Orientation

Program

11 November 2022, Via Zoom program

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01 - Greetings!!!

Health and well-being in all policies: Thailand experience

21-25 November 2022

Bliston Suwan Park View Hotel and Residence
Bangkok Thailand

Participants:

25 people from 10 Countries in Asia

- Bangladesh
- Bhutan
- Indonesia
- Malaysia
- Myanmar
- Nepal
- Philippines
- Sri-Lanka
- Thailand
- Timor-Leste

02- Workshop Agenda

Day 1 Thailand’s health system and Health in All Policies (HiAP)

Day 2 Health and Well-being in all Policies through Health Promotion

+ visit Thai Health Promotion Foundation

Day 3 Universal Health Coverage

+ visit National Health Security Office

Day 4 Health and Well-being for All Policies through Participatory Public Policy Process

+ Walk the Talk program

Day 5 Lessons learned and the way forward

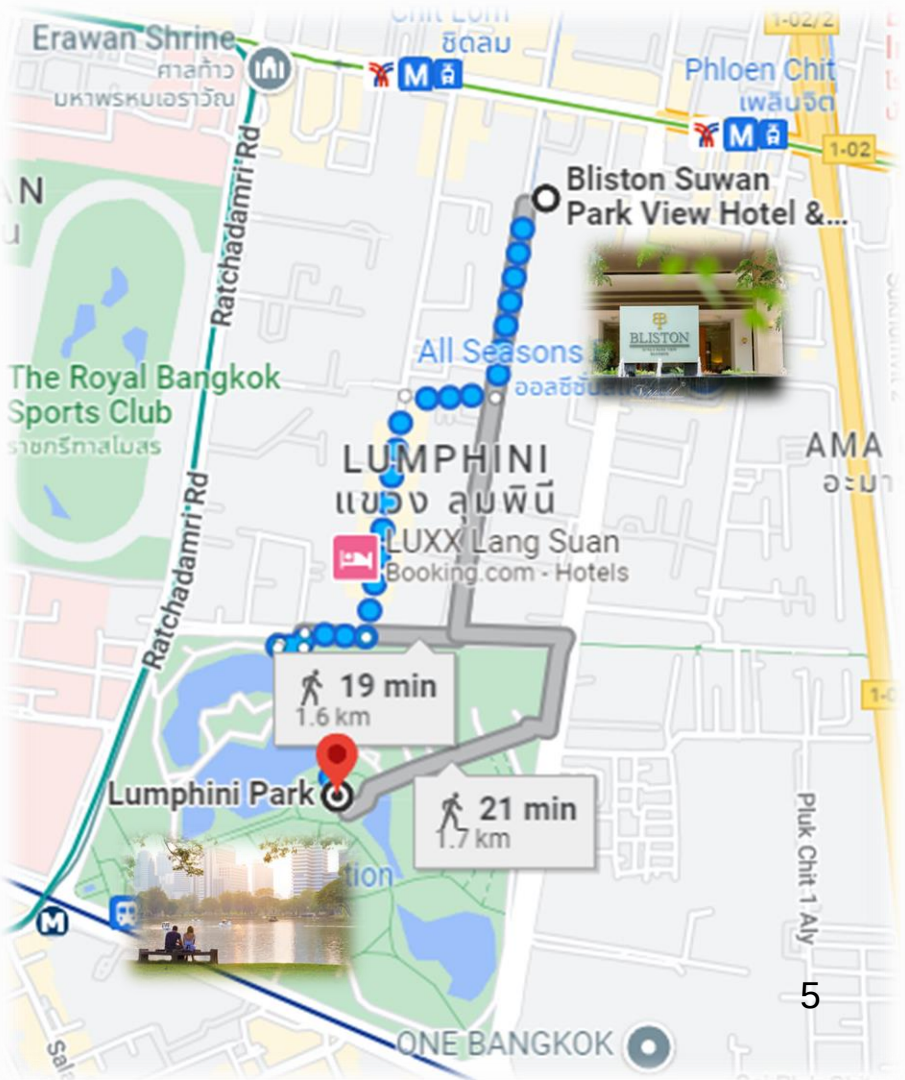
“Walk the Talk”

Lumpini Park

Walk & Fun Run

Nov 24th (Day 4), **17.00-18.30**

- **Thursday Nov 24th** (Day 4) from **17.00-18.30** (1.5 hours)
- Leisure trip from the venue hotel to **Lumpini Park** “the lung of the city center”
- **Sightseeing Bangkok by foot** outside of the venue hotel
- **Walking or light jogging** to promote health and well-being.



What you may see …

What you should prepare…

- Wear **light clothing** (ready to sweat a little!)
- Wear **comfortable shoes** (e.g. sneakers)
- Know **your health & fitness status** (go at own pace)
- **Stay hydrated** (bring a bottle of water or get some at the park)
- **Be aware of surrounding** (e.g. footpath, incoming cars or bikes, animals in the park)
- **Keep an open mind and enjoy the experience together**. And please don't get lost!

03- Logistic

How to go to Bliston Suwan Park View Hotel and Residence

By BTS sky train

1. **Chidlom Station** (Exit4),
2. walk toward **Soi Tonson** (street)
3. enter the alley about 50 meters.
4. Bliston building is on your left hand side
5. From BTS to the hotel is about 600 meters/8 minutes

By Taxi

Ask the driver to Bliston Suwan Park View Hotel located at Soi Tonson, Pleonchit Road and opposite to Central Chidlom Department Store

The host organizations will be responsible for:

- Workshop expenses including meeting package (2 coffee breaks and 1 lunch) daily during the whole of workshop.
- Local transportation to the site visits during the workshop

03- Logistic

Weather : Bangkok temperature is warm with the average from 30 to 33 C but the meeting room temperature can get cold (usually about 21-25 C.). ***It is recommended to bring informal suit or jacket***

Time Zone

Bangkok GMT+7:00 hrs.

Exchange Rate : 1 USD equals approximately 38 THB (Thai Baht)

Electricity

220 volts, 50 Hz the electrical supply in Thailand is 220 Volts, if you are coming from 110 Volts country please check before you travel.

Dress

For the workshop: smart casual attire
For the optional physical activity session: shirt, sport pants and sport shoes

Emergency Medical Contact Suggestion:

1. Bumrungrad International Hospital
Address: 33 Sukhumvit 2 (Soi Nana Nua) Wattana, Bangkok, 10110 Thailand
Tel: +66 (0) 2 066 8888

2. Bangkok Hospital
Address: 2 Soi Soonvijai 7, New Petchburi Rd, Huaykwang, Bangkok, 10310 Thailand
Tel: +66 (0) 2 667 2999

Police Emergency: 191
Tourist Police: 1155 (http://www.thaitouristpolice.com)
Tourism Authority of Thailand (TAT): 1672 (http://www.tourismthailand.org)
Suvarnnabhumi International Airport: +66 (0) 2 132 1888

** Health Insurance is recommned*

04- Covid-19

Protection Guideline

1. Please show your Covid-19 test (ATK/RT PCR) with in 48 hours before the workshop
2. Keep at least 1-2 meters of social distancing
3. Face mask is sincerely requested in public venue esp the workshop venue
4. Frequently wash your hand with water and soap
5. If flu-like symptoms such as fever, cough develop while attending the workshop, participants should inform the organizer immediately in order to provide necessary assistance in cases where an infection of the COVID-19 virus has taken place
6. In case of being tested positive (with infection detected) during the workshop, you are required to be responsible for any expenses occurred

More information please contact

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More information click https://en.nationalhealth.or.th/health-and-well-being-in-all-policies-thailand-experience-2022/