



MF-YOU(th)

MAE FAH LUANG
UNIVERSITY

STUDENT
MAGAZINE

ISSUE 2 - 2014



FROM THE EDITOR

Dear Mae Fah Luang University students, staff, guests, and readers:

We're all very excited to welcome you back to the second issue of MF-You(th), the MFU Student Magazine run entirely by MFU students! MF-You(th) displays our budding journalists' creative talents in all aspects of journalism, including writing, design, photography, and editing, as well as providing advice and sharing experiences! We are very excited to present the second issue of MF-You(th), and hope you are all as excited to read it! The magazine is as diverse as our student team, who comes from a wide assortment of backgrounds, academic schools, and nationalities, providing a mixed perspective and a multitude of stories to inspire and motivate both our students and readers from all backgrounds.

For the second year, MF-You(th) will be distributed across the globe, helping MFU students realize their full potential and strive to broaden their horizons and talents. We'd like to thank the President of MFU, Assoc. Prof. Dr. Vanchai Sirichana, and the Vice President, Dr. Romyen Kosaikanont, who have provided full support and funding for this project, as well as helping encourage and stimulate student's thirst for knowledge in all fields.

Finally, we'd like to express our great appreciation and thanks for your interest. Please enjoy reading this second issue of MF-You(th).

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

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INSTRUCTOR INTERVIEW

Mr. Chalongrat Charoensri

COULD YOU PLEASE GIVE ME THREE THAI WORDS TO DESCRIBE YOURSELF?

It's pretty hard to describe who I am in just three words. I think: "Ma-Doo-Eng" (come see for yourself).

WHY DID YOU CHOOSE TO BE AN EDUCATOR?

I think this career is suitable for many of my characteristics. I like learning, and I like helping others to learn. Moreover, I consider my own instructors as role models from when I was a student in university. My instructors allowed us to share our opinions and perspectives when we had questions or disagreed with something, which allowed us to open our minds and broaden our perspectives. I want to continue this act and help expand the knowledge and views of this generation.

WHAT DO YOU CONSIDER THE VALUE OF EDUCATION?

I think a good education has two characteristics:

- 1) It provides an answer for many questions. It helps us to know something that we didn't know before.
- 2) It develops the mind. It helps us become more humble and know what we should and should not do.

WHAT IS YOUR IMPRESSION OF MFU STUDENTS?

I was impressed that they have a lot of energy to do many creative things. There are many activities in the university that have social benefits. I feel it's good that they are learning to use their knowledge to help others, not to feel superior. In addition, as an instructor here, I can gain some energy from the students to stimulate myself intellectually as well.

HOW CAN STUDENTS DO THEIR BEST IN THEIR STUDIES?

Dedicate yourself to your studies: The most important thing to remember as a student is to do your best. Also, some students miss the chance to receive first-class honors or second-class honors because they can't find balance during university life. Many students don't pay enough attention to their studies, skip class, or pay too much attention to their social life. Do your best and find balance. University life only lasts for four years.

HOW SHOULD STUDENTS PREPARE FOR THEIR FUTURE CAREERS AND WORK LIFE?

I once heard a speech from Dr. Viphandh Roengpithya, the President of Asian University in Bangkok, which I strongly agree with. He said that graduates looking for work must know more than one language, and be skilled in more than one area. Graduates should be able to speak not only in their mother tongue and English, but also Chinese, Spanish, Portuguese, Hindi, or another commonly used language. Areas of expertise should also include "mathematics", which helps people reason and think logically, and "technology", which means you are familiar with all basic computer programs for office work, such as Microsoft Office. If you have all of these characteristics, then you can go anywhere in the world to work. You will have chance to compete even if you do not have outstanding grades.

DR. ROGER CALLAGHAN

Lecturer from the School of Medicine
The Man behind the Medicine

“Live each day as if it is your last day and learn as if you will live forever!”

Dr. Roger Callaghan, born 7 May 1953 in London, England, qualified as a doctor from Leeds University in Yorkshire before joining Mae Fah Luang University (MFU) in February 2014 as a full time lecturer in the School of Medicine.

As a doctor, it would be wrong to assume that Dr. Callaghan is familiar only with hospitals and clinics. Dr. Callaghan has travelled and worked in many different environments, including on cruise ships and in the Caribbean. Yet, though he has been to so many different locations, he is easily satisfied working with a desk, a cup of tea, and air conditioning. His first experience in teaching was teaching medical students who visited the family practice from 1980 to 2000, and teaching junior doctors in the accident and emergency unit through that period of twenty years.

Dr. Callaghan still remembers what it's like to be a student. “I was a minor rebel,” he reminisces. “I ran a mobile discotheque for much of my university career to help pay for my car. I sold the equipment 6 weeks before finals to concentrate on the exams”. Today, though he no longer has his mobile discotheque, he still enjoys listening to music of all types and working on his 20-year old vintage Honda Steed 600 in his spare time.

Dr. Callaghan knew that he wanted to teach at MFU the moment he laid eyes upon the surroundings and architecture. In the classroom, Dr. Callaghan describes his teaching philosophy as “Turning the learned science into the art of medicine (in English) whilst having fun at the same time”.

At MFU, Dr. Callaghan aims to help pre-clinical students understand how the science that they learn relates to medicine and people. However, he acknowledges that it can be difficult to guess how much students have understood of the material, and tries to encourage students to speak and become confident enough to ask questions and challenge when necessary.



Dr. Callaghan also mentions that it was “Difficult learning and adapting to the unique Thai cultural norms and also to a very different environment of clinical medicine,” but motivates himself with the pleasure of teaching, and aims to motivate others with his infectious enthusiasm for learning, as “Good physicians never stop learning”.

When teaching others, Dr. Callaghan makes sure to remember that students are his equals intellectually, and shows students respect. As his greatest teaching achievement, Dr. Callaghan stated that it was “Teaching a colleague to insert a chest drain and then later watching her save someone's life”. Clearly, his passion lies not only in the medical aspects of the School of Medicine, but also in the teaching and training of others to save lives and heal others. MFU medical students agree that they are very fortunate for the opportunity to learn from a doctor who is so spirited and knowledgeable in so many areas.

Mr. Tai Kim Truong

POPULAR COURSE



Bachelor of Business Administration in Aviation Business Management

- Aviation Services Major
- Aviation Logistics Business Major
- Aviation Operations Major

Many people dream of having wings, travelling the globe, and seeing the world through their own eyes. Have you ever imagined yourself as a flight attendant, or perhaps a pilot, soaring from country to country at 500 mph in the immense bright blue sky, hovering above the clouds? For many people, it will be just a dream. However, MFU has made that dream come true for our students and can make that dream come true for you with our Aviation Business Management programme.

This programme aims to produce graduates with knowledge, capability, and skills in aviation business management, such as in flight services, passenger ground services, food and beverage services, air cargo services, aviation safety and security as well as other related industries. In addition, graduates will also have basic business management skills that will enable them to work directly in the aviation industry. Graduates will have the complete ability and confidence to serve the present and future needs of the aviation industry, both domestically and internationally.

Objectives:

After completing the programme, graduates will be able to:

- Have the knowledge, skills, and expertise in management of the entire aviation business, including ground support services, food and beverage services, freight services, safety in air commerce, as well as related aviation businesses.
- Have the knowledge and ability to manage activities related to the entire system of the aviation business and have the ability to become an operator in related aviation businesses.
- Have an awareness of aviation business management in terms of the profession, personality, and attitude required to be able to work directly in line with the needs of the labour market of competition, both domestic and foreign.
- Use information technology and the ability to learn about new innovations in order to apply these for use in the aviation business.
- Live and work in the aviation business with morals, ethics, values, creativity, and social responsibility.

The Bachelor of Business Administration in Aviation Business Management is a collaborative programme between the School of Management, MFU and the Bangkok Aviation Centre (BAC).

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Mr. Sai Sang Sai

“The Intern from Myanmar”



Introduction

My name is Sai Seng Sai. My friends know me as Harry, and I am a fourth year Computer Engineering student from Myanmar. Before being able to graduate from MFU, completion of a co-operative training course is required to make sure that I am prepared to enter the working world.

Experience

The experience that I received from working as intern in a real working environment is very different from the experience and time spent with my friends in MFU. I had to change my behaviour to adapt with everyone in the organisation due to the diversity of people in the workplace. I worked with presidents, chairpersons, directors, managers, customers, businessmen, and peers from different majors, different universities, different provinces, and even different countries. The internship taught me that I have to think of others before myself, and the tasks assigned to me helped me to understand more about what I had learned. Before, I studied only for tests and exams; however, now I am aware that thought and judgement is required in making and resolving challenges. The working regulations allowed me to work step by step methodically by coordinating with multiple people from many departments of the company. At the end of the programme, I felt more professional and prepared for the working world.

Leadership

I had the opportunity to study the business procedures and workings of the Boon Rawd Brewery Co. Ltd. at the Singha Biz Course 6 for two months. During these two months, they trained me in the best possible ways with multiple projects and workshops. Adapting to work can be difficult and time-consuming, but I was lucky as I had some previous work experience. Increasing understanding of the entities and practice and memorisation of the various procedures makes it easier to work and adapt to satisfy your employers.

Advice

Preparation is the main factor of success at work, and you need to prepare both physically and mentally for a good working attitude towards serving others. If we are not ready for workplace issues or have a bad attitude, it will impact the company, leading to impacts on the internship programme and our university. It is best to observe from the real performance of real employees, as we will also be “real interns” in that company and will have “real responsibilities”. Projects are mainly distributed to well-practiced employees. We have to work hard, and think of others when we are working. Selfish actions will affect the company, which will also negatively affect the results of our cooperative training. Therefore, we should work diligently and help others to show that we are hard workers and dedicated to our work.

Suggestions for freshman students

Prepare for career planning and building your future. Work requires patient and time. Also, prepare your attitude, as you will meet many people with different mindsets and opinions. To be successful, you must understand others, and understand that they think differently. Loyalty is also important to work and to attain the trust of the Head. Constant development is also necessary, in addition to being well trained in foreign languages.

Reflection

On the day of the Singha Biz Course Closing Ceremony, Mr. Piti Bhirombhakdi, the Regional Marketing Director of Boon Rawd Brewery Co. Ltd. gave a valuable speech and presented all participants with a certificate. However, I got a special present, an individual award. I received the “**Best Participation Award**” to reward me for being helpful, friendly, and enthusiastic in all of my work attempts, and for thinking positively and helping others solve problems. This award is not easy to get, and the recipient is selected by an evaluation by company spokesmen, trainers, lecturers, speakers, and also my peers. I’m so proud to receive this award, especially as Thai is not my first language, and to show others the potential of MFU’s students.

Exposure



My Vietnamese Friend

1. What did you expect from the day out with Tai Kim Truong?

I expected that the trip would be more like a tour than just friends hanging out with each other.

Tai Kim Truong is from Vietnam, so I assumed that he wouldn't really know anything about Thailand, and especially not about Chiang Rai. I thought that I would have to show him everywhere, and take him to different places and be a tour guide, translator, and interpreter all in one – but in a fun way.

2. Please describe your day out.

First, we walked around Central Plaza Chiang Rai, played arcade games and ate lunch. Then we went shopping at the Chiang Rai Walking Street, and ate even more – too much! We ended the evening with Doi Chang Coffee. It was really fun, and it wasn't at all like I was a tour guide. We were just like friends, and Tai can understand some Thai so I didn't need to interpret everything for him like I originally thought.

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

No, it was exactly like hanging out with one of my Thai friends! He teased me, ate my food, gave his feedback on the things I wanted to buy... it was so much fun, I didn't even think about his nationality!

4. What was the most enjoyable part of the day?

The whole day was really enjoyable, but Tai showed me how to make my aim better when playing shooting games! Usually, I always miss most of the people on the screen, but Tai taught me how to aim and shoot properly – I broke my personal record! Also, Tai told me lots of things about his culture and life in Vietnam. I felt like I was actually there!

5. What were you most afraid of?

At first, I was most scared of: One, not being able to communicate, leading to us just ignoring each other and just playing on our phones the whole time. Two, I was scared that I would be too shy and would not be able to talk to him. And three, that he would be too shy, and would not talk to me!

6. What were you looking forward to the most?

I was looking forward to having the opportunity to hang out with an international student and to make friends with someone from a different country. His experiences growing up were different from mine, and therefore his thoughts and viewpoints are different from mine. While it was also a scary thought, it was also exciting to think that I would also be able to converse with someone with a completely different background and different points of view.

7. Do you think you would have had more fun if he was Thai?

It doesn't matter where he was from. In the end, it was his personality and his outgoingness that made the trip exciting and fun! His nationality and ethnic background did not matter at all.

8. Would you like to do it again?

Since that day, we've hung out again three times already! We've become great friends! So... I guess the answer is definitely yes, I'd like to do it again (and I have done it again many times)!

9. What did this experience teach you?

This experience taught me that I should assume that other people are a certain way or will have a certain personality type because they are a different nationality or because they grew up in a different place.

Like us, people from other countries have different personalities too, and if we are nice to them then they will probably be nice to us.

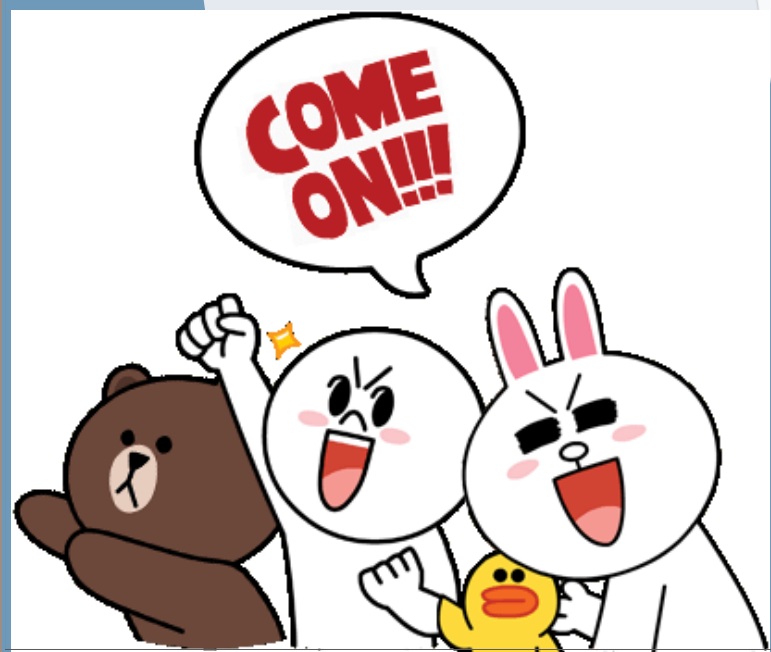
10. What would you suggest to other MFU students who wish to make more international friends?

Don't be shy! It's okay if your English is not perfect! As long as you are friendly, nice, and willing to make friends, then they will be friendly to you too. It does not hurt to improve your English skills, but even if they are not yet very good, you can still communicate with foreigners. Don't be shy!

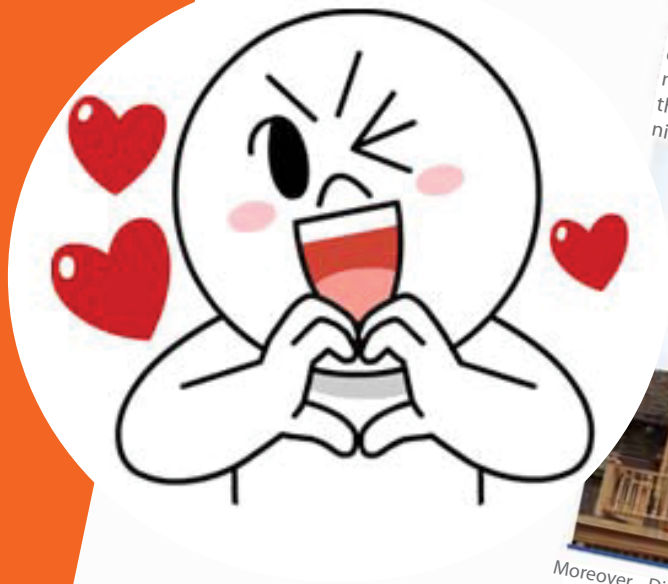
Ms. Phattamaporn Sooksai,
School of Science



TAZII WANGDRA



SUCHANAN RATTIWAT



Moreover, Disney always organizes special activities for its college-level staff. For example, the waterpark party was unbelievable! A concert stage is setup beside the beach, and we can dance under the soft light while feeling the sand beneath our feet. When the temperature got warmer, we could jump into a cool wave of water to cool ourselves down. Every 10 minutes, a 3 metre wave would come. Also, we could ride family rafts and water slides in the dark! Disney ended our day with beautiful fireworks and lots of yummy food.

I can definitely tell you that working at Walt Disney World is an amazing experience that everyone should try. Some people may be afraid of language obstacles, being alone, or cultural differences. Don't be afraid! MFU uses English to teach all of the courses; if you can understand your teacher, you can understand the people here too! If you can stay in a dormitory by yourself, then you will be able to stay here by yourself and enjoy your independence too. However, I suggest that you should participate in as many university activities as possible, especially international activities. It will help you a lot when you are overseas with international friends!

Have a Magical Day!

MFU- ASEAN YOUTH AMBASSADORS

“Travelling abroad allows me to see things with my own eyes that I have read from books.”

My name is Ratchanee Buasrikaew, an Aviation Business Management (Aviation Logistics Business) student from the School of Management. I attended the MFU-ASEAN Ambassadors Camp 2013 arranged by the university. It was my greatest pleasure to be selected as one of the MFU-ASEAN Youth Ambassadors to visit ASEAN countries. There were a total of 9 students chosen, and we were accompanied by 2 lecturers and 4 staff. We were separated into 2 groups, and then began our travel aboard. Group 1 visited Cambodia, Vietnam and Laos, while Group 2 visited Malaysia and the Philippines. I was with the Group 2.

It was such an incredible experience to see the cultural differences between Malaysia and the Philippines, and even more amazing to learn the different ways people do things. Each day of observing there was a challenging experience for me. I have done so many things which I know I will never have a chance to do here in Thailand. I felt so excited and honored to visit the Royal Thai Embassy in both countries. I went to visit many famous places and got to learn much about the history of each country at the same time.

Travelling abroad allows me to see things with my own eyes that I have read from books. I have experienced other cultures first hand and learned so much about the world by being out there and exploring it. Moreover, I have had the opportunity to observe the differences between the education system of MFU and other ASEAN universities. I was given the great opportunity to sit in class with Filipino friends at Miriam College. I observed their teaching and learning styles, and found that the teacher keeps asking questions and the students can answer them confidently. There was no right or wrong answer. Most of the questions asked were about what the students think, and it is more like a discussion that they can apply to the future.

From observing, I feel that Thai students are more prepared than others in term of ASEAN knowledge, but still lack English skills and confidence. In short, the AEC will transform ASEAN into a region with free movement of goods, services, investment, skilled labour, and free flow of capital. Companies will require workers with high qualifications, including fluency in English. Where Thai people are going to work if we still do things slowly instead of being enthusiastic? Throughout Thailand, the AEC has now become the main justification to study more English. We have advantages over other ASEAN countries in term of geographical features, weather, and cost of living. The question is: How we can make use of the advantage we have?

I had a wonderful time in Malaysia and the Philippines exploring the way they live and how they prepare themselves for becoming the ASEAN community in 2015. I really noted the differences between Thailand and those countries during the trip from 5 - 16 January 2014. I am really glad to have been announced as a MFU-ASEAN youth ambassador and to have the chance to visit ASEAN countries. I gained more experiences from this trip than I expected. When I am travelling in other countries, I expect to meet different people, see different sights and do different things. This trip has taught me how to be more social, more adaptable, more open and more flexible. I was able to explore different cultures, different places and different people. This can help me develop useful skills for the future, such as providing a competitive advantage for application in the workplace. I learned how to deal with people from a different culture. The trip has changed my self-concept in many small ways and made me feel part of a bigger world. Moreover, gave me a new perspective, allowing me to see and notice more things in my home country.

I made more ASEAN friends and learned more about other belief systems, thoughts, religions, and saw the world through their eyes. I learned many good things about the way we live, even more than can be studied in class, which I can now apply to my daily life.

Ms. Ratchanee Buasrikaew, School of Management





FROM VIETNAM TO THAILAND

VIETNAM



My hands shook as I packed my belongings into a suitcase that was almost as big as I was. The entire world around me seemed to shake. In only a couple of days, I would be leaving for an entirely different world – a different place, a different culture, a different country. I wasn't sure if I was doing the right thing, but how could I give up such an opportunity? I had been offered a scholarship to attend Mae Fah Luang University, the University in the Park. I had seen the pictures of the beautiful campus scenery, and I had heard of the university's international standards. I wanted to become a world-renowned biotechnologist, and I decided that MFU could help me reach that goal. The result? I wasn't disappointed.

Fast forward two years later. I comfortably move from laboratory to laboratory, all of which are clean, bright, and fully equipped. Within a single building, I have everything I need to perform even the most complicated experiments. My lecturers in the School of Science have taught me not only about science and its related theories, but also about how to live, how to learn, and how to think. With each step, I am stepping closer towards my dreams and even closer towards becoming a competent global individual, capable of living in a world that begins as completely foreign and still being successful in my attempts to reach my goals.

Two more years later, I am in my senior year at MFU. Soon I will be graduating, and saying goodbye to Mae Fah Luang University. My eyes prickle with emotions as I think about leaving this place I have come to call home. I sit on the balcony roof of the laboratory building that I have come to love, watching the younger students walk by in their white shoes and new uniforms. I look at my green "shop" shirt, holding my laboratory gown close to me. I still remember the day I first bought the gown. I was so excited; it was the ultimate symbol of being a "scientist". The first day I wore the gown, it was so bright and white that it reflected the sun outside, shining as a beacon of hope for my future.

Even now, though the gown is so stained with chemicals and various different substances, that beacon has not died out. Instead, though the gown is so dirty and stained, the beacon is even brighter than before.

Vietnam has become a distant memory. To me, MFU is not only a higher education institution. MFU is home, MFU is family. Without MFU, I would not have reached my dreams. In Vietnam, I ate alone; I stayed alone; I was in a state of constant loneliness and worry. However, at MFU, I was provided scholarships and financial assistance to help support me as well as pay for my tuition fees to attain a Bachelor of Science in Biosciences (Biotechnology). After both of my parents died, I did not think that it was possible for a poor orphan to have any hope of success or happiness. MFU has provided me with not only knowledge and an education, but also family, memories, hope, happiness, and a road to success.

Mr. Tai Kim Truong , School of Science



THAILAND

THE SWISS EXCHANGE EXPERIENCE



Panupon Rattnarangsarn

My name is Panupon Rattnarangsarn. My nickname is Gong. I am going to graduate soon from Mae Fah Luang University. I study in the Business Administration program, School of Management. I come from Bangkok. For my future plans, I want to be a business owner in the import-export car industry. Normally in my daily life, I like to communicate with people or find new places for travelling in order to have some experiences that can be used to create inspiration."

When did you participate in the exchange program to Switzerland?

Last semester, from 1 February to 3 June 2013.

What made you decide to go on exchange to Switzerland and study at FHS University of Applied Science?

I had known about exchange scholarship opportunities since I was the first year student and I always followed up about information regarding these scholarships. Then the opportunity came when I was the third year student. Asst. Prof. Dr. Sangchan Kantabutra, the advisor for this exchange programme, asked for students who were interested in this program. I had dreamt since when I was a child to study abroad. I believed that if I received this scholarship, my family would be so proud of me. I wanted to learn about a different culture and gain new experiences. However, the most important reason that made me decide to join to this program was that the King's Mother, Her Royal Highness Princess Srinagarindra, used to live in Switzerland. His Majesty King Bhumibol Adulyadej also studied in Switzerland.

Did you experience any cultural differences between Switzerland and Thailand?

The biggest difference between Switzerland and Thailand is the quality of life. In Switzerland everything is convenient for living. They have good facilities such as roads, traffic situations, houses and schools. The culture of Swiss people is also totally different from Thais. Swiss people are not so involved with each other. They think we all have our own lives, which is different from Thai People. Thai people have good interpersonal relationships and are kind. They help when other people need help.

What have you gained from going on exchange in Switzerland?

I gained a lot of things from Switzerland. New experiences, great opportunities, learning how to survive and new cultural understandings. I travelled to many countries including Switzerland, Germany, Austria, France, Spain and Italy. I also gained much knowledge from FHS University. I made many connections, meeting people who do business in Switzerland. We exchanged information, we talked and shared ideas together and we are going to conduct some business together as well. I learned the way to do business from their experiences and learned how to be successful in life. My lecturer told me, even with ten million baht, I would never have gained this experience.

WHERE THERE ANY CHALLENGES BEING AN EXCHANGE STUDENT IN SWITZERLAND?

The language was the most challenging thing of being an exchange student, especially the different accents. It was the first time for me to go to study abroad and mostly people in Switzerland use the German language. It took one month for Foreigners to understand my accent! After this it became better, however, I still had to adapt to the new environment, learn how to survive, and how to find different foods. Switzerland is totally different from Thailand, where food can be found so easily.

Do you have any advice for people who are interested in doing an exchange to Switzerland?

I have already recommended for other BA students to join this exchange program. Many people have asked me how to become an exchange student, I replied that you have to have goals in your life, find the things that you like the most and try to do the best. While you are an exchange student, I want everybody to remind themselves, that you are the representative of the university. Furthermore, you are a representative of Thailand. You have to uphold the reputation of Mae Fah Lung University. Bring good things back to our country and let other people be proud to have you as an MFU student. More information about exchange possibilities and scholarships to go abroad can be found at the International Affairs Division, Office of the President Building (AD1).

Interview by
Nang Kham Su Thet Naung and Pailin Jintanawong

Located only about 150 kilometres away from Mae Fah Luang University within the Wiang Kan district.

THE MOUNTAINS TOWARDS THE SEA OF MIST

by Franz Sascha Scholl



Only 150 kilometers away from Mae Fah Luang University, within the Wiang Kan district, you can find Phu Chi Fah: A mountain providing on its peak an outstanding direct picturesque view of the 'sea of mist' and steep cliffs shrouded in a dense mist. It appears as a whole sea comprised entirely of fog. Each day, two vans transport visitors and tourists from the Chiang Rai bus terminal towards the summit of the Phu Chi Fah mountain. The first van departs at 7.15 am, and the second van at 1.00 pm. The journey takes approximately two hours.

The second option is to travel by car. In this case, the journey will begin at Thoeng, where there will be signs indicating the way towards the mountain. While following the signs, the driver will pass a winding road leading up the mountain towards the observation point of Phu Chi Fah.

At first, the ascent is flat and leads over rolling green hills. Then, the terrain becomes more mountainous; the road becomes more serpentine and narrow. The ascent becomes steeper. It is crucial that the driver pays close attention and concentrates, making sure to steer very carefully to avoid possible accidents.

The road ends two kilometres below the observation point at a parking lot, where there are some shops and stalls selling a small assortment of foods, beverages, warm clothes and souvenirs.

From that point, the visitor continues their ascent by hiking up a dirt path towards the observation point at the summit of Phu Chi Fah mountain. The path is relatively wide and has a fairly even surface, hence this short walk ought not to be troublesome for the hiker. From this slope, the hiker can see all the nearby grass fields and the amazing view.

Apart from this slope, the Phu Chi Fah mountain offers an astounding array of beautiful flowers and other wildlife. When the traveller reaches the small plateau at the top, they are rewarded with an outstanding view of the said "Sea of Mist". Beyond the observation point, there is a steep cliff leaning towards Laos, a descent which is impossible for a traveller without proper climbing gear. However, when the fog is not too dense, we can all enjoy the beautiful sight of Laos from the mountain top.

The MFU Duanwu Festival

by Siwanart Pecknart

THE EVENT

10 June 2014, MFU and members of the local Chiang Rai community were treated to a taste of China in Chiang Rai. The Sirindhorn Chinese Language and Culture Center filled with a variety of different Chinese decorations for the MFU Duanwu Festival, and the atmosphere seemed to draw a part of China on to the MFU campus. The School of Liberal Arts had kindly arranged a display of Chinese cultural performances for everyone to observe. Sweet musical notes rang from Guzhengs. Bold, black ink flowed from calligraphy brushes; elegant dances, graceful while also contrastingly compelling, enchanted our eyes. The combination of the atmosphere and the performances hypnotized our minds, transporting us to China immediately after stepping into the center.

THE STORY

The Duanwu Festival is celebrated on the fifth day of the fifth month of the lunar calendar. It is also known as the "Dragon Boat Festival". The festival is said to commemorate the death of the poet "Qu Yuan" of the ancient state of Chu, who served in the high offices of the Chu Royal House. The King then decided to ally with the state of Chin, and Qu was banished for disagreeing with the alliance and accused of treason. During his banishment, Qu Yuan wrote many works of poetry. Then, Qin captured Ying, the capital of Chu, which caused Qu Yuan to drown himself in the Miluo River. The local people greatly admired him, so they raced out on their boats (the origin of the "dragon boat races") to retrieve his body. When they could not find him, they made little balls of sticky rice so the fish would not eat his dead body (the origin of "Zongzi").

ENDING OPINION

I was very excited to attend the festival, and truly enjoyed the entire event. My favourite shows were the martial arts performances and the distribution of free Zongzi rice dumplings! The dumplings originally come in both sweet and savoury flavours, and I was lucky enough to try almost all of the flavours! The atmosphere, artwork, displays, and tastes of the Zhongzi stayed true to that of the Chinese culture, captivating the entire crowd.

The recreation of a foreign festival requires great skill, and the fact that MFU can recreate a festival as extravagant and complex as the Duanwu Festival makes me honoured to be a student of Mae Fah Luang University.



Activity Clubs on Campus



By Attapinya Longha

MFU has many clubs that conduct activities all year round. In this article, I am proud to present MFU Board Game Club. The MFU Board Game Club is one of the most popular clubs because it encourages students and players to exercise their minds, concentration, and optimization skills. The benefits gained can be used to improve their studies. Many games are available, such as Chinese Go and Baduk, Chess, Thai Chess, Checkers, Crossword Puzzles, and Math Puzzles. These games are great for brainstorming and challenges, which is why so many people are interested in these games.

This club does not only play games with other players on campus: Twice a year, a competition named "MFU Chinese Go Friendly Match" is arranged to provide opportunities for students who are interested in Chinese Go to practice and develop their skills in a real competition. This match also helps students gain new experiences and make new friends.

Moreover, in their free time, the members of this club travel outside the university to teach younger school students how to play board games, helping young children practice using their minds and teaching them how to optimize the use of their time, as so many children are addicted to computer games. This way, the club members are helping steer Thai school children away from computers, moving towards mentally beneficial games instead of only playing games on the computer. Thai chess has been chosen to teach the school children as it is easy, fun, mentally stimulating, and inexpensive. Parents can also buy these board games for the children to play at home, which is a great plus. The club sends players to compete outside the university in competitions such as U-Go or University Go every year, and has received several rewards. In addition, competing in the university games is a great way to make friends with students from other universities. The MFU Board Game Club is a friendly, social group that takes great care of its members.

Join the club, and enjoy board games with us!

Find us on the first floor of F5, 17.00 hrs. to 20.00 hrs., Monday to Friday
or online at <http://www.facebook.com/MFU.BG.Club>



Exchange programme

Experience the world!

Why should I go on exchange?

Immerse yourself in another country!! As an MFU student, you have the opportunity to study, travel and make lifelong friends around the world. Learn more about yourself, become more independent and give your MFU degree an international edge. Share your Thai culture abroad and, in return, experience the culture, lifestyle, and people of another country!

Take advantage of these opportunities to earn credit toward your degree while gaining a cultural and personal perspective in your life. Participating in an exchange is a fun and life-changing way to broaden your horizons academically, geographically and culturally.

I'm interested...What's next?

Step 1: Discussion with Your Advisor

- It would be beneficial to discuss your decision with a relevant academic staff member.
- You must research your options prior to meeting your advisor and take the relevant documents with you.
- Your Advisor needs to approve your course selection.

Credit Transfer

The credits earned during the student exchange programme at the Host University shall be transferable to MFU.

Courses taken in the Host University can be transferred into equivalent courses in MFU if there is a minimal 75% learning outcome equivalency and the credit is equal or bigger than the course's credit in MFU.

Step 2: Completion of the application form

Step 3: Selection process

Once you submit your application it will be processed as quickly as possible. If your application is successful, you will be called for an interview.

The International Affairs Division helps students apply for the programmes through various government or non-governmental organizations that organize the programmes under the support of the Office of Higher Education Commission, Ministry of Education, Thailand. The scholarships available for exchange programmes are listed below:

1. Thai and ASEAN Student Exchange Programme (Thai Student Only)
2. University Mobility in Asia and the Pacific: UMAP (Thai Student Only)
3. ASEAN International Mobility for Students: AIMS (Thai Student Only)
4. ASEM – DUO Fellowship Programme : DUO-Thailand (Thai Student Only)
5. UMAP Student Connection Online: USCO
6. UMAP Super Short-term Student Exchange Programme
7. Exchange with Partner Universities

For further inquiries, please contact P' Noi (IAD)

E-mail: warunee.kae@mfu.ac.th

Facebook: MFU Exchange Programme & Scholarship

The world is in your hands!





THE FIRST-YEAR CORNER

Friends

Friends are very important for living in society, especially as humans are “social animals”. It is difficult for us as humans to live happily without any friends. During university life, most of us move away from our families, and our friends become our new family. However, friends in university are different from friends in high school. In high school, we are younger and less scared of approaching others, and usually already have a group of friends that we have grown up with. In university, it is entirely up to us to make new friends. For some people, that can be rather difficult.

The first year of university is a time for finding new friends, but it is not guaranteed that all of them will be good friends. If you are unhappy when you are with someone or a certain group, then they might not be the best friends to be with for your university life. Do not place limits on yourself: If you feel that you are not very close to them, or that the friendship feels strange or one-sided, you should seclude yourself for a little while and allow each other to have some personal space, while perhaps finding others with more common interests and experiences.

Studies

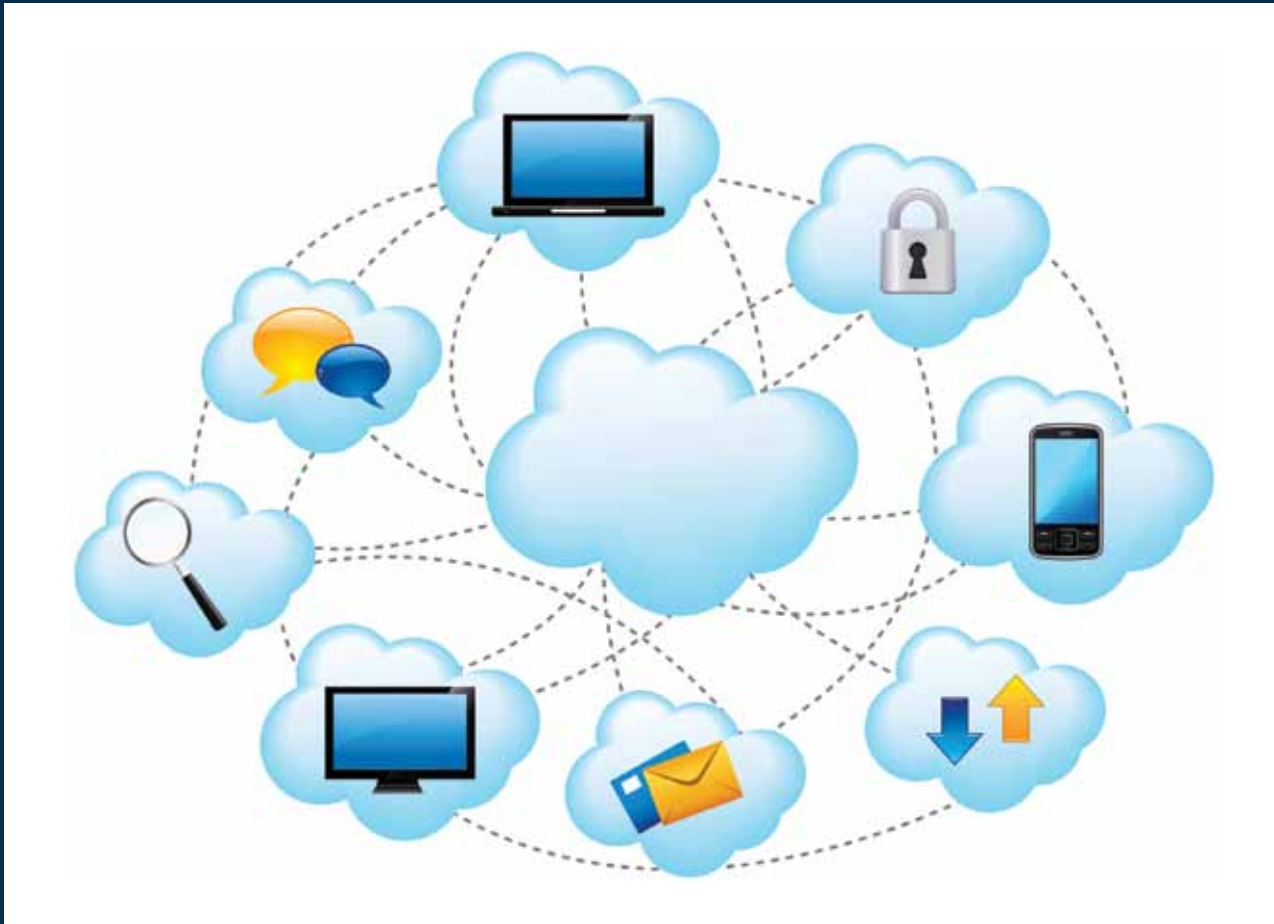
Are you having problems studying?

Studying is one of the most important elements of university life, but many students have problems with their studies. Some of the most common issues are that students do not find time to study, or do not pay enough attention during class. Procrastinating, talking during classes, and then revising for one night before an exam may have been a popular study method during high school, and may have resulted in adequate grades; however, this will not work in university!

There are three easy steps to make sure you do well in your studies. First, you should prepare for your classes by reading the text before attending the lecture. Step two, if you don't understand any points in the text or that the teacher mentioned, raise your hand to ask a question or ask the teacher after the class. Step three, you must review everything that you learned during class and take time to write your own summary. These three simple steps are a very effective method for attaining university success. If you are having problems with the material, then find time to visit the teacher before exams. As a bonus, it will help your teacher know that you care and are enthusiastic about learning, which will lead to better relationships with your teachers!

IT CORNER

Introducing: Cloud Computing



What is cloud computing?

Cloud computing uses high performance computing networks of large server groups with specialized connections to process data between them, and can perform tens of trillions of computations each second. Together, they form an IT infrastructure that links together many different systems that can work together (and apart). Many businesses currently use cloud computing to save money, resources, and space.

Advantages

- Doesn't take the form of an object
- Shared resources and networks
- Increased security (if used correctly)

Disadvantages

- Is dependent on internet for use
- Software support
- Security breaches if used incorrectly



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