



# BJMA THAILAND TOUR 2012



April 26th to May 7th 2012

## \*\*\*General Information

### For Consideration – ANZAC DAY

I will be flying to Bangkok on the Sunday 22<sup>nd</sup> April and heading to Hellfire Pass / River Kwai for the ANZAC Day Dawn service on the 25<sup>th</sup> April. I will then come back to Pattaya ready for training on the 26<sup>th</sup>. Anyone who wishes to join me can. Cost will include transport to Kanchanaburi, accommodation on the river and breakfast after the dawn service.

### Pattaya

Pattaya is a beach side resort around 2 hours from the main airport and about 2 and a half to 3 hours from the centre of Bangkok. It is the weekend play area for wealthy Bangkok residence and a favourite holiday spot for Eastern Europeans. It is also one of the best spots to train Muay Thai.

Pattaya used to be the main port for sailors from the US, Australia and other allied countries. This led to it developing somewhat of a seedy reputation. However it has been more than a decade since the Navy has used Pattaya as a main port and it has now changed into a cosmopolitan centre – sure there are still some dodgy areas but this helps give it an edge. A tough area for a tough sport.



Shopping, sightseeing, beaches, temples, bars, training centres and fight venues are in abundance in this city. The district covers 22 sq km but the action is all within a 4km radius, a population of 120,000 makes this place exciting and vibrant.

### Sityodtong

Sityodtong is the name of the training camp we use. Bob Jones first went to this camp in 1986 and started training under one of Thailand's most famous fighters and trainers Kru Yodtong Senanan. The camp is fairly basic by western standards but high quality for the Thai's.

As many as 50 children live and train at the camp. They train 2 hours in the morning and 3 hours in the afternoon. They also go to school during the day. There are also many teenage fighters and a few adult Champions training. Sityodtong also have some of Thailand's best trainers working with us most of these trainers are former champions with between 80 and 280 fights behind them. The main training area has no walls (good for cross draft in the heat) and houses three full size rings, an area for bag work with around 10 hanging bags as well as another area for shadow work, tyre work, skipping etc. The second training area has an elevated ring more bags and some weights.

The area around the gym (suburb) has houses ranging from very modern to little more than shanties. There is a new school and park area 300 meters from the camp. We normally start with a jog to the park and a lap or two of the lake and back to the camp.

## Bangkok

Pattaya is around 2 hrs from Bangkok. As we will not be staying in Bangkok you may wish to arrange a day trip to Bangkok or even stay an extra day or two in Bangkok. The Royal Palace is worth seeing if you have not been before as is the Chatuchak Weekend Market (biggest market in the world) Khao San Road, Department stores, canals, etc. You may also include a night at one of the major Thai Boxing stadiums for those interested (this can be expensive as tickets start at around \$65 for Westerners).

I will arrange for us to go to fights at channel seven studio. These are free (except the bribe we need to pay) and are premium fights. These fights take place Sunday afternoons and I will need to book before we leave Australia.

## Island Tour –

At the end of our stay we will spend two days (1 night) on the beautiful island of Koh Samet. We take a bus down to Rayon (1hr) and then a short 1/2hr boat ride out to the Island. The boats are fairly large and fast, this means that it is very unlikely for people to get sea sick from the journey.



We will then stay on the island for one night and leave the island around lunch time on the second day. This will get us back to our hotel in Pattaya by early evening so people will have time to go out for one last night together before heading home or off on your next adventures.

I have timed it so we will be there for the full moon party. Think fireworks (you can buy massive ones), buckets of cocktails and great music.

## Day Tours – all optional

When visiting temples men must have their knees covered (long shorts) and women must have their shoulders and knees covered.

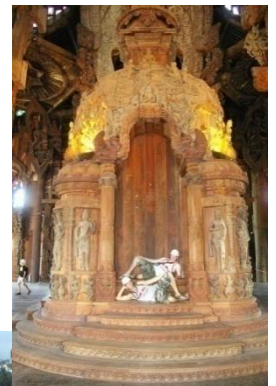
a. **Local Markets** – you will learn the layout of the Pattaya’s markets quickly

b. **Mini Siam** – This is very close to where we are staying and makes for some great photo opportunities. It has miniature monuments from all over asia and the world. It is best seen at night.

c. **The Million Years Stone Park & Crocodile Farm** – get photo’s patting Tigers, riding elephants, sitting on crocodiles, cuddling cubs, monkeying around with orangutan’s, and seeing a crocodile show. If captive animals upset you then this probably isn’t the place for you.

d. **Sanctuary of Truth and Dolphin show** - The Sanctuary of Truth is a massive wooden temple being built by hand out of Teak. With nothing nailed and amazing carving this is worth a look. The Dolphin show is crap and worth missing.

e. **Local Temples and Chinese Museum** – this is an interesting tour .You will see Buddha Mountain, a massive image of a gold Buddha on a sheer cliff surrounded by manicured gardens. Then everyone’s favorite, the



temple of a Thousand Steps, well more like a few hundred. It's a fun jog though and you get to ring some bells at the top. It has been a couple of years since we did this as a group so this year we might ride out on the bikes in a group again.



f. **Jomtien Beach** – This is a nice strip of beach about 20 minutes from our hotel. It is great for a relaxing afternoon or to re-energise after training. It is a great place to be at sunset and sunrise to watch the change over from pleasure boats to fishing boats. It also has some nice restaurants. It is a nightmare to get to or from between 6pm and 8pm but outside these times it is an easy journey.

- g. **Pistol Range** – We will normally have an evening at the Pistol range – about 1 hour and everyone is done. Costs around 50cents to a \$1 per bullet depending on the pistol caliber (9mm to Magnum)
- h. **Flight of the gibbons** – An hour away from Pattaya this new attraction is well worth a visit. For 2 hours you Zip Line and Abseil through the jungle. The views are amazing and some of the Zip lines are hundreds of feet high and hundreds of feet long.
- i. **Skydiving over a fan** – You get dressed in a flight suit and learn how to position your body to try and fly. Harder than it sounds but great fun. It's a good way to blow the sweat from your body.



## Other Activities

There's heaps to see and do in Pattaya, both day and night. Some other things you may wish to do could include – Go Karts, Paint Ball (Skirmish), ATV riding (4 wheel motor bikes), Water fun park, jet ski's, massage, bars, shopping, Skuba Diving, Fishing Tours, Cultural Shows, Drag Queen Shows. Go Go Shows and thousands of bars to try out and escape. Even walking across the road is an adventure in Thailand. Hotel staff, myself or any local travel agents will all be able to assist you making plans for a day away for the group or even a short adventure.

## Getting Organised

Here is a list of things you should be getting organised now.

- Passport. You must have at least 6 months remaining on your passport (before expiry date) to enter Thailand. That means it must expire after July 2011.  
Inoculations – Speak to your doctor about these. I suggest you have Hepatitis A & B vaccination. You should consult with your local doctor about vaccinations you will require. Take your itinerary with you as they will need to know the regions you will be travelling to. Do not leave this until the last minute as some vaccinations must be given over a course of months. This web site gives very good advice on vaccination requirements <http://www.traveldoctor.com.au>



- If you plan on fighting or just training hard, start getting ready now by getting in plenty of grappling and knee work, jogging, skipping and a lot of kicking on the heavy bags. People tend to find that the first thing that wears out is their shins, then their calves, achilles tendon, ankles and instep. Most of these are impact injuries from hitting the pads a lot more than most of us do at home. Bob Jones,

Matt Ball or your trainer will need to approve you to fight. This will come down to your training when in Thailand.



## Accommodation

### Pattaya

Royal Twins Palace Hotel

215 M.10 Pattaya 2nd Road, Pattaya City, Chonburi 20260 Thailand:+66

(0)3842 6262-6

## Insurance

It is highly suggested that you have travel insurance. You may get free travel insurance from your credit card company if you pay for a certain amount of the trip with your card (each card is different). Private Health Insurance sometimes has a travel option. In the past we have had problems with Harvey World Travel Insurance – I would not use them. Other alternate sources for travel insurance are <http://www.travelinsurancedirect.com.au/> (this is the one I use) you health insurance fund, Bank or credit card company.

## INFORMATION REQUIRED BY MATT

- Given/first Name:
- Middle Name:
- Last/Family Name:
- Address:
- Mobile Phone Number:
- Email address:
- Date of Birth:
  
- Passport Number:
- Country of issue:
- Expiry date:
- Emergency Contact:
- Emergency Phone Number:
  
- Accommodation type: (Supreme, Deluxe, Twin – single or triple)
- You are sharing a room with:
- Total Cost for Tour and accommodation:\$
- Amount paid so far: \$
  - o Flight to Thailand:
  - o Return Flight Number:
  
- Island Tour: YES or NO

### Next Payments Due by; (not after!!!!!!!!!!!!)

Cancellation prior to 31<sup>st</sup> March loss of \$250 tour deposit – Cancellation after March 31<sup>st</sup> refund will depend on Hotel charges (approx 50%).

**by December 14<sup>th</sup> \$250**



by **February 14<sup>th</sup>** Final Payment of outstanding amount for main tour.

## FLIGHTS

Each person will need to arrange their own flights. This helps keep your costs to a minimum. Keep an eye out for cheap flights to Bangkok. Air Asia and Jetstar will start to have specials around November/December. An excellent price is \$300 one way. A good price is \$400 (\$800 return) a standard price would be \$1100 return. Try and arrive late on the 25<sup>th</sup> or early on the 26<sup>th</sup> April.

## Sample Itinerary

**Try and arrive on the 25<sup>th</sup> April** (Jetstar normally arrives in Bangkok at 8pm from Melbourne, this means you will get to the hotel at about 10.30pm). Thai airways arrive in the morning and you would be at the hotel by about 8am.

### 26<sup>th</sup> April 2012

#### Thursday

8.30am **Thai Training** – meet in foyer for baht buses to Sityodtong (train from 9.00 – 10.30am - return to hotel around 11.00am)

7.00-10.30am **Breakfast Buffet** is open (bring your voucher)

**Suggestion for what to do - Go to shopping** – Walk out on to 2<sup>nd</sup> Road (outside the hotel) and explore the shops and markets between 2<sup>nd</sup> road and Beach road. If you get board follow Beach road to Walking Street – turn left and keep walking through the main intersection. Try walking through some of the shops and you will find all markets in behind them.

\*\*\* looking for a good value lunch. Turn left out of the hotel and walk around 500 meters – The Boat Café – good cheap meals. If you are worried about eating local food then cross the road into the large department store (Royal Garden Plaza) go to the top floor and you find food world. This is a more expensive option but good for those too scared to eat something different.

1.30pm **Thai Training** meet in foyer for buses to Sityodtong (train from 2.00 – 3.30pm -return to hotel around 4.00pm)

7.30pm **Fights at Fairtex Stadium Pattaya – tickets Baht 1000 (\$35)**

### 27<sup>th</sup> April 2012

#### Friday

8.30am **Thai Training** – meet in foyer for buses to Sityodtong (train from 9.00 – 10.30am -return to hotel around 11.00am)

7.00-10.30am **Breakfast Buffet** is open

\*\*\* Suggestion – If you want a suit made choose a tailor today. You can't leave it any longer.

1.30pm **Thai Training** meet in foyer for buses to Sityodtong (train from 2.00 – 3.30pm -return to hotel around 4.00pm)

7.00pm **Dinner for those interested** meet at hotel bar.

### 28<sup>th</sup> April 2012

#### Saturday

8.30am **Training** – meet in foyer for buses to Sityodtong (train from 9.00 – 10.30am -return to hotel around 11.00am) **NO TRAINING FOR FIGHTERS**

7.00-10.30am **Breakfast Buffet** is open

\*\*\***Suggestion - The Sanctuary of Truth.** An amazing structure. A huge temple hand carved from wood. Definitely worth seeing and a good way to chill out. The dolphin show is nothing special but you are welcome to stay and watch (dolphin show at 3.30pm). Also the ATV's 4 wheel motor bike are good fun. Around 600 Baht

1.30pm **Training** meet in foyer for buses to Sityodtong (train from 2.00 – 3.30pm -return to hotel around 4.00pm) **NO TRAINING FOR FIGHTERS**

**2.00pm** – Local temple visit to get fighter Mongkon and Prapajiets blessed by a monk

9.00pm **FIGHT NIGHT** – Those who are ready to fight will fight tonight! Faitex Stadium Thepprasit. Cost to watch Baht 1000 (\$35) **EVERYONE IS EXPECTED TO GO TONIGHT TO SUPPORT OUR FIGHTERS**

\*\*\* Suggestion – After the fights celebrate by trying and find the ice bar, see if you can get taken out to Excite or to a Thai's nightclub, it's a great experience. – No training tomorrow so let your hair down.

## 29<sup>th</sup> April 2012 NO TRAINING

### Sunday

**This is a day off training for everyone.**

\*\*\* **suggestion-** If you haven't seen enough Thai fights yet you could get a mini bus to Bangkok and go to the Channel 7 Stadium between 1 and 4pm. This Stadium is free. The mini bus will cost around 3000baht. You would need to leave Pattaya by 10.30am.

\*\*\* **suggestion** –go zip lining at “The flight of the Gibbons”. This is amazing fun, deep in the jungle gliding through the tops of the trees. Includes lunch and a look around the zoo. Expensive but well worth it. You need to book at least a day ahead. Leaves at around 8.30am and returns around 4pm.

7.00pm – **Special Group dinner** – place to be decided.

## 30<sup>th</sup> April 2012

### Monday

8.30am **Training** – meet in foyer for buses to Sityodtong (train from 9.00 – 10.30am -return to hotel around 11.00am)

7.00-10.30am **Breakfast Buffet** is open

1.30pm **Training** meet in foyer for buses to Sityodtong (train from 2.00 – 3.30pm -return to hotel around 4.00pm)

\*\*\*Suggestion – Lets go bowling then have an early night I think you will need it.

## 1<sup>st</sup> May 2012

### Tuesday

8.30am **Training** – meet in foyer for buses to Sityodtong (train from 9.00 – 10.30am -return to hotel around 11.00am)

7.00-10.30am **Breakfast Buffet** is open

\*\*\***Suggestion Pattaya Park** – Fun Park – Water slides, pools, rides, Sky Tower – a good way to cool down and relax

1.30pm **Training** meet in foyer for buses to Sityodtong (train from 2.00 – 3.30pm -return to hotel around 4.00pm)

5.30pm **Pistol Range and Dinner at Matt's father in laws bar-** Jomtien Beach.

## 2<sup>nd</sup> May 2012

## Wednesday

8.30am **Training** – meet in foyer for buses to Sityodtong (train from 9.00 – 10.30am -return to hotel around 11.00am)

7.00-10.30am **Breakfast Buffet** is open

**\*\*\*Suggestion for what to do – get a baht bus to Jomtien Beach (much better than Pattaya, only 10 mins) – don't let it stop until the 2<sup>nd</sup> Police Box – spend the day relaxing on the beach or try a jet ski, banana boat or Para sale. (if it looks crowded make the baht bus keep going the further down the road you go the quieter it gets.)**

1.30pm **Training** meet in foyer for buses to Sityodtong (train from 2.00 – 3.30pm -return to hotel around 4.00pm)

8.00pm Mini Siam Tourist Park. (meet in foyer if you wish to go) This place is best seen at night. It is miniature version of all the world's cities. I know it sounds lame but Mat Reid assures us it is very good.

## 3<sup>rd</sup> May 2012

### Thursday

8.30am **Thai Training** – meet in foyer for baht buses to Sityodtong (train from 9.00 – 10.30am - return to hotel around 11.00am)

7.00-10.30am **Breakfast Buffet** is open (bring your voucher)

1.30pm **Thai Training** meet in foyer for buses to Sityodtong (train from 2.00 – 3.30pm -return to hotel around 4.00pm)

7.30pm **Fights at Fairtex Stadium Pattaya – tickets Baht 1000 (\$35)**

## 4<sup>th</sup> May 2012

### Friday

8.30am **Thai Training** – meet in foyer for buses to Sityodtong (train from 9.00 – 10.30am -return to hotel around 11.00am)

7.00-10.30am **Breakfast Buffet** is open

1.30pm **Thai Training** meet in foyer for buses to Sityodtong (train from 2.00 – 3.30pm -return to hotel around 4.00pm)

7.00pm **Dinner for those interested** meet at hotel bar.

## 5<sup>th</sup> May 2012

### Saturday

10.00pm Off to Paradise – We leave for the Koh Samet Island. Don't be late as we can not wait.

Bus ride about 1 & half hour, then short boat trip (about 20 mins).

You will be able to leave some bags at the hotel if you need to. I will rent a room for this purpose.

12.00pm arrive at island – try to get rooms sorted out.

12.15pm Sit on beach drinking Mai Thai's and Pina Colada's, have massage, crash a jet ski, and ride a scooter through the national park and explore the village.

8.30pm meet for dinner on the beach and watch the fireman show let of some more fireworks and dance the night away with people from all nationalities.

## 6<sup>th</sup> May 2012

### Sunday

Crawl out of bed and check out by 11am

Depart Island 11.30am

Arrive Pattaya and check in at 3pm

\*\* This will be your day in Pattaya. Time to buy all those presents, pick up your suit and say goodbye to your special friends.

**7<sup>th</sup> May 2012**

**Depart for Australia or for your next adventure.**

**Some of you will be leaving very early so make sure your transfers are all sorted out.**

## General Travel information

### Thailand Visa

Australian passport holders do not require a Visa if they are staying for less than 30 days. If you plan on travelling on a passport issued from another country you will need to check the visa requirements.

### Money / Credit Cards / Travellers Cheques

You are able to exchange AUD (Australian dollars) for THB (Thai Baht) at most banks or foreign exchange centres. It is worth exchanging a small amount (\$50 - \$100) before departing for Thailand in case you wish to buy something on our way to Pattaya.

- **Credit Card / Debit cards.** ATM's are readily available in Thailand (every second corner in Pattaya) and it is the easiest way to change Australian Dollars into THB. It means you don't need to carry much cash and you can always withdraw money when you need it. There are fees attached and these are normally a fixed fee and a % fee based on the amount withdrawn. Check with your bank for information on charges. I suggest taking two cards in case one is lost or stolen or you want to go over the withdrawal limit. If you do take two cards make sure they do not have linked accounts on both cards as they may cancel both cards if one is stolen. Some banks need to be notified you are going overseas or they cancel your card when you first use it, so call them now and let them know you will be overseas. If a credit card is lost or stolen you can have it replaced and your money will not be lost.
- **Cash.** Some people take over a set amount in Australian dollars and change a certain amount each day so they can keep track of their budget. This can be the most cost effective way to change your money as the rate is better than the ATM's and much better than in Australia. You must declare to Customs if you are carrying more than \$10,000AUD. Keep in mind that if your cash is stolen or lost your trip will be very disappointing.
- **Travellers Cheques-** These can be changed at all money exchanges. There are lots of money exchanges in Thailand. A fee is charged each time you exchange them. In general it is much better to exchange them outside of hotels. Passports

will need to be carried to exchange traveller's cheques. I would suggest getting travellers cheques in denominations of \$100 or over.

## Purchasing Duty Free Goods -

<http://www.customs.gov.au/site/page.cfm?u=4728>

### Duty free concession

The following duty-free concessions are available to travelers provided that they do not exceed the specified amounts.

#### **Group 1 - general**

A\$900 worth of goods (A\$450 for people under 18 and both air and sea crew members ) including gifts (given to you or intended for others), souvenirs, cameras, electronic equipment, leather goods, perfume concentrates, jewellery, watches and sporting equipment. Alcohol and tobacco products cannot be included in this concession.

These goods can be:

- obtained overseas
- purchased in Australia duty or tax free before departure
- goods for which a tax refund has been approved through the Tourist Refund Scheme
- purchased from an inwards duty free shop on arrival.

#### **Group 2 - alcohol**

2.25 litres of alcoholic beverages for each passenger aged 18 years or over. Alcohol is very cheap in Thailand (except Wine) so you may better off just getting it on your way back through Melbourne Airport.

#### **Group 3 - tobacco**

250 cigarettes, or 250 grams of cigars or tobacco products for each passenger aged 18 years or over. One opened packet containing 25 cigarettes or less is also allowed.

**NOTE: However, if you exceed any of the concession limits set out above, Customs will charge you duty and tax on the entire importation or purchase within that group of items.**

**You can pool your duty free concessions if you are a family travelling together.**

**Family means husband and wife and, if any, a child who is, or children who are, under the age of 18 years.**

Most personal items such as new clothing, footwear, and articles for personal hygiene and grooming (but not fur or perfume concentrates) may also be brought into Australia in accompanied baggage free from duty and/or tax.

**If you have anything in excess of your duty free concession, declare the goods and provide proof of purchase to Customs for calculation of any duty and tax to be paid.**

Failure to declare goods in excess of your concession could result in the application of penalties. If in doubt, contact a Customs officer or call **1300 363 263** (Australia only) for information. If overseas, call +61 2 6275 6666 or email [information@customs.gov.au](mailto:information@customs.gov.au)

**Mobile Phones** – I strongly suggest you take a mobile phone. If you have an old one take that in case it is lost or stolen, or buy a mobile phone in Pattaya, they are very cheap. Another good option is to buy a

sim card in Pattaya, about \$15 including \$15 in calls. This makes it very easy to call and message each other in Thailand. It is also a much cheaper way to call Australia and to receive calls. Each day I will send out group SMS about the next day's activities and any changes. So if you have a mobile, either Thai or Australian number, then it will be a great help. If you use your Australian number you will need to inform your provider (Telstra, Optus, etc.) as you may need to set it up. Also if you call a number in Thailand you will be charged for the call to go to Australia then back to Thailand. Also using your Message Bank when overseas can become quite expensive so speak to your phone company about these charges and options for turning it off.

**Jewellery and Valuables** – You will be travelling in a third world country where people have been known to be robbed. I would suggest that you only take the jewellery you can't do without. Having said that I always wear my cross and most people wear watches, wedding rings etc. without ever having problems. Over the last couple of years we have had some thick gold necklaces torn from the neck of some of our group. This is normally done when travelling on a scooter.

**Electrical plugs** – Thailand uses 220 volts so our appliances, charges etc work fine. The Thai plugs are different however. You may wish to buy an adaptor before leaving or when there. They would normally cost around \$5. As I use a number of chargers (Digital Camera, Video, Phone, Toothbrush, Laptop) I normally take a standard power board from here and just one adaptor.

**What to take** – Most people buy clothes when in Thailand and always take too much. Remember there are weight limits for international travel (21kg). The less you take the more you can buy to bring back. Most things can be bought in Pattaya as there are large department stores, chemists etc.

**Here are some suggestions** –

**Vegemite** – **A tube of vegemite is very good for the occasional breakfast.**

**Clothes** - A couple of pairs of shorts, a few T-shirts and singlets, thongs, one set of go out clothes (and shoes) for the special night out and in Bangkok (the locals appreciate it if you dress up a bit when going to good restaurants) a windcheater or similar for the odd cool night. If you're training you will probably go through a few pairs of jocks a day, if jogging you will need a few pairs of good socks and good shoes.

**A beach towel**, if you want to spend time on the beach (these can be bought for around \$5 -\$10) Towels are supplied for the hotel pool.

**Toiletries and first aid** – Band aids, antiseptic cream or powder (powder works better in tropical areas due to the humidity), paracetamol, anti-inflammatory cream and tablets, and Hirudoid cream for bruising. As I have mentioned most things can be bought in Pattaya however they do not always carry Australian Brands of goods so if you have a favourite deodorant, shaving cream, etc then you should take it with you.

**Training Equipment** - Wraps, Pads, Gloves for training, mouth guard and groin guard, skipping rope, runners, shin guards are optional, ankle supports are a great idea as the ring surfaces tend to be a bit uneven. When you fight you have to wear the supplied gloves so 12-14oz are optional. Most items can be bought at the the training camp – Sityodtong, or from some shops around Pattaya.

**Don't expect everything to go to plan, just enjoy the ride** – Even the best laid plans are likely to go astray when traveling in Asia. If you are ordering in a large group at a restaurant you are unlikely to get what you ordered. If someone tells you that a certain thing opens or starts at a particular time be prepared to wait (or even miss the first part). Don't expect safety standards

when doing anything (even walking down the street) take responsibility for yourself and check everything.

Matt Ball 03 5977 7055 / 0417 551525

[matt@smac.net.au](mailto:matt@smac.net.au)

SMAC - 2/5 Simcock St, Somerville, Vic 3912