

MAY 2022

Scandi Asia



BUSINESS:

Nordic Reverse Vending
Machines in Singapore

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Swedish Chamber visits
Jin Wellbeing County

INTERNATIONAL:

Singaporean minister to discuss
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Mette Johansson
Singapore's social
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Broken Heart Syndrome: A Temporary Heart Condition Triggered By An Excessive Stress

Get to know broken heart syndrome

Broken heart syndrome, also called stress cardiomyopathy is defined as a temporary and reversible heart condition caused by a surge of stress and extreme emotions. This condition was first described in Japan, named as Takotsubo cardiomyopathy. Takotsubo is the Japanese name for an octopus trapping pot with a wide bottom and narrow neck. The pot resembles the shape of the distressed left ventricle of the heart seen in broken heart syndrome, so called apical ballooning. Broken heart syndrome is strongly associated with physical or emotional stress that causes a rapid weakening of heart muscle. As a result, the condition can disrupt heart's steady rhythm and temporarily enlarge the lower part of the left ventricle, leading to more forceful contractions in other areas of the heart which potentially induces temporary heart failure.

Causes of broken heart syndrome

Although the exact cause of broken heart syndrome remains unclear, risk factors often include:

Intense physical and emotional stress: These usually refer to:

- + Physical illness
- + Grief from the death of a loved one and other meaningful loss, such as divorce or breakup
- + Financial troubles, such as losing job or bankruptcy
- + Extreme disappointment
- + Severe trauma
- + The use of certain drugs, such as illegal stimulant drugs
- + Other stressors, such as intense fear and strong anger

Both accumulated stress and a surge of stress that suddenly happens can substantially induce the forceful constriction of the blood vessels while altering normal rhythm pattern, causing a temporary heart failure and fatal arrhythmias.

Hormonal changes: Postmenopausal women are at greater risk of developing broken heart syndrome due to the decreased level of estrogen hormone. Women have estrogen receptors which play an essential role in preventing heart disease. After menopause, this protection is diminished and the risk of broken heart syndrome subsequently increases.

Signs and symptoms

Warning manifestations of broken heart syndrome are:

- + Chest tightness
- + Chest pain
- + Shortness of breath
- + Difficulty breathing
- + Fainting or lightheadedness
- + Low blood pressure



Diagnosis

To diagnose broken heart syndrome, the cardiologist usually performs a physical exam and ask questions about symptoms as well as medical history. Diagnosis involves:

- + Taking medical history
- + Blood tests
- + Electrocardiography (ECG or EKG). This test measures the electrical activity of the heart. The ECG results for broken heart syndrome appear to be quite similar to those with acute coronary artery disease.
- + Echocardiography. As a noninvasive test, it uses sound waves to create images of the heart's size, structure and motion. Echocardiography can show if the left ventricle is in abnormal size with systolic dysfunction, which may be a sign of broken heart syndrome.
- + Coronary angiography (CAG). CAG uses X-ray imaging to see the heart's blood vessels. During the procedure, dye is injected into the blood vessels of the heart. Subsequently, coronary computed tomography angiography (CTA Coronary) is deployed to visualize the vessels.

Treatment of broken heart syndrome

Principally, given treatments are similar to those of heart attack and acute heart failure until the diagnosis is clearly made. Most patients need to be hospitalized while recovering. The severity of broken heart syndrome widely ranges from mild to fatal. In patients presenting with mild or moderate symptoms, main treatment usually involves certain medications to reduce the strain on the heart and prevent further attacks. In severe cases accompanied by acute heart failure, intubation and mechanical ventilator might be additionally required. According to international literature, the death rate is approximately 1% among broken heart syndrome patients, therefore the condition is temporary and reversible. Nevertheless, the recurrence rates range from 2% to 5%. Taking steps to efficiently manage stress as a major contributing factor can improve heart health and help preventing broken heart syndrome.

Although broken heart syndrome is a temporary and reversible heart condition, excess stress acts as a trigger factor to provoke the symptoms. The best preventive approach is to efficiently cope with physical and emotional stress to strengthen the heart's health in the long run. As the symptoms of broken heart syndrome mimic those of heart attack, when any abnormal sign arises, immediate medical attention must be sought.



Information by

Dr. Kriengkrai Hengrussamee
Internal Medicine
Sub Specialty
Cardiology

Contents



18

Mette Johansson
Singapore's Serial Social
Entrepreneur



32

New Era of Polarisation
New Press Freedom Index
shows trend



33

**Vietnamese workers
won't talk**
to Finnish police investigating
trafficking



26

Jin Wellbeing County
is there when you get
old - some day



12

**Singapore installs
recycling machines**
from Sweden and Norway



17

**Finland to assist
Thai schools**
develop new curriculum
and learning methods

ScandAsia stories

- 9 Dane escaped Shanghai lockdown
- 10 Thai wife tried to have husband killed
- 11 Ambassador presented credentials
- 12 New Honorary Consul in Phnom Penh



9



10



11



12

A WORLD OF OPPORTUNITY

"The interactions I had with the various teachers and coaches at Bangkok Patana gave me a good foundation on how I approach learning. I benefitted the most from the various activities I could participate in, which translated to 'real world' skills."

Kyle Harrison, Grad '13, Aerodynamics Engineer



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Read about how Kyle
went from IBDP to Formula 1



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Back to normal

The easing of travel restrictions cannot come soon enough for Asia. Tourism has always been the lifeblood of this region and I'm not referring to just overseas travellers. The domestic tourism has also grown and ensured businesses boomed.

The key is now to support the clear trend across the region to remove travel restrictions, in line with what many other countries are doing - especially the Nordic countries. No pre-departure or on-arrival Covid-19 tests will save travellers time and money and remove the psychological barrier to traveling.

We have done all we could these last two years – movement control restrictions, mask mandates, QR-code check-ins and vaccination programmes that has successfully inoculated almost all of our populations. We have learned, that lockdowns do more harm than good. From now on, economics will trump health and the onus will and should now be on the community and individuals to manage and live with Covid-19.

We have also things to be thankful for:

We have become more efficient and effective. Travelling to meetings doesn't really make sense anymore when you can flip open a laptop and have a discussion with your colleagues halfway around the world.

We have also become a lot more health-conscious because of the pandemic. Keeping fit, staying healthy and watching what you eat will hopefully stay with us for a long time.

The lifting of restrictions means that we are well on our way towards Covid-19 endemicity and back to a semblance of normality.



Gregers Moller
Editor in Chief

ScandAsia

ScandAsia is a printed magazine and online media covering the people and businesses of Denmark, Sweden, Norway, Finland living and working in China, Hong Kong, Thailand, Malaysia, Singapore, Indonesia, Philippines, Vietnam, Cambodia, Laos and Myanmar.

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- The school follows the British Early Year Foundation Stage Curriculum (EYFS), a Reggio Emilia 'play based' approach to learning where children foster their creativity through play and exploration.

Danes locked down in Shanghai as China battles Covid



The Danish Chamber of Commerce in China (DCCC) reached in mid-April out to its members in Shanghai, many of whom have been locked down for over a month while China tried to enforce its Zero Covid Strategy.

The DCCC emailed a 'Survival Guide' to the members with useful apps and links for Danish citizens trapped in Shanghai and other parts of China and also established a 'Business Hotline' where staff at the chamber of commerce were available for advice and ideas.

Daily cases amounted to in excess of 25 000 and people were expected to be moved to huge hospital camps where 1 60 000 beds had been prepared but which are not enough and districts as well as neighbourhood committees are working

day and night to deliver food and supplies to areas.

Further covid-19 outbreaks started late in February and escalated in early March. By 1 April, Shanghai was firmly locked down, leaving many people including Danish expats stranded without enough time to leave the country or to stock up on supplies to see them through the subsequent weeks.

Members in need of official assistance in leaving China or other emergencies were encouraged to contact the Consulate General office via phone at +86 (21) 8025 0600 or email shagkl@um.dk and for consular matters shagklvisa@um.dk.

The survival guide mentions a range of options for online exercise classes.

China's price for sticking to zero strategy very high

TV2's Danish correspondent Christina Boutrup reported from Shanghai by the end of April that China's price for sticking to the strategy has become really high.

Initially, she and her family were told they had to be in lockdown for five days. But more than five weeks later, they were still there.

Among Chinese over the age of 80, only about half have received two doses of vaccine. The explanation for this may be China's – until recently – quite successful strategy, Christina Boutrup says.

But as the more contagious Omikron variant has gained ground, infection rates in China have risen. On 9 February, 46 new cases were detected. On 16 April there were more than 25,000 new infections in China.

In addition to the human and health costs, Casper Wichmann, who is a sinologist and daily manager of the China think tank ThinkChina.dk, estimates that it will be a political disaster if China is hit hard by the infection.

"Although there are also proponents of the 'zero covid' strategy,

others are beginning to ask themselves whether this is the price of communism. And if it is too high," Casper Wichmann says and adds that President Xi Jinping has painted himself into a corner with this strategy and if he changes it, it will be a huge loss of face.

Dane broke out of apartment in Shanghai and walked 20 km to the airport



was short of food. Among the neighbors, begging was common.

Andreas knew he had to leave the country as it would be better to be sick with covid outside of China than to sit hungry and trapped in Shanghai. But the problem was getting to the airport in a completely locked down city.

He had previously tried to leave but four guards had expedited him back to his apartment. Thursday morning last week however he set off again.

"I pushed the guard away and set off running out on the street. I had neither food nor water for the trip, but I was just going away," Andreas says.

Twice he was stopped by police who asked what he was doing out on the street. He had a letter from the Danish Consulate, which technically allowed him to go to the airport, and then pretended he did not speak English or Chinese and just hoped they would let him pass.

He ended up walking 18 to 20 kilometers to the airport where he took an airport bus to the city's international airport at the other end of the city. There he spent a night before getting his first real meal aboard the plane after a nearly 40-hour struggle to leave China.

"I have lost five kilos. I have bought a lot of food now, but can not eat it," Andreas says.

He now plans to spend two months outside China.

After 17 days of hunger, Danish Andreas' covid nightmare in Shanghai came to an end when he found a ticket out of the country, but before that, he had to beg for food from the neighbors and fight with security guards.

DR news writes that when Andreas was told that his living quarters would be in lockdown for a week from March 28, he ran out to find provisions. But there was not much left in the supermarket as the rest of Shanghai had the same idea.

"I found some noodles and that was it," says Andreas, who does not want his last name published for fear that he can not return to China.

What followed were 17 days of food shortages, begging, humiliation, and a desperate escape attempt to get out of Shanghai, China's richest city, under complete covid lockdown in the third week.

In the city, 26 million people have been detained for a total of between three and five weeks as a result of China's zero-covid policy. And lack of food, water, and medicine has led to protests, an extreme rarity in a city like Shanghai.

Officially, the shutdown of Shanghai was supposed to be lifted on 5 April, but the night before, the authorities extended it indefinitely.

Andreas only had some flour and eggs left at that time. "I panicked and reached out to everyone I could, but there was no one who could help. People around me were in the same situation. I wrote in our building's group chat and tried to exchange what I had left with something that had more nourishment," Andreas says.

"It is insanely surreal and humiliating that I as an adult man have to run around and beg for food," he says.

Outside, the whole city was closed down and it was not possible to shop for food anywhere. The delivery of food orders ordered via mobile apps was also shut down when a positive covid case emerged in Andreas' living quarters. Among the ten buildings of 42 floors in the residential area, one person had a positive test, and thus the entire residential area was sealed from the outside world.

It was not just Andreas who



Pratheep Larsen, left, and Ms Jaemchan Khamkaew are interrogated by police in Nakhon Sawan. (Photo: Chalit Pumruang)

Thai Wife arrested for plotting to kill her Danish husband in Nakhon Sawan

A Thai woman has been arrested in Nakhon Sawan for allegedly masterminding a traffic accident in a plot to kill her Danish husband and cash in his THB 10 million insurance pay-out. Her husband, Per Larsen was hit by a car whilst cycling. He survived but is now critically injured.

Bangkok Post reports that 48-year-old Pratheep Larsen was arrested together with her friend, 60-year-old Jaemchan Khamkaew, who she had contracted THB 500,000 to find someone to kill her 63-year-old husband. Jaemchan Khamkaew has previously been accused of contract killing but the charges were eventually dropped. Jaemchan Khamkaew is said to have hired her nephew, 24-year-old Ekkasit Wichacharn to run over Per Larsen and to have promised him a new car if he succeeded. Ekkasit Wichacharn has also been arrested.

During a media briefing an-

nouncing the arrest of the two women, deputy commissioner of Provincial Police Region 6, Pol Maj Gen Atthasit Sudsa-nguan said that Ekkasit Wichacharn ran into the Danish man on a local road in tambon Bueng Platu on 21 April. At the scene, local police found a Toyota plunged into a roadside paddy field with its front damaged and about 10 meters away, a damaged bicycle was found.

Although the incident appeared to be an accident at first, suspicious elements found amongst the evidence and the re-enactment of the accident with the driver led authorities to believe that the crash was deliberate.

After intense questioning, Ekkasit Wichacharn admitted that his Aunt hired him to kill the Danish man.

Pratheep Larsen and her husband have previously lived in Denmark and they have two children to-

gether. After returning to Pratheep Larsen's hometown, Nakhon Sawan, the couple allegedly bought several plots of land worth around THB 20 million before settling down in the province.

Reports say that the couple recently started fighting and Pratheep Larsen asked for a divorce and for their assets to be divided. Her husband reportedly refused and she then contacted Jaemchan Khamkaew for help in getting her husband killed so she could seize his large insurance pay-out.

Per Larsen survived the road crash with severe injuries and treated at Sri Sawan Hospital.

Jaemchan Khamkaew who promised her nephew a new car if he succeeded in killing Per Larsen has, according to police, since given Ekkasit Wichacharn THB 10,000 for car repairs.

Ambassador presented his credentials

Denmark's Ambassador to Indonesia, Lars Bo Larsen presented on 25 April his credentials to the King of Malaysia, His Majesty Yang Di-Pertuan Agung, Sultan Abdullah of Pahang. Since the closing of the Danish Embassy in Kuala Lumpur, Malaysia has been covered by the Danish Embassy in Jakarta.

The Embassy of Denmark highlights that the Royal families of Malaysia already have strong ties with Denmark, as HM Queen Tunku Azizah has Danish ancestors and is close to the Danish Royal family.

After being fully accredited Ambassador to Malaysia, the Ambassador joined several meetings with Foreign Minister Saifuddin Abdullah, discussing the global state of democracy, welfare state models, and the



way forward in bilateral relations between Malaysia and Denmark. In other talks, the Russia-Ukraine conflict was also discussed.

Photo courtesy: Embassy of Denmark in Indonesia

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Singapore to have Swedish and Norwegian 'reverse vending machines'



RVM Systems, a Swedish reverse vending machine company, will install a range of reverse vending machines in Singapore that accept used bottles and cans according to a news report.

Another Norwegian firm, Tomra, recently also launched a vending reversal centre in Singapore and will roll out their machines soon.

Singapore already has 50 of the same sorts of machines rolled out by the NEA (National Environment Agency) and F&N Foods since 2019, the report said.

These machines dispense shopping rewards and ActiveSG credits as well as other incentives to encourage people to dispose of unwanted plastic bottles and drinks cans in a responsible manner, by placing them into these reverse vending machines.

Swedish opens honorary consulate in Phnom Penh

Cambodian national Kim Tol Tan has been appointed as the consular officer for Sweden's newly opened 'honorary consulate' in the capital city, Phnom Penh, on 22 April 2022.

Kim Tol Tan is the Chief Digital Strategy Officer for Prudential Cambodia Life Assurance Plc. She is leading the company's strategic initiatives to making quality healthcare and insurance services more affordable and accessible to all Cambodians.

At the launch, Tol Tan said she had been tasked with overseeing all affairs related to consulate works in Cambodia to assist her colleagues based in Thailand.

The Swedish government closed its embassy in Phnom Penh in November 2020 due to strategic changes.



Danish LEGO Group to build carbon neutral plant in Vietnam

Danish-owned Lego Group was in March granted an investment registration certificate by Vietnamese agencies to build its first carbon neutral factory in Vietnam. This would be its second manufacturing site in Asia.

Lego will continue to focus on renewable and clean energy system development, along with climate change adaptation, while it is hoped that the plant will generate 4000 new jobs in the next 15 years in Vietnam.

During a reception hosted by Vietnamese ambassador to Denmark Luong Thanh Nghi, on 20 April, the ambassador stated, according to media sources, that Vietnam welcomed foreign investors, especially those with long-time commitment and a sustainable development strategy.



Team Sweden in Vietnam is preparing “Pioneer the possible” in Ho Chi Minh City

As Team Sweden in Vietnam is preparing “Pioneer the possible” to take place in Ho Chi Minh City the 2-3 June, Ambassador Ann Mawe together with the Embassy team and their newly arrived head of Business Sweden, Vietnam Mr. David Lidén recently spent a couple of days in the city.

In an update, Ambassador Mawe shares that during the visit, the Swedish delegation met with vice-chairman Vo Van Hoan of HCMC People’s committee, VCCI HCMC, Eurocham & Nordcham, and several Swedish companies including IKEA, ABB, Atlas Copco, and Ikano.

The Ambassador informs that in most meetings the discussion was about the organization of the com-



ing event showcasing green and innovative solutions from Swedish businesses.

“We also organized a business breakfast meeting discussing

the possible economic implications of the Ukraine conflict in Vietnam with a great introduction by Mr. Tran Quoc Hung from the Atlantic Council,” the Ambassador states.



Swedish delegation proposes new name for Trade Office in Taipei

A 12-member Swedish parliamentary delegation embarked in April on a five-day visit to Taiwan to enhance bilateral relations between the two countries.

The Swedish delegation met with President Tsai Ing-wen, Premier Su Tseng-chang, Legislative speaker You Si-kun, Foreign Minister Joseph Wu, and other senior government officials, according to a Focus Taiwan report.

The delegation proposed that they rename the “Swedish Trade and Invest Council” in Taipei to be “House of Sweden”, with the aim to represent the interests of Sweden in Taiwan in the absence of formal bilateral diplomatic relations, according to Swedish Parliament Deputy Speaker Kerstin Lundgren. Lundgren also reiterated that “House of Sweden” will indicate that it functions as

an agency to promote not just business exchanges but other bilateral links.

In addition, the Swedish delegation held a seminar with a local defense security think tank and met with Swedish business and student representatives and other expatriates before they departed after a successful meeting to ‘scale up’ their office, in their own words.

Kerstin Lundgren said the renaming of the representative office has received the support of a majority of lawmakers on the Riksdag’s Foreign Affairs Committee.

While the Swedish government has the final say, the Swedish parliament hopes to express its support for Taiwan through this gesture, Lundgren said.

News channels report that it was said that as a sovereign nation

it would be up to Sweden as to how the ‘one China’ policy is interpreted and according to Lundgren the name change does not violate this policy.

Swedish lawmaker Markus Wiechel also said at the time that by changing the name to the ‘House of Sweden’ that they hoped to underscore that Taiwan should be seen as a sovereign nation and not a province of China.

Zinzino's marketing concept expands to Singapore

The Swedish company Zinzino has announced the launch of its business in Singapore as a strategic next step in the company's global expansion plan.

Zinzino is a direct sales company that markets and sells dietary supplements, skincare, and lifestyle products. The company says in this press release that after several years of preparing, the launch of the Singapore market, and having carried out multiple country establishment processes in recent years, Zinzino has learned the importance of ensuring thorough preparatory work and adapting to the local conditions in each market.

Profitable growth is an important business strategy for the global, direct selling company within test-based, scientifically proven nutrition. In 2021 the company sales target

was exceeded showing excellent sales growth and a strong 10% EBITA performance. Overall sales grew by 20% to 1.137 billion SEK.

This is an optimal time for Zinzino to enter the dynamic and expanding Singapore market, says Kenneth Koh, Zinzino Sales Director. Zinzino's robust and proven business model with a marketing strategy that targets customers with personalized messages, individual consultation, and tailored products is going to send our Singapore Partners well on their way to sustainable success.

In Singapore, direct sales is a young, but fast-growing trend as more and more businesses are experiencing first-hand the consequences of the tectonic shift in technology, media, and consumer behavior. Conventional marketing is

rapidly losing ground as today's consumers expect a familiar face and a dialogue when making their choices.

A personalized shopping experience that direct sales distributors have provided for centuries. The Singapore Department of Statistics showed an average monthly household expenditure of S\$4,906 during the pandemic period and the Direct Sales Association (DSA), disclosed direct selling revenues in Singapore at US\$990 (March 2020).

This is a strategic launch for the e-commerce-based health tech company. Zinzino has high growth ambitions and is expecting to reach 1 million customers by the year 2025 and 20 million by 2035. With the launch in Singapore, Zinzino will be operating on more than 100 markets while keeping its focus on further global expansion.



Norway - Philippines trade jumped 120 percent

Bilateral trade between Norway and the Philippines jumped last year by a total of 120 percent. In 2020, the growth rate was 19.53 percent.

Manila Bulletin writes that the increase is promoted by the implementation of the free trade agreement with the European Free Trade Association (EFTA) which is composed of Norway, Iceland, Liechtenstein, and Switzerland.

During a networking gathering hosted by the Philippines Norway Business Council (PNBC), Angelo Salvador M. Benedictos, Bureau of International Trade Relations (BITR) of the Department of Trade and Industry Director noted the steadily increasing trade figures between the Philippines and Norway.

The Philippines and the EFTA member states signed the agreement in 2018 which entered into

force on 1 June the same year for the Philippines, Norway, Liechtenstein, and Switzerland and on 1 January 2020 for Iceland

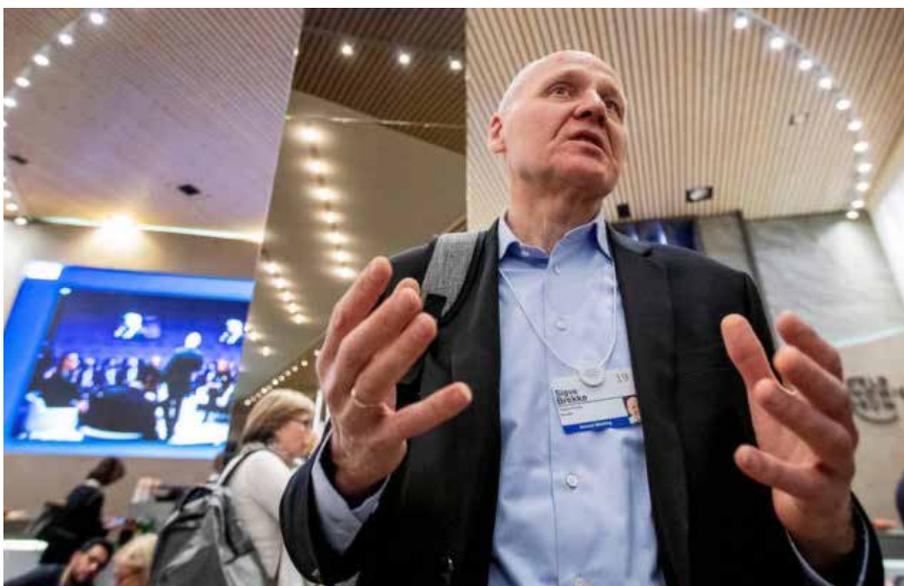
Telenor plans mergers in Malaysia and Thailand

While Telenor Group closed its operations in Myanmar it has announced that it is in the process of mergers with several Thai and Malaysian companies.

The tech giant said in a media release that 2022 is a year of transition for the company and that the planned mergers had impacted the company's core earnings in the first quarter of the year.

However, at group level Group president and CEO, Sigve Brekke, indicated that the group's mobile business had performed very well overall, and a news report cited he was "fairly confident" that the group would get regulatory approval in both Malaysia and Thailand and that processes were going to plan.

Telenor is currently in talks with Charoen Pokphand (CP) Group in Thailand on a possible merger between their respective Thai operation Dtac and True Corp. In Malaysia, on the other hand, the report said that Axiata Group and Telenor have agreed to merge their Malaysian operations Celcom and Digi.



Finnish education model tried out at 12 Thai schools



The Thai Ministry of Education and the Finnish Ministry of Education and Culture recently signed a Memorandum of Understanding to cooperate on primary and secondary education, curriculum development, teacher training and vocational training, a news report said.

Currently the South East Asia Center launched a pioneering educational initiative based on the Finnish model in 12 schools in Thailand. The hope is to inspire widespread educational reforms across the country. The educational and social service organization announced that it would be cooperating with Code School Finland which was carefully selected out of 94 institutions worldwide.

SEAC chief capability officer

and managing director, Aringya Thaloengsri, explained in the news report that in the wake of the Covid-19 pandemic and with digital disruption being a major facilitator of change in all industries, it has become necessary to change the way Thai children are taught.

The curriculum not only focuses on hard skills such as coding, AI or robotics but also the soft skills such as learning techniques, critical thinking, creativity, collaboration, communication, business skills and user-centric ideas, which will be equally important this century.

The Finnish ambassador to Thailand, Yuri Jarviaho, said it was a positive and timely step with education in the country in a continuous state of flux.

"Finland has a long tradition

of investing and developing its education system. In the Worldwide Education for the Future Index, we, Finland, were ranked number one," he said.

Singapore-based social serial entrepreneur Mette Johansson

She coaches corporate top leaders in Asia on leadership, she's a long-standing chairwoman at Executive's Global Network (EGN) in Singapore, she spearheads a non-profit initiative to bring more diversity on the big speaking stages, she has learned and then coached others in how to become entrepreneurs... Meet book author, mentor and serial social entrepreneur Mette Johansson!

By Joakim Persson

The 'serial' word in Mette Johansson's title is indeed appropriate because this Dane has many irons in the fire. But with social entrepreneurship she has found her calling. Based in Singapore since nine years back 'Metamind Training', a boutique Learning and Development consultancy, is her main business and where she excels in what she is really good at.

This company facilitates the development of human leadership skills with Mette's philosophy very much being based on Authentic Leadership: 'Leading authentically is the foundation of strong human connections and it helps unlock vast amounts of energy. It allows us to achieve extraordinary things.'

Mette states that she strives to be Authentic in all aspects of her life, and she support leaders to do the same.



To learn more about how Mette has arrived at this principle we first need to step back in time. Mette, who has only lived in Denmark for ten years, has spent many years in Asia, including studying Mandarin at a Chinese university and working in Shanghai and Tokyo. Working for BASF also brought her to work in Singapore, and then a second time when her husband was required to move there.

At this juncture Mette came to the conclusion that it was time for her to leave the corporate employment and become an entrepreneur.

"I have not regretted that; I absolutely enjoy it!" Mette says.

"I first took some time off and started asking myself tough questions, with a lot of self-reflection and looking at what really energizes and fulfils me. I then realized that the times when I felt the most fulfilled in my career was when I had an impact on other people's career. And this

even goes back to school years when I helped other kids with their math problems."

"When connecting the dots backwards it is what drives me; I get a kick out of empowering other people to do the best they can, to be the better versions of them self. And in my career that is also when I had the most fun," she recalls.

Starting out as an entrepreneur Mette had no idea how to run her own company so she took a mentorship programme for entrepreneurs, which she found to be useful and that gave her some frameworks, and also networks within the entrepreneurial community.

"After I finished the course, they hired me to coach others in how to become entrepreneurs. So I have been a mentor and a coach for other entrepreneurs to boost their own companies."



“

I get a kick out of empowering other people to do the best they can, to be the better versions of them self.

”

Fast forward to today and Metamind Training is established as a training consultancy, where Mette has established some very large multinationals as clients.

“Getting customers is in the end to be comfortable with sales. And for most of us the clients don't come falling into our laps; it's about going out there and knocking on doors, proving your worth and doing sales work. The times when I have had good sales people on my team is when I've sold the most, and even by delegating it to sales people I still have to do a lot myself,” says Mette.

Most of the time companies ask her to design training programmes for their leaders. Doing off-the-shelf programmes is not really her thing.

“I am good at putting together such programmes that are very practical, of course based in theory. Together we discuss how to design it and I develop and deliver it together with my team. It's about how you can make sure that leaders will do things differently after my leadership programme. And that means changing their mindset, providing the skills set, and closing this 'know-do' gap; 'I know what to do but am I doing it as well?' That's what is important. If there are modules that I'm not an expert on delivering, such as project management, I rather bring in experts on these topics,” she elaborates.





By remaining and focusing on clients in Singapore, Mette has also gained a foothold in the region.

“Word of mouth spreads from where you are. Slowly but surely over the years clients working with me also asked if I could do something, which was overseas, so it has gone from neighbouring countries to doing work also in Shanghai, a lot in Mumbai, and gradually also to other parts of the world, such as Dubai and Europe.”

Covid-19 has of course put a dent on this international part in particular but Mette has also been able to continue her coaching virtually, from a home studio

“With the Covid situation there has been to-and-fros on regulations and the way things keep changing makes people very insecure. People want to have clarity and stability whether it is leadership or whether it is leading a country, people want stability. As an entrepreneur I can deal with a certain dose of constant change, but I can’t plan and sometimes it gets too much and I wish for more stability. So hopefully we will get out of this situation soon.”

It is a topic that has had strong impact on businesses operations, with work-from-home regimes as a new situation for company managements.

“Work-from-home is one of the things I work a lot with right now, as part of Metamind Training, about how things are changing. An observation I have is that nobody really knows how to deal with it. We all know that this will

not go back to the good old days; that we need to learn to work in a hybrid world.”

“When you ask: ‘What are the concrete things we will be doing differently? What do you need to do differently as a leader?’ Then the conversation becomes very simple: People don’t have much to say beyond that one needs to take one-on-one time and chat with people. Usually when we work and see each other face-to-face we have more casual talks, which have been prevented here during Covid-19 restrictions. That is one thing that is mentioned over and over again.”

“And we have come to accept that we need to trust our employees more when they work from home, we cannot look them over the shoulders anymore. Still, leaders have not really changed how they trust and engage employees, how they show up as good leaders. There are only very few new thoughts coming up and my own opinion is also that when it’s virtual all the things that we know about good leadership we need to magnify; we need to become even better leaders than we used to be.”

And when the suggestions turn to a need to be more flexible and agile, the question, says Mette, must be: ‘How do you get that mindset? How do you take decisions faster?’ Then they do not know how to do that. ‘Just do it!’ is simply not the formula.





“This is a mindset thing; we can't just change our whole way of functioning from one day to the other.”

“The most interesting observation that I have made is that leaders still don't trust that employees will put in their fullest. I have some very large multinational companies as clients and where trust is the biggest issue: ‘Do we trust our staff to do a good job? Or are they hanging around on social media and working short days?’”

Mette points out several issues with this:

“First of all it's your job as a leader to engage people, to inspire people, to make sure that they are having fun. And the insecurity that comes around that is expressed in: ‘I'm going to check whether you are working or not. I'm going to expect you to answer a message whether it is 6 am or 10 pm.’ Because we simply do not know better how to make sure that we are getting the most out of our employees and this insecurity is sometimes translated into micro management.”

In Mette's view ‘flexible remote work’ will remain going forward, and is something that brings much efficiency.

“There is also lost efficiency when you work re-

motely because of that we have become so task-focused during Covid-19. There is affective trust and there is cognitive trust. Cognitive trust is that: ‘I trust you to do a task, to show up and deliver on time and do a good job.’ Affective, or emotional trust is that you will support me, listen to me, and have my back.’ And we have become so task-focused during our zoom calls that this whole affective trust is suffering. And that's why I do believe that all companies that have a mixed approach, a hybrid!’”

“A lot of the processes in corporations also are based on affective trust and that is the best; when you see that entire body language and feel the energy coming through the room, instead of calling somebody up over the phone. It's those small interactions at work that build affective trust and that is why a combination where people work partly from home and from the office must be the future,” she continues.

“

Clients don't come falling into our laps; it's about going out there and knocking on doors, proving your worth and doing sales work

”



Leadership and workplace productivity etc. are also in focus for Mette's first book: 'How to Make Yourself Promotable – 7 skills to help you climb the career ladder'.

"It's a book for those who are ready to step up into people leadership roles."

With the help of this book one can pursue a promotion that is truly fulfilling, and find one's calling - based on one's values.

When asked specifically about what advice Mette would give as best approach to become a skilled leader, she responds that there are loads of different things that one can work on – and gives an example where the authenticity idea shines through: "I had a talk to young girls from the age of 15 to 21 - and told them: 'Focus less on studying and more on the things you learn outside of school!' Of course a lot of parents will be very upset with me when I tell their daughters to focus less on their studies. But I'm very convinced that we don't learn the skills for being a leader at school; it's what we do outside of it; when we decide to be a volunteer, when we become the captain of a football team, when we get

a part-time job etc. Maybe this is one of the advantages of Covid; we've got more students working here in Singapore because a lot of foreign workers no longer get visas or do not want to stay here anymore. The cafes and the supermarkets need to employ students; they cannot function otherwise. Taking such responsibility and actually doing these chores make you grow. Towards leadership. And mentoring others is already one thing that helps a lot on that path."

"One of the main definitions of good leadership is probably that you know what you want to do in your life. And if it is something that has a purpose for the greater good, and you learn how you can inspire other people about this purpose - that's already leadership because you get people to follow you," adds Mette.

She loved writing that book and Mette is now contributing to other books, where there are three in the pipeline. "It's a way of making some of things that you know available to a much bigger audience so that others are going to benefit from it."





“
*As an entrepreneur
I can deal with a certain
dose of constant change,
but I can't plan and
sometimes it gets too
much and I wish for
more stability.*
”

Then, there is the volunteer-based initiative Key-Note Women Speakers (KWS), where she is on a mission to give more women voices to speak up on stage, and bring more diversity onto the speaking stages worldwide.

“We all stand to benefit from diversity and inclusion. When there are more diverse ideas brought to the table we can pick the best ones, build upon them and get better results. That's why we need more diverse speakers out there, and rather the whole bandwidth of whatever under-represented groups', or 'diversity groups', out there should be represented.”

KWS train women who are already thought-leaders and experts in Singapore and make sure that they have the skills to inspire also from a stage. They also provide those who are already speakers with a platform for increased visibility. Finally they reach out to companies and conference organisers who need women speakers or to propose the female alternative where there is a very male-dominated agenda.

Mette explains that in this initiative she gets a lot of goodwill from being non-profit, while she hopes society can change so that doing good can also be profit-driven.

“Luckily the trend is out there that companies need to look after not only their profit but also people and the planet with a purpose. I run our businesses around purpose and people; as for planet I don't really have much of an impact because it is centred on people. So I want to do more social entrepreneurship – which is what I

strongly believe in – and right now, whatever activity I have focuses on doing good.

This also goes for the Inclusive Leaders Institution, which she describes as a platform in its start-up phase set up to provide information on inclusion.

“We are a very diverse group of experts on diversity and inclusion coming together to make sure that we are providing perspectives from all over the world. That is our main aim. Inclusive leadership often equals focusing on gender equality in this part of the world. In Singapore that is one of the biggest issues being discussed right now and in Asia in general as well. And it makes sense because 50% of the population is female and that is not reflected in our leadership levels in the companies. However, inclusive leadership goes much further. Inclusion means that you accept people, listen to their ideas, value, respect, and include those ideas - , regardless of where these come from. It's about accepting everybody regardless of their background and whatever 'diversity label' that we have. There is still an intensive race discussion to be held around Asia.”

Collaborations with researchers within the universities are being considered. We are looking forward to being able to travel and get together again and make a launch, including with our new book on the shelves in 2022.

IKEA Singapore announces a range of new sustainability offerings

IKEA Singapore has announced a range of new sustainability offerings and initiatives from food to furniture. They have expanded to more products made of waste materials, natural fibres like bamboo and wood, and textiles that are responsibly produced in a sustainable industrial environment. At the same time they are striving to ensure that by 2025, 50% of main meals offered in the IKEA Restaurants will be plant-based, significantly increasing the range of affordable, nutritious, and delicious food choices available to customers.

IKEA Singapore has announced a new partnership with leading classifieds marketplace Carousell, to deliver a first-of-its-kind Second-hand Showroom and an incentivised rewards programme.

From 21 April to 30 June 2022, IKEA and Carousell will reward customers that take steps towards extending the shelf life of IKEA products through secondhand transactions or by engaging in free-cycling. For more information, visit [IKEA.sg/secondchances](https://www.ikea.sg/secondchances).



Singaporean politician to discuss climate action progress in Denmark



Singaporean politician, Grace Fu, who has been serving as the Minister for Sustainability and the Environment since 2020 will be in Copenhagen, Denmark from 12 to 13 May for the May Ministerial Meeting on Implementation which will mark the 30th Anniversary of the United Nations Framework Convention on Climate Change (UNFCCC).

This visit to Denmark will happen after she has visited Switzerland where she will attend the 51st St. Gallen Symposium to participate in a plenary session, titled "When Investors Join Forces: the New Drivers of Political and Sustainable Change."

Aside from the meetings, Fu will also go to the Netherlands from 7 to 10 May to learn about the latest Dutch innovations on sustainability. Her trip there will include visiting coastal protection infrastructure, chemical and waste recycling facilities, and food science research institutes.



A day at Jin Wellbeing County

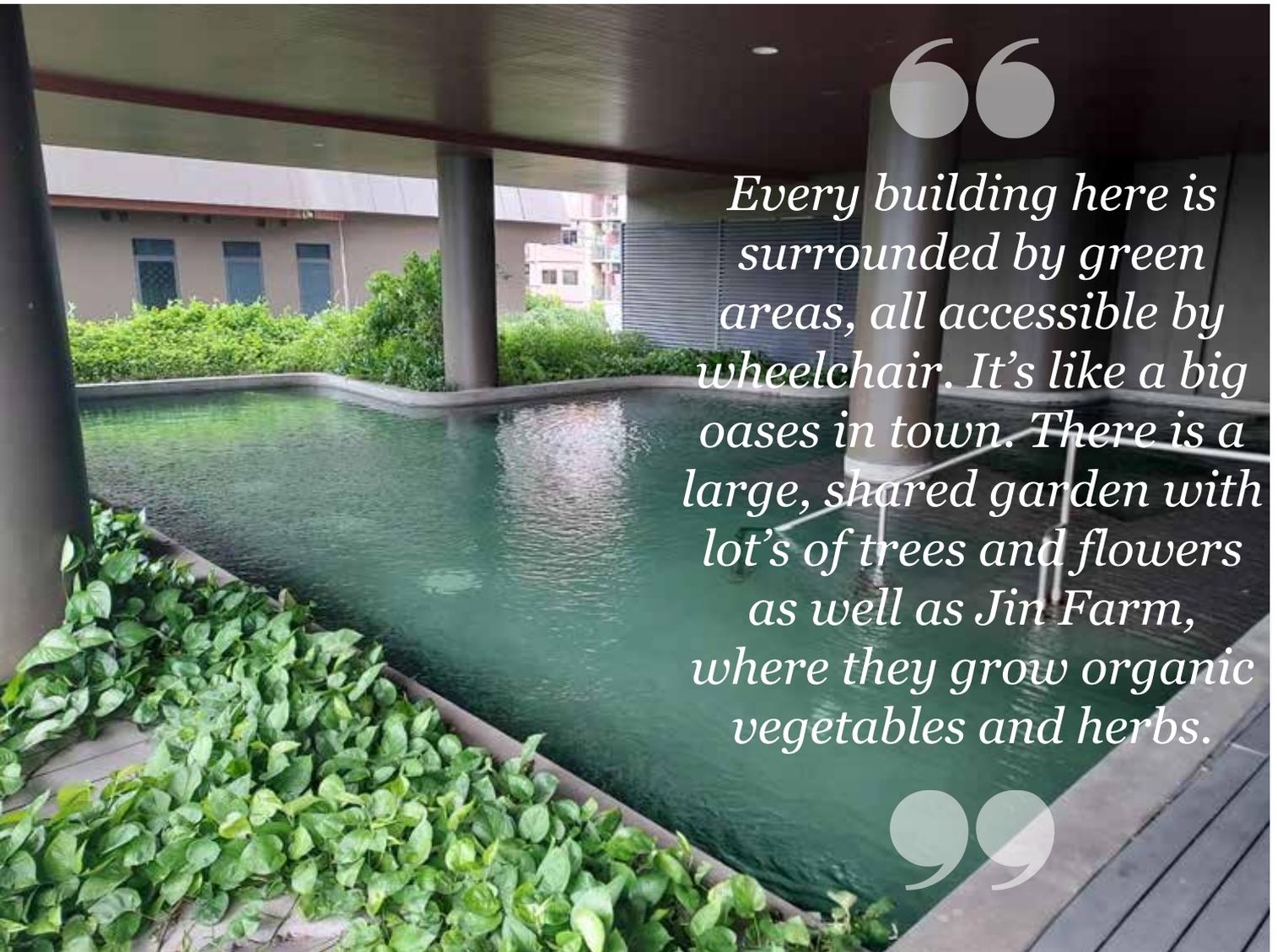
To talk about getting older and retirement is something most of us like to postpone, but before you know it, you are there.

By Agneta de Bekassy

On a sunny Friday morning, the Thai-Swedish Chamber of Commerce (Swecham) invited to a visit at the Jin Wellbeing County in the Rangsit area. It took us not longer than 30 minutes by bus from Phrom Phong.

The CEO of Thonburi Wellbeing is the Thai/American man Mr. Tim Lertsmitivanta, but we were welcomed by the Swedish manager, Björn Richardsson and his staff.

This unique project was developed by Thonburi Wellbeing Company Limited and opened 3 years ago. It consists of 5 low-rise condominium buildings, not higher than 7 floors, with a total of 494 units, 2 wellness buildings and the Thonburi Burana Hospital with 55 beds.



“
Every building here is surrounded by green areas, all accessible by wheelchair. It's like a big oases in town. There is a large, shared garden with lot's of trees and flowers as well as Jin Farm, where they grow organic vegetables and herbs.
”

Here you buy your own apartment or, you can also rent. There are different kind of apartments, one bedroom, 2 bedrooms and if you wish a bigger place, you can buy 2 apartments and connect them. All rooms are with universal design, an have nurse call buttons to the hospital, which has an emergency team on stand-by 24 hours. Residents can also buy packages with nurse care options in their own apartments.

In the near future there are plans for additional larger units, and maybe even free-standing villas. In addition, construction of a brand-new general hospital that will service the north of Bangkok.

Every building here is surrounded by green areas, all accessible by wheelchair. It's like a big oases in town. There is a large, shared garden with lot's of trees and flowers as well as Jin Farm, where they grow organic vegetables and herbs. If you wish to find out if you have “green fingers”, the staff at Jin Wellbeing happily give you your own little plot to plant.

One wellness building house consists of a Wellness clinic & Spa, as well as a fully fitted gym with aerobic and yoga rooms, and is staffed by professional sports scien-

tists who are in charge of both rehabilitation programs and private classes. There is also a salt-water pool with wheel chair access where they have aqua aerobics and hydro-therapy, as well as hot and cold plunge pools. The changing rooms have both sauna and steam rooms.

The second Wellness building houses a nice restaurant on the ground floor with a delicious buffet to choose from, as well as a-la-carte dishes. The second floor has a meeting room and a large cooking school with a kitchen every Michelin Chef can dream of, where you can join in cooking classes. There is even a ball room located on the 4th floor, which has a huge film screen and sound system for movies and karaoke.

Thonburi Burana Hospital is an elderly care hospital that offers rehabilitation and elderly care. They have several packages available for elderly care, and you can also get nursing in your own condo unit.





If you are in need of surgery, it will be done in one of the Thonburi group hospitals, and your recovery will be at Jin Wellbeing. Until now, people have also come to recover and rest after been sick with covid. There are even special rooms done for patients with Alzheimer; a disease where it's of great importance that the patients feel like home and are familiar with every corner. You can also come here for rehab after injuries or surgeries, as the hospital staff are able to help you in all possible ways. The medical care is under the sharp eyes of Dr. Thewika.

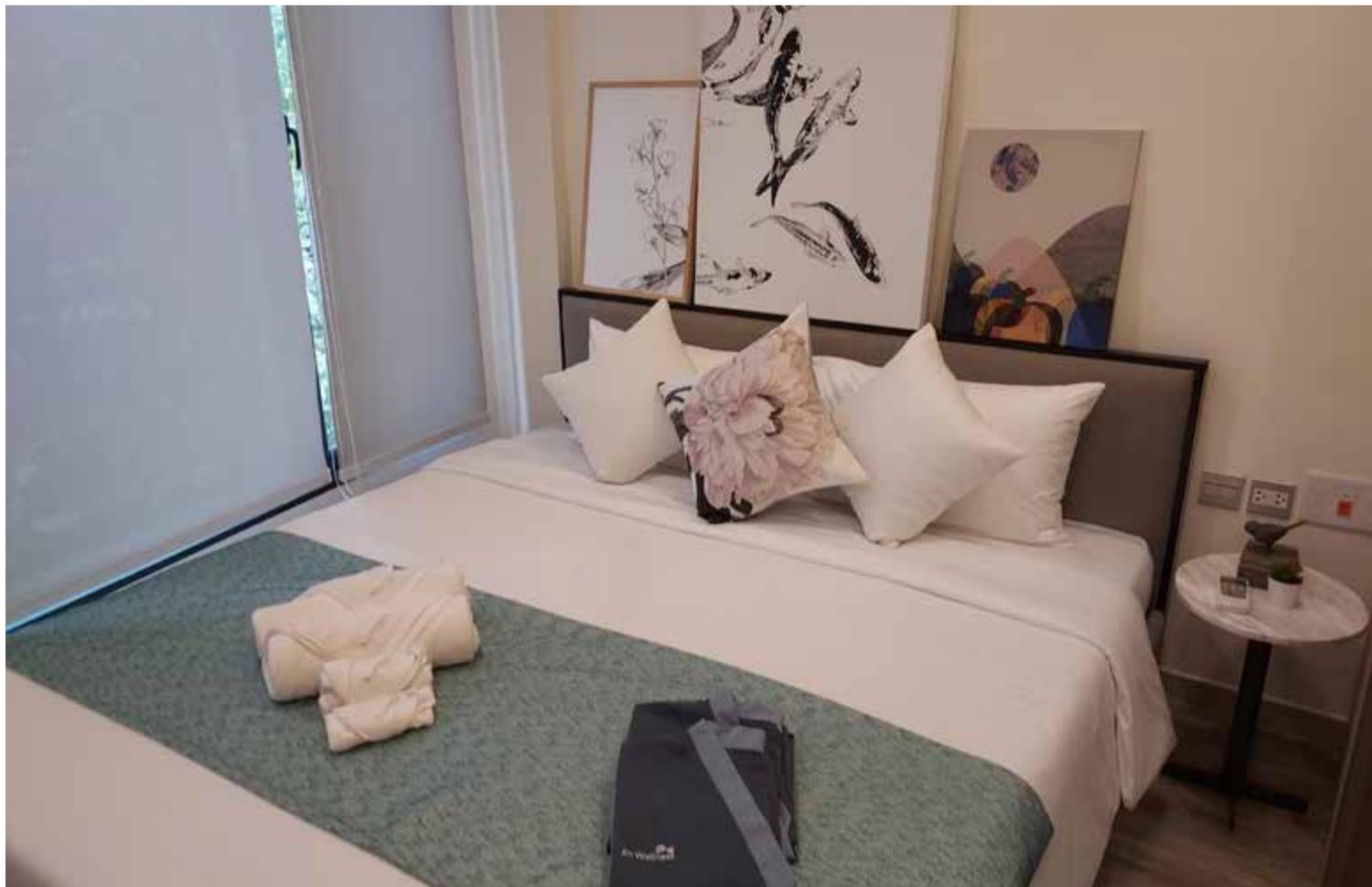
This is a place built to make your life easy and pleasant. Focus is on enjoying life whilst living a healthy and happy life. There are all kind of daily activities, if you are a yoga fan, fine enter the yoga room and have a nice time, if you like to exercise, let's get help from a PT (Personal Trainer) to find out what will be the best for you and your body. There are also music and art therapy classes, and many more activities. If you are a golf enthusiast, there is an indoor Golf simulator as well as an outdoor chip and putting area.

When you expect visits by your children and grandchildren, there is even a large colourful playroom for the young ones.

The list of everything you will find at this place, can be made very long.

Let me say, here you come to "LIVE AND LET DIE".

You can move in when you are in your 50s or later when you feel you need comfort and support and want to meet other like-minded people. The well-educated



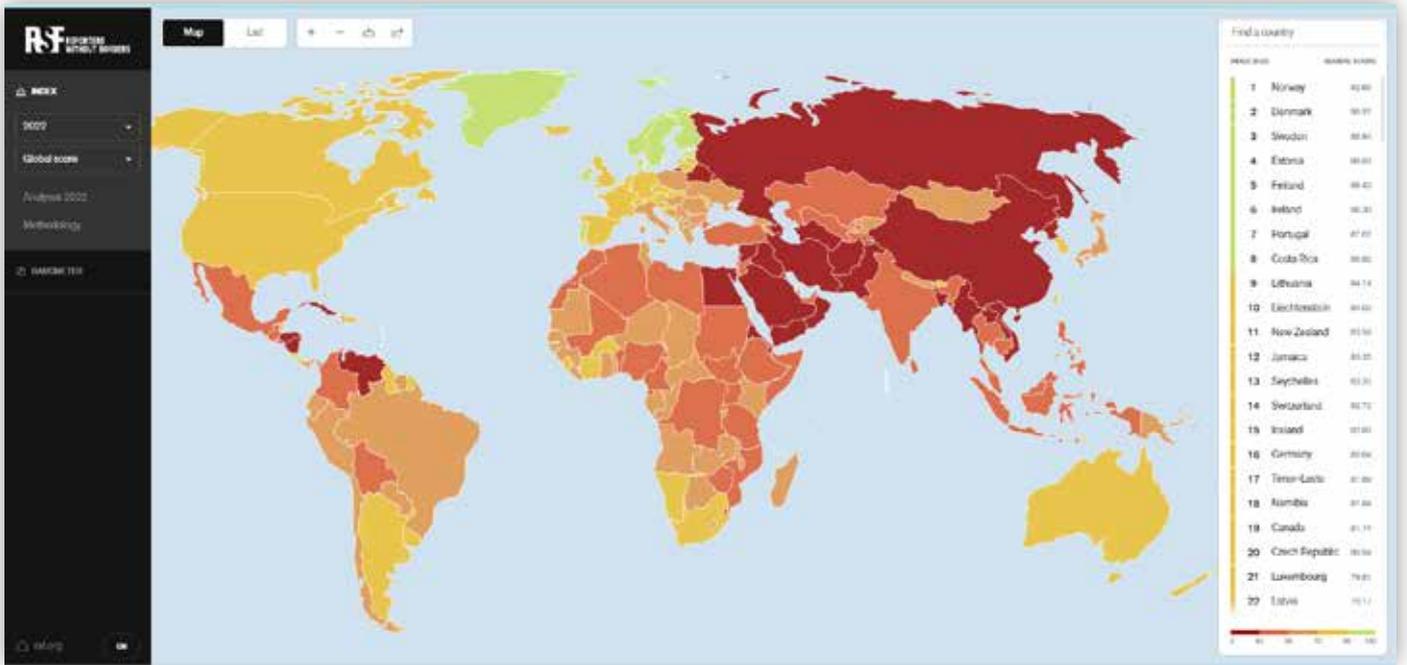
staff will give you all the attention and comfort you need, whatever it might be. You can live here when you are feeling healthy and movable, but you can also count on being in good hands until you take your last breath. The hospital staff can look after you 24 hours a day and you can even have a wrist-band where they can see on a screen if you happen to fall somewhere and are in need of immediate help.

If you would like to find out more about Jin Wellbeing, do not hesitate to contact them at (062-802999) or contact GM. Mr. Björn Richardsson (086-0708004). If you consider to invest in a condominium, give the sales manager Khun Nutthamon (Phueng) Samathi a call (089-134-7247). I highly recommend you to go for a day visit to see with your own eyes how thoughtful this place has been constructed. Currently there are mostly Thai and Americans living at Jin Wellbeing, but people from any country are most welcome. Many of the staff speak good English, and the idea is to create an active lifestyle community to make it a place for everyone, no one should feel lonely or odd.

“We will look after each other as a big, happy family”
Mr. Richardsson’s words.

www.jinwellbeing.com

A thank you to the Swecham for a very well and nicely organised daytrip and to Björn Richardsson for the delicious lunch and tour.



A new era of polarisation

The 20th World Press Freedom Index published by Reporters Without Borders (RSF) reveals a two-fold increase in polarisation amplified by information chaos – that is, media polarisation fuelling divisions within countries, as well as polarisation between countries at the international level.

The 2022 edition of the World Press Freedom Index, which assesses the state of journalism in 180 countries and territories, highlights the disastrous effects of news and information chaos – the effects of a globalised and unregulated online information space that encourages fake news and propaganda.

Within democratic societies, divisions are growing as a result of the spread of opinion media following the “Fox News model” and the spread of disinformation circuits that are amplified by the way social media functions. At

the international level, democracies are being weakened by the asymmetry between open societies and despotic regimes that control their media and online platforms while waging propaganda wars against democracies. Polarisation on these two levels is fuelling increased tension.

The invasion of Ukraine (106th) by Russia (155th) at the end of February reflects this process, as the physical conflict was preceded by a propaganda war. China (175th), one of the world’s most repressive autocratic regimes, uses its legislative arsenal to confine its population and cut it off from the rest of the world, especially the population of Hong Kong (148th), which has plummeted in the Index. Confrontation between “blocs” is growing, as seen between nationalist Narendra Modi’s India (150th) and Pakistan (157th). The lack of press freedom in the Middle East continues to impact the conflict between Israel (86th), Palestine (170th) and the Arab states.

Media polarisation is feeding and reinforcing internal social divisions in democratic societies such as the United States (42nd), despite president Joe Biden’s election. The increase in social and political tension is being fuelled by social media and new opinion media, especially in France (26th). The suppression of independent media is contributing to a sharp polarisation in “illiberal democracies” such as Poland (66th), where the authorities have consolidated their control over public broadcasting and their strategy of “re-Polonising” the privately-owned media.

The trio of Nordic countries at the top of the Index – Norway, Denmark and Sweden – continues to serve as a democratic model where freedom of expression flour-

ishes, while Moldova (40th) and Bulgaria (91st) stand out this year thanks to a government change and the hope it has brought for improvement in the situation for journalists even if oligarchs still own or control the media.

The situation is classified as “very bad” in a record number of 28 countries in this year’s Index, while 12 countries, including Belarus (153rd) and Russia (155th), are on the Index’s red list (indicating “very bad” press freedom situations) on the map. The world’s 10 worst countries for press freedom include Myanmar (176th), where the February 2021 coup d’état set press freedom back by 10 years, as well as China, Turkmenistan (177th), Iran (178th), Eritrea (179th) and North Korea (180th).

RSF Secretary-General Christophe Deloire said: “Margarita Simonyan, the Editor in Chief of RT (the former Russia Today), revealed what she really thinks in a Russia One TV broadcast when she said, ‘no great nation can exist without control over information.’

“The creation of media weaponry in authoritarian countries eliminates their citizens’ right to information but is also linked to the rise in international tension, which can lead to the worst kind of wars,” Deloire said.

“Domestically, the ‘Fox News-isation’ of the media poses a fatal danger for democracies because it undermines the basis of civil harmony and tolerant public debate. Urgent decisions are needed in response to these issues, promoting a New Deal for Journalism, as proposed by the Forum on Information and Democracy, and adopting an appropriate legal framework, with a system to protect democratic online information spaces.”

New way of compiling the Index

Working with a committee of seven experts* from the academic and media sectors, RSF developed a new methodology to compile the 20th World Press Freedom Index.

The new methodology defines press freedom as “the effective possibility for journalists, as individuals and as groups, to select, produce and disseminate news and

information in the public interest, independently from political, economic, legal and social interference, and without threats to their physical and mental safety.” In order to reflect press freedom’s complexity, five new indicators are now used to compile the Index: the political context, legal framework, economic context, sociocultural context, and security.

In the 180 countries and territories ranked by RSF, indicators are assessed on the basis of a quantitative survey of press freedom violations and abuses against journalists and media, and a qualitative study based on the responses of hundreds of press freedom experts selected by RSF (journalists, academics and human rights defenders) to a questionnaire with 123 questions. The questionnaire has been updated to take better account of new challenges, including those linked to media digitalisation.

In light of this new methodology, care should be taken when comparing the 2022 rankings and scores with those from 2021. Data-gathering for this year’s Index stopped at the end of January 2022, but updates for January to March 2022 were carried out for countries where the situation had changed dramatically (Russia, Ukraine and Mali).

Asia - Pacific

In Asia - Pacific, press freedom has deteriorated dramatically, as evidenced by two major events. In Burma, the military coup of 2021 led to an extremely harsh repression of journalists. As a result, the country, ranked at the low end of RSF’s World Press Freedom Index (176th of 180), has become one of the world’s largest prisons for media professionals. In Afghanistan (156th), the Taliban’s seizure of power has further worsened conditions for reporters and news organisations, who are the targets of all forms of intimidation and violence.

The Asia-Pacific region, which holds more than half of the world’s population, is also affected by more structural issues. The first of these is the policy of absolute



Christophe Deloire is Secretary General and Director General of Reporters Without Borders (RSF) and Chair of the Forum on Information and Democracy.



control of information by the government. While North Korea (180th) is the worst country for press freedom, China (175th) continues to extend its information control model not only within its borders, but also beyond them. Thus, the semi-autonomous region of Hong Kong (148th), now controlled by Beijing, has registered the steepest drop in ranking (68 places) in the 2022 Index. The governments of Vietnam (174e) and Singapore (139e) have also tightened their grip on the media.

In countries reputed to be more democratic, the media face pressure from increasingly authoritarian and/or nationalist governments, such as India (150th), Sri Lanka (146th), and the Philippines (147th). Some critical journalists are targets of intense harassment campaigns, such as the one aimed at Nobel Peace Prize laureate Maria Ressa.

This region's media also fall prey to the growing control of large industrial groups, whose influence encourages the self-censorship of journalists and editorial staff, as is the case, for example, in Japan (71st), South Korea (43rd), and Australia (39th).

Conversely, the free exercise of journalism plays a major role in the consolidation of emerging democracies, as in Mongolia (90th), Bhutan (33rd), and East Timor (17th). Having developed institutional safeguards against political and economic influence, New Zealand (11th) is a model in the region.

Europe

In Europe, while Norway (1st) remains at the top of the World Press Freedom Index, the region shows significant disparities, and conditions on both extremes have evolved considerably. Estonia (4th) and Lithuania (9th) – two former Communist states – are now among the top ten, while the Netherlands (28th) no longer is. And Greece (108th) has replaced Bulgaria (91st) in last place in Europe.

These developments and disparities reflect three main trends. First, the return of journalist murders in the EU: Giorgios Karaivaz, in Greece, and Peter R. De Vries, in the Netherlands, were gunned down Mafia-style in the centre of two European cities. Those responsible for the murders of Daphne Caruana Galizia in Malta (78th) and Jan Kuciak in Slovakia (27th), carried out before 2020, have still not been convicted. However, these two countries have made some progress in the fight for justice and in press freedom reforms.

In addition, journalists – falsely equated with the government – have faced virulent hostility from protesters against public health measures aimed at tackling the coronavirus. In Germany (16th), France (26th), Italy (58th), and the Netherlands, journalists were physically attacked, and they faced insults and threats of all kinds throughout the continent.

Finally, some EU and neighbouring governments have intensified draconian laws against journalists, especially in Slovenia (54th), Poland (66th), Hungary (85th), Albania (103rd), and Greece. Serbia (79th), for its part, scored points in the fight against impunity. And the governments of the Czech Republic (20th) and Bulgaria (91th) loosened their grip on the press following changes in government. The United Kingdom (24th) set itself apart in the case of Wikileaks publisher Julian Assange, by paving the way for his extradition to the United States (42nd) after more than two years of legal proceedings. RSF has fought for the Assange case not to become a dangerous precedent for journalism and press freedom around the world.

European institutions have started to implement protective measures for journalists and press freedom, and they have launched proceedings against Hungary (85th) for violating European law. Yet they have banned media that disseminate Russian propaganda in the context of the invasion of Ukraine (106th) launched by Vladimir Putin without an appropriate legal framework, which risks being a pretext for retaliatory actions against the European media.

Source:

<https://rsf.org/en/rsfs-2022-world-press-freedom-index-new-era-polarisation>

Christophe Deloire is a French journalist who has been secretary-general and executive director of Reporters Without Borders (RSF) since 2012. He ran one of the leading French journalism schools, the CFJ, from 2008 to 2012, and was an investigative reporter for the politics and society sections of the French news magazine *Le Point* from 1998 to 2007.

Vietnamese victims of human trafficking won't talk



The District Court of Ostrobothnia in Finland arrested a local greenhouse entrepreneur from Närpes on probable cause on suspicion of exploitation and attempted human trafficking of Vietnamese workers, HBL reports.

Crime Commissioner Hannu Kortelainen from the Helsinki Police's human trafficking group says that the entrepreneur is firstly arrested for suspicion of human trafficking and secondly for suspension of exploitation of the Vietnamese workers.

In January, a case about the systematic and long-term import of Vietnamese labor in Närpes emerged. A local mediator in Vietnam is said to have taken between 10,000 and 20,000 euros per person to get his compatriots to Finland where they were forced to work 15 hour days. The Vietnamese workers which include couples and families with children are suspected of being victims of extortion and possibly human trafficking. Previously, three Närpes residents from Vietnam have

been detained in the case, but the last one of them was released last week. This is the first time that police have confirmed that a local greenhouse grower is also suspected of the crimes.

Throughout the investigation, the police have had challenges in getting the victims to talk.

According to the police, there are several dozen victims in the case, that is, Vietnamese workers who have paid threshold money to work in Finland.

Preliminary investigation leader Hannu Kortelainen at the Helsinki Police Department, says that it is difficult to give an exact figure on the number of victims as a large proportion are silent.

"We suspect that a large part of the Vietnamese community has paid the threshold for working in Finland. But only a few are plaintiffs," Hannu Kortelainen says in an email to Yle.

There are many reasons why it is difficult to get potential victims to testify. According to Kortelainen, the

victims' testimonies in such cases can be the only way to get some kind of clarity on what happened.

"They are clearly aware that the activities that have taken place in Närpes are not legal, but in their culture, this is not necessarily condemnable. It has been done for years," Kortelainen says.

"Both within the Vietnamese community in Finland and in Vietnam, there is a perception that those who arrange jobs for their compatriots and demand money, do so because they are benefactors who help their fellow human beings out of poverty," says Kortelainen.

The fear that the work and residence permits would be revoked and that the victims would be forced to return to their home country is also a possible reason why they do not dare to come forward.

"The dream of a better life is shattered then and because this is usually why you went abroad in the first place, you would rather keep quiet than risk losing it," Kortelainen says.

Danish delegation witnessed the opening of the Cebu-Cordova Link Expressway

Danish Ambassador Grete Sillasen and staff from the Danish Embassy in Manila participated during a visit to Cebu

on 27 April in the opening of the Cebu-Cordova Link Expressway (CCLEX).

Philippine President Rodrigo

Duterte led the inauguration ceremony and representatives of Danish consulting firm COWI also attended the event.

COWI served as the owner's engineer for the project's developer Cebu Cordova Link Expressway Corporation, a subsidiary of Metro Pacific Tollways Corporation. The Cebu-Cordova Link Expressway will be the third bridge connecting mainland Cebu and Mactan Island. It is expected to serve at least 50,000 vehicles daily and spur economic growth in the Visayas region by facilitating tourism, mobility, and trade.



Finnlines welcomes first hybrid RoRo new-build from China

Finnish shipping company Finnlines took delivery of Finneco I, their new roll-on/roll-off hybrid vessel from China, on 28 April 2022. The ship will be the largest and more eco-friendly ro-ro vessel in the Baltic Sea. Ro-ro vessels are an abbreviation from Roll-on/roll-off and are cargo ships designed to carry wheeled cargo, such as cars, trucks, semi-trailer trucks, buses, trailers, etc.

The Finneco I vessel can carry approximately 400 trailers per voyage, according to news reports.

The ship has the ability to achieve zero emissions during port



calls with a battery power bank of 5 MW as the batteries are recharged during sailing and it also has 600m² of solar panels to further gener-

ate power. Over and above this, an exhaust gas cleaning system will cut emissions and reduce harmful particles in the air.

Denmark and Indonesia discussed defense cooperation

Denmark's Ambassador to Indonesia Lars Bo Larsen met in April with the Commander of the Indonesian National Armed Forces Panglima TNI Andika Perkasa.

During the meeting, the importance of international defense cooperation and possible closer relations between Denmark and Indonesia was discussed, according to the Embassy of Denmark in Indonesia.

The Embassy notes that in addition, the Ambassador also highlighted Danish strengths within defense technology and the commitment to transfer knowledge and industry partnerships.



Commander General Andika Perkasa received the Danish Ambassador to Indonesia Lars Bo Larsen. (Instagram.com/@jenderaltniandikaperkasa)

Swedish and Singapore-based online music intelligence companies team up

Singapore-based Musiio, a music intelligence company, founded in June 2018 by Swedish CTO Aron Pettersson and British CEO Hazel Savage, and named one of the most innovative companies of 2022,

will join SoundCloud, Swedish-founded online audio distribution platform and music sharing website. The company will use Musiio to expand its existing music intelligence capabilities and "allow the company

to further leverage its vast data to identify what's next in music trends and talent," a report said.

Savage and Pettersson will join Soundcloud as VP, Music Intelligence and VP, AI and Machine Learning, respectively.

"SoundCloud is not only a legendary household name but also an artist forward business that I believe is the future of the new, holistic music industry," said Hazel Savage, CEO of Musiio. "I am incredibly proud that after 4 years of building Musiio [in Singapore] we are now part of SoundCloud."

SoundCloud acquired the artificial intelligence startup whose AI can "listen" and tag, search and playlist large catalogs of music.





Sweden criticised for allowing burning of Quran

Looking back at the event, the police confusingly concluded that the riots seemed to be targeting the police more than the political extremists.

Sweden protected in April the right of a Danish far-right politician, Rasmus Paludan, to burn a copy of the Quran, the central religious text of Islam, believed by Muslims to be a revelation from God. The book is believed to be the word of God as dictated to Muhammad by the archangel Gabriel and written down in Arabic.

From a Swedish point of view, the burning was an expression of freedom of speech, which in Sweden is considered equally fundamental.

The burning led to unprecedented riots in Sweden.

Paludan and his anti-immigration political party held their demonstration in Linköping, Sweden, and other Muslim-populated areas in Sweden under heavy police protection. Looking back at the event, the police confusingly concluded that the riots seemed to be targeting the police more than the political extremists.

Swedish Prime Minister, Magdalena Andersson, condemned the behaviour but defended the politicians right to freedom of expression.

Several muslim countries condemned Sweden for allowing the burning of the Quran. The Malaysian Foreign Ministry (Wisma Putra) said in a statement that these actions had gone beyond moral limits and norms of the right to freedom of speech and expression. The Indonesian Embassy in Stockholm expressed similarly its outrage at the blasphemous actions and appealed to its citizens and those living in Sweden not to be provoked and to avoid actions that may violate Swedish laws and regulations.

China - a not so muslim country - also had an opinion. The Chinese Foreign Minister, Wang Wenbin condemned the incident saying that "Freedom of Speech cannot be a reason to incite racial or cultural discrimination and tear society



apart." According to the Chinese Global Times, he concluded that China hoped "Sweden can earnestly respect the religious beliefs of minority groups, including Muslims."

The Organization of Islamic Cooperation said the burning raised Muslim concerns of "the alarming trend of Islamophobia perpetuated by extreme right supporters."

Danish Food & Agriculture team visited Carlsberg Brewery Sdn Bhd in Malaysia

The Food & Agriculture team from the Embassy of Denmark in Indonesia visited Carlsberg Brewery Sdn Bhd in Kuala Lumpur during its first official trip to neighbouring Malaysia which is now covered by the embassy in Jakarta.

The Embassy noted Carlsberg's commitment and contribution to achieving the Sustainable Development Goals (SDG), the company's investment in greening, the increasing of local production capacity, and the welfare of employees and the community.



The Embassy added that by upgrading its production facility in Malaysia and expanding its position

as a production hub for Southeast Asia, Carlsberg will further contribute to Malaysian export value.

Danish Tyra II gas site waiting for module from Indonesia



The residential platform on Tyra II, which consists of 7 floors including a helicopter landing site, weighs 5,584 tonnes and is 32.5 meters high. On Tuesday, it was lifted into place 225 kilometers out in the North Sea with the help of the world's largest crane ship, Sleipnir. Photo: TotalEnergies

The largest Danish gas exploration field, Tyra, is now waiting mainly for the processing platform currently under construction at the McDermott shipyard in Batam, Indonesia off the coast of Singapore.

In the second half of 2022, the new 16,988 tons heavy processing

module will start its journey from McDermott's yard, making the modernized Tyra II complete.

Tuesday, 19 April, the world's largest crane vessel Sleipnir lifted the seven floors large living quarters module in its place and over the coming days, welders will secure the installation against the aggres-

sive salty environment in the Danish North Sea reports the Danish media Jyske Vestkysten.

A total of 260 personnel has been onboard the giant crane to carry out the renovated installation which when completed will consist of four platforms and two walkways. To install the processing module, Heerema Marine Contractors' Sleipnir will return to the Tyra field one last time.

"I am really proud of our installation team and our valued and trusted partner, Heerema Marine Contractors, who has once again completed a lifting operation without a single recorded incident. Although we have now reached this important milestone, there is no time to rest on our laurels, as we still have a lot of work to complete offshore," says Lars Bo Christiansen, Deputy Director of the Tyra reconstruction project at TotalEnergies EP Denmark in a press release.



Finnair to fly to 10 Asian destinations next winter season

As travel continues to recover, Finnair has updated its offering for winter 2022-2023. Finnair flies to ten Asian destinations, five US destinations, and 62 European destinations from its Helsinki hub during the winter. Finnair also has direct flights to the US and Thailand from Stockholm Arlanda.

“We are happy to see travel recovering at a rapid pace, and our winter network caters to the needs of both corporate and leisure travelers,” says Ole Orvær, Chief Commercial Officer, Finnair.

Amongst other things, Finnair mentions in this release that in Asia, the airline continues to serve Delhi, Singapore, Seoul, and Tokyo Narita with daily flights connecting to Finnair’s extensive European net-

work. Finnair also flies to its new destination Mumbai four days a week, to Hong Kong 7 times a week, and to Shanghai once a week.

Holiday travelers to Thailand enjoy up to 14 weekly frequencies to Bangkok, three weekly frequencies to Phuket, and two weekly frequencies to Krabi. Finnair flies to Bangkok and Phuket also from Stockholm Arlanda with two weekly frequencies to each destination. Due to the closure of Russian airspace, Finnair continues to suspend flights to Tokyo Haneda, Nagoya, Osaka, and Sapporo for the winter season.

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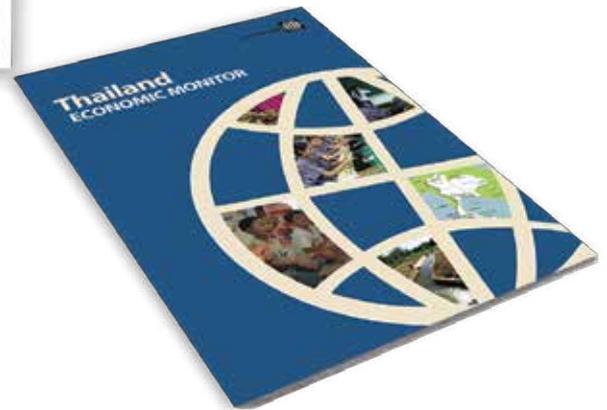
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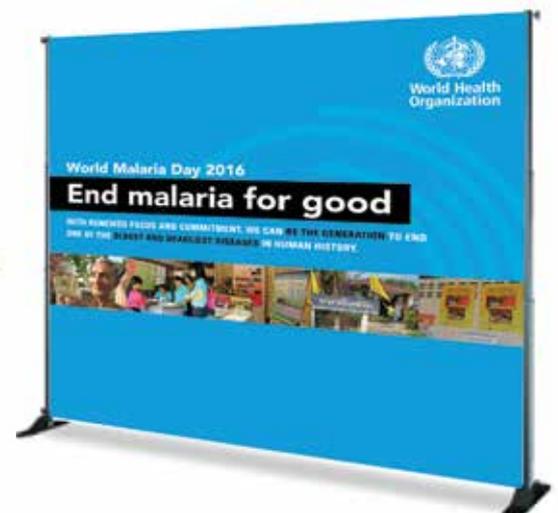
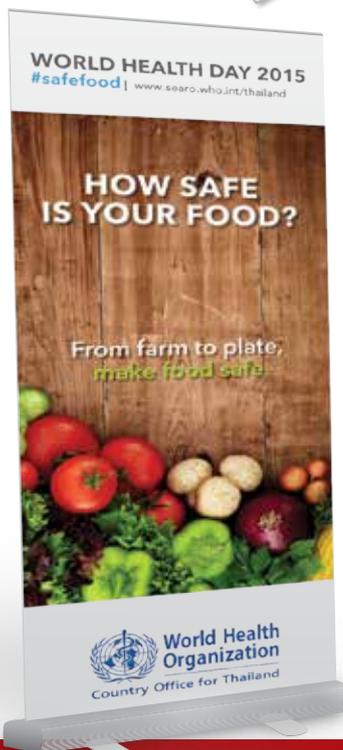
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