

MAE FAH LUANG
UNIVERSITY



STUDENT
MAGAZINE

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Credit: MIFU Photoclub

MF-YOU(th)

FROM THE EDITOR

A very warm welcome to all Mae Fah Luang University students, staff, guests, and readers to the fourth issue of our student magazine, MF-You(th)!

In the last issue, MF-You(th) skimmed our students' university life, revealing campus hangouts, study tips, and the social and academic productivity of the MFU Community. In this issue, MF-You(th) digs deeper, taking us on a journey to explore the metacognitive mechanisms and strategies of our students' multicultural ASEAN outlooks and plans.

This semester, MFU has fully embraced ASEAN integration in academics, innovation, and all attributes of development. In this regard, this semester's MF-You(th) team comes from an entirely ASEAN background; with this, they have embraced their full potential in ASEAN, fully displaying their concrete comprehension of ASEAN integration through a wide and varying spectrum of article topics, from scientific explorations to social exposures. Powerful inspirations are also discussed, allowing our team to analyze the strong minds propelling the ASEAN youth of today to increasingly strengthen and motivate themselves and other youth to strive for excellence. Through this systematic process of self-regulation and expression, our team aims to share their global competence with other members of the MFU Community, as well as to all readers of the MF-You(th) Student Magazine.

“The youth is the hope of our future.” - Jose Rizal

Sincere regards,

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

MAGAZINE STAFF



Muhammad Khalid Wardana



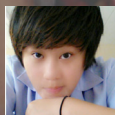
Chanwit Wongthip



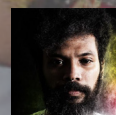
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MFU CULTURAL TRIP TO MYANMAR



Mae Fah Luang University took us on a trip to Kyaing Tong, a small city located in Myanmar. As the closest neighbouring country with MFU, the trip to Myanmar took only 4 hours. Our group had about 60 people who from Thailand and Myanmar, alongside many other nationalities such as Japan, Malaysia, Vietnam, Bhutan, and Indonesia. The vehicle took us from the university and to the Mae Sai border crossing. At Mae Sai, we changed exchanged our Thai Baht to with Burmese Kyat, receiving 33 Kyat for 1 Thai Baht. When we reached the Myanmar border, we switched to local transportation similar to Thai vans.

During the journey, we could see the mountains alongside the road, which showed the beauty of Myanmar. The road was good enough for driving but the driver had to be very careful of holes in the asphalt road. The journey was full of security officers; the van had to be stopped at several security stations to be checked. After two hours, we arrived at Hmong Payak, a small city where we had lunch. Most of the Burmese food serviced at the restaurant was very tasty, with interesting side dishes and snacks available close by the restaurant. For 500 Kyat, we could buy durian flavoured ice cream with black sticky rice. We also got some freshly cut sugar cane in small plastic bags to chew on the journey.

After another two hours of driving, we finally arrived in Kyaing Tong. The city was old and had a lot of interesting ancient buildings and shops. We stopped for a short break near the gates of Kyaing Tong. Our kind guide, Mr. Sai, MFU alumni, told us that there used to be seven gates; now, only this gate remains. Local culture and traditions dominated the area; a vendor was selling betel nuts nearby, priced at 500 Kyat for a pack of 4 or 5 nuts.

After we arrived at Kyaing Tong, we visited some temples and villages. At the temple, the Buddha statue was adorned with a robe of "dragon skin" (small stacked glass scales). At the village, we saw houses that were built from mud. The guide said that villagers took the mud, sculpted them into bricks, then burned the brick in a field that was a little distance away from the village, leading to the brick being strong and dense. The mud bricks

are approximately 3 times bigger than the bricks in Thailand. Mr. Sai told us that this village would undergo renovation, turning the houses into modern-style homes build from cement and bricks. We were lucky to see the mud houses. After, we returned to the medium sized guesthouse and to our rooms to rest. Myanmar is known to have electricity problems, so we were also given some candles and a lighter (just in case); fortunately, no blackouts occurred during our time there.

The next morning we visited the traditional markets (which opens only from 6 am to 8 am on Saturdays). The market sold vegetables, food, and other fresh produce. Most of the stall owners could understand Thai as many of them were of Tai-Yai ethnicity. After breakfast, we visited Kyaing Tong Market, which was much bigger. We separated into groups, then looked around and went shopping. There were many different Myanmar products, such as dried salted fish, sugar balls, and flowers. Sugar balls are a popular and commonly eaten food; It is a custom that a sugar ball is eaten after dinner as dessert. During dinner on the previous day, I had noticed that a jar of sugar balls was placed on every table. The market was very crowded, as is normal in markets. Most of the foods were wrapped with leaves, which is not commonly seen in Thailand.

People of Kyaing Tong share their culture from their Shan ethnic roots. They can speak Tai-Yai language, which is similar to Thai language. During the trip, we saw elementary school students learning the Tai language, an old language of Myanmar. This is good practice of cultural preservation in Myanmar. We also visited one of the lacquer handcraft workshops in the city, which was unique and luxurious. The items are made from bamboo, and it usually takes months to make just one item. Besides lacquer, they also made sliver handcrafts.

We also visited many other locations, such as a noodle factory, meatball shop, and many other fun sights. Kyaing Tong may be a small city, but it is a very memorable place.

Muhammad Khalid Wardana, School of Social Innovation

Head of the MFU International Student Club and Student Editor of MF-You(th) 4

Full name: Muhammad Khalid Wardana
(known as Khalid)

Date of birth: 3rd December 1995

Nationality: Indonesian

Hometown: Banda Aceh, Indonesia

Programme of study: Bachelor of Arts in International
Development (3rd Year)

Personal motto: "Do at least one professionally
productive activity every day"



"My goal for the future is to help my nation and advance the social system to allow everyone to have equal opportunities for education, capabilities, and careers, and also to eradicate the discrimination that occurs often in my country."

As an MFU Student:

MFU culture is unique for me because even though this university is located at the corner of northern Thailand, but in here we get many modern things which I don't expect to exist here. Even though they have modern things in here, they still preserve their own culture which is good in my opinion. Fourth is the international environment. In here, I get many friend from another country which helped me to become a tolerant person, to respect their culture, and to make more international cooperation

From my major, I like the way that my teacher want to show us the method of how they develop Thailand since the long time ago until to this present day. I also like the difference of Thai and Indonesia, which helped me to open my insight about how the world should develop. I don't say that every nation should follow one country method, but it is like a piece of puzzle; you have to collect piece by piece from every country to make it perfect. And in this major, they are teaching how to find the correct puzzle piece to make the development.

As the International Student Head:

Usually I help the others by assisting them to make sure everything is fine to them, especially the new student. I also like to ask their opinion sometimes about their life in MFU and ask if there is any problem happens to them as international student. Then, I make the report to the office and see what they will do. I usually also coordinate with another club such as the student union to make sure the international student club will have its

presence among MFU other clubs. But most of the time, I help them personally as long as I can do.

As ASEAN Youth:

As youth, we can try to give our opinion by writing or to participate in the ASEAN event to know more about ASEAN and to give our effort to the organization. I can use ASEAN as the place to make other people know what I can contribute to the Southeast Asia region. Even though ASEAN is relatively small if compared to EU, ASEAN is also my home, which I have to develop the region. Also, ASEAN has good responsibility to make people from 10 countries to come together and talk about the best plan to develop their region. I know that those 10 countries have different culture, religion, and government system, but we don't live somewhere else except above this ASEAN land. So for me, to develop ASEAN is the first path to reach my goals in the future

I think what we can do is to become an agent of ASEAN which we deliver not only knowledge about ASEAN, but also the application of the system which can lift up the life of rural area people. Since we are still student, we cannot do much except to give our voice to the ASEAN forum. And also, to help ASEAN is easy. You have to be honest, have willingness to develop your home, to know the detail problem, and you need to know how to make cooperation.

Interview by Phattamaporn Sooksai, School of Science

Study Tips

Many things in life cause stress, even simple things like finding parking spaces or trying to find something to do.

There is a small amount of stress in most activities, and stress is a normal reaction to the things going on around us.

However, some things in life are more stressful than others, especially studying for exams and doing homework.

Throughout our entire life, stress is placed on getting good grades; it seems like our entire life is decided by our grades!

It is important to study well, but also very important to make sure that our stress levels are not too high, which will ensure optimal studying as well as better lifestyles.

Peeraya Raksachan, School of Health Science

Less Stress,
MORE
Concentration

1. SLEEP WELL

Get a good night's sleep; don't stay awake all night trying to study! Instead, try to study in the morning when you are fresh. Also, drinking a lot of caffeine at night to help you stay awake does not help you to remember what you are trying to learn. In the end, the lack of sleep will catch up with you.

2. EAT WELL

Fresh fruit and vegetables will help to reserve energy and increase concentration, while sugary foods will cause hyperactivity and lower attention span. You should eat foods with minimum amounts of simple carbohydrates and sugar. Coffee is actually not too bad for your concentration if you drink it only occasionally.

5. MINIMIZE DISTRACTIONS

Make sure that there are no distractions to tempt you in your study area. If you love surfing the net, turn off the internet while you study. If you are totally into video games, discipline yourself to only play them after you have finished your studying as a reward. Watching TV whilst studying is a very bad idea and greatly lowers concentration, even if it's just on in the background.



3. TAKE REGULAR BREAKS

The best way to study is to focus for 40 to 90 minutes, then take 10 minute breaks to relax and refresh. However, choose carefully about what to do: Relaxing your mind is important during study breaks, but TV, video games and other stimulating activities will not allow you to relax properly. Exercise, on the other hand, is a great thing to do during a break. Try running in place or doing jumping jacks to get your blood pumping.

4. PLAN A SCHEDULE OR MAKE A TO-DO LIST

Write a list of all the things you need to study. Plan each subject carefully, and try to be very specific on the list. Instead of just writing down that you need to "study math," write something more specific, such as "read pages 34-58 of Mathematics 1." When you accomplish each task tick it off the list (you can give yourself little rewards after finishing each task too).

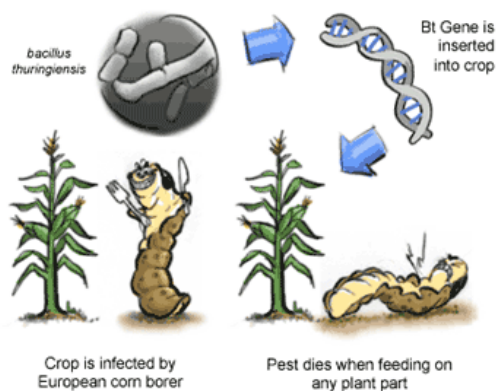
GMO Rice

GMO: Genetically Modified Organism

DNA from other organisms or species can be added/removed for specific traits. For example: **Herbicide and Pest Resistant Crops**, which can resist pests (insects, viruses, bacteria) and weed killers.

How?

Biotechnology can extract genes from other species to be inserted into the rice DNA, which is then bred to result in GMO rice with removed or added traits.



Credit: <http://www.scq.ubc.ca/wp-content/GMcrop.gif>

"The direct human manipulation of an organism's DNA in a laboratory environment"

The Good

- More vitamins and nutrients
- Lower in price and higher in profit for farmers
- Better growth (yield)
- Reduced need for insect-killing chemicals

The Bad

- Contamination to non-GMO
- Increase of allergens
- Fear of chemicals and major companies placing profit as more important than health and the environment
- Lack of proper regulation

Major Impacts on the World

"Agricultural biotechnologies provide opportunities to address the significant challenges of ensuring food security without destroying the environmental resource base."

Food and Agriculture Organization of the United Nations

- Good: With GMO, more food with more nutrients and vitamins can be grown to feed more people, helping save the lives of starving people in less-developed countries where there is not enough food.
- Bad: In the future, genetic traits can be cross-bred in natural environments to weeds and bugs, leading to herbicide-resistant weeds and pesticide-resistant bugs.

Budsaba Jonburom, School of Science

Traditional Music of ASEAN



As many ASEAN cultures are so closely connected and strongly influence one another, many cultural musical instruments, dances, or ensembles of one region or country are also found in many others. The traditional musical instruments of ASEAN are very intriguing. It is very rare to find musicians who can truly play them well and even more difficult to find musicians with the knowledge and ability to accurately tune them. Every instrument has a unique sound and are played in a very unique way, which mostly incorporates the use of harmonics.

The **Western** musical tone (intervals) is comprised of 200 cents and the semitone is 100. The Western chromatic scale is called the "12 tone equidistant", as it has 12 intervals of equal geometric distance.

The **Thai** musical scale is known as the "7 Tone equidistant" and each interval is 171.429 cents. There is no known standard tuning, and Thai musicians instead tune to the Khlui (flute), or Pain Nai (oboe).



A mouth organ of Lao origin whose pipes, which are usually made of bamboo, are connected with a small, hollowed-out hardwood reservoir into which air is blown, creating a sound similar to that of the violin.

Most traditional Lao instruments have a seven-tone scale; however, the khene has 7 half- and whole- tones, but is often added despite the other instruments' difference in tones.

The phin is a type of lute with a pear-shaped body. It originated in the Isaan (north east) region of Thailand. Its external appearance may seem very similar to that of a guitar or banjo: Similar to the guitar, the phin has frets on the neck over which two or three metal strings run, plucked by pick of the right hand while playing.



Ramvong

Ramvong is a popular folk-dance of Southeast Asia, especially in Cambodia, Laos, and Thailand. Females and males dance in a circle, continuously moving in a circular manner, and incorporating graceful hand movements and simple footwork. Both men and women participate in the same circle. This dance is still popular at traditional festivities in Khmer, Lao and Thai culture.

Credit: <http://patdramaa111.srp.ac.th/rawng-matrthan>

INFLUENTIAL ASEAN PEOPLE



Aung San Suu Kyi

"Human beings the world over need freedom and security that they may be able to realize their full potential."



Credit: <http://www.gokunming.com/images/blog/9320.jpg>

Aung San Suu Kyi came to international fame as the Burmese opposition leader who was put under house arrest for nearly 15 years for being "likely to undermine the community peace and stability" of Myanmar. Aung San Suu Kyi was released in 2010, and is now viewed internationally as a leader oppressed by an abusive regime. She had gained vocal support among many ASEAN nations, with some even warning the Burmese Government of possible expulsion from ASEAN if her detention continued.



Carlos P. Romulo

"Brotherhood is the very price and condition of man's survival."

Carlos P. Romulo is one of the most celebrated Filipinos in history. Known as "Mr. United Nations" by UN Secretary-General Kurt Waldheim, He is best remembered for his significant service to the UN for his dedication to world peace and freedom. He served as the President of the United Nations General Assembly from 1949 to 1950, and was once chair of the United Nations Security Council. In addition to his involvement in uniting nations and world peace, he was also a Pulitzer Prize-winning journalist, diplomat, and author.



Credit: <http://carlospromulo.org/wp-content/uploads/2009/03/cpr1970s.jpg>



Credit: <http://nanyang.xmu.edu.cn/Article/UploadFiles/200912/20091231083532889.jpg>

Dy Najibah Eradah

"I am passionate about environmental issues and hope to use my involvement in the expedition to raise awareness in Brunei of global warming and climate change"

Najibah Eradah is a diplomat officer at the Ministry of Foreign Affairs and Trade, and is known for inspiring youths to achieve big. She was awarded the "Young Woman Achiever" for being the first Bruneian woman to ski the South Pole in the Kaspersky Commonwealth Antarctic Expedition.



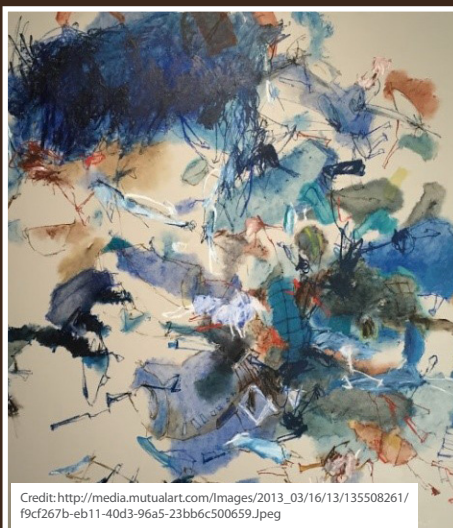
Artists from 3 Nations



THAILAND: CHALERMCHAI KOSITPIPAT



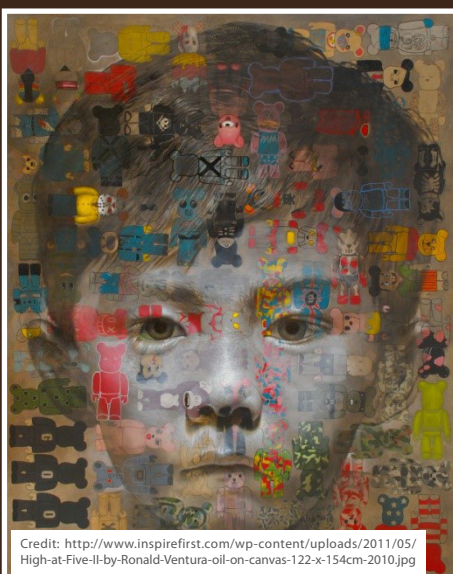
- Chalermchai Kositpipat was born in 1955 in Chiang Rai, Thailand
- His works often use Buddhist imagery
- Known and exhibited worldwide
- Designed and constructed Wat Rong Khun ("The White Temple", one of Thailand's most popular tourist locations)
- Among his clients is King Bhumibol Adulyadej
- One of his most expensive pieces of art was sold for \$21,040 (US)
- First visual artist to receive the Silpathorn Award



INDONESIA: CHRISTINE AY TJOE



- Christine Ay Tjoe was born in 1979 in Bandung, West-Java, Indonesia
- Studied Printmaking and Graphic Art at the Bandung Institute of Technology
- Differs from other contemporary Indonesian artists who tend to be drawn towards political satire, choosing instead to focus on human emotion
- Uses colourful shapes and strong linear strokes to express fragility and to represent how feelings twist and mingle together
- Her works have been the subject of many international exhibitions, including the Singapore Art Museum (2012) and Saatchi Gallery (London, 2011)



PHILIPPINES: RONALD VENTURA



- Ronald Ventura was born in 1973 in Manila, the Philippines
- Artwork meshes realism with flat, abstract color fields; elements of 19th century illustration; and combinations of Baroque art styles and film noir.
- Likes to draw attention to the unconscious cultural signifiers that people display without knowing ("second skin")
- Presented his first US solo exhibition, Metaphysics of Skin, at Tyler Rollins Fine Art in 2009

Rural Village Life

Mathee Laowathanatawan, School of Information Technology



Slow Life



Recently, the “Slow Life” lifestyle has become a fashion trend among people in the city. However, the trend focuses on coffee shops, vintage fashion and furniture, and relaxing in lazy comfort. Despite their histories and origins, many city people choose to ignore the original slow life of Thailand: Village Life.

“Work in the morning, eat in the evening”: Most rural villagers live under the concept of living life from day to day, providing necessities for their families on a daily basis.



Left:

As with most ASEAN countries, rice is the main food staple, and most villagers earn a living either as rice farm owners or as rice-planting labourers.



Right:

Families are very close, and entire villages are often all extended family members.



Above:

Buddhism is the main religion of Thailand, and traditional religious ceremonies held at village temples are often social events too.



Above:

“Lhu”, raw pig’s blood soup, is a very popular dish in Northern Thailand.



Above:

Motorcycles, bicycles, and walking are the main modes of transport used in villages.

Exchange Students

During April - September 2015, MFU had a total of 34 exchange students: 23 inbound exchange students (from Malaysia, Indonesia, Vietnam, Brunei Darussalam, Czech Republic, Germany, and Finland) and 11 outbound exchange students (from Japan, Czech Republic, Korea, Taiwan and Germany).



JAPANESE: TATSUHIKO TSUNODA (TSUNO)



'Can I stay here for 4 months without problems?'

I was quite worried about living in Thailand due to the different culture and language. I've never lived in other country. Of course, everything is written in Thai and everyone speaks Thai. At first, I couldn't understand anything and felt negative. However, after talking with the International Affairs staff and new roommates, I felt better and my mind was changing. The next day, I was very encouraged to see many friendly classmates and staff to help me. Everyone is so kind! They gave me confidence and hope for staying at MFU.



CHINESE: TAN SHI THONG (THONG)



MFU is a wonderful place, where sometimes I got confused whether I'm in a garden or university. Colorful flowers, green trees, lovely bushes, and not to forget the statue of Mae Fah Luang are all the signature image for the university. I believe that such a wonderful environment is optimum for every student's learning process, while the surroundings are definitely a home away from home.



MALAYSIAN: MUHAMMAD HAFIZ BIN ZAINUN



Mae Fah Luang University is a very extraordinary place to visit. Everyone is very friendly and proud to be part of the university. It was the place where we feel most comfortable as it has its own peaceful scenery. We can go to get away from all of our troubles; we never get tired of just staring into the deepest green view of nature we have ever seen. Overall, MFU is an exciting place to visit because it has so many experiences and attractions to offer. It will always be special to us because we had the opportunity to see a different culture and have so many new and entertaining experiences.

Compiled by Muhammad Khalid Wardana, School of Social Innovation

New International Student



MALAWI: TIMOTHY CHANA

School of Science (MSc in Natural Resources and Environmental Management)



Stepping onto the corridors of MFU for the first time was a grand excitement in my life. Simply put the first impression could best be described as a dream come true. The cheerful faces coupled with the inviting weather and the beauty of the campus – “University in the Park” were in an intricate unison saying one clear message to me; that I had just been ushered into a journey not only towards new academic achievements but also across social and cultural barriers to embrace amazing friendships! This all had to bear me through the first navigation assignment from Rattana Dormitory to AD1 – (The International Affairs Division); E2 (NREM); and AS building etc. Nothing seeming obvious yet, I realised I needed to ask for directions. Amazingly, not only did I just get directions but also a cheerful escort amid self intros... field of major , about the hidden small African country – Malawi and of course a few Thai words. Today I feel grateful to have become a member of the progressive MFU family which is determined to shape present and future generations to ably contribute to socioeconomic development. I LOVE MFU!

MY FAVOURITE PLACES



Left: The Golden Triangle

Sop Ruak is considered the best point to view the meeting point of Thailand, Myanmar and Laos. It is considered the “official viewpoint” and has many signs indicating the distance and direction of various locations (perfect for photographs). There is a good selection of vendors selling a variety of traditional goods, which make ideal souvenirs and gifts. Recently, a giant-sized Buddha placed in a large boat was constructed on the riverbanks in the town centre, and has become a greatly popular tourist sight.

Right: The Hall of Opium

The Hall of Opium is considered one-of-a-kind, ranking as an exceptional museum and one of the best in the region. The museum provides an excellent interactive tour through the history of opium, with hair-raising multimedia exhibits explaining all the bewildering facts about the narcotic drug which once significantly shaped the course of Asian history, acting as an artistic reminder and warning of the dangers of opium.



Left: Donsao Island

A short boat ride across the Mekong River from Chiang Saen can take you to a Laotian island. While the island is small in size, it offers the opportunity to officially visit Laotian territory as well as a collection of shops to purchase Laotian handicrafts, souvenirs, and snacks.

Right: The Thailand-Myanmar Border

The Thailand-Myanmar border at Mae Sai is famous for being the northernmost point of Thailand and for its busy markets. You will see the busy markets of Mae Sai (on the Thai side) and Tachileik (on the Myanmar side), which offer a vast cornucopia of goods, including electronic products, edible items and handmade souvenirs. To cross the border into Myanmar territory, a one-day pass can easily be requested at the Mae Sai Immigration Office. In addition, short tours of temples and local tourist sites around the Tachileik area are also available; however, extra attention and caution is suggested concerning rates and conditions.





ASEAN DORMITORY KITCHENS

As everyone knows, busy university students tend to not be very good cooks – or to have enough time to cook extravagant meals. Also, most student houses and dormitories do not always have five-star restaurant kitchens for us either (often for fear that less experienced “cooks” might burn the building down or find creative ways to give themselves food poisoning). However, this doesn’t mean we have to always eat the same food from the cafeterias or just boring snacks from convenience stores! Instead, let’s change it up and put together something special for ourselves and our friends:



Non-Cook Thai Tuna Lettuce Cups

Credit: <https://s3-ap-southeast-1.amazonaws.com/photo.wongnai.com/photos/2014/07/27/2846987fabce4deba17682de473047d0.jpg>

These delicious, healthy, and very convenient lettuce-wraps can be made without needing any cooking whatsoever! All you need are some simple ingredients, which can be found at nearby convenience stores and Fah Thai market.

Estimated time: 10 minutes (or less)

Ingredients:

- Lettuce
- Peanuts
- Fresh vegetables (adjust as preferred)
(Onions, Tomatoes, Cucumbers, Carrots)
- Canned tuna (or any meat as preferred)

For the seasoning or dip:

- Fish sauce
- Lemon juice
- Chilli peppers

Preparation:

- Wash all vegetables and rip the lettuce into leaves (try not to rip any leaves)
- Finely and carefully cut the fresh vegetables and chilli peppers into small rings
- Mix together the vegetables, peanuts, and tuna in a bowl
- In another bowl, mix the chilli peppers, fish sauce, and lemon juice (add each ingredient to taste)
- Using the lettuce leaves as plates, spoon the tuna mix onto the lettuce leaves
- Use a spoon to drizzle the seasoning over the mix, or place the seasoning in a small bowl and use as a dip
- You’re done! Put everything onto a plate and serve!

Phawinee Koonak, School of Management

