

SUSTAINABILITY NEWSLETTER

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LAUNCHING THE FOREST TREE NURSERY PROJECT



On 23rd of February 2023, the Chiva-Som Sustainability Committee launched our own 'Forest Tree Nursery Project' on the grounds of the Chiva-Som staff accommodation by repotting 1,500 forest tree saplings of 20 different tree species. The tree saplings maintained at this nursery will be used for tree planting programmes that will be conducted in the future through the Chiva-Som Sustainability committee and our project partners.

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MESSAGE FROM HOLISTIC HEALTH MANAGER



An integrative and transdisciplinary health science is advocated along with holistic thinking to resolve our current health challenges and to achieve the health-related sustainable development goals.

Chiva-Som's unique, holistic approach to wellness strives to demonstrate the importance of healthy, sustainable relationships between the natural environment and the healthy lifestyle and livelihood. It provides a wide variety of health related services that reflect balance and harmony with the natural world. This combination of education, health, healing and behavior change enables people to feel empowered and to develop holistic resilience, motivation, and hope.

*Pilailuk Thongtan
Holistic Health Manager*

TREE NURSERY PROJECT

In the year 2020, we started planting tree saplings under the 'Forests for Life' project which was launched by our Housekeeping department as their annual CSR project. So far, we have planted 430 trees. Expanding the scope of the project, beginning this year, we aim to plant 10,000 saplings by 2030.

Thailand's long dry season does not provide favourable conditions for tree saplings when they are newly planted in the wild, especially locations with no irrigation or water supply. By allowing them to grow in the nursery first, we increase their survival rate.

The intention is to maintain the saplings that we obtain from the forestry department and some private nurseries until the trees reach a minimum height of one metre.



During the time the trees are maintained at the nursery, they will be provided with sufficient nutrients and organic fertiliser, with the pots being replaced with larger ones when needed to promote speedy growth with a good root system. When the plants reach a height of one metre, they will be planted in selected wild locations.

On the 23rd of February, 22 staff members from the Chiva-Som Sustainability Committee and other departments gathered at the Chiva-Som staff accommodation building premises and repotted 1,500 tree saplings that were obtained from the forestry department and other plant nurseries. Ground and Landscape department staff assisted us by providing the soil mixtures, and demonstrating the correct way of re-potting a plant. THB 40,059 was used for the project.



Status update of the Nursery Project as of 20th May 2023



WORLD WETLANDS DAY

World Wetlands Day

2 February 2023



It's time for wetland restoration

2nd February 2023 marked World Wetlands Day, highlighting the significance of wetlands for us and the planet. The day also marked the anniversary of the adoption of the Convention on Wetlands in 1971 in the Iranian city of Ramsar.

Although wetlands are important ecosystems that contribute to biodiversity, climate mitigation and adaptation, freshwater availability, world economies and more, nearly 90% of the world's wetlands have been degraded since the 1700s, and we are losing wetlands three times faster than forests due to rapid development near coastal areas, and land acquisition for urban development.



It is imperative that we raise national and global awareness about wetlands to reverse their rapid loss, and to encourage actions that conserve and restore these ecosystems. World Wetlands Day is the ideal time to increase the public's understanding of these critically important ecosystems.



Sirindhorn International Environmental Park instructors demonstrating the importance of mangrove ecosystems and plating mangrove seedlings.

To commemorate the day, we organised an event to raise awareness among school children at the Sirindhorn International Environmental Park in Cha-Am. Forty-five Grade 5 students from Khao Phitak Municipal

School, Ban Kaotao Municipal School and Ban Takieb Municipal School, plus six teachers and five Chiva-Som staff, joined the event. Educational sessions included restoration and conservation of natural resources, the environment, and energy conservation.



15 LIFE ON LAND



Students planted mangroves and released baby fish into the ocean. Mr. Vaipanya Kongkwanyuen, General Manager of Chiva-Som Hua Hin, joined the students in planting mangrove seedlings.



Students releasing baby fish in to the ocean at Cha-am beach.



13 CLIMATE ACTION



We were able to create a positive impression among the students, emphasising the importance of protecting the mangrove ecosystems and wetlands of Thailand with this event. A total of THB 22,160 was spent from the resort sustainability fund in support.



This year's World Water Day was celebrated on 22nd March. 'Accelerating Change' was the theme, a call to increase actions to address the growing water scarcity and sanitation issues of the world.

Our main focus was at one of the border villages of our district. From initial site visits, we noted that there were only two working toilets for 430 people in 120

houses. Good sanitation is a major requirement for the community, and they could not afford to construct additional toilets or even repair the toilet that was not in use.

On 22nd March, our team launched the 'Good Sanitation Project' at Ban Padang by providing two new toilets and repaired the existing toilet, making five toilets now available for the villagers. The three new toilets came with a clean water connection and lighting using roof-mounted solar units.



This project was initiated by the Sustainability Committee and staff members from the Purchasing, Finance, Sales & Marketing, and Information Technology departments. Fourteen staff members, 15 villagers and two Diversey representatives worked together, and a total of THB 52,042 was spent on the project.

WORLD WATER DAY



In addition, reusable linens, study materials, toys, and other items in good condition were collected from our staff members, as well as dry foods that were obtained through generous donations. All were handed over to the villagers. Two representatives from the Diversey company joined us, donating alcohol hand gel and several other cleaning materials to the community leader.



At the resort, we replaced 11 water faucets in our staff changing rooms. The older taps were replaced with water-saving fittings. While the previous average flow rate was 8.30 litres per minute, the new flow rate is 5.60 litres per minute, a **32% reduction in water consumption, or a savings of 29.7 litres per minute for all 11 faucets.**



UNGC 'CEO FORUM ON SUSTAINABLE FINANCE'



On 9th February 2023, the UN Global Compact Network Thailand (GCNT), together with the United Nations in Thailand, organised the 'CEO Forum on Sustainable Finance', with CEOs of the members of GCNT sharing their views, plans and commitment towards scaling up sustainable finance solutions in view of accelerating progress in SDG performance.

The forum was attended by Mrs. Sanda Ogiambo, Assistant Secretary-General, CEO and Executive Director of the UN Global Compact, Mrs. Gita Sabharwal, United Nations Resident Coordinator in Thailand, representatives of UN financial institutions, investors, regulators from Thailand, and CEOs of the UNGC network.

Mr. Krip Rojanastien, Chairman of Chiva-Som International Health Resort, attended the forum's roundtable discussion on 'SMEs for SDGs: Unlocking Potential, Piv-

oting to Sustainability'. Small and medium enterprises (SMEs) represent 90% of businesses and more than 50% of employment worldwide. In the vast scope of the SME sector in Thailand, as well as in any other country, integrating sustainability into operations and improving ESG performance, as well as pivoting supply chains towards SDGs, unlocks market opportunities.

Addressing the gathering, Mr. Krip recapped the challenges of the COVID-19 pandemic, and how it created opportunities to build more resilient, sustainable supply chains and develop SME capacity to deliver on the SDGs.



REUSE STATION LAUNCH

Re-using is a key element in sustainable waste management, as well as the circular-economy approach. We introduced a re-use station for staff members, and they were encouraged to bring items that can be reused by another person before these items enter the end-of-life cycle. Separate boxes were provided to collect various types of items, including clothing, books, and other educational material.



This year, we plan to conduct several CSR projects in rural areas of the district, and the collected items will be distributed among these communities. The collection process will continue up to the end of September 2023.



EARTH HOUR 2023



On 25th March 2023, we joined the world in celebrating the 17th Earth Hour by turning off the lights and reducing the use of electricity from 7.30 pm to 8.30 pm with the theme of **‘Take time out for nature’**.

Earth Hour was created in 2007 by the WWF (World Wildlife Fund) and its partners as a symbolic lights-out event in Sydney, Australia, to raise awareness of climate change. It is now one of the world's largest grassroots movements for the environment. Held every year on the last Saturday of March, more than 190 countries and territories take action to ensure a brighter future for people and the planet, sharing the importance of sustainable energy use and increasing concern over the effects of global warming.



To ensure maximum guest participation and to create awareness among both guests and staff, we organised several activities. The Earth Hour logo was recreated using over 60 candles and 25 fire torches made by the students of Khao Phitak Municipal School using sustainable and waste materials, added more light and colour when the electricity was switched off.

We invited school children from three schools in Hua Hin, namely Khao Phitak Municipal School, Wangklaikangwon School, and Hua Hin School to perform a traditional dance for our guests to entertain them during the lights-out period.

The students performed three dance performance including a Phang Prateep dance, a contemporary dance, and a fire and candle dance. To thank them for their support and participation, a THB 15,000 donation was distributed among the three schools to facilitate art and cultural studies.



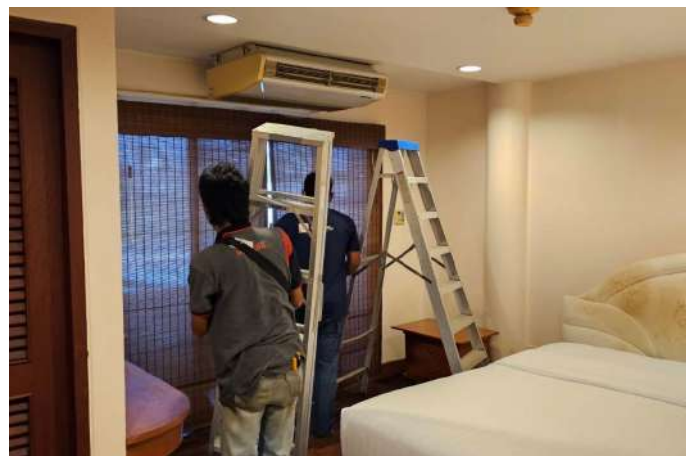
During the hour, we encouraged guests to leave their rooms and switch off their lights and air-conditioners, and in our operational areas, minimal lighting was maintained and air conditioners and other electrical appliances were switched off. **Thirty-three guests joined the event, and approximately 121 kW of electricity was saved during Earth Hour 2023.**



REPLACING AIRCONDITIONERS

This year, we started phasing out the older air-conditioning units in our operational areas. We selected nine units that were in operation for over 15 years and replaced them with new units. Expected savings are as follows: **on average, 30% electricity consumption saving when compared with the previous air conditioners.**

36,000 BTU Ceiling type non-invertor	2 units	8,397kWh saving per year is expected
18,000 BTU Wall type non-invertor	1 unit	1,638kWh saving per year is expected
18,000 BTU Wall type Invertor	6 units	18,396kWh saving per year is expected



INSTALLING SUB WASTE STATIONS



Food Waste



Metal, Glass Waste



Plastic &
Polythene Waste



Biohazardous
waste



Cardboard &
Paper Waste



e-Waste



Other Waste



Continuing our efforts in managing landfill waste and reducing generation in the first place, we installed 14 sub-waste stations covering the entire resort.

The sub-waste stations were implemented based on a colour-coded system used for waste separation. Our aim is to separate all waste in locations where we generate the most, to avoid different types of waste getting mixed up. Proper waste separation increases the opportunity for reuse and recycling.

Further to the sub-waste stations, awareness sessions were conducted for all staff members to demonstrate correct waste separation, and how to identify different waste types. We are aiming for a department-level waste monitoring system to reduce waste generation and apply the circular-economy concept as much as possible. By the end of 2022, our average landfill waste was at 24%, and our target is to reduce to at least 20% by the end of 2023.

In order to facilitate a more organised waste management process at the resort in general, several other developments, such as colour-coded waste handling bags replacing plastic garbage bags, and more storage facilities in the final waste collection rooms will be developed during the coming year.

FARM TO TABLE

CHIVA-SOM SALAD

Organic leaves salad tossed with a probiotic berry dressing and mixed seeds
(sesame, flaxseed, chia seeds)

Leafy, green vegetables are always a good choice for a healthful diet, and combined with good fatty acid oil from a blend of seeds and a probiotic berry dressing, the Chiva-Som Garden Salad is a delicious dish to aid digestion.

Naturally low in calories and sodium, this salad is made fresh to order by our culinary artists using organic produce from our IFOAM-certified organic farms. Now you too, can make this healthy choice at home.

NOTE: contains nut, gluten free, dairy free

Type of Serve: Plate

NUTRIENTS PER SERVING

Kilocalories	161 kcal
Protein	2 g
Carbohydrate	12 g
Fat, Total	13 g

YIELD: 120g.

INGREDIENTS - Salad

15	g	Lettuce
5	g	Baby spinach
8	g	Wild rocket
10	g	Rocket
25	g	Tomato cherry, cut half
5	g	Carrot, thin sliced
5	g	Red radish, sliced thinly

INGREDIENTS - Mixed Seed

0.5	g	White sesame, crushed
0.5	g	Black sesame crushed
0.5	g	Flax seed, crushed
0.5	g	Chia seed, crushed
4	g	Sunflower seed
2	g	Pumpkin seed

INGREDIENTS - Mixed Berry Dressing

60	ml	Olive oil
3	tbsp	Apple cider vinegar
2	tbsp	Kombucha
2	tbsp	Coconut nectar
25	g	Strawberry
25	g	Blueberry
25	g	Raspberry

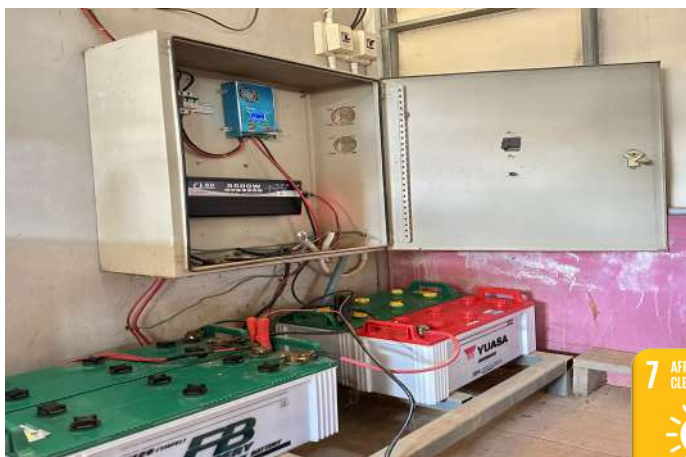


Method

1. Arrange all the salad leaves, tomato, carrot, red radish in a bowl.
2. Put all the ingredients for the mixed berry dressing into a blender and blend until smooth.
3. Top the salad leaves with the dressing and mixed seeds.



IMPROVING RENEWABLE ENERGY USE



The border village Bann Padang village, Moo 6 is completely dependent on solar energy as there is no grid electricity supply to the village. It was noted the power-holding ability of the solar system used at the village education centre has been reduced to a considerable level due to the drained battery capacity.

We were able to provide two new batteries for the existing solar system, and now they receive enough electricity for the education centre, with an additional power capacity of 120V. We are aiming at more renewable energy projects during this year and in the years to come, promoting green energy among our community. THB 9,500 was spent on the project.

*Sustainability Newsletter is a joint publication of
the Sustainability Department and Sustainability Committee of Chiva-Som.*

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