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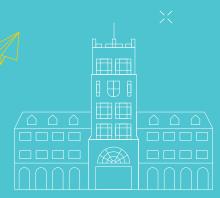








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#### PAY MORE ATTENTION TO 3 WARNING SIGNS of **HEART ATTACK**

Heart attack develops when the supply of the blood to the heart is disrupted or blocked. The blockage is often caused by a buildup of fat, cholesterol and other substances, which form a plaque in the coronary arteries that feed the heart. The severity widely ranges and it might be present as either acute episode or chronic condition. In fact, heart attack symptoms vary, not all people who have heart attacks experience the same symptoms. Nevertheless, it remains important to seek immediate medical attention when any warning sign, regardless of severity, of heart attack exhibits, allowing a timely diagnosis and effective treatment that significantly saves lives.

#### Warning signs and symptoms of heart attack

These 3 signs and symptoms strongly indicate heart attack. If any of them exhibits, medical assistance must be sought right away.

1 Feeling weak, light-headed, or faint. Feeling weak can be an indicative symptom of impaired heart function. The severity is associated with the intensity of activities. The condition is most likely serious if the patients experience weakness while resting without any physical exertion.

Chest pain, discomfort or tightness in the chest. Chest pain or discomfort signifying heart attack is often characterized by sudden pain in the center of the chest which might radiate from the neck to the jaw. Pain or tightness described as crushing pain with pressure might spread to one or both arms or shoulders. If the symptom persists and lasts longer than 20 minutes without timely treatment, it can potentially lead to myocardial infarction which deteriorates theheart function.

Shortness of breath or difficulty breathing when lying down (orthopnea). If shortness of breath or trouble breathing develops when lying flat, it is often a serious sign of heart attack when there is a buildup of excess fluid that creates pressure around the lungs that increases more workload to the heart. The severity of this symptom usually depends on how flat the patients are lying —the flatter they lie, the more they feel short of breath.

#### Cardiac screening is essential

People aged over 35 who pose certain risk factors might be prone to develop coronary artery disease which substantially affects their health in the future. To catch heart diseases at earliest stages, cardiac screening is highly recommended, enabling lifestyle modification and proactive healthcare intervention to promote a better and healthier heart.



#### **Coronary Artery Calcium Scan (CAC)**

Coronary Artery Calcium Scan (CAC) is an imaging test used to detect the atherosclerotic plaque that forms on the artery walls of the heart. This plaque is made up of calcium, fats, cholesterol and other substances. Over time, plaque buildup hardens and narrows the arteries, resulting in limited blood flow to the heart and other parts of the body. This plaque can burst, triggering a blood clot and causing life-threatening events such as heart attack. Coronary Artery Calcium Scan by using computerized tomography (CT) has been used to detect an atherosclerotic plaque, especially in chronic cases. Nevertheless, this imaging test might not be applicable to identify plaque in acute cases in which lesions might be afresh developed. The measurement of calcified plaque derived from the test is firmly correlated to the risk of developing coronary artery disease in the future. As the amount of calcium detected increases, the risk of heart attack relatively increases. Using 10-15 minutes, the interpretation of calcium scoring is principally made by using Agatston Score, a semi-automated tool to calculate a score based on the extent of coronary artery calcification detected by CT scan. Grading of coronary artery disease (based on total calcium score) ranges from calcium score 0 to over 400 which an extensive plaque burden is found and atherosclerosis might be strongly indicated with extremely high risk of developing heart attack or myocardial infarction and coronary artery disease with high degree of occlusion. With or without symptoms, additional tests, interventions and treatments are further required under close supervision of expert cardiologists.

Adhering to the international standard of care and safety precaution, at Bangkok Heart Hospital, treatments and services are provided 24/7 by highly specialized multidisciplinary team in cardiology supported by cutting-edge technology, ensuring the highest degree of effectiveness and safety. For emergencies, cardiac operations and interventions can be conducted without delay.

More importantly, to maintain your heart's health, eating healthy food and refraining from risk factors contributing to heart diseases are the key. For patients with heart diseases, please be advised to strictly take your medications as prescribed while completing all follow-up appointments.

Information by
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For more information, please contact Cardiology Clinic

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# 

### **ScandAsia**



How to pick a kindergarten or preschool?



Finnish education specialist advising Malaysia



**Angsana Phuket** Laguna Resort



Norwegian couple expand eco-friendly concept in Cambodia



**Danish TROFACO** planting trees in Asia



Sanne Sigh working with malnourished children in Cambodia

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#### Fighting the pushers of discontent

n today's consumer-driven world, marketing has evolved into a potent force that consistently implants the belief that purchasing products and services is essential for feeling good and looking good. The pervasive message is clear: you are not good enough as you are, and happiness can only be found through consumption. This endless cycle of materialism leaves individuals in a perpetual state of discontent, as the pursuit of the next acquisition never truly satisfies.

At the forefront of this unsettling phenomenon stands the cosmetic surgery industry, where the desire for physical perfection takes a disturbing turn. Unlike clothing or accessories, cosmetic surgery involves medical procedures to reshape and modify one's body. It is alarming that clinics propagate the notion that individuals are not beautiful unless they undergo treatments like liposuction, rhinoplasty, or breast augmentation. This industry thrives on a toxic narrative that promotes feelings of inadequacy, convincing people that they are inherently flawed and need radical measures to attain beauty.

These merchants of discontent fuel a culture of self-dissatisfaction, perpetuating an unending pursuit of an ever-changing standard of beauty. Those who succumb to these pressures often find that the fulfillment derived from cosmetic enhancements is short-lived, as the desire for more becomes insatiable. This constant quest for perfection is not only emotionally exhausting but also financially burdensome, as the pursuit of physical "improvement" often comes with a hefty price tag.

It is vital to acknowledge the ethical implications of an industry that profits from nurturing discontent with one's natural appearance. The repercussions extend beyond personal dissatisfaction to encompass significant societal implications. When individuals are made to be-

lieve they must conform to a specific ideal, diversity and individuality are sacrificed in favor of uniformity. This homogenization of beauty standards impedes the celebration of differences and uniqueness, perpetuating harmful stereotypes and undermining self-esteem.

As responsible citizens in a consumer-centric world, it is our duty to question and challenge these purveyors of discontent. We must champion self-acceptance, selflove, and the appreciation of our authentic selves. Rather than perpetuating the idea that material possessions and cosmetic procedures are prerequisites for happiness, we should shift our focus toward nurturing genuine connections, promoting mental and emotional well-being, and celebrating the beauty of diversity.

In conclusion, the relentless marketing of products and services as essential components of feeling and looking good is a troubling issue that affects individuals on both personal and societal levels. Cosmetic surgery, in particular, represents the extreme end of this spectrum, exploiting insecurities and perpetuating an unending quest for physical perfection. As conscientious consumers and advocates for self-acceptance, we must challenge this culture of discontent and redefine our priorities to embrace genuine beauty that emanates from within, rather than from the surgeon's table or the shopping aisle.



Gregers Moller Editor in Chief

#### **ScandAsia**

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### Finland launches first digital passport

inland has become the world's first country to launch a digital passport. The digital passport is currently on an experimental basis, but if the experiment is successful, passengers will no longer have to carry physical passports with them when traveling. Instead, they can store the passport on their smartphone.



The digital passport was launched on August 28 and is only available for limited people during the experiment. The service is hoped to aid in reducing long queues at security checkpoints.

Finnish government officials have partnered with the Finnish Police, Finnair, and airport operator Finavia, on the project. For now, only those Finnish passengers who are traveling between the UK and Finland via Finnair can benefit from the digital passport.

### Carlsberg admits to lying about Myanmar

he world-famous Danish brewer Carlsberg now admits to having done business in Myanmar, even though the company earlier has stated, that it had withdrawn from the country.

This is written by the Danish Media Finans. The media has made an internal investigation of Carlsberg's business in Myanmar from 1996-2011. The conclusion was that Carlsberg has violated its own previous announcements. The company has afterwards stated to Finans, that the brewer strongly distances itself from its previous management.

Carlsberg acknowledges, in an announcement on its website, that the company granted a loan to a partner in Malaysia who established the subsidiary called Brewinvest back in 1996.

Brewinvest then entered into a joint venture with two companies, and together they established a brewery called Dagon Brewery Myanmar. The equipment in the Dagon Brewery was installed by Danbrew, which is a Carlsberg owned company.

"Although almost 30 years

have passed, we still strongly condemn the actions of the management at that time. The managers who were involved in the actions are no longer employed by Carlsberg," says the company in the announcement.



### Nordea gets Singapore license

enmark-based Nordea Asset Management has been granted a capital markets service license by The Monetary Authority of Singapore. This allows the Scandinavian company to operate within portfolio construction and serve as a licensed fund manager.

Other activities allowed under the license includes research and advisory, allocation, business development, marketing and client servicing.

Nordea AM has had a presence in Singapore since 2018. In 2021 the firm announced its intention to set up an ESG hub in Singapore.

Singapore and Asia are important growth markets for Nordea



AM, according to Ana Dhoraisingam, head of the Asia-Pacific distribution at Nordea.

"The license will enable the firm to deepen our footprint in the region," Dhoraisingam stated.

### Norway's wealth fund closes China office in shift to Singapore

orway's \$1.4 trillion sovereign wealth fund, is closing its only office in China and moving it to Singapore.

The Norwegian fund has men-

tioned concerns about rising tensions between the United States and China as the biggest geopolitical risk. Still, the fund stated, that the closure of the Shanghai office was



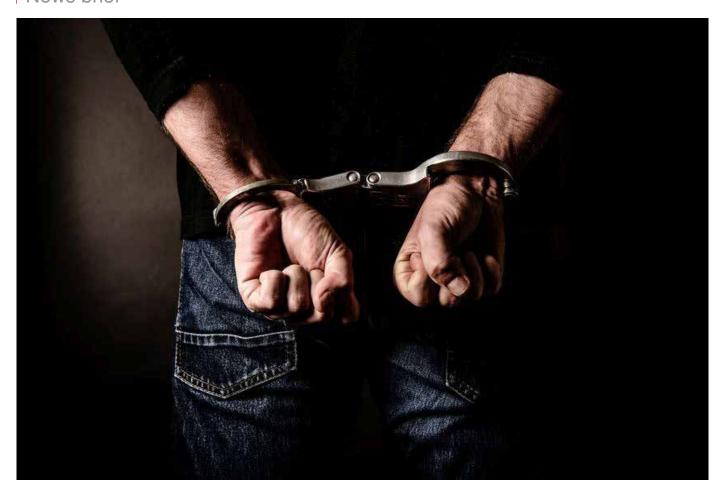
"Our investments remain unchanged. We use a combination of internal expertise and external managers to invest in China and will continue to do so," Trond Grande, the Deputy CEO told Reuters.

The fund held around \$42 billion across 850 Chinese and Hong Kong companies at the end of 2022. This was down from \$47 billion in 2020, where the funds Chinese investments peaked according to available data.

The Shanghai office, which opened in 2007, had eight employees. According to Reuters, the staff reacted harshly to the announce-

Trond Grande told the press, that the fund will ensure the closure is conducted in an orderly manner and in line with local requirements and procedures.





### Malaysian arrested for espionage in Norway

25-year-old Malaysian citizen has been arrested by Norway's domestic security agency, PST, on charges of conducting intelligence against the Nordic country.

PST has disclosed that the Malaysian is a student at a non-Norwegian institute, and has only been in Norway for a short time. While it remains unclear who the young man has conducted intelligence gathering on behalf of, PST 'has no suspicion that Malaysia is behind it.'

Going forward

An order states that his rental car was observed on camera surveillance, and that a signal analysis is carried out in the Government Quarter, by the Prime Ministry and the Ministry of Defense.

The police have also seized a

number of data-carrying devices and electronic items that PST will investigate. Police attorney in PST, Thomas Frederik Blom added, that they are facing a fairly extensive investigation.

The man was imprisoned in early September for 4 weeks, with a ban on visits and general correspondence, as well as two weeks in isolation - which he consented to. He has not, however, pleaded guilty to the charge.

The Malaysian Police has been informed

Not long after the arrest, the Royal Malaysian Police and Malaysia's Home Minister, Datuk Seri Saifuddin Nasution Ismail stated, that they had been informed of the arrest of the Malaysian citizen.

"We are still waiting for the complete report from the Norwegian authorities. For now, they have notified our security forces on the status of the individual and his background as well as certain evidence that they have chosen to share," Datuk told reporters short after the arrest.

He added, that Malaysian police are examining the case closely.

"We will use all instruments necessary in managing the case as it's highly sensitive and involves another country," the minister added.

### Several Southeast Asian countries block import of Swedish pork

he Swedish National Veterinary Institute has confirmed that African swine fever (ASF) has been detected in a sample from a dead pig species, the wild boar, 145km northwest of Stockholm.

This caused Taiwan, a regular importer of Swedish pork, to ban all import and to fine people who brings pork products from Sweden into Taiwan, a minimum of \$6,248.

Just last year Taiwan imported 1,925 tons of pork products from the Nordic country.

Since then, the Ministry of Agriculture in Taiwan has removed Sweden from its list of countries free of ASF. The Central Emergency Operations Center later stated that Swedish pork wouldn't be allowed in the nation, taking effect immediately.

Visitors who bring pork from Sweden and cannot pay the fine will be denied entry into Taiwan.

Other Southeast Asian countries followed suit

Not long after, several other countries blocked imports of Swedish pork. These included Southeast Asian countries like the Philippines and Singapore.

The ban of Swedish pork imports is despite the fact that the disease has only been detected in wild boars, the Swedish Meat Industry Association told AFP.

"The meat poses no danger. I think it's unreasonable, but this is standard procedure for when African swine flu is detected," managing director, Magnus Darth, told AFP.

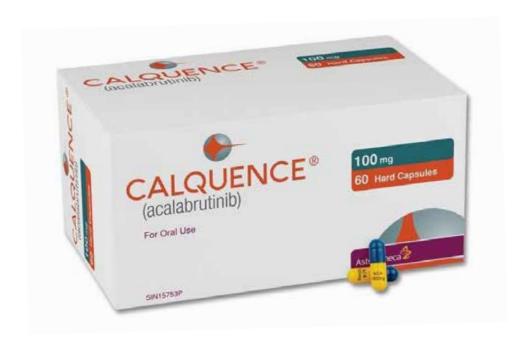


Seven cases of the disease have been detected in dead wild boars since early September. The disease does not affect humans but is highly contagious and fatal for pigs. An outbreak is therefore potentially damaging for the Swedish pork industry.

Sweden exports around 30,000 tons of pork each year. The import stop is expected to lead a loss of income of 50 million SEK (\$4.5 million) per year.



### AstraZeneca's leukemia product approved in China



'he Anglo-Swedish pharma company, AstraZeneca's Calquence product has been approved in China for the treatment of adults with leukemia.

Calquence has been approved for the treatment of patients with chronic lymphocytic leukemia, or CLL, which is the most predominant type of leukemia worldwide, along with small lymphocytic lymphoma, also known as SLL. The product is approved for use assuming the patient have received at least one prior treatment.

The approval is based on positive results from two clinical trials, one global and one local. The local trial showed an 83.3% overall response rate in Chinese patients treated with Calquence.

### Patent expiration in China may threaten Novo's billion-dollar business

ovo Nordisk has established itself in the medicine market with patents that earn billions. Mainly due to the obesity drug Wegovy and the diabetes medicine Ozempic. Both consists of an important substance called semaglutide, and its patent already expires in China in 2026. This will open up the market for much cheaper Chinese copies of the famous drug.

Justin Wang, who is a partner in the global consulting firm L.E.K. Consulting – a specialist in the pharmaceutical industry, explains how the company can lose large parts of the otherwise huge billion-dollar Chinese market for so-called GLP-I agents.



"It will not be surprising if the Chinese players take up to 30% of the market," he tells the Danish media Finans.

Novo Nordisk is believed to have approximately 70% of the Chinese market for GLP-1 agents.

### Polestar plans to release a smartphone in China

he Swedish-Chinese EV maker, Polestar, plans to release a smartphone in combination with the launch of its first car in

"The phone will only be sold in China. There are no plans to sell it anywhere else," says Polestar's press officer, Theo Kiellberg, in a statement.

The phone is a collaboration with smartphone maker, Xingji Meizu, which is owned by Geely. Chinese Geely is also co-founder of Polestar along with Swedish Volvo Cars.

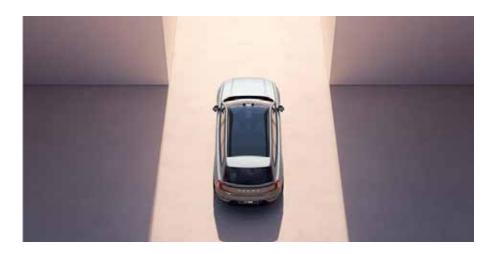
According to Polestar CEO, Thomas Ingenlath, the move is not primarily about gaining market share, but more about improving the user experience.

"The Chinese electric car



market is completely different. The Chinese customers expect a completely different technology in their car than they do in the West. Among other things, it is about the operating system and interaction with the phone," Kjellberg adds.

### Volvo opens new tech hub in Singapore



olvo Car is opening a new tech hub and global innovation center in Singapore. The new hub will be a key center for data and analytics, software and advanced

manufacturing development.

The move is in line with Volvo's ambition to be frontrunner when it comes to new technology and electric vehicles. The Swedish company aims to be a fully electric car maker by 2030.

"This new presence in Singapore will support our in-house technology and software development capabilities," said Javier Varela, Volvo Cars chief operating officer and deputy CEO.

"It will serve as a global innovation center to further accelerate our momentum," he added.

Volvo Cars is establishing the new hub in Singapore with support from the Singapore Economic Development Board (EDB). This gives Volvo further capability to leverage Singapore's local network and talent for development of the next generation of cars.

### Finland helps Indonesia build a new capital

'he Finnish company, Smart City Innovation Cluster (SCIC), is helping the future capital of Indonesia, Nusantara, to become a smart and happy city.

As Jakarta is facing struggles being overpopulated and affected by climate change, Indonesia has chosen to solve the problem by building a whole new capital. The declared

aim of the new capital is to become the happiest city in the world. A task the happiest country in the world would like to help with.

The Nusantara Capital City Authority (OIKN) has signed a MoU with SCIC on developing, planning and building a smart new Indonesian capital. This includes finding solutions for energy consumption, water waste management, smart areas etc.

"We are very open to the participation of various parties from both inside and outside Indonesia," Mohammed Ali Berawi, Deputy for Green and Digital Transformation of OIKN, shares.

In August, SCIC launched a year long Exhibition House, showcasing solutions for that exact goal. It is accessible to president offices, politicians, investors and representatives from other cities.



### Swedish drug trafficker arrested on Koh Samui

60-year-old Swedish man, Reno Penti Olavi Martin, was arrested on Koh Samui Island in the Surat Thani province of Thailand, after a two-year escape from committing drug trafficking.

According to The Thaiger, Reno was wanted by the Bangkok South Criminal Court for drug trafficking in the Thonglor district since back in 2020.

Suphruk Phankoson, the Chief of Immigration for Surat Thani, revealed that the arrest came to success after officer's tracked the Swede's action on social media as he tagged the location of a resort he stayed on at the island in a post.



Additionally, the police shared that Reno had also overstayed his visa for 624 days, as his travel paperwork granted him permission to stay in Thailand until December 22, 2021.

### Maersk launches the world's first green container ship

aersk has launched the world's first green container ship, which was presented in Copenhagen, Denmark, by European Commission president, Ursula von der Leyen.

The green vessel by the name, Laura Maersk, will be the first container ship to run entirely on green methanol.

The project is a milestone for the international shipping industry that produces around 3% of global greenhouse gas emissions. The industry goal is to reach net zero by 2050.

"This ship embodies Europe's decision to pioneer the fight against climate change," von der Leyen said during the ceremony in Copenhagen.



'When I took office a few years ago, the idea of a net zero shipping sector was nothing but a dream," she said.

The European Commission president praised Maersk for seizing the opportunity provided by the European Green Deal and other

The 172-metre-long, sky blue ship is the first of 25 methanolpowered vessels ordered by Maersk. The whole green fleet is set to sail by 2030. This will save 2.75 million tons of CO2 per year, said von der Leyen.



DOLPH!N BAY RESORT is a family run beach front resort in Sam Roi Yot National Park, offering Bungalows, comfortable Rooms, Suites & Pool Villa. Enjoy a relaxing holiday, away from the crowd, where there is something for everyone









### LEGO plants 50K trees in Vietnam

he Danish toy company, LEGO, recently celebrated its planting of 50,000 trees at its factory in Binh Duong province, Vietnam.

The factory which has been



under construction since November last year, has made significant progress. It is the first carbon-neutral plant of the company, using electricity from the rooftop solar cell panels and a nearby solar farm.

"As construction is underway, we are grateful for the continued support from authorities and our partners," said Preben Elnef, vice president of the LEGO Group.

Currently, there are more than 2,000 construction workers building the plant, and the number will double by the end of 2023, according to Vietnam News.

The LEGO factory in Binh Duong is expected to be ready to operate in the second half of 2024.

# Sweden has renewed the global visa contract with VFS

he Swedish Ministry of Justice has awarded VFS Global to continuously provide visa services in 37 countries. Under the new agreement, VFS Global will continue to operate on behalf of the Government of Sweden, to provide travelers a Swedish visa, in eight regions worldwide — including Southeast Asia.

VFS Global has worked with the Swedish Government since 2014. The company will under the new contract provide Schengen visa services (short term C visas) in countries including: Cambodia, China, Indonesia, Myanmar, the Philippines, Singapore, Thailand and Vietnam.

Since 2019, VFS Global has handled nearly 500,000 visa applications on behalf of the Swedish Government.

"VFS Global is delighted to continue to serve the Government



of Sweden as their sole visa service provider. We have enjoyed a strong partnership with the Swedish Migration Agency and the Ministry of Justice for nearly a decade, and we welcome the opportunity to renew our services in the existing locations where we operate. We look forward to offering Swedish visa applicants best-in-class visa solutions," said Chris Dix, Head of Business Development at VFS Global.



### Indonesia in a 'cheesy' launch supported by Arla Foods

ndonesia has launched its first locally-made, organic cheese. The product is a result of an international project involving the Danish dairy corporation, Arla Foods.

Artisanal manufacturer, Mazaraat Artisan Cheese, has produced the first sample. It will be sold in local hotels, cafés and restaurants, and the first exports to Singapore are already in place.

The partnership with Arla came about after a delegation of Indonesian government representatives and local farmers visited Denmark to learn about organic dairy production.

Goals and support

In 2022, the first pilot projects were kicked off, which has led to Mazaraat Artisan Cheese now launching their first batch of locallyproduced organic cheese. As of now, the milk volume amount to 60 liters daily, but it is set to increase to 250 liters per day by the end of the year. The goal is to reach 6000 liters by

2026.

The project is managed by SEGES Innovation along with The Innovation Centre for Organic Farming. Together they are providing agricultural expertise from Denmark, supported by The Danish Agricultural and Food Council. The Danish Ministry of Foreign Affairs, the NGO Bina Swadaya and Indonesian LeSOS are also supporters of the initiative.

"The Danish food cluster has a long and celebrated tradition of producing organic dairy of the highest quality. In this project, we are combining the expertise and data acquired over decades with local players bringing an entrepreneurial spirit and market knowledge to accelerate the journey towards reaching national targets to the benefit of the whole Indonesian dairy sector," leppe Søndergaard Pedersen, International Chief Consultant at the Danish Agriculture and Food Council elaborates.

The reason for starting out small

While the overall demand for dairy in Indonesia is set to increase by 6 percent in 2023, locally-made dairy is a small niche. 80 percent of dairy products in Indonesia are imported, and organic dairy is only believed to make up around 2 percent of the market.

In order to fully establish a new organic dairy standard in Indonesia, the local farmers will therefor receive training in areas such as; cow management, organic feed, barn design, use of herbal medicine etc.

"We can't just copy standards from other countries and expect it to work. The certification process of going from conventional farming to organic can also be expensive, so there's a need to figure out how we support that in an Indonesian context,"Vytautas Petronis, MD for Arla in Indonesia, said.



### How to pick a kindergarten or preschool?



elow you can find inspiration for more criteria and questions to ask - and prepare yourself for the questions the pre-school might want

As a parent, you want to make sure your little one goes to a preschool or kindergarten that is both good and safe. Luckily, the kind and caring nature of Asians is heightened when it comes to children. In fact, international preschools and kindergartens in this region are often better managed than those back home.

When choosing a preschool or kindergarten, many things can be checked from their websites. Where is the institution located? Ask Google maps how traffic usually is at different times of the day. Is it based on a religion or an educational philosophy?

If you have moved to Asia recently, it's a good idea to check if there is a Nordic association where you live. They often have mothers groups that can give you useful input for your choice.



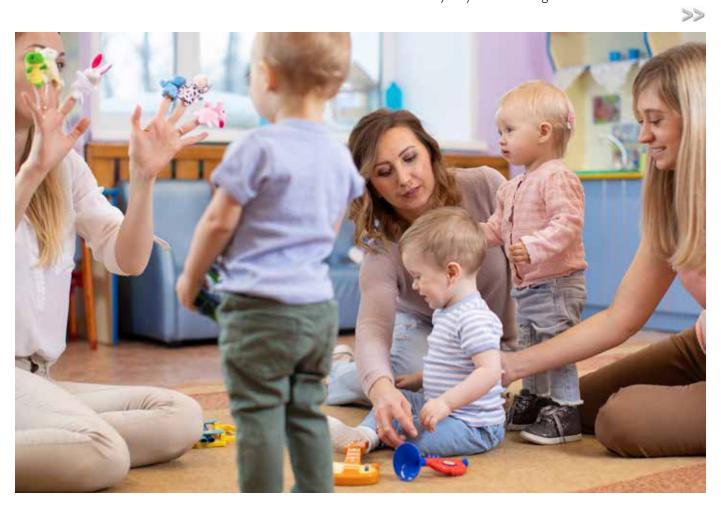
Is there an enrollment fee? Is there a separate application fee? What does the tuition fee cover? Are field trips included? Is lunch included? What does the uniform cost?



#### Questions for your visit

When you have narrowed down your choice and you are ready to visit the place. What should you look for? Here are some ideas.

- Is it really international or just local with an international name?
- Do they have a part-time or full-day program?
- What time do sessions start and finish?
- What sort of activities do the children do?
- Do the children have a scheduled rest during the day?
- How many children do they have attending?
- How long have they been operating?
- Do they have outdoor and indoor areas for children to play and learn?
- What resources and equipment do they have to support children's learning?
- Do they provide any additional help and support to under 5s with special education needs?
- Is the facility safe and clean?
- Where is the first-aid kit and do they know how to use it?
- Are there age-appropriate books and toys?
- Is there a safe outdoor play area with adequate
- Does the classroom provide a variety of activities or "centers"?
- Is the atmosphere fun and inviting?
- Do the children seem happy?
- Do you yourself feel good here?





Pay attention to the staff-to-child ratio in particular, since you want to make sure your child gets enough individual attention.



#### Trust your gut!

Staff play a crucial role in your child's holistic development, especially concerning the love and care they receive. Pay attention to the staff-to-child ratio in particular, since you want to make sure your child gets enough individual attention.

Meeting the teacher is one of the most important aspects of choosing a preschool. If he or she answers your questions warmly and attentively, and you are happy with the feeling the teacher gives you, then it's safe to say you found a good fit.

Teachers love knowing that you are ready to partner with them in your child's education, so ask as many questions as you can.

Bring your child and observe how he og she seems to like or not like. Remember to trust your gut if you don't feel quite right about a place or a person to avoid second-guessing yourself once your child is away at school.



#### Visit the Boss

- Now, it is time to meet the director. Here's a quick checklist of things you'll want to talk to the director about when you visit.
- · About the money, what are the payments and what you get for each fee?
- Is there an enrollment fee? Is there a separate application fee?
- What does the tuition fee cover? Are field trips included? Is lunch included?
- What does the uniform cost?
- Make it clear that now is the time to be honest. If there are other costs that surface later, you will remove your child.
- How does the kindergarten punish bad behavior?
- What are the safety procedures for dropping off and picking up children?
- · How will the kindergarten or preschool communicate with you? (Newsletters, emails, apps, conferences?)
- · Are they licensed or in other ways meet safety requirements and provide adequate staffing?

#### Food

Kindergartens and Preschools often provide breakfast, lunch, and plenty of snacks. Since your child will be spending their days in preschool, you'll want to ensure they're getting the right nutrition. Ask the following questions:

- What kind of food do they serve at school? Is it solely Asian cuisine or are there Western options as well?
- Is the food nutritious and high quality?
- Are snacks and beverages provided? What are
- Essentially, you want to find out how many meals and snacks are included in the tuition, as well as what they are exactly.

#### What the preschool may ask you

Most parents forget that the preschool may also have questions. It is a 2-way street.

Toilet training: Many pre-schools will not take in children that are not toilet trained by the time they start. Kindergartens might be more relaxed and of course nurseries will be OK, but it is an issue the institution would like to ask you about.

Separation anxiety: Can your child be left with others without their parents staying? How well do you handle it, when your child starts crying?

Communication: How well does your child communicate verbally? This is especially important if they're not feeling well and need to communicate the issue to the responsible teacher.

Discipline: Finally, discipline is an important issue. The teacher might want to know how you admonish your child at home when he or she behaves badly.





#### **How 6-Year-Olds Learn** to Waste Less Food





s part of Bangkok Patana School's One Green Goal initiative, Year | students ( about six years old) have been challenging themselves to waste less food. Since August 2022 these children have been thinking of different ways to reduce their food waste. For example, they requestr less food in the canteen and go for seconds if they are still hungry; snacks are placed in resealable boxes to keep the food fresh for longer and they raise awareness about food waste at home with their families.

As part of their ongoing commitment to the One Green Goal initiative, the children were visited by Khun Mew, a representative of Oklin Thailand. Oklin Thailand is a local manufacturer of composting machines and are committed to creating solutions to support the United Nation's 17 sustainability development goals (SDGs). Before their session with Khun Mew, the children learned about these goals,



what they mean and why they're important. The students were very excited to see the composting in action and learned that you can even use waste to make new food!

The Year I students were able to take home a seed that they planted in some of the compost made from the food waste in the Primary canteen. What a great way to learn how to make use of waste instead of sending it to landfill.

Fast forward to September 2023. Having heard about the children's goals and their interaction with the Oklin Thailand, the school's Services Department is doing a trial of the composting machines to further reduce the amount of waste in school.

If this group of young children can make a lasting difference, imagine what we all could do! What is your One Green Goal?

www.patana.ac.th; admissions@ patana.ac.th.







#### **The Early Childhood Education Program** at International School Bangkok (ISB)



he Early Childhood Education Program at International School Bangkok (ISB) is carefully crafted to foster a multicultural environment where joyful learning blossoms. Grounded in a deep understanding of how young children develop cognitively, emotionally, socially, and physically, our approach is informed by the latest educational research and the extensive expertise of our teaching staff. Our mission is to instill in children an enthusiastic curiosity and wonder about the workings of our 21st-century world, promoting adaptability and empowerment crucial for navigating an ever-changing society.

We believe children flourish in a secure and nurturing setting that strikes a balance between structure and freedom, offering learning experiences tailored to different learning styles. By embracing a playful, exploratory approach, children are encouraged to take risks and connect their discoveries to the real world. both within and beyond the classroom. We prioritize interdisciplinary learning, enabling children to grasp the interconnectedness of various aspects of the world through a comprehensive curriculum.

Central to our philosophy is the idea that children construct their understanding through inquiry, exploration, and hands-on experiences, leveraging prior knowledge and making their thinking visible. We emphasize fostering a strong partnership for learning among children, parents, and teachers, nurturing the joy of learning and preparing children to be motivated, confident learners. By empowering parents to comprehend and engage with our early childhood philosophy, we strengthen the collaboration between home and school, ultimately bestowing upon our young learners the lasting gifts of joyful learning and cross-cultural understanding.

For more information please visit www.isb.ac.th or call +66 2 963 5800

#### **Reggio Emilia Inspired**

Based on the Reggio Emilia educational philosophy: Children have "a hundred languages" through which they can express their ideas.

- Symbolic languages (e.g. painting, sculpting, drama)
- Exploration/discovery/self-guided
- Children as explorers, investigators, and problem solvers



#### **Language & Literacy Development**

- Meaningful experiences ex: read-alouds, bookmaking, storytelling
- Small and whole group conversations
- Dramatic play
- Early Literacy: phonological awareness, letters and sounds, concepts of print, listening comprehension and emergent writing





#### **PreK Curriculum & Learning Outcomes**

Learning objectives and outcomes in each of the following areas of child development:

- Language and Literacy Development
- Mathematics
- Inquiry & Cognitive Development
- Social Emotional Development
- The Arts
- Physical Development

#### **Inquiry & Cognitive Development**

- Guided inquiry offer opportunities for integration.
- Children learn through investigative experiences using a variety of materials.
- Cognitive goals include: positive approaches to learning, remembering and connecting experiences and symbolic communication.



# PREParing for life.

Discover the unparalleled educational experience offered at our British International School.

Nestled in the heart of central Sukhumvit, we take immense pride in preparing students for success by delivering a world-class British Curriculum, accommodating learners from Early Years Foundation Stage (EYFS) to A Levels.





















#### creating and testing hypotheses

Kindergarten project



The leaves are green, the water is green, so that is why they are green. Harlowe

The yellow flower turned green because the blue water. Mirin

Why did this flower not change colour? Eileen

If something is blocking maybe we should cut them. Sang

Something is blocking. Oliver



Which flower will change colour first? The smaller one, because it's

shorter. Lalyn

The shorter one will drink faster the water. Patey

What will happen if I put more red into one bottle of water?

The water will get darker. Leo The flower will turn super red because is dark. Luca

Why do you think the flower has more colour in the middle?

The flower drank the water and first got the middle. Rex

Because we put more colour this



### **ELC International Schools empower** your child to grow their own mind and to strive for personal excellence.

LC International Schools views every child as capable, powerful, and full of potential. We are committed to this image of the child and the creation of conditions for learning that empower your child to grow their own mind and to strive for personal excellence.

Established in 1984, ELC International Schools comprises 5 schools: three Purple Elephant toddler centres for children 18-36 months in Phrom Phong and Thonglor (PE49, PE39, PE55), a Purple Elephant toddler and kindergarten centre at Samakee for children 18 months to 5 years, and The City School campus for kindergarten children 3 years through to 11 years in Thonglor. We follow the Ontario (Canada) Curriculum, while the Reggio Emilia philosophy inspires our teaching

practice. Learning is a work of collaborative inquiry between children and teachers, which is nurtured by rich, meaningful relationships.

In all our schools, the environment has a powerful impact on learning as your child's 'third teacher'; from the lush green gardens and architectural design to the open-ended natural materials and the provocations in our ateliers, our environments are designed specifically for young children to fuel their imaginations and activate their learning. All our centres are small and intimate communities with a low child-teacher classroom ratio, exuding warmth, connection, and empathy. Precisely because we are small, we are best able to: engage children's lives with an emphasis on creativity and collaboration; nurture

their social-emotional well-being; build strong, respectful relationships within a close-knit community; and be responsive to each child's particular developmental journey. This is personalized learning at its best.

#### The Purple Elephant

Each Purple Elephant has a unique beauty, whether it is the tranquil bamboo forest of PE49, a charming cosy home at PE39, the blending of nature and design with our bamboo play structure at PE55, or the countryside ambiance at Samakee, you can find the right environment for your child. Our toddler programmes focus on supporting the children's development of strategies, character, and skills for lifelong learning through purposeful play and inquiry. Guided by the Ontario









early years framework, we co-create experiences and environments to meet the four foundational goals: Belonging; Well-Being; Engagement; and Expression. Children take an active role in their own learning; through open-ended provocations, the children are given autonomy to explore their own curiosities and interests with natural joy and wonder.

#### Kindergarten

As your child progresses to Kindergarten at our City School or The Purple Elephant at Samakee, they will begin the Kindergarten Ontario Curriculum. This programme builds skills and knowledge in four frames: Belonging and Contributing; Self-Regulation and Well-being; Demonstrating Literacy and Mathematical Behaviours; and Problem-Solving and

Innovating. Our inquiry-based pedagogy deepens through a yearly Project, whereby our children explore a topic that integrates concepts from different curricular disciplines and evolves in response to both the children's ideas and curiosities and to the demands of the curriculum. Project encourages children to question, theorize, and problem-solve, and allows each child to draw on a variety of 'languages' from mathematics to art, music to biology, and more. Concepts from all disciplines are also taught through a collaborative, inquiry-based approach with teachers and children co-constructing knowledge. All learning is supported by our numerous ateliers offering an abundance of opportunities for research.

For children to succeed in the

future, they must become expert learners, and this begins at an early age. Through a pedagogy of knowing and valuing your child for who they uniquely are, ELC International Schools provides the conditions in which they build a 'growth mindset', they develop as researchers, and they hone those transferable skills essential to their school lives and beyond the classroom.

Interested families are welcome to contact our Admissions Director Ms. Melissa Davison: admissions@elc.ac.th For further information please see our website: https://www.elc.ac.th/





## Aija Rinkinen: Finnish education specialist advising Malaysia

It's not uncommon that Nordic persons come to regions like Asia and perform important work without being noticed or earning much attention beyond their own field. Senior Education Specialist Dr. Aija Rinkinen is one of them – now highlighted with this ScandAsia feature - and who deservedly has been thanked with an official reception from Finland's Ambassador to Malaysia, Sami Leino. She has spent three years in the country – working for the World Bank within its (lesser known) advisory services!

By Joakim Persson

rom primary school teaching, to principal, to municipality education head, and on to national level positions - what comes next? Exploring the world and bringing her expertise on education — which in particular Finland is also renowned for — to other countries around the globe in need of further improvements! That is the career path chosen my Aija Rinkinen, and which brought her to Malaysia - having landed a position with the World Bank.

Aija is a special education teacher, with a Master Degree, from Finland who loves learning and is eager to continuously improving herself.

"I started getting interested in educational leadership, development and policies. And I really liked the job as principal because then I could look at education more broadly, and work with people from a wider perspective. At the same time I began to study educational leadership, which you are required to have as a principal," begins Aija.

Two years later, in 2003, she was appointed head of education in the municipality, responsible for 21 schools. She was then able to do more about strategic education planning and curriculum work on local level. And the next big career step came in 2010 when she got a position at the Finnish National Agency for Education, that is the department responsible for the curriculum design; also some of the national education development programmes.

"My title at the time was Counsellor of Education and I then started to contribute to the new core curriculum in Finland, and I was also responsible for a couple of national development programmes. There was a new legislation for special education and student support in the Finnish education system, so I was running that too – all very interesting," she continues.

"At that time I started doing more international cooperation also – as part of some of the international education working groups. And I also worked for the European Commission, as representative in Finland for some of its education work. Then, I moved to work for Finland's Ministry of Education as a Senior Ministerial Adviser able to work more on the policy-level and government programmes. In parallel I studied and finished my PhD."

"Then I began to think that maybe I could try to start working for some international organisation and move abroad to widen my knowledge even further."

When browsing the international job market Aija came across the World Bank, which to most people is known for its lending activities. But it has another division: advisory and analytical services.

"The World Bank listed three job openings that were interesting to me, of which and one was the posting in Malaysia. I applied for it and got the job in February 2020, just before the Covid-19 lockdowns."

"In Malaysia we offer international examples and support for its government – our main cooperation partner – and its policy makers. We're also doing work with them to find out what could be done in Malaysia. Then it's up to the government how they decide; what steps they will be taking."

The Malaysian government finances part of the advisory work provided, a country with the ambition to reach high income nation by 2026. "They are almost there, but Malaysian people are really keen on developing their systems and understand that in order to take this final step they need to have a very skilled labour force. And in order for people to be productive at work they need to have knowledge and skills; they need to have a good education system. Actually all the countries in the world do the same thing, in developing their own education system, so Malaysia is not an exception," explains Aija.

"We always customise for the country, and especially within education, lending money is usually not good enough so it's pretty much always accompanied by advisory services, But here in Malaysia we don't have the lending so it's a little bit different in that respect than what we have in other countries. But of course then it's designed together with the ministry of education and ministry of finance what we are doing here," she continues. The programme in Malaysia was a new one that Aija was tasked to plan and initiate.

"For example we've been working on the preschool education because there is a lot of knowledge in the





communities that if you want to have skilled adults you need to start from early years. And that has been a goal in many Asia-Pacific countries, so they are now working in the early childhood education and preschool education. We've been doing that already for a long time in Northern Europe and in the Nordics but now also this area is starting to give this approach more importance. It's no longer only about providing day care for these small children but it is part of the education journey and system."

What should be in focus is decided – and evaluated - annually with counterpart." At the end of the fiscal year, in June, we evaluate what has happened and look at if there was some impact. We have some metrics for that."

But for education development the results mainly shows over time: "The changes that happen are very slow and you usually see the results after a long period of time. And of course you can never be sure that the learning that has happened and the work we've been doing has been what influenced the government's actions - there are also other organisations working in the area and people learn and they get ideas from wherever."

"But for the things we've been working on we can see them through changes on the practical levels, regarding what the education ministry does in the schools these reflect the work that we've been doing in Malaysia during 3 years. And in the government budget proposal we were happy to see that there were several issues proposed to work on relating the preschool education."

Reflecting on the advisory work there so far Aija says: "Malaysia has one of the most ambitious and wonderful strategy plans. So I would say that the work we are doing here is not about supporting the government

to decide what needs to be done because they do know that very well, but the issue is how to implement it on the ground - and that is hard."

"Its government has very good programmes, but there are so many teachers, for instance, who require training. The teaching and learning process is all about teachers and the communication between students and teachers. For teacher training there are two parts; first there is the initial training that takes place before you start teaching. But even more nowadays, countries need to pay attention to continuous professional development of teachers. We cannot just think that teachers just automatically learn the new pedagogies and subjects and contents of the curricula by themselves. They need support on that but it's also challenging to accomplish."

"I always say that there are three things important in education: First, you need to have access to education, and regardless of your social-economical background. The second step is that the education needs to be of high in quality. And then we often talk about teachers who are the ones that will make it happen. Third, is the need to have the continuity in education so that you can always learn more and there won't be any dead ends in the education system. These are in my opinion the key components."

Sharing her further insights on the skills requirements and the need for lifelonig learning Aija comments: "The world is changing rapidly and these changes are reflected in working life, lifestyles and environments. At the same time, the changes will affect our understanding of the skills and competencies needed in the future. We're likely to need a new sets of skills and have to look

at the old ones with a slightly different angle than we currently do. The need to update 21st century skills may soon be needed in areas such as health and safety, security, environment and climate, self-management, mental resilience, communication, digitalization, technology and media literacy."

She says that skills are often divided roughly into three categories: (1) cognitive, (2) social and behavioral, and (3) technical and job related skills, where each category includes multiple and diverse subskills.

"The important issue is that a combination of all these skills is needed, and also valued by employers. The younger the child is, the more foundational are the skills that need to be learnt at that point of age. Skills are interlinked; learning them is cumulative, and strong support from teachers and parents is needed," she explains.

"Lifelong learning is a thought pattern that helps people to adapt and succeed in their lives, society, and at the labor market. It prepares us to live in a world that is shaped by technology, globalisation, environmental threats, and demographic changes as well as sudden shocks - such as Covid-19. It also answers to rapidly changing demand for different types of skills, that leads us to the need to build an education and training system where continuous upskilling and reskilling is possible. Skills development starts from early years and lasts for a lifetime."

"Resilience helps us to adjust and find solutions to different and fast-changing circumstances. Resilience is important on different levels; there needs to be resiliency on system level and processes, and also on individual level and everyday situations. We do not know about the future, so even if we think today that we know how the future will turn out to be, we might be proven wrong. That is where resiliency comes to be handy. Our skills, knowledge and resilience are the building blocks that support innovation. The more skills you have, and the more innovative you are in combining those skills, the more out-of-box solutions you will be able to create. Many times we link innovation with technology and business, but it actually is needed at all the sectors of our life."

Digital and technological skills, in particular, already have a permanent part: "Technology already is and will increasingly be used both in our everyday life and in the working life. Technology is here to stay, we just need to decide how it is used, and make sure that everyone has access, skills, knowledge, and opportunity to benefit from it."

When it comes to Finland's renowned education know-how and success Aija is able to bring the Finnish experience as part of her global experience in her work.

"On the other hand – once people learn that I come from Finland many stakeholders, including NGOs, individual people and private schools contact me, wanting to meet, based on their interest in Finnish education. So I've been sharing a lot about that during my free time. I keep this very separate from my Senior Specialist role at the World Bank. I collaborated also with the Finnish

ambassador here, because the embassy can support the Finnish education know-how to be used here more - and that's their work. I can introduce people to each other and connect, since I know the Finnish education sector."

Having spent three years in Malaysia Aija, will remain with the World Bank and continue working with Malaysia, but from the head office in Washington D.C.

"I want to see what the work is like in the head office, and find out more about the global work. Maybe in the future at some point I could go to Africa or South America and learn even more, because learning is something that I love. I have learnt so much while being in Malaysia, and I am sure I could learn even more by going to a different continent."

"I'd like to say that the Nordic countries have a lot of skills about what we can do and have been doing. But many people are quite shy to share their knowledge. I would however like to encourage people to apply for international positions. Just take the leap, and go! Apply, because we have the knowledge we could use, and not only in education but all fields - that can benefit the world. And even to let people globally know that the Nordic countries exist. There is a lot to learn from us - but we also have a lot to learn from other countries so it goes both ways," ends Aija.





Norwegian couple expands their eco-friendly concept in Cambodia



#### I was so sad that I even threw up. I was so sick. I spent two days in bed feeling depressed. That was how much I already loved it.



Norwegian Katrine Solhaug's journey into the world of social consciousness and her commitment to making a positive impact have for several years been manifested in Babel Guesthouse in Siem Reap, Cambodia. An ecofriendly concept that she and her husband. Simen Julner. has now expanded with Babel Boutique Hotel.



atrine meets me at the café area of Babel Guesthouse. As she walks across the crooked floor, that the staff was generously hired to build during COVID, her long blonde hair wavering around her shoulders, makes her

Her welcoming nature and her genuine smile, makes people around her at ease and makes her guests feel at home, as they come to our table, just to great her.

#### How it all started

It all started with the acquisition of the guesthouse back in 2011. After more than ten years of running it successfully, Katrine yearned for a new adventure. The opportunity to expand came in the form of another hotel, which they had actually set their eyes on five years prior.

"Five years back, we were on our way to sign the contract for that hotel," Katrine reminisces.



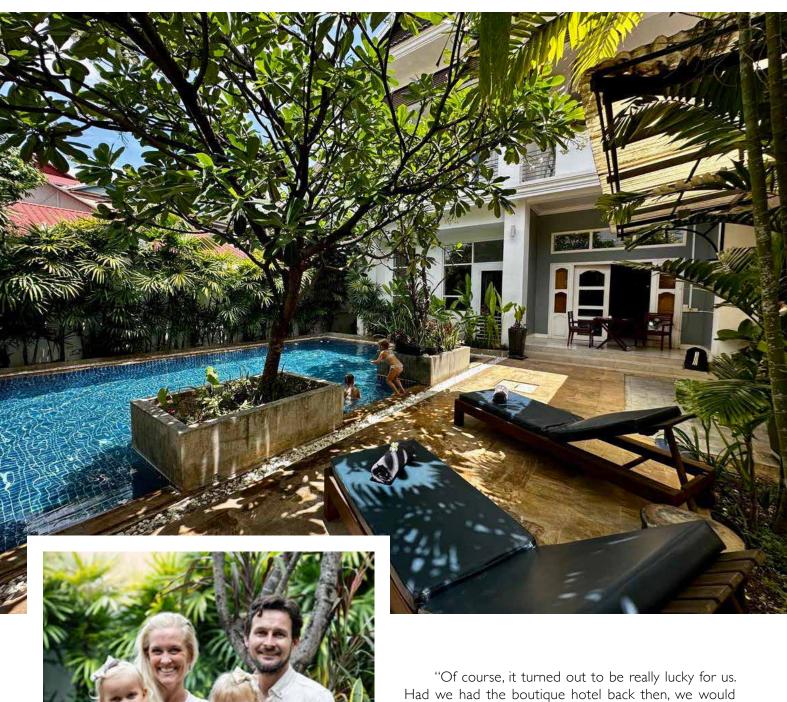
As the couple was getting ready to leave, the real estate agent called and told them, that someone else had signed the lease, the day before.

"I was so sad that I even threw up. I was so sick. I spent two days in bed feeling depressed. That was how much I already loved it." Katrine shares, with obvious sentiment in her voice.

#### A blessing in disguise

Their initial disappointment soon turned into a stroke of luck, as COVID hit and shut down the otherwise touristy city. The couple quickly realized that having both properties would have been an overwhelming challenge, that they probably wouldn't have been able to manage.





never have survived COVID. We only just made it with the Guesthouse," Katrine explains.

Still, it was hard to let go of the dream that had now immersed. Katrine and her kids would pass by the hotel every day on their way to the children's school. The desire to have it never left her. Then one day Simen comes home saying, that the hotel once again is available for rent.

"We were going to ballet class with the girls and some other kids. I just told the tuk-tuk driver, without Simen knowing, to stop at the place. When he did, Simen was like, no, we're not going inside. Then I dragged him in with all the kids. We walked around and I looked at him again and again. He kept telling me no, no, no, no, no, but I was like, you know we have to take it. Eventually, during that evening, we put the kids to bed, had a glass of wine, and then he was like, okay, let's call my dad," Katrine shares with excitement in her voice as she is looking back.

Photo by Regis Binard



# We were going to ballet class with the girls and some other kids. I just told the tuk-tuk driver to stop at the place.





#### Not the smoothest transition

Simon's father gave them the green light for the project, and they officially took ownership of the hotel in May. But the road to opening the Babel Boutique Hotel was far from smooth. They had to address unexpected issues, from fixing a leaking roof to coinciding projects.

The couple was supposed to have their grand opening in July, but another project in the south, kept them from sticking to the schedule.

"The reason why it took so long to open is, that we also have this other project done in Nesat, Koh Kong, three kilometers from the beach," Katrine shares.

Even though, the boutique hotel had been a dream of hers for five years, she couldn't fully focus on it, because she was caught up by the project in Nesat.

"I couldn't even focus on the hotel. It had been my dream for five years, and now that I finally had it, I couldn't focus on it. Cause I was the one running our project down south, while Simen did most of the work here."

 $\label{eq:co-friendly project in the making} Dome \ Gaia - another \ eco-friendly \ project \ in \ the \\ making$ 

The Norwegian couple are truly dedicated to the sustainable lifestyle. Determined to build not just houses, but meaningful, eco-friendly structures, at their land down the south, Katrine spent months doing extensive research, before discovering AirCrete—a concrete with air bubbles that makes it more environmentally friendly. She then contacted Dome Gaia; a renowned organization known for teaching people how to build sustainable structures using AirCrete. Dome Gaia has workshops all over the world, but had yet to bring their expertise to Asia. Another endeavor achieved by the stubborn Norwegian.

"We are building domes made of AirCrete. The design is called Eden, which is their newest design. We plan to build four small ones to rent out through AirBnB and then have one big dome built in the back that will be our home," Katrine shares with enthusiasm.

How they managed to run two such huge projects successfully, is a testament not only to their dedication, but their collaboration.

Katrine and Simen are a perfect blend of enthusiasm and pragmatism. While Katrine dreams big and generates innovative ideas, Simen pays meticulous attention to detail and ensures that everything runs smoothly. They complement each other well and have thereby been able to turn their dreams into reality.

#### The "soft" opening

Despite the challenges, the couple persevered. Driven by their vision of creating a unique ecofriendly boutique hotel that offers great value for their guests' money, they finally managed to have a soft opening for their friends, on September 9. "I'm so happy that the party is over now. It was nice. It was just a small party. But the stress to get everything ready for it," Katrine says with a genuine laugh.

"But we're almost there now," she adds with a smile and a hint of relief in her light-blue eyes.





Tamaras art on the walls was Simen's idea. Normally these things are my idea. But this is actually our wedding present, from when we got married in 2014.







The stress getting ready for the opening was not obvious for those attending the small gathering, where Katrine's lively spirit, made her the center of the party. While greeting everyone and make them feel welcome, she still managed to proudly show people around their new establishment.

One of the features she made the guests pay extra attention to, as she showed people around, was the stunning artwork on the walls. The boutique hotel is adorned with pieces by UK-based artist, Tamara, who focuses on Cambodian wildlife. A percentage of the profits for her artwork goes to support conservation projects.

"We've known her for a long time. I followed her for inspiration. Every plant that she paints is something from Cambodia," Katrine tells.

#### Sharing their wedding present with the guests

Normally, having Tamara's art decorate the walls of the boutique hotel, would be Katrine's Idea, but this time Simen, with his meticulous eye for details along with sensible sense, was the one to come up with the suggestion.

"Tamaras art on the walls was Simen's idea. Normally these things are my idea. But this is actually our wedding present, from when we got married in 2014. Simen's parents gave us an amount to use on art for our house in Norway. But we will never have a house in Norway. Simen asked them, if we could use it on art here in Cambodia, and they said, yes. So, all the pictures are actually our wedding present," Katrine shares.

The couple's passion for wildlife conservation has former led them to collaborate with the Angkor Conservation Center (ACCB). The hotel's proximity to the national park, makes it an ideal base for nature enthusiasts.

"I feel like we were meant to have her art on the walls. Then we can also sell tours to guests that can go and actually visit ACCB. They will take you around and show you the species that they have right now. That way our guests can contribute to the project of protecting wildlife while they're visiting."

#### The responsible concept

The foundation of the "Babel" concept exemplifies Katrine's vision. Situated in the heart of Siem Reap, both locations serve as more than just a place for travelers to rest. Babel is an embodiment of responsible tourism – a concept that Katrine holds dear. The guesthouse along with the new boutique hotel, both offer more than just a comfortable stay. They give their guests the chance to actively participate in responsible tourism projects.

Guests at Babel are often encouraged to engage in social initiatives such as contributing to the



endangered wildlife by visiting the national park, garbage-picking events around the city, helping the local schools or supporting various community development projects. This immersive approach enables visitors to give back to the local community in Siem Reap. "I have a lot of projects, but I feel like it all just happens naturally. I have been here 15 years, so it has been evolving slowly," Katrine says, with a sentimental stare.

"I've been here for 15 years. I'm not Norwegian anymore," she adds with a warm grin across her very northern-featured face.

#### More than just a hotel chain

A core focus has for a long time been education, with a dedicated program designed for staff development, ensuring that everyone involved benefits from their collective efforts.

Education is at the heart of the couple's mission. To elevate their kitchen staff at the new boutique hotel, they recruit individuals from Sala Bai and Spoons, both renowned hotel schools in Cambodia. Especially Sala Bai provides life-changing education to people from rural areas, with their programs in tourism, spa, restaurant, and hotel management. Offering their students, the opportunity for a brighter future.

#### Even more eco-friendly

During the challenging times of COVID-19, Katrine helped establish the "Collective for Good." This collaborative effort brought together eco-conscious businesses, setting stringent criteria for membership. The collective's aim is to provide mutual support, while creating a network of businesses that genuinely champion sustainability.

One of the key challenges they address is "greenwashing," where some businesses claim to be eco-friendly but do not follow through on their promises. The collective emphasizes authenticity and transparency in ecofriendly practices. Members are held accountable through regular meetings and a minimum score requirement.

Looking ahead, Katrine and Simen plans to make their new hotel even more eco-friendly than the Guesthouse.

"This is what we are going to work on now. Especially with the new boutique hotel. Because we feel it's really important," Katrine states.

The Babel hotels are more than just places to stay. They are a testament to the couple's love for Siem Reap and their commitment to the community. As they continue to overcome challenges and expand their sustainable vision, one thing remains constant—their unwavering passion for creating memorable experiences for their guests and preserving Cambodia's natural beauty.

# Danish TROFACO is planting trees in Southeast Asia for climate action



Danish TROFACO is a non-profit organization dedicated to environmental conservation, climate action and social development by planting trees. The organization operates primarily in Southeast Asia, focusing on initiatives that go beyond carbon capture in collaboration with Danish companies, NGO's and private individuals, who wish to make a difference.

By Miabell Mallikka

#### A journey from consultant to conservationist

Steffen Johnsen's vision traces back to his former work as a consultant in the field of climate change and environmental conservation. Dissatisfied with the complexity, high costs, and lack of transparency in existing projects, Steffen and his team decided to create a simpler and more transparent model for climate action. TROFACO's journey began in Cambodia in collaboration with Dan-ChurchAid back in 2014, but the challenging landscape in the Southeast Asian country led them to explore new opportunities – latest in northern Vietnam.

"Climate action often involves calculating variables obtained from various sources. My favorite example is the evaporation of methane from waste deposits. You can't measure it directly; you have to estimate it based on factors like temperature, etc. But trees, they are physically there, and their carbon dioxide content can be measured. So, we decided to create something simpler and more transparent by planting trees," Steffen explains.

#### Transparency through technology

TROFACO's primary clients are Danish companies and organizations that donate funds to plant trees. Through their donations the companies contribute to climate action, biodiversity conservation, and social development. TROFACO then often assist the companies in reporting their impact to the European Union, where the focus on these aspects is substantial.

"We have a monitoring system in place to track the progress of the trees and the impact they have on the environment," Steffen tells.

The technological development has made it possible to provide incredibly concrete documentation of the planting projects and thereby make the impact of the clients' donations more visible. This has allowed TROFACO to showcase the impact of their work in real-time monitoring and documentation, without relying on lengthy reports. This transparency builds trust and accountability,



We have a monitoring system in place to track the progress of the trees and the impact they have on the environment.















We have local teams. They visit the trees regularly to check their growth and health and provide training and support to the local communities.



and is the key to what makes TROFACO different from other organizations in tree-based offsetting, along with their emphasis on planting new trees rather than merely preserving existing forests. This approach ensures a tangible and measurable impact on climate, biodiversity and local communities.

#### From Cambodia to Vietnam

Driven by a desire to expand their impact, TROFACO started by venturing into Uganda, a country most people recognize, after people often confused Cambodia with Colombia. Steffen highlights the many challenges of government collaboration and opposition in Cambodia, which led to their decision to explore new territories. Vietnam became their third, and so far most uncomplicated destination, as the organization thrives in the country.

"Now, we are mainly in northern Vietnam. Cambodia is quite challenging. There are many forces that are not so positive and could pose a threat to our work," Steffen shares.

"My wife is Vietnamese, and I have worked in Vietnam a lot. I'm quite familiar with the country. So, we decided to try Vietnam, and it's working excellently in Vietnam." he then elaborates.

In Vietnam, the operation of TROFACO is still fairly new. The organization has so far managed to plant around 7,000 trees, all of which remain standing today. Their work in Cambodia is a slightly different story. Since TROFACO has been operating in the country for a longer time, the company has succeeded in planting hundreds of thousands of trees, thereby making a significant contribution



to reforestation efforts. But due to government issues, some of those trees have later been cut down and sold for profit. One of the main issues, that made Steffen and his team decide to focus their effort somewhere else. But even though their work in Cambodia has proved challenging, TROFACO still has a team on the ground, supervising the trees and looking out for possible spots for future planting projects.

"We have local teams. They visit the trees regularly to check their growth and health and provide training and support to the local communities," he adds.

#### A sustainable model

To ensure the long-term survival of the trees, TROFACO employs different strategies in Cambodia and Vietnam. In Cambodia, they take an active role in tree care, while in Vietnam, the farmers who plant the trees have an interest in the trees well-being, as it is more of a personal investment for the farmers in Vietnam.

"In Cambodia we work with several schools to plant school forests. It's a program for the schools to get a source of income. It works very well, and they are making money out of it, since TROFACO pays out rewards for good care. It's beneficial for the community, for the school, for us and for the climate. In Vietnam it is different because the social environment is different. In Vietnam we work with the farmers to plant trees on their land," Steffen shares, while emphasizing the importance of working closely with local communities.

To do so, TROFACO also collaborates with the Farmer & Nature Network, a national organization with local groups across Cambodia. By partnering with existing community groups with decision-making power and funding, TROFACO has ensured an approach that will help empowering local stakeholders.

#### Making the most out of every tree

To make the most out of their projects, TROFACO attempts to adapt the tree species they plant to the local environment, to ensure that the trees thrive. In Cambodia, they plant mixed forests, including hardwood and fruit trees like cashew nuts. In Vietnam, teak and local mahogany trees are a popular choice due to their fast growth and suitability for the region.

"When we plant mixed stands, it's not just about the carbon capture. It's about creating a diverse ecosystem that supports various species of plants and animals. We aim to restore and enhance the natural biodiversity of the areas we work in." Steffen elaborates.

With their work TROFACO exemplifies how a small but dedicated team can make a significant impact on climate action. The company has successful planted hundreds of thousands of trees in the Southeast Asian countries and thereby improved livelihoods for the local communities.



# Dane working with malnutrition among children in Cambodia

Nutrition plays a crucial role in children's overall health and development, especially during the early stages of life. In Cambodia, like in many other countries, undernutrition remains a significant public health concern, particularly among women and children. Sanne Sigh, a Danish nutrition specialist living in Cambodia, has been shedding light on the challenges faced in the Southeast Asian country.



By Miabell Mallikka

#### Understanding the challenge in Cambodia

Undernutrition is a multifaceted issue with deep-rooted cultural, economic, and health-related factors. According to recent data approximately 18% of women in Cambodia are undernourished. 22% of children under the age of five exhibit underdeveloped growth - an indication of chronic malnutrition. 10% of children in Cambodia are categorized as suffering from acute malnutrition. The complex problem requires a diverse approach to bring about meaningful change.

#### Working with Nutrix

Sanne's journey into the world of nutrition and public health took an unexpected turn. During her Masters and later Ph.D., where she found herself working on a project known as Nutrix.

Nutrix is a fish-based waffle snack, developed to provide acutely malnourished children with sufficient energy and nutrients to gain weight and improve overall health. The project began in 2015 and is a collaboration between multiple international organizations. These includes UNICEF, University of Copenhagen and Vissot/ Danish Care Foods, among others.

"I became part of a team and we finished developing the product, after which we tested it on 20 children. The entire study was based on 120 children," Sanne shared about her time working on Nutrix.

Though ScandAsia first announced the launch of the product back in December 2018, the snack to help treat severe acute malnutrition in children in Cambodia, has still not been marketed Sanne shares, as ScandAsia meets her in the Cambodian capital, Phnom Pehn.

"The government has announced that they will buy the product from 2025. The plan is then to phase out similar imported products until 2026," Sanne shares on the latest development.





To ensure every child and woman's right to better nutrition, we need to join forces.



#### Implementing partnerships

Supported by the Ministry of Health, Helen Keller International, has launched a project to treat and care for children with moderate and severe acute malnutrition in Cambodia using Nutrix by Danish Care Foods.

The long-term project is set to run from 2023 to 2027 and is implemented in Takeo, Siem Reap and Kampong Chhnang provinces. The project is expected to treat more than 1,000 children for acute malnutrition in the first year of its implementation.

Still, addressing undernutrition and promoting food and nutrition security in Cambodia is a complex endeavor. Something Sanne has faced during her time in the country.

While challenges persist, various organizations, community health workers, and government agencies are progressing towards combating the enormous problem of malnutrition in Cambodia. With her work in Cambodia, Sanne is working for a brighter, healthier future for women and children in Cambodia.

"To ensure every child and woman's right to better nutrition, we need to join forces. There is only so little one individual can do. Together, we are stronger and can do better for the people of Cambodia," says Sanne.





Laguna Phuket's Area General Manager, Anders Dimblad, extends an invitation to experience the integrated resort offerings on the island

ocated at the heart of the 5-kilometer-long Bang Tao beach in Phuket, a serene and natural haven awaits. Angsana Laguna Phuket Resort is nestled amidst water and bordered by a pristine nature reserve to the north. Anders Dimblad, the Swedish Area General Manager, is ready to welcome guests from the Nordic region and beyond to this expansive resort, which also includes several sister properties under the Banyan Tree Hotels & Resorts umbrella.

Anders, a seasoned hotelier with significant experience within the Banyan Tree Group, recently arrived from managing two properties in Kuala Lumpur. He describes Banyan Tree Kuala Lumpur as a unique 'urban resort' with just 55 keys, bringing the essence of the Banyan Tree brand to a city environment.

"We market all Banyan Trees as 'A sanctuary for the senses,' and we want our guests to feel that as they enter the hotel, even if they might be on business," explains Anders.

Since 2022, he has been overseeing an integrated resort area in Laguna Phuket, which comprises hotels, residences, shopping, recreation, and wellness facilities, including the original Banyan Tree resort.

"After successfully positioning and opening two beautiful properties in KL, I got the opportunity to take over and manage the hotels here in Laguna Phuket, including several flagship properties," says Anders. His task included streamlining the operations of the Laguna brand properties, aiming for increased efficiency and enabling guests to fully experience everything Laguna and the island offer.

Laguna is home to the very first Banyan Tree resort with pool villas only. "So our history is deeply rooted in this environment that makes up all of Laguna, developed by our founding owners 30 years ago," he adds.

Other properties within Laguna include Banyan Tree Phuket, Banyan Tree Veya,; Laguna Holiday Club (soon to be rebranded as Homm Suites Laguna, a new upcoming brand); Cassia, a lifestyle resort; and Angsana.

"What's exciting about all these properties is that regardless of where you stay as a guest in Laguna Phuket, you can dine at any of the properties and charge it to your hotel - one of the benefits of having an integrated resort."

With 380 keys, Angsana boasts beautiful surroundings, lush gardens, one of Phuket's largest freeform swimming pools, and direct beach access. Anders emphasizes that guests enjoy a view corridor of water, whether it's the swimming pool, the ocean, or the lagoons. The resort is spacious, providing a sense of exclusivity and ample greenery.













"We call it an island within an island because Phuket is an island, and this resort is also situated on its own island, accessible by crossing the water," he notes.

Angsana is keen to serve not only its guests but also the approximately 1500 residents within Laguna, enhancing its reputation to attract diners from the surrounding area.

Some of the bars and restaurants are currently undergoing upgrades or renovations in preparation for the upcoming winter high season.

"We want to elevate the property, not only in terms of our already renowned high service level but also in terms of our physical infrastructure."

Additionally, a new beachfront bar is in the works. The name 'Xana Beach' will be retained, but the concept will differ from typical island beach clubs.

"I would describe it as an experiential beach environment. We have a beach bar and our Italian-Mediterranean restaurant Azura. For Angsana, with our guest mix, we aim to create a more relaxed experience. We will host full moon parties and DJ events, making it a more event-centric destination."

"We are also revamping our swim-up pool bar to give it a modern and refreshed feel."

Floating on one of the lagoons is the Atoll restaurant, offering an ideal setting for pre- and post-dinner drinks and serving Vietnamese-inspired tapas with a twist.







"You have the backdrop of the ocean with a beautiful sunset on one side and, on the other, the illuminated floating Angsana resort as daylight fades," Anders describes.

When it comes to appealing to Nordic visitors, Anders is confident that Laguna will attract them.

"I believe there is great potential for them to come and experience what we have to offer. One of the beautiful aspects of Laguna is that we cater to all types of travellers. Cassia is ideal for couples looking for a base to explore, Angsana offers families a wide range of activities with over '101 Things to Do', and Banyan Tree, with its private pool villas, focuses on intimacy and romance."

Among the activities available are birdwatching, nature walks, and various water sports, all of which can be enjoyed in the lagoon if the sea conditions are unfavourable, including stand-up paddle boarding and kayaking.

Anders also emphasizes the exclusivity and spaciousness of the Laguna area, with ample greenery, lagoons, and sea views, offering a wide array of experiences, including world-class spa treatments, all without the need to leave the resort.

"There are many Nordic people living in Asia, and with flights open and no visa constraints, this destination is just a short flight away from most major cities in the region. Sometimes, when staying for four or five nights, guests may wish to explore and dine elsewhere. As an

integrated resort with cross-signing availability, you have that convenience right at your doorstep."

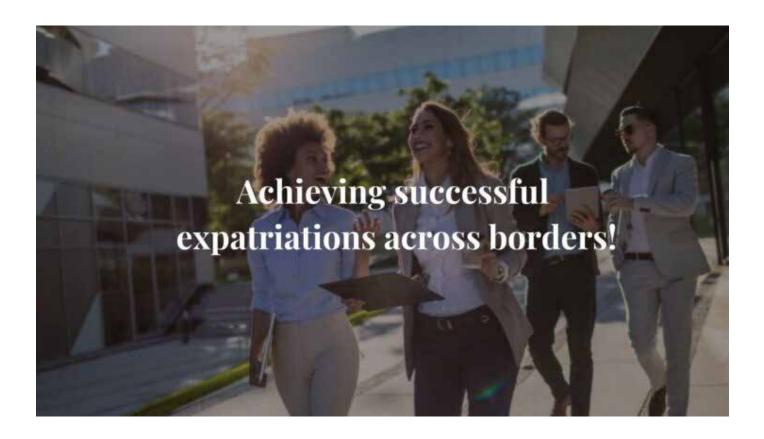
In terms of competition, Laguna Phuket has a wellestablished reputation.

"We are fortunate for that, and it's not something that happened overnight, but through the hard work and dedication of our teams and the philosophy behind each brand pillar. We must continue to turn guests' dreams and expectations into reality," says Anders.

"Every guest arrives with certain expectations that we should strive to exceed. Today's guests seek value, a sense of place, wellness, and an overall experience. Regardless of your budget, we have a suitable offer," he adds.

The many returning guests are a testament to Laguna's popularity and dedication to providing a memorable experience.

"It's a wonderful feeling when guests love the property so much that they return, and you become the steward entrusted with managing it well to preserve their cherished memories and help them create new ones. Welcoming guests back home to this paradise is key to our future."



# Expat Advising: **Turning Expatriations** into Success

Success with expatriation results in high ROI for companies, top-tier talent for countries, thriving expat employees and families, and a strong pipeline of young graduates taking on a global career.

ingapore-based, Danish-owned start-up Expat Advising has just released a portfolio of neverbefore-seen services and products in its pursuit to flip the 40% failure rate in expatriations into a 100% success rate.

"It all began with my personal journey as an expat over a decade ago. I experienced numerous hurdles, uncertainties, and a lack of comprehensive support. Through writing my book "9 things to do and consider

before expatriating", in-depth research and interviews with relevant stakeholders, I discovered a pressing need for services to tackle the persistently high failure rate of expatriation.

With my team of experts, we are driven to revolutionize the expat experience, supporting organizations and individuals in a strategic and holistic manner."

- Kia Holm Reimer, Expat Advising Founder

#### The approach

Expat Advising uncovered that the cause of expatriation failure is not in the unpacking of moving boxes. Rather, for organizations and individuals alike, it lies in the lack of familiarity with this unique lifestyle, its short and longterm effects and consequences. Additionally, inflexible organizational policies and/or a limited expatriation strategy enhances the challenges.

As a result, our approach is designed to address these critical factors with a comprehensive strategic lens. It focuses on tools that enable organizations and individuals with relevant knowledge and skills to thrive.



### With my team of experts, we are driven to revolutionize the expat experience, supporting organizations and individuals in a strategic and holistic manner."

– Kia Holm Reimer, Expat Advising Founder



"We know how to ensure expat success how companies can optimize their resources, how a country can stay competitive, how academic institutions can better equip the global leaders of tomorrow, and how individuals can empower themselves. This is exactly what our services and products deliver." - Neha Thakkar, Expat Advising Partner

#### What has Expat Advising developed?

It has been important that the products and services cater to the entire process, benefit all parties involved, and account for diverse locations, cultures, and life circumstances.

#### Our New Products and Services:

- An Expat Audit Report uncovering status quo and opportunities for the organization.
- Trademarked Profiling and Assessment tools 'My Expat Profile' and 'My Family Profile' providing personalized and strategic insights and strategies.
- A Reflection and Conversation Game 'Ready, Set, Relocate' packed with questions to trigger meaningful plans and action before expatriating, during expatriation, and upon repatriating.
- Executive Education programs designed for global excellence and enhanced decision-making across different levels of experience.
- Result-driven 1:1 sessions with our expert consultants providing tailored guidance and planning to solve individual expat challenges and meet specific
- An online and on-demand Expat Academy packed with specifically developed videos for valuable in-

sights, practical tips on e.g. expat contract negotiation, and expert advice on thriving as an expat.

Find more information on the products and services at www.expatadvising.com.

#### What is in it for you?

- Success.
- Maximization of the full potential of expatriation.
- Minimization of all the pain that comes with expatriation.

For companies, this means you will not contribute to the USD 315 billion dollars lost due to failed expatriation. It also means you boost productivity, employee morale, and your employer brand.

For expat employees and their families, you succeed professionally and personally.

For governments, you secure a strong talent base contributing to economic growth, global competitiveness, strategic positioning.

For academic institutions, you enhance global opportunities for graduates/alumni and attract a diverse student body.

Expat Advising will equip you with honest knowledge sharing, experienced and tangible advice, tested solutions, and easy to access resources.

All of it is just a click away at www.expatadvising. com or by sending an email to info@expatadvising.com

PS:Want a free copy of the book "9 things to do and consider before expatriating"? Send a mail to info@expatadvising. com with the text "Yes, please send me the expat e-book".

# China opens group tourism to Finland

hina's Ministry of Culture and Tourism has issued a notice allowing companies to operate outbound group tours.

Visit Finland's director of Greater China, David Wu, later stated, that he was excited by China's decision to reopen group tourism

to Finland. Wu welcomed this development and said he eyed great potential for collaboration between the two countries in the tourism sector.

"China plays a vital role in global tourism development,"Wu said.

He added that Finland is a popular destination for Chinese tourists, especially during the winter season. The Northern Lights, Santa Claus and the ice hotels have attracted many Chinese tourists in the past.

With the reopening of group tourism, cooperation within the tourism industry between Finland and China is expected to expand.



# Sweden holds "Fashion Forever" exhibition in the Philippines

'he Swedish Embassy in Manila recently held the "Fashion Forever" exhibition at SM Aura mall in Manila, the Philippines. The event was held to enhance the circular fashion movement in the Southeast Asian country.

The exhibition highlighted how the circular economy in fashion can start at home by introducing sustainable approaches practiced in Sweden.

"Through the integrated work of fashion retailers, design schools, and science parks in Sweden, the fashion industry can continue to be creative, exciting, and lucrative. All while being kinder to the planet and better for the consumer," said Annika Thunborg, the Swedish Ambassador to the Philippines, during the opening ceremony of the exhibition.



The event was supported by the Swedish Institute, the worldrenowned Swedish retailer H&M, and the Aura mall.

# Swedes prefer Thailand

nnika Thunborg, Ambassador of Sweden to the Philippines, recently stated in an interview that Swedes prefer Thailand as their top tropical travel destination.

The Ambassador said that the Philippines has a high potential to attract more Swedish tourists, but the country has to add air access and work on developing the tourism sector.

"Thailand has a very developed tourism industry. There are several direct flights from different Swedish cities to Bangkok," said Thunborg. She added that it's easier for Nordic tourists to go to the islands in Thailand from the capital Bangkok, due to the many available flights.

According to the Ambassador, the Philippines has everything that most Swedes are looking for, like diving, beautiful beaches and underwater life, but the problem is



accessibility.

"It would not be difficult for the Philippines to attract Swedish tourists if basic infrastructure such as direct flight connections to the islands were in place."

The Ambassador then enhanced the importance of implementing a sustainability system, since anything that has to do with sustainability is attractive for Nordic tourists.

The first year of Covid, from lanuary to December 2020 there were a total of 6,996 Swedes visiting the Philippines. The number dropped to 508 in 2021. Now it is coming up again.

Source: philstar.com

# Vagabond opens TMall concept store

wedish footwear brand, Vagabond, has opened an official concept store via Chinese TMall.

The brand states that it's aiming to expand within the Asian market by launching a selection of its AW23 Collection on the Chinese

platform.

"It's a huge step for the firm," says CEO Anders Odén.

Vagabond is available in more than 45 markets, including key markets such as North America, the UK and most European countries, but Asia is the brands big growth target for the Autumn/Winter 2023 season.

"We see a vast interest in our products, but our main focus is on local market adaptation. Not the least to avoid unnecessary shipping for sustainability reasons," Odén added about the launch.



#### News brief



# Lively Crayfish Party 2023 in Bangkok



onas Andersson – the well-known Thai-Swedish entertainer singing mostly Thai country songs – was a surprise bonus for the participants at the 2023 Cray Fish Party of the Thai Nordic Association. Immediately, the floor was filled with fans singing along and dancing to his special performance.

Before, during and after, it was already a lively – and delicious – night for the around 200 Nordic expats and their friends in Thailand who partied the night away away on this Saturday 16 September 2023 at The Landmark Hotel.

Thai Nordic Association - TNA - Crayfish Party 2023 Chairman Kim Alexandersen was the MC of the evening, welcoming all and introducing the sponsors who had made the event possible and the companies who had generously donated lucky draws gifts.

Gold Sponsors were Bangkok Patana School, Pecunia Asset Management and Samitivej Hospital. Logo Sponsors were Amrapur Tailors, B-Healthy, Bangkok Prep, Montage Andaman Gourmet Salt.

Other companies had bought booths outside the ball room where the guests arrived. They included among others Miskawaan Health Group and Miss Universe Thailand 2023 Anntonia Porsild's brand "Splash" Sunscreen Mist.

A surprise was also the quality of this year's generous bouquet of sponsors for gifts for the lottery.

"The income from the Lucky Draw is what we use to fund the TNA events until the next Crayfish Party, so thank you for the gifts and thank you for buying a lot of lottery tickets," said the Chairman when introducing all the sponsors by name.

No Crayfish Party without the great Boss Band – and again this year, the talented ensemble demonstrated how to energize a fun craving bunch of Nordics of very different ages.

When is the Crayfish Party 2024?



### PORS launches 2023 guide to Thailand

'he Danish-Thai owned relocation service, Pacific Orientation Relocation Services (PORS), has published a new, comprehensive guide for those who are moving to Thailand. The guide is for the first time digital and will be continually updated.

PORS is a business supporting expats moving to Thailand. It's owned by Danish Leo Emdal Alexandersen and his Thai wife, Dharmaporn Alexandersen, and has now existed for over two decades.

Their typical client is an employer who wants to provide a full service to their employees who are relocating to Thailand for work. The service is, however, available to anyone. PORS helps expats with everything within the framework set by the employer - whether it is searching for the right school, finding a home, getting a driver's license or even moral support.

Additionally, the company re-

leases an annual guide, covering information and tips on moving to Thailand. But this time they're taking it to a new level.

A win for expats

Recently, PORS upgraded their guide to a fuller, more descriptive, digital guide called: "Everything You Need to Know When Relocating to Thailand in 2023." The guide is available to anyone who uses their online service.

The idea was requested by Asia Pacific Group, also known as "Reloc8," who decided it would be convenient to create more comprehensive guides for multiple Asian countries.

"We had all the information at our fingertips, so it wasn't too difficult to facilitate," the company shares.

Anyone can write a guide – but not everyone can write a good one

Based on their 20+ years of work and experience, PORS knows who the most reliable sources are, and it is their job to always be on track with the latest updates.

The new guide isn't going anywhere soon. Instead of creating a new one every year, the plan is simply to edit the existing one - making sure it is always up to date. Owner of PORS, Leo E. Alexandersen, expresses excitement about the new guide, and how it might benefit both expats but also potential new clients:

"We think it's a great initiative. It's free and accessible to anyone who could use a helping hand - and if they wish for a fuller service, we are more than ready to assist them through the whole journey. From before they even arrive, to the day they are back home," Leo adds.

