

## **Press Release**

### **Royal Thai Embassy in Doha Hosts “Experience the Thai-ness Trio: Thai Food, Thai Massage, and Muay Thai” Event**

On 10 September 2024, the Royal Thai Embassy proudly hosted the “Experience the Thai-ness Trio: Thai Food, Thai Massage, and Muay Thai” cultural event at Banyan Tree Hotel Doha. This immersive experience offered guests a unique opportunity to engage with Thailand’s rich traditions and vibrant culture through three of its most iconic pillars.

The event highlighted the profound history and enduring influence of Thai martial arts, wellness practices, and culinary arts, providing attendees with a comprehensive exploration of Thailand’s timeless cultural treasures. Participants included spouses of heads of foreign missions in Qatar, members of the media, and representatives of local authorities. On this occasion, Mr. Abdullah Al Dosari, CEO of Qatar Sports for All Federation, attended as an honorary guest. In his opening remarks, H.E. Mr. Sira Swangsilpa, Ambassador of Thailand to Qatar, emphasized the adaptability of these cultural practices in modern life as ways to maintain good health and well-being. He further underscored the importance of cultural exchange and people-to-people connection in strengthening ties between Thailand and Qatar.

#### **Muay Thai – The Art of Eight Limbs:**

The event commenced with a focus on Muay Thai, Thailand’s ancient martial art, deeply rooted in the country’s history and globally recognized as the “Art of Eight Limbs.” Initially a means of defense on the battlefield, Muay Thai has evolved into a celebrated sport and fitness discipline. Its uniqueness lies in the use of fists, elbows, knees, and feet in both combat and ritual practices. Central to Muay Thai is the ceremonial Wai Kru Ram Muay, a sacred pre-fight dance performed to honor teachers and show respect to opponents. This ritual symbolizes the discipline, respect, and artistry that Muay Thai embodies. During the event, trainers demonstrated this powerful tradition, offering guests a rare insight into Thailand’s cultural heritage.

#### **Thai Massage – A Healing Tradition:**

Thai massage, one of the world’s most revered therapeutic practices, blends acupressure, stretching, and energy line work, reflecting Thailand’s holistic approach to healing. With roots in traditional medicine, Thai massage aims to release blocked energy, promote balance, and rejuvenate both body and spirit. Guests at the event were treated to a demonstration by expert therapists, witnessing firsthand the wisdom and techniques passed down through generations.

#### **Thai Cuisine – A Culinary Masterpiece:**

The final segment led participants on a flavorful journey through Thai cuisine, a celebrated fusion of flavors reflecting Thailand’s agricultural abundance and cultural diversity. At the heart of this culinary showcase was Phad Thai, one of Thailand’s most iconic dishes, renowned for its harmonious blend of sweet, sour, and salty flavors. Guests enjoyed a live cooking demonstration, learning the secrets behind this beloved dish while gaining an appreciation for the Thai philosophy

of cooking, where fresh ingredients, intricate preparation, and respect for nature's flavors come together to create a uniquely Thai dining experience.

### **A Tribute to Thailand's Cultural Essence**

The "Experience the Thai-ness Trio" event offered a deeper appreciation of Thailand's cultural values by blending martial tradition, therapeutic wisdom, and culinary art. Through these three interconnected pillars, the event showcased the Thai way of life, highlighting the harmonious relationship between body, mind, and spirit.

The Royal Thai Embassy remains committed to fostering cross-cultural understanding and strengthening the friendship between Thailand and Qatar through such dynamic cultural exchanges. The Embassy continues its mission to enhance mutual understanding between peoples which provide a foundation for bilateral cooperation in various areas of shared interests.

For those who wish to experience the full breadth of Thai culture, an e-Visa can be applied for through an online system at <https://www.thaievisa.go.th/>. Moreover, individuals interested in learning Muay Thai, Thai cooking, or participating in Thai cultural experiences can apply for Destination Thailand Visa (DTV). This type of visa allows individuals to stay in Thailand for up to 180 days per entry and is valid for five years, making it ideal for digital nomad, freelancers, or visitors seeking to engage in Thai cultural activities. For more information on visa conditions and requirements, please visit the Embassy's website at <https://doha.thaiembassy.org/>.



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