



**MFU**  
STUDENT  
MAGAZINE

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# MF-YOU(th)

MFU's International Life



# FROM THE EDITOR

MF-You(th) is a magazine created entirely by MFU students, for MFU students.

Our biannual issues feature various categories of content: art, fashion, poems, culture, etc. Within these categories, we publish articles about modern events that are interesting and exciting, because we focus on the issue that youths today care about. Our generation serves as a catalyst of change, and MF-You(th) strives to support young artists and designers who spark the flame. Our contributors are college writers because who better to inspire the new generation than those who are part of it?

Each MF-You(th) issue will have a unique theme to give our edition coherency – it is something to tie our articles, reviews, and photos together.

In our issues to come, the MF-You(th) staff will continue to work hard to curate and create interesting content for its readers. We hope our readers enjoy this magazine as much as we enjoyed making it.

Sincere regards,

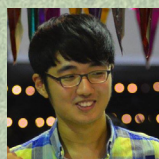
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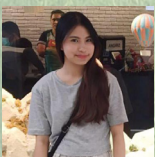
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# Wellness



Credit: [https://issuu.com/cheburgos/docs/chesenia\\_s\\_cover\\_photo\\_-\\_for\\_upload](https://issuu.com/cheburgos/docs/chesenia_s_cover_photo_-_for_upload)

With the stressful atmosphere that tends to dominate college campuses, where papers are due weekly, midterms scheduled at the crack of dawn and extra curricular activities swallowing up your free time, it's important (and okay!) to give yourself a break.

When you set aside a couple of minutes a day to read for pleasure, meditate, play outside, do a headstand, or just stare off into space, you'll become a happier, healthier and more functional you!

There is no way you can take on the world if you've been up 72 hours straight, fueled solely by black coffee and gummy bears. It's simply unsustainable! Restore your body, rejuvenate your mind, and relax your thoughts.



Credit: <http://www.castawaytherapies.com/services/wellness>

It seems like we're always connected, living on-the-go, running from one class or meeting to another, and forgetting a really important part of the mix – our wellness. So, if you find yourself just going through the motions, make sure to create room for at least 30 minutes of "me time" in your planner and rediscover your inner peace!

**Ms. Kesang Yuden**  
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# Semester Abroad



I have studied the Tourism Business Studies at Management Center Innsbruck (MCI) in Austria as an exchange student for a semester, and I have experienced and gained a lot of things throughout this semester's exchange program.

Firstly, I enhanced my cross-cultural communication and social skills since I had a chance to meet and study with students from literally all over the world. My classmates came from Canada, the US, Hong Kong, Korea, Turkey, Finland, Spain, Argentina, and many more countries from almost every continent in the world. While working on group projects or presentations in class, I had to cooperate with other students to accomplish tasks and I learned how to communicate with people from different cultural backgrounds in an effective way.

Secondly, I could also improve my presentation skills and learn how to present myself effectively in front of people through in-class discussions. I was very impressed by the lectures given at MCI because all of the lectures were very interactive and had an active interaction between students and lecturers. By having

a presentation in every class and throughout a number of active discussions with lecturers and other students, I surely improved the way to present my own opinion and discuss a topic.

Lastly, Innsbruck and Austria are located in the center of Europe, therefore it was a perfect place to travel around Europe, and I actually traveled to many countries and enjoyed exploring new places and cultures. For example, I traveled to Germany, Poland, Hungary, Switzerland, and France with some international friends I met at MCI, and I also did solo trips to the Netherlands, Belgium, and Italy.

This experience definitely gave me a memorable time that was unforgettable and I would make the most of all these experiences to my future career. I also would strongly recommend that other MFU students should participate in the exchange program and have a once in a lifetime experience that can never be experienced in Thailand.

**Ms. Kiriko Sugahara**  
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# Travel Guide

South Korea: with its unique ancient culture, booming economy, and an increasing global popularity of K-pop and K-drama, South Korea is rapidly becoming one of world's most popular tourist destinations. Each year, South Korea is visited by more than 12 million foreign tourists. Are you interested in traveling to Korea? This travel guide will introduce some of the best Tourist Destinations, Must-Sees and Must-Eats in South Korea to the MF-You(th) Magazine readers.

**1. Seoul City** Seoul has received more than 10 million foreign tourists in 2015 and this makes the city the world's 10th most visited destination. Since the Korean wave (global popularity of South Korean entertainment) has become a global sensation, more and more travelers are visiting Seoul to experience the city's extensive cultural facilities. Seoul is also one of the safest places in the world for travelers with low level of crimes and featured medical facilities.

**Gyeongbokgung Palace** (경복궁) Gyeongbokgung was the royal palace of Joseon Dynasty which was built in 1395. It is the largest palace of five grand palaces of South Korea. If you are a fan of Korean historical drama, this palace might be the best destination for you to experience outstanding architecture and extensive culture of Joseon Dynasty. You can also try Korean traditional costume at the traditional costume pavilion in the palace.

**Gimbap** (김밥) Gimbap literally means "Seaweed Rice Rolls". If you are looking for quick and reasonable priced lunch nearby the Palace, "Chosun Kimbab" is the best choice as they serve delicious Korean Gimbap with free side dishes and it is only 0.3 mile away from the palace.



Credit: <https://myyellowsuitcase.files.wordpress.com/2015/07/g-palace.jpg>



Credit: [http://www.antiqaealive.com/upfile/main\(1\).jpg](http://www.antiqaealive.com/upfile/main(1).jpg)



Credit: [http://cdn0.koreanbapsang.com/wp-content/uploads/2015/11/DSC\\_0875-e1446774684726.jpg](http://cdn0.koreanbapsang.com/wp-content/uploads/2015/11/DSC_0875-e1446774684726.jpg)

**Dongdaemun Market** (동대문시장) Dongdaemun is Korea's largest wholesale shopping district which has over 25 shopping malls and more than 30,000 specialty shops. Opening from 10:30 to 5:00 hrs., you can shop here all day. If you are interested in latest fashion trends of South Korea, Dongdaemun is a must visit place!

**Jajangmyeon** (자장면) Tired of shopping? Try some Jajangmyeon at the Dongdaemoon Market! Jajangmyeon is a noodle dish with black soybean paste and fried vegetables which is one of the most popular dishes in South Korea. It is absolutely delicious and charming!



Credit: [http://www.theseoulguide.com/wp-content/uploads/2013/09/just\\_a\\_few\\_of\\_the\\_thousands\\_of\\_shops\\_found\\_at\\_dongdaemun\\_market.jpg](http://www.theseoulguide.com/wp-content/uploads/2013/09/just_a_few_of_the_thousands_of_shops_found_at_dongdaemun_market.jpg)



Credit: <http://i7.alamy.com/zooms/cde6036f7dc04b2890cb4a456b8554e1/south-korea-seoul-jongno-gu-dongdaemun-market-opened-in-1905-shoe-f20nbjjpg>



Credit: <http://chefjulieyoon.com/wp-content/uploads/2016/01/Jjajangmyeon-21.jpg>

**2. Jeonju City** Jeonju is one of South Korea's top destination as well as major homes of history and culture in the country. It was the capital of the Hubaekje Kingdom and considered as the spiritual home of the Joseon Dynasty because it was here that the Royal Family that founded the Joseon Dynasty originated.

**Jeonju Hanok Village** (전주한옥마을) Hanok is a term to describe Korean traditional houses. In Jeonju Hanok Village, there are over 800 Hanoks and thousands of finest Korean traditional restaurants. It is a great opportunity to experience traditional Korean lifestyle and culture.

**Maisan Provincial Park** (마이산도립공원) Mt. Maisan Provincial Park is located in Jian-gun right next to Jeonju city. This provincial park or mountain is one of the seven mysterious places of South Korea. In the place, if you put water into a bowl during the winter, the water freezes into a pole reaching for the sky. No one knows why and how this happens. This makes Maisan just that much more mysterious for travelers to visit. A view of the Maisan is absolutely incredible and breathtakingly beautiful. This is a must visit place for nature lovers.

**Bibimbap and Grilled Pork** (비빔밥, 돼지갈비) If you are visiting Jeonju, you must try delicious bibimbap (Rice mixed with vegetables and meat) and grilled pork at the Chogajeongdam (초가정담) which is one of the finest restaurants located in Maisan Provincial Park. Here they serve amazing food with reasonable price in Hanok-style architecture.



Credit: <http://korealtrip.com/wp-content/uploads/2016/06/Jeonju-hanok-village.jpg>



Credit: [http://tong.visitkorea.or.kr/cms/resource/66/1678666\\_image2\\_1.jpg](http://tong.visitkorea.or.kr/cms/resource/66/1678666_image2_1.jpg)



Credit: <http://www.healthguru.sg/wp-content/uploads/2013/04/Bibimbap.jpg>

**3. Jeju Island** Jeju island or Jejudo is a popular vacation spot for many international visitors and Koreans. It remains one of the top honeymoon destinations for Korean couples as its temperate climate and mixture of volcano rocks make it very similar to Hawaiian island in the U.S. The island offers visitors a wide range of activities such as riding horses, lying on the sandy beach and viewing beautiful waterfalls.

**Seongsan Ilchulbong Peak** (성산일출봉) Seongsan Ilchulbong Peak rose from the sea in a series of volcanic eruptions beginning over 100,000 years ago. The sunrise seen from the peak is considered as the most fascinating and beautiful scenic views in Jeju.

**Jungmun Beach** (중문해수욕장) Jungmun Beach has white sand beach and different shades of red, grey, and black are beautifully mixed into the white sand of the beach. If you are exhausted from the long trip, this jungmun beach might be the best place for you to get some rest in the beautiful beach.

**Seafood Ramyun** (해물라면) You need to try seafood once you are in jeju! Haemul ramyun restaurant serves tasty seafood instant noodle with crabs, mussels, octopus and clams.



Credit: [http://res.heraldm.com/content/image/2011/11/13/20111113000177\\_0.jpg](http://res.heraldm.com/content/image/2011/11/13/20111113000177_0.jpg)

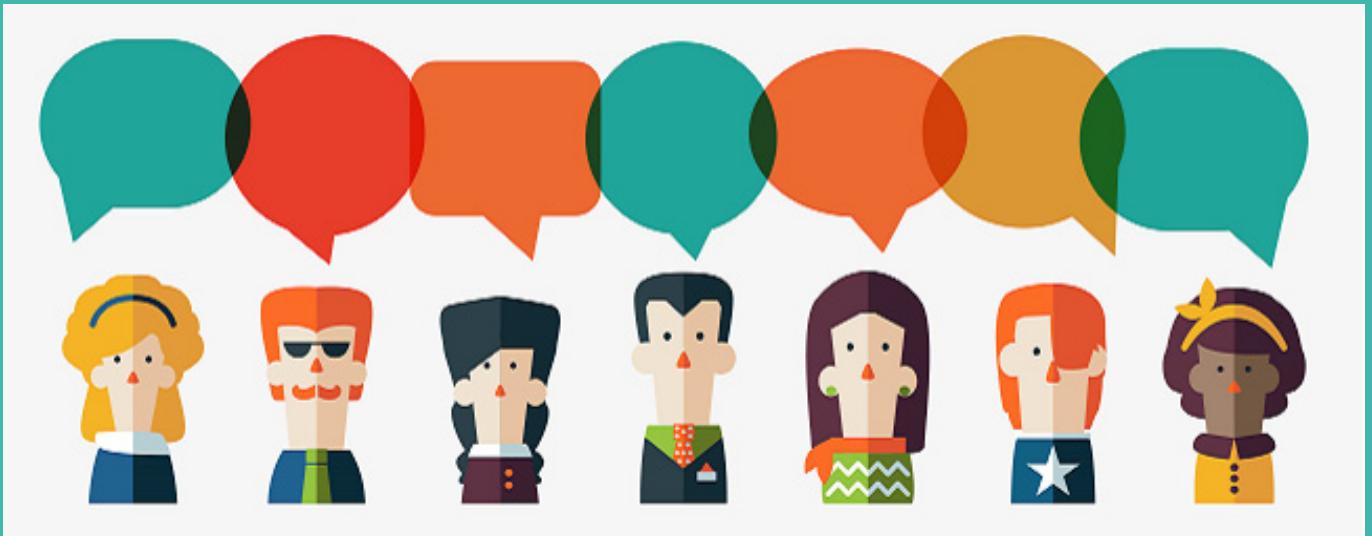


Credit: [http://tong.visitkorea.or.kr/cms/resource/36/1617136\\_image2\\_1.jpg](http://tong.visitkorea.or.kr/cms/resource/36/1617136_image2_1.jpg)



Credit: [https://adventuresnitilits.files.wordpress.com/2014/12/20140919\\_162026.jpg](https://adventuresnitilits.files.wordpress.com/2014/12/20140919_162026.jpg)

# Languages



Credit: [http://lifehacklane.com/img\\_posts/2016-12-19-12-41-40.png](http://lifehacklane.com/img_posts/2016-12-19-12-41-40.png)

Sawasdee kha everyone! I'm back with another interesting topic. As we all know that it's already one year since we're in the ASEAN Economic Community, right? So in this column, I am here to teach you some basic ASEAN greetings and essential words. Hopefully, these can help everyone make new ASEAN friends. Yeahhh!!

## Thailand

- Hello = Sawasdee kub/kha
- Thank you = Khob khun
- Sorry = Khor thod

## Laos

- Hello = Sa bai dee
- Thank you = Khob jai
- Sorry = Khor thod

## Myanmar

- Hello = Ming ga la ba
- Thank you = Cè-zù tin-ba-deh
- Sorry = Wùn-nèh-ba-deh

## Indonesia

- Hello = Halo
- Thank you = Terima kasih
- Sorry = Maaf

## Malaysia

- Hello = Helo
- Thank you = Terima kasih
- Sorry = Maafkan saya

## Vietnam

- Hello = Xin chào
- Thank you = Cảm ơn
- Sorry = Tôi xin lỗi

## Cambodia

- Hello = Sous-dey
- Thank you = Orkun
- Sorry = Somtoh

## Brunei

- Hello = Apa khabar
- Thank you = Terima Kasih
- Sorry = Maafkan saya

## Philippines

- Hello = Kumusta?
- Thank you = Salamat.
- Sorry = Patawad

## Singapore

- Hello = Ni hao
- Thank you = Xiexie
- Sorry = Dui bu qi

Some countries use similar words because they use the same official language. Finally, don't forget to use these words to say hi to your foreign friends! Good bye.

Tips: Singapore has four official languages which are English, Mandarin, Malay, and Tamil.



# Batik



Credit: [http://2.bp.blogspot.com/-F0Tx4rBSKcE/UAojMHF5gal/AAAAAAAAADo/ImzbyuV53E/s1600/poster\\_keluarga01.jpg](http://2.bp.blogspot.com/-F0Tx4rBSKcE/UAojMHF5gal/AAAAAAAAADo/ImzbyuV53E/s1600/poster_keluarga01.jpg)

Batik is an art of making a picture on a cloth by painting the picture by using beeswax. The beeswax is melted and poured onto the cloth to make a shape or a beautiful motif with complicated ornaments. After the beeswax hardens, the cloth is later soaked into a coloring water. After the cloth has been colored, the wax is removed by hot water to show the painted motif.

The tool used to pour the beeswax is called canting. Canting is used by hand to make a very detailed ornament and normally it takes a lot of days to finish one cloth. A cloth that is painted by hand is very expensive, and normally only officials wear it.

Batik holds a very important role in Indonesian society. Batik is used to attend the weddings and for official events mostly. Batik is also universal, it can be worn by both men and women. Usually, men only wear a monotone color, while women can wear more than two colors. There is no color restriction or

what color should you wear in Batik clothing. Batik normally uses brown, yellow, or orange color because the dye comes from natural ingredients such as turmeric, guava leaf, mangosteen skin, noni fruit root, or areca nut. But there is also modern Batik where textile dye is used so there is also Batik color in red, green, purple, or blue. In traditional Javanese custom, some Batik motifs are mostly associated with the kingdom, which only some people can wear. Every island of Indonesia has its own Batik motif, which it varies from the simplest one until the one that has a story inside its motif.

Indonesian Batik itself has been recognized as Intangible Cultural Heritage of Humanity by UNESCO in 2009. The Indonesian government has declared 2 October as national Batik day, which means every Indonesian should wear Batik on that day, anywhere in this world.

**Mr. Muhammad Khalid Wardana**  
**School of Social Innovation**

# Internship Experience



Hi! My name is Khalid, I am 4<sup>th</sup> year student from the International Development programme in the School of Social Innovation. I will introduce the office where I have done my internship for three months in 2016. Where it is? Yeah, it is in the ASEAN University Network (AUN) office in Bangkok. I was doing the internship from June to August 2016. It was a nice experience to work in an office which is located in the middle of Bangkok. And let me tell you the story.

Since the first day I arrived, I felt a lot of heat in the city which has dense buildings and a lot of skyscrapers. It was my first time to come to the capital city in Thailand to do something for a very long time. I arrived that night and I got stuck in a traffic jam for almost two hours

in Bangkok, and it was just the first day! After waiting for a very long time, finally I arrived at my apartment and started to meet my new friends. It was amazing to see the sky of Bangkok from sixth floor of my apartment during that time. I come from a small place in Indonesia, and also study in small city in Thailand, but once I saw Bangkok, I knew this city has something big that I had never seen before. I was so excited to explore the urban life of Bangkok.

On next day, I borrowed my friend bicycle and started to explore Bangkok. It is a big city with a lot of busy streets. After few days, finally I found my office which took me 15 minutes to get there from my apartment. At the first day, I met some Bruneian students



and they were very friendly with me. At the office, what I did was mostly about research and also some typing. Sometimes, I was in the office without any job so I asked my supervisor whether I could be assigned some job to do or not. Working in the AUN office is very cozy; you can go and have cookies from the kitchen sometimes, or you also can have a free lunch if they hold a meeting in the office. And one thing that I liked very much about the office is that the employees were very friendly, easy-going persons, and helpful especially to the intern worker. Moreover, I got some jobs which I had to finish within two weeks, or maybe one day. Sometimes I was assigned to bring some stuff along with some staff to outside office to join the meeting, seminar, or to bring the meeting materials to the logistic office. And one day, I went to Phuket with the AUN staff to a meeting. I was there, watching a lot of people came to the meeting, talked many big issues, and also united, as the ASEAN community is. From the meeting, I learned that many great people are born with great responsibilities, but those responsibilities are for the greater good of the people.



For three months in Bangkok, I can say that Bangkok is a big city with diverse people coming from around the world for many things; it can be business, travel, or also working. I learned that people will do anything for a living in Bangkok, which is quite difficult if you are not fast enough to do some jobs, just as my supervisor does here.

**Mr. Muhammad Khalid Wardana**  
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# Volunteer Experience



Credit: <http://kingofwallpapers.com/pyramid/pyramid-017.jpg>



## 'They Said They Have Pyramids'

There are plenty of reasons to lure traveler's heart and soul to visit Egypt. My six weeks experience as a volunteer was filled with a series peaks and troughs.

Who would imagine that Egypt would be much more than the Pyramids and camels?

**Ms. Kotchakorn Tharnpanich**  
**School of Liberal Arts**

# My College Experience



Thailand is one of the most visited places on the planet. Warm weather year-round, friendly people, low prices, great food – Thailand has all of this and more. When I first arrived, the atmosphere of excitement, opportunity and possibility that tends to dominate college campuses was the number one reason I thought to myself, “This will be an amazing experience.”

Of course I felt homesick a couple of times, but I participated in events early on – especially during orientation. Let me be honest: not all events aimed at first-year students are super exciting. Tours of the library and silly-sounding mixers were not my thing. But, they connected me to the campus, helped me meet people and prepared me for academic success.

I wandered outside my comfort zone. I pushed myself to experience new things. I introduced myself to people from different countries. I engaged in conversations with people from different religions. I tried different kinds of food. I signed up for classes I knew absolutely nothing about. Basically I stepped out of my

comfort zone and took risks. Because you go to college to learn new stuff, right? I made it to class regularly (sometimes on cups of hot tea), no matter how sluggish I felt, because missing class is one of the worst things I thought I could do.

I have learned that college is a sum of many different experiences. It’s the lectures that you love and the dreaded three-hour class in the afternoon that looms over the rest of your week and makes you regret the whole college process. It’s the friends you make and connections you form. It’s the occasional shrinking sense of loneliness. It is everything from getting a sense of power and potential to the difficulty deciding what the end goal of these four years really is.

The biggest thing I knew I could do for myself while abroad was to live it up: be present in every single moment so I have no regrets when I head back home.

**Ms. Kesang Yuden**  
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# Food Review



Credit: [https://kyawtthiri.files.wordpress.com/2014/04/img\\_4099.jpg](https://kyawtthiri.files.wordpress.com/2014/04/img_4099.jpg)

Right in front of the MFU, Namo is a street that provides various stops from clothing to eye wear stores. But the thing most people love about this market is the delicious street food. Every Monday and Thursday the market is put up and students can assemble at the market after their busy class schedules.

From all the foods available, I only have one dish that I rave about to everyone asking for my recommendation. It is the Burmese Noodle Salad or Khauk Swe Thoke or Athode in short in Burmese.

The recipe consists of cooked yellow noodles, tofu, tomato, long beans or chickpeas, fish paste, chopped roasted peanuts, chili oil, lettuce, pickled tea leaves, salt and optional sugar.

## *Khauk Swe Thoke*



Credit: <https://s-media-cache-ak0.pinimg.com/736x/74/73/41/7473414b60e4958964f6b2f662ba97f0.jpg>

It is a hearty salad full of refreshing flavors and textures that is yummy and filling.

**Ms. Kesang Yuden**  
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# Travel Class



When travelling, there are many variations choices but there is only one thing that is fastest and very popular than anything else at this time. It is plane because it is very comfortable and saves time. Many people are wondering how to choose a seat on a plane and how many levels of seat there are in the plane. I have the answer and advice for you.

Seats on a plane can be divided by price and accommodations of the seats. Therefore, those seats must be selected by passengers. Airlines generally classified seats on a plane into three levels:

## First Class

First class abbreviated as P class is a class with a special service. Seats are very wide and can be adjusted to a reclining position. This area is behind the cockpit, it is quite, private and uncrowded. First class passengers are generally served high quality meals and beverages. There are also many entertainment features. The checked baggage can be up to 40 kg per person.

## Business Class

Business class abbreviated as J class is a class that has a special secondary class. This class has beverages similar with a first class service and the seats are in front of the economy class. Passenger can take the luggage up to 30 kg per person. In addition, business class passengers will pay a medium fare.

## Economy Class

Economy class abbreviated as Y class is a class that provides passengers with a lowest cost compared to others. Generally, the seats are in the main cabin starting from the center of the plane (the wing) till the end (the tail of the plane). In this class, seats are smaller and packed more closely together than other classes and in-flight services are limited. It can take less baggage usually take no more than 20 kg for economy class passengers.

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