

MAE FAH LUANG
UNIVERSITY



STUDENT
MAGAZINE

ISSUE 3 - 2014

MF-YOU(th)

FROM THE EDITOR

Hello to all Mae Fah Luang University students, staff, guests, and readers, and welcome back to the third issue of MF-You(th), our university's student magazine – for the students, by the students! MF-You(th), the name of our student magazine, sums up the aims and goals of the project; MF-You(th), presenting the MFU world through the eyes of the youth of Thailand. In this third issue, we will be paying special attention on the various prospects of campus life and student life via our theme, "Through Student Eyes".

At MFU, while the university campus facilitates learning, innovation, and growth, it is the students that are the true heart and soul of the university. It is the progress of students that also progresses the university; also, most importantly, it is the care and support that the MFU Community has for each other that spreads warmth throughout the entire campus. Every word, image, and article in this magazine reflects the daily life and inner workings of our students' minds and hearts, showing a spectrum of stories revealing the diversity of our students' backgrounds and perspectives. In addition, the magazine also provides a miniature guide and internal view overseeing the multiple dimensions of the MFU student life.

Warm regards,

The Public Relations Team, The International Affairs Division, Mae Fah Luang University

MAGAZINE STAFF



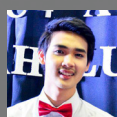
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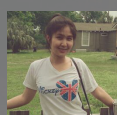
Yong Neptune



Somphon Suwannapak



Wissuta Phongphoon



Marisa Usami



Lertluck Sa-Gnuansin



Ariya Ansirimongkol



Kesang Yuden



Nasreen Sehbakor



Kesaraphan Klumyai



Yang Wenjing



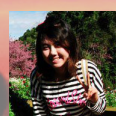
Thanaporn Mahakitkitchanut



Narapun Vasusinsuk



Napat Kong-am



Phattamaporn Sooksai



Ayendha Kukuh Pangesti

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Alumni Experience



SMALL BEGINNINGS WITH BIG ENDS

Have you ever paid attention to the person helping your instructor teach and prepare for class?

Teaching assistants play an important role in helping students complete their tasks. Especially when you are doing laboratory experiments, you do need someone there to teach you how to use the instruments properly and safely. There are many students in a class, so it can be difficult to control everyone.

I'm undertaking a Master of Science in Biotechnology here at MFU (I also completed my Bachelor of Science in Bioscience here too). During my first semester, my supervisor convinced me to take a part time job as a teaching assistant. It was great to be in that position, as it helped me improve many skills. I used to have a big problem speaking in public due to my low voice; many people have said that I mumble instead of speaking. I challenged myself to speak clearly and loudly when giving presentations and instructing undergraduate students.

The starting point of change: I had to separate and manage my time for my thesis work, including setting up my experiment and reference research, while at the same time preparing to help the laboratory instructors as well. At first, I thought that I probably would not do too well or gain much from the experience. However, I have obtained good results. Even though it was a short experience, the knowledge and the skills gained will help push me up higher steps towards a brighter future.

*Arttapon Emsa-art
School of Science*

BOOK REVIEW:

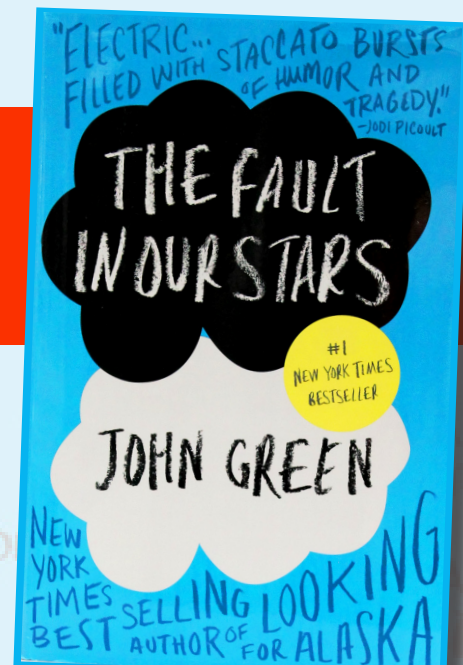
The Fault in Our Stars

The Fault in Our Stars is a novel by author John Green. The story follows the main character, Hazel Grace Lancaster, as she battles cancer. Not only is Hazel trying to live the normal life of a 16-year-old girl, but she is also struggling with imagining life after her death for her parents. While Hazel attends a church support group for cancer survivors, she meets a boy that is one year older than her named Augustus Waters. Augustus had a type of cancer that causes him to lose his leg and wear a prosthetic, but has a higher survival rate than Hazel.

From the first day that Hazel meets Augustus, the two are practically inseparable. The basis of their relationship ends up being like the scenario in Hazel's favourite book, *An Imperial Affliction*. She asks Augustus to read it, and in turn, he also asks her to read a book. Hazel relates to the character in her favourite book, *Anna*, because Anna has a rare blood cancer. Augustus and Hazel bond over the book because both of them have a burning desire to find out how the story ends because the author stops the book before concluding what happens to the characters.

Augustus joins Hazel's pursuit of the book's author, Peter Van Houten, to provide the answers that they need. Augustus even uses a wish foundation to fly him and Hazel to Amsterdam, where the author lives, to talk with him in person. While Hazel is initially the one doomed to die, Augustus tells Hazel that at his recent scan, doctors discovered that his entire body is filled with cancer. Hazel spends the last months of Augustus's life caring for him and loving him.

As the story unravels, you can see that "Hazel" shares many qualities with the "An Imperial Affliction" (the great sufferings). Both teens' passion is revealed through their wonder and frustration at the ending of reading the book, which leads them to find the author to clarify the ending. However, when they actually



Credit: <https://thevioletfemmes.wordpress.com/2014/07/21/readers-at-the-movies-the-fault-in-our-stars/>

find Peter Van Houten, it turns out he is a drunk and the trip seems to be a waste of time and effort. However, the ending works out well for all, with everyone eventually finding peace – some in sadder ways than others.

While it may be thought that "The Fault in Our Stars" may not be as applicable to us as "An Imperial Affliction" was to Hazel because we are not all suffering from cancer, it can also be applied to suffering in general. Many people look at people with illnesses as being different, as being sick and weak; however, we all have our own illnesses, whether it is in our thoughts or within our physical bodies. In the book, there is a doctor that supports Hazel and Augustus's decision to travel, stating that they "need to live life". I think this can be a metaphor for everyone, as so many times we get so caught up in our pain and suffering that we forget to "live". Finally, another lesson that the book teaches us is the importance of relationships and helping each other. In the end, Hazel was Augustus's main caretaker, and that was enough for him. Doctors can heal the body, but it takes relationships to heal the heart and bring peace to one another. Though Augustus died first, he also helped prepare plans for Hazel's death too, bringing as much beauty and perfection to her funeral as possible. Through both life and death, both characters showed love and affection towards each other (and their families), as we all should.

Jiratchaya Chairojnipat, School of Management

... MFU COOL BOY ...

How do you feel being considered the "MFU cool boy"?

- I'm so surprised and excited; it's definitely unexpected!

You were chosen as the "Fresher Boy" of your major in your first year, which meant that you always had to participate in every university activity.

How did you manage time between your study and activity schedules?

- I always attended every class and lecture, because I had less time to review and read books than my peers. My friends always helped tell me about any assignments, lectures, or work. I can say that my friends are very important!

What suggestions would like to give to other people for managing their schedules?

- Concentrating on studying in class will lead to less stress and being less tired when reviewing any lectures for exams.

How you behave with others?

- I usually just act like myself and behave normally, I guess.

Do you have any tips or secrets to maintaining your coolness that you would like to share with others?

- Exercise, rest, and relaxation are of great importance. If you have enough rest, and do not forget to exercise, it will lead to a healthy and strong body!

Yong Neptune

School of Management



Napat (Day) Chupanich

4th year, School of Management

Hometown: Saraburi

Talents: Football and Guitar

Motto: We have only one life, make sure it's a good one!

... MFU COOL GIRL ...

How do you feel being considered the "MFU cute girl"?

- I'm so surprised!

You were chosen as the "Fresher Girl" of your major in your first year, which meant that you always had to participate in every university activity.

How did you manage time between your study and activity schedules?

- If I had any special activities that conflicted with my class schedule, I would ask the lecturer for special permission. After that, I ask my friends for any lesson notes or assignments that I missed.

What suggestions would like to give to your peers having problems with time management?

- Plan and prioritise for each day. I always plan my schedule ahead, so I don't usually have any problems with time management.

How you behave with others?

- Usually, if when I'm around my friends, I will just be myself. When I'm around elders or more senior students, I will behave as is appropriate with the situation.

The last question: Do you have any tips or beauty secrets for maintaining your cuteness that you would like to share with others?

- I don't have any tips... I'm just a normal, unique, outgoing person! I will usually find some time to take care of myself by going to the spa, gym, or sometimes taking a beauty course. The most important tip is to be happy!

*Yong Neptune
School of Management*



Pantita (Fiest) Pattathong

3rd year, School of Management

Hometown: Chiang Mai

Talents: Thai Music

Motto: If you don't fight for what you want, don't cry for what you lose!

ENGLISH ADVICE

Studying English is easy and fun, though it can seem to be very difficult for many Thai students. I am one Thai student that cannot refuse that I have thought that “studying in English is difficult.” However, I can change “difficult” to “easy”, and change “boredom” to “fun” in my own way.

English is not my native language, so it is not strange that we have to learn and broaden our experiences through classes with native speakers to increase our English knowledge. For friends who want to be able to speak and communicate in English, it is time to open your minds and find opportunities to improve your English potential for the upcoming AEC in near future. Using English as the main language of communication is an important issue. It is easy to say “I can do it”, and it is true - you can do it!

Paying attention when learning English in the classroom can reduce the time needed to memorize new vocabulary and grammar. Make a note of any unfamiliar technical terms or words, then find out what those words mean when you study or after the class. Using coloured pens can help you classify and memorize your notes.

Practicing English with foreigners can help communication skills and can exude your self-confidence when speaking. Thai people are often shy when they face foreigners. They are afraid of speaking English and being ridiculed for their accent. Foreign friends and English teachers agree that this attitude is not right and that Thai people should be more confident and change their views, and attempt to speak with foreigners.

English speakers like to give advice, even when no one asks them for it! On the other hand, speaking English with the right accent requires a lot of practice, determination, and attention. The more you use English in your daily life, the more you will be able to remember and speak skilfully when you communicate with native speakers. As an example, I myself cannot speak with a perfect English accent, but I believe that if I practice speaking with a native speaker's accent, my accent will be clearer and easier to understand than if I speak without attempting a native accent, similar to when I hear strange accents from foreigners when they speak Thai.

Moreover, tips for learning a second language are similar for every language. Second languages can raise your international capability, allowing you to work for a leading company, and can increase your communication potential to help you from feeling inferior to people from other nations. It is time that you prepare for the AEC and for your future. The faster you run through the challenge, the faster you will achieve success. This year, in 2015, it is our turn to join in with this big challenge. Let's go!

Somphon Suwannapak, School of Management

STUDYING IN LIMITED TIME

Have you ever had to study in a limited amount of time? Besides fatigue or laziness, are there any reasons why you leave it to the final day before your exam to start studying? Some students read regularly, while others procrastinate until the exam time. Some people can remember information for the exam in one night, but most people cannot. Here is some advice to help you summon the full power of the brain when you have a very limited time to read:

The first thing we must understand is it is impossible to be good at doing multiple things simultaneously (unless you are a genius, but that is beside the point). Scientists have proven that there is a hormone that can help our memory known as **“Vasopressin”**, an anti diuretic hormone produced by the Hypothalamus in the brain. This hormone is special in several ways, and one of them is that it can help nerve cells become stronger and faster in a limited time. However, the production of Vasopressin will be reduced when we are stressed or dehydrated, so water is another very important factor.

The first thing to do is to concentrate and find a method of studying that suits you. Some people may prefer to read out loud to themselves. Don't worry about looking crazy! Observe newborn babies and toddlers: The primary learning method of small children is speaking, as they are not yet able to read or write.

The second way that many people study is by classifying and highlighting. We need to know what we are reading, and how it is linked together. It's not different from making a mind map. You can create images in your imagination of the topics and information, and link them by branches to the other contents.

The third method is by reading and acting out the story in your head, like it is a thrilling fantasy novel. This method is especially helpful for highly imaginative people, emotional artists, and people who are more sensitive.

The fourth way is by writing: you can read one chapter once, and then write down all the main details that you can remember. Then, the minor details will gradually flow to your mind as well. This can be used in combination with other methods.

Depending on your preferred method of studying and writing styles, your senses can be directly connected to the pen. The human body is quite amazing: We can often write from habit, and not just direct concentration and memorization. The more we write something, the more automatically it comes to us.

Don't forget that these are only guidelines that should be adapted to suit your own particular style. If you have time, try to experiment and find your favourite method. However, it is best that you study and review your lessons regularly, and not just a couple of days before the exams!

Wissuta Phongphoon, School of Management

Damon Braces

Braces have recently become a fashion item. Braces are actually a form of orthodontic treatment that can help fix certain dental problems. Cluttered or misaligned teeth can cause tooth decay, and can lead to certain diseases, affecting confidence and lifestyle. However, while braces are stylish to some, others might lose confidence and consider their braces unattractive.

New technology has produced braces for people who don't know if they really want conventional braces, known as Damon Braces (Damon System). The Damon System entered Thailand about 2-3 years ago. This system is a solution for those who need short term braces or prefer braces that are not as visible as metal braces. Damon Braces are considered the best system of braces: They save time and are highly effective. Damon Braces use high technology shaping memory wires that can move quickly



Credit: http://images.sodahead.com/polls/000804665/polls_comparativeTypodont1_5604_451718_poll_xlarge.jpeg

and are self-ligating without requiring the use of a metal wire. Normally, the metal wires can be very uncomfortable as they push and pull the teeth, as well as requiring many teeth to be removed; the Damon System doesn't hurt and teeth do not need to be removed.

Advantages

1. Less pain
2. Less time
3. Highly effective
4. Less appointments with the dentist
5. Less need to remove teeth
6. Improved facial structure
7. Better dental hygiene

Disadvantages

1. High cost
2. No colour variations
3. Specialized dentists are very rare to find

Marisa Usami &
Lertluck Sa-Gnuansin
School of Management

HOMEMADE Body Butter Lotion



Credit: <http://www.beautyzoomin.com/wp-content/uploads/Homemade-Body-Butter-Lotion.jpg>

What you need:

1. 1/3 cup of coconut oil
2. 1/3 cup of Shea butter
3. 1/3 cup of sweet almond oil
4. 1 tsp of vitamin E oil
5. 10-15 drops of your favourite essential oil
6. Mixing bowl
7. Hand mixer

Let's make our own gift!

You might be asking, *"Why make lotion when you can just go and buy it from a store?"*

Our skin is our largest organ, and everything you apply to it is absorbed directly. However, the problem is that most commercial skin care products are filled with chemicals such as formaldehyde and parabens, which are definitely not good for skin! So, why don't we make our own lotion?

It is super easy and super fun! You will never buy lotion again!

Now let's start:

First, combine all ingredients into the mixing bowl, then put the mixing bowl over a pot of boiling water. Stir until the ingredients melt to become oil, and then add the vitamin E oil and essential oil to the mixture.

After it combines, freeze it for at least two hours or until the oil is creamy. Once the oil texture starts to resemble a creamy substance, use the hand mixer to whip the mixture.

All we need to do next is to scoop the contents into a beautiful glass jar (or your packaging of choice) and there you have it! A homemade butter body lotion, free from chemicals and preservatives! The lotion can be stored for up to 12 months, and you don't even have to refrigerate it. Certainly, it will be a great gift for your loved ones, considering the care and attention paid to make it.

Ariya Ansirimongkol
School of Sinology

First Haiku:



Som Tam

Som Tam has four tastes
Hot, salty, savoury, sweet
All together – YUM!

Second Haiku:



Loi Krathong

Loi Krathong is when
Basket flowers, wishes, dreams
Decorate rivers

Third Haiku:



Taksang

Taksang - Tiger's Nest
A hike to a scared place
Where devotees pray

A vertical slope
If you looked from down below
A wondrous abode

Flying above the
Trees on a flaming tiger
An ancient creature

Where I meditate
For three years, three months, three weeks
Three days and three hours

Encircled by trees
I become one with nature
Peace and solitude

Taksang - Tiger's Nest
A hike to a scared place
Where devotees pray



MFU SOCIAL ENGAGEMENT

My name is Ayen, and I am an exchange student from Indonesia. I have been in Thailand for 5 months, participating in an exchange programme to study Thai and do research in Food Technology (in the School of Agro-Industry). Soon, I will have to pack my belongings and return to my country. Can you imagine how sad I am?

MFU Social Engagement, held by the International Student Club and the International Affairs Division in Huai Chomphu was one of the best experiences of my life. The two days that I spent on the mountains of Doi Chang with my fellow camp participants were full of smiles and joy. Everything about the camp (my new friends, my old friends, the camp leaders, the teachers and police at the school) touched my heart and helped teach life-long lessons.

It was simple: While I was there, I was happy because I saw that we could help others and make the children there happy. Smiles are contagious!

On 5 November 2014, together with my Indonesian friends, hands filled with food and learning materials, I ran to meet with my fellow campers. I saw many new faces of many nationalities. I was excited to meet new friends, and to go to the camp with them. After we received our nametags, we were ready to go. After a short drive, we arrived at the school – we called it Avatar Land!

The camp location is Technic Dusit Border Patrol Police School. We choose it because it is a border-patrol-police camp that was turned into a school – surprisingly, the teachers are all police officers! I wondered to myself: Why are police officers teaching children? They're only supposed to provide security, not education! They gave us the answer:

While patrolling the border, they saw school aged children not going to school. They wanted the children to have the opportunity to learn how to read, write, and communicate, even though nobody had any prior teaching experience.

There are around 50 students total, with 8 teaching police officers. They know that it is important to emphasize the quality and opportunity of education, as they recognize education as the process that empowers people, allowing them to live well and help themselves, their families, and the society at large. Though they live in a remote area, which has limited access to education, information, and technology, they still have the right to receive an education. Providing them with educational opportunities will help them in many ways. Education for children in remote areas is not only the responsibility of educational organizations, but also for everyone who has had the opportunity to receive a higher education. It's time for the educated to educate.

Which is what we were there to do?

This camp was not just about hanging out with friends, enjoying fresh air, or seeing the sky from a mountain: We had a greater mission. This weekend, we would become English teachers. This was not an easy mission! I am not able to speak very much Thai, but I tried my best to speak, communicate, and teach with my limited language skills. We taught (or rather, tried our best to teach) the students about numbers, colours, and basic conversations. The funniest thing is that while we helped the children learn English, they also helped us learn more Thai.

In the evenings, we all dined together on meals that we cooked by ourselves. We all gave a cultural performance from each country for the children, and the children performed a show for us in return. Every performance was amazing, and we all enjoyed every second of singing and dancing together. We forgot that we were from a different country, with a different culture, a different language. We could have stayed all night under the beautiful velvet sky glistening with diamond stars...

16 November 2014, we all toured the village to visit the coffee plantation and play with the children:

We smiled and laughed all day. From that programme, I learned many new things – about myself, too. I received a greater understanding of the world, and am thankful of how lucky I am that I have the opportunity to receive a higher education and to participate in an exchange programme that allows me to experience all these things. I also found out something about myself: I am happy when I can share with others. Money is unimportant: I am rewarded through smiles and laughter. I have made friends from other countries, and shared happiness and joy with them. I am sure that all of my friends and the children participating in this camp now have their own stories to share.

Hopefully, someday I will be able to return to the school and see my new little brothers and sisters.

For the camp committee and MFU, there is nothing more to say beside “Khopkhun mak kha” (thank you very much). Thank you for this opportunity, for this experience. Thank you for helping me to share my education with others, and allowing others to educate me.

How do you see yourself?

How do you want to be defined?

Do you know exactly who you are?

Do you want to find out more about yourself?

Step out of your comfort zone, and find education beyond the classroom. Don't limit your education and learning to a four-walled classroom. Embrace yourself; go further, and challenge yourself. Find new experiences and find yourself.

Ayendha Kukuh Pangesti
Indonesian Exchange Student
Bogor Agricultural University, Indonesia

MOVIE REVIEW



Released: 2014 **Genre:** Drama, Comedy

This movie talks about the adventures of Monsieur Gustave H., a legendary concierge at a famous European hotel and Zero Moustafa, the lobby boy who becomes his most trusted friend.

Can a film be absurd, funny, exciting, violent and colourful at the same time? Yes, "The Grand Budapest Hotel" combines all those elements! Yet, that is not even its most wonderful characteristic: The movie is a visual wonder.

In this film, director Wes Anderson creates his own universe full of colourful characters, old-world charm and witty one-liners. The nice thing about creating your own universe is that you can make it look perfect. Every shot, every little detail, and every set is flawless. From the purple shade of the jacket of the lead character, Gustave H., to the details of the newspaper announcing the war (The Trans-Alpine Yodel) - Anderson has given thought and attention to everything.

As I was hoping, the storyline was very original and unique; some may even say strange. As the movie went on, the story got even wilder and stranger. The film is hilarious, with some seriously funny dark humour thrown in.

One of my personal favourite scenes is one that shows concierges in hotels all over Europe calling each other on the telephone to help Gustave H. Each of them is shown in his hotel (with a wonderful fantasy name of course), busy doing some important job like tasting the soup or performing first aid to an unconscious hotel guest, when he is being called away to the telephone. They then hand the job over to their assistants to answer the phone. This fast succession of little scenes is done so perfectly, it's a great joy to watch.

Nasreen Sehbakor
School of Management



MUSIC REVIEW



"If you wear good shoes, they'll take you to good places." I think most of you have heard this phrase before, and I think it is true. What do you think about when you see your shoes? Are there any shoes that remind you of old memories or dreams?

I know that when I look at my shoes, I remember where I have been and what I have done. Similarly, many songs in the new Epik High "Shoebbox" album remind me of old times. Shoebbox is the 8th album by the South Korean hip hop group Epik High. The album features 12 shoes (12 songs), and the three shoes I like best are Rich, Lesson 5 and Shoebbox.

Rich contains a line that says "I wish I was rich, my drive rules everything around me." talking about people who want to be rich, so their money can to respond their needs. Like the lyrics say, "She who wanted to fly like a bird bought a plane ticket. He who wanted the skies and the seas in the palm of his hands bought a large globe". The song shows you that every dream can become true – just not in the way you may think. The next song, **Lesson 5** (Timeline) discusses social media, in which you can find things out easily. You may be able to find out things and know everything easier, but they can sometimes become demons in your computer, phone and TV. Sometimes you create those demons; sometimes others create them. The lyrics say "everyone is blind in the dark", much like how we are in social media, seeing only spotlighted things. Then, we compare ourselves to them and feel sad because we don't have those things or overlook our own skills, looking only at others' shoes and forgetting that we also have nice shoes too.

Listening to the album gives me energy through sound waves, like how shoes help me run and walk. I think that is a great idea that they told their story through songs as a shoebox. It reminds me of my shoes; some shoes are gone, but I can remember them. It also helps remind you that even if the shoe (the song) has ended, the journey goes on...

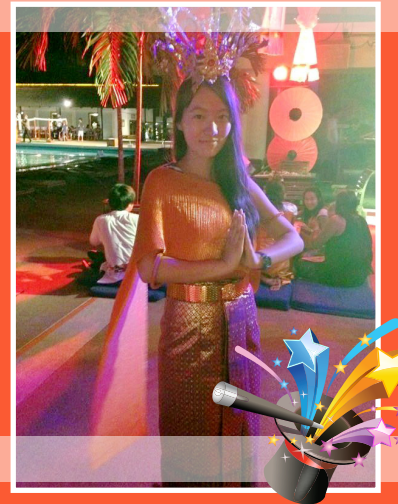
Kesaraphan Klumyai
School of Social Innovation

Life in Thailand

October 2011 was the first time I travelled overseas. It was my first time leaving family, my first time coming to Thailand. Many first time unforgettable experiences have happened here. Before I came to Thailand, I thought Thailand only had spicy food. However, the longer I stayed, the more I changed my mind. In Thailand, I have also discovered nice friends, even though they were complete strangers at first. Whenever I have a problem, they always help me, and have helped me feel less lonely. Here, the culture is also very beautiful: At some big events, you can see traditional dances and people wearing Thai traditional clothes; when people greet their teachers or seniors, they always politely say “hello” with a “wai” (pressing palms together with fingers pointing upwards to show respect). When talking with seniors or teachers, “ka” or “krub” is always used at the end of a phrase. Thai people speak with a lower volume and brighter tone than the Chinese.

For me, MFU university life is fantastic. I have several good memories. I have advanced from being a poor English speaker to an excellent English speaker. Before, I couldn’t speak any Thai, but now I can communicate and make jokes with my Thai friends. I have also studied Japanese and Korean here. MFU gave me the chance to study and practice my skills in many languages, both through classes and as my MFU friends are from so many different nationalities. Universities in Thailand have a different teaching model from China: In China, we pay more attention to reading, tests, and certificates, but here we learn by opening our minds, creative thinking, brainstorming, doing group assignments and presentations.

During my time at MFU, I helped out in the library, the School of Management, and the International Affairs Division, which gave me chances to work out with the university. I visited the Laos PDR, Vietnam and Cambodia when I was selected as MFU-ASEAN Youth Ambassador. I was an MC for the international night party, as well as helping prepare, organize, and plan games. In the past, I was a shy girl and couldn’t perform in front of people. When I came to MFU, I grew a lot, and gained



confidence to present projects and talk with friends from other countries using other languages.

I was 17 years old, still a minor, and did not have many thoughts and ideas when I first came to Thailand; now, I am 20 years old, and an adult. I spent my adolescence here. I do not and will not regret coming to Thailand and studying in MFU.

Yang Wenjing
School of Management

My Thai University Experience

Thailand is one of the most visited places on the planet. Warm weather year-round, friendly people, low prices, great food – Thailand has all of this and more.

When I first arrived, the atmosphere of excitement, opportunity and possibility that tends to dominate college campuses was the number one reason I thought to myself, “This will be an amazing experience.”

Of course, I felt homesick for Bhutan more than a couple of times, but I participated in as many events as possible – especially during the student orientation. They connected me to the campus, helped me meet people and prepared me for academic success.

I wandered outside my comfort zone. I pushed myself to experience new things. I introduced myself to people from different countries. I engaged in conversations that explored different religions. I tried different kinds of food. I signed up for classes I knew absolutely nothing about, expanding my horizons and taking subjects I never even considered. I stepped out of my comfort zone and took risks. University life is about trying new stuff, right?

I have learned that college is a sum of many different experiences: It’s those lectures that you love and the dreaded three-hour marathon classes in the afternoon. It’s those friends that you make and connections you form. It’s that occasional shrinking sense of loneliness. It is getting a sense of power and potential, and the difficulty of deciding what the end goal of these four years really is.

The best thing I knew I could do while abroad was to live in the present for every single moment so I would have no regrets when I head back home.

Kesang Yuden
School of Social Innovation



A Café for Sweet Lovers



I write this article from a small café named “D.M.Y Room”, sitting in the midst of vintage mix and match furniture, which surprisingly works together with the cool environment and relaxing music to create a modern, chill atmosphere. Cats frolic around my chair, and I can’t help but bend down to play with them.

Soon, I receive my order: Honey Toast, my favourite menu. The menu is not too expensive, starting at 55 baht. The toast is crispy, crunchy, and soft all at once; the honey and chocolate sauce both hit my taste buds at the exact same moment, creating an explosion of sweetness. I slip into a happy cloud of sugary and kitten-cute charm... then one of the girls at the table beside me accidentally drops their glass, causing a tremendously loud noise, instantly waking me from my daydream and causing the little kitty to run away.

*Thanaporn Mahakitkitchanut
School of Management*

Are you ready for the Summer? Prepare your favorite swimming suit, sunglasses, and sunscreen, because I’m going to take you to Maldives of Thailand!

In “Koh Tachai” (or Tachai Island), the bright sun shines on the gorgeous white sandy beach and stunning crystal clear water. Coral reefs surround the island, forming an amazing sea life community and making Koh Tachai one of the best places for underwater sightseeing.

The island is a 12 square kilometer island belonging to the Moo Koh Similan National Park, Phang Nga Province, in the South of Thailand. Although the island has only been announced as a tourist spot a few years ago, it has become famous very quickly. The island is closed from 15 May to 1 November of each year.

*Napat Kong-am
School of Management*

Koh Tachai



Popular Programme

Bachelor of Arts in Thai Language and Culture

About the Programme

Language and culture are an important factor of social harmony. Language serves as the medium to promote and facilitate understanding between peoples of different cultures. Effective communication in Thai and a proper understanding of Thai culture also require an awareness of Thai traditions, customs and ways of life, along with formal practice in Thai communication through various contexts.

MFU's Bachelor of Arts in Thai Language and Culture programme is a 4-year full time bachelor's degree programme for foreign students. The programme produces exceptional graduates who are well equipped with the best understanding and knowledge of Thai language, culture, and traditions, enabling them to communicate professionally and effectively.

Examples of courses:

- Basic Thai Conversation, Reading and Writing
- Thai Language and Culture
- Thai Ways of Life
- Thai History
- Thai for Tourism
- Thai Folktales
- Business Thai

Career opportunities:

- Government/public sector (domestic and international)
- Non-governmental organisation sector
- Independent / private business
- Thai language teaching
- Translation
- Mass communications and journalism
- Tourism sector
- Further study at graduate level

INSTRUCTOR INSIGHT

Dr. Phatthira Wiphawaphinyo

"Strengthening education and providing academic services for both the MFU community and general public through social studies, linguistics, and cultural studies, forming relations between MFU, society, and culture in multiple roles to strengthen Thailand as a member of ASEAN."



Education:

- Ph.D. (Social Science) Mae Fah Luang University, Thailand
- M.A. (Teaching Thai Language) Chiang Mai University, Chiang Mai, Thailand
- B.A. (Thai Language) Chiang Mai University, Chiang Mai, Thailand

Interests

- Discourse Analysis
- Sociolinguistics

Courses:

- Basic Thai
- Thai Language Skills
- Introduction to Thai Speaking
- Art of Speech

Main Method of Teaching:

Integration of education with culture and sharing from real experience and perspectives

Greatest Contributions to Teaching Thai Language and Culture

Dr. Phatthira Wiphawaphinyo is very well known for her research in sociolinguistics, and has found successful methods of teaching foreigners to pronounce Thai correctly. These methods have been used in the development of teaching Thai language globally and helping foreigners understand Thai linguistics and the cultural heritage of sociolinguistics.

*Interview by Phattamaporn Sooksai
School of Science*



 www.mfu.ac.th
 inter@mfu.ac.th
 facebook.com/inter.mfu

International Affairs Division
Mae Fah Luang University
Chiang Rai 57100 Thailand
Tel: +66 (0) 5391 6026
Fax: +66 (0) 5391 6023