Chiang Mai joins with the universities in welcoming participants in the 15th ASEAN University Games.

The ASEAN University Games 2010 kicks off in grand style this week with the opening ceremony taking place at Maejo University on Wednesday, December 15. Sportsmen and women from 11 ASEAN nations are taking part in the sporting jamboree which will last until December 23. About 5,000 athletes and their support staff will compete in various disciplines including badminton, basketball, football, swimming, volleyball, beach volleyball, taekwondo, table tennis, karate, golf, petanque, takraw, track & field, tennis, bowling and panchak silat.

The 700 Year Stadium in Chiang Mai, Maejo University, Monfort and Prince’s Royal Colleges, North Chiang Mai University, Chiang Mai University, Payap University and UFO Bowl – are being utilized to stage the various competitions.

The organizing committee has set aside some 64 million baht to put on the event which for the first time will host all representative nations from the ASEAN countries.

Chiang Mai was the venue for the inaugural University Games in 1980 and Thailand has since hosted the biennial event on two other occasions; 1988 at Burapha University near Pattaya and 1996 at Ramkamhaeng University in Bangkok.

(By Phitsanu Theptong, Chiang Mai Mail)
Greetings from Mayor of Chiang Mai Municipality

Tassanai Buranupakorn

"On behalf of the Chiang Mai Municipality I am very pleased and proud to be one of the hosts, to welcome with open arms the more than 2000 people from 11 ASEAN nations visiting our northern capital for the ASEAN University Games. I hope that the charms of Chiang Mai will impress our visitors, as we hope to provide our guests with every convenience as the host province and country. We want you to feel at home here and throughout the days of the Games to create a feeling of friendship and good will to link us as ASEAN community members."

In a recent conversation with Chiang Mai Mail Managing Editor Shana Kongmun, Mayor Tassanai Buranupakorn noted that he thought the Games were good for Chiang Mai as it exposed students here to new ideas, new people and new cultures, teaching them that “we are all the same, we are all equal”.

He noted that no one culture is better or worse than another and we all have something to learn from each other. He noted, every culture has its good and bad and no one country is superior to another, hearkening back to the theme of the Games, “We are one”.

He looked back on his visits to Beijing and Shanghai in China with interest and said, “I have not yet visited Angkor Wat or Luang Prabang but I would like to.” Mayor Tassanai has a busy job, as he noted, so doesn’t get a lot of time to travel but would like to visit these countries when he can. He has visited Myanmar and enjoyed it very much commenting, on the gentle pace of life there.

Mayor Tassanai talked fondly of his years as a student at Montfort College where he played tennis every day, and admitted while he doesn’t play as often as he likes, he still enjoys watching it, adding that John McEnroe was a favorite and fun to watch. A big Manchester United fan, he also enjoys watching football but never played it much. He said he gave takraw a try but “it’s very hard!”

He admitted to trying Muay Thai after he finished school, and really enjoying it but he hasn’t managed to keep it up. He said he swam in school and still swims regularly these days, “but not in the winter!”

Sports and sports figures are an important role model to kids today he said, and he was glad that Chiang Mai could host the 15th ASEAN University Games, showing off all that Chiang Mai has to offer.

Welcome to Chiang Mai!

Doi Suthep Mountain, the culture and the greenery and flowers are symbols of Chiang Mai, which has been rich for more than 713 years.

The city is hugged by mountains with morning fog in December each year, blooming of colorful flowers in winter time, showing off their beauty and awaiting the visit of the AUG athletes.

On behalf of the host Chiang Mai for the 15th AUG held from December 15-23, 2010 Thailand and Chiang Mai people are very pleased to welcome the visit of the sportsmen and women, train- ing staff, officials and administrators from all 11 nations in the ASEAN community.

Although, we speak different languages, have religions in good races, we can gather into One Heart at the Games. With 17 different sports; from tracks and field, badminton, basketball, beach volleyball, football, futsal, golf, karatedo, sepak takraw, swimming, taekwondo, ping pong, tennis, bowling, volleyball and panchak silat.

This, the 15th AUG, is the 4th-time for Thailand to host the Games and we have received great cooperation on all fronts, from the educational institutes, agencies and people of Chiang Mai. Chaeyos Jiramethakorn, Deputy Minister of Education said this is a good time for Thailand to host the AUG because it will encourage Thai sportmen and women to lift themselves up to international standards with the help of the Office of Higher Education Commission, which has allocated funds to fully support the AUG to be up to international standards. Chiang Mai is ready for the games, the competition venues are up to standard referees from different countries have joined us to take part in the good games.

Transportation and other services have been installed in order to make things easy for the athletes and staff, the road safety system has been improved and teams of medical staff and volunteers are on standby for the tournament.

Accommodation has been provided for all athletes at leading hotels with all kinds of food on offer, as well as the western and international so as to meet the needs of all our visitors.

Visitors will also find the tourist attractions and activities to be most welcoming, from the Sunday Walking Street Market to local Northern shows. On behalf of the Chiang Mai people, we welcome all the ASEAN athletes, staff and officials with smiles, and generosity, friendship. Although someone will win and someone will lose in the competition, when they return home they will all have one thing; the friendship that sports brings to cross all obstacles.

Lastly we really hope that everyone will be pleased with the AUG as WE ARE ONE. So, be happy, enjoy and have fun with 9 days of games and competitions.

Welcome to the ASEAN University Games! (By Wipawan Na Nan, Channing Tatum, Kristofer Phromkuntha Photo by www.thai2010aug.com)
Greetings from the President of the Organizing Committee

Dr. Sumate Yamnoon

Sports plays an important role as a diplomatic initiative to foster a sense of unity, cooperation and the sharing values among people of different races, cultures, and religions. As Chairman of the 15th ASEAN University Games Organizing Committee, I would like to take this opportunity to express our sincere gratitude to the ASEAN University Sports Council (AUSC) for your excellent cooperation and support in assisting the 15th ASEAN University Games.

I sincerely hope that the 15th ASEAN University Games will be a major event for those ASEAN students who love sport and enjoy the spirit of sportsmanship. With all the generous support of and contribution from the AUSC and all delegations, I am confident that the 15th ASEAN University Games will be a success and a memorable experience, and all expectations will be fulfilled.

Greetings from the President of the University Sports Board of Thailand

Kim Chaisaensuk

Dear Friends

It is a great pleasure for me to welcome you to Thailand, to celebrate the 15th ASEAN University Games in what the student athletes will compete in a full competition program of seventeen sports. For the occasion, the ASEAN University Games Organizing Committee provided all the participants with high level sports facilities. The OC has also gathered together the best technicians and managers for each sport so as to ensure the good running of the competitions.

We would like to wish you an unforgettable experience and the very best success in the competitions to come during the 15th ASEAN University Games.

Greetings from the President of Chiang Mai University

Prof. Dr. Pongsak Ungkasith

Chiang Mai University President Prof. Dr. Pongsak Ungkasith said CMU has been assigned by the Office of the Higher Education Commission to publicize the ASEAN University Games, provide accommodation for athletes and medical services, so as to give full facilities to sportspersons and women.

All working teams will be on duty from December 12 the first day of their visit to Chiang Mai until December 23, 2010.

“We welcome all the athletes to Chiang Mai. CMU and Chiang Mai people will be good hosts to the visiting sportsmen and women.”

Greetings from the President of Mae Jo University

Assoc. Prof. Dr. Chammian Yosraj

Maejo University is responsible for the Opening and Closing ceremony and performances, in addition we will host swimming, track, volleyball and takraw.

The swimming pool, built with a budget of 50 million baht, was named Ubolratana Ratchakanya, and is up to the international standard, and for the Asien level.

The new track is also ready for the competition, with the full support from the university administrators. The University students, from first year to fourth year from every department are also taking part in the AGU, from the Opening ceremony where about 500 Maejo students will take part and more than 1,200 will join in to cheer on their team members. The closing ceremony will see 700-800 students participating in performances and more than 2000 students cheering.

Maejo University is also taking part in the medal reception and welcoming ceremonies with Chiang Mai University and are sending students from the English department to help escort visiting VIP guests.

The students will work together in harmony to help our visitors feel welcome.

Greetings from the Governor of Chiang Mai

Governor M.L. Panadda Diskul

Welcome all to the 15th ASEAN University Games and to Chiang Mai, the historical city of Thailand, we are proud for Thailand and Chiang Mai to host this significant event as well others, such as agriculture, science, culture and others which bring a large number of visitors.

Chiang Mai people have been greeting tourists for more than 100 years and so we extend our greetings to the visiting ASEAN students as well.

We should therefore, take good care of them so that they are impressed with the reception during their stay with us and when they return home, they will take back fond memories of their stay in Chiang Mai.

This offers our visitors the opportunity to learn more about Northern Thailand, its history and Lanna culture and give them a better understanding of Chiang Mai.

He expects from the AUSG that the members of ASEAN country members learned and understand more about good things of Lanna northern Thais, Chiang Mai, its history, until Chiang Mai, Thailand at present time, which is hoped that all visitors would get to know about these better than before.

Greetings from the President of Payap University

Assoc. Prof. Dr. Pradit Telegrangsrirat

On behalf of students, and the people of Chiang Mai, I would like to congratulate and welcome sports women and men, officials, and staff from the universities in the 11 nations of the ASEAN countries to Chiang Mai.

Thailand being chosen for the ASEAN University Games is very great honor and source of pride for Chiang Mai. The city has shown its potential, and readiness for hosting the games and visitors will be impressed.

Moreover, choosing Chiang Mai as the place for the AUSG is really appropriate as Chiang Mai is not only a tourist destination with a rich culture and generosity to warmly welcome visitors. The Chiang Mai universities also show cooperation to host the AUSG. We warmly welcome all visitors with great pleasure and gladness.

The Games for the students are the expression of the sportspersons and women’s potential to compete against each with a sportsmanship spirit.

But above all, it is the one heart/fone harmony as “We are One” with close relations, friendship, and networks building- up among the ASEAN community members. Once these students graduate from university they will help further the development of their own countries.

Sports is a tool linking and tightening the bonds between the athletes, to join hands to work together in ASEAN, to be more progressive and allow the ASEAN member countries to work more closely together in peace and harmony.

Payap University has been assigned to handle the reception ceremony for all visitors with the beauties of the Northern Lanna culture. We will offer our guests the graciousness of our hospitality.

Greetings from the Deputy Director of Prince’s Royal College

Yuthachai Damrongmanee

Mr. Yuthachai said, “I feel so proud that Chiang Mai is the host of the ASEAN University Games. Chiang Mai University, Maejo University as well as Prince’s Royal College’s football field, and other schools will host the games in their sports venues. Even though the venues may not be up to world standard, we are ready for the Games. We Thais are proud of Chiang Mai hosting the games and happy to give our full support and welcome to all sports men and women coming to participate in the games.”

He noted that the AUG 2010 is expected to stimulate the Chiang Mai economy, especially for tourism ventures and accommodation. “Visitors will be impressed with the beautiful city and sports Chiang Mai; I believe Chiang Mai people will warmly welcome the visitors as well.”

He added that the Games will offer Chiang Mai the opportunity to showcase its cool climate, historic buildings, culture and the unique Lanna way of life to the world.

“This will show our potential at the ASEAN level, that Thai universities can host the big games. I really hope that all sides would gain the great benefits, not for only Thai universities and the Thai government, but also the students who have worked hard getting ready for the Games.”

Finally, he said that he expects the cooperation between the local Universities will help them in the future to work together at an organizational level.
The 15th AUG Mascot and Logo

Nong Hug, the hilltribe youth

Every two years for the ASEAN University Games (AUG), a different mascot is chosen. It is up to the host country to choose the most outstanding things or people which represent the identity of the country and to design it as a symbol for the games.

Normally, there are two kinds of the symbols, the Logo and the Mascot, and for the 15th AUG, the organizing committee designed the Logo and Mascot.

The Mascot: This conceptual figure is of a smiling, good-natured young hilltribe man, the same age as those university students taking part in the Games.

The Mascot is named Nong Hug. The organizing committee have chosen to use Hug, because Hug in Northern Thai language means Love, and this is the beginning of unity and harmony. Also Hug was chosen because of the English meaning, to embrace or hold in one’s arms and so this is meant to show the love we share and to hug each other. Nong is the Thai word for young man, or little brother. This combination of love and hug shows in the red cloth wrapped around Nong Hug’s waist, to show we are “hugged” by love.

Finally, the One more important thing is the anthem for the 15th AUG University Games; “We Are One” which sings about harmony and unity.

Lyrics of We Are One

We are glad to welcome you with a smile of our friendship. We are one wherever you come from or whatever race you are. It’s not important. We are one. We are one.

Join us and have fun in these games. Smiles for help with sportsmanship. Know how to lose but perceive we are always we are one.

These things, the Mascot smiling to all ASEAN members with friendship and unity, the logo to bring happiness, the song to express unity, shows that although we speak different languages and come from different cultures and races we can combine into one.

The organizing committee hopes the unique Northern hilltribes as the most appropriate, consisting of a hilltribe boy, named Nong Hug, means love in the Northern Thai language, and embracing in English, while the young girl, is named Nong Hoh, which means hugging, so this time, the 15th AUG in Chiang Mai the mascots mean to combine 11 ASEAN nations into one.

Ajarn Preecha Prayoonpat, the Chairman of the Sports Techniques committee of the 15th AUG discusses the meaning of the mascots and logo.

The theme song for the 2010 ASEAN University Games

We are glad to welcome you with a smile of our friendship.

We are one wherever you come from or whatever race you are.

It’s not important. We are one.

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Join us and have fun in these games. Smiles for help with sportsmanship.

Know how to lose but perceive we are always we are one.

The ASEAN University Sports Council (AUSC)

The ASEAN University Games was generated from political, economic and social cooperation among ASEAN member countries, which created the ASEAN sports organization among students in ASEAN member countries in 1980 entitled “The ASEAN University Sports Council (AUSC)”

AUSC launched the 1st ASEAN University Games in 1980 and Thailand was chosen to host the first competition. At present, AUSC comprises 11 member countries including Brunei Darussalam, Cambodia, Indonesia, Laos PDR, Malaysia, Myanmar, Philippines, Singapore, Thailand, Timor Leste, and Vietnam. AUSC has organized a total of 11 competitions.

Each member country alternated to host the competition as follows:

1st Tournament THAILAND (Chiang Mai University) 1980

2nd Tournament INDONESIA 1982
3rd Tournament MALAYSIA 1984
4th Tournament SINGAPORE 1986
5th Tournament THAILAND (Burapha University) 1988
6th Tournament INDONESIA 1990
7th Tournament MALAYSIA 1992
8th Tournament SINGAPORE 1994
9th Tournament BRUNEI DARUSSALAM 1996
10th Tournament THAILAND (Ramkhamhaeng University) 1999
11th Tournament PHILIPPINES 2001
12th Tournament INDONESIA 2004
13th Tournament VIETNAM 2006 (15th-23rd December)
14th Tournament MALAYSIA 2008 (11th-21st December)
15th Tournament THAILAND (Chiang Mai Province) 2010 (15th-23rd December)

Ajarn Preecha Prayoonpat, the Chairman of the Sports Techniques committee of the 15th AUG discusses the meaning of the mascot and logo.
You will soon find, as have many others before you, that Chiang Mai beguiles you with her charms and her people. This lovely old town is surrounded by an ancient moat and still retains portions of her original four walls that date back to as early as 1296 (the very oldest walls can be found on Kamphaeng Din Road) when the city was founded by King Meng Rai.

King Meng Rai originally founded Chiang Mai as the new capital of his Kingdom, moving from Chiang Rai further north after he conquered the Haripunchai Kingdom of Lamphun. Chiang Mai became part of the Lanna Thai Kingdom (Kingdom of a million rice fields) a couple of hundred years later, around the 14th and 15th centuries, which extended south to Kamphaeng Phet and as far as Phuket. The 14th world synod of Theravada Buddhism was held here in 1477.

As by that time it had become an important religious and cultural center, Chiang Mai was invaded by the Burmese and captured in 1556 and only recaptured by King Taksin’s troops. An appalled Chao Kawila to lead the city. Chao Kawila is the one who built the impressive brick ramparts we see today. He expanded the city and it grew into an important regional center. The opening of the railroad in 1921 opened Chiang Mai up to Bangkok and officially became a Province in 1933.

The Old City’s walls are a tidy square with each wall facing one of the points of the compass. The city has five gates, or Pratu in Thai; Chang Pheuak (Chang means elephant) faces directly north, while the Southern side has two gates; Pratu Chiang Mai and Pratu Suan Prung. The western wall holds Pratu Suan Dok while the eastern gate is the famous tourist area Tha Pae.

Distances are not far in the Old City and it is a pleasant afternoon to stroll around the old city, viewing the gates and visiting the famous temples. Alternatively, you can hop on a red roofed pickup truck, or songthaew, be sure to tell the driver your destination before you climb onboard as they do not travel a regular route. And be aware that if there are other passengers in the back the route may be circuitous to your destination. But, for a price of only 20 baht (within the city) it’s certainly cheap enough not to be bothered by a bit of inconvenience. Tuk tuks also ply the city streets and these you will have to negotiate with, but be sure to do it with a smile! Chiang Mai is filled with old temples, from the beautiful Wat Phra Sing to the hidden, such as the old Burmese style temple Wat Pa Poo. Three Kings Monument in the middle of the Old City is set in a beautiful plaza and behind it is the Chiang Mai Art and Culture Center, well worth a visit. Wat Chiang Man is Chiang Mai’s oldest temple, construction started shortly after the city’s founding and it is considered one of Chiang Mai’s most important historical sites. Located near the Siyaphum corner inside the moat, admission to it, like most temples, or wat as they are called in Thai, is free. Next to Wat Jet Yot is the Chiang Mai National Museum which holds an abundance of Lanna art, textiles and more. Wat Jet Yod itself is worth a visit for the famous tuk tuk drivers of Chiang Mai are friendly and can be found everywhere around the city. But not all of them will have their dog joining them!

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South of the City is the original site of Chiang Mai, Wiang Kang Kum, abandoned after flooding repeatedly devastated the area. The site was then moved to the current city in 1296. Other activities include the Night Safari offers up a view of animals at their best, and the Chiang Mai Zoo Aquarium has a unique underwater area where you can watch the fish swim by. There is also the zoo, face outside of town that will make you wonder how many you can carry back in your luggage and if the customs people would mind! The Flight of the Gibbon offers zip lining high in the treetops, not for the faint of heart! Elephant rides, biking tours and zoo Safari are great. The area is full of more keep city visitors busy.

The shopping is fantastic, be sure to visit Warorot market for local products and to get the real market flavor. The Sunday Walking Street Market is another fantastic place to shop for local handicrafts to take home as souvenirs. Additionally, there is the Night Bazaar (open every night), the Saturday market on Wua Lai Road, Central Kad Suang Kaew and Central Airport Plaza for shopping malls and countless little street markets that dot the city. Lanna culture is famous around the world so be sure to fill your bags with the lovely hand crafted clothes, dolls, ornaments, and more that is on offer in Chiang Mai. Your family will love the souvenirs!

Finally, don’t forget the food. From lively restaurants such as the Good View along the river, that offer live music, and yes, a variety of food and eating to heart and you will often find someone pulling up on their motorbike or in their car to pick up a little something to eat now or later. From fish to pork, chicken to vegetarian, the varieties of flavors in Thai food covers the gamut of sweet, sour, salty, and spicy. The curries vary from creamy with coconut milk to a clear red soup. And of course the famous Tom Yam goong can’t be missed. Early morning risers can hit the street carts for “joke” or rice porridge with an egg and chicken or pork. Pa tong ko, small pieces of fried dough, are fried up in various places around the city early morning as well. Very tasty with a cup of coffee!

Many find Thai food can be spicy so be sure to tell the cook ‘mai pet’ if you can’t handle spicy foods. ‘Mai’ means not and ‘pet’ means spicy.

The Thai language, while tonal, will always be appreciated. Most visitors don’t need to worry about this as your simple friendly greeting, even if not exactly correct, will always be appreciated. Above all else, Chiang Mai and its people are known for their hospitality, generosity and culture. So relax, enjoy your stay in our beautiful city and good luck in the games!

(By Shana Kongmun, Chiang Mai Mail)

Welcome to Chiang Mai

We would like to extend our greetings to all our visiting athletes, coaches and guests!

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(By Shana Kongmun, Chiang Mai Mail)
COMPETITION

- Futsal
- Tennis
- Basketball
- Badminton
- Table Tennis
- Beach Volleyball
- Head Quarter Hotel
- Chiang Mai University
- Chiang Mai International Airport
- Taekwondo
- Karate-Do
- Samoeng
- Hang Dong
- 700 Year Sports Complex

Locations:
- Chiang Mai City
- U-FP Bowling
- Ten pin Bowling
- North-C
- オーラ 언덕
North-Chiang Mai University (NCU)

NCU offers students from all over the globe an opportunity to further their education while enjoying all the benefits of living in Chiang Mai. Courses are taught in both English and Thai. Entrying students are taught in English and receive intensive instructions in the Thai language. As their proficiency increases, they continue their studies in Thai. NCU is accredited and under the supervision of the Thai Ministry of Education. It is the first private university in northern Thailand to offer Bachelor degree programs in engineering and electronic commerce management.

Mr. Narong Chavasant establised North-Chiang Mai University in 1999 out of gratitude to his birthplace, Chiang Mai, and to celebrate the Golden Jubilee of H.M. King Bhumibol the Great. Mr. Chavasant was inspired by His Majesty's words, “Giving leads to true happiness, and there is no gift more valuable than education.”

North-Chiang Mai University concentrates on educating students to meet global standards of excellence. NCU strives to prepare graduates entering the government and private sectors to meet the challenges of the workplace, society, and the growing global economy. Graduates of North-Chiang Mai University are prepared to face these challenges with technology, communication skills, problem solving ability, leadership, and entrepreneurship. They are encouraged to act and think creatively, critically, and most importantly - morally and ethically.

Maejo University

Maejo University (MU) is the oldest agricultural institution in Thailand with a very rich historical background. MU celebrated its 75th year as a degree-granting institution in 2009. For many decades, MU has produced thousands of alumni occupying high level positions in different public and private agricultural agencies thereby attesting to the kind of education MU has been providing its students.

Although at MU, almost all courses in the bachelor, masters and doctorate levels, are conducted in Thai as in compliance with the policy of the educational commission of the country, many specific programs are now handled in English to accommdate non-Thai speakers. Through its various academic linkages and networking with foreign institutions, MU is slowly but surely transforming itself as an international university.

Chiang Mai University (CMU)

Chiang Mai University (CMU) was founded in January 1964, under a Royal Charter granted by His Majesty King Bhumibol Adulyadaj as the first institution of higher education in Northern Thailand, and is the first provincial university in Thailand. Since its founding, CMU has developed to a cornerstone institution of higher learning providing a broad range of academic programs. In the field of research, CMU has been launching innovative initiatives and development projects, the results of which are utilized to advance standards of teaching, learning and technology transfer, all for the sake of social and economic development of the region and the country.

CMU has a reputation for high academic standards in South East Asia and is also acknowledged as the pre-eminent center for study in the North of Thailand and one of the top three universities in Thailand in terms of academic quality. CMU currently offer more than 60 international training courses, 3 international undergraduate degree, and 23 international postgraduate degree programs.

In this, the 45th year of CMU’s founding, it strives to become a “University of Excellence” to the benefit of local communities, the country and international education as a whole.

Montfort College

Montfort College was established in 1932 by the Brothers of St. Gabriel and has a reputation for having high standards of education for the benefit of local communities, the country and the region.

The Prince Royal’s College

On March 19, 1887, Rev. David G. Collins, an American missionary under the Laos Mission of the Presbyterian Church in USA, founded “the Chiengmai Boys’ School” which was the first boys’ school in Northern Thailand. On January 2, 1906, His Royal Highness, Crown Prince Maha Vajiralongkorn came to the school and laid the corner stone for the first classroom building. It was at this time that His Royal Highness renamed the school, The Prince Royal’s College, and he also gave the school his royal colors, white and blue.

The Prince Royal’s College is a school with a clear Christian base under the foundation of the Church of Christ in Thailand. Therefore, religious services and public prayers in the school are in the Christian tradition. Ways of operating and indeed the basic of all relationships within the school endeavors to reflect the Christian foundation. PRC encourages students to learn about God’s love and the Christian spirit so they can make their own personal and intelligent response according to them. Hence, PRC warmly welcomes students and staffs from different religious background.

Payap University

Payap University, established in 1974, is a private institution founded by the Church of Christ in Thailand. Payap is a founding member of the Association of Private Higher Education Institutions in Thailand, and an active member of the Association of Christian Universities and Colleges in Asia, as well as the Association of Southeast Asian Institutions of Higher Learning. It is a Liberal Arts and Pre-Professional School offering 22 Thai language undergraduate degrees in 12 departments (faculties) and four international undergraduate degrees in English as well as Masters Degrees in both Thai and English. Payap University has a long and rich history beginning in 1888 with the founding of the Thailand Theological Seminary. That seminary has now been integrated into Payap University as the McGillvary College of Divinity, one of eleven academic divisions comprising the university. Payap’s achievements were recognized by the Royal Thai Government in 1984 when it became the first fully accredited private university in Thailand and has and added a wide range of international programs to attract students from across Southeast Asia and from other areas of the world.

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Chiang Mai residents send their best wishes for the upcoming Games

Various messages coming in from local representatives of Chiang Mai province to show their gratitude and wish all the best in the upcoming 15th ASEAN University Games 15-23 December 2010

Chanwit Intasen
Engineering student and Chiang Mai University former athlete

Welcome ‘friends’ from all the universities in ASEAN to Chiang Mai, the land of beautiful nature. It is believed to be the land of hundred rivers, million mountains, varieties of culture and traditions. As for me, being one of the athletes, I would like to wish my fellow athletes all the best of luck, win your games, happy, and be fun residing in the land of Lanna culture and join together in this very important sports mission.

Thanakrit Choochert
2nd year student, President of the Mass Media Club, Student Association, Chiang Mai University

We are happy that Chiang Mai is playing host to this year’s Games, it is a good opportunity for promoting tourism in the province, we would like to wish all the athletes from all the participating countries good luck and have a wonderful games.

Col. Nares Jitrak
The 33rd Military Circle
Kawila Army camp in Chiang Mai

Chiang Mai is a holy city, with so much pride from its local people, and we all believe that Doi Suthep is one of our utmost delights, with great culture, beautiful flora and the famed Nakorn Ping. It is a great opportunity for Chiang Mai to host ASEAN level Games, we would like to welcome you all with our love, that will pursue to all the athletes from all the countries, with our bonding pleasure on the believe of unity following to the words of our beloved King.

Nanthapatkamol Kertmeesap
Project coordinator, HIV/AIDS prevention for young people, Project HOPE Japan

People of Chiang Mai are very happy and really proud that we are playing host in this year’s ASEAN Games, a great opportunity for us to show off to the world the culture and tradition of Thailand to create an impressive feeling for all of our visitors, wai and smile support and helping others when in need. This will also help boost the local economy into the better ways. We will also see the unity among the athletes, fellowship and friendship, we the people of Chiang Mai, wish you all the best.

Komwuth Wasumdee
3rd year student, Faculty of Mass Communication, Payap University

I am really happy for our province to play host for this games, I hope that our friends in the ASEAN countries will be impress while in Chiang Mai, take back good experiences. We are here to welcome you all back to Chiang Mai anytime again soon.
Thai futsal coach talks about the AUG Games

Stephanie Shalini Sukumara, left, is a badminton player from Malaysia.

“I’m ready for the ASEAN University Games 2010 but I’m quite excited for this. I hope I can get 2 medals, 1 gold medal and another maybe silver or bronze. I think Chiang Mai is a nice place to travel. I’d like to visit here again. I like this place,” Amelia Alicia Ansclelly, right, is also a badminton player from Malaysia.

“I’m ready and feel great to play for my country in ASEAN University Games 2010. I will try to get at least 1 medal. About Chiang Mai, I think this is a nice place to travel and live.” (By Pananut Anui)

Two Malaysian badminton players

Singapore’s Football Team Captain

Mohamed Feroz Shah, Captain of Singapore Football team said after arrival in Chiang Mai, “This is great because we can play with different countries that have a lot of great experience. We have never represented our country in the international stage before so this is a debut for our team. I hope we can go through to the semi finals. We don’t want to face the Thailand Football team because we know how strong Thailand is, Malaysia also. And I have to say that we have had a very warm welcome from Thai people. This is my first time here and I love this place so much.” (By Pananut Anui)

Competition Program
A short history of the Kingdom of Thailand

Thailand has been settled by humans for thousands of years. It is one of the oldest human settlements being found in the North at Mae Hong Son, remnants of ancient stone age hunter-gatherers dating back to 9000 BC. However, the most modern settlement has been found in the North Eastern Province of Ban Chiang in Udon Thani and is the oldest Bronze Age settlement found in Thai land going back to 4420 BC. An Age settlement found in Thai Province of Ban Chaang in Udon Thani.

Chinese records show that the state of Suvannabhumi (yes, same as the airport, the name was chosen by HM the King) was established in the region around the 2nd century AD. Thailand shifted to Buddhism early on, and the establishment of several small states or kingdoms eventually led to the first Siamese kingdom, that of Sukhothai. Before its establishment in the 13th century, there were the predecessors of the northern Lanna Kingdom and the Lavo Kingdom for a while, which fell under the domination of the Khmer Empire. Sukhothai, which is a well-known tourist destination even today, changed many lives before being taken over by two brothers. Two brothers, Po Khun Bangchakong and Po Khun Phumeng in 1239, establishing the first Siamese dynasty. The city-state was expanded into a large city under two brothers, Po Khun Banmeang and his brother Ramkhamhaeng, and for the first time a Tai state became dominant in South East Asia. Ramkhamhaeng was the one to establish Buddhism as a state religion as well.

Sukhothai’s ascendance was short lived however, for after the death of Ramkhamhaeng the Kingdom’s tributaries broke away and it was conquered by the Kingdom of Ayutthaya in 1378. At this time, the Northern Kingdom of Lanna also expanded to take northern Thailand. The Kingdom of Lanna was established in the North in the 13th century and expanded to as far south as Tak and as far North as modern day Jinghong in China. The Lanna Kingdom however, was weakened by attacks from Ayutthaya and Burma and was ruled from afar until the Siamese took Chiang Mai in 1774.

Siam changed its name to the modern Kingdom of Thailand when it became a Constitutional Monarchy. Thailand has a rich and long history with Buddhism intertwined in it for centuries. This is why so many of the temples remain and why they are still so significant. Parts of Sukhothai and Ayutthaya still stand and are worth a visit to those who have time as cultural legacies of the ancient Siam.

The current monarch, King Rama 9, or HM King Bhumibol Adulyadej, has been reigning since June 9, 1946 and is not only the longest reigning Thai monarch but also the longest reigning monarch in the world today.

Reading all the guidebooks of cultural do’s and don’ts is a must. Whether you can make the country and its people seem like a social minefield! But, the fact is, Thai people in general and especially Chiang Mai people, are a wonderfully accepting, hospitable and open hearted people. With beautiful manners as well!

That doesn’t mean you can take advantage of the smiles and ignore the niceties, however. Good manners gets you far everywhere you go. However, what is the number one rule of behavior in Thailand that you should remember above all else?

Do NOT lose your temper.

We have a saying, “You catch more flies with honey than you do with vinegar” and this is especially true of Thailand. Whether negotiating for a bargain on the market or simply bargaining at the street’s best way to do so with a smile! It gets you further and makes you a person of everyone around you, that much smoother. And now you understand why Thailand is called the “Land of Smiles”. Visiting the temples can also seem a social minefield but it’s quite simple, really. Dress politely; wear shirts with sleeves and long trousers, women can wear skirts or dresses. Do not sit on Buddha images, you are welcome to sit in front of one to have your photo taken but no sitting on the Buddha. Do not sit with the back point of your feet facing the Buddha. Monks are not allowed to touch women, so ladies, please be sure to give a passing monk plenty of space!

The Monarchy is highly respected and HM the King is revered in Thailand so remember to show your respect. If you go to the movie theater or are somewhere and you hear the Royal Anthem (usually 8 am and 6 pm and at the start of movies) remember to stand and don’t speak during the song. Do as others around you are doing and you will be fine. Other important things to remember are to never use your feet to point at something, no matter how full your hands are, the feet are the lowest part of the body and should not be used in this manner.

Do not touch someone on the head.

Do not touch women you don’t know.

Do not put your feet on the table.

Do smile.

Do enjoy yourself.

Do try the food!

And that brings us to the next step of visiting Thailand, the amazing food. Many will find it quite spicy, but it doesn’t have to be.

Be sure to ask if the food is spicy (pet is the word for spicy so you would say pet mai?)

A few hints, Thai people, like many other Asians, eat communally, so be sure to take small amounts out of each bowl and put it on your plate but don’t use the spoon you eat with! Sharing food is the style, but not sharing the germs!

Thai eat with a spoon and use the fork to push the food onto the spoon. With the long grain rice and the many delicious curries, this makes a lot of sense.

Food is served as it is cooked, so don’t wait for it all to arrive at once. Meals are a slow paced event with the dishes eaten as they come out.

Do order a variety of dishes.

Thai meals usually contain a variety of flavors: spicy, sour, sweet, salty and bitter.

Be sure to try the famed Khao Soi dish of Chiang Mai, the spicy curry, noodles and crispy noodles on top will leave you asking for more!

(August 2012 and Father’s Day on HM the King’s Birthday, December 5. Thailand has been blessed to have two such inspirational and devoted people sitting on the throne.

Thailand is the world’s 50th largest country in terms of total area of about 513,000 km2 and the 20th most-populous country at about 66 million people. Around 75% of the population is ethnically Thai, 14% is of Chinese origin, and 3% is ethnically Malay, the rest belong to a scattering of ethnic groups such as the North Thailand hill tribes. The rest belong to minority groups including Mon, Khmers and various hill tribes.

The country’s official language is Thai and its primary religion Buddhism, which is practiced by around 95% of all Thais.

A few useful phrases in Thai

While learning Thai in a few short days will be difficult for most, learning a few key words and phrases will get you far. Thai people appreciate nothing more than someone making an attempt to speak their language.

First off the use of ka or kap must be explained. Thai women will add ka to the end of a speech, and men will add kap. So, when saying hello, for instance, women will say sawadee ka while men will say sawadee kap.

So, in that light, let’s start with the simple but necessary phrases to get you going:

Hello/Goodbye

Yes

No

When you’re very much

You’re welcome

Excuse me

How are you?

I am fine

How much does this cost?

Expensive

I am from

I don’t understand

I speak only a little Thai

I have eaten

I am hungry

And finally, one of the more regularly used phrases that means ‘I don’t understand’ but can also mean, ‘never mind’ and is often used to describe the Thai attitude towards trouble Mai pen rai (By Shana Kongman, Chiang Mai Mail)
Traveling Around Chiang Mai

I’ve been living in Chiang Mai for 2 years now and decided its time I started to look inside some of the local temples I drive past most days.

The closest to me is Wat Lok Molee on Chang Puak Rd. The entrance gate off the road to the Temple is guarded buy 2 giant Yaks (warriors). The temple itself is beautiful, has nice gardens with cute clay characters and the Chedi at the rear is one of the biggest and oldest in town.

The second temple visited was just down the road Wat Pa Pao, was suggested to me by a friend. It’s a Burmese Wat and not well maintained, so it has a real feel of age about it. It is small and simple with 4 dragon type figures protecting all corners of the Chedi. I really like being there, just gave me a calm feeling.

We visited two other Wats across the road, Sri Phum Rd, I’m sorry I didn’t get their names. One was closed, however the other has some beautiful porcelain Buddha statues in the temple and a very friendly monk with lots of questions. Any chance to practice their English.

Then off to the famous Wat Phra Singh, it is much bigger than the others with grounds to match. I really liked walking around the gardens at the rear, well planned to entice you around, well maintained and little surprises like the reclining Buddha in the small building at the rear. The huge canopy of trees keeps the gardens cool and relaxing. Wat Phra Singh is many people’s favorite. Then to finish off this short tour we had lunch at Wat Suan Dok, Another of the larger temples, they have many other facilities for learning and education and a great little vegetarian restaurant on the internet (alas my original whisky bottle had no growing instructions) may have better success with the bottle of plantlets.

In addition to the Waterfalls, Mae Sa is also home to the Mae Sa Elephant Camp (yes more elephants on the travel page it seems) that offers elephant riding and an exhibition hall, the Snake Farm where you can watch a snake show, touch a cobra or hold a giant python. Additionally there is an exhibition hall, the Snake Farm where you can watch a snake show, touch a cobra or hold a giant python.

Mae Sa Valley

A short drive away, Mae Sa valley has orchid farms, botanical gardens, and the beautiful Mae Sa Waterfalls. And with the rain we have been having, there should actually be plenty of water in the falls now. I first went to Mae Sa years ago on a road trip with some friends. I love anything gardening related so insisted we stop at each and every orchid farm along the way. I even bought those little orchid seedlings in a whiskey bottle but suspect I broke the bottle open too soon (sometimes my expectations can be rather high) as my little orchidlets never thrived. I’ve always wanted to give it a try and now, with the advent of all information available on the internet (alas my original whisky bottle had no growing instructions) may have better success with the bottle of plantlets.

Finally, another garden lovers delight, the Queen Sirikit Botanic Garden. At the edge of the Doi Suthep National Park, it was established in 1994 and offers not only beautiful and diverse plants to look at, but educational opportunities as well with visits for kids and a taxonomist course held annually. Contact the botanical gardens if you are interested.

The Queen Sirikit Botanic Garden has walks through various chambers, medicinal plants and waterfalls in addition to the many greenhouses with desert plants, tropical rain forests, orchids and water plants.Open from 8:30 a.m. to 4:30 p.m. it’s a bargain at 40 baht for adults and 10 baht for kids.

To get to Mae Sa, drive South on Highway 108 to Highway 1269 at about the 16 km mark. Simply follow the signs, its not far! (By Heather Allen, Chiang Mai Mail)