

MAE FAH LUANG
UNIVERSITY



STUDENT
MAGAZINE

ISSUE 5 - 2015

MF-YOU(th)

Credit: MFU PhotoClub

FROM THE EDITOR

A very warm welcome to all Mae Fah Luang University students, staff, guests, and readers of the MF-You(th) magazine issue 5, a magazine written by students for students. As its name goes, MF-You(th), this magazine explores MFU and Thailand from the students' point of view, which gives the perspective of life in Thailand and MFU by the students themselves.

This time the theme of the magazine is "A little bit of student life". We are going to reveal MFU student life which is unique and dynamic especially for the new international students who have just made their first steps at the university in the park. MFU, since its establishment in 1998, has given many chances to international students to study and to get new experiences here as the Thai students do. Such experiences will be shared in this edition of the magazine, which reveals the uniqueness of the students. MFU has dedicated many activities to improve the student quality of life and to give new skills and experience for the students. Therefore, this magazine will show you a little bit of the life and experience of MFU students. Besides, writings published here are done by students and they are a reflection of their creativity and portray MFU as new, different, and better.

Sincere regards,

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

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In Thailand, winter comes in October until February. For this year 2015, the weather here in MFU immediately changed to very cold and slightly rainy during the last 2 - 3 weeks of January.

Additionally, the temperature decreased to about one degree centigrade. So, I would like to suggest to the readers some Fashion wear during Winter.

These two types of coats can be worn during the days when it slightly rains during the winter period.



Credit: <http://www.keoneulaes.org/>



Credit: <https://www.indigenous.com/fashion/womens/sweaters/>

CARDIGAN

A sweater that opens like a jacket and that is fastened in the front with buttons.



ANORAK

A hooded pullover jacket originally made of fur and worn in the arctic, now made of any weather-resistant fabric.

I hope this column will help you to choose which type of coats you would like to wear in this coming winter. (Thai people normally find such days so cold).



Credit: <https://cdnb.lyst.com/photos/2013/08/18/woolrich-black-quilted-arctic-anorak-product-1-12864478-596336281.jpeg>

Credit: <http://g02.alicdn.com/kf/HTB1MKgfkVXXXXarXVXXq6xxFFXXL/Womens-Winter-font-b-Jackets-b-font-And-Coats-2016-Women-s-Parkas-Thick-Warm-Faux.jpg>

Are You a Late-Night Snacker?

While the myth that late-night eating is bad for your diet has been disproved, it doesn't mean that all snacks are created equal.

The best late-night snacks are easy to digest — carbs (carbohydrates) are good, but not too much fibre, protein, or fat.

Here are some Low-Calorie Late-Night Snacks which are healthier for you!



Credit: <http://www.hesca.org/wp-content/uploads/2016/08/popcorn-featured-1.jpg>

Popcorn

If you're craving something salty and savoury, don't dig into that bag of fattening potato chips! Instead, replace the chips with some popcorn flavoured as you like - a dash of chilli pepper flakes or dried spices adds lots of flavour without adding extra calories, and sprinkling parmesan cheese helps satisfy those cheesy and buttery cravings without being a high-fat, high-calorie dairy product.

Strawberry Creams

Craving something sweet? These strawberry creams are sweet enough to replace your jelly bean habit while keeping the calorie count low! Eight cream-filled strawberries will only set you back 145 calories while still being substantial enough to satisfy your sweet teeth. Make the preparation process even quicker by dipping the strawberries in the cream instead of filling them.



Credit: https://www.dairygoodness.ca/var/ezflow_site/storage/images/dairy-goodness/home/recipes/strawberry-cream-filled-chocolate-cups/8622035-3-eng-CA/strawberry-cream-filled-chocolate-cups.jpg



Credit: <http://www.rodalorganiclife.com/sites/rodalorganiclife.com/files/images/etnt-780-chocolate.jpg>

Dark Chocolate

Dark chocolate and coconut almond treats are some of the best chocolate snacks! When hunger strikes at bedtime, grab one or two from the fridge. At only 41 calories per treat, these sweets won't undo your healthy day.

Granola

Granola is a popular food with a wealth of health benefits, including the ability to lower cholesterol, regulate digestion, improve heart health, lower blood pressure, increase cognitive activity, manage diabetes, stimulate new tissue growth, and even prevent cancer! So, instead of cookies or pizza at night, change it to granola with yogurt or fruit for your good health!



Credit: <http://cookieandkate.com/images/2016/06/triple-coconut-granola-1.jpg>

A SMALL CUP OF COFFEE

Introducing Editor's City, Banda Aceh, Indonesia

My name is Khalid, though people call me Lid usually. I come from Banda Aceh, Indonesia. Banda means City and Aceh is the name of the place. If you remember the tsunami that happened in 2004, my city is one of the places that got the heaviest impact. Many people died there because of the tsunami wave, that people described as being high as a coconut tree.



Actually, Aceh is a name which comes from 4 letters which represent 4 ethnicities in the land. There is a unique rumor that those ethnic groups are Arab, China, Europe, and Hindia or Indian people. So there are diverse kinds of people in the place. Aceh have many names such as Atjeh, Achin, or Ace, according to Turkish people. Our city used to be a protectorate of the Ottoman Empire during the 17th century. But since the Dutch war in 1873, the relationship started fading until the republic of Turkey was established in 1924.



My city is just a small city where you can find so many coffee shops. Aceh is known for good quality coffee such as from Gayo, central Aceh. So, there are many shops that provide the coffee for about 30 cents US \$ or around 10 baht. The people in my province are so religious. Being Muslims, they first pray every morning before having breakfast at the coffee shops.



When talking about the coffee shops in Banda Aceh, it's important to note that such shops have no doors like the usual fancy café. They are just the normal places where you can go in and out as you like. Some places even make it like the outdoor style, where you can sit and watch the streets. Or, you can also sit at the rooftop of the building and enjoy the night view of the city.



For me, I usually went to the coffee shop after 8 pm which happens to be a time after the daily last prayer for Muslims is said. There are many places of coffee shops in Banda Aceh, but there are some popular places which I usually hang out with my friends. We usually went there using motorbikes. People usually go there in evening and return to their homes at around 1 or 2 am in the morning. Talking about safety? Don't worry; since it is the small city, there are not so many criminals that take people as their victims. Actually, sometimes during football match-days, Banda Aceh is lively for 24 hours. And overall, it is safe.



At coffee shop, I usually enjoy myself with the small glass of Robusta coffee which cost around 10 baht each. Are you hungry too? Most coffee shops also have some traditional foods such as noodles cooked with the fresh chili sauce and Indonesian spices called Mie Aceh. Mie means noodle in Bahasa Indonesia. You can choose how you want the noodle to be cooked. There are three options: boiled, semi fried, and dry fried. We also have beef or seafood such as crab to be added into the noodle? Is it halal? Yes, it is. Besides that, we also have canai bread that looks like roti in Thailand. The bread is cooked with egg that makes the bread inside the egg. Then, it is served with onion prickle and bird's eye chili which taste fresh and sour.

That is the thing that you will get once you come to my city. A small city known as the gate to mecca and... the city of thousand coffee shops!!!

OPEN OPPORTUNITY

I am small; but at MFU, I am as big as everyone else.

I was born in southern Shan State, Myanmar, but I grew up in Thailand. I came to Thailand when I was a young girl, but I don't remember exactly how old I was. I fled to Thailand because every house in my village had been burnt down. I was sent to the orphanage called "House of Hope", founded by Norwegian Missionaries, and I was raised up there with more than 40 children from different places. Since I grew up in Thailand, I feel that I am one of the Thai citizens. Moreover, I am in harmony with the Thai society, cultures, language and the people around me.



After I completed my high school from the Non-Formal Education in Chiang Mai, I tried to contact many Universities and Vocational Colleges in Chiang Mai via Emails given on their websites. I tried to ask if I was qualified to apply to study a Bachelor's Degree at those universities. I wrote to them for more information and to



ask if I could apply even though I was not a Thai citizen. I was just a stateless person who wanted to study in a University and obtain at least Bachelor's Degree in order to fulfill my childhood dream. However, I did not receive any replies from them.

One of my friends at MFU suggested that I write to this university. I then decided to write to MFU via the given email on its website. I really was eager to know whether this University would reply me or not. Amazingly, I got their reply and many suggestions that were suitable for me more than I ever expected. I readily chose this University even though they had not yet accepted my application. I knew that this was the university for me. Luckily, I was accepted to this University in 2014. Although I am just a small person in this country, I am as big as any other in this university. I am really glad that I decided to apply to this university. The university which opens the opportunity for everyone! I may be small outside this university, but I am as big as the others inside here!





“MFU Botanical Garden”

The Botanical Garden Project of MFU started in 21 December 2007 in commemoration of the King's 80th Birthday and to represent the King's Mother's aspiration -“Cultivate Tree Cultivate People”. The University also plans to develop the landscape surrounding the University that amounts to 5,000 fields into Botanical Gardens for the students and visitors. These will be divided into 15 gardens containing more than 2,800 plants species.

The botanical garden is located behind the Mae Fah Luang University Hospital. The objective of this project is to collect and exhibit useful herbal plants in Thai traditional way. Currently there are 4,992 species and 310 types.



UNIQUE FACTS

Source: @FaktanyaAdalah in Twitter with translations made by the article writer.

1

The chocolate milk named Milo got its name from the Greek athlete who was known of his strength, Milo of Crotona.

2

Lego come from Danish language which also means good playing (Leg and Godt).

3

According to psychology, the genre of music you listen influences your perception on the world.

4

In 1789, New York City became United States' first national capital city for one year.

5

Since 2002, the "throwing the phone" has been an official sport in Finland.

6

South Africa does not only have one capital city, but three capital cities which are Pretoria, Cape Town and Bloemfontein.

7

The great white shark can detect one drop of blood in the water, within distance of 3 miles (5km).

8

France was the first country to put the license plate on vehicles in 14 August 1983.

9

There are more cats than humans in the Aoshima Island, Japan.

10

Dogs are able to see only yellow, blue, and gray color.

11

Germany is the largest consuming chocolate country in the world, averagely a person eats 11.3 Kg of chocolate in one year.

12

One body part that never changes its size since we were born until today is the eyeball.

13

Lady Gaga was the first person to have 20 million followers on twitter and she is referred to by her fans as "little monster".

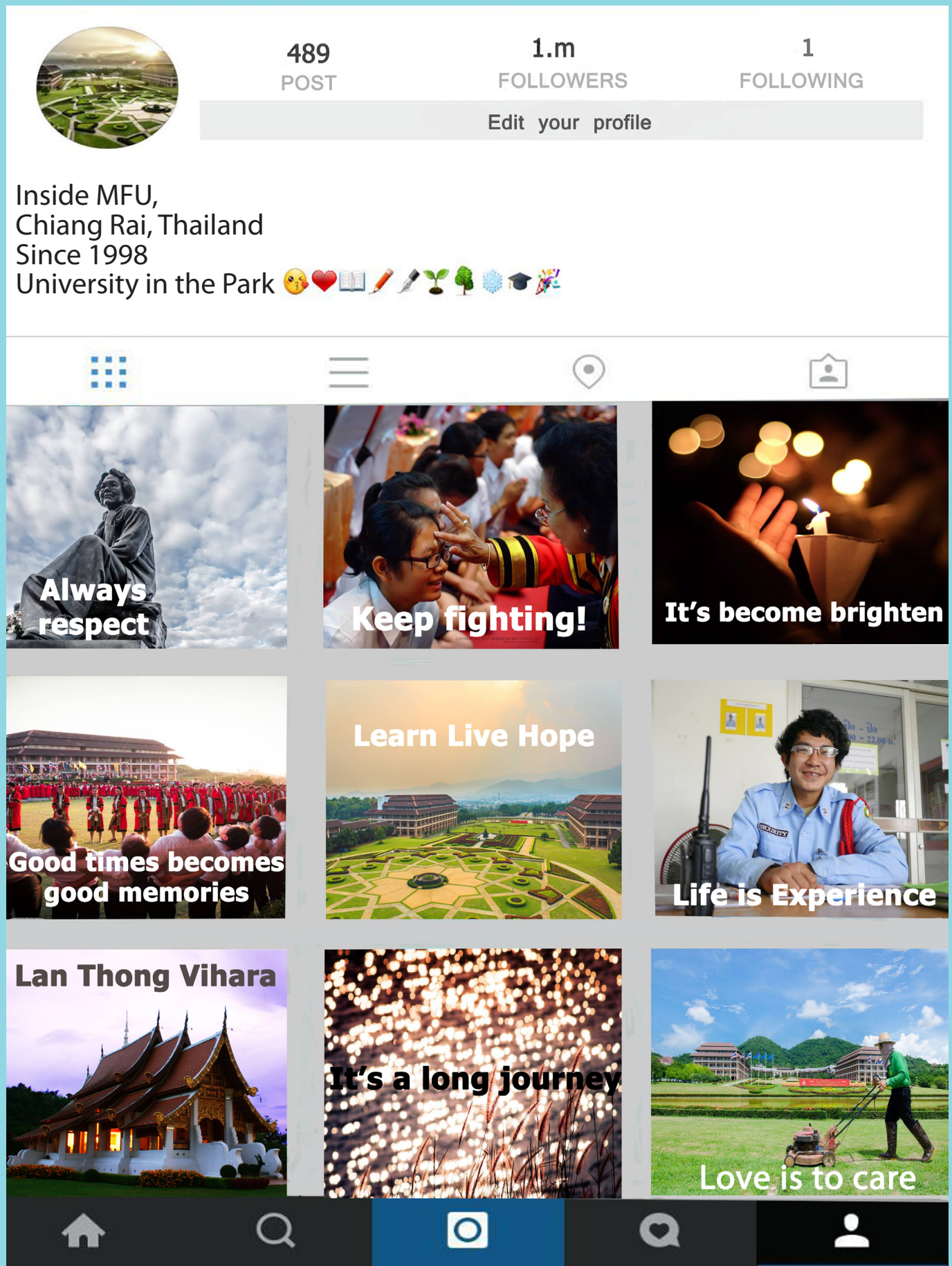
14

The last letter to be added to the alphabet was the letter "J".

15

The bats' feet are too weak to support their body while standing, which makes them hang in the tree branches.

You don't choose your family. They are God's gift to you, as you are to them - Desmond Tutu



Credit: MFU PhotoClub

Natjanan Kantachat, Pimporn Wongkham,
Mathurada Lerthammaroch, School of Management

FRESHER NIGHT PARTY 2015

Fresher night party is the special night where everyone is expected to be ready for fun. It is supposed to be a very memorable day. This year's theme for Fresher night part was, "monster party". The atmosphere inside was terrific. The presence of night market, with variety of food stuff provided participants with vast choices regarding what they wanted to eat.

The presence of funny activities that were supported by sponsors made the party even merrier. And so did the showing of talent by MFU students such as MFU Band, Dance Club, Entertainment Club and Dow-Duen Contest. Unlike this previous parties, this year's party was graced by 4 famous artists such as Mild, Summer Stop, Jene Kasidit and Tattoo Color who performed at the concert that night!



Credit: MFU PhotoClub

Theerada Danladkeaw, School of Management

An Inspiration from Foreigners to Study Abroad

Nittaya is a second year student majoring in English at Mae Fah Luang University. She is a Chan from the Union of Myanmar. She actually happens to be one of the Chan who were forced to leave their hometown after Myanmar fell into the control military Junta. She sought refuge in Thailand and she is currently studying here in Mae Fah Luang University. Nittaya shared her life ordeal with me, and pointed out clearly that she never gave up. Her strong determination to study coupled with luck enabled her to obtain a scholarship to study at Mae Fah Luang University. In her words, Nittaya says, "Although the way of my life is very hard, I never look down to myself and I will keep trying".

This sounds as an encouragement for students who are very depressed with their grades or your studies. They too should keep trying and they can do it for sure! I know they can. Thank you so much Nittaya. :)

Sakchai, the fourth year student of Thai language and culture, MFU, is one of the foreign students who got GPAX 3.90 in his study. I was very surprised.

Mimmie: Why did you come to study from here in MFU?

Sakchai: In Germany, I got to know some Thai friends, so I got interested about the culture. It is interesting and I like it here. It is a very nice place. I got interested in learning the language, so I decided to learn Thai language seriously. I therefore chose to get enrolled in Thai language and culture programme in MFU.

Mimmie: Did you take a short course before you enrolled in MFU?

Sakchai: No, I bought some books and I learned myself a little bit and I tried to speak the words that I could. But at that time my pronunciation was very poor. I then thought to myself that if I wanted to start studying a language which is totally different from my own, I probably needed to have a language teacher who would help me with pronunciation.

Mimmie: Yes, I think so. And what is your Motto that inspired you? Because you are far from your country, you may get homesick, what Motto helps you think and live happily here in Thailand?

Sakchai: Actually, I did not get that homesickness because maybe we the westerners are not so strongly attached to our hometown like Thai people. I really don't see that as a big problem. It is just a question of motivation. If you do something that you really want to do, you will have the motivation to keep going. Most people do something because they are forced to do so. I see many students in this University who don't really have any idea on what they want in life. They are in the University just because their parents asked them to be.

Mimmie: Like they have no Goal of their own? They are here just because their parents want them to?

Sakchai: I suppose so. I talked to some and they said they just try to do what their parents expect them to do.

Mimmie: So, is it only your interest in Thai language that made you interested to from here?

Sakchai: I've never been interested in another culture and

language. Ok, I studied English at high school but then I also studied French. I was about to study Latin but at that time I was busy so I skipped it and then I started Thai. I then restarted English because at that time my English was very poor. I even swapped easy words like "up" for "down". I remember making my friend really angry one time while talking on phone. In that conversation, I mistakenly told my friend that I was upstairs yet actually I was downstairs. Hahahah! I later also realized that I wanted to know about other people, their languages and other way of life.

Mimmie: what is the main challenge of studying abroad?

Sakchai: I think the big challenge of studying abroad is leaving one's own country. One finds him/herself in a new environment where he/she becomes a stranger to the local culture. Even though you may find your fellow countrymen/women in your new environment, it is important that you try to adapt yourself to the culture there. And normally, if you choose to study abroad, it is important that you think about the country you chosen, why you like or what you like about it, and the try to adapt to them as much as you can because it is not easy at all. Otherwise you may get bored after just one year having discovered the strange place you are in.

Mimmie: How can you adapt yourself?

Sakchai: The second year normally tends to be easier because you will get more accustomed to society and you will be able to communicate. In my experience or that of many experts, the second year is a make or break period. It is at this time that you can fully adapt to the real culture of your new environment or realize that cannot and give up and return home.

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MS. HARAM BAEK

Korean Student
School of Liberal Arts
Thai Language and Culture

1. How did you know Haram Baek?

Being an International University, our University consists of many international students. As is normally the case, international students need to be assisted to settle in and get acclimatized to life in Thailand and in particular life in MFU. Therefore, there was need to have some Thai students that would volunteer to help international students on this cause. It was during my action of volunteering to assist international students that I came to meet my foreign friend, Haram Baek.

2. What did you expect from the day out with Haram Baek?

I expected that the trip would help me get to know Haram more. In this way, I would know how to help Haram for settle in Chiang Rai comfortably because I assumed that she wouldn't really know anything about Chiang Rai. I thought that I would have to show her wherever I've known and be her guide and do whatever I could to make the fun.

3. Was hanging out with Haram different from hanging out with your Thai friends?

No, exactly not. It was like when I was hanging out with my Thai friends. She is so cute, talked to me, and when I wanted to buy something without considering its price, she gave me some advice like my Thai friends did.

4. What were you most afraid of?

First, I was worried about communicating because she is Korean, so she doesn't use English. Whereas I am a Thai native speaker, Haram is a Korean native speaker. Communication was thus bound to be difficult. Secondly, I was worried about her culture, I didn't want to do anything that would be wrong in Korean culture. Thirdly, I was afraid that I would be too shy and fail to be able to talk to her!

5. Do you think you would have had more fun if she was Thai?

It didn't matter where she was from. Anyway we made the trip fun so her nationality didn't matter at all.

6. Would you like to do it again?

Of course, if I have a chance I would like to hang out with Haram again and again before she goes back to Korea and become friends with each other and keep it in our memory.

7. What did this experience teach you?

This experience taught me that even though we are of different nationalities or that we grew up in different places, it doesn't matter, for as long as we are open-minded, we'll get good things with new foreign friends that we've never had before.

8. What would you suggest to other MFU students who wish to make more international friends?

Don't be shy and don't worry about your English. It's okay if your English is not good. As long as you are friendly, nice and brave to talk to them, then they will be friendly to you too. Just be friendly, don't be shy. You'll get so much experience from your foreign friend. For example, language. So don't be afraid!

MF-You(th) Team

MFU ASEAN YOUTH AMBASSADOR CAMP 2015



Do you know about the MAYA?

I am not talking about illusion or trickery, but it stands for MFU ASEAN YOUTH AMBASSADOR CAMP, which we hold every year. This year we went to Luang Prabang, Laos with 40 representatives from every school in MFU. Apart of the team were also friends from Souphanouvong University, Laos who also joined us. The trip was very special because we didn't take a plane to Laos, but rather took the boat to travel from Chiang Rai to Luang Prabang and back. This means that we were on the boat for about 10 hours in 3 days, but it was extremely fun!

We had a chance to try something new that we never had done before. We had so many activities. We had breakfast, lunch and dinner on the boat as well.

After a long journey, we finally reached Luang Prabang, the ancient city full of modern building that matches so well with the nature. Besides, the lifestyle was really simple, it was beautiful as it was. I was already falling in love with Laos. I can't wait to go back with MAYA 3rd again! I never expected this camp to be as good as it was. It turned out to be really wonderful!

All of the staffs were so kind and Laos friends too. This is one of the best memories I can never forget!

We waiting for the next generation of MAYA 4th



BOEING vs AIRBUS



Credit: <http://barrieaircraft.com/images/boeing-787-8-dreamliner-01.jpg>

BOEING

Boeing was established on 15 July 1916. Boeing is the world's largest aerospace company and leading manufacturer of commercial jetliners and defense, space and security systems. As America's biggest manufacturing exporter, the company supports airlines and U.S. and allied government customers in more than 150 countries. Boeing products and tailored services include commercial and military aircraft, satellites, weapons, electronic and defense systems, launch systems, advanced information and communication systems, and performance-based logistics and training.

Boeing has a long tradition of aerospace leadership and innovation. The company continues to expand its product line and services to meet emerging customer needs. Its broad range of capabilities includes creating new, more efficient members of its commercial airplane family; designing, building and integrating military platforms and defense systems; creating advanced technology solutions; and arranging innovative customer-financing options.

Boeing is organized into two business units: Commercial Airplanes and Defense, Space & Security. Supporting these units are Boeing Capital Corporation, a global provider of financing solutions; Shared Services Group, which provides a broad range of services to Boeing worldwide; and Boeing Engineering, Operations & Technology, which helps develop, acquire, apply and protect innovative technologies and processes.



Credit: <https://aeroprincesssthaiand.files.wordpress.com/2014/03/airbus-a380-suites-luxeuses.png>

AIRBUS

Airbus was established on 18 December 1970. Airbus makes the freedom of flight possible, having evolved during the past 40 years thanks to the vision, innovation and passion of its employees.

The A300 became the world's first twin-engine wide body jet with its commercial service entry during 1974. It was followed in the early 1980s by Airbus' shorter-fuselage A310 derivative, then later that decade by the company's single-aisle A320 – which has developed into one of the most successful aircraft families in history with the A318, A319, A320 and A321.

The 1990, Airbus introduce its long-range A330/A340 Family, and a new era of airline travel started in 2007 when the 600-plus-seat A380 began commercial operation. Responding to market requirements, Airbus launched its A350 XWB twin-engine jetliner in the 2000s. The highly-efficient aircraft entered commercial service in 2015, bringing together the very latest in aerodynamics, design and advanced technologies.

To maintain its competitive edge, Airbus continues to invest in improvements across its market-leading, modern product line – including development of the A320neo (new engine option) version, the A330 neo variant and more. The company's international production network also has been significantly expanded over the years, highlighted by its single-aisle final assembly line in Tianjin, China, along with the Airbus U.S. Manufacturing Facility for A320 Family jetliners – which commenced aircraft assembly operations in 2015.



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