

WELCOME TO THE **BANGKOK** INSIDER COLLECTION

Truly memorable meetings and events with authentic local flavour – that is the inspiration behind the InterContinental Insider Collection.

Our network of hotels and resorts is global; our knowledge and expertise local, giving planners guaranteed choice, range and depth to add to any meeting or conference. Each hotel offers its own bespoke selection of services which are firmly rooted in their location and are responsibly guided by our partnership with National Geographic's Center for Sustainable Destinations.

The options are limitless, the local knowledge rich, the service professional and faultless, the delegate experience enriching and rewarding every time.

Sample for yourself some of our wonderful Bangkok experiences.

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INSIDER LOCATIONS

Choose an InterContinental venue for your event and a world of possibilities opens up. As locals, your hotel team hold the key to a side of your locality tourists never see. What and who they know gives you an exclusive mix of authentic venues and experiences to play with.

INSIDER SPEAKERS

Bring your event to life with an inspirational speaker – someone who can really strike a chord with your delegates and enrich their experience beyond measure. Fascinating and engaging, motivating Insider Speakers range from celebrities and cultural experts to sporting heroes. Whatever their passion, they all have a local connection and you will discover that their unique insights and local know-how make your event one to remember.

INSIDER COMMUNITY

There's nothing quite like immersing yourself in the community to gain an added depth and understanding to your experience in a new destination. Insider Community has been designed to benefit local people and create truly memorable and meaningful experiences for your delegates too.

INSIDER INTERACTIONS

This team-building experience will help your delegates connect with each other as never before. Using the unique character, heritage or geography of your destination to inspire interaction, each experience, whether based on or off-site offers an original way to engage delegates and motivate them to build effective working relationships.

INSIDER BREAKS

With Insider Collection even your breaks are fulfilling experiences. From serving up a delicious lunch of provincial dishes for a taste of regional cuisine to spending some quality time with your Concierge team to get their best insider tips, a few minutes out of your busy schedule becomes a whole experience in itself.

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ENRICHING EXPERIENCES FOR OUR GUESTS AND OUR ENVIRONMENT

We believe that a responsible meeting is not only what you experience in the meeting room but also knowing that your hotel respects the destination around it.

We're proud to partner leaders in geotourism, the National Geographic Center for Sustainable Destinations. Our ambition is that guests enjoy enriching experiences that reveal what makes a place truly special – its heritage, culture and tradition – and the importance of protecting it.

At InterContinental we use a holistic approach to being a responsible business: to work from the grass roots up, recognising each individual hotel team as the experts best placed to use their local knowledge for developing community and environmental initiatives that meet the specific needs of the destination. This Insider Collection gives delegates access to some of these unique experiences, and for those meetings that stay in the meeting room, you can be assured our hotel is working behind the scenes to protect what is special about the place for fellow travellers.



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HOST A DINNER AT THE LUMPINEE BOXING STADIUM

Come along and enjoy all the action whilst dining on a delicious meal. An unusual and exciting venue for your event, the Lumpinee Boxing Stadium in downtown Bangkok is one of two sporting facilities in the city (along with Rajadamnern Stadium) that puts on Muay Thai fighting bouts.

Located on Rama IV Road, the stadium is only a short distance from the hotel, about 10 to 15 minutes by car depending on traffic.

Delegates will be seated like the locals on traditional wooden benches, affording them the best view in the house. As the professional boxing bouts play out, you can entertain your delegates with fantastic on-site catering. This is an amazing event that delegates will remember long after their visit has ended.

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LUMPINEE BOXING STADIUM

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SPEND PART OF YOUR MEETING AT THE SUAN PAKKARD PALACE

A fabulous venue for a chic cocktail party or buffet reception, Suan Pakkard Palace became Thailand's first private residence in 1952 when it was converted into a museum and opened for public viewing.

Built in traditional Thai style and comprising a compound of structures, Suan Pakkard houses their Royal Highnesses Prince and Princess Chumbhot of Nagara Svarga's collection of antiquities, which has been passed down through the generations. The collection features fine art pieces and ancient artifacts first gathered during the era of H.R.H. Prince Paribatra Sukhumbandhu, son of His Majesty King Chulalongkorn, Rama V and Her Majesty Queen Sukhumala Marasri.

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THE SUAN PAKKARD PALACE

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LEARN THE FIGHTING ART OF MUAY CHIYA

Muay Chiya, originating in the southern provinces of Thailand, is a Thai fighting style, which, along with Muay Thai, has figured prominently in the kingdom for centuries.

Kru Lek, who founded the 'Baan Chang Thai' facility, will share his stories and anecdotes with your delegates in a fascinating session that will introduce them to the Thai fighting world.

Kru Lek's goal is to increase the exposure of traditional Thai arts and culture among both locals and international visitors. Your delegates will be fascinated and charmed by his talk and demonstration.

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KRU LEK AT BAAN CHANG THAI

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DISCOVER THE SECRETS OF TRADITIONAL THAI MASSAGE

Introducing Rungwit Isarapandh, a skilled master in traditional Thai Massage. He will introduce your delegates to this ancient body treatment incorporating hatha yoga, acupressure and reflexology elements. The massage technique dates back approximately 2,500 years and is renowned as one of the most relaxing and effective massage therapies.

Rungwit represents the Holistic Thai Massage Training Center, which strives to raise the standard of Thai Traditional Massage by further developing local wisdom as handed down over generations. Delegates will be treated to an authentic insider's view of this fascinating technique and will have the opportunity to experience its wonderfully relaxing effects for themselves.

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THAI MASSAGE

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HELP LOCAL CHILDREN

We invite your delegates to come and volunteer for a very special organization. The Foundation for Slum Child Care (FSCC) assists children from low-income families who suffer from neglect, malnourishment or abuse. The charity also runs day care services for children from four months to three years old. The center is located in Bangkok's Klong Toey district and provides a fully arranged program of activities for your delegates. They will get to meet and interact with the children, help to prepare and host lunch and take part in the children's activities, ensuring this is a truly memorable and inspiring experience for all.

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HELPING LOCAL CHILDREN

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BE A PAPER RANGER

Come and join the 'Paper Rangers' for the day and have fun recycling and recreating. This dynamic youth organization emerged from the efforts of young people who decided to create new products from discarded materials. One notable creation has been the Paper Rangers' compact notebook made from paper that has only been previously used on one side. The group functions as part of the Volunteer Spirit House, Foundation for Thailand Rural Reconstruction Movement, and since 2009 has been supported by the Siam Commercial Foundation.

On the day delegates will be divided into small groups, provided with equipment, and are then free to fashion their own original and distinctive notebooks under the guidance of skilled instructors. All notebooks are then donated to students in rural areas.

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PAPER RANGERS

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THE GOOD OLD DAYS THAI STYLE

With 'Dress the Thai Way' delegates can learn how to wear the 'hong kra ben' – the Thai loincloth. Thais wore their own distinctive clothing until the reign of King Rama IV, when western styles were adopted. Join 'Chong Kra Ben' and see how Thai clothing has evolved over the years. Delegates can also enjoy traditional Thai activities such as 'lao ka tob mai' (bamboo dance), 'ving piew' (relay race) and 'wing kala' (coconut shell race).

The 'lao ka tob mai' dance originated in the Northeastern provinces of Thailand and challenges dancers with very quick rhythms. In 'ving piew', two teams must run round the post of the other team, hand a cloth to the next person all the while trying to disrupt the opposing team's players. For the traditional Thai coconut shell race, players attempt to balance themselves on top of shells while running as fast as possible. An exhilarating and fun experience for all.

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TRADITIONAL THAI GAMES

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EXPLORE BANGKOK CITY

This exciting river excursion includes a long-tail boat ride offering wonderful scenic views of Thai architecture. As you cruise gently along, delegates will have time to drink in the atmosphere and observe the communities who make the riverside their home. Watch as they go about their everyday lives just as generations of people have before them. This timeless journey continues with stops at the stunning Temple of Dawn, the Temple of the Reclining Buddha and also includes a tuk-tuk ride to one of the city's colorful flower markets.

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TUK-TUK RIDE

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STREET FOOD THROUGH TIME

'Street Food Through Time' offers a memorable experience that introduces delegates to an array of food sensations from Bangkok's famous cuisine as prepared every day on the streets right across the city. Street food menus reflect the eating habits of Thai people, who often prefer smaller dishes and nibbles throughout the day and evening. Not only fresh and tasty as well as inexpensive, dishes can be enjoyed on the spot or packaged for takeaway.

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STREET FOOD

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ALL ABOUT MANGOS

The mango, or 'mamuang' in Thai, is one of the most popular fruits in Thailand, and the country produces some of the world's most delicious varieties. 'All About Mangos' gives delegates the opportunity to savor this versatile tropical fruit in a number of delicious dishes. From much-loved classics to local specialities, delegates will enjoy an authentic taste of Thai mango.

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THAI MANGO

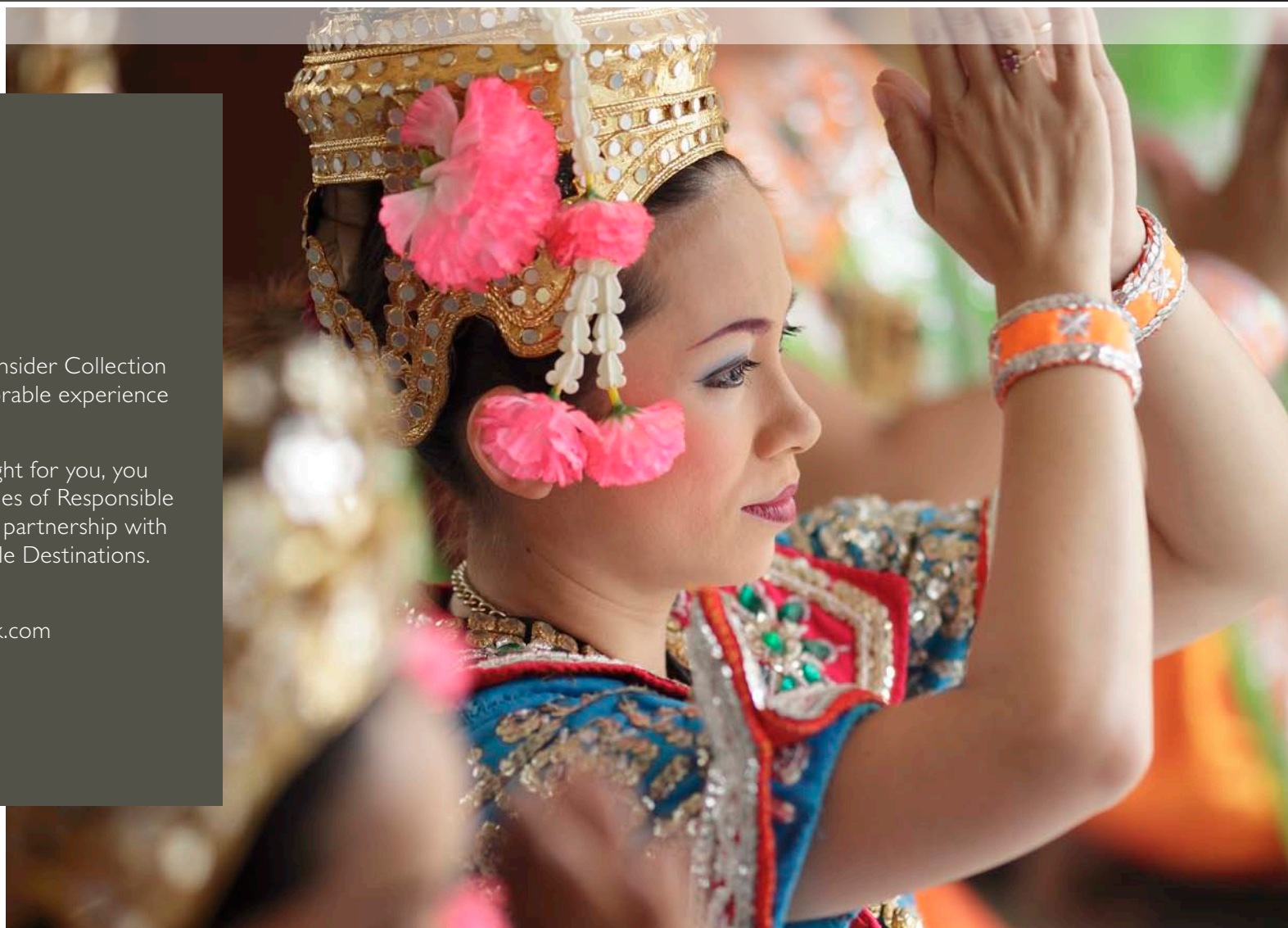
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THANK YOU

Contact us to learn more about the Bangkok Insider Collection and how we can help you create a truly memorable experience with authentic local flavour.

Whichever Insider Collection experience is right for you, you can be assured that it reflects the best principles of Responsible Business, a commitment demonstrated by our partnership with the National Geographic Center for Sustainable Destinations.

Email address: meetingsandevents@ihgbangkok.com



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