

Pre-Conference Tours

All tours depart from and return to the conference hotel.

SATURDAY 07 JANUARY 2017

1) Explore Bangkok I: Fashion, Crafts and Textiles

Start with a walk through the famous **Flower Market** with its exotic flowers and plants. Then visit the **Nightingale-Olympic Department Store**, a family-owned business since 1936 once patronized by the city's elite, with the only vintage (1960s) Merle Norman Cosmetic Salon in Thailand. Time has stood still at this emporium: mannequins, clothing, electronics, sports equipment, toys and more are original, mid-century products. Then proceed to **Old Siam Plaza**, a late-19th-century colonial-style building popular with Thais but little-known by tourists, housing fashion, food and crafts on several floors around an atrium with a soaring, domed skylight. Sample some of the sweets at the many food stalls specializing in traditional Thai desserts. Afterwards, take a brief look at the Art Deco theater and buildings surrounding Old Siam Plaza.

08:30-16:00 hrs.

Minimum 6 persons

Cost: US\$ 50 per person includes transfers, English-speaking guide, cold towelette and bottled water.

Lunch is not included.



2) Thai Cooking Class: Blue Elephant Cooking School

Housed in a beautifully restored and decorated 1903 mansion, **The Blue Elephant** is one of the best restaurants in Bangkok and has a renowned cooking school. The day begins with a visit to the morning market with the instructor to learn to select and purchase Thai ingredients. During the private cooking class participants will make several classic royal Thai dishes out of fresh, local ingredients and then enjoy a meal together. All will "graduate" with a Blue Elephant Cooking Class Certificate and will receive a packet of curry paste and a charming apron.

08:00-14:00 hrs.

Minimum 16 persons for private class

Cost: US\$ 110 per person includes BTS Sky Train tickets, transfers, English-speaking guide, welcome drink, market visit, ingredients and preparation for 4 dishes, recipe, Blue Elephant apron, certificate and a souvenir



3) Rustic Thailand

See the real Thailand in Ampawa district near the Damnern Saduak floating market area where fruit plantations and flower orchards are abundant. First, we will visit **Baan Pinsuwan Benjarong**, a home-based factory producing exquisite examples of the traditional Thai five-color ceramics called Benjarong.

Afterwards, visit the home of a local **farmer-cum-artist**, see how the coconut plant influences his life. The visit ends with a short **puppet performance** in the rustic home-style theatre.

The day concludes with a visit to the **floating market**, where farmers trade their produce from their boats, and a long tail boat ride through the canals.

Lunch (included) at a local restaurant by the river.

08.00-15.00 hrs.

Minimum 6 persons and maximum 25 persons

Cost: US\$ 110 per person includes transfers, English-speaking guide, special visits, long tail boat ride, Thai set lunch (food only), bottled water and cold towelette during the tour



4) Relaxing Thai Style

Thailand is famous for its spas and massage therapies. Spend a **Spa Day** specially arranged for you at the peaceful Sampran Riverside located just outside Bangkok, but a world away. Relax with an 80-minute Thai massage at the Arusaya Spa, learn to make a traditional Thai herbal compress and enjoy a 40-minute neck, head, and shoulders compress massage. Relax over a lunch of traditionally prepared Thai food from fresh local ingredients at the property's Inn-Chan restaurant overlooking the Ta Chine River (all included). Check out the craft village and try your hand at several traditional Thai crafts, book a personal beauty treatment at the Arusaya Spa (extra), or just relax around the pool.

08:00-17:00 hrs.

Minimum 4 persons and maximum 7 persons

Cost: US\$ 180 per person includes transfers, English-speaking guide, herbal compress workshop with 40-minute neck, head and shoulder compress massage, craft village visit, Thai set lunch at Inn-Chan restaurant (food only) and 80-minute Thai massage at Arusaya Spa



SUNDAY 08 JANUARY 2017

1) Bangkok Medley

Visit **Chinatown** with a walk down the “Dragon Road” of Bangkok with stops at a Chinese medicine store and a small museum that tells the story of the Chinese in Thailand. Continue to Bangkok’s famous **Flower Market (Pak Klong Talad)**. Then, climb aboard an open-air **tuk-tuk** (Thai-style 3-wheeled taxi) for a tour around historic **Rattanakosin Island**, the original site of the Rattanakosin Kingdom founded in 1782, now the site of the Grand Palace and the City Pillar Shrine and other historic buildings. Visit **Wat Po** (Reclining Buddha temple), lunch at **Eat Sight Story** with a view across the Chao Phraya river of the famous **Wat Arun** (Temple of the Dawn) and take a 45-60 min. boat ride along one of Bangkok’s famous canals.

09.00-15.00 hrs.

Minimum 20 persons

Cost: US\$ 110 per person includes transfers, English-speaking guide, Tuk-Tuk ride with police escort, admission fee, Thai set lunch at Eat Sight Story (food only), canal tour, bottled water and cold toweltte during the tour



2) Explore Bangkok II: Fashion, Crafts and Textiles

Explore crafts and local products with a guide at the indoor, air-conditioned **JJ Mall** filled with stalls of local, handmade bath products, fashion accessories such as leather and silk handbags, traditional textiles, baskets, home products and more--all made in Thailand. lunch at the extensive food court with a wide selection of Thai and international dishes; then visit **Siam Center**, a building in the heart of Bangkok with a number of young Thai designers and exceptionally creative store windows. Next, walk next-door to **Siam Paragon**, the multi-story luxury mall, to see a private textile collection and experience luxury retailing, Thai style with everything from Maseratis to designer boutiques to an aquarium, cinemas, food halls, department stores and a supermarket. Highlights include great book stores, a Thai crafts floor and more.

09.00-17.00 hrs.

Minimum 6 persons

Cost: US\$ 50 per person includes transfers, English-speaking guide, cold towelette and bottled water.

Lunch is not included



3) Relaxing Thai Style

Thailand is famous for its spas and massage therapies. Spend a **Spa Day** specially arranged for you at the peaceful Sampran Riverside located just outside Bangkok, but a world away. Relax with an 80-minute Thai massage at the Arusaya Spa, learn to make a traditional Thai herbal compress and enjoy a 40-minute neck, head, and shoulders compress massage, Relax over a lunch of traditionally prepared Thai food from fresh local ingredients at the property's Inn-Chan restaurant overlooking the Ta Chine River (all included). Check out the craft village and try your hand at several traditional Thai crafts, book a personal beauty treatment at the Arusaya Spa (extra), or just relax around the pool.

08:00-17:00 hrs.

Minimum 4 persons and maximum 7 persons

Cost: US\$ 180 per person includes transfers, English-speaking guide, herbal compress workshop with 40-minute neck, head and shoulder compress massage, craft village visit, Thai set lunch at Inn-Chan restaurant (food only) and 80-minute Thai massage at Arusaya Spa

