

COVER PAGE AND DECLARATION

	Master of Business Administration (M.B.A.)
Specialisation:	MBA in Information Technology & Systems Management
Affiliated Center:	CEO Business School
Module Code & Module Title:	MGT580 – Project Management MBA - EIU
Student's Full Name:	DINA BAHAUDDIN ABDULHAMID SHUBAIR
Student ID:	EIU2020944
Word Count:	3,992 words
Date of Submission:	08-July-2022

I confirm that this assignment is my own work, is not copied from any other person's work (published/unpublished), and has not been previously submitted for assessment elsewhere.

DATE:

08-July-2022

EIU Paris City Campus

Address: 59 Rue Lamarck, 75018 Paris, France | Tel: +33 144 857 317 | Mobile/WhatsApp: +33607591197 | Email: paris@eiu.ac

EIU Corporate Strategy & Operations Headquarter

Address: 12th Fl. Amarin Tower, 496-502 Ploenchit Rd., Bangkok 10330, Thailand | Tel: +66(2)256923 & +66(2)2569908 | Mobile/WhatsApp: +33607591197 | Email: info@eiu.ac

Table of Content

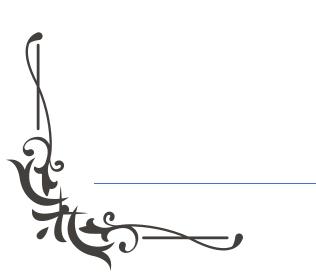
Content	Page Number
Title Page	4
Introduction	5
Scope of Work	7
Work Breakdown Structure	9
Project Budget	11
Additional Funds Request	15
Risk Analysis	16
Projected Competition Times	19
Quality Control Measures	24
Team Member Breakdown	25
Conclusion	26
Project Viability Analysis (High-Speed Railway in Thailand)	27
Additional ways for the proposed railway to earn income	28
Conclusion	29
References	30

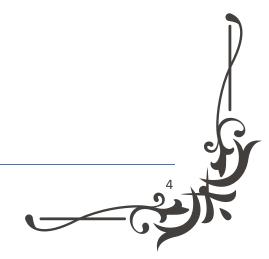




Project Proposal Aspire Fitness Club and Spa (A Membership based fitness and health center) Elixir Spa and Wellness Club Chain







Introduction

Project management is used to achieve the project specific objectives and goals, and this is the project managers role. They apply their knowledge, experience, tools, and skills in order to plan, organize, and direct the completion of the project. They ensure to match the required criteria and objectives by following a specific timelines and budgets to stay within the projects scope. Creating a project proposal help project managers to sell their ideas to the stakeholders. The main idea of having project proposal is to have a written documents which outlines everything stakeholders might need or ask for from A to Z. In general, this process goes through four main phases which are initiating, planning, executing, and closing by following these steps the chance of achieving the project's goals increase.

A multinational corporation called Aspire International Corporation which is in Sweden assigned the mission of choosing one profitable project out of three suggested projects to the lead project manager, Dina Shubair. The main purpose of this project is to expand their business by looking into more diversity in their portfolio. A project proposal is required within a budget starting from € 2 million euros which will be presented in the following. It can be implemented mainly for constructional wise and operational wise for at least three months to run the place and to ensure the employees are well trained. Nowadays, the business of fitness club and spa is becoming trendier since it is becoming more of a lifestyle to most people. Especially after the pandemic of Covid-19 most of the fitness industry found themselves in an uncharted territory facing new challenges and obstacles which made it harder for most of them to get back on their feet again. Which creates an amazing opportunity for Aspire International Corporation to take over some of the market share in the fitness club and spa industry. It has been almost two years now living under the precautionary measures but now life is getting back to normal, and people are looking for every possible to chance to go out after spending a long time in their houses. Having a fitness club and spa which will be a membership-based fitness and health club will serve the people's desire into gaining a healthier life and their need of having a new lifestyle which makes our consumer base huge.

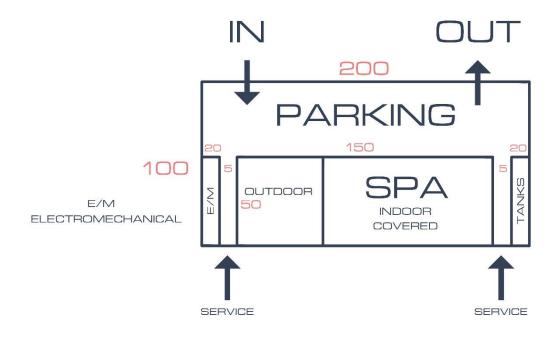
Health is very important, nowadays people realize that it is the source of every action in our daily lives. Accordingly, being a health-conscious person shows a positive attitude. ELIXIR spa and Wellness club chain is available to keep up the fitness level of various ages with updated, universal equipment with the best features. We are offering our customers a state-of-the-art fitness club to ensure the highest quality experience which will satisfy each member's desire. Our vision is to spread the awareness of living a healthy lifestyle providing an exceptional fitness experience with a competitive price to achieve their health goals. Our mission is to provide the world with advanced equipment and the most sophisticated programs with a team of professionals to encourage our members to expand their physical skills, improve self-esteem and wrap it all up and give it to them as a gift of health. Creating a whole new healthy society is our main goal rather than just having a traditional workout place. Seeking the comfort our members is a must and it is everything we are working on. We will provide opportunities to gain health and wellness for both staff and the community. We are offering individual preparing programs, exercise guidance, knead treatment programs plus fitness testing which will give more empowering wellness. The competitive advantage for our brand will be that we value health hence we will provide the best equipment accessible with the highest and latest technology given with an exceptional service by our fitness and spa club.

Scope of Work

The first step in the project planning process is called the scope of work also known as (SOW). The scope of work is the process that project managers go through to document the projects boundaries, specific objectives, goals, deliverables, budgets, timelines, and resources. For the purpose of the of the successful completion of the project the scope of work document must include details list of all the project activities to obtain the project requirements and the stakeholder's expectations. The scope of work for the fitness club and spa is to expand business by opening a new branch for ELIXIR spa and Wellness club chain. The location of this branch is a newly developed sub-urban with high population. This project is intended to be executed on a fast-track plan to get a profitable product benefiting from the demand of such services to obtain an acceptable level of quality ensuring safety and satisfactory of customers. In project management there is a concept called triple constraints which has two different versions the old one and the modern triple constraints concept which contains different factors such as time, quality, cost, etc. Some of these factors will have higher importance than the others which depends on the kind of project we are working on. In this project we will be focusing on the factor of time which will have higher importance than the other elements which means each decision we make will have an important impact on the factor of time. It will be constructed on a land plot of 200 x 100 meter with a built-up area of 7500 square meters including the following elements:

- 1- Fitness club will have and indoor activities such as gym, covered swimming pool with Olympic dimensions plus a children pool, aerobic hall, fitness space, etc.
- 2- Outdoor activities such as a running and jogging track, a football field, a basketball, and volleyball play area, a spectacular seating arrangement, etc.
- 3- Multipurpose service building including storage area, electrical and mechanical networks, and other special systems such as steam generators, filtration, disinfection, etc.
- 4- Parking area for 150 cars and buses.

SCHEMATIC DESIGN



Work Breakdown Structure

After that creating a work breakdown structure is required which is also known as (WBS). Which is all about dividing the project work and deliverables into smaller and more manageable parts. Having such an effective level of detailed project data will ease the needed control of the management. The work breakdown structure for ELIXIR spa and Wellness club chain Is as the following:

- Construction works, which includes the following elements:
 - Design works by hiring a qualified and experienced design office in such special works.
 - Preparation of construction work packages for pricing and award of works.
 - Site works including the following activities:
 - Execution and earth work.
 - Infrastructure and reinforced concrete foundation. This also includes underground water tank, swimming pool body, services manholes and channels, isolation, and waterproofing, etc.
 - Superstructure by adopting steel framed building for a fast and safe construction method.
 - Fences and gates both for Main entrances and services.
 - External cladding and finishing following the approved design matching the color scheme and logo of the chain.
 - Interior works providing the following spaces:
 - Entrances and exit areas, plus corridors and paths.
 - Waiting areas.
 - Reception area.
 - Training and gym areas.
 - Indoor swimming pool and children pool.
 - jacuzzies, steam rooms and sauna.
 - Lockers and change rooms.
 - Bathrooms toilets and showers.

- Snack area and café.
- Services rooms.
- Finishing works by using the special material specified by the designer and recommended by the equipment suppliers and manufacturers, such as rubber flooring, protected walls and columns by sponge wrapping, etc. Finishing material includes, carpet flooring tiles, mats, ceramic, declaration suspended ceiling systems, etc. Finishing works include the outdoor activities areas such as grass fields, rubber flooring, protection guards, etc.
- supply and installation of all required electrical and mechanical systems such as:
 - Electrical power conduits, cables, outlets, panelboards, circuit breakers, earthling protection, etc. In addition to lighting and illumination fixtures.
 - Mechanical systems including heating, air conditioning, ventilation, water supply, sewage drainage system, swimming pool pumps for circulation plus chlorination systems. In addition to sanitary fixtures such as w. c's, showers, etc.
 - Telephone, Internet, TV, audio video systems and security cameras.
- Supply and installation of the special equipment and furniture which includes:
 - Training equipment.
 - Gym equipment.
 - ♦ Sauna.
 - Steam rooms.
 - Furniture items for sitting and waiting areas, officers, reception, etc.
- Supply and installation of the outdoor activities equipment and related furniture such as Nets, goals posts, seats, etc.

Project Budget

A project budget is the total estimated projected costs when each project activity is competed over a defined period of time. First step is to create design drawings preparation by engineering/ design officer. After that we will take-off the quantities from design drawings and prepare a BOQ known as Bill of Quantity. Then we start pricing the BOQ by an Estimator for direct costs. The estimated budget is given below:

	Budget			Со	st Breakdo	wn
Ι	Direct:					
Item #	Item Description	Cost (EURO)	Remarks	Manpower	Material	Machinery
1.	Design and Engineering	10,000	10,000	9000	1,000	0
2.	Mobilization	15,000		3,000	4,500	7,500
2.1	Site Offices		5,000			
2.2	Site Store		5,000			
2.3	Site Workshop		5,000			
3.	Site Works	150,000		30,000	45,000	75,000
3.1	Protection		5,000			
3.2	Demolition		10,000			
3.3	Excavation & Backfill		15,000			
3.4	Roads & Asphalt		55,000			
3.5	Side Walks		30,000			
3.6	Landscape & Irrigation		35,000			
4.	Concrete Works	200,000		40,000	100,000	60,000
4.1	Foundations		25,000			
4.2	Columns, Beams & Slabs		25,000			
4.3	Water Tank		50,000			
4.4	Swimming Pool		100,000			
5.	Masonry Works	15,000		3,000	7,500	4,500
5.1	Walls & Partitions		15,000			
6.	Metal Works	350,000		70,000	175,000	105,000
6.1	Steel Structure		300,000			

6.2	Misc. Steel Items		50,000			
7.	Wood Works	25,000		7,500	12,500	5,000
7.1	Elevations & Walls Cladding		15,000			
7.2	Wooden Floors		10,000			
8.	Thermal & Moisture Protection	15,000		4,500	9,000	1,500
8.1	Bituminous Paint for Infrastructure		2,500			
8.2	Waterproofing for Swimming Pool		5,000			
8.3	Waterproofing for Elevations & Roofs		2,500			
8.4	Thermal Protection for Elevations & Roofs		5,000			
9.	Doors & Windows	10,000		3,000	5,000	2,000
9.1	Main Aluminum / Glass Doors		2,500			
9.2	Curtain Walls		0			
9.3	Aluminum / Glass Windows		3,500			
9.4	Wooden Doors		2,500			
9.5	Steel Doors		1,500			
10.	Finishes	150,000		45,000	75,000	30,000
10.1	Internal Finishes		100,000			
10.1.1	Elevations					
10.1.2	Floors					

10.1.3	Ceilings					
10.2	External Finishes		50,000			
10.2.1	Metal Cladding					
10.2.2	Stone Cladding					
11.	Specialties	0				
12.	Equipment	150,000		30,000	90,000	30,000
12.1	Gym		50,000			
12.2	Sauna and Steam		25,000			
12.3	Swimming Pool		75,000			
13.	Furniture & Fit-out	75,000	75,000	22,500	37,500	15,000
14.	Special Construction	0				
15.	Conveying System	0				
16.	Power Systems	200,000		40,000	60,000	100,000
16.1	Electrical		175,000			
16.2	Low Current		25,000			
17.	Mechanical Systems	250,000	250,000	50,000	75,000	125,000
	Sub-Total	1,615,000	1,615,000	357,500	697,000	560,500
					1,615,000	

II	In-Direct:		
Item #	Item Description	Cost (EURO)	Remarks
1.	Supervision (5%)	80,750	Working 3 Shifts & Overtime
2.	Site Management (10%)	161,500	Working 3 Shifts & Overtime
3.	Bank Charges (0.50%)	8,075	
4.	Insurance (0.50%)	8,075	
5.	Transportation (5%)	80,750	Airfreight Charges Inclusive
6.	Licenses (0.50%)	8,075	
7.	Training (0.50%)	8,075	
8.	Contingency (10%)	161,500	High Risks
9.	Overhead (8%)	129,200	
10.	Profit (10%)	161,500	
	Sub-Total	807,500	
	Total	2,422,500	

Additional Funds Request

As mentioned above the total budget of the project is $\notin 2,422,500$ including all the required aspects and activities to complete the project. But the starting budget for the fitness club is $\notin 2$ million so there are required is $\notin 422,500$ additional fund to complete the project. The reason why we need additional funds is the time constraint while maintaining the standard quality. The fitness club must be built within 6 months to start operating at the beginning of the new year specifically on the 1st of January of 2023 to start earning profits. The extra money will be spent on making the process of building and finishing such project faster by working 3 shifts, working overtime, and using airfreight. The project will achieve our targeted goals and purposes with the required quality.

Risk Analysis

The PMBOK® Guide describes risk as, an uncertain event or condition, that if it occurs, has a positive or negative effect on a project's objective. The key element of this definition is that the effect of the uncertainty, if it occurs, may be positive or negative on the objectives of the planned endeavor (Weaver, 2008). Accordingly, in a world full of risks it seems almost impossible to have a business that is risk free. The main role for project managers is not creating a project with zero risks, it is either they avoid having such risks or they learn how to deal with any kind of risk that might appear at any time or phase by controlling these risks. Hence risk analysis is a must when planning any kind of project or a business. Risk analysis is the process of examining the outcomes of the project and how are they going to be affected or changes according to the kind or risk that occurred. Once the risks are identified and analyzed, finding the appropriate solutions is required to overcome these risks by controlling them to keep going with the other phases in the project.

Being a project manager means taking risks almost all the time to gain more profits and to have better enhancements in all aspects. Of course, ELIXIR spa and Wellness club chain will face different types of risks.

- One of the highest risks might be inflation of construction material prices which can be controlled by seeking out partners with rich knowledge of both local and global market impacts. This kind of partners will help you to understand what is happening right now, what will happen in the future, and what kind of adjustments are needed to keep the project moving smoothly by controlling your costs. You can also shift to a lean partnership approach where value comes first rather than competition which will protect the projects bottom line to eliminate the procurement roadblocks. It is important to integrate trades early and pay them as soon as possible.
- Another risk this project might face is having delay in delivery of equipment and machines which is a very common risk we can control by planning and scheduling delivery routes in advance so we can prevent having more troubles. We can only accept orders that have a specific time frame, and we choose air transportation to deliver the

required equipment and machines which will be faster instead of using land transportation.

- Labor strikes is another risk that ELIXIR spa and Wellness club chain might have which can be dealt with in so many ways. Knowing the reason is the main key to overcome this risk also you can consider filling the gap between workers and management. Another suitable solution for such cases is to practice empathy, remain positive, give freedom for workers autonomy, consider employees both safety and appearance, and most importantly keep your workers informed with all the required information all the time.
- One of the significant risks is called injury risk which can occur while working in site and can be prevented by following al the safety rules and procedures and give the staff first aid training. It can also occur as an accident while using treadmills or any other gym equipment which will cost us a lot. The solution to minimize the chances of such accidents is by hiring fitness trainers who can teach the customers how to use such equipment plus they can provide supervision all over the place.
- A financial risk might arise in case of crashing or breaking equipment which is very common especially when many accidents occur at the same time. That can be prevented by having a fitness club insurance coverage to minimize our loss.
- Cyber security breach where all the members data stored in our computer such as their addresses or even their credit cards information gets stolen because of a data breach. That is why having a cyber risk policy is must to protect out fitness club from client data breaches. As mentioned previously risks are common in all kinds of businesses the most important part is to always be prepared once you identify a risk you can easily mitigate it.

To investigate the likelihood of each of the previous risks to occur a risk probability and impact matrix was created as the following:

		Α	В	С	D	E
		Negligible	Minor	Moderate	Significant	Severe
E	Very Likely	Low Med	Medium	Med Hi	High	High
D	Likely	Low	Labor Strike	Medium	Med Hi	Delay in Delivery
С	Possible	Low	Cyber Security Breach	Inflation of Prices	Med Hi	Med Hi
В	Unlikely	Low	Low Med	Injury Risk	Crashing or Breaking Equipment	Med Hi
Α	Very Unlikely	Low	Low	Low Med	Medium	Medium

Projected Competition Times

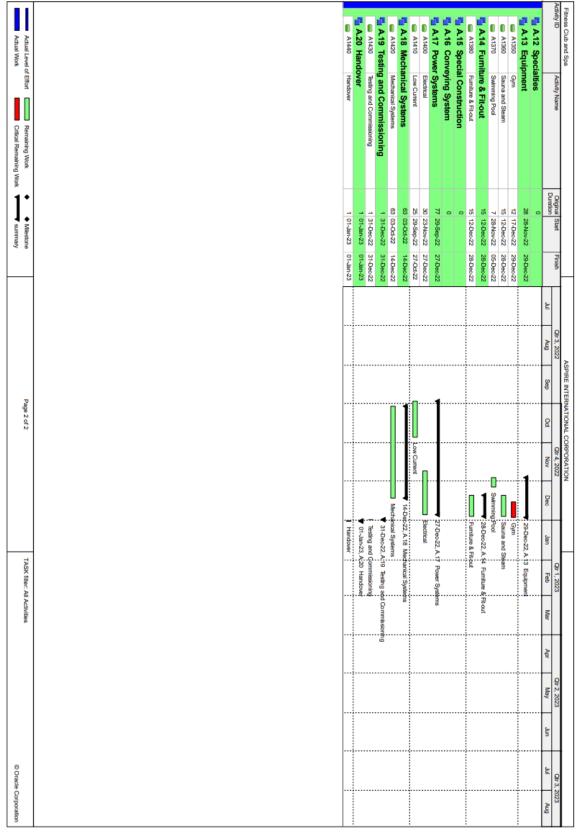
In the following a detailed schedule with all the durations and required time to finish each activity in the project:

	Work Breakdown Strue	cture (WBS)		
Item #	Item Description	Duration (Day)	Start	End
	Initiation	1	01.07.2022	01.07.2022
1.	Design and Engineering	14	02.07.2022	16.07.2022
2.	Mobilization	7	03.07.2022	10.07.2022.
2.1	Site Offices			
2.2	Site Store			
2.3	Site Workshop			
3.	Site Works	45	11.07.2022	31.08.2022
3.1	Protection			
3.2	Demolition			
3.3	Excavation & backfill			
3.4	Roads & Asphalt			
3.5	Side Walks			
3.6	Landscape & Irrigation			
4.	Concrete Works	60	20.07.2022	20.09.2022
4.1	Foundations			
4.2	Columns, Beams & Slabs			
4.3	Water Tank			
4.4	Swimming Pool			

5.	Masonry Works	7	20.09.2022	29.09.2022
5.1	Walls & Partitions			
6.	Metal Works	60	15.09.2022	15.11.2022
6.1	Steel Structure			
6.2	Misc. Steel Items			
7.	Wood Works	30	15.11.2022	15.12.2022
7.1	Elevations & Walls Cladding			
7.2	Wooden Floors			
8.	Thermal & Moisture Protection	15	15.11.2022	30.11.2022
8.1	Bituminous Paint for Infrastructure			
8.2	Waterproofing for Swimming Pool			
8.3	Waterproofing for Elevations & Roofs			
8.4	Thermal Protection for Elevations & Roofs			
9.	Doors & Windows	45	01.11.2022	15.12.2022
9.1	Main Aluminum / Glass Doors			
9.2	Curtain Walls			
9.3	Aluminum / Glass Windows			
9.4	Wooden Doors			
9.5	Steel Doors			
10.	Finishes	60	01.11.2022	30.12.2022
10.1	Internal Finishes			
10.1.1	Elevations			
10.1.2	Floors			
10.1.3	Ceilings			

10.2	External Finishes			
10.2.1	Metal Cladding			
10.2.2	Stone Cladding			
11.	Specialties	0		
12.	Equipment	30	10.11.2022	10.12.2022
12.1	Gym			
12.2	Sauna and Steam			
12.3	Swimming Pool			
13.	Furniture & Fit-out	30	25.11.2022	25.12.2022
14.	Special Construction	0		
15.	Conveying System			
16.	Power Systems	60	15.10.2022	15.12.2022
16.1	Electrical			
16.2	Low Current			
17.	Mechanical Systems	75	01.10.2022	15.12.2022
18.	Testing and Commissioning	15	15.12.2022	30.12.2022
19.	Handover	1	31.12.2022	31.12.2022
	Total	555		

			MI MUMBE	LAGK IIIEL AILACUVIDES	_							Effort Remaining Work	
				TACK files			Dono 1 of 3	Door			Miastone		Articl and of Effort
				đ-	Stone Cladding					29-Dec-22	17 11-Dec-22	Stone Cladding	A1330
						Metal Cladding				10-Dec-22		Metal Cladding	A1320
			al Finishes	11.2 External	29-Dec-22, A					29-Dec-22	39 15-Nov-22	nal Finishes	xte
					Cellings					27-Dec-22	14 12-Dec-22	Ceilings	
					••••	Floors				11-Dec-22	9 01-Dec-22	Floors	A1300
						Elevations	.			29-Nov-22	25 01-Nov-22	Elevations	A1290
			Finishes	tt.1 Internal	27-Dec-22, A.11.1 Internal Fi		1			27-Dec-22	49 01-Nov-22	al Finishes	A.11.1 Internal Finishes
				.11 Finishes	29-Dec-22, A		1			29-Dec-22	51 01-Nov-22	es	A.11 Finishes
						Steel Doors				10-Dec-22	27 09-Nov-22	Steel Doors	A1280
			•••			Wooden Doors				30-Nov-22	24 03-Nov-22	Wooden Doors	A1270
					Aluminum) / Glass Windo	Auminu				08-Dec-22	20 16-Nov-22	Aluminum / Glass Windows	A1260
					Curtain Walls					15-Dec-22		Curtain Wals	A1250
					Latass Doors	Main Auminum / Isass Doors				21-N0W-22		Nan Auminum / Gass Doors	A1240
			ä	ors & Windo	▼ 15-Dec-22 A 10 Doors & Window		1			15-Dec-22		2 Windows	
			6	tions & Roof	Thermal Protection for Elevations & Royfe	Thems De				SU'NUNUS		Thems I Protection for Elevations & Roofs	A 1230
					Fewstons &	Webeneding brEevalons & Roots				23-Nov-22		Waterprofing for Elevations & Roofs	A1220
				Pool	Waterproofing for Swimming Pool	Watepooling				27-Nov-22	10 16-Nov-22	Waterproofing for Swimming Pool	A1210
				9	för Infrastructure	Bituminous Paint for I				19-Nov-22	3 16-Nov-22	Bituminous Paint for Infrastructure	A1200
			Viedion	Thermal & Moisture Protection		30-Nov-22, A:09				30-Nov-22	13 16-Nov-22	A.09 Thermal & Moisture Protection	A.09 Them
					den Floors	Wooden				15-Dec-22	11 04-Dec-22	Wooden Floors	A1190
				· @-	Elevations & Walls Claddin	Elevations				03-Dec-22	15 16-Nov-22	Elevations & Walls Cladding	A1180
				obd Works	 15-Dec-22, A.08 Woold Works 	15-0				15-Dec-22	26 16-Nov-22	Works	A.08 Wood Works
						MISC, Steel liems				10-W0W-22		MISC. Steel Items	
		+	+			Steel Structure	Slee			27-00-22	32 21-Sep-22	Steel Structure	ATTO
												MUNA	- MUT MELAL
					etal Works	▼ 15-Nov-22, A.07 Me		1		15-Nov-22	48 21-Sep-22	Works	A 07 Metal Works
							Wals & Partitions	.		28-Sep-22	7 21-Sep-22	Wals& Partitions	A1150
						asonry Works	28-Sep-22, A.06 Masonry Works	1		28-Sep-22	7 21-Sep-22	ny Works	A.06 Masonry Works
							Pool	Swimping Pool		14-Sep-22	25 17-Aug-22	Swimming Pool	A1140
			••••				· · · ·	WaterTank		12-Sep-22	20 21-Aug-22	WaterTank	A1130
							Columns, Beams & Slabs	Colum		20-Sep-22	30 17-Aug-22	Columns, Beams & Slabs	A1120
								ations	Foundations	16-Aug-22	22 23-Jul-22	Foundations	A1110
							Anono convizzione decina	acinz •		77-dae-07	27-IID-62 ZC	ete Works	A.05 Concrete Works
								Landscape a Ingation		77-dac-cn	27-Briven 27	Landscape & Ingation	Allo
-			1					ONG WORD		77-000-00	22-Bruen 12	Citiz Wards	Attor
								Cirle Walter		22.6mm	24 00 40022	Cide Wellee	A 1000
								Double & Apphali		22-Brueoo		Doale & Asshalt	A4080
								& Rackfill	Excevation & Registr	IB-Aun-22	2 14-00-22	Demonstron & Backfill	A1070
									Protection	13-Jul-22		Protection	A1050
							05-Sep-22, A.04 Site Works	 05-Sep-22, A. 		05-Sep-22	49 11Jul-22	orks	A.04 Site Works
				••••					Site Wolkshop	10-Jul-22	7 03-Jul-22	Site Workshop	A1040
									Site Store	07-Jul-22	5 03-Jul-22	Site Store	A1030
									Site Officets	06-Jul-22	4 03-Jul-22	Site Offices	A1020
								§	10-Jul-22, A.03 Mobilization	10-Jul-22	7 03-Jul-22	zation	A.03 Mobilization
								dkage	Structural Design Plackage	18-Jul-22	14 03-Jul-22	Structural Design Package	A1010
							ŋg	ign and Engineer	18-Jul-22, A.02 Design and Engineering	18-Jul-22	14 03-Jul-22	A.02 Design and Engineering	💾 A.02 Desig
									Start of the Project	02-Jul-22	1 02-Jul-22	Start of the Project	A1000
									02-Jul-22, A 01 Key Dates	02-Jul-22	1 02-Jul-22	ates	A.01 Key Dates
			Htness Club;and Spa		U1-Jan-23, A					UT-Jan-23	158 UZ-JU-22	ib and Spa	A Fitness Club and Spa
Jun Jul Aug	May	Apr	Mar		Jan	Nov Dec	Q	Sep	Jul Aug		Dulauon		
Qtr 3, 2023	Qtr 2, 2023			Qtr 1, 2023		Qtr 4, 2022	Qtr		Qtr 3, 2022	Finish	Original Start	Activity Name	Activity ID
						RATION	TIONAL CORPO	ASPIRE INTERNATIONAL CORPORATION	AS				Fitness Club and Spa



(Note: This picture was extracted from a project management software called Primavera by Oracle)

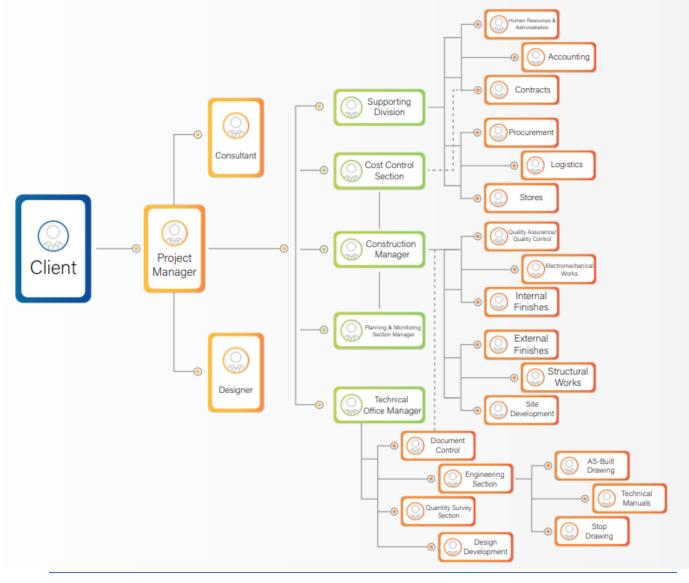
Quality Control Measures

Facing dozens of problems is part of the daily routine in all businesses that is why staying tuned and creating a quality control measurement will be help us to prevent such things while providing an outstanding customer service. Having manuals and different forms of procedures are needed to be filled for inspection purposes to guarantee the quality of the ordered materials, all the processes implemented at site, and to ensure that everything meet the required standards. In case of any kind of breach we must follow correction procedures to adjust the mistakes that occurred by replacing the defected materials or any kind of work that does not match our standards. It is our responsibility to create a checklist that follows standard business quality control which will help us gain more profits and to keep on as a successful business. An Ounce of Prevention by making sure that all the fitness club's equipment remains clean, safe, and working perfectly. By providing sanitizers and wipes for all members so they can wipe the equipment before and after using them. Asking the employees to make a quick tour at the end of each day to examine the damage if occurred and to make sure that everything is functioning properly. Making great first impression by showing off the advantages of our facilities. Having an astonishing waiting area and locker rooms by keeping them super clean and safe. We can keep up the cleanness of the fitness club by making a partnership with a professional cleaning company to maintain the whole facility. Keeping up with such high standards requires a professional staff member who is updated with the latest training courses and high certifications. Maintain legal compliance Know your local and state laws regarding operating a business and running a fitness business. Work with an attorney to learn about liability insurance and waivers, labor laws, safety issues, and security. Talk to your insurance company or a security expert to make your center as safe as possible for clients and staff. Pay for your staff to be trained in CPR and first aid (Milano, 2022).

Team Member Breakdown

There is a whole team who is working to make this project come to life, so many departments are included with different types of employees they all work as one entity to manage and run the business. In following a hierarchical outline of all the different team members:

Team Members Flow Plan ELIXIR Spa and Wellness Club Chain



Conclusion

At the end, based on the previous proposal which is presented to Aspire International Corporation it shows a great opportunity for investment, and it matches the company's aim by looking for diversity and expansion in a very profitable and exceptional Fitness Club and Spa.

Project Viability Analysis (High-Speed Railway in Thailand)

A high-speed railway project in Thailand is being proposed to connect Bangkok in the South of Thailand to Chiang Mai in the North of Thailand with an estimated cost of 100 billion baht. A project viability analysis is proposed by a project consultant to decide whether they go with it or not if not, several adjustments will be suggested to make this project possible and profitable. Thailand is known as the heart of mainland Asia with a population of 70 million, it is very famous for its nature it is full of mountains, hills, plains, and long coastlines. Due to its cultural and natural beauty it attracts more tourists than anywhere else in the world.

Bangkok is the capital city of Thailand and Chiang Mai the second largest city in the country with a population that exceeds 1 million. Connecting these two large cities together with a high-speed railway shows a very great potential and it creates a lot of profitable opportunities. This will create a larger labor market, increase employment opportunities, and decrease congestion costs. Linking these two cities will also ease the transportation process for both people and different kinds of goods and resources. It will take a major part into increasing the industry of tourism. In addition to open up a wide range of investment opportunities which will enhance the country's economy.

In order to reach the targeted goals, a full recovery of the expenses spent on the required investments, and a satisfactory rate of return a careful study of the project is required to come up with the suitable method to be followed. One of the suggested methods could be partnering up with a private investors or companies whether they were local or global to contribute and invest the necessary financial funds, create the designs of work, fulfill the project in a specified period of time in order to start operating. Accordingly, legal contracts and agreements must be implemented between the government, public sector and private sector if existed.



Additional ways for the proposed railway to earn income

A high-speed railway services can deliver competitive advantage over airlines especially that is affordable for the middle-income population. The railway station can contribute into gaining more revenue. There are many additional ways to earn even more income presented in the following:

- Offering the property around for renting to develop farming which will contribute into stopping food wastes and infringement.
- Advertising services using rail different kinds of display systems.
- Directing the foreign investments to sectoral guidelines to cover security services.
- Promoting different travel classes tickets especially in holidays and special seasons.
- Providing on-board sales in trains by offering gifts and souvenirs that will satisfy all tastes.
- Offering a wide range service including food services, customer support, conveyance services, and luggage and parcel van services.

Conclusion

In the end, based on real facts and various types of opportunities a high-speed railway that connects Bangkok with Chiang Mai must be implemented. The development of high-speed train will help improve the quality of transportation throughout the country in order to achieve convenience, speed, and safety. Ultimately, it will lead the way to sustainable transport ("High speed train project, Bangkok – Chiang Mai – TEAM GROUP", 2022). It is highly recommended to take this great chance before someone else does.

References

- Amos, P., Bullock, D., & Sondhi, J. (2022). High-Speed Rail. Retrieved 1 July 2022, from <u>https://openknowledge.worldbank.org/handle/10986/27812</u>
- (2022). Retrieved 1 July 2022, from <u>https://www.apm.org.uk/resources/what-is-project-management/what-is-quality-management-and-control/#:~:text=Quality%20control%20consists%20of%20inspection,the%20internal%2
 <u>0or%20external%20customer</u>.
 </u>
- Bridges, J. (2020). How to Write a Scope of Work. Retrieved 1 July 2022, from <u>https://www.projectmanager.com/training/write-scope-work</u>
- Dabic, M. (2022). Risk Management for Fitness Facilities ABEX Affiliated Brokers Exchange Inc. Retrieved 1 July 2022, from <u>https://www.abexinsurance.com/risk-management-fitness-facilities/</u>
- High speed train project, Bangkok Chiang Mai TEAM GROUP. (2022). Retrieved 1 July 2022, from <u>https://www.teamgroup.co.th/en/portfolio/high-speed-train-project-bangkok-chiang-mai/</u>
- Lavanya, N., & Malarvizhi, T. (2008). Risk analysis and management. Retrieved 1 July 2022, from https://www.pmi.org/learning/library/risk-analysis-project-management-7070#:~:text=Risk%20analysis%20involves%20examining%20how,be%20taken%20to%20mitigate%20them.
- Martinelli, K., & Martinelli, K. (2022). Gym Health and Safety | Guidance for Staff. Retrieved 1 July 2022, from <u>https://www.highspeedtraining.co.uk/hub/gym-health-and-safety/</u>

- Milano, S. (2022). Types of Negligence in the Hospitality Industry. Retrieved 1 July 2022, from <u>https://smallbusiness.chron.com/types-negligence-hospitality-industry-59907.html</u>
- Organ, C. (2022). Work Breakdown Structure (WBS) In Project Management. Retrieved 1 July 2022, from <u>https://www.forbes.com/advisor/business/what-is-work-breakdownstructure/#:~:text=A%20work%20breakdown%20structure%20(WBS,deliverables%20int 0%20a%20single%20tool.
 </u>
- Project proposal University of Wollongong UOW. (2022). Retrieved 1 July 2022, from <u>https://www.uow.edu.au/student/learning-co-op/assessments/project-proposal/#:~:text=A%20project%20proposal%20is%20a,what%20you%20plan%20to%20do.</u>
- Risk Management for Fitness Facilities. (2021). Retrieved 1 July 2022, from <u>https://blog.gyminsight.com/633-risk-management-for-fitness-facilities/</u>
- The Ultimate Guide to Project Budgets | AIPM. (2021). Retrieved 1 July 2022, from <u>https://www.aipm.com.au/blog/the-ultimate-guide-to-project-</u> <u>budgets#:~:text=What%20is%20a%20project%20budget,right%20time%2C%20and%20</u> <u>measuring%20performance</u>.
- Viter, I. (2021). Creating a Project Budget A Complete Guide. Retrieved 1 July 2022, from <u>https://www.forecast.app/blog/how-to-create-a-project-budget</u>
- Weaver, P. (2008). The meaning of risk in an uncertain world. Retrieved 1 July 2022, from https://www.pmi.org/learning/library/project-risks-uncertain-world-8392

 What Is Thailand Famous For? 18 Things You Should Know about Thailand. (2022). Retrieved 1 July 2022, from <u>https://www.asiahighlights.com/thailand/why-thailand-is-so-popular</u>