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PROSTATE CANCER SCREENING WITH 3D BIOPSY TECHNOLOGY



Prostate cancer screening is essential for older men. The higher the age the greater the risk. So, the sooner you are diagnosed, the quicker you are treated – before it has spread and causes problems in your daily life. To this end, there has been perpetual development on prostate cancer diagnosis techniques. One of these is the application of 3-dimensional imaging technology that is used in MRI fusion with trans-rectal and trans-perineal ultrasound for prostate biopsy procedures, enabling accurate and speedy diagnoses.

Biopsy Using Magnetic Resonance Imaging (MRI)

Once the doctor has determined through blood test that the patient's prostatic specific antigen (PSA) is at an elevated level, which indicates a high possibility of prostate cancer, the doctor will recommend a biopsy. For both MRI fusion with trans-rectal and trans-perineal ultrasound for prostate biopsy procedures, the surgeon uses magnetic resonance imaging technology to help guide the process in real-time. During the procedure, the surgeon inserts a small ultrasound probe through the patient's rectum to clearly identify the location of the problem area for biopsy. Then, while being guided by the ultrasound magnetic imaging system, the surgeon passes a needle into the prostate to precisely retrieve tissue for biopsy. This is a huge advantage over the previous technique through which the surgeon could only take random sample tissues from the prostate, and the resulted biopsy might not be sufficiently accurate such that the patient sometimes had to return for additional procedure.

Advantages of the screening

- Prostate cancer screening result is clear and accurate.
- Prostate cancer can be discovered quicker.
- Enables treatment of early prostate cancer conditions.
- The patient's quality of life improves after treatment.
- Urologist can better and more accurately treat the patient.

Disadvantages of the screening

- Time required is relatively long, as there are many steps:
 1. Undergoing magnetic resonance imaging (MRI) process.
 2. Requires a radiologist using a computer to outline location of the prostate and precisely identify the problem area for biopsy.
 3. The patient's health must be evaluated.
- General anesthetic is required for the procedure.
- Patients in some categories cannot be screened using MRI – e.g., patients who have artificial heart valve implants or joint replacements because they can interfere with the magnetic waves, etc.
- If applicable, patients must stop taking blood thinning medication 7 days before the procedure.
- At least 1-night hospitalization.
- May require the use of urinary catheter for at least 1 day after the procedure.

Prostate Cancer Treatment

Prostate cancer treatment should primarily be guided by a specialist. The sooner the treatment commences, the better it will be for the patient. There are numerous methods for the treatment, such as radiotherapy, hormonal therapy, chemotherapy, and laparoscopic radical prostatectomy. It will depend on the symptoms, severity and size of the cancer, as well as the patient's health condition.

When it is quickly identified, prostate cancer will not affect your daily routine very much. However, if it is ignored, the cancer may become so severe that it will be difficult to treat. So, it is essential that you undergo prostate cancer screening as recommended by your doctor.

Information by

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A WORLD OF OPPORTUNITY

From her thirteen-year career as a Bangkok Patana gymnast, Evelyn Cannon has established fulfilling relationships with her peers, developed a resilient mindset and grown as an athlete. These will all contribute to her holistic well-being as she pursues a degree in biomedical science. Read about Evelyn's journey of growth:



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Moving Thailand Forward

Thailand is voting for its next Government this month. All eyes are on the possibility that the Pheu Thai party along with Move Forward Party might form a coalition that would capture more than the 376 seats needed in the parliament to form Thailand's next government

The Parliament consists of only 500 members, but the Senate consists of members appointed by the current power holders and they are likely to cast their 250 votes for a continuation of the current political parties behind the current government.

That is why the people's votes may not end in a people's government unless they can muster this overwhelming majority of 376 seats in the 500 member Parliament.

Should it happen, though, it is worth remembering that previous Pheu Thai governments were in no way more democratic than the current government and in no way less corrupt than the current government. Painful as it may seem to some, it might be better for Move Forward Party not to soil themselves by entering a coalition with Pheu Thai. Other parties, such as the Democrat Party or the Bhumjaithai Party, could be more traditional Thai politics partners for Pheu Thai.

However, even if a new coalition were to secure a majority in the Parliament, they would still need to negotiate with the Senate and potentially other parties to form a government. In practice, this means that the balance of power can be influenced by factors beyond just the number of seats held by different parties.



Gregers Moller
Editor in Chief

ScandAsia

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"Because Scand-Media is Your Partner in Communications"

Finland launches new “Work in Finland” website



Photo: Embassy of Finland in Kuala Lumpur.

The Embassy of Finland in Kuala Lumpur recently urged anyone interested to check out the new “Work in Finland” website.

Maybe you were looking forward to working in Finland and

wished to view a list of job openings, or you might have wanted to learn more about why you should choose to work in Finland or you simply wanted to find out how to get started – whatever the reason

was, visiting the website, you would face with all needed information in one place.

According to the “Work in Finland” website, Finland offers economic and social stability, good work-life balance, and close proximity to nature and it is furthermore possible to read about how it is to live in Finland.

The website has been launched with the intension of catering potential expats’ needs.

Find the website here: <https://www.workinfinland.com/en/?fbclid=IwAR292IIY7AGXlaj9lejAITWFI4gBwaKw2nAlIjQ3BpJaIzEPUrNgJ5sjs>

Source: <https://www.facebook.com/FinnishEmbassyKualaLumpur/>

Taiwan could be attacked in 2027

Taiwan’s foreign minister, Joseph Wu, said during an interview on LBC’s Tonight with Andrew Marr that there is the possibility of conflict with China to happen in 2027.

“We are taking the Chinese military threat very seriously...I think 2027 is the year that we need to be serious about,” Wu said.

According to the Guardian, China’s foreign minister, Qin Gang, said on Friday that both sides of the Taiwan strait belonged to China, and that “those who play with fire on Taiwan will eventually get themselves burned.”

After Wu’s interview, there have been comments saying that Taiwan is trying to boost support from the west ahead of a possible invasion.



Photo: Pexels.com

Wu highlighted the relationships of the UK and China saying that “even though the UK is looking at China as an economic opportunity in the long run”, an attack on Tai-

wan would affect the UK negatively.

“Therefore we need to look at a comprehensive way for the UK, Taiwan and other countries to come together,” Wu added.



SAS will reopen Bangkok route

SAS will reopen a route from Copenhagen to Bangkok, the capital of Thailand. The airline announced the news in a press release on Tuesday, May 2. The announcement of the planned reopening comes after a nine-year break in SAS flights to Bangkok.

SAS opened a route to Bangkok in 1949, but in 2014 the route was closed.

According to airline, the opening of the route is still awaiting approval from the authorities.

The route will only be operating during the winter season. The first departure is scheduled for October 30 this year. Flights to Bangkok will depart on Monday, Wednesday and Friday from Copenhagen air-

port. The return flight departs on Tuesdays, Thursdays and Saturdays. On the route, an Airbus A350 aircraft with room for 300 passengers will be flown.

According to airline media check-in.dk, the change is to adapt the program to the increased demand for holiday travels.

"The Bangkok route will be a perfect place to start if you want to continue to the rest of Thailand. It is a good solution for both business and leisure travelers," says SAS CEO Anko van der Werff.

SAS is currently facing a number of problems. The company is in the process of a so-called chapter 11 process, which is a form of bankruptcy protection that is proceeding

in the US. Therefore, the company comes up with monthly statements, and in March it ended up with a deficit of DKK 263 million.

Fra Lippo Lippi returns to Manila for two-night concert



Per Øystein Sørensen (born December 13, 1961) is a Norwegian singer and songwriter, best known as the vocalist of the new wave band Fra Lippo Lippi.

Concert promoter DMC Philippines announced that Norwegian Fra Lippo Lippi will be staging another show in the country on June 16 and 17, 2023, at the Santa Rosa Sports Complex in Laguna.

The Norwegian pop act, fronted by lead vocalist and keyboardist Per Sorensen, will return with a two-part concert.

Fra Lippo Lippi made a name in the '80s for producing classic tunes such as "Everytime I See You," "Beauty and Madness," "The Distance Between Us," "Angel," among others.

After bassist and founding co-member Rune Kristoffer decided to call it quits, Per Sorensen kept the band's music alive through live concert tours all around the world. The Philippines are one of its regular stops.

Swedish sportswear brand has launched first flagship store in Bangkok

Swedish sportswear brand Craft has entered the Thai market and opened its first flagship store in Bangkok.

Craft Sportswear Thailand Co was recently established. The company has registered capital of 72 million baht, to become the authorized distributor of Craft in Thailand on a 10-year contract. This is according to Kwanpong Chuenrudeemol, the managing director of Playground 360 Co.

The flagship store spans 152 square meters on the first floor of Siam Discovery mall, and opened on April 16.



Siegfried Andersen Leadership Seminar in Kuala Lumpur

The Danish Chamber of Commerce Malaysia (DanCham Malaysia), will be hosting Siegfried Andersen's upcoming leadership training event in Kuala Lumpur from 23-27 October, 2023, at Sunway Resort & Spa.

Siegfried W Andersen is a renowned specialist within leadership. More than 20,000 leaders worldwide have taken his courses in Leadership.

Siegfried W. Andersen is known and respected for his unique ability to bring out the best in people, teams, and organizations. As a coach to boards and CEO's, he is in high demand globally. He has previously served as a consultant and advisor to some of Denmark's most successful leaders.



For more information on the event, contact Amos Y.C. Wong, Executive Director of DanCham Malaysia at: executivedirector@dan-cham.org.my

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Novo Nordisk experiences big profit rise due to obesity drug



Danish Novo Nordisk reported Thursday, May 4, a 39% increase in first-quarter profits, due to the company's sales of obesity treatments.

From January to March, net profit reached 19.8 billion DKK (\$2.9 billion) while sales grew 27% to 53.4 billion DKK. Both figures are exceeding analyst expectations.

The Danish company in particular experienced a rise in sales of its obesity medications Wegovy, that went up 211% and Ozempic that rose 59% in the quarter.

These treatments have gained popularity as they lead to greater weight loss than other drugs available until now.

"The prescription trend for the drugs (particularly in the US) highlights the need for people living with obesity," said CEO Lars Fruergaard Jorgensen in a statement.

In mid-April, Novo Nordisk said it was now expecting a revenue increase of 24 to 30% for the full year. This is compared to an earlier forecast of 13 to 19% back in February.

Both drugs use a molecule called semaglutide that mimics a hormone that can slow down the emptying of the stomach and thereby reduces appetite.

Recently, health experts have voiced concern over Ozempic becoming a social media phenomenon.

Many users have called it a "miracle" treatment for losing weight fast on various platforms.

Volvo sales grow 10% in April due to high demand in China

Sweden-based Volvo Cars said on Wednesday, May 3, that sales increased by 10% in April to 51,976 cars. The rise in sales are mainly boosted by strong gains in China.

Volvo Cars said in a statement that sales in China were up 46%. In Europe, its biggest market, sales were up 5%, while in the U.S. they were down 4%.

The carmaker's shares were down 1% in early trade.

Volvo Cars states that sales of fully electric cars nearly doubled to account for 17% of total sales. All recharge models, also including those not fully electric, were up 28%.

Volvo Cars is a Swedish multinational manufacturer of vehicles, which is majority-owned by Chinese Geely Holding.



Volvo to cut 1,300 office jobs in Sweden to reduce costs

The Chinese-owned Volvo Cars of Sweden announced on Thursday, 4 May 2023, that it will cut 1,300 office positions or

about six percent of its employees in Sweden in an attempt to reduce costs.

According to AFP, CEO Jim

Rowan said in a statement that cost-cutting measures taken last year had started to "bear results" but "it's clear that we need to do more."

"Economic headwinds, increased raw material prices and increased competition are likely to remain a challenge to our industry for some time," Rowan said.

Moreover, the company said that in the upcoming months, Volvo has planned to do global cost-cutting to reduce costs and increase efficiencies in all its operations.





Chinese company to build Europe's largest anode factory in Sweden

Shanghai-listed Putailai (PLT) is investing \$1.3bn in a Swedish factory. The factory will be Europe's largest factory for manufacturing anodes, a crucial part of the batteries that go into electric vehicles.

The plant is located in Sundsvall in central Sweden where it will take advantage of the country's green electricity.

Northvolt, the Swedish start-up that has become Europe's leading player in batteries, will be the factory's first main customer.

People close to Northvolt suggest that buying anodes from Sundsvall could cut the company's carbon footprint by more than 90

per cent compared with importing them from China.

"An important part of Northvolt's strategy to create the world's greenest battery is to invite subcontractors to produce materials and components on fossil-free electricity grids and in line with Europe's high environmental standards," said Alexander Streif, head of supply chain management at Northvolt.

PTL is among the four biggest Chinese groups in the sector that together account for roughly half the global market.

Danish solar company interested in investing in Philippines

Obton A/S, a solar company based in Denmark, is interested in making investments in the Philippines reported The Manila Times.

Obton's interest has grown following the announcement of the Philippines' Department of Energy (DOE) on the relaxation of foreign ownership restriction on Renewable Energy (RE) projects, The Manila Times wrote.

It is planning to explore more RE markets that have been auctioning their solar capacity when offered to prospective investors.

Apart from offshore wind development, the solar part of RE developments has also been attracting interests from Danish investors, according to Philippine Ambassador to



Denmark Leo M. Herrera-Lim.

He said, "We would want to see more of these kinds of Danish companies as well as there's several investment funds that operate out

of Denmark – CIP (Copenhagen Infrastructure Partners), Copenhagen Energy and then on the solar side..."

Vietnamese seafood exports sets new record in 2022



Despite huge challenges, the seafood sector in 2022 posted a new record in export value of 11 billion USD, up 24% year-on-year and 22% higher than the year's target of 9 billion USD.

Currently, Vietnam is the world's third largest exporter after China and Norway. Norwegian seafood exports was 14 billion USD in 2022 - not too far ahead of Vietnam. According to Vietnam Plus, the country's export markets included the US, Japan, China, and the EU.

Though, affected by inflation, the seafood industry could face an instant drop in the first quarter of 2023 and is unlikely to recover until at least the second quarter of the

year, said Le Hang, communications director of the Vietnam Association of Seafood Exporters and Producers (VASEP).

Therefore, she recommended exporters to also explore other markets in ASEAN countries, the Middle East and the Comprehensive and Progressive Agreement for Trans-Pacific Partnership (CPTPP) countries, reported Vietnam Plus.

Source: <https://en.vietnamplus.vn/seafood-exports-reach-record-11-billion-usd-in-2022-challenges-ahead/246538.vnp>

Chinese Midea Group explores taking over Swedish Electrolux



Chinese Midea Group is exploring a potential acquisition of Electrolux, says people close to the company.

Midea made a preliminary approach in recent weeks to the Swed-

ish high-end brand about a possible transaction, said the sources. Electrolux has so far not been receptive to the proposal.

Midea has been interested in Electrolux for some time and would

only want a friendly deal, the sources added. Other Asian appliance makers including Samsung Electronics have also looked at the Swedish business.

Stockholm-based Electrolux's B shares jumped almost 16 per cent on Friday, April 28. This gives the company a market capitalization of US\$4.3 billion. Midea shares are up about 10 per cent this year, valuing it around US\$58 billion.

Buying Electrolux would add to previous overseas acquisitions by Midea. The Chinese company, which is based in Foshan in Guangdong province, bought a controlling stake in Toshiba's home appliance unit in 2016. It acquired German robot maker Kuka a year later, which triggered concerns in the German government.

Icelandic-Chinese "Laufey" tours Asia Pacific

The Icelandic-Chinese artist, Laufey (pronounced Lay-vy) will start her tour of Asia Pacific in May 2023 in Manila in the Philippine and in Taipei, Taiwan. The tour goes on to Indonesia, Singapore, Japan, and Australia (Sydney and Melbourne) in June. In most cities tickets to her concerts have already been sold out.

Laufey's full name is Laufey Lín Jónsdóttir. She spent her childhood between Iceland, China and Washington, D.C., and speaks Icelandic, Mandarin and English.

Most of her youth she has spent in Reykjavik with her Icelandic



Photo: Laufey's Instagram account.

jazz-loving father and her Chinese mother who moved to Iceland to play with the Icelandic Symphony Orchestra. Because of her parents, Laufey developed a fascination for the likes of Ella Fitzgerald and Billie Holiday at an early age. She describes herself her musical style - characterized by others as a mixture of jazz pop and bedroom pop - as modern jazz.



Singapore companies competing to operate city train lines in Sweden

Singaporean companies SMRT and publicly listed ComfortDelGro Corp are competing to operate metro lines in Stockholm, Sweden, reports AsiaOne.com.

Stockholm is planning to expand its three-line metro network, which will come into service from 2025.

The existing network is operated by Hong Kong's MTR, whose contract is up to 2025.

The operations add to the existing three lines that is already covering seven routes, 100 stations, six depots and 108km of partly underground trackway. The plan is to expand with a further 30km of trackway and 15 stations, as well as adding a fourth line.

SMRT Corp has partnered with France's Transdev Group to vie for the Stockholm Metro operations.

"This strategic partnership with Transdev, which has a strong local presence in Stockholm and is already today operating trains, buses, and ferries in the area, signifies two operators leveraging engineering and operations expertise to deliver a world-class metro system in the region of Stockholm," said, Lee Ling Wee, president of Strides International Business, according to AsiaOne.com.

ComfortDelGro, the Singapore-listed transport giant, told the Singapore Exchange in late February that it had joined hands with British transport group Go-Ahead and Swedish fleet maintenance group EuroMaint Rail AB "to explore commercial opportunities in Sweden".

The company has later clarified that this was for the operating rights to Stockholm Metro lines. The company would not say more.

When asked if the current operator MTR would also compete for the new operating rights, its spokesman said that the metro operating contract would be up for re-tendering soon. He then added, that the company is making preparations to bid.

MTR first assumed an eight-year operate-and-maintain contract on Nov 2, 2009. On Sept 8, 2015, the Stockholm County Council extended MTR's contract for a further six years, covering the period from 2017 to 2023. In December 2021, the council further extended this contract until 2025.

MTR Nordic, which has other transport operations in Stockholm, posted revenue of close to \$935 million in 2021.



Kim Alexandersen – first Thai-Nordic Chairman of Thai Nordic Association

Kim Alexandersen was elected new Chairman of Thai Nordic Association (TNA) at the 104th Annual General Meeting on April 4, 2023. Historically, he is the first Chairman with family roots both in the Nordics and in Thailand.

“

I am half Thai and half Danish, so it is a good start in answering why I have chosen to spend my extra time on the Thai Nordic Association.

”

By Miabell Mallikka Smedegaardp

Kim was born in Thailand and is the son of a Thai mother and a Danish father – both long time members of the society. His father, Leo Alexandersen, was the chairman of TNA around 2008, and his mother Eid Alexandersen, just became an honorary member for her long-time dedication to the community.

As Kim steps in to his local bar, the Witch’s Oyster Tavern in Phloen Chit, he is immediately recognized by several people at the place. It is hard not to notice him, since he is almost several heads taller than most people in the room. His friendly face, which is a harmonic mix of Danish and Thai features, is passing around smiles to everyone he knows.

Ties to many countries

Unlike most people with Scandinavian blood, Kim likes the heat and chooses to sit at a table outside, from where he shares his story.

When he was six months old, the family moved to Nigeria for two years. Then they spent four years in Jakarta, Indonesia and after that, they came back to Thailand for six years, which was around the time where Kim was in middle school.

The family then moved to Belgium for four years, where Kim went to boarding school at the age of 17. After that, he did a sabbatical year before attending college in Canterbury, England.



The 104th AGM of TNA. In the middle is Kim’s father Leo Alexandersen, who was elected to conduct the meeting. To the right of him you have outgoing chairman Lasse Staalung and then Kim Alexandersen, about to be elected new Chairman of TNA.



You have 24-hours a day. You spend around 8 of them working. 8 of them sleeping, and then you have approximately 8 hours left. Some of that time you spend on eating and other necessities, but whatever is left of those eight hours is your time. You have to be very careful how you choose to spend that time. Do I want to sit at home and do nothing, or do I want to go out and meet people?



“My sister Nina and I asked our parents if we had done something wrong? Why they had chosen to take us from Thailand where we had everything, to Belgium where we had nothing,” he shares with a nostalgic laugh.

It was the best of times, it was the worst of times

The move was really hard for the family, who then found out, that the father’s job was actually in Sweden and not in Belgium. He therefore had to go to Sweden on weekdays and then he would come home to the family in Belgium during the weekends.

When Kim after four years left Belgium to study in England, the rest of the family stayed another two years before his parents moved back to Thailand.

At the University in Canterbury, Kim studied history and history of art, after which he took a master’s in international relations. He then by a coincidence got a job in London, where he for two months would be knocking on people’s doors trying to get them to buy something.

“It was probably the worst time of my life. It was really hard for me. The job was 100% commission and I had no money. I had approximately 1 pound to live on per day. So, I could buy a can of beer or a double bacon cheese burger from Burger King. It was a very hard choice sometimes,” he shares.

“London is a fun city when you have money, but when you don’t, you just feel like that kid in that Christmas movie, who dreams of being able to afford to eat. That was me,” he adds, staring down the table in front

of him, while uttering a nervous laugh.

It was that job that forced Kim to find a new occupation, which somewhat by coincidence, led him into the real-estate business.

“Not something I chose”

Today, he works for CBRE, which is the largest real-estate consultant in the world. The clients are also among some of the biggest companies worldwide. A firm he has now worked for 13 years.

“At the job interview at CBRE, I told them that I would take the job to at some point be able to move back to Asia. So going into real-estate was not something I chose. It just kind of chose me.”

After a year and a half, he moved with the company to Hong Kong where he stayed for seven years, before he had the chance to move to Bangkok in 2018.

After two years the company went through restructuring and his position was abolished. In order to get a managing position as the one he had, he would have to consider moving to Singapore, which Kim had no interest in doing.

“There was a time where I thought I would return to Thailand to retire, but then it dawned on me, why wait? My family is here so why not enjoy being able to spend time with them while my parents still have the energy? I had only just moved back. I was just starting to recognize it all and I love it so much here. Including the Scandinavian society that I grew up with, so I wasn’t interested in moving.”



TNA's 104th Annual General Meeting

Getting back to the Thai Nordic Association

When Kim first came back to Bangkok, it was initially his mother who convinced him to become a part of the Thai Nordic association. A community that his parents have been a part of for as long as he can remember.

"My mother said quite quickly that I should come. If nothing else I could get free food, so why not I thought. Before I knew it, I was on the board!" he says with a laugh.

He started as vice-chairman at a time where it was uncertain whether the organization would survive. This was one of the main reasons why Kim allowed himself to be persuaded to contribute.

"I am half Thai and half Danish, so it is a good start in relation to why I have chosen to spend my extra time on the Thai Nordic association."

Back then, Kim had a more demanding job and time was more limited. His main responsibility as a vice-chair was therefore to plan the societies various events.

"That can of course be time consuming enough. At the last event we did, we had 300 handmade bead-strings, that me and my girlfriend spent a lot of hours on making. At some point I had to pay my girlfriend's cousin 5 baht a string, because it was too much work. I had to outsource it," he says and laughs.

Many visions for the community

Being the vice-chair was mostly about planning events and meeting people. Now he spends hours every week attending meetings, doing administrative work and an-

swering emails, while trying to get people to volunteer and join the board.

"I try to get more women on the board. If it was up to me, it would be 50/50. I've never really thought about it until someone made me aware, that the Scandinavian community has always been considered to be this club of older men. I want to change that."

Changing the associations name is according to Kim, one of the major things he has been pushing for as vice-chair.

"It took almost two years, but I think it is one of the best things that has happened to the community. It makes it more inclusive. We want to create an environment that is safe and comfortable to everyone. No matter race or sex. We want to welcome and include everyone. Thais, Nordics and friends of the Thais and Nordics!"

While we are talking, he gets distracted as he thinks he recognizes a man who has just entered the bar.

"Judging by the way he has his sunglasses on top of his head, I'm pretty sure it's him," he says unable to take his eyes of the man.

Important to have a place to meet like-minded people

Not long after, one of the co-owners of the bar stops by the table to greet Kim. It quickly becomes clear, that socializing and meeting people is a huge part of Kim's life, which is also one of the main reasons why he is so involved with TNA.





Kim and his father, Leo Alexandersen.

“

We want to create an environment that is safe and comfortable to everyone. No matter race or sex. We want to welcome and include everyone. Thais, Nordics and friends of the Thais and Nordics.

”

“We want more young blood in TNA. I think it’s important for younger people to be able to come here and meet like-minded people as well. It worked for me when I first came back here and it can be really hard to meet new people. TNA is one of the best places to do that,” he shares while he takes a sip of his beer.

Besides contributing with the social aspect, TNA has brought Kim more than company. Even though, Kim has never really lived in Denmark, being a part of TNA has made him feel more Danish. As a part of the Scandinavian community, he has learned a lot about Danish culture he says.

Spending summers in Denmark

Kim and his sister Nina used to spend every summer with their grandparents in Denmark from the time where Kim was 7-years-old and his sister was only 5.

The two young children would be put on a plane and then picked up at Copenhagen airport by their aunt when they landed. From there they would fly to Billund in Jutland, where their grandparents would pick them up and drive them to their home in Brødstrup. Here they would stay for around three months every summer. A tradition Kim stuck to from the time he was 7 until he was 22-years-old.

First his grandmother died, after which he continued to go to Denmark and spend time with his grandfather. Later his grandpa died and after that, Kim would go to Copenhagen and spent time with his aunt, uncle and cousin.



Kim at TNA's 104th Annual General Meeting listening to TNA's lawyer, Wichien Harnpraween - Wissen & Co Limited, who is also Honorary Member of the Association.

"I do feel very Danish, but no one sees me as Danish. I also feel very Thai, but no one sees me as Thai. If people feel that way, that is fine, but I feel both," he proclaims.

"I like golf, but I'm not very good at it"

Kim has a lot of hobbies. Among them is the Thai Nordic golf-society which is a huge part of TNA. Not that he characterizes himself as a very great golfer. He only started playing to lure his dad back on the golf-course after he injured his back.

"I like golf, but I'm not very good at it. I just really enjoy being outside, but the real reason why I'm playing golf is because my dad stopped playing golf, due to hurting his back. It used to be one of the things he enjoyed the most."

When Kim first moved back to Bangkok he confronted his dad with the fact that he had stopped playing, even though his back didn't hurt anymore at that point.

"I think it's a very Danish mentality not to do something, just in case that something bad might happen again."

He then figured out a different approach to get his dad back to the golf-court, which was to say that he would like to learn how to play.

"I then told him, that if he would come and pick me up, and drive me there I would pay for the both of us to play. And if he were to hurt his back again, he could always stop playing without having lost any money on it."

That was a deal he couldn't refuse, so the two ended up playing every Sunday for three years.



Kim with ScandAsia editor in chief, Gregers Møller.

Be careful how you spend your time

Among his other hobbies are ultimate frisbee, which is a competitive form of frisbee, that Kim has now been playing for around two years along with Pickleball, which is a newer take on Tennis. Back when he lived in Hong Kong, he played Dodgeball for almost seven years.

"I like playing random sports and I'm fairly good at it to be honest. My main hobby is of course socializing and drinking," he adds with a sarcastic laugh.

By the looks of it, it seems like Kim has a very busy schedule to keep up.

"You have 24-hours a day. You spend around 8 of them working, 8 of them sleeping, and then you have approximately 8 hours left. Some of that time you spend on eating and other necessities, but whatever is left of those eight hours is your time. You have to be very careful how you choose to spend that time. Do I want to sit at home and do nothing, or do I want to go out and meet people?"

A question that he doesn't have to answer. Just by the way he engages with the girl in the bar, as she brings him the check, makes it clear. Kim is a people person, who will always spend his eight hours engaging in something social. Whether it being golf, ultimate frisbee, TNA meetings or events. Kim always chooses to have people around him.



NBAS Executive Director Anders Hegre. Photo: Joakim

Anders Hegre serving Norwegian businesses in Singapore

Executive Director Anders Hegre has steered NBAS (Norwegian Business Association in Singapore) through the challenging Covid-19 years, supported by an engaged board, and come out of it even more vital. Learn more about Anders, his role, and what lies ahead for NBAS as Norway's strong engagement with Singapore continues unabated.

By Joakim Persson



Anders Hegre at SNIC.



It's crucial to not focus on me but on the President and the Board because I can only do as much as they want me to or allow me to do.



It took only a short time, after arriving in Singapore, for Anders Hegre to break his intended sabbatical and start getting involved in the local business community. A smart move, it appears, since it also led to him getting the job as Executive Director of NBAS.

He came to Singapore in October 2018 as a trailing spouse with his wife Leona – who works for Wilhelmsen Port Services – and their daughter.

“I had in mind that after 20 plus years of hard work in Norway, I should have a few weeks of sabbatical. However, on the second day of my sabbatical, I realized that I am too purpose-driven and have too much energy to just lay by the pool or play an occasional game of tennis. So, I started looking around for something and found NBAS,” begins Anders. He holds a Master’s Degree in Political Science and has worked in the public, civil, and private sectors.

He met his predecessor Silje Kalsaas, through his daughter’s school and started volunteering for NBAS.

“It’s symptomatic of Singapore. If you keep your eyes, ears, and mind open and remain humble, opportunities will arise. So many smart, ambitious people are in such a small geographic area. During the first few weeks, we randomly met Innovation Norway’s director, Pål Kastmann, and his family in the park. We would soon be working closely together”, says Anders.

“Then Silje moved back to Norway, and the position of Executive Director in NBAS became available. Perhaps I had some advantage as I had previously done volunteer work for them. Anyway, I applied and was appointed.”

NBAS diversifying

Norwegian business presence in Singapore is traditionally dominated by the maritime, offshore, and energy sectors, but diversification is beginning to bear fruit. The business incubator Antler is a great example. They started out of Singapore in 2017 and are now established in almost 30 countries.

“When you look at NBAS, you can rightfully think we have dominance in maritime, offshore, and energy companies. But we see, to a bigger degree, a diversity of companies coming in. Let me mention Tomra, Nordic Semiconductor, Kezzler, and NeatFrame as examples from the last year, all technology-focused companies. Another recent example is Nordic Formula – a beauty and skincare company aiming at the Asian market.”

NBAS’ membership offerings also stimulate diversity. Start-ups can become members with a reduced fee if they are set up in Singapore. NBAS also has associate company members, overseas members, and individual members.

‘Innovate to Zero’

Team Norway in Singapore is a well oiled machinery comprising the Embassy, Innovation Norway, Norwep, and NBAS.



“

I think it was essential that we managed to maintain our offers to our members and others even if we went into Covid.

”

“We have received feedback that Team Norway works well. In my opinion, this is due to having an ambassador, H.E Eivind S. Homme, who has, from day one, demonstrated in both words and actions that he is an advocate for the business community. The ambassador actively supports Innovation Norway, NBAS, and Norwep, and the three organizations function well in terms of legitimacy, leadership, and execution”, states Anders

“It also helps that all actors understand each other’s objectives as organizations and have an eye for how we can grow the cake bigger. Additionally, there is a lot of passion, competence, and engagement among the people involved, which is an important factor in our success.”

Combined, they organize 40+ high-quality professional and social events throughout the year, benefiting Norwegian businesses and strengthening the relations and collaboration between Singapore and Norway.

Some major events in 2023 include Norway Night, Science Week, SNIC 2023 - Innovate to Zero and the annual Seafood Dinner.

During the week 25-29 September Team Norway will bring together academia and businesses to strengthen innovation and foster opportunities in areas such as aquaculture, sustainable urban development, energy efficiency, digital health, maritime/offshore, and offshore wind.

The week will culminate on 29 September with SNIC 2023 - Innovate to Zero and The annual Seafood dinner at the Fairmont Hotel.

Anders highlights that this week’s events perfectly align with Norway’s export efforts, where a greener maritime industry is one of the focus areas.

No doubt, as two big maritime countries, Norway and Singapore collaborate tightly: “We consider ourselves



The volunteers are crucial for NBAS – here with Trine Aa. Johansen, who did a great effort to host the Seafood Dinner 2022.

maritime and innovation partners, and there is close cooperation both on an institutional regulatory level and the business level. We are building on a history of more than a hundred years, always deepening the collaboration and looking for ways to stimulate new business and innovate together,” says Anders.

Covid times and rejuvenation

Back when Anders entered the NBAS role, initiatives for rejuvenating NBAS had already been set in motion, much thanks to the President, Leonard Opitz Stornes.

“He has big ambitions and visions on how NBAS can be of value to our members and others, and I can relate to his thoughts and ideas. So, I have been happy to try to execute those.”

Driven by Mr. Stornes and board member and marketing professional Rigmor Berthier, NBAS rebranded with a professional identity and a more versatile website that enables the hosting of events, registrations, and publishing of content. In Parallel, Treasurer Torgeir Willumsen has led a process of modernizing the work processes in NBAS.

“When COVID struck, we found new ways of providing value for our members. We came up with podcasts and special insights panels with quite a high level of participation, providing insights on relevant topics for our members. We even managed to use TV studios for best-in-class quality”, exemplifies Anders.

“At the root of this is the thought that a networking organization is here for our members to meet and exchange their experiences and build competence. But it is also a tool to connect with new businesses in Norway and include them in the business community when they enter Singapore and the region,” he adds.



Talent meets industry. Proud to have maritime students and young maritime professionals at SNIC 2022.

“Also, with our great allies in Team Norway, we work to strengthen all bonds between Singapore and Norway. It’s cultural, political, and business - it’s all relations. We have brought that up to a new level, with a holistic view of what this business organization can incorporate.”

“I think it was essential that we managed to maintain our offers to our members and others even if we went into Covid. We wanted to do everything we could to provide value, and after coming out of it to keep the best things we learned under Covid and bring back the best things from pre-Covid - such as the Annual Seafood Dinner,” the Executive Director reflects.

He says that it was initially a challenging period for many member companies, with a few having to leave Singapore. But as Covid went on, they also experienced that the support schemes from the government were very good, making it possible to maintain one’s business.

Anders believes that NBAS has strengthened its role in the process. “I think we have a strong position within Team Norway. And I think we have earned more visibility also in Norway. I think our members appreciated that we had the attitude that we did what we could to support them and provide value. We also kept up holding social events and hosting business lunches at different restaurants. We never stopped - except when you were restricted to two persons. Then I felt like it was more of a date than matchmaking,” he smiles.

“It’s crucial to not focus on me but on the President and the Board because I can only do as much as they want me to or allow me to do. The President is very forward-leaning, and the Board functions as outstanding advisors, and is good at backing up. My contribution is, first and foremost, my drive and energy to execute”, says Anders.

Commenting on the role so far, he says it gives him a sense of purpose, helping out members and creating new opportunities. The SNIC conference and the sustainability agenda - are also super important for him as the father of a young child.

“Working for NBAS has been a very educational and developmental experience. President Leonard Stornes has been like the senior family members from my childhood ski trips, always waiting and pointing out the next mountaintop when you’ve struggled up and thought it was time for a break. I wouldn’t have missed this time for anything!”

And when challenged on the future of Singapore as a hub, Anders says: “From a business perspective, Singapore is purpose-built for business, and they have not strayed from that vision. They built the country using intelligence, drive, and strategic geographic position. However, there are always obstacles to overcome, like the pandemic and rising prices due to an influx of people from China and strong general inflation. To attract talent and business while providing work to their population, they must find a balance on work permits. This has become a hot topic of late.

However, in my experience, Singapore is constantly working to find the right balance and the best solutions in the long run. Our members have also found Singapore an excellent business hub and entry point to the massive Southeast Asia market in many sectors. I do not doubt that it will continue to be so.”



Dining from Penh.278 to Coconut Park

Norwegian Joachim Bekkevold is the owner of two restaurants in the Cambodian capital Phnom Penh together with his former Australian girlfriend. Most of the food is not Scandinavian, but the design of Penh.278 is distinctly Scandinavian and so is the Norwegian salmon that goes into the super fresh sushi served at Penh @Coconut Park.

By Miabell Mallikka Smedegaard

Even though Penh.278 is not a Scandinavian restaurant per se, you still sense the Scandinavian touch by the Norwegian owner, Joachim Bekkevold, as soon as you walk into the place. The long minimalistic room, the wooden tables mixed with concrete walls and industrial inspired lamps in the ceiling. Not to mention the open shelf room dividers that looks like something taken out of a Scandinavian furniture catalog.

A couple of tables are already occupied. Among them the table closest to the open bar, where Joachim casually sits with one of his employees, which gives the whole place a familiar feeling.

Though my visit wasn't planned, Joachim still takes the time to talk to me on the spot. Meanwhile his attentive staff serves me water and coffee.

“Cambodia was the place I felt the safest”

Joachim first came to Cambodia as a Backpacker back in 2008. Back then he was traveling the world, from Asia to South America. When he was done traveling, he started looking for a place to settle down. Since Cambodia was the place, he had felt the safest, he ended up moving to the country in 2012.

After several years working with real-estate in different cities in the country, Joachim and his former girlfriend decided to move to Phnom Penh, due to their two kids.

“Back then, I came to the same café every day, where I would order the same thing. At some point I thought, I might as well start my own restaurant, where I would be able to decide exactly what I wanted myself. That was how the whole idea of this place started,” shares Joachim with a warm laugh.

The two moved to Phnom Penh four years back and after some consideration, they decided to take a chance and started working on Penh.278.



The interior of Penh @ Coconut Park. Photo: Penh.278





Every Sunday, Penh.278 serves a traditional Norwegian Christmas dinner. Photo: Penh.278

Norwegian Christmas dinner every Sunday

Joachim and his now ex-girlfriend, opened the restaurant only two weeks before Covid closed down Cambodia.

"We actually did okay during Covid due to the properties we were renting out and thanks to the fact, that we could still do take-out. We delivered a lot of Pizza's during Covid," Joachim adds.

The pizzas are among the restaurant's bestsellers even though Joachim is Norwegian and his ex-girlfriend/business partner is Australian.

"We don't do much Scandinavian food, except for every Sunday, where we served a traditional Norwegian Christmas dinner. We sell a lot of pork on Sundays. Still, I don't think that anyone around here would want to eat Scandinavian food every day," Joachim explains on why there are not much Scandinavian inspired food on the menu.

From Italy to Japan

Since the opening, the menu has already changed due to

a Japanese friend of Joachim, who joined the business a while back. He insisted of more Asian infused dishes as well as pictures of the food in the menu. A concept that Joachim is now working on changing back.

"I think the menu is too wide. I'm definitely looking to narrow the options down. I also think that one of the mistakes we've made is, that we don't really have a concept. We do dishes from different kitchens which can confuse the guests."

Today, the former couple owns a couple of concepts in town. Mainly Penh.278, the outside garden and Penh @ Coconut Park.

Though the Japanese friend and business partner is now out of the picture, Sushi is still the main attraction at Coconut Park.

"I think I will keep it that way, so Coconut Park will be mostly Japanese inspired and maybe I should stick to the Italian kitchen for Penh.278. It is really popular, but I'm not Italian, so I'm afraid that the Italians around here will come and tell me, how it's supposed to be done," Joachim says with a touch of irony and a sweet laugh.



Nice interior of Penh.278. Photo: Penh.278



Pizza is one of the very popular dishes served at Penh.278. Photo: Penh.278

Focus on sustainability

Where Penh.278 is located in the busy midst of the Wat Langka area, in one of the many small streets, crossing each other like a maze, Coconut Park is more remotely located at Diamond Island by the riverside. To find the restaurant, you have to walk through a small landscape of greenery that makes you forget, that you are still in the capital city Phnom Penh.

Outside you find a big green sign telling you, that you have arrived. A color that reflects Joachim's visions for not just Coconut Park, but for Penh.278 as well.

"I really want to keep the concepts as green and sustainable as possible. That is one of the things I will change now that my Japanese friend is no longer involved. He insisted on using too much plastic, but I will change that."

There is no doubt that Joachim is a perfectionist. As he sits at one of the centered tables in Coconut Park, he notices that one of the many fans in the ceiling, is making a buzzing noise. Something he makes the staff aware of immediately so it can be fixed. But even though his stan-

dards are high, he always treats his staff with kindness. He almost seems apologetic while making the girl alert to the disturbing sound.

Sushi made with Norwegian salmon

In front of him is several plates with sushi so fresh, that it almost feels like it's melting on your tongue. Sushi based on Norwegian salmon; Joachim tells proudly.

One of his friends then joins and the two seems very familiar with the sushi-set-up as they pass around the rolls, while they discuss the everyday life as an expat in Phnom Penh.

As Joachim talks about his plans for changing the menus he makes it clear, that as a Norwegian expat, the small Scandinavian touch is there to stay, as he chooses to hold on to the sushi made with Norwegian salmon and to serve traditional Norwegian Christmas dinner at Penh.278 every Sunday.

Penh.278
Penh @Coconut Park



Jenny Westin shares challenges in Malaysia

Jenny J Westin, Director of MASBA (the Malaysian-Swedish Business Association) and also a long-time resident in Kuala Lumpur talks to ScandAsia about the challenges for Swedish companies in Malaysia post-Covid.

Text and portrait photos: Joakim Persson



It's a fantastic country to be in – the culture, fantastic food and everything else.



Jenny Westin is a mother of two girls, a SWEA member, and also a teacher in the mother tongue at the Swedish school in Kuala Lumpur. Early 2021 she was appointed Director of Malaysian-Swedish Business Association with the uphill task to implement new ways in which MASBA can engage and be useful for Swedish-related businesses and individuals in Malaysia.

Like everybody else, Jenny's husband who is part of a Singapore-based start-up had to adopt a work-from-home lifestyle.

"My husband used to travel to Singapore frequently prior to Covid but then discovered that he could get a lot done also working from home. So he is only away 2-3 days per month and it works fine. We chose to live in Malaysia as a preferred country, a bit more fun to live in and more cost-effective than Singapore."

One of their children is also born in Malaysia, where they have soon spent ten years and have no plans to leave any time soon.

"It's a fantastic country to be in – the culture, fantastic food and everything else," Jenny shares.

"We are comfortable here, with the children in school and with English as their first language. And both are quite good at Mandarin. You do not easily get this opportunity. I must admit though that I get homesick sometimes – to the structured society that is Sweden."

The family normally visits Sweden once a year but was limited to domestic travel during Covid-19. "We like Penang a lot and visit there at least once per year. Penang has a different vibe altogether, and the east coast is also nice. And we are fond of Ipoh, where there's still a lot of the old heritage to be found. Similarly, Melaka is also very nice and beautiful – but more touristy, while Ipoh is more genuine, with a bit roughness to it and with great food."

Jenny also praises Kuala Lumpur as a "fantastic melting pot". However she would like to see less new skyscrapers and more protection of old buildings and architecture.

"But Malaysians perhaps want something else than what we westerners with our love for the colonial style. One must respect that. Many old buildings from the 1930s are unfortunately falling into ruins."

Covid-19 consequences

Another observation the MASBA director has, considering the Swedish business and the expat community, is that it has gradually changed its composition: "There has been a change over the past ten years to a majority of companies having non-Swedish managers. Thus, MASBA cannot rely on its 'Swedish vibe' to attract and keep members. Our work must truly add value to the members, and that has been both a challenge and an inspiration as we have set the course post-pandemic!"

"Companies have realized that certain things can be operated remotely and that they therefore can have one person running more than one country and without necessarily having to be on site," she emphasizes.

During the last four years in Malaysia, the political situation has also been in turmoil.

"This has also meant that it has during periods been more difficult to import foreign staff here. One has had been forced to adapt to that. And the companies are interested in making profits and they are keen on employing locals that usually cost less than having foreigners on the pay roll here. So if one can find qualified employees here it's a win-win. So I am not seeing a great influx of new expatriates, aside a few families here and there."

When physical meetings were once again allowed, people seemed to have difficulty in planning something far ahead, Jenny observes.

"Before, it felt like everyone had a plan for the coming six months. I feel this has changed; it's much more difficult to get people to commit to things. I think the reason is that people are not really back to normal yet. It feels a bit like: six weeks from now anything may have happened! I think Covid-19 took us back quite a lot – when the dynamics in one's daily working life got so disrupted, and for a longer period."

So currently it is a challenge for MASBA actually to get people to sign up for events the that organization tries to arrange.

It is ever so important then to focus on staying relevant which is what MASBA's Executive Committee, under the Presidency of Mr Carl Malmqvist, has been focusing on post Covid.





“I have said that we should strive to arrange networking events with a purpose, where we try to focus on something, a topic that can be for example talent. Then we have to make sure that the member companies bring along their HR people. We must penetrate the companies better. This is an international setting, where we are trying to boost our engagement and get people on different key roles within the companies to join, precisely in order for us to be relevant and in order to do what we consider that we should be doing.”

Sustainability and talent

Feedback on what should be in focus has mainly come via the Business Climate Survey 2022 conducted by Business Sweden and Team Sweden.

“It has formed the basis also for our work, because what has come up as most important in the survey and during the meeting afterwards are the two topics ‘sustainability’ and ‘talent’. That’s where the companies want to engage and work, where there is potential and where they want us to be visible.”

Jenny says there is a need for someone to run the agenda with those topics on a larger scale.

“If we – together with the rest of Team Sweden – can function as an umbrella for these things, it will be very good.”

“MASBA has been looking specifically at the talent topic. What domestic talent is here and what is lacking? We have a feeling there is a mismatch between those newly graduated versus what is in demand, leading to many companies setting up internal education programmes. And of course they must have those for specific

things but then comes the question if those educations also cover topics that would have been covered by colleges and universities. If that is the case we can communicate to the government that maybe some education block might be missing instead of every business running its own internal education.”

Such education by companies also cost them money and official certificates cannot be issued so it does not have the same long-term value for the individual, Jenny points out

“We are talking to the companies about this and I participate in Eurocham, as we also collaborate a lot with them as a result of the pandemic – which is only positive. And the government communicated a lot with Eurocham to channel the information out to our member companies. So, EuroCham is our main entry to the key stake holders on the government side.”

As for sustainability, Sweden is good at such solutions and Team Sweden wants to push the country’s excellence within this. Malaysia has implemented new ESG rules. ESG stands for Environmental, Social and Governance which refers to standards that define a company’s behaviour and are utilised by socially responsible investors to evaluate possible investments.

“With the new ESG rules etc. it’s very important to promote that one is sustainability-driven – it must be communicated. And as a company one can boast about how good one is, but it’s a bit self-righteous. If somebody else in a bigger setting brings this up to a higher level – in our case as part of the Swedish branding – the companies have expressed the view that it would be excellent if we could bring attention to that,” continues the director.



Now Business Sweden has also launched 'Pioneer the Possible', partly to help companies already present here to promote themselves in connection to sustainable solutions.

Swecham branding

MASBA has also initiated a pre-study to become a Malaysian Chamber of Commerce by looking at the requirements.

"MASBA... what does that stand for? But if you say 'SwedCham' or 'SweCham' everyone will know that you mean Swedish Chamber of Commerce, so it's a better and stronger brand name, we feel. There is some paperwork and we will need to prove that we operate as a chamber of commerce; that we are a networking platform and deliver to the members what they request, and are well integrated locally and regionally."

"What also happened during Covid-19 is that I got more involved in the Swedcham APAC collaboration, and doing things together, where we can see a large interest in webinars. For us it means we are able to offer our members access to presentations from high-calibre speakers who do not necessarily come to Malaysia. We have a large audience and where webinar is the perfect format. We all learned during Covid how to connect, so that has been a positive outcome from that period."

Online school

Another online benefit, where Jenny has been directly involved, has been to implement remote learning. During Malaysia's lockdowns the children had online school,

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Malaysians perhaps want something else than what we westerners with our love for the colonial style. One must respect that

”

and it was decided that the Swedish school would also go online.

"We were messing around a bit and it took some time for us at the Swedish school, and I must say that I am not so negative towards it."

"I feel the children's basic education should take place in a school environment because they need to meet and interact, but to have one or two online lesson per weeks is perhaps even a positive complement. So for isolated topics it can work. For example now within the Swedish school we run one class online for the older children because then they do not have to travel to Mont Kiara. The traffic here is quite tough and we have children living in Ampang and other parts of the city."

"For many children I think it has been a quite positive experience, especially for parents who want their children to learn their mother language. I've also had to learn this – even old dogs can learn how to sit! – including Google docs editing in real time etc. It puts some other demands on you as a teacher but once you have gotten used to that I think it feels quite O.K.," smiles Jenny.

'Brand Sweden' is clearly important to her and MASBA. She personally bakes and brings along cinnamon rolls every event. Sweden is also back to arranging a National Day in Malaysia instead of a Nordic Day in recent years.

"That represents Swedish branding, and we are quite many organisations that should be able to work in synergy so that we can help each other. And we all work to some extent with Brand Sweden through our conduct."



Losing a spouse makes men 70% more likely to die within a year

Researchers in Denmark, the U.K. and Singapore found, that losing a spouse makes especially men more vulnerable.

According to a new study, researchers in Denmark, the U.K. and Singapore found, that losing a spouse makes especially men more vulnerable. The researchers studied data from almost one million Danish citizens ages 65 and older. They found surprisingly that the younger people were when they lost their partner, the more likely they were to die within a year.

The researchers also found that in the year after losing a spouse, men were 70% more likely to die than men at the same age who did not lose a spouse. Women were only 27% more likely to die compared to the women who did not become widowed.

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Among younger grieving spouses, the increased risk of death doesn't come with an increase in health care spending as it does for older grieving spouses.

”

Why the difference? Study author Alexandros Katsiferis said he could only offer a few theories.

“We do not have the data to accurately answer that question, so we cannot be very confident on the reasons why this phenomenon tends to happen,” noted Katsiferis, a doctoral fellow with the section for epidemiology in the department of public health at the University of Copenhagen.

But he pointed out that elderly widows may be better than widowers at “absorbing the shock, [including] the hurdles of taking care of a sick husband, along with all the needs and quirks” leading up to the husband’s passing.

By contrast, it could be that the “physical and emotional health [of men] relies on the willingness of their

spouse to take care of them,” he added. “So, when their wife is out of their life, you get this collapse.”

Old age in general means a higher risk of death, and couples often share lifestyle habits that play a role in health, like diet and exercise routines. But because of the study’s large size and the long follow-up period of up to six years, the researchers were able to pinpoint specific risk factors caused by the widowhood effect.

Does not affect health care expenses

The study also included data on people’s health care expenses before and after losing a spouse. This metric allowed the researchers to draw connections, including that the increased risk of death among younger grieving spouses doesn’t come with an increase in health care

spending as it does for older grieving spouses. According to experts, this indicates that shock rather than weakness, might be the key hazard for the younger people over 65 who were dying after losing their partner.

Experts also note that this may not apply to all people. In areas of the world with a more collective culture than Denmark, increased social support following spousal loss, or places with a different view on the meaning of death, could affect these outcomes.

It’s also not known whether these findings would apply to non-heterosexual relationships, or relationships between unmarried couples.



Nordic countries rank high for press freedom



Zlatkovsky (Russian Federation) / Cartooning for Peace

Norway ranked highest for press freedom, with a score of 92.65 out of 100, followed by Denmark, Sweden, Estonia, Finland, Ireland, and Portugal, according to Reporters Without Borders.

The group did a quantitative study about media polarization and created the index based on some important keys used in the World Press Freedom Index 2022 and other research to determine which countries are limiting rights of journalists to report freely.

Reporters Without Borders said according to [Yahoo.com/lifestyle/](https://www.yahoo.com/lifestyle/) that press freedom is threat-

ened around the world and media polarization is happening at both local and international levels.

The countries that ranked at the low end of the press freedom scale including North Korea, which received the lowest score, with 13.92. Followed by Eritrea, Iran, Turkmenistan, Myanmar, and China.

The United States scored 72.7, down from 76 in 2021.

Vietnamese agricultural trainee died in a work accident in Denmark

A 26-year-old Vietnamese man was found dead on a farm west of Hadsund, Denmark, on Saturday, April 29, after a work accident. The news was reported in Danish by Nordjyske media based on information from the North Jutland Police.

The man was employed as an agricultural trainee on the farm where he for unknown reasons, fell into a feed mixer and was crushed to death. He was later found by other employees.

The man's relatives in Vietnam have been informed, according to police commissioner Lars Rosenvinge.



The Danish Working Environment Authority has carried out investigations after the accident. The

police are awaiting the results of the investigations.



Participants from travel agencies, charters, and airlines from the Nordic and Baltic market and 16 representatives from hotels and destination management companies from Thailand. Photo by Thailändska Turistbyrå in Stockholm.

“Amazing Thailand Roadshow” in Norway and Denmark promotes sustainable tourism

The Tourism Authority of Thailand (TAT) recently held an “Amazing Thailand Roadshow” in Oslo, Norway, and Aarhus, Denmark to further promote Thailand as one of the sustainable destinations, writes Thailändska Turistbyrå in Stockholm in a press release.

Nearly 30 companies from travel agencies, charters and airlines from the Nordic and Baltic markets joined the Amazing Thailand Roadshow to meet 16 representatives from hotels and destination management companies with a sustainable approach from Thailand.

One of the TAT’s main goals is to create a meaningful travel experience that will not only be meaningful for travelers, but also for the local communities and the environment.

The event showcased travel products, services, and experiences across the country with a focus on sustainable and responsible tourism.

“We aim to deliver fresh new travel experiences through an abundance of tourism products and services which highlight the kingdom’s 5Fs soft-power foundations; Food, Film, Fashion, Festival, and Fight (Muay Thai),” said, Mr. Teerasil Tapen, TAT Executive Director of Europe, Africa and Middle East Region.

By this year, TAT revealed that Thailand is expecting to receive more than 500,000 tourists from the Nordic and Baltic.

Laotian human rights activist not dead



A 25-year-old Laotian human rights activist, Anousa “Jack” Luangsaphom, was falsely reported dead after he was shot

by an unidentified gunman in the After School Chocolate & Bar shop in Vientiane, Laos, a few weeks ago. The Southeast Asia Globe now

says the activist is recovering in hospital. Also, his family and other sources confirmed that he is still alive.

“Friends and family basically told people he was dead because they were worried that if the gunmen knew they had not succeeded in killing him, they would return to finish the job,” Phil Robertson, a spokesman for Human Rights Watch, told the BBC.

According to The Bangkok Post, Jack is the administrator of the Kub Klun Duay Keyboard (Driven By Keyboard) Facebook group that has uncovered and denounced human rights abuses in Laos and called for the end of one-party rule.

Jack’s family is considering bringing him to Thailand for treatment as they are concerned about his safety.

Danish artist’s work becomes evidence in Hong Kong

The Danish artist Jens Galschiøt’s statue “Pillar of Shame” was confiscated by the police in Hong Kong on Friday May 5. The piece is being included as evidence in a lawsuit about “undermining the state”.

The trial is about breaches of Hong Kong’s controversial national security legislation.

The security legislation is a string of laws that China implemented in 2020, after there had been large protests in Hong Kong with demands for more democracy and less Chinese influence.

Since then, several democracy activists have been sentenced to long prison sentences.

Galschiøt’s work has become a symbol for the fight for democracy. The sculpture has been on display at

the University of Hong Kong since 1997, but was removed in December 2021.

The eight-metre-high sculpture depicts a series of twisted bodies stacked on top of each other.

It was made in the memory

of victims of the Tiananmen Square protests in Beijing – also known as Tiananmen Square massacre – in 1989 where hundreds of Chinese demonstrating for increased democracy in China were brutally killed by the Chinese army.





Norwegian preschool chain “Dibber” to open more schools in India



The Norwegian preschool chain, Dibber International, will open one-hundred more schools in India in the next three years.

Since established in 2003 in Norway for children in the age group of 6 months to 6 years, Dibber has presence in ten countries including South Africa, Poland, Dubai, Germany, Latvia, Finland, Sweden, HongKong, and India.

“We’re here for young children of new-age parents who want to stay out of the clutter and come out of the preschool rat race,” said Hans Jacob Sundby, owner and CEO, Dibber.

It currently has 600 schools globally supported by a network of 45,000 teachers. Dibber follows the Nordic approach to education which is respected the world over and focuses on the overall development of the child.

According to The Hindu, the school also plans to expand its branches in Nepal and Bangladesh soon.



Norwegian Jewel is the perfect size to explore Asia onboard a cruise ship with excursions waiting in every port.

Norwegian Cruise Line to resume sailing in Asia after three years

Norwegian Cruise Line (NCL) recently announced it will resume sailing in Asia after more than three years when the newly revitalized Norwegian Jewel makes her grand return to Tokyo on 19 October 2023, followed by Singapore on 11 November 2023.

According to a press release, Norwegian Jewel's extensive six-month Asia season will offer 16 immersive, port-rich itineraries visiting 11 countries and sailing from nine different departure ports, including Tokyo and Yokohama in Japan; Taipei

(Keelung), Taiwan; Bangkok (Laem Chabang), Thailand; Bali (Benoa), Indonesia and Kuala Lumpur (Port Klang), Malaysia.

With cruises ranging in length from 10-14 days, the season features a number of brand firsts: NCL's first departures from Manila, Philippines and Seoul (Incheon), South Korea, as well as six new ports of call:

- Manila, Boracay, Palawan and Salomague, Philippines
- Bintan Island, Indonesia
- Hualien, Taiwan

"After more than three years, Asia is back in a big way!" said Ben Angell, NCLVP and Managing Director, APAC.

"We know our Australian guests can't wait to return to this incredible region and as a smaller ship, Norwegian Jewel is the perfect size to explore Asia's lesser-known ports, while offering all the features we know local cruisers love, including the hit Australian disco and burlesque show, 'Velvet'."

Grundfos expands with new CBS headquarters in Singapore



Grundfos launched in April the company's new global headquarters for its Commercial Building Services (CBS) division in Singapore.

Grundfos is a global leader in advanced pump solutions and water technologies based in Denmark. The move to open a Singapore office is due to an increase of demand for resource-efficient solutions in Singapore, and because almost 56% of ASEAN's population will be urban by 2030.

Grundfos' CBS division delivers water pump systems that serve various functions supporting the successful operation of commercial buildings, including air-conditioning, cooling, heating, fire protection, to wastewater and water disinfection.

Singapore was selected based on its strengths in innovation and talent, and its nationwide commitment to sustainability through its Singapore Green Plan 2030. Singapore's strategic location as the gateway to other ASEAN countries also allows Grundfos to work more closely with customers in these markets.

Recent reports of climate change and rapid urbanization have called for countries to examine their buildings' environmental impact. The region's building sector accounts for nearly a quarter of total energy consumption and energy-related carbon emissions. Especially space cooling is the fastest-growing use of energy in buildings in ASEAN. Being one of the most vulnerable regions to climate change, the sector's sus-

tainability ambitions are high on the region's agenda.

"Locating our CBS headquarters in the heart of Asia is part of our wider business strategy of operating as a truly global company. We also recognize Singapore's strong potential in becoming a hub for green innovation, which aligns with our business focus of driving global sustainability," said Poul Due Jensen, Group President & CEO of Grundfos.



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