

MAE FAH LUANG
UNIVERSITY



STUDENT
MAGAZINE

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มหาวิทยาลัยแม่ฟ้าหลวง MAE FAH LUANG UNIVERSITY

MF-YOU(th)



FROM THE EDITOR

Welcome to the MF-You(th) magazine issue 6, a magazine written by students for students. We are very proud to announce to all Mae Fah Luang University students, staff, guests, and readers that we always work in a team with good coordination to always produce the magazine by student own initiative. As its name, MF-You(th), this magazine with youth life which is dynamic, creative, and unique, as the MFU students do in their everyday life.

The theme for this time will be “Artistic and Unique”. We are going to explore the unique side of MFU and Chiang Rai, and also interesting ideas from students. We are going to show you also the artistic side of MFU student which the winter season has provided them with chances to show the fashion style of MFU student. There will be also some writings done by student in order to show their creativity and the innovative ideas which is for the youth.

Therefore, we from the magazine team would like all of you to open the next page of our magazine and see the uniqueness of the MFU students which always provide the fresh ideas and writings.

Sincere regards,

MF-You(th) Team, the International Affairs Division, Mae Fah Luang University

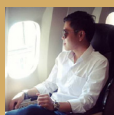
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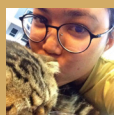
CONTENTS

Special Report	4
Art Exhibition	6
MFU Fashion	7
Inspiration Artist	8
Food	9
Tourism	10
Photojournalism	11
Student Tips	12
Health	13
Review	14
Do It Yourself	15

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INTERESTED IN JOINING?

Please contact: inter@mfu.ac.th
Subject: Student Magazine

We're happy to receive submission of articles or applications by MFU students who willing to help in the creation of MF-You(th).



THE HIDDEN BEAUTY OF MYANMAR

Here are some comments from the participants about their latest trip from MFU to Myanmar during 3 - 7 March 2016. They went to Kyaing Tong and Mong La which are unique places to give adorable experiences. What are their comments toward Myanmar? Let's read it together!

"Visiting the temples made me enjoy this trip. When we were doing the mission in the second day in Kyaing Tong, we visited some temples. A temple is more magnificent and people use more gold and silver to decorate the outlook of temples in Thailand. Temples in Myanmar are smaller at the outlook. But inside the temple, they use more brown and gold. And it makes the temple more solemn. I can feel peace in there. And I pray for my family."

Ms. Qianyu Wang
School of Management

"In our first perspective, we thought the city was border as Mae Sai - Tachileik, but when we visited there. The city was like the Las Vegas in Myanmar. The main business in the city is the civilization of the casino, hotel, night club and the restaurant that offers the special menu like many kind of food that are made from wild animal. Mong La is like the sleepless city, because they have entertainment activities 24 hours."

Ms. Phetphailin Yammaneechai
School of Management



"Mong La is developing city which has many hotels, shops, and foods. We can study the history about the Buddha in seven provinces with fantastic stories. And we can find the Chinese foods, technology, and stuffs. It showed us that different culture and countries can mix together and create a new style"

Mr. Luo Chen Xu
School of Management

Above: The temples of Kyaing Tong. Middle right: Inside one of temples in Kyaing Tong. Bottom: The view of Mong La city, with has more Chinese look than Myanmar look, which where Mong La is.





"One of the most valuable memory that I can get from this trip is I feel grateful for what I have in life. From lifestyle in Kyaing Tong, I learnt and saw that not all people are fortunate. Some of them cannot afford to send their children to school due to financial problem. Although they live in hard times, Kyaing Tong people are very hardworking and very responsible when it comes to their family. They grow plants and make handicrafts to gain income in return. One of the best things is Maha Myat Muni Pagoda temple that provides place for the poor children to study."

Ms. Puteri Nazifah Binti Megat Abu Bakar
Exchange student, Universiti Putra Malaysia

"I also had a chance to act as a host, a Kyaing Tong citizen to warmly welcome all my friends to the land of smile Kyaing Tong. As I mention above, Kyaing Tong is full of cultures. Especially, the monasteries in Kyaing Tong are nowadays acting like the cultural museums of Tai Khun local people. During the trip, we visited many monasteries, many famous places and visited the village in the countryside to learn the cultures of the local people."

Mr. Sai Luang Tip
School of Information Technology



Above: One of distinguished features of Myanmar culture in city of Mong La. Middle left: The Burmese woman that is making lacquer handicraft. Middle top: Finished lacquerware products which take months to finish one. Middle bottom: A lid of the lacquerware that has Naga, a mythical creatures there. Most bottom: Student perspective presentation about Mong La.



The Chiang Rai ASEAN flower festival was first held in 2012 and have attracted many visitors. This festival is held every year during the winter season, which is also a high season for tourism in Thailand, so that Chiang Rai is ready to welcome the tourist with colorful blossoms. It is promoting a local tourism and making Chiang Rai for better known as a flower producing place.

Moreover, this festival is based on the concept of "Miracle Flowers of Lanna" which is a good opportunity for visitors to experiences various flower species in one place. More than that, Chiang Rai prepared for welcoming ASEAN community which just started by 2015.

The Chiang Rai ASEAN flower festival is held in the winter season, but the date will be changed every year. The winter season is the season that many tourists travel around the world, so this event is one of the events that welcome tourists to enjoy the beauty of blossom.

Miracle Flowers of Lanna

This festival is held along the Kok River, next to Chiang Rai Government Complex in Muang Chiang Rai. It covers more than 40 acres with the addition of 8 acres for displaying temperate flowers. Besides, there is an exhibition of paintings and photographs which is designed for the visitors to have chance to compete with the photos they got from the park. This is a very interesting place for enjoying the outstanding painting which looks like the real image of flowers, how wonderful! In addition, there are sales of OTOP products and flowering and decorative plants as well.

I was very excited to join the festival and enjoyed seeing the colorful flowers in the garden. The flowers were very beautiful and attracted my mind to keep watching till the end line of the garden. As it is night time, it was more beautiful with the color of the lights. All I did was enjoying taking pictures of flowers because I could keep the memories of that time.

Moreover, there was a little waterfall with plenty of flowers that we could enjoy nature. It was a great pleasure to see the various flowers gathers in one place and combines beautifully. Chiang Rai has many unique and charms that can attract tourist's eyes, however, this festival is one of them that plays important role in tourist attraction.

**Ms. Mi Sawt @ Bu Huh
School of Management**



MFU Winter Fashion

Mae Fah Luang University is located in Chiang Rai where the weather is so cold in winter. Because of the location which is the northernmost of Thailand and the mountainous terrain, the temperature is particularly cold.

The winter of the university which is significantly cooler starts in November and goes on to February. Besides, the average temperature during daytime is less than 15 celsius and night time it often drops to 6 - 7 celsius.

So, what we wear when it's getting cold?

We can say that this is the time we are waiting for! Most of MFU students do not wear the uniforms during the winter days because the weather is too cold for us. However, we enjoy getting dresses a lot. As you can see in the pictures, there are several colorful clothes everywhere in the university. Actually, the students would like to wear sweater with hood and we also prefer to put lots of wintry accessories such as scarves, gloves, hats and knit headbands. On rainy days when the weather is cooler than usual, some of us wear trench coats, overcoats, or parkas.

Anyway, we are still fashionable!

Ms. Jirapa Luangrangsang
School of Liberal Arts

Mr. Surapol Permpol
School of Management



HOW ARTIST GET THEIR INSPIRATION

For an artist the world around him is an inspiration, to the things he beholds, from the things he hears, from the raw emotions he feels and the thoughts he conjures up or imagines. From combining all the elements or some of the elements above they produce their work of art. They apply their meticulous skills and efforts to produce and display their creative pieces to the whole world, to respect and admire. An art ranges from simple embroidery to a complex art piece worth lots of money and having great historical significance.

An artist like a painter, singer, writer, director, and choreographer all have these two common things in them; passion for what they are doing and an inspiration for what they seeking. Usually their arts contain a social message. They also express themselves through their art to let us look at how they perceive the world. Honore de Balzac said that, "Passion is universal humanity. Without its religion, history, romance and art would be useless." Passion is not a dream or a hobby or an interest but something an artist loves to do. Without it they feel that their life is useless. Passion is something they cannot live without. They have a strong feeling for a thing, for a painter; if he is passionate about painting he will truly feel comfortable with elements of nature, structures and imaginations. Passion is a strong emotion filled with waves of enthusiasm and strong desire to do something. For every artist in order to provide the best result, they need to be really passionate about it. It should be so strong that external forces such as societal pressures, obstacles, criticism, crisis cannot weaken or dim it.

The next equally important factor is to inspire which means they are inspired and inspire others. Artist of any kind draw their inspiration from an artist doing the same profession. An aspiring singer is motivated by Grammy award winning singers, painters get inspired by other famous



Andy Warhol, American Artist.
Famously known for the "Tomato Soup"

painters, novelist get inspired by reading and countless authors. Choreographer draw their inspiration from others skilled and proficient at the art of dancing and the list can go on. An artist without inspiration is not even worthy of being called an artist. They need to be inspired and have the ability to inspire others as well. What comes to your mind when you think about inspiration? For an artist they visualize some normal human being having the ability to do extraordinary things. The thing about inspiration is that it admires and respect other's creativity or achievements and then, wants to obtain that same level of greatness. An artist who is original, who does not recycle old concepts or materials but comes up with something out of the box, which the world has seen or heard, can be considered inspirational. They can be regarded as inspiration for being a Pioneer and authentic. If the inspired becomes inspirational, they must live up to this beauteous quality bestowed by others. They should go out and inspire others through interactions and their art. They have a moral responsibility to guide and mentor people who wants to obtain the same.

So, as we know an artist in any profession is mainly skilled and outstanding and what they are doing because of their eternal passion and dedication to their crafts. With outstanding passion showered on to their crafts they attain a level of greatness adored by others.

Mr. Sonam Tsheten
School of Social Innovation

Dorm Made Mug Cake

Hello guys! How are you doing? This time, I proudly present a chocolate cake. Chocolate is lovely by everyone, isn't it? It is a super easy and yummy mug cake! Yes, it will be made in the mug though a coffee cup is alright too.

Moreover, this recipe can be made using a microwave instead of an oven. I'm sure that MFU freshmen will like this because it can be baked with ease even when one is in the dormitory. You will not believe how easy it is! So today I will show you one recipe which only takes about 1-2 minutes. After this, you will have a cake every day after a meal.

What are you going to have:

A mug
Cake flour or All-purpose flour
Cocoa powder
Sugar
Milk
Oil or butter
Baking powder (optional)
A little bit of salt

How to make

1. First, combine all of dry ingredients and mix them well, then add some milk and oil. Stir until mixture is even i.e., till you do not see a piece of cocoa powder or flour.



2. Now, it is good to go! Put a mug in the microwave at a medium heat for about 45 seconds. Actually, you control it at one minute in the first place, but you don't want an over baked cake, so take it easy.



3. When the cake is in the microwave, carefully check it. It will be raising a little bit, which sometimes may be overwhelming on the top. However, if it is not done yet, put it back in the microwave and wait until it is done.



This is a basic tip; use a toothpick to insert into the centre of the cake. If there are no crumbs on it, you know that the cake is ready.

Well, it's such a super easy, fast and of course, delicious recipe! It definitely tastes like a cake in the cafe, full-flavored, fluffy and a little bit sticky. Top with vanilla ice-cream either banana or strawberry. Your mug cake is perfect!!! Have a nice mug guy. See yah!

WHY DO I TRAVEL SOLO AND WHY DO YOU HAVE TOO



Credit: <http://noworriestravels.com/wp-content/uploads/2015/08/Travel-Insurance.jpg>

The first time I traveled solo is when I had to attend a conference in Shanghai. Having a limited budget, and being curious to see as many places as possible, I took a cheap promotion flight, and continued by train to Shanghai. It is a nerve racking experience and the night before I could not sleep. Fortunately, I had visited my friend, who was working as an English teacher in Hong Kong. All went well, he picked me up from the airport. We hang out together, met some other friends, and thereafter the real journey began. I had to be by myself.

Though it may sound like something you'd find inside a fortune cookie, sometimes the best travel companion you can ever have is yourself. I spend a lot of time on the road, often by myself, and I've learned that solo travel is easier than you might think, totally liberating, and completely rewarding in a way few other experiences in life can match. Like many travelers, I never used to go anywhere alone, but after a few eye-opening, life-changing experiences, I'm hooked on solo travel, and I'm not the only one.



Credit: <http://weknowyourdreams.com/image.php?pic=/images/travel/travel-01.jpg>

I still feel a bit nervous when I'm kicking off a solo trip, but in the end, nothing makes me feel more confident or capable than conquering the world on my own. Successfully ordering a meal in Italy, picking up the latest Australian slang, chatting up locals at a farmers' market in Morocco, making new friends in Brazil, navigating the idiosyncrasies of train systems all over the world, these are some of the rewards I've gained from my solo adventures. It's nice to have someone to rely on, but it's particularly satisfying when that someone is you.



Credit: <http://incatrail.info/wp-content/uploads/2015/01/woman-using-peru-travel-app.jpg>

Mr. Andris Adhitra
School of Management

HOW MFU IS BEAUTIFUL

You may already have known that MFU is a beautiful, incredible and scenic place in Thailand. As the writer, I feel so proud to be one of students here. There are many places in this university that I can go for relaxing with my friends. And I think having good environment enhances our learning ability.

Today I will not write about the information or facts about MFU, but will rather show you the impression I have about this place. And I am absolutely sure you are going to fall in love with this wonderful university!



Lan Dao is a beautiful scenery and is suitable for shot taking and it is also a place where the statue of the King's Mother is located. This place can be viewed from different angles.



MFU's dam is the furthest place for me in the university. If you don't have a car or bike, you may have to walk. I have run to the dam with my friends for the exercise on a number of occasions. Even though we have a gymnasium.



M-Square has just been recently finished. It is a new place located in front at the entrance. And I really love this place because there are a lot of shops like M-Store (MFU Book Centre), coffee shop, stationary shop, canteen, etc. It's very convenient especially during the examination week. We always come here to do our homework and other academic related tasks because it is so silent.

This is just a small part of the university. And if you want to know how beautiful MFU is, just join us and see it with your eyes.

Ms. Suzuko Kato
School of Liberal Arts



And last but not least is a holy place located in the low hill of MFU. It is called "Lan Thong Chaloem Phra Kiat Vihara". Buddhists come here to worship and pay respect to image of Buddha.



Credit: <https://thumbs.dreamstime.com/z/male-college-student-university-lecture-hall-5949112.jpg>

STUDY TIPS FOR UNIVERSITY STUDENT

We know that studying is sometimes too difficult for students, especially for new students that have to adapt themselves with the university life, which is different from high school life. During high school, we are always being told by our teacher to do this and that. But once we step to the university level, there will be no teacher to tell us, well at least not as much as high school.

1. Always Find the New Information.

University student life, means you will not always be controlled by a teacher, which means you have to find information by your own. There are some lecturers that will tell you what to do, but that does not mean they will be always telling you every time, right? Also, when studying, you should be able to find some new information which is relevant to your study, which give additional value of yourself to lecturer and friends. But also don't forget to understand the concept and lessons given by your lecturer first.



2. Time Management and Social Skills.

Time management is important for students that wants to achieve the best in their university life. Some people are thinking good GPA too much until they forget to chat with their friends or to relax themselves. Students are feeling stressed because they can't control both of these things to balance in their university life. And that's what we don't want you to do. Sometimes, inspiration to some answers come when our brain is relaxing.

3. Communication, Observe, Patience (COP)

To study well in university, you will need to have good communication skills, at least with your lecturer. You should know when to consult with university adviser about your study and also to consult with your family about your life here. As students, we should know there are many things outside university life which need to observe. Sometimes, when we study, there are some lessons which are very difficult to understand. So we need to be patient. Don't be angry or sad. Everything is process and needs time, so do your lesson.

Mr. Muhammad Khalid Wardana
School of Social Innovation

HEAT STROKE !

AND HOW TO PREVENT IT



In the summer, MFU experiences bad weather. This weather is characterised by very high temperatures and an atmosphere filled with smoke. The smoke is a result of excessive bush and grows burning. Such a bad weather causes a disease known as "Heat Stroke" which presents with the following symptoms:

1. Throbbing headache
2. Dizziness and light-headedness
3. Lack of sweating despite the heat
4. Red, hot, and dry skin
5. Muscle weakness or cramps
6. Nausea and vomiting
7. Rapid heartbeat, which may be either strong or weak
8. Rapid, shallow breathing
9. Behavioral changes such as confusion, disorientation, or staggering seizures
10. Unconsciousness

PREVENTING HEAT STROKE

1. Wear lightweight, light-colored, loose-fitting clothing, and a wide-brimmed hat. Use a sunscreen with a sun protection factor (SPF) of 30 or more.
2. Drink extra fluids. To prevent dehydration, it's generally recommended to drink at least eight glasses of water, fruit juice, or vegetable juice per day. Because heat-related illness also can result into salt depletion. It may be advisable to substitute an electrolyte-rich sports drink for water during periods of extreme heat and humidity.
3. Take additional precautions when exercising or working outdoors. The general recommendation is to drink 24 ounces of fluid two hours before exercise, and consider adding another 8 ounces of water or sports drink right before exercise. During exercise, you should consume another 8 ounces of water every 20 minutes, even if you don't feel thirsty.
4. Reschedule or cancel outdoor activity. If possible, shift your time outdoors to the coolest times of the day, either early morning or after sunset.

If you feel so weak or you can not control the symptoms, please call 0 5391 6999 (MFU Hospital).

Ms. Chayanit Pocha
School of Liberal Arts

Reference: <http://www.webmd.com/a-to-z-guides/heat-stroke-symptoms-and-treatment?page=3#2>



THIS TIME REVIEW



Back to Black - Amy Winehouse

"Back to Black" was inspired by Winehouse's relationship with Blake Fielder-Civil, who had left her for an ex-girlfriend, leaving her going to "black," which to the listener may appear to refer to drinking and depression. "Back to Black" explores elements of old school soul music. Winehouse expresses feelings of hurt and bitterness for a boyfriend who has left her; however, throughout the lyrics she "remains strong".



Lost and Found - Thitvin Khamchareon

"Lost and Found" based on a true story of Palm - Thitvin Khamchareon DJ and Certified Yoga Teacher. He narrates about his own experiences of life at sixteens when he had a chance to be an exchange student in AFS Exchange Programme for one year in Paraguay. He started to be a better person in a small town of Paraguay where everyone spoke Spanish. From an extraordinary boy, he became more social and confident. He realized how important his family was.



Life is Beautiful - Roberto Benigni

"Life is Beautiful" (1997) is a film thrown back from 1939 Italy where Guido Orefice, a Jewish Italian bookshop owner must employ his fertile imagination to shield his son from the horrors of internment in a Nazi concentration camp. The film was a critical and financial success, winning the Academy Award for Best Actor at the 71st Academy Awards as well as the Academy Award for Best Original Dramatic Score and the Academy Award for Best Foreign Language Film.

Ms. Pinthong Meekhuniam
School of Liberal Arts



Walk in It!

The season is changing, it's time for walking! So what can be cooler than to put on an unique pair of shoes and walk in it? Well, it is a nice pair of shoes that is made by yourself! Here are some simple DIY steps to make a fabulous pair of shoes.

All you need is a pair of white canvas shoes with no design, a piece of paper, a pencil, a pair of scissors, a ruler and bunches of fabric makers.

How to make

- 1 First, draw a straight line near the edge of the piece of paper. Then half an inch below your first line, draw a second straight line. Create a zig-zag pattern between your parallel lines. Now, you will see many small triangles in your drawing.
- 2 Then cut away your lower triangles row (after cutting, it should look like a row of teeth of a dracula!). Take out your canvas, but of course you don't want to mess with your laces, so remove the laces.
- 3 Position your template onto the top of the canvas and draw a pattern on it. Then move the template backwards and trace another pattern. Do this until you have reached the back part of your shoe. Don't forget to make a pattern on the tongue of your sneaker as well.
- 4 Now, coming to the most exciting part, ta dahhh, grab your color markers and color it as you like. And this is it with the only one pair of shoes in the world!

Reference: <http://www.refinery29.com/who-needs-target-diy-missoni-shoes#slide-8>



