

# MF-YOU(th)

**MAE FAH LUANG  
UNIVERSITY**

**STUDENT  
MAGAZINE**  
ISSUE 1 - 2013





## FROM THE EDITOR

Welcome all Mae Fah Luang University students, staff, and guests from far-and-wide to 'MF-You(th)'. This is the first issue of a new MFU Student Magazine, researched, created, edited, designed and organised by students from almost every School within MFU. MF-You(th) has been created to showcase the talent of our student body, focusing on student-relevant topics and issues that are most important to students, written by students. It is our hope that we have created an interesting youth-relevant publication that gives inspiration and motivation to the MFU student body to strive to increase their potential, striving for excellence.

The name of this magazine, 'MF-You(th)' was invented by the magazine team and has four intrinsic meanings: 'MF-You' = MFU, the acronym of our University; MF-'You' = the target audience, that is, YOU, the MFU students and staff; MF-'Youth' = the focus on youth-relevant issues; and, (th) = Thailand. These four aspects have been interwoven to create something special, a student magazine for the students, by the students, created with the support and full funding of the University.

This magazine is produced with the assistance of the International Affairs Division, MFU, and through the activities, meetings, guests and exhibition events of the Division, 'MF-You(th)' will receive worldwide distribution. Thankyou to the President of Mae Fah Luang University, Associate Professor Dr Vanchai Sirichana and the Assistant to the President, Dr Romyen Kosaikanont, who without their support, this project would never have been possible. The 'MF-You(th)' team gained knowledge and advice of magazine creation through a seminar led by the Editor-in-Chief of 'Cheeze Magazine', Mr Teerapol Promsuk; for his support we are all very appreciative.

Enjoy reading issue number 1 of 'MF-You(th)'.....Best Regards,

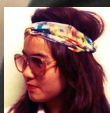
Dylan J. Hartmann  
Administrative Officer  
International Affairs Division  
Mae Fah Luang University



## MAGAZINE STAFF



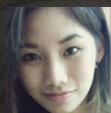
RUTHIRAT  
KOONTANA



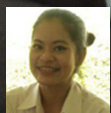
MUTHITA  
AUNGURAWASAPOL



RATCHANON  
HEMMAN



WALEERATH  
THONGSAWAD



SUTTINEE  
JAMNIYOM



NATTAWAN  
CHONCHANA



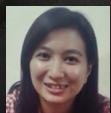
FRANZ SASCHA  
SCHOLL



AMAWAWASU  
BORANBUPPHA



CHAO  
WANG



NANG KHAMSU  
THETNAUNG



ATTAPINYA  
LONGHA



WARAMPAN  
PENGYA



NALINEE  
PRAMONG



NATCHANOK  
KAEWSURIYAPORN



KRITTAMET  
CHAROENSUK

## INTERESTED IN JOINING?

Please contact [inter@mfu.ac.th](mailto:inter@mfu.ac.th)

Subject: Student Magazine

We are happy to receive submission of articles, or applications by MFU students willing to help in the creation of MFYou(th)!



# CONTENTS

• Life as an Intern	2
• ASEAN Camp Report	3
• Instructor Interview	4
• Inspirational People	5
• Trips and Travels	6
• English Advice	7
• MFU Cute Girl	8
• MFU Cool Boy	9
• Movie Reviews	10
• Confessions of a Japanese Student, Takuto	11
• Short Stories	12
• Life as an Exchange Student	14
• Do it Yourself (D.I.Y.)	15
• Beauty Box	15
• I.T. Helpdesk	16
• Food Review	16





# LIFE AS AN INTERN

Greetings from AMCHAM Thailand!

This is a great place to consider for an internship to gain more professional experience! I bet there are many questions regarding internships, "What will I do? Where will I go?" and so on.

So let me tell you about where I'm doing my internship; AMCHAM stands for the American Chamber Of Commerce, which is a non-profit organisation helping to build networks for American businesses in the host country through various committees. AMCHAM is pretty much like a transferable American community where all the members can share important resources and let information flow from one another.

As an intern, there are many fantastic places where you can gain advanced experience while working with professionals in an international environment. You will learn to improve how to solve the solutions you face in the given tasks. Moreover, interns are allowed to attend events and get to meet professionals from many business fields. This will give you more of an idea about what kind of jobs you would like to do after graduation. Your official English skills will be improved and you will have much more confidence when working with foreigners.

Finally, a good internship can help you develop yourself from being a simple student to becoming a well-qualified person, ready to begin your career.

If you are still wondering where you would like to intern keep looking around for good places like AMCHAM Thailand. You will find out what great opportunities are available!

**BIM PROMSAWAD**





# ASEAN CAMP REPORT

“Read ASEAN: Past, Present and Future”

The ASEAN Youth Camp was four days of intense activities and real hard-working fun! The objectives of the ASEAN Youth Camp were to make students more aware about ASEAN and improve the friendship between ASEAN Youth. In the camp, there were all together around 100 participants from 12 provinces of Thailand and 8 ASEAN countries. Out of the 100, around 30 were international university students who were studying in Thailand and the rest were Thai high school students.

It all began at the Thailand Knowledge Park with the Director General giving us a welcome speech. Throughout the camp we were given informative lectures about the creation and usage of e-content by experts from Thammasat University and industry professionals. The next few days covered lessons on this subject and we also created our own e-content material regarding ASEAN. We were split into 10 groups, representing the 10 ASEAN countries and had to present our e-content as a final presentation of the work conducted over the four days of camp.



The camp included many fantastic field trips, including our entire group being transferred to Pattaya where we visited the floating market and the College of Innovation, Thammasat University (Pattaya Campus).

After spending four days at the camp, we learnt about ASEAN's past, present and future. We also shared our culture with the other camp participants. Most importantly, we learnt how to work as a team comprising of many different cultures and backgrounds and we have gained a lot of new friends from the camp.

**MARY**





# INSTRUCTOR INTERVIEW

An interview with former MFU English lecturer - AJ LEWIS KERWIN.

**What are three adjectives that describe you?**

Right, cerebral and determined.

**Could you please describe your educational background?**

I have a Bachelor of Arts and Sciences Degree in Chemistry from Princeton University.

**Why did you choose to be a teacher in the PIA (Princeton in Asia) Programme?**

Because I liked the idea of explaining things clearly to people and I like the process of helping people to understand their ideas. Moreover, instead of only learning how to teach, it also gave me the opportunity to serve people and focus on other peoples' education.

**How did your past experiences help you as a teacher here?**

Well, I met a lot of great teachers and they gave me many of the tools to be a teacher here. For example, a humanities teacher taught me how to be interesting and how to tell stories and use different media techniques.

**How do you motivate your students in class?**

Play music in English because people like music, and also games.

*"I try to make mistakes as much as I can because that's how I learn"*

**What do you want to accomplish as a teacher?**

I want to know that because I was here, some students were happier than if I wasn't.

**From your experience here, what is the main challenge for Thai students in learning English?**

Most Thai students feel that they should get everything right. You feel that if you are incorrect in class when you answer questions that is bad and you are a bad student. That's wrong, you are not a bad student if you answer incorrectly, you are already good enough to be in the class. No mistakes will make you a bad student, even the best students make mistakes.

The other thing I would want students to learn is not to be afraid of making mistakes. Everyone makes mistakes, including me. Mistakes are awesome because you get to learn from them. I try to make mistakes as much as I can because that's how I learn. I focus on that. Every day, if I make mistakes I give myself a pat on the shoulder and tell myself how I can learn from them, so not to be afraid of mistakes.

This is how I encourage students to excel.

**NALINEE PRAMONG**

*"Even the best students make mistakes"*





# INSPIRATIONAL PEOPLE

It's my pleasure to introduce **MR SUWIT KINGKAEW**, the Senior Vice President, General Management of CP PCL and Secretary of the GO Association of Thailand. I was given the honour of interviewing him during the previous Three Country GO Tournament, held at MFU.

## **Why are you interested in GO?**

Because GO teaches me a lot about how to make good planning. This kind of game trains us to be generous and conscious people. Moreover, it helps us make friends with others.

## **What is the charm of GO?**

Go is a game which can make people addicted to it. People will see a new pattern of turns every time, no matter how many times they have played. There can never be a replication in the pattern of turns. The game always develops and changes.

## **How does GO influence you, such as when you do business?**

It has given me good strategies for doing business, bringing me great success. GO has taught me to have a good planning and to always be aware of developments. When I do business, I never waste time trying to destroy competitors. I only use time to develop myself and my company. This helps us to achieve our own goals.

## **What are the advantages for a GO player? How can it develop their potential?**

GO teaches people to have good and reasonable thinking. Especially, it teaches us that in life we may have many choices but we must choose only the best one. When we play GO, before placing a stone, we must decide where to put it. Good placement will give the player two things: first to protect the player from their competitor; second to expand the area of the player. The player can apply this way of thinking to their workplace.

One more important thing, GO teaches people to accept losing. GO gives us a chance to be both of the winner and the loser. For example, some students are very clever at their studies, but they may be a loser when they play GO. They may feel sorry at first, but they will learn to accept it later. Moreover, losing in GO allows them a chance to regard their weaknesses and develop them. It teaches that in life, we are not only born as winners, but also how to live happily even though we might sometimes lose.

## **What you want to say to GO players and anyone who has interest in this kind of game?**

For GO players, I think this kind of game always gives you a chance to develop your skills. I recommend you to practice more and more on the internet where you can meet professionals from all around the world. This way of practicing lets you see games in a variety of patterns. Your skills will be greatly developed.

For anyone who is interested and wants to start playing, don't be afraid; GO isn't too hard. GO is a kind of game that you can practice, just like driving. Driving a car needs practice, not only driving once or twice, but you must drive for long time. The more you drive, the better you get. GO also requires practice by playing. It takes time to play well too.

**NALINEE PRAMONG**





# TRIPS AND TRAVELS



## PONG PRAHAHT WATERFALL

Have you ever wondered where you can spend your leisure time while being in Chiang Rai? Actually, there are some attractive tourist spots nearby Mae Fah Luang University that are perfectly suitable for a day trip. I would like to introduce one of these places to you, Pong Prabaht Waterfall. This is a small and pretty waterfall amidst nature and surrounded by dense forest, located only about 20 kilometres from MFU.

If you ride by car or by motorcycle you have to get to Baan Du first. There are signs leading to Pong Prabaht Waterfall Forest Park from there. You should then follow those signs until the road comes to an end.

Beside the road, there are some food stalls and restaurants. The countryside around that road provides some outstanding and beautiful scenery. If you are hungry or have enough time, it's recommended to stop by, eat something and enjoy the view. After a few minutes of riding along that road you will see that the gradient gets fairly steep and that the road is now surrounded by trees. A few metres further you will then reach the entrance of the national park, where are two more stalls offering some fresh food, such as Papaya salad. There is also a parking lot where you can leave your car or motorcycle. In this area the temperature is noticeably lower than in the valley.

When you then enter the park you will see a small brook, a bridge crossing the brook and two large fields next to the stream which you can stop to rest. Then, you have the choice whether to spend your time sitting in the field or hiking along the brook up to the waterfall. Due to there being a narrow trail along the stream, the trekking is not too exhausting and you do not require special trekking equipment. As a consequence, wandering along that trail is quite comfortable. However, there are a few large stones that you have to climb over. You will also need to cross the brook a few times, yet it is made easy by the large stones placed in the brook so the hiker is able to reach the other bank without getting their wet feet. The water of the stream is very clear and cold, people even go swimming to cool themselves down too. When you eventually get to the waterfall you will soon realise that it is only a tiny one. However, it provides fairly eye-catching scenery. Moreover, it is only visited by a few people so there is enough space and the required tranquillity for having a rest or relaxing, something you could not do at a famous large one which is visited by so many tourists.

If you intend to spend one day in a national park, this spot has some big advantages. It is very beautiful, rather quiet and more importantly, easy to reach because it is fairly close to MFU. Since it is visited only by a few tourists and locals, it is a perfect destination for people who are longing to relax and who are determined to forget the strain and stresses of daily life, for at least one day.

**FRANZ SASCHA SCHOLL**

## PLITVICE FALLS IN CROATIA

In this issue, we are going to visit Croatia, a country which is located in Northeastern Europe and far away from Thailand. In this country, there are many attractive places. Our destination is Plitvice Falls on the boundaries of Plitvice Lakes National Park, Croatia. This place has been a UNESCO World Heritage Site since 1979.

There are sixteen lakes linked by the waterfalls. Between the lakes, there are many waterfalls and many levels that are so marvellous. The lakes are divided into upper and lower lakes. The Plitvice falls is the habitat for many animals and birds, consisting of about 126 species. In this number about 70 species are birds that can only be found in this place. Moreover, Plitvice Falls is a natural place that is different from most other places in the world.

Plitvice Falls contains one of the most famous lakes in the world, so many people choose to visit this place. In winter, the falls freeze and create incredible ice sculptures on the lakes. The water is highest in spring and fall. In summer, the weather is lovely. There are many services available for visitors, providing accommodation, hotels and bus services for the guests. If visitors want to go camping, there are camping sites for them to enjoy their vacation with family and friends.

You can see that the Plitvice Falls is one of the most famous and attractive places. This is an amazing place for a vacation and it will be memorable for all visitors. With this I would like to end our journey. See you again in the next issue. I hope you enjoyed your fantasy vacation at the Plitvice Falls.

**NATCHANOK KAEWSURIYAPORN (NAMFAH)**



# ENGLISH ADVICE

Afraid to speak or too lazy to speak?

I'm not sure whether you've faced the situation of having to talk with foreigners, asking for directions, buying things, or studying with them. Most of my friends are afraid to speak English, I don't know why?! We have studied English since we were in kindergarten but the result is that Thai people rarely speak English..... Is it because we are afraid or are too lazy, I'm not sure?

English is an international language spoken by people all around the world. It's nearly impossible to contact new people across the world without using English; *unless you can speak other popular languages like Chinese or Spanish*. English is also a language which helps you gain more knowledge and opens your mind to learn more cultures amongst many other new things!

Anyway, if you are now interested in learning English, I would like to recommend each of you pull yourself away from the big and boring grammar books and look to other places that are interesting! You can learn English from everywhere and anywhere, like from English songs, English news (BBC, CNN, MSNBC) and English movies, which will also teach you things about society and new idioms as well.

Speaking with foreigners is my favourite way to improve English, just walk in and feel free to talk with them. They know we don't speak English as our first language and they are generally patient because of this; besides we make new friends and gain new experiences together. Some foreigners can speak Thai fluently, why don't we all upgrade our English skills and speak fluently like native speakers too?

The ASEAN community will be opening up in 2015, what are we waiting for? Don't be shy, don't be lazy. Just grab a big chance to improve your language skills for your bigger and better job opportunities in the future!

**AMAWASU BORANBUPPHA**





# MFU CUTE GIRL

“My name is **TANAIRAT PANYAKONG**, people just call me Moji. I am majoring in English, fourth year. I am originally from Chiang Rai.”

**So how does it feel being nominated as one of the “MFU Cute Girls”?**

At first I was kinda surprised, I didn't actually expect that I would be nominated. However, I'd like to thank everyone for all those likes [laughing].

**As I've heard, you're quite outstanding both in the academic path and extracurricular activities. How do you manage those two things together?**

I am personally good at time management. I always tell myself to go out, do my best on my cheer leading, and also do my best studying afterwards. You've got to play hard but study harder!

**What tips would you give out for those who want to keep up their grades and enjoy extracurricular activities?**

I personally believe that all university activities come with experiences that you cannot get from anywhere else. Anyhow, do not forget that we are here to study as well. So all you need to work on is your time management. As long as you can manage your time well, you can do best on both!

**WARAMPAN PENGYA**

*“Play hard but study harder!”*





# MFU COOL BOY

“My name is PUNYAWAT SATTHA, many of you know as Ton from MFU cool boy. I am from Suratthani, I am now 22 years old. My favourite sport is basketball.”

**How does it feel being called, “Ton MFU Cool Boy”?**

[Smiling] At first, I’ve gotta say it was kinda awkward being stared at or talked about everywhere I went. But I sort of got used to it since the trend has been dropped.

**I have heard that you are the university basketball jock. How do you do best with both basketball and study?**

Well, it’s all about time management. There were several times that my basketball leagues and class were on the same day. I had to come back after the competition and cram with friends.

**So, as you’ve been selected as the MFU Cool Boy, how would you like to share some little tips for taking care of the good looks?**

[Laughing] Hmm, well, I basically think that we all need to first take care of the basic hygiene, trimming nails, getting hair cut, daily showers of course! I believe that’s the way for everyone to make a good first impression.

**WARAMPAN PENGYA**

*“it’s all about  
time management”*





# MOVIE REVIEWS

## TED

Director: Seth MacFarlane

Writer: Seth MacFarlane

Cast: Mark Wahlberg as John Bennett, Mila Kunis as Lori Collins, and Seth MacFarlane as Ted.

How do you wish for a BFF? A yellow half-man sized Teddy bear!? That might be a good choice if you have not made any friends yet. And, yes, it was for this fictional boy, John Bennett. Since he was young, he had no friends as the story stated clearly that, "There is one boy in every neighbourhood who just had a tough time making friends," and I could not agree more! Anyway, John received a teddy bear which he named, "Ted" as his Christmas's gift. He wished for his new toy to be alive and magic happened! John and Ted were then friends for 27 years until a beautiful girlfriend of John came into their life.

One thing I was surprised as well as fascinated about the story was that the director did not provide audiences with a typical lovely teddy bear characteristic. He went on crazily with all aspects of an ordinary man's behaviour in a supposed-to-be-cute teddy bear or Ted. He showed us how man's innocence has been ruined in this cruel world of reality. Although it could drive one's mind crazy, it gives a picture of reality which I think it is what needs to be reconsidered first.

Moreover, the movie is not supposed to be anything more than a friendship-oriented film and it did this job great! I love how the movie portrayed to the audience about the dependence between Ted and John. Who else might imagine a teddy bear driving a human to his workplace, just like what a parent did for you in your childhood. That is what Ted does for his friend John, who does not seem to have a good time with driving. They are meant to be together, to fulfil each other's lives.

However, as the story developed, the two best friends' relationships will be shaken by the truth that John must go on living his own life. Lori comes in between this childish relationship which she thinks needs to be ended for John to grow up as a man. The rest of the story is not my job to tell...

I can guarantee your enjoyment with this movie. You will not love this teddy bear for its cuteness and good behaviour, but you will love him the way you love your friend.



### ORIGIN OF THE TEDDY BEAR

Teddy bears really should be called 'Teddy's bears', named after one of the great US Presidents, Theodore 'Teddy' Roosevelt. The story began the day that the famous President released an infant black Louisiana bear back into the forest unharmed. When a store owner in Brooklyn heard the news, he decided to make toy bears to sell. He then asked the president for permission to use the name 'Teddy's bear' as a memorial for that little bear's life that the President spared. Nowadays, Teddy's bear or teddy bears are popular around the world as a toy for young weaklings for a symbol of strength.

### RATCHANON HEMMAN

### WORTH-LEARNING VOCAB

- 1) BFF stands for 'Best friend forever':  
เพื่อนรักตลอดกาล
- 2) Fictional [adjective] an imaginary thing:  
สิ่งที่ถูกสมมุติขึ้น
- 3) Dependence [noun] the state of relying on or needing someone or something for aid, support, or the like:  
สภาวะการพึ่งพาอาศัยซึ่งกันและกัน
- 4) Weakling [noun] a person who is physically or morally weak:  
คนที่ไม่ค่อยแข็งแรงทั้งทางกายและทางใจ

## LES MISÉRABLES

Director: Tom Hooper  
Genre: Drama, Musical, Romance

Adapted from a French novel, this story is about Jean Valjean, who for decades has been hunted by a ruthless police officer, Javert. After he flees parole, he agrees to care for a factory worker, Fantine's daughter, Cosette.



## BEAUTIFUL CREATURES

Director: Richard LaGravenese  
Genre: Young Adult, Fantasy, Romance

Adapted from the novel of the same name, the story is about someone who met a mysterious girl in a small town and uncovered a dark secret.



### NATTAWAN CHONCHANA





# CONFESSIONS OF A JAPANESE STUDENT, TAKUTO

ผมมาเรียนประเทศไทยผ่าน 4 ปีแล้ว  
ผมก็ “กินเบ็น” ส้มตำ ต้มยำกุ้ง ซีนอาหารไทย  
แล้ว แต่บางวันก็คิดถึงอาหารญี่ปุ่นจึงไปกิน  
อาหารญี่ปุ่น แต่หาอาหารญี่ปุ่นแท้ๆ ที่จังหวัด  
เชียงรายยาก หน้ามหาวิทยาลัยไม่ค่อยมีร้าน  
อาหารญี่ปุ่นแท้ๆ จึงต้องไปกินในเมือง Fuji  
กับ Yayoi ที่ใน Central ร้าน 2 ร้านนี้อร่อย  
และสนุกดีด้วย เพราะมีเมนูแปลกๆ โดยเฉพาะ  
Fuji มีเมนูที่ที่ญี่ปุ่นไม่มี แล้วก็ร้านตอนที่ไนท์  
บาซาร์ รสมันจืดมากคงเข้าใจ “ปิด” ว่าอาหาร  
ญี่ปุ่นไม่มีรสชาติ ในที่สุดรสชาติที่เหมือนญี่ปุ่น  
ที่สุดคือ “น้ำซิม” ตัวของ Hot Pot ผมประทับใจ  
ใจมากๆ ที่ร้านนี้ทำรสได้ดี ใจรักก็ผมดีใจที่  
คนไทยนิยมกินอาหารญี่ปุ่น

**TAKUTO NAGASATO**



# SHORT STORIES

## MY OLD WHITE SHOES

The time is 2:24 pm. She hasn't come yet. *She?* Yes, I am waiting for my friend, to have a cup of drink from the canteen. There are not a lot of students today. I am tired of waiting after about 20 minutes; my eyes are automatically running over the whole canteen, searching for my friend. Suddenly my looks end up on one of the girls sitting on the right side, about two rows away from me. Her attractiveness and the way she acts make me notice. I know that she is a freshie at once. Of course, from her white shoes.

My thoughts fly back to two years ago; to my dirty white school shoes... I admit that these kind of school shoes have to be clean, but I just wore my shoes every day to go everywhere without cleaning them. I felt like it was more comfortable and safe to me. Kind of a weird thought isn't it?

Usually, I used to be late for most of my classes in first year. So starting from first year I knew how to run very well. I had run hundreds of times on the way to classes in my dirty white shoes. They took me to the place I went on time and never causing pain to my small feet. I have no idea why, but I would smile and say, "Thank you, my dirty white shoes"! This is one reason I became friends with my dirty white shoes.

When I felt homesick, they took me for a walk, to feel better, to feel that I wasn't alone. When I felt nervous in an exam room, they gave me cheerfulness. When I felt happy, they were happy and jumping with me. Whenever I felt sad or unhappy, they were always with me. With these not so-good-looking, dirty white shoes; my young freshie days were full of enjoyment, excitement, strength and dreams. Whenever I wore my dirty white shoes, I felt like I was special and my steps were heading to new days. As I didn't have many specific types of shoes, I just wore my dirty white shoes. We became like best friends who went everywhere together.

Now those friendly, dirty white shoes have been taking a rest in a small box for almost more than a year. Fortunately, I didn't throw away those shoes; I have kept them as my first university shoes. How silly am I!? Although now they cannot take me to the places I want to go, they can still give me emotional strength just thinking about them. Even though I have and I will still have so many new shoes that I like, those dirty white shoes will be one of my most favourite shoes forever.  
"Jue!!!"

I heard someone call my name and said, "What are you smiling and thinking about?" I just answered, "Nothing..." with a smile. It was the friendship between my dirty white shoes and me, wasn't it!! I am curious whether that freshie girl had the same thought as me?

**KHAMSU THETNAUNG**





## CONVERSATION BETWEEN THE CHEETAH AND THE JACKAL

Once upon time, there was a cheetah that was lying in the wild African savannah, grinding his teeth diligently.

A jackal walked by and said to him, “Such a wonderful day it is! Everyone is taking time to relax, would you like to join us?”

The cheetah didn’t say anything but continued to grind his teeth until they became sharp like a knife and pointed like spears.

The jackal became confused and asked, “Dude, this is a peaceful age. The hunters are trapped by their own wars, the lions aren’t walking around. There is no danger at all, stop grinding your teeth and have fun!”

The cheetah stopped grinding unexpectedly and said to jackal calmly, “I’m grinding my teeth not just having fun, but preparing myself as well. Think about this, if one day I was chased by those cruel and cold-blooded hunters or those voracious and indiscriminate carnivores, but previous circumstances told me that I didn’t have to grind my teeth but enjoy the so-called peaceful time, what do you think I would prefer?”

Since then, there has been one more wild ambush predator waiting prepared in the African savannah.

**CHAO WANG (WOODY)**





# LIFE AS AN EXCHANGE STUDENT

Hello everyone! Hopefully, this article will be useful and can inspire MFU students to participate in an exchange program in order to see the world!

My name is “Suttinee Jamniyom”. People called me by nickname, “Bow”. I graduated from the School of Liberal Arts, majoring in English in 2011 and now I am doing a Master’s Degree in the School of Management, majoring in Logistics and Supply Chain Management.

I am just an ordinary girl who is not that perfect at English, especially in academic writing skills, giving me more of an incentive to study. I kept telling myself since I was about 15 that I would try to study harder and try to take any opportunity that came to me.

When I was 16, I joined an exchange program called “AFS” which is very popular for high school students. I went to a small country in Central America called “Panama”. After 11 Months in Panama, I learnt a lot. I spoke Spanish, a language that I never thought that I would speak. I had two warm host families during my stay and we still keep in touch, even though it has already been almost 8 years that has passed.



Being an exchange student in a Panama High School was fun. I went to classes and participated in all activities that Panamanian students did. I had to wear a school uniform, take the school bus, sing the national anthem every morning, take exams, among many others. I loved the moments I chatted with classmates and played the saxophone with the school musical band.

I even fell for a Panamanian boy who was my classmate and who played guitar for the school band. We performed on stage for the school anniversary day together in front of a thousand eyes. In that moment, I was very excited.

I remember that I missed Thai Food so much because I like spicy food and Panamanian food was is not spicy at all. However, I did enjoy eating Panamanian Food and I gained more than 10 kg weight before returning to Thailand. My favourite food was Ensalada de Papas (Potato Salad with egg and carrot) and Patacones con queso (Fried Banana with Cheese) served with orange juice. Umm! Yummy! I was terribly sick and my host family was there to take care of me. I really love them.

I used to take the wrong bus and get lost. In fact, there are so many wonderful memories I have from this exchange program and I would like to tell everyone that if you have an opportunity to go for an exchange program, go for it! Do not hesitate to make a decision. You will come back a new person with more responsibility and strength in making decisions. You will also learn how to give and share with others.

Recently, I just received an opportunity for participating in another exchange program. I will be going to Belgium for 8 months during the MBA program and this will be my first time to be in Europe. I do not really know that it will be much different from my high school life or not but I am ready to learn and explore the new world! And I am looking forward to writing to you again soon!

**SUTINEE JAMNIYOM (BOW)**



# DO IT YOURSELF (D.I.Y)

## MAKING A CD-CASE



1. Put your CD in the centre of a piece of paper



2. Fold the paper from the right and left to the centre



3. Flip the CD over to create a body for the envelope



4. Flip the paper down over the CD



5. Spread the paper out so you can see the fold line



6. Fold the left and right corners



7. Insert the paper from right to left



8. Done!

## BEAUTY BOX

The one thing that's important to every girl is the perfect lip colour.

Here are some alternative choices for you to choose for your lips!

Tip: Do soft eye make-up with shimmer, or draw your eyes with black eyeliner and put mascara on, then you're ready!

**WALEERATH T.**





# I.T. CORNER

## FACEBOOK SECURITY

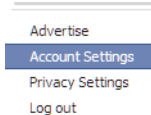
What you need to know....

1. Most Students in MFU use Facebook as a social network and for communication.
2. Facebook contains a lot of things that many people don't know about.
3. Facebook is open to the world, non-personal and easy to access by unauthorised people.

### How to stop someone else accessing our Facebook account.

The first thing to do is to stop unknown people being able to sign in to your account. Follow my steps:

1. Click on the settings icon then on 'Account Settings'



2. Click on 'Security'

I will explain the menus: **Security**

1. **Security Question** – when you login, it will ask a question and you must give the correct answer to login.
2. **Secure Browsing** – login using “https”, which is more secure than http.
3. **Login Notifications** – Provides a notification when your account is accessed, sending notification to your e-mail or SMS to your phone.

4. **Login Approvals** – when you login, it will ask you to enter the security code from a SMS.

5. **Recognized Devices** – when you login, it will ask you enter the devices that you use to login to your Facebook account. (Smart phone, PC, etc.)

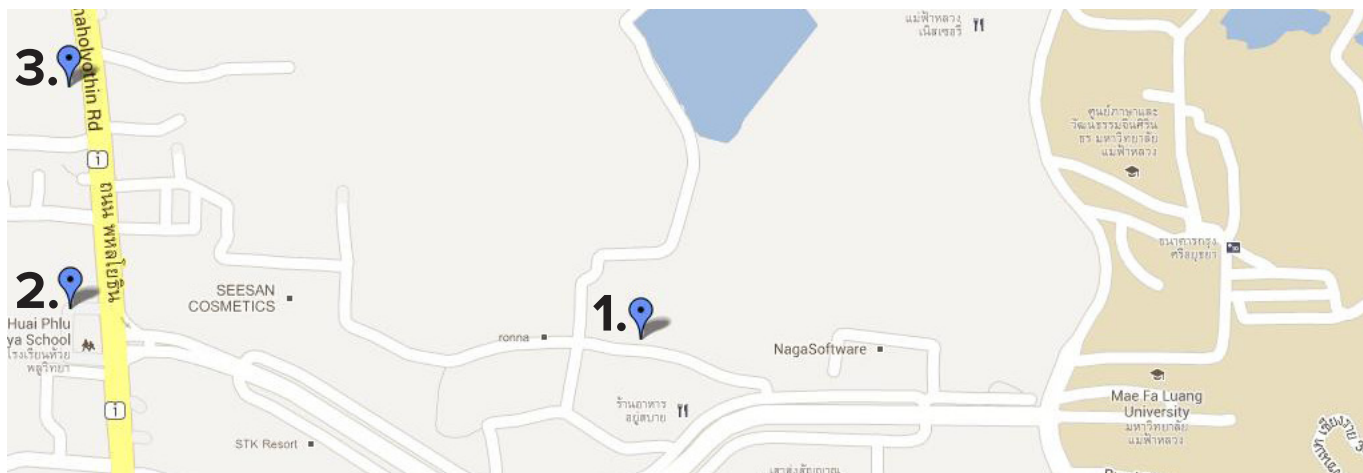
6. **Active Sessions** – it will tell where you are logged in (IP Address)

If you want a more secure Facebook account, you should enable more than one.

Tips to prevent your Facebook account being accessed by unauthorised people:

1. If you use Facebook on a public computer or one not belonging to you, don't forget to sign out! (Most people forget to, like me!)
2. Reject unknown applications (They're a great trap to steal your account and password)
3. Install Anti-Virus software for your protection (Sometime viruses or trojans can steal your password or damage your computer)
4. Use a password that contains a combination of characters and numbers (It takes much longer to determine your password if it contains numbers!)

KRITTAMET CHAROENSUK



# FOOD REVIEWS

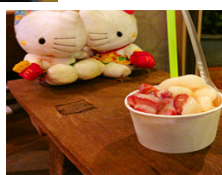
**1. AU-LUNG** is a rural style restaurant where you can chill-out in the evening. Free hot tea is served and refills are available anytime. The food is simple but good, rice served with fried egg, fried pork with garlic, or Thai basil chicken and many more delicious things! Don't forget to try the 'Kai Krata' (fried egg served in a pan). There are also nice drinks and desserts.

open daily: 6pm till late



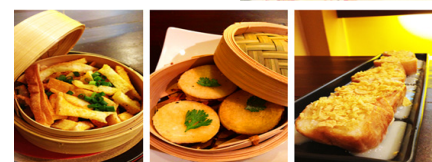
**2. SNOW ICE** is an icecream shop near Sinthane. This little shop is decorated so chic! Mainly available is icecream with many choices of toppings. Milkshakes and some food are on the menu as well.

open daily: 9am-8pm



**3. TEA MONK** Have you noticed a monkey with a ring on it's head standing in front of a shop? A very lovely little shop, Tea Monk offers many tea or fruit drinks either iced or hot, with milk or not. Oolong tea and Taiwan tea are recommended. Also the shop has some specialities including: Stick Chill, Very Finn Tuna, and Sweet Chill.

open daily 10am-9pm





# INTERNATIONAL AFFAIRS DIVISION

STUDENT SUPPORT  
EXCHANGE & SCHOLARSHIPS  
COLLABORATIONS  
PR & PUBLICATIONS



INTER@MFU.AC.TH  
FACEBOOK.COM/INTER.MFU  
TWITTER: @INTERMFU

COME VISIT US! 1ST FLOOR OF  
PRESIDENT'S OFFICE (AD1)  
TEL: 0 5391 6024



THE UNIVERSITY IN  
**THE PARK**

International Affairs Division  
Mae Fah Luang University  
Chiang Rai, Thailand 57100  
Tel. +66 (0) 5391 6026  
Fax. +66 (0) 5391 6086  
Email: [inter@mfu.ac.th](mailto:inter@mfu.ac.th)  
Website: [www.mfu.ac.th](http://www.mfu.ac.th)