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**Welcome to the  
Pattaya Expats Club  
Tuesday 28th May 2024**



# Insomnia

Ever woken up in the middle of the night with your brain churning things over

- A shopping list of necessities
- A packing list, just before travel
- Ideas for the next day's talk/presentation/meeting
- Money worries

# What's the problem?

Brain panicking in case you forget



You nod off then wake up again



Chew it over again



Then repeat

# Solution....

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- Have a pen & paper on your bedside table
- When you wake up with brain going mad
- Write down the problem/solution/ideas/nightmare





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# NEXT SOCIAL EVENING

- Date: Wednesday 29th May 2024
- Time: 18.00h
- Format: Get to know your fellow members and their partners for a chat & a drink
- Location: Four K Ya 2 Bar, Soi Whitehouse, Jomtien  
(between soi 7 & 8 )
- Google/Bolt: "Soi Whitehouse Massage"
- Cost: 250B/member, which includes 2 free first drinks and a Thai finger buffet, partners free!



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# What to do when you feel a cold coming on?

- Take antihistamine tablets (4mg) before bed
- Get a good night's sleep
- Fight the histamine in the cold
- Take Tiffy to make you feel good physiologically!







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# How to Read Thai Printed Material

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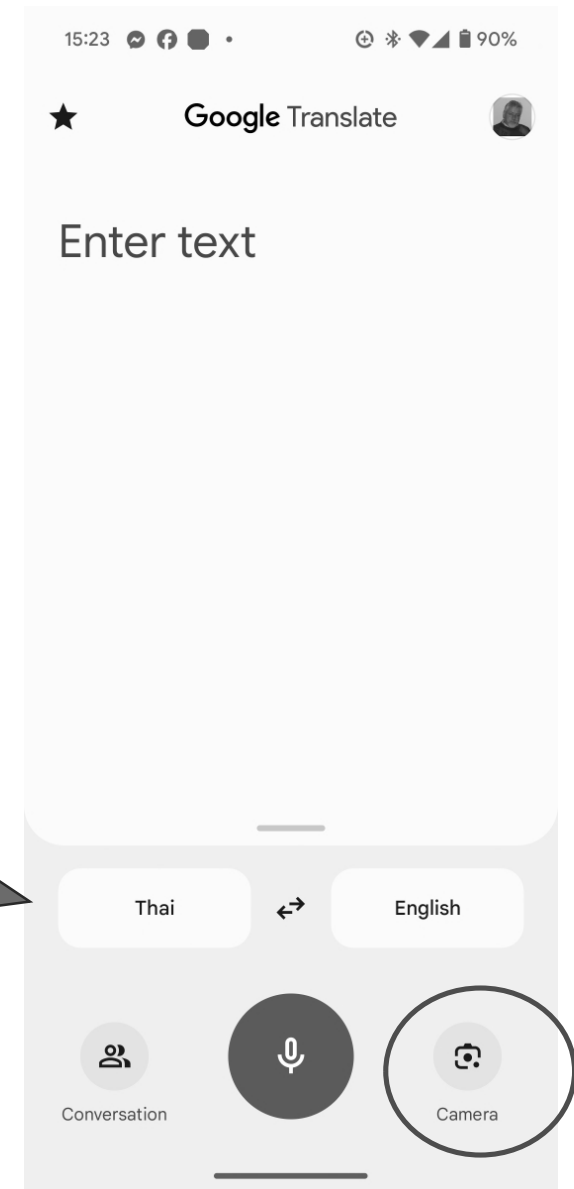
Open up Google  
translate



# How to Read Thai Printed Material

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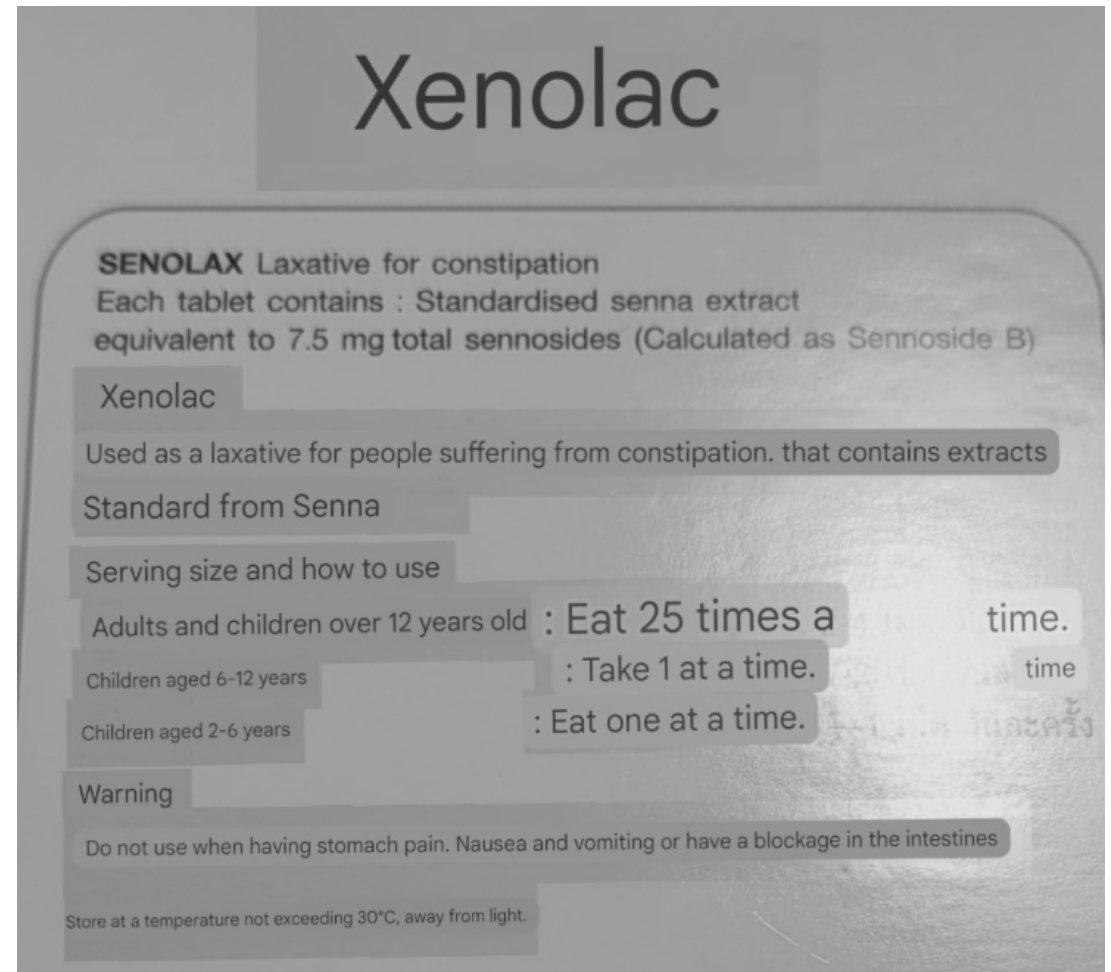
- This will open the Google translate apk
- Make sure it is configured to Thai -> English
- Then press the camera button (bottom Right)



# How to Read Thai Printed Material

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- Point your phone camera at the text you want to translate
- And Bingo!



Now You Try

# เซโนแลค<sup>®</sup>

**SENOLAX** Laxative for constipation

Each tablet contains : Standardised senna extract  
equivalent to 7.5 mg total sennosides (Calculated as Sennoside B)

## เซโนแลค

ใช้เป็นยาระบายสำหรับผู้ที่มีอาการท้องผูก ที่ประกอบด้วยสารสกัด  
มาตรฐานจากมะขามแขก

## ขนาดรับประทานและวิธีใช้

ผู้ใหญ่และเด็กอายุมากกว่า 12 ปี : รับประทานครั้งละ 2-4 เม็ด วันละครั้ง  
เด็กอายุ 6-12 ปี : รับประทานครั้งละ 1-2 เม็ด วันละครั้ง  
เด็กอายุ 2-6 ปี : รับประทานครั้งละ  $\frac{1}{2}$ -1 เม็ด วันละครั้ง

## คำเตือน

ห้ามใช้เมื่อมีอาการปวดท้อง คลื่นไส้ อาเจียน หรือมีภาวะอุดตันในลำไส้

เก็บอุณหภูมิไม่เกิน 30 °C พ้นแสง



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# How to Take a Screenshot on an Android Phone

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Press volume down & power button at the same time

You'll find the screenshot in your gallery app





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# What to do with your old Android Phone

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## **New infotainment system**

- find a decent car mount for your phone, and you can continue using your old device as a dedicated Android Auto hub, Google maps, Music etc

## **Do-it-yourself dashcam**

- Install a specialized app. [Droid Dashcam](#), is completely free as an ad-supported version.
- mount your phone, make sure that your camera has a clear view of the road, and drive to your heart's content.



# What to do with your old Android Phone

## Retro Console Display for Games

- keeping a dedicated emulation machine is an excellent use for an older phone. Saves the battery on your other phone
- PS2 - Aethersx2
- PS1 - DuckStation
- GameBoy Advance - MyBoy
- GameCube/Wii - Dolphin
- SNES - Snes9x EX+



# What to do with your old Android Phone

## **Dedicated music player**

- You can use your old phone as a music source for all your speakers.

## **Universal smart home remote**

- A hub for all your smart home needs

## **DIY home security camera**

- setup for this use case is incredibly easy. You'll need to download a free app [IP Webcam](#), and you can unlock all the additional features for just a flat fee of \$5 if you like the software.



# What to do with your old Android Phone

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## **Smart alarm clock**

- Make your mornings easier
- Need a cheap phone stand
- Put all the widgets on the home screen: clock, weather, calendar
- Set alarm & screen time out

## **Video calling device**

- Save your main phone's battery



# What to do with your old Android Phone

## **Help scientific research projects**

- Citizen scientist processing power put to work
- multiple apps and websites that allow you to lend the computational power of your device to academics.
- Check out Zooniverse

## **Sell or donate it**

- You might not need it anymore, but someone else could still use it

