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# IAFL Asia Pacific Chapter Meeting Bangkok, Thailand

## Networking, Events, Tours & Excursions

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## Wednesday 31<sup>st</sup> May 2023

### Thonburi Klong Boat Tour with Tuk Tuk ride for all 2.00 - 5.00pm \$60

The Bangkok riverside suburb of Thonburi has many canals, 'klongs', which you will explore in a traditional Thai boat. Keep a look out for floating vendors, paddling from house to house, selling their wares.



### Welcome Reception for all in the Sukhothai Gardens, Sukhothai Hotel 6.30 - 8.30pm Included in registration fees

Located next to The Banyan Tree Hotel, the Sukhothai Hotel is named in honour of the ancient capital of Thailand. Join us for some drinks, canapés and traditional Thai entertainment.

## Thursday 1<sup>st</sup> June 2023

### 2 Hour Thai Massage for Accompanying Guests 9.00am - 12.00pm \$90

Indulge yourself in a Thai massage, a holistic therapy which involves the stretching of muscles, and application of direct pressure to achieve a rebalance in the flow of your body's energy. Thai massage therapists use their hands, thumbs, elbows, and even feet to flex your joints and allow your body to rid itself of tension, and improve circulation.





Thursday 1<sup>st</sup> June 2023 cont...**Royal Grand Palace and Wat Pho (with boxed lunch) for all**  
**1.00 - 5.15pm \$90**

**The Royal Grand Palace** is a 'Must see' for all visitors to Bangkok. The Grand Palace complex, which includes the Temple of the Emerald Buddha (Wat Phra Kaew) is unquestionably one of the wonders of the world today. Within its enormous grounds is the most exotic Buddhist temple and at the heart of the temple itself is a fabulous Buddha image, carved from one piece of Jade, which is the holiest and most revered of religious objects in Thailand today.

Nearby is the Grand Palace, once the official home for the Kings of Siam built in traditional Thai architecture mixed with European designs. You can also see the Royal Funeral Hall and the Royal Coronation Hall.



**Wat Pho** also spelled Wat Po, is a Buddhist temple complex in the Phra Nakhon District, Bangkok. It is located on Rattanakosin Island, directly south of the Grand Palace. Known also as the Temple of the Reclining Buddha, its official name is Wat Phra Chetuphon Wimon Mangkhalaram Rajwaramahawihan.



The temple is first on the list of six temples in Thailand classed as the highest grade of the first-class royal temples. It is associated with King Rama I who rebuilt the temple complex on an earlier temple site and became his main temple where some of his ashes are enshrined. The temple was later expanded and extensively renovated by King Rama III. The temple complex houses the latest collection of Buddha images in Thailand, including a 46m long reclining Buddha. The temple is considered the earliest center for public education in Thailand, and the marble

illustrations and inscriptions placed in the temple for public instructions has been recognized by UNESCO in its Memory of the World Program. It houses a school of Thai medicine, and is also known as the birthplace of Traditional Thai massage which is still taught and practiced at the temple.

## Thursday 1<sup>st</sup> June 2023 cont...

### Dinner at Jim Thompson Restaurant for all 7.15-10.45pm \$190

Located within the grounds of the Jim Thompson House museum, the restaurant will serve a 6-course Thai Fine-dining set meal. **Fully booked: to join the waiting list email [iafl@judylaneics](mailto:iafl@judylaneics)**



### Dinner at Casa Nostra Restaurant for all 7.30 - 10.30pm \$195

The cuisine at this Italian restaurant reflects the chef's passion for "elegant rusticity". Both ancestral and modern techniques are employed and the quality of the ingredient always takes center stage. Casa Nostra will serve a 3-course set meal. **Fully booked: to join the waiting list email [iafl@judylaneics](mailto:iafl@judylaneics)**



### Apsara River Cruise with Dinner for First Timer Fellows, IAFL Exec & Asia Pacific Chapter Management 7.00-11.00pm \$150

IAFL Fellows who are attending their first meeting as a Fellow are encouraged to attend with their guests for the opportunity to meet members of the IAFL Executive and Asia Pacific Chapter Management Committees. Converted from a vintage rice barge, Apsara is an elegant restaurant cruising along the Chao Phraya River, giving you a unique view of Bangkok's illuminated temples and skyline. A four course Thai Set Menu will be served during the cruise.



Friday 2<sup>nd</sup> June 2023

**Silom Thai Cookery Class with lunch for Accompanying Guests**  
**8.30am - 12.45pm \$90**

Enjoy an authentic cultural and culinary experience. The morning starts with a trip to a local market to buy fresh ingredients. You will then return to the cookery school to prepare a 5-course meal for your lunch completely from scratch.



**Happy Hour at Vertigo Too for all**  
**at the Banyan Tree Hotel**  
**6.00 - 7.00pm**

**Included in registration fees**

Vertigo TOO offers an exceptional bar experience on the 60th floor. The arched ceiling of this indoor bar is dotted with lights, mimicking a starry night. Relax on comfortable loungers while enjoying the stunning views of Bangkok cityscape and the Chao Phraya River.



**Dinner at Blue Elephant for all**  
**7.15-10.45pm**  
**\$180**

A trip to Blue Elephant Restaurant in Bangkok is about so much more than the food. It's an immersive experience that allows you to enjoy the best of Thailand, from excellent service to the beautiful surroundings. Blue Elephant will serve a deluxe sharing set meal **Fully booked: to join the waiting list email [iafl@judylaneics](mailto:iafl@judylaneics)**

## Friday 2<sup>nd</sup> June 2023 cont...

### Dinner at Baan Khanitha for all 7.30 - 11.00pm \$180

Consistently ranked among the best Thai restaurants in Bangkok for two decades, and selected as one of the best authentic Thai restaurants by Michelin Guide 2018. Baan Khanitha serves best authentic Thai cuisine preparing award-winning recipes with a focus on delicate flavour and fresh premium organic ingredients right from their very own Baan Panalai Organic Farm. Baan Khanitha will serve a seafood sharing set meal. **Fully booked: to join the waiting list email [iafl@judylaneics](mailto:iafl@judylaneics)**



### Apsara River Cruise with Dinner for all 7.00-11.00pm \$150

Converted from a vintage rice barge, Apsara is an elegant restaurant cruising along the Chao Phraya River, giving you a unique view of Bangkok's illuminated temples and skyline. A four course Thai Set Menu will be served during the cruise. A four course Thai Set Menu will be served during the cruise.



## Saturday 3<sup>rd</sup> June 2023

### Railway and floating market with lunch for all 6.45am - 2.30pm \$100

*Note that this tour involves strenuous activity and it is recommended that participants are fit.*

Mae Klong Railway Market is over 100 metres in length and is described as 'life-risking' because its stalls are attached to the Mae Klong-Ban Laem railway. Vendors at the market put out parasols or canvas to protect themselves against the sun, and arrange their wares on the tracks. When each signal of the arriving train rings, vendors will rush to close their parasols and canvas, along with clearing all goods that will obstruct the approaching train. Once the train passes, parasols and canvas will be reopened and goods replaced.



Damnoen Saduak Floating Market is one of the most popular floating markets in Thailand and is situated on Klong Damnoen Saduak, the straightest and longest canal in Thailand.

### Ayutthaya (Summer Palace, Wat Chaiwattanaram, Wat Mahathat, Wat Prasrisanphet) with lunch for all 7.45am- 4.30pm \$110

The Ayutthaya Experience takes you through the historical wonders of Thailand's ancient capital. Ayutthaya is dotted with ruins and grand temples, surrounded by the Chao Phraya, Pa Sak and Lop Buri Rivers, and filled with the aura of mystique and grandeur that truly reflects ancient Thailand. Stop by a 17th century summer palace, a fusion of Italian, Thai and Chinese architecture. Visit Wat Chaiwattanaram, one of most ancient temple built in 1630 with architectural style influenced by Angkor temple in Cambodia. Then drop by Wat Mahathat to search for the famous Buddha head entwined in tree roots. Head to Wat Phra Si Sanphet, where the ashes of three Ayutthaya kings are enshrined within its pagodas.



## Saturday 3<sup>rd</sup> June 2023 cont...

### President's Dinner for all at The Banyan Tree Hotel 7:00pm - midnight \$250

Beautifully designed, the Banyan Ballroom is the ideal location for the inaugural Asia Pacific President's Dinner. Enjoy a 4-course set menu, with traditional entertainment and a disco. The dress code is smart casual with a 'touch of tropical Thai.'

