting
- Table tennis
- Tennis
- Trekking
- Volleyball
- White-water rafting
- Yoga
- Zip-lining

Facilities for all these and other extreme activities are available in Chiang Mai (town or province). Ask in Tourist Offices to find locations convenient to where you stay. Chiang Mai University has many facilities but start your enquiries at the Municipal Stadium or <http://www.openchiangmai.com/>. This fine website gives links to accommodation, events (sports, films, museums, exhibitions etc) and other areas of cerebral and physical activities. (Please will somebody introduce Bar Billiards to Thailand!).

6.2 Books/Chiang Mai Orientation/Reading Materials/Multi-media

My favourite free websites include:

a) www.obooko.com has hundreds of contemporary eBooks free in pdf, epub and Kindle file formats for computers and eReader devices. There is no charge to [join](#). Genres include romance, thrillers, fantasy, humour, money, business, health, beauty, religion, hobbies, travel, astrology, entertainment, computers, Internet, humanitarian work, education and others.

b) www.networklearning.org has a library of free humanitarian manuals. There is even a manual on how to write a manual! Writing a manual or a book is a valuable and

disciplined way to learn a subject while making a useful contribution to your own CV. www.hesperian.org has some free books available relating to aspects of health.

c) www.gutenberg.org offers about 50,000 free eBooks: choose among free epub books, free Kindle books; download them or read them online. All these eBooks were previously published by *bona fide* publishers. They digitised and diligently proofread them with the help of thousands of volunteers. Over 100,000 free eBooks are also available through their [Partners, Affiliates and Resources](#).

d) www.calibre-ebook.com. This is a fantastic site. Start by watching the tutorial to see the facilities on offer. It will search for eBooks and hard copies, listing sources and prices. It can convert your books to EPUB and MOBI formats and it will give storage and organisation for your library.

e) <http://www.hongkiat.com>. This site lists and details 20 websites from which free eBooks can be downloaded. Some of the sites are specialised for education, computing, technology etc. At the end of the Home page, another 50 sites are also listed saving much time in Google searching.

f) www.bookbub.com/home/overview.php. BookBub is a free daily email that notifies you about discounts on acclaimed eBooks. You choose the types you'd like to get notified about – with categories ranging from mysteries to cookbooks – and deals in those genres are sent to your inbox. BookBub doesn't actually sell books. It alerts you by email to fantastic limited-time offers that become available on retailers like Amazon's Kindle store, Barnes & Noble's Nook store, Apple's iBookstore, and others.

- **Books, English language** - We have an extensive, inexpensive, collection of children's, teen, adult, fiction, nonfiction, comics, history, study aids, etc. jack at xyzjackcnx@gmail.com.
- **Books and more books** - We've got a warehouse full of books, and it's starting to get organised, Plenty of children's, Christian and Christmas books for great prices. We're located near Central Festival Mall very near the Mall, so stop by and check out what we have. don.coppock@yahoo.com.
- **Free Christian Books and Bibles** - ActsCo BookHouse is a new style of bookstore where everything is free of charge. We have thousands of Christian books, Bibles in many different versions, Sunday School materials, Christian reference and library books, Christian tracts, magazines for all ages, books for men, women and children. Our address is 27/1 Nongpratheep Rd., Nong Pakrung, Muang, Chiang Mai 50000 Thailand. See exact Google map on our website. <http://actsco.org/free-stuff/>. For directions, call ActsCo Printing: 053-960-290 or email bookhouse@actsco.org.
- **New InterVarsity Press (IVP) Book For Mission Community** - The recently released book "Spiritual Equipping For Mission: Thriving As God's Message Bearers" is receiving rave reviews in the mission community globally. Ryan Shaw, a Chiang Mai resident, unpacks ten fundamental spiritual keys message bearers (an alternative term for

missionary) need to practice to have a successful outer global witness. It is available for 300 Baht per copy in Chiang Mai by contacting Kelly. More info on the link.

http://www.amazon.com/Spiritual-Equipping-Mission-Thriving-Message/dp/0830836721/ref=la_B001KIU6XW_1_1?s=books&ie=UTF8&qid=1413868265&sr=1-1 kshaw199568@gmail.com & 0819809297

- **Raintree Resource Centre** - A community service that is sponsored by CMCC. They also produce a knowledgeable and handy orientation guide Helpful Hints for new visitors and ex-pats who live and work in Chiang Mai and for those who are pregnant; Giving Birth in Chiang Mai booklet is also available for B50. Click [Map to the Raintree](#).
- **Sinai Christian Bookstore** has a good selection at great prices. We stock English imported Bibles and books, Thai Bibles and books, Tribal language Bibles and books, imported and local music and DVDs, cards and an amazing gift shop. We now have board games like Settlers of Catan and more. We are out toward Sansai, near the small Sansai Tesco Lotus on the second ring road intersection (Sankayom intersection). We have large, convenient parking, on the main street, with convenient hours 10 am - 7:30 pm, Monday to Friday, 9 am - 5 pm Saturdays. Click the link for a [map](#) to our [location](#) or call (053-350-230 or 0871769567) or e-mail cjupo2002@yahoo.ca for more information.
- **Writer's Club and Wine Bar**. Location: Chiang Mai, Thailand; Address: 141/3 Th Ratchadamnoen. Opening hours: 10am-midnight.

6.3 Computer/Electronics Services

- **Movaci Technology** - Your one-stop “concierge” technical go-to company. Provides on-site and remote technical support, consulting, and solutions for all your home or office hardware, software, and network needs. Email sales@movaci.com and let us know how you would like us to help you harness technology more effectively and securely. Website: [www.movaci.com https://www.movaci.com/contact-us/](http://www.movaci.com/contact-us/).
- **Itapon Ministry Group (IMG)**. For the past 12 years IMG has provided computer support and vehicle insurance services from our office on Kaeo Nawarat Soi 3. To schedule a time please call Khun Janya at 085 956 7164 or 081 736 7958, or write to us at janya@itapon.org. You can also connect with us on-line @ <http://www.itapon.org/>.
- **Game programming class** - Learn game programming from basics until you can distribute your own game on the app store and android market. You will learn a basic programming language (C#, Javascript), how to use Unity Game Engine, various game development processes and how to create your own game. One- to-One instruction. You can choose your own time and place to learn. Call Ice 084-020-8869 (6 pm - 9 pm every day) or icemaggie77@yahoo.com. www.facebook.com/GameDevelopmentTeaching 0840208869.
- All **computer models** and services at Pantip Plaza and Computer World.

- **Siam Electronics** (near Chiang Mai Gate). A huge range of domestic and IT equipment: 'fridges, washing machines, computers, mobile phones.
- **ICON** (near DTAC and Central Shopping on North side of Chiang Mai). A range of electronic equipment, printer cartridges, electronic games and repair facilities.

6.4 Community Training/Studies/Events/Playgroups

- **English Church Service** - Creator's Church English Service, is an international, English speaking Fellowship, Pentecostal worship style, Sunday 2:30 pm to 4:30 pm. Check website for more information: <http://ccenglishservice.org> or call 053-241031 look for Victor or Ptr. John <http://ccenglishservice.org> info@lmrdevelopment.com.
- **Little Kids Club** - for little kids [and parents] that want to sing, move and have fun learning together. It meets every Friday, from 9.30am - 10.15am at the RainTree Resource Centre downstairs Prayer Room area. Children of all ages are welcome with the activities aimed at 2 to 3-year-olds. 100 baht donation helps cover the cost of room rental. For more information please contact Elly on 0888049274 or elianemortreux@gmail.com.
- **Alcoholics Anonymous**. If you want to drink, that's your business. If you want help to stop drinking, that's our business. 2-3 AA meetings a day, 7 days a week, call us at 0821862518. We are here for you. The Alcoholics Anonymous group meets at 134 Kongsai Road, San Pacoy Business District, for a more detailed map visit our website at <http://www.cmigaa.org/Directions.html> Now - Dec 31, 2016. Call 0821862518.
- **Amateur Musicians Wanted** - If you are interested in helping to develop a small jazz band in Chiang Mai, I would love to hear from you. I have access to a small rehearsal room near CMU and invite all musicians and student musicians to join me, an intermediate (and still learning) alto sax player. Drummer, guitarist, bass player etc all keenly sought. Please call 0861935329 for details or write to michaelshortland1@gmail.com .
- **International Playgroup**: north CM. We meet in member's homes on the north side of Chiang Mai on Thursday mornings from 9.30-11.30. Most of the children are aged 4 and under. All are welcome. To join our Google group and receive weekly directions, or for more information please contact Isabell isabellfache@hotmail.com.
- **International South Side Playgroup** - Looking to connect with some other new mums with preschool kids? The International Playgroup meets on the south side of Chiang Mai. We meet Thursday mornings from 9.30am until around 11.30am. Please email Beth for more details. Marcusbeth@maxnet.co.nz.
- **Tuesday Playgroup** - Tuesday morning playgroup, 9:30 to 11:30. Come meet other mums and relax while our kids play. Our group is made up of mostly 0-3-year-olds, but we welcome any and all. Email Jasmine Tell jjtell89@gmail.com.

- **Al-Anon Meetings** - a support group for families and friends of alcoholics meets at Seven Fountains Retreat Center main building on Huay Kaew Road near Lanna III Apartments: Wednesdays 6:30-7:30 pm and Saturdays 10-11 am. Text 086-885-9509 for information.
- **Narcotics Anonymous** - Chiang Mai Group: Drug Problem? If you want to stop, maybe we can help. Narcotics Anonymous meets at 7:00 PM, Monday, Wednesday & Friday at the Raintree Resource Center, 3 Charoenmuang Rd., Enter through the Rear Parking Lot, located behind the Police Box, on the Corner at the East end of Nawarat Bridge or Kawila Monument Park Meeting, Sundays @ 10 am, Kawila Monument Park, opposite Army base, Chiangmai-Lamphun Rd. For Information, Call us at Narcotics Anonymous 24 Hour Helpline English: 082-811-2686 or Thai: 087-569-6969 or visit Our Website <http://www.na-thailand.org/>.
- **The Well** - The Well International is a member care centre that provides preventative and restorative mental health services to cross-cultural workers and their families through clinical counselling, pastoral care, member care events and training. We are also available to speak at your conference or retreat. Please visit our new website for detailed info and directions: www.thewellintl.org . intake@thewellcm.com.

6.5 Conferences/Meetings/Talks/Presentations


- **Great Team Building Location.** The Grove is a multi-purpose training centre hosting conferences, seminars, youth camps, retreats, weddings, and short-term mission trips. Conveniently located only 30 minutes from the Night Market in the serene town of Doi Saket. The Grove sleeps 200 in either comfortable a/c rooms with en-suite bathrooms or dormitory accommodations. Large and small meeting spaces for over 400, full-service meals, campus area wifi, recreation activity, and a peaceful setting make The Grove a great value for your next event. www.thegroveklc.com. Contact: Jon@thegroveklc.com.
- **Chiang Mai University Art Center.** 239 Nimmanhaemin Road, 50200 Suthep Chiang Mai, <http://www.cmumuseum.org/>. Tel : +66 (0)53 21 82 80 ++66 (0)53 94 48 33. The four objectives of the Faculty include providing education, visual and culture research. Promotion and preservation of art and culture and academic services of the society in general.
- **Documentary Arts Asia.** nfo@doc-arts.asia +66 (0) 881 387470 12/7 Wualai Road Soi 3, Chiang Mai. Documentary Arts Asia exists to increase the number and quality of Asian documentary artists, to support emerging and established photographers and filmmakers, to engage and expose the public to the high-quality documentary work being produced. It offers talks, exhibitions, films and discussions.
- **Informal Northern Thai Group.** Meets monthly to discuss various aspects of Thai or Southeast Asia culture. Location: Alliance Francaise, 138 Charoen Prathet Road Opposite Wat Chaimongkhon. **Secretary: Louis Gabaude:** Email: [Louis Gabaude](mailto:Louis.Gabaude@alliancefrancaise.org), Mobile: 087 188 50 99.


- **Chiang Mai Expats Club (CEC)** helps expats expand friendships and improve their quality of life. CEC is a non-profit social organisation operating with a theme of “Expats Helping Expats” to reside safely and legally in Thailand and to adapt and understand the local customs and traditions. Tel: 080-494 5573
E-mail: info@chiangmaexpatsclub.com.
- **Meetups.** These are neighbours getting together to learn something, do something, share something. Within 25 miles of Chiang Mai there are dozens of groups. Find yours or start one for Archery or Zulu warrior fighting!


6.6 Consulates, Embassies and Immigration in Chiang Mai (others are in Bangkok)

Chiang Mai Immigration now has now relocated near the Airport.

Consulates cannot enforce laws in Thailand that apply elsewhere. Work on the principle that you are on your own! You could consider giving Power of Attorney to a relative.


 Australia - Australian Consulate - Honorary Consul, Jinda Charoen Konsong, 236 Chiangmai-Doi Saket Road (Hwy 118), Amphur Sansai, Chiang Mai 50210 +66 53 492 480 +66 53 492 426 | consular services:
<http://www.thailand.embassy.gov.au/bkok/consular.html> advice: <http://smartraveller.gov.au/zw-cgi/view/Advice/Thailand>.

 Austria - Consulate of Austria - 15 Moo 1, Huey Kaew Road, Tambon Chang Puak, Amphor Muang, Chiang Mai 50300 Phone: (+66/53) 40 02 31 (+66/53) 22 10 02 (+66/53) 21 34 73 Fax: (+66/53) 40 02 32 Office Hours: Mon, Wed, Fri: 09.00-12.00 website:
www.aussenministerium.at/Bangkok <https://plus.google.com/112868093392310240935/about?hl=en>.


 Bangladesh - Bangladeshi Consulate General - 95 Huay Kaew Road, T. Suthep, A.Muang, Chiang Mai 50200 Phone: (+66) 53 212373 - 4 Fax: (+66) 53 223524 Office Hours: 13.00-16.00 hrs.

 Belgium - Honorary Consulate of Belgium - Chumpol building - Room 1307 - Yonok College, 444 Doi Prabhat, Lampang 52000 Phone: (+66) (54) 26.51.82 Fax: (+66) (54) 26.51.81 Email: nirund@yonok.ac.th Office Hours: 07.00 - 13.00 (Monday - Friday)
<http://www.bdembassybangkok.org/>.


 Canada - Consulate of Canada - c/o Raming Tea Co., Ltd., 151 Moo 3, Super Highway, Tambon Tahsala, Chiang Mai 50000 Phone: (+66) (53) 850 147 / 242 292 Fax: (+66) (53) 850 147 Email: cancon@loxinfo.co.th Office Hours: 09.00 - 12.00 M-F [Street View](#) website: http://www.canadainternational.gc.ca/thailand-thailande/offices-bureaux/consul_chiang-ma.aspx?lang=eng.


 China - Chinese Consulate General of China - 111 Changlor Road, Haiya District, Chiangmai 50100 Phone: 0066-53-276125, 272197, 200424(Administrative office) Fax:

0066-53-274614 Email: cgprccm@loxinfo.co.th website: <http://www.chinese-embassy.info/asia/tha.htm#33> [MAP](#).


 Finland - Honorary Consulate of Finland - Ratanapon Stationery Store, 104-112 Tapae Road, Muang District, 50300 Phone: +66-53-234 777, 234 812, 233 532 Fax: +66-53-251 512 <http://www.finland.or.th/public/default.aspx?nodeid=38735>.


 France - Consulate of France - Alliance Française 138 Charoen Prathet Road, Muang District, Chiang Mai Phone: (+66) (53) 281 466 / 275 277 Fax: (+66) (53) 821 039 Email: tbaude@laposte.net Office Hours: 10.00 - 12.00 website: <http://www.ambafrance-th.org/Consulat> <https://plus.google.com/101377073575469442499/about?hl=en> [MAP](#).

 Germany - Consulate of Germany - 199/163 Moo 3, Baan Nai Fun 2, Kan Klong Chonpratan Road, Tambon Mae Hia, Amphoe Muan, Chiang Mai 50100 Phone: (+66) (53) 83 87 35 Fax: (+66) (53) 83 87 35 | [MAP](#) | Email: chiang-mai@hk-diplo.de dekonsul@loxinfo.co.th | Office Hours: 09.00 - 12.00 | Honorarkonsul Hagen E.W. Dirksen | website: http://www.auswaertiges-amt.de/EN/Laenderinformationen/01-Laender/DeutscheAVen/Thailand/DeutscheVertretungen_node.html. This is the only place to issue a Schengen visa without going to Bangkok. (When visiting Europe you will need to spend more nights in Germany than in other countries).

 Greece - Honorary Consulate of Hellenic Republic - Apartment 404 Mooban Nai Fan Condominium, 203/19 M.3 Kunklongchonprathan, Tambon Maehiech, Amphoe Muang, Chiang Mai 50100 Phone: (00660) 53839087 Fax: (00660) 53838756 Email: bangkok@embgreece.or.th.


 India - Consulate of India - 33/1, Thung Hotel Road, Wate Kate, Muang Phone: 00-66-53-243066 Fax: 00-66-53-247879 Email: cgi.chiangmai@yahoo.com Office Hours: 0900 hrs to 1200 hrs <http://www.indianembassy.in.th/pages.php?id=6> [MAP](#).


 Italy - Consulate of Italy - Honorary Consul - Dr. Vichit Leelamanit 19 Soi 9 Sirimungkalajarn Road Amphur Muang, Chiang Mai 50200 Phone: (+66) 5321-2925 Fax: (+66) 5322-4832 Cell: +66 (0) 81-8825252 E-mail: doctorvichit@gmail.com Office Hours: 09.00 - 12.00 and 13.00 - 16.00 http://www.ambbangkok.esteri.it/Ambasciata_Bangkok/Menu/Ambasciata/La_rete_consolare/ [MAP](#).


 Japan - Consulate General of Japan - 104-107 Airport Business Park, 90 Mahidol Road, Haiya, Muang District, Chiang Mai 50100, Thailand Phone: (+66) 5320-3367 Fax: (+66) 5320-3373 Office Hours: 08.30 - 12.00 and 13.30 - 16.30 <http://www.th.emb-japan.go.jp/en/embassy/chiangmai.htm> [MAP](#).

 Korea - Consulate of The Republic of Korea - (ROK: South Korea) 50 V-Group Building Huey Keaw Rd., Chang Puak, Mueang District, Chiang Mai 50300 Tel.: 0 5322 3119-23 ext. 204, Fax.: 0 5322 5661 email: vgroup@cmnet.co.th.


 Peru - Consulate of Peru - The Chiang Mai Ballet Academy, 362/30 U-Sa-Fah-Haam Compound, Charoenraj Road, Chiang Mai 50000 Phone: (+66) 5330-6357 Fax: (+66) 5330-6358 Email: preyapun@chmai2.loxinfo.co.th, ballet.jazz_latin_chiangmai@hotmail.com Office Hours: 13.00 - 15.00 (Tuesday, Wednesday, Friday).

 Philippines - Consulate of The Philippines in Chiang Mai 176, M. 3, San Front San Sai, Chiang Mai 50210 Phone: (+66) 5335-1278 Email: chiangmailhcp@gmail.com, <http://www.embassypages.com/missions/embassy10098/> Office Hours: 10.30 - 14.30 (Monday, Tuesday, Wednesday).

 South Africa - Consulate of South Africa - 32 Hueaykeaw Road, Tambon Changpuek, Amphur Muang, Chiang Mai 50300, Thailand Phone: (+66) 53 711 800 Fax: (+66) 53 712 972 Email: sawaeng@loxinfo.co.th Office Hours: 09.00 - 12.00 Details: Honorary Consul - Mr S Crueaviwatanakul <http://www.dirco.gov.za/bangkok/rosa.html>.

 Sweden - Consulate of Sweden - 186/48 M.5 Green Valley, Mae Sa, Mae Rim District, Chiang Mai 50180 Tel.: 0 5329 8632, Fax.: 0 5329 8634 email: swedconsulcm@yahoo.com. Websites: <http://www.swedenabroad.se/bangkok> <http://www.swedenabroad.com/en-GB/Embassies/Bangkok/Contact/Embassy--Consulates/#Chiangmai-Thailand>.

 United Kingdom - British Consul. The Chiang Mai Office has closed and their activities have all been transferred to the UK Embassy in Bangkok. However, a new visa application centre is located at Siripanich Building, floor 6 B 191 Huaykaew Rd Suthep Muang Chiang Mai 50200.

 United States - Consulate General of United States - 387 Wichayanon Road, Chiang Mai 50300 Phone: 053-107-700 (from inside Thailand); +66-53-107-700 (from outside Thailand) Fax: 053-252-633 | Non-emergencies: [ACS Appointments page](#) | After-hours emergency telephone number is 081-881-1878 (from inside Thailand); outside +66-81-881-1878 | Consular services site: chiangmai.usconsulate.gov/service.html (includes recommended [STEP enrollment](#)) Email: acschn@state.gov [MAP](#).

Outside Chiang Mai province: see embassy.goabroad.com/embassies-in/thailand for a comprehensive list.

6.7 Cottage Industries - Services

- **Screen Printing Needs.** We are able to print logos up to six colours on aprons, t-shirts, bandanas, canvas bags, blankets and more. We are currently taking orders, large or small. Prices vary according to the number of colours in the logo and the number of items that you want to be printed. Please contact us today at screenprinting@destinyrescue.org or call 092.178.6834.
- **New Lives Shop at Promenada** - New Lives CMShop is now open (semi) permanently at Promenada Mall, in front of Toys R Us, Bldg. B. This is a second-hand shop selling lightly

used but good quality baby, child kids and mum-to-be items such as clothing, toys, books, prams, walkers, cots, etc. All items are donated and 100% of the profits got to New Life Center Foundation. We can sell on consignment where you'll receive 80% of sale price. Contact us for details and hope to see you at the shop. Hanna 0850409381 or write dolcehannabanana@gmail.com or Eleanor 0892643303.

- **Cloth Diapers/Nappies.** Stylish, convenient and comfy cloth diapers/nappies (with bamboo cloth inserts for extra absorption). I choose the best designs that can also double as trendy pants. 350 baht each. About 85% cheaper in the long run than throwaways. Go to my website and click on the English flag. www.heybabyjoe.com Write to Judy at joe@heybabyjoe.com if you have any questions or problems.
- **Montessori toys and equipment.** If you are homeschooling your toddler or just want your child to be engrossed at home then I have beautiful and specially-designed wooden toys based on the Montessori principles of self-discovery. Available as a set or I can sell the toys individually. Please allow one month for delivery http://clickshopzone.com/shop/heybabyjoe/Montessori_Family_Set_International-edition-000020-EN-pdttdetail.html. Write to Judy at joe@heybabyjoe.com for further details
- **Ransom Designs Cards** - Looking for Christmas cards? We offer 24 Christmas styles plus birthday and thank you cards, with an additional 28 other styles. Buying these cards gives young Thai ladies the chance to begin a new life. Cards are 50 THB/each. Check www.ransom-ministries.com for more information. Call Carolyn - 0877263834. Email - ransomministries@gmail.com.
- **Aprons, Cloth Napkins and more** - Starfish Designs. Works with young girls who want to make a better life for themselves, whether they have come out of the juvenile prison or off the streets. We teach them how to sew and they are now producing aprons, cloth napkins and nursing blankets for sale. To purchase these products contact <https://www.facebook.com/StarfishDesignsThailand> <https://www.facebook.com/StarfishDesignsThailand>. Call Renee at 081-882-2249.
- **Barbecue Grills and Accessories** - We have a full range of barbecue grills and accessories in our Chiang Mai store. The Barbecue store has been serving customers nationwide for fifteen years. Credit cards accepted and free delivery within ten km. Our shop is located on the Canal Road, between Mae Hia market and the Night Safari. <http://www.bbqthai.com/>. 0818603608.
- **Thai Village Inc-Handmade Crafts.** Thai Village works alongside national churches in Thailand to produce a variety of unique handmade jewellery, stationery, home decor, and personal accessories, incorporating traditional patterns and local materials. Crafts are produced by men and women from various villages in northern Thailand. The Thai Village showroom and workshop is open to visitors M-F (Mondays 1-5pm, Tues-Fri.10am-5pm). Stop by to shop for unique local handmade gifts. MAP.kt.lehman@gmail.com.

- **Editing reports, documents;** copywriting and so on. All by native English speaker (UK); established author, columnist, editor. Call Keith on 083-204-2505 for more information or an informal discussion about your requirements.
- **Consignment Selling** - We will try and sell any high-end merchandise for a fee. Should you decide to leave Chiang Mai and are stuck with a large newer TV, computer etc. we will try and sell it for you. We are full-time residents. We offer a signed contract. Contact us for rates. We can only handle a few items at a time 0900560624.
- **Piano tuner** (who does things the non-electronic, old-fashioned way). Khun Pot is in Chiang Mai: call 081-564-1278. Highly recommended by customers

6.8 Education - Teachers/Schools/Training/Homeschool

- **International Soccer Clinic.** Ambassadors Football is holding an 8-week Soccer Clinic for expat children here in Chiang Mai. The clinic is for boys and girls ages 4-5, 6-8, and 9-11. The clinic will be held in Hang Dong, Saturday mornings, 10:30-12:00 from January 24-March 14. The exact location will be determined based upon the number of registrations. The cost of the clinic is 1200 baht (including a jersey) and if you register more than one child there is 150 baht discount for each additional child. For more information and a registration form please email Anne Crompton: anne@footballplus.org.
- **Excellent Thai Teacher** - A friendly and flexible teacher with years of experience, teaching Central Thai from beginners to advanced (speaking, reading, writing). As a private tutor, Kru Irada adjusts her lessons to your level, preferences and timetable. She speaks fluent English so beginners don't have to worry. Rates: home visit 250B/hr; when paying in advance 2,000B/10 hrs or 3600B/20 hrs, all home visits. The free trial lesson of 40 mins is to meet each other and plan the lessons. Learn Thai in a way that best suits you. Contact Kru Irada: 093 172 0572, learnthaiathome@hotmail.com.
- **Daycare and Kindy** 2-5 years. At Kasikorn Kindergarten and Pre-School, we promote learning through play and Whole Brain Teaching: a research-based, highly-interactive form of instruction that utilises all areas of the brain and really helps children engage with and retain what they have learned. Our ideology is to socialise the students while gently teaching life skills such as sharing and listening to each other. We also promote compassion and teamwork, with encouragement to use critical thinking. The majority of our lessons are taught by a native English speaker, with the inclusion of age-appropriate Thai lessons and language. 0856163220.
- **Are You or Your Highschooler in Transition?** - Are you returning to your passport country soon? Are you in midlife transition? Do you have a child graduating this year or next - unsure of what career path to choose? The Highlands Ability Test measures your natural abilities, your learning style, and your personality type, which will give you practical guidance to find the course of further study and/or career path which are the best fit for you. After completing work samples online, you receive a two-hour consultation from a certified Highlands coach and a 30-page report on your abilities, and the relevant

power clusters, which will help you map out your future career path. Contact Ruth Corlett, accredited International Life Coach, on 089 999 0849 or email ruthcorlett@gmail.com.

6.9 Education - Language Instruction - Thai Teachers /Tutors-Language Schools

- **Free English Study.** For Thai and Other Nationalities. The Learning Hub E-Corner (English Corner) give free English Study every Saturday 10 am and 3:00 pm at Agape Coffee House. Visit the website <http://agapecoffeehouse-thailand.com>. Send an email or call 053-241031. Look for Pakping or Cris <http://agapecoffeehouse-thailand.com> jeligero@aim-mainlandasia.org.
- **Learn to Read Thai Bootcamp.** This is a remarkable workshop that doesn't require you to memorise hundreds of arbitrary letters and rules. After six days, you will be able to read any Thai word and pronounce it accurately with the correct tone. The workshop is mentally exhausting but fun. An online self-study version is also available. Please try it out for yourself by visiting the website. October 19-24 (Mon-Sat, 8am-5pm). Write to gary@learnthaionline.com for details.
- **Experienced Thai Teacher** Available - I have been teaching Thai at every level to children, teenagers, and adults, missionaries, business people from all nations, individuals or groups for over 17 years with various curriculums, depending on the learner's background and abilities. Call me to meet and talk, discuss unique Thai classes, especially for your learning needs. Call Suvanee at 093-1407-410 or suvanee.cmai@gmail.com.
- **Chinese (Mandarin) Teacher.** I am an experienced Chinese language teacher available for hourly tutoring services. I teach adults or children either individually or in group classes. I also speak English. You can contact me, Lily at 0846146702 or lotusflower110428@gmail.com.
- **Thai Language Teacher.** Khruu Gang holds a degree from Payap University and has been teaching since 1996. She speaks English; has extensive experience teaching both adults and children; and tailors her lessons to your schedule, pace and ability. Typical study time is 2 hours per session/3-5 days per week. The tuition fee is 300 THB/person/hour or 400 THB/2 people/hour. Meeting at your home or office is a possibility depending on the number of hours and location. Contact Barbara for references at 087-186-4733. Call Kruu Gang 083-978-7843 or 082-392-1959 Email: kruugang@gmail.com.
- **English and Thai classes** in AUA (Sunday Walking Street) (also a fine library); YMCA (just north of town) and Pantip Plaza (at the south end of the Night Bazaar).

6.10 Food and Eateries

- **The Family Café is brand new and beautiful.** This is a 'must visit' place just 3 minutes' walk from Chiang Mai Gate on the corner of Suriyawongse Road and Soi 1. Excellent food at a good price. Let Ms Jah and Ms Ooi welcome you into their clean and bright aircon.

restaurant, or you can sit outside. Enjoy Thai, Farang, Danish, Italian and 'Honeymoon style' food selected from a colourful menu. Phone: 063 1985490.

- **Dinki Cakes.** Now taking orders for our speciality Easter Hot Cross Fruit Buns. Scrummy everyday and speciality Cupcakes, Cakes, Brownies, Fruit/Christmas cakes, Hot Cross Buns (Easter), Toasted Fruit Muesli, and other delights baked fresh and delivered to your door in Chiangmai. Cakes are delivered free in Chiangmai for a minimum order of 500 baht. (Or pick up from our Sansai kitchen - by appointment). Order on-line, by email, or phone; and pay on delivery. When you buy Dinky cakes, you are supporting girls from high-risk backgrounds towards completing their education, developing alternative skills, and imparting dignity by facilitating self-reliance. <http://www.dinkicakes.com/>. Contact dinki.cakes@gmail.com or phone 086 1893829.
- **Good Organic Coffee** at a reasonable price. Available in medium-dark roasted bean form for drip coffee makers, in 1/2 kilo or 1-kilo amounts. 400 Baht per kilo (200 for 1/2 kilo) in the whole bean form, the best way to preserve flavour. Stop by after you drop your kids off at (GIS) school or arrange for a good time to meet. Call Ron at 081-992-0553 or Pat at 084-175-3518. You Pick up - near GIS, behind Sojos).
- **Grace Bakery** is run by a very friendly young English speaking Thai-Taiwanese couple, Es and Lan-Fan. They use no artificial additives or preservatives and can deliver when the husband Es is in town. Their selection includes whole wheat bread with pumpkin seeds and rolled oats, whole wheat bread, supersoft fresh cream white bread, raisin bread, sesame bread, focaccia bread etc., ranging in price from 50-80 baht a loaf. Grace Bakery, 169/5 Moo 7, Samoeng Road, Tumbol Nongkwai, Hangdong District in the neighbourhood of Grace International School, east of 7-11 on the Samoeng Rd. Call ahead to order, telephone 085 106 6032.
- **Moringa Tea.** Sold to help support the local orphan ministry. The tea is organically grown, hand processed and hand packaged in individual tea bags. Five delicious flavours. 100% of all profit goes to help hill tribe orphans. 12 tea bags for 150 baht, or packaged in beautiful gifts box 12 tea bags for 250 baht. (see the link about this orphan support project). <https://www.dropbox.com/sh/fiu9nnba5y6d3ry/AADkyyo5rijDwdVhQg2rjPaXDa?n=17181675> → dccalli1@aol.com or 089-854-4579.
- **Wonderful coffee.** Danisa Bake 'n Take (052-001-120) for amazing baked desserts, savoury dishes, and fruit smoothies all supplied by Upper Crust Cafe. Eat in or frozen take-away Breakfast, Wraps, Pitas, Mexican and Italian specialities. Open 7am-7pm. Located across from the north side entrance to World Club.
- **Frozen Pizzas:** Fully cooked pizzas for sale. Pizzas are sold frozen so they can be stored in the freezer. Unwrap, put in the microwave or oven for a few minutes and enjoy! Great for after-school snacks, playdates/parties or quick dinners. Contact pfasia98@gmail.com to place an order.

6.11 Restaurants/Services/Markets

- **(New) Art Cafe´** - Looking for a great place for breakfast, or a nice Italian, Mexican or Thai lunch/dinner? Just 15 min. from GIS on the [Mahidol Extension behind McDonald's](#). Opens daily 9 am-9 pm (talk to the manager about arranging earlier morning small group meetings/breakfasts in their room upstairs). Air-conditioned new building also has a pleasant veranda where you can enjoy a leisurely quiet meal by their landscaped stream in back. <https://plus.google.com/108172124285679396309/about?hl=en>. Tel. 053-274-865. Email: artcafechiangmai@gmail.com.
- **Restaurant Delivery Service** (Menu's Online). Meals on Wheels4U - Delivering from over 50 of Chiang Mai's best restaurants directly to your doorstep including The Duke's, Italian/Mexican restaurants, Subway and many others. Menus are available Online. www.mealsonwheels4u.com. Order Online at www.mealsonwheels4u.com or call 084 608 6661.
- **Cooking Schools**. Galangal and WE offer good training but there are many others
- **Ragu Rustico Italiano**. Located in building B at Promenada Resort Mall. Ragu makes its own bread and sausage daily. Freshly cooked meals are made to order. House specialities include sausage and potatoes as well as bolognese lasagne. A wide range of deli meats and cheeses are also available for purchase by the gramme. Telephone 053-142-665. <https://www.facebook.com/RaguPromenada>. ArcoBaleno and Lapin are also popular.
- **The River Market** - The River Market restaurant is located near the Iron Bridge on the Night Bazaar side of the river -- at the east end of Loi Kroh Road. Map: <http://therivermarket.com/blog/contact-us/>.
- **Vegetarian Restaurants** (many are Vegan). There are 50 in Chiang Mai. The best are just 150 metres north of Chiang Mai Gate, or in Walking Street near Wat Prasing.
- **Dash**. A fine restaurant in Moon Muang, Soi 2. Dash speaks excellent English.
- **Markets**. There are many local markets in Chiang Mai but the best for tourists are the Night Bazaar, Saturday Market and Sunday Market. These start at about 18.00 hours: by 20.00 hours they are so packed that movement is difficult. Warrorot Market is huge and it changes totally at 18.00 hours into a night market (closing about 23.00 hours): all the day shops close and the streets fill with new stalls and vendors.

6.12 Health Services

NOTE: Dengue fever is still a problem in north Thailand so take care to avoid mosquito bites especially in areas close to the river. The mosquitoes that transmit dengue are not sporting - they will bite at any time not just in the evenings when their cousins come out to play! (Download my free book, *"Better Ways to Stay Healthy in Asian Tropics"* from www.networklearning.org). Malaria also occurs close to the Burmese border. Many people

come to Thailand for health care as plastic surgery, dental/optical services and health checks are much cheaper than in the West.

- **Birth classes** - Giving birth in a foreign country can be daunting! We offer a series of childbirth preparation classes for first-time parents or 2-hour refresher courses for others. Classes are free of charge. Contact Lori Rowe (053-839-343 lori@thaicrc.org) for more information. We also have a large collection of maternity clothes and books (and some baby things) for you to use--just let Lori know. (Recommended).
- **Chiropractor** - Dr Philip Parry. I am now working at the Rajavej Hospital every third weekend from 09:00hrs - 16:00hrs. My email address isdrphilipparry@gmail.com. If you have any questions, please don't hesitate to ask or alternatively check out my website at www.doctorphilip.com.
- **The Podology Center** Chiang Mai Branch, 399/208 Moo 3, Siriporn Garden Nr 9 Sannameng, Sansai, Chiang Mai. Mobile: **089-633-8586**. Tel: **053-352-529**. Fax: **053-352-529**. (This is a unique facility in Thailand).
- **The Cabin Rehabilitation Centre**. 083 200 8307. www.thecabinchiangmai.com. Located in a private riverside location just outside the beautiful city of Chiang Mai in Northern Thailand, our pioneering and effective inpatient addiction treatment model has seen us gain an exemplary reputation amongst medical professionals and the wider rehabilitation community as a world-class alcohol, drug and process addiction (i.e. gambling) rehab centre equal to, or better than, the best private addiction rehabs in the West.

If someone dies outside a hospital or in a condo:

1. First, contact the police. They will need to see your passport and that of the departed and they will make a report.
2. Then call an ambulance from one of the following hospitals to transport the body to the hospital - Ram Hospital, Dok Kiaw Hospital etc.
3. Next day collect Police Report (the hospital will advise where to go).
4. Contact the relevant Consulate taking passport and your birth certificate (to prove next of kin), your passport and police report.
5. The above documents will be copied and a letter provided by the Consulate certifying kinship. The Consulate and next of kin must also provide permission to proceed with funeral arrangements, especially cremation.
6. Go to Municipal Office to get Death Certificate essential to proceed with funeral arrangements. However, forms for this are in Thai so you may need the company of a Thai speaker/reader. Translations must be approved by the Consulate so their agency should be the one of choice.
7. Return to the hospital the next day to pay a small fee (500 -1000 Baht) for hospital services. Transport body by ambulance to the crematorium at a temple or Dok Kiaw.

6.13 Home Improvement/Repair/Gardening Services

- **Curtains-Blinds-Sofas-Cushions.** Tailored made to order. Door to door service with lowest rates on the market, best bargain price, fast and reliable. We make quality curtains-blinds-sofas-cushions. We speak English and Thai. Please call our operation manager for a price estimation or a visit to your place. Manager 09-3172-0572.
- **Well Borehole Drilling.** L'Analytic Tel. 053-410-182.
- **Countertops-granite-marble** - Tailor-made to order granite or marble countertops, quality guaranteed, fine work with the lowest price on the market, door to door service, fast and reliable by English speaking sales team. Free installation and delivery. 09-3172-0572.
- **Sofas-Upholstery-Recover.** Want your new sofa made/recopied? To reupholstered/recovered with new fabric, get it repaired? Door to door service with fine work, we offer the lowest price on the market. Fast and reliable. We speak Thai and English. Free delivery. Please call for your price estimation or to visit your site. 09-3172-0572.
- **Air Conditioning Repair/Installation/Cleaning.** Khun Jaroen and his team of workers have developed years of experience and expertise doing repairs, maintenance, cleaning and installation of air conditioners (also ceiling fan installation). Call Khun Jaroen on 053-418-545 or 081-960-8529.
- **Pyramid Organic Compost.** Buy our compost to support our Free Compost Project which helps local chemical farmers switch to organic growing. Made from leaves, grass, twigs, rice husk and dried cow dung. We have both sieved organic compost for pots or lawns and unsieved for trees. Packed in bags of 10 kilos priced at 150 Baht per bag. Lower prices available for bigger quantities. For new plants, add 15 to 30% to your soil. For existing plants and trees, just cover the roots. We are located in Nampreh-Hangdong. Call Cory in English at 081 88 11 004 Call K. Amporn in Thai 081 03 08 932, or email: info@asianhealingartscenter.com. If you want to learn how to make your own Pyramid Organic Compost in two months, we organise regular hands-on classes info@asianhealingartscenter.com.
- **Compost for sale** - Homemade Organic Compost, made from garden waste and cow dung, ideal for mulching, vegetable plots, trees and bushes. Each large bag about 20 Kg. Buyer collects. Hang Dong, Mae Hia, Nong Kwai area. 100 Baht/Bag. Call Jan on 081-952-4763.
- **The Grass Man.** Year-Round Grass Cutting Service. English Speaking and affordable price. Call 080 672 3484. 'You Grow It... We Mow It' 0806723484.

6.14 Hospitals

- **Bangkok Hospital** - Tel. 052-089-888. Bangkok Hospital Chiang Mai is now open for service. Located on the Superhighway Chiangmai-Lampang Road, the hospital is open 24 hours and ready to provide complete medical care with services such as a Trauma and Emergency Center; Health Promotion Center; Ears, Nose and Throat Center; Obstetrics and Gynaecology Center; Gastrointestinal and Liver Center; Internal Medicine Center, Bone and Joint Center; Eye Center, Surgery Center, Rehabilitation Center and more. Tel: 052-089-888 or visit www.bangkokhospital-chiangmai.com.
- **Chiang Mai Medical Center Hospital.** Tel. 053-270145-50. Email: cmc_hospital@hotmail.com. www.cmc-hospital.in.th. Located near Chiang Mai Gate at 21 Nantaram Road, Haiya Muang Chiang Mai 50100. This hospital provides health and beauty care. Under new management, it has been completely refurbished. Currently, it offers a complete health check for only 4,999 baht and this includes a free check for a second person. Its services include an experienced dental clinic
- **Chiang Mai Ram Hospital.** Tel. 053-920-300 <http://www.chiangmairam.com/NEW%20CMR/About%20Eng/contact%20CMR%20Eng.html>.
- **McCormick Hospital.** Tel. 053-921-777 email: mchosp@yahoo.com http://www.mccormick.in.th/mc/eng/mail/contact_form.html.
- **Sriphat Medical Center** - Tel. 053946900-1 http://sriphat.med.cmu.ac.th/eng/information_map. Associated with and adjacent to Maharaj Nakorn Hospital (aka Suan Dok Hospital). Call Khun Kesini ph. 053946900-1 to assist in English.
- **Rajavej Hospital** - Tel. (053) 801 999 <http://www.rajavejchiangmai.com/hospital/contact/english-contact-rajavej-hospital-chiang-mai.html> Located on the east side of the Mae Ping river, across from the tall Holiday Inn hotel. (Also has an English-speaking chiropractor on staff).

6.15 Housing Services

- **Expat Homes Co., Ltd.** We aim to be the preferred choice in Chiang Mai for home rental and relocation services. We can help you to find the right place and negotiate an agreement that protects you and your family. On leases over a year, there is generally no charge for our service. Please check out our website to get your housing search started today. Our mixed staff of Thais and foreigners are waiting to serve you. www.homeinchiangmai.com. Call 053.447.985 or email expat@homeinchiangmai.com.
- **Perfect Homes.** Rent or buy in Chiang Mai. www.rentinchiangmai.com from highly experienced Simon Bradshaw. An excellent service. Tel: 080 6747488. Office 053 038232.
- **Buy in Chiang Mai/Let in Chiang Mai.** Stig Vinck will help you buy and he provides a fantastic management service. www.buyinchiangmai.com. 089 8515741.

6.16 Housing/Places to Stay/Retreat Centres

- **Missionary Retreat Home Chiang Mai.** It is available to all missionaries desiring a relaxing, private getaway and wanting to receive any kind of member care services (i.e. counselling, or debriefing, team development and retreats, etc.). The Dwelling is a beautiful, fully-furnished 3-bedroom, 3 bathroom home. It has A/C in every room, wireless internet, bicycles, and sleeps up to 7 people in comfy beds. The daily rate for your stay is THB 1800/day. You may reserve your stay at The Dwelling at <http://www.TheDwelling.Info>, info@thedwelling.info.
- **Naturist Hotel.** [Oriental Village: Naturist holidays in Thailand - Chiang Mai. www.orientalvillage-chiangmai.com/](http://www.orientalvillage-chiangmai.com/). Wonderful naturist holidays in Thailand for your naked holidays! Naturists and nudist families are welcome. The first Oriental naturist beach has opened in 2019.
- **Gay and Lesbian Hotels.** There are not many in Chiang Mai but they are there. You can locate them through Google.

6.17 Insurance Services

- **Insurance Provider.** Talent Trust Consultants (TTC) was born out of YWAM in Thailand in 1991 as a ministry to serve international missions by providing quality and affordable international health and travel insurance for missionaries. Starting with only 12 members in the refugee camps on the Thai/Cambodian border, we have now grown to cover more than 1,200 missions in more than 180 countries. More details on our programs are available on our website www.talent-trust.com.
- **Alliance Ayudhya Insurance** provides an excellent service for travel insurance and other covers. 084 374 5559. Many banks also offer life insurance and accident cover.
- **Insurance Consultant.** Helpful and friendly advice can be obtained from an expat with years of experience in Thailand. He is Julian Tavernier. He can cover homes, vehicles, travel, business and health. Top floor in Pantip Plaza. 053 284391.

6.18 Large Facilities for Groups or Offices

- **Office Space for Rent.** Thailand Bible Society near Nawarat Bridge Intersection has free space for office rent. It is in a good location. Four rooms are available now. Send an email to sureerat@thaibible.or.th [Click for location/map](#) 082-389-1801.

6.19 Legal and Financial Services

- **Justice of the Peace (Qualified)** for the State of Queensland, Australia now living in Chiang Mai. I am happy to offer my services to the local Australian community. All services are free of charge. An Australian JP outside of Australia can deal with many matters for Australian citizens, but not all. Please contact me by email njkilah@hotmail.com or SMS 08 9496 1842 or check <http://jpincm.yolasite.com/>.

- **Assist Thai Visa Services Co. Ltd.** Rhys Bonney LLB and his Thai lawyer wife will help you with all visa arrangements. Phone 082 0266923, 088 2580139. Email rhys@assistthatvisa.com. Or www.assistthaivisa.com. 410/4 Chiangmailand, Changklan Road, Muang Chiang Mai 50100.
- **Banks.** There are many; some are international. Be careful of ATM scams. Foreign exchange is worst in Bangkok Bank and best in foreign exchange booths unrelated to banks.

6.20 Moving and Shipping Services

- **Removals Firm.** Removals firm in Northern Thailand. We offer an efficient service within the North or to or from the North and any other destination within the country. Please phone for a quote. 0811633662.
- **Professional Moving Service.** English Thai managed company, we can take care of your house move whether moving within Chiang Mai, to another city or internationally. www.chiangmairemovals.com. Call John at 0810307565 or Joy at 0871891117.
- **Boonsak Cargo.** (<http://www.boonsakcargo.com/>) All emails answered promptly and staff can speak English with no problem.
- **Household Moving Service.** A pickup truck and 6 wheel truck with loader service inside Chiangmai and Chiangmai to anywhere in Thailand. Export and Import Service. Moving from overseas to Thai or Thai to around the world. www.intermover-thailand.com Phone (66) 089 636 2058, Email contact@intermover-thailand.com.
- **Post Offices.** There are three in Chiang Mai that are helpful, efficient and reliable. One private one is near Tha Phae Gate. It is used by travellers to ship stuff home as well as dealing with normal post. It keeps longer hours than the government Post Offices: one near Warrorot Market and the other by Three Kings Monument.

6.21 Office and Translation Services

- **Translation Services.** The Home of Translators and Linguists, A network of Bible Translators, offers Translation Services in 15 Asian languages. For details Contact raza.waseem4@gmail.com.

6.22 Pets and Services

- **The Care for Dogs Foundation** works to save, improve and protect the lives of dogs in Thailand. We are non-profit, dependent on generous donations to continue our work. Join us in caring for dogs today. Visit www.carefordogs.org to learn more about adopting your best friend, volunteering, and donating. You can reach us at contact@carefordogs.org or 084 752 5255 (English), 086 913 8701 (Thai).

- **Cat Motel.** Pooch Resort run by animal lovers. Mobile: 0857954768 E-Mail: poochresortc@hotmail.com. Our friendly, boarding cattery provides the highest standards of care and accommodation. There is no mixing of cats from different families. Your cats are settled in by you.
- **Pooch Resort.** (Home away from home) Cage-Free boarding. When leaving your dog/s in care you do not want them caged or in kennels for up to 22 hours a day. The ultimate dog destination in the north of Thailand offers for those that love their dog/s kennel free care so your pet can wander around in an open environment outside or indoors and enjoy the company of other dogs under the supervision of trained staff. Mobile 0857954768 E-Mail poochresortc@hotmail.com.

6.23 Photography/Video/Printing/Media Services

- **VC Design, Printing & Video/Multimedia Services.** ActsCo Printing has been serving missionaries, missions groups and organisations in Chiang Mai since 1999 by providing high-quality design, printing and multimedia services at an affordable price. We invite you to browse our website, check out our printing options, and request a quote for your printing and multimedia needs. Please note: There is no minimum quantity. We have a quick turnaround time. <http://actsco.org/> Also we offer Video Production services, <http://actsco.org/multimedia/> (for video call Kevin at 084 374 9414) Call ActsCo Printing at 053-960-290 or email us at moreinfo@actsco.org.
- **Media Services, Workshop & Individualized Tutorial in Adobe CS 6 Production Premium Software programs.** Contact LMR Development Ltd. Email address: info@lmrdevelopment.com or call 053-241031, 084-4062216 look for Jonathan or visit our office: No. 115, Ground Floor K2P Apartment Tung Hotel Road, T. Watked A. Muang Chiang Mai, Thailand (near Wat Kukam and Arcade Bus Station 3). Email info@lmrdevelopment.com or call 053-241031, 084-4062216.

6.24 Police and Emergency

Please remember to make copies of your passport and put one copy in each of your bags and an extra one in your money belt.

Ambulance Police	199
Ambulance Service	1669
American Express Problem	02-2735544, 02-2735522 (after 8pm)
Card Problem	001-800-11-5350660 (Toll Free)
Chiang Mai Immigration	053-851356-8
Chiang Mai Int. Alcoholics Anonymous	082-1862518
Directory Enquiries	1133
Electricity Problems	053-241226, 053-241777

Emergency Help	191
Fire	199
International Telephone Operator	100
Main Police Station	053-276 040, 053-276 458
Mastercard Problem	001-800-11-8870663 (Toll Free)
Samaritans	02-7136791 (Eng. 24hr.) 053-225977 (7pm-10pm)
Telephone Problems	17
Tourist Police	1155, 1699
Traffic Accident Police	1193
Vehicle Theft Police	1192
Water Problems	053-233479

6.25 Retirement Community Services

Note: donslifeinthailand.com/Nursing_Care describes more resources

- **Lanna Care Net.** A group of people who help ageing foreigners live safe and healthy lives in Chiang Mai and surrounding areas, by providing advice and practical assistance where necessary. Assistance includes counselling, giving advice, offering practical help and contacting other individuals and organisations that can help. Assistance is given to people both in the short and the long term, according to need. LCN also trains and educates. <http://www.lannacarenet.org/lessons-learned-at-the-end-of-life/> <http://www.lannacarenet.org/>.
- **Dok Kaew Gardens** - Located in the McKean compound, provides services to seniors. Independent, semi-independent, and dementia care are available in a garden setting. Aides are on call 24 hours a day. For those requiring physical or occupational therapy, there is easy access to McKean's highly regarded rehabilitation centre. Dok Kaew has just completed a new wing and now has 35 rooms, all air-conditioned and fully furnished. Three meals a day are served, both Thai and "farang" food. Contact the Dok Kaew office at 053-124-430 or 053-124-263 ext.139. <http://www.mckean.or.th/en/testimonial/chiang-mais-first-retirement-home-for-expats-and-thais/> Email dokkaewgardens@yahoo.com.
- **Care Resort Chiang Mai** - 43/1 Moo 6 Mae Rim-Samoeng Road, Chiang Mai, 50180 | Telephone: 053.044.097 | Fax: 053.044.096 | Email: enquiries@careresortchiangmai.com or: careresortchiangmai@gmail.com | <http://www.careresortchiangmai.com/>.

- **Humanitarian Work.** For those staying for longer periods in Chiang Mai and who would like to contribute to the society, there are many opportunities. There are schools for deaf children, blind children, a wheelchair programme, orphanages, old people's homes; projects for women prisoners, street children and Hill Tribes, and hospice care (Dok Keow). For animal lovers, there are many opportunities to help catch/castrate/vaccinate street animals that are also given healthcare e.g. Lanna Dogs (that also deals with cats as well as providing a dog's home). (See 6.30).
- **Informal Discussion Group.** chiangmaigangers@gmail.com
<http://chiangmaisocialgroupofriends.weebly.com/> Will lead you to a minimal website.
godfree@gmail.com Will lead you to Godfree Roberts who is the Chiang Mai concierge.
<https://www.thailandretirementhelpers.com/> Will lead you to their comprehensive website
<http://us4.campaign-archive2.com/?u=a3fd090b5e883b8b0b7c3ff75&id=ada1cf96f9&e=9e1eeb6021>
Will lead you to a copy of a recent newsletter

6.26 Storage Services

- **Safe Secure Storage Warehouse.** English and Thai managed storage warehouse. We can store your household goods in our warehouse for 250 Baht /cubic metre/month. Flood free, pest free. www.chiangmai-storage.com Call John at 0810307565 or Joy at 0871891117.

6.27 Theatres / Cinema

(Caveat Emptor: Live productions or film offerings by the following theatres can contain content which may or may not be suitable for young adults and children to view. These community resources are included for adults to make responsible and intelligent choices.

Cinema / Movie Theatres

(Click theatre to see map location / Now Playing for current showing)

- [SFX Cinema - Maya Lifestyle Mall](#) ([Now Playing](#))
- [Promenada Chiangmai Cinema](#) ([Now Playing](#))
- [Krungsri IMAX - Central Festival Chiangmai](#) ([Now Playing](#))
- [MajorCineplex - Central Festival Chiangmai](#) ([Now Playing](#))
- [MajorCineplex - Airport Plaza](#) ([Now Playing](#))
- [KSK Vista Movie Theatres](#) ([Now Playing](#))

Live Theatre

- **The Gate Theatre.** Our Mission Statement is to establish a non-profit English-language theatre group within the old city of Chiang Mai where residents can become involved in the performing arts while seeking to entertain, inform, and educate thus enriching the cultural life of the Chiang Mai area in general and the English-speaking residents of the community in particular. Objective: to sponsor approximately four [productions](#) per year, which will be predominantly drama and comedy. See current productions: [Now Playing](#).

6.28 Transportation/Rentals/Travel/Tour Services

- **Taxi-Meter.** Pick-up call centre 053-262-878 or 053-241-965 www.taxichiangmai.com/en
- **Brand New Honda New City/Jazz 2013/2014** - Lowest Rates in Town Guaranteed - Daily Rate: 800 Baht/day, Weekly Rate: 700 Baht/day, Monthly Rate: 18,000 Baht/month, 3 months onwards: 15,800 Baht/month. Price includes VAT and Insurance. All cars less than 1 year old. info@econcarrent.com. 0932838833.
- **Tour guide available.** Lowey is a licensed professional tour guide with over 10 years' experience, available for all kinds of tours in Northern Thailand. Chiang Mai city tours and trekking tours are his speciality but he can also arrange bicycle tours and sightseeing tours to other areas in N. Thailand. Please contact him on 089-4343695 or suksabai2515@gmail.com.
- **Tourist guide and driver.** I am a licensed Thai tourist guide who lives and works in Chiangmai. I offer tours and travel throughout Thailand for a private tour. My services include car or van with experienced drivers. I can assist you in designing and arranging trips as per your requirements at reasonable cost. I can be reached 24 hours at 081 420 7860 and also what's app, Line, Skype and Wechat. rosevandoorne@gmail.com.

Auto Sales/Transfers

- **Expat Auto Chiang Mai.** serving the foreign and NGO community, we are here to give you peace of mind in the used auto industry whether it is for buying, selling, or paperwork services. We sell vehicles that have been thoroughly inspected and give a written warranty on parts and labour with our certified vehicles. Use our consignment service to help you sell your vehicle, or our paperwork services to transfer ownership, extend registration, etc. For inquiries contact Elijah Ridgley by email at contact@expatautocm.com, by phone at 083.572.8488, or visit us on the web at www.expatautocm.com for more details.

Air Conditioning/Electrical

- **Amnuay Motor Air 2.** one of the best air conditioning/electrical repair/installation shops in town. Reliable, same-day service. Located on Highway 11 (east side of Chiang Mai) on the west frontage road of Highway 11 - opposite Makro and the new Bangkok Hospital (many will pass their tall building with its large blue Alpine sign on their way to Big C Extra or Index Furniture - see [Photo](#)). For a map and more info including entertainment/navigation/security systems, visit www.amnuaymotor2.com. Contact Khun Kanungnit at 081-881-4388 or 053-247-444 (speaks excellent English).

Vehicle Repairs. J and N Auto Service. Jimmy is an English-speaking mechanic, trained and worked in the USA for 12 years. 25 years total experience. Complete repairs for all cars and small trucks. Computer, engine, transmission, clutch, fuel injection, brakes, electrical, A/C. Guarantees his work. Call Jimmy, mobile: 081-885-2893, 087-660-9645. Office Tel: 053-140-323. Email: Located near Global House on Middle Ring Rd., just west of Chiangmai-Lamphun Road.

6.29 Useful Websites

Administration

- **Driver's License** - "[How to Get a Thai Driver's License](#)" (and renewal). Click here to see it online: <http://darindunn.com/upload/GettingaThaiDriversLicense.pdf>
- **User Manuals** (online). Handy online library of [PDF user manuals](#) for many products.
- **Thaivisa.com**. A large site with search facilities, news, the sale of items and a valuable forum for the exchange of ideas.

Environmental Conditions

- **Air Quality**. [CM City Hall - Air Pollution Quality](#) and Pollution Control Department (PCD) which graphs air quality in Chiang Mai
<http://www.pcd.go.th/AirQuality/Regional/Graph/QueryGraph.cfm?task=graphsite> (choose Chiang Mai as the site under "graph by Particular site").
- **Earthquakes**. geofon.gfz-potsdam.de; [European Mediterranean Seismological Centre](#); [USGS](#) (click on Latest Earthquakes). earthquake-report.com; [Earthquake Safety Actions](#).
- **Flood Levels**. <http://www.hydro-1.net>.
- **Storm Tracking** in the region. <http://www.tropicalstormrisk.com/> (replaces OLD site: <http://tsr.mssl.ucl.ac.uk/tracker/dynamic/main.html>).
- **Weather Forecasts**. <http://www.tmd.go.th/en/province.php?id=2>;
http://www.wunderground.com/weather-forecast/TH/Chiang_Mai.html; [Weather Chiang Mai](#).

6.30 Voluntary Work

- **Street Children's Art and Crafts**. The Volunteers for Children Development has been helping street children since 1997. Thirty percent of all funds go towards the education fund to get children off the streets and into school. www.vged.org.
dordek07@gmail.com.
- **Children's Dream**. This organisation is dedicated to empowering marginalised children and youth in the Mekong Sub-Region to improve education and health.
www.childsdream.org. info@childsdream.org.
- **Population and Community Development Association**. Founded in 1974, PDA has pioneered grassroots growth marked by extensive villager involvement as planners, managers and leaders. Tel: (662)2294611.

- The Volunteers for Children Development Foundation. It aims to improve the lives of street children by reducing risk behaviour and fostering cooperation between government and NGO groups. www.vgcd.org. vgcd36@yahoo.com.
- Freedom Wheel Chairs. It aims to encourage and develop the potential of disabled people. Services are provided regardless of age, ethnic origin or religious affiliation. www.freedomwheelchairs.org. assist@loxinfo.co.th.
- Northern School for the Blind. The school opened in 1960 and it prepares students for education in a normal school environment, provides vocational training, and encourages independence for students with multiple disabilities. www.school.go.th/cmblind. SSchiangmai@obec.go.th.
- The Healing Family Foundation. It aims to provide space for people with disabilities in order to enjoy themselves and to weave clothes of many kinds. Dancing and eating together are common activities. www.hffcm.org. scc_cm@yahoo.com.
- Philanthropy. Projects are the foundation of Philanthropy Connections. These include education, healthcare, refugees and emergency. We seek out community-driven initiatives started by local people to benefit their communities and improve their quality of life. Then we connect these projects with sponsors willing to fund these activities. Info on the projects can be found here: <http://philanthropyconnections.org/project/evening-classes-for-hill-tribe-children/>.
- Children on the Edge is a non-profit charitable organisation dedicated to working on behalf of marginalized and vulnerable children who are often victims of war. It funds refugees in Thailand. <http://www.childrenontheedge.org>.
- Social Action for Women (SAW) was founded on June 25, 2000, to assist displaced **women** from Burma who are in crisis situations after having fled to Mae Sod, Thailand. The SAW is based in Mae Sod and was established to support **women** facing difficulties through the provision of shelter, health education, and rights awareness. www.sawfoundation.org.
- KLEO (Karen Learning and Education Opportunities) www.idealists.org. It provides educational and humanitarian support to ethnic Karen people residing in North-western Thailand and in Ottawa, Canada.

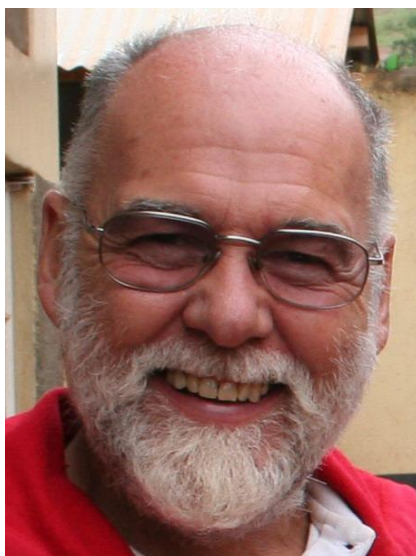
This is only a brief list of voluntary organisations. There are many others worth exploring e.g. the Rotarians, Eyes to Burma, and Thai Freedom House.

After many years of humanitarian experience, I believe that Schumacher was right, “Small is beautiful”. Support the small organisations where support goes directly to the beneficiaries. I have seen too much money disappear into the administrative hierarchy of large organisations lacking in transparency.

7. ABOUT THE AUTHOR

Bryan Walker BSc MSc PhD CBiol FRSE Biol FRSE Med has followed careers in industry, hospitals, academia and education, the civil service, and humanitarian work in many parts of the world. His first research post was as a biologist working on marine snails. After being Head of a UK University Department of Pharmacology for 15 years he was appointed as one of Her Majesty's Inspectors of Further and Higher Education (UK). With the University of London Teaching Methods Unit, he provided training for new teachers and organised many other workshops in modern teaching methods in Africa, Asia and Europe. He has lived and worked in more than 45 countries.

He worked for Oxfam, UNHCR, UNICEF, VSO and other organisations in conflict areas. For three years he set up and directed the Birth Research Unit in Sri Lanka; over half the communications to learned societies received national or international awards. After recently working for people with disabilities in Uganda, then working for MSF in the Czech Republic (where one of his sons was his boss!), he settled in Thailand and has lived in Chiang Mai for ten years. His travel experiences, in particular, have been applied to this book. He would really like to do some more research on snails because, at his age, he needs to work on an animal that he stands a chance of catching!



HERE'S TO YOUR HEALTH!

"Damp with dirt leads to disease

Flies are awful; so are fleas

If you want to stay healthy

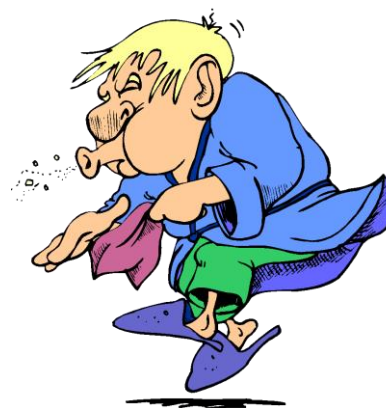
Apply this advice

The consequences of otherwise

May not be very nice"

General Rules for Keeping Healthy

- Always use treated bed nets or fan to avoid mosquito and other bites
- Do not spit, cough, sneeze or blow your nose in the air



- Trap coughs and sneezes in a handkerchief. (Droplets from the nose and mouth can be expelled over several metres with a strong sneeze!)
- Do not sniff and snort. This can carry germs, trapped in mucus, into the lungs to cause infection there
- Do not wash your mouth in sinks or over utensils used for food preparation
- Do not sit or put your feet on surfaces used for food preparation. (Germs and eggs from worms can pass as easily through clothing as a stone can be thrown through an open window!)
- Always wash your hands thoroughly after using the toilet or travelling, handling money or touching any possible source of infection
- Take a First Aid kit and keep it with you at all times. The only time you will need it is when you have left it back at your lodgings with your main luggage! It could include syringes and needles (although these can be purchased at any pharmacy).
- Drink water and drink water. If your urine is yellow and smelly - drink water!

Essential Rules for Healthy Living

1. Don't smoke. Each cigarette is 5 minutes less of your life; work it out
2. If you drink alcohol, take it little and often. Males can have 14 units/week and females less (sorry about the gender imbalance). Recalculate your units per glass. (One unit is the volume times the strength divided by one thousand.)
3. Even if you are well within your limits, neat spirits may have local toxic effects on mouth and gut. So dilute your spirits with something. Ginger beer is good.
4. Aim to drink at least 3 litres of water a day. Keep drinking water until your urine is colourless and odourless. Don't forget that alcohol leaves you dehydrated.

5. Get a balance of diet, exercise, sleep, action (mental and physical) and rest.
6. Coughs and sneezes spread diseases. But you can catch things from door handles and dirty, wet towels
7. Take care at the beginning. Then cautiously relax. You eat a ton of dirt before you die, so start soon but not too soon
8. Give nature a chance to cure. Drugs are a last desperate resort when all else fails. Do not slam in antibiotics for everything. Doing this postpones the time for your body to make its own antibodies. Anyway, antibiotics are ineffective against viruses which are common causes of disorder
9. Most gut infections are self-limiting infections. Give them a chance to self-limit. Help yourself by starving the blighters, but keep up your fluid intake. Coconut juice is a perfect balance of salts, and in a sterile pack! Coke with half a teaspoon of salt is also OK.
10. Do not forget that antibiotics hammer your own microbes as well as your visiting ones
11. Never, never, NEVER, ever scratch or pick bites or spots here.
12. Eat anything you can peel, boil or fry.
13. Avoid handling other people's pets. Don't live with a zoo.
14. Do not put ice in drinks unless the ice is made from clean water
15. Take your medicines exactly as ordered - no more, no less (especially with antibiotics)
16. Listen to your body. Mouth ulcers probably mean that you need more sleep. Constipation and headaches mean you need more water. Sore throats probably mean less smoking/drinking and a few early nights
17. Iron your clothes: ironing sterilises. Cleanliness is next to healthiness.
18. If you plan a pregnancy, clean up your lifestyle 3 months before and keep it up. Fathers as well!
19. Be happy in Asia
20. Be healthy in Asia. *"But if sickness is inevitable, relax and enjoy it as a new adventure"*

Further Health Information

Dawood R (2002). Travellers' Health: how to stay healthy abroad. (Oxford University Press). ISBN 0 19 262947 6. This is the ultimate reference for going abroad, travelling/working and returning healthily. Its 700 pages may be too bulky for a short visit, but it is an essential component of the longer term traveller's library. Look at the website www.travellers-health.info.

Lankaster T (2006). The Traveller's Good Health Guide (InterHealth). ISBN-13: 978 0 85969 991 4. The essential health guide for backpackers, travellers, volunteers and overseas workers.

Sugathapala M and Walker B (2010). Having Healthy Babies: an educational Snakes and Ladders game. (Good for a workshop). Download it free from www.networklearning.org.

Walker A, Walker B and Walker R (2013). Better Ways to Succeed in Aid and Development Work. Download this and other free documents from our website www.networklearning.org.

Walker B and Patel K (2013). Better Ways to Stay Healthy in Asian Tropics. Download it free from www.obooko.com.

Wise M (2002). The Travel Doctor: your guide to staying healthy while you travel (Firefly Books). ISBN1 55297 668 8. It includes tips on jet lag, altitude sickness, culture shock, parasites and travelling with a medical condition.

Books can be found and obtained through Amazon www.amazon.com/books.

You may need to update and extend your **immunisations**. Country details can be found on several sites e.g. www.fitfortravel.scot.nhs.uk, or www.mdtravelhealth.com which provide much additional information on individual country health hazards.

You can **shop** online for many items needed for travel and have goods delivered from InterHealth (157 Waterloo Road, London SE1 8US. Tel: 020 7902 9000. Email: info@interhealth.org.uk, www.interhealth.org.uk). The centre also gives immunisations by appointment.

