



# RIC Experience

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# ANNUAL TRIP TO KANCHANABURI



by Mary



The University is a place where we can learn things for life. University student life is very difficult and stressful. However it should not be only for studying in class and doing assignments all the time. Students should have relaxing time to enjoy with friends and fun together. Relaxing could help their studies and refresh the brain so that they can improve in-class activities. People believe that travelling is the best medicine to release stress and improve friendship between students at the same time. Moreover, as the professors also join the trip, students can have a chance to talk with the teachers closely. It can also promote leadership skills for the students and self-management as well. That's why it is important to have a trip for students every year and make them enjoy the trip.

For these reasons, Rangsit University International College organizes an annual trip so every student can join. This year we went to Kanchanaburi from 28th to 29th of March. The destination of the trip was Lake Heaven Resort which is on the bank of the dam where everyone could relax with the view of a big lake, and enjoy a lot of water activities. Around three hundred and fifty people including teachers and staff joined the trip and travelled with six buses in total. It took about five hours to get to the place which left at 7:30 am and arrived at 12:30pm. Even though it is too far to go, the place is really beautiful and pleasant to relax. So it was worth traveling a long way to get to this peaceful place.



Everyone had a great time with the water activities and enjoyed the dinner together. One of the special activities during the dinner was that all the professors gave their wishes for the students by tying a sewing thread on the hand of students. It is the culture of Thailand and people do it once a year. After that, all the students joined the party. It was a very entertaining moment because the students painted their bodies with neon color and danced under the neon lights. Dancing under the neon lights with loud music is relaxing and set us free for that night without any concerns about studies. On the way back home, we had a chance to visit the Burma Railway also known as Death Railway which was built during World War II to communicate between Bangkok (Thailand) and Yangon (Myanmar). It was named Death Railway because about 90,000 civilian laborers and more than 12,000 Allied prisoners died during the construction. The place is really interesting and very iconic because of its historical facts. It was worth to visit there and study the history and situations during the war.

The trip was very delightful and brought precious memories for all students and teachers. Even though there were some problems and inconveniences during the trip, it was ended successfully. Students could get geographical experiences and historical experiences in the trip. Every student had a great time —and enjoyed the trip.

# ALUMNI



by Tshering

There are a lot of International students graduating every year and one of which is Mr. Sonam Wangdi from Bhutan who has studied at Rangsit University for more than 4 years. Below are some of his experiences in Rangsit along with some of the pictures taken while he was studying at Rangsit.



## Alumni Interview Questions

**What is your name? Where are you from?**

Hello I am Sonam Wangdi, but people know me by my pet name "Dakey" and I am from Bhutan. A small Himalayan kingdom nestled between China and India.

**How long have you studied in Rangsit University?**

I feel like I have studied my whole life at Rangsit, but to be precise I have studied 4 and a half years.

**What major you took?**

I am so glad that Rangsit University provides us with so many major choices, out of which I was interested in ICT, Information's and Communication Technology.

**When did you graduate and how many years has it been since you left rangsit?**

I graduated exactly in the year of 2016, It's already 2018 and been exactly two years since I have graduated.

**What do you do for a living now?**

I am currently enrolled in a visual effect course.

**Do you think your time at rangsit helped you to pursue this? If yes how?**

Yes my time at Rangsit helped me pursue this since I took an animation class and it helped me build interest in visual effects and communications.

**What did you do in the year immediately after graduating?**

Right after graduating I went back home and did some small business.

**Did you enjoy your time at Rangsit?**

Yes my college year was one of the best times of my life. It helped me shape my future and be a better person. I have learnt so many new experiences at Rangsit and urge everyone who's looking for a college to choose Rangsit.

**What was the your most memorable moment as a student?**

The most memorable moment was graduation day. I couldn't be any more proud than I was on that day. I still have vivid memories of that day.

**What is your lasting impression of Rangsit?**

University campus with a friendly environment, teachers and annual trips were the highlight of Rangsit University.

# FOOD



by  
Nima Wangdi

## Ema Datshi, the delicacy of Bhutan

If you ever happen to visit Bhutan, you can't afford to forget to taste Ema Datshi. It is a popular dish especially among the Bhutanese people and most people cook it at home almost everyday. As hotels and restaurants also cook this dish, it has earned popularity among the tourists as well today.

Ema Datshi is a curry. It is spicy and not meant to be eaten just as a curry alone. Ema Datshi in dzongkha translates in English as chili cheese and usually eaten along with rice. Ema means chili and Datshi means cheese. It was named this way because chili and cheese are the main ingredients of this delicacy. Onions and tomatoes are some of the other ingredients. The curry actually is spicy but people add other spices to make it less spicy today.



Ema Datshi is cooked out of different types of chillies, the Bhutanese big chillies, dried chillies and Indian chillies. Indian chillies are usually spicier than the Bhutanese chillies. Any dinner, lunch, breakfast doesn't go without Ema Datshi for most of the time. It is not for the people suffering from ulcers and who can't eat spicy foods.

Tenzin Jamtsho, a Bhutanese student who is studying communication arts here in Rangsit University said that Ema Datshi is one delicacy of Bhutan and no foreign visitors return without trying it. Ema Datshi is always there in the menu in the hotels and at homes as well.

Tenzin is a cook who can prepare so many Bhutanese dishes and Ema Datshi is one of them. He usually cooks at home for his family and also during the special occasions. He said Ema Datshi is cooked in two ways, gravy and the other bit dry. "Bhutanese like spicy foods and they can't miss Ema Datshi from their menu almost all their meals," he said.

He said to cook Ema Datshi does not require special lessons and it is done in a traditional way of cooking which is very easy. "Our parents have been cooking this for ages and we do the same way today," he said.

This cuisine is valued most when the country gets the first harvest of our own chillies for the year. People living in the cities buy chillies from the markets and cook at home for the family.

Tenzin Jamtsho said he always cooked during the food competitions in university but could not cook Ema Datshi even once. "This is because we don't get Bhutanese chillies here and the small chillies that we get here are too spicy," he said he would cook for some occasions in the university in the future if he could get some Bhutanese chillies.

# ACADEMIC/INTERNSHIP



by Alex

As i am not a Thai citizen, it can be really difficult finding internships that I'm genuinely interested in. However, Rangsit University International College provides you with great internship opportunities that will suit everyone. Whether the internship is related to your course or just out of your own personal interest, there will always be something there for you.



## An interview with Marvin Zuion, 4th year student, Faculty: IRD

**Q: What internship did you do through RIC?**

A: I am currently working at a magazine in the editorial department.

**Q: What inspired you to work with magazines?**

A: Well, I am a writer at heart and I was always interested in being a journalist.

**Q: What makes this experience worth while?**

A: I guess to experience a work environment. It's kind of a glimpse into the real world. Then, some of the colleagues are nice and the work gives me lots of freedom to pitch whatever I wanna write about.

**Q: What would you say to other fellow RIC students who are interested in taking on an internship?**

A: Do what you like, find a place of your own and don't procrastinate haha.

# THE INTERNALIZATION AT RIC



by Xiyun Yang



Internalization is a big word which contains a lot of meanings. At Rangsit University International College, internalization can be seen through a wide choice of exchange programmes. Rangsit University offers exchange programmes for both inbound students to come to spend one semester here and outbound students going to the world. The past fall semester was the one with most incoming students to Rangsit University. Many of them were from Europe, North America, Oceania as well as other countries in Asia. What they brought to Rangsit University International College were diversity and different thoughts of the world.

There were more cultural events based on that large number of international students last semester, including cultural nights, Christmas and Thanksgiving Party, RSU Rising Star show, etc. As for this semester, there will be an rsunival, as a celebration of Songkran festival and International Day. Rangsit University is a member of Asia Exchange Community, which is a network for students to find a destination to study abroad either for a short-term or a long term.

The university also offers students to travel around the world for studying. RC students have a variety of choices based on a lot of exchange and study abroad agreements which are provided by Rangsit University and its exchange partners. So, RIC students are engaged with the whole world. It is not only about their studies, but also a great opportunity for them to build their thoughts and get a unique global experience. That's the reason why RIC students like going to study as exchange students.

Overall, internalization can be easily seen at RIC through international students coming along with local students going out to the world. Nowadays, RIC is doing more diverse activities and courses due to its internalization. Even though internalization here is not as huge as top universities in the world, nevertheless there is a fact that Rangsit University is on track to be more international and diverse.

# STUDENT LIFE



by Phuntsho

It is said that "student life is golden life," because student life is the most important part of human life. It is the period of pure joy and happiness, because the mind of a student is free from cares and worries of a grown-up life. Student life is the happiest period in the life of a person. It is a life, free from all anxieties of the tough world. The mind of the student is full of noble ideas and his or her eyes are full of dreams.

His or her studies are his preparation for the coming struggle of life. If properly utilized, student life lays the foundation of future its success and achievements. If misused, defeat is sure however earned may out future efforts be.

Student life is the most crucial period in the life of a person. Although there are no worldly cares to worry about the time, the period is very important for the student himself or herself, for he or she has to be up and doing in the acquisition of knowledge in the formation of his or her character and in making contact with the world about him or her. The impressions he or she will gather at this period will determine their future conduct. The taste he or she will develop in student life will influence his or her behavior towards other people throughout his or her future career.

It is therefore necessary that a right and proper use of the period is made with the student life in the period of education. Education is the all round development of an individual into a useful member of society. We must see that student life is full-filling this aim. The success or failure of student-life can be judged by the student.

Once the pots are made their shape cannot be changed. Likewise, once our character is formed in another way, it cannot be changed easily. If we make right use and receive good education during our student life, we shall be successful in the future. On the other hand, if we aren't serious at this time, we can't achieve our goals. Students, therefore, should be very careful. We must think seriously before every step we take. We must learn new things as much as possible at this period.

Students are the future leaders of a nation. The prosperity of a nation depends on its students. We have a responsibility to acquire proper education, maintain good character and live a respectable social life. Obedience, diligence, regularity and forbearance are the important parts of student life. We must learn perseverance; it is the root of all success. If we are idle and cannot move on according to time, we can achieve nothing.

The most important factor that affects the student life is the value of time. Being a student we should do everything on time as it never waits for anyone. Obeying one's parents and teachers and respecting and loving one's elders are the great virtues of a student. Another important part of a student's life is his/her social life. A student must have good discipline and he/she must be co-operative with everyone. Social life influences our character in many ways.

Many students enter college expecting good times, friendship and a good sense of direction. They soon find out that colleges come with challenges and struggles because of the great demands and expectations that are put on the importance of education. Student experiences a great deal of stress many times. Thus, it is very important for them to manage a proper routine and stick to it.

Student life is the best part of an individual's life. At this time our main task is to study. We should stop thinking of anything else and concentrate on education. Education must be given the top priority.



# RIC HEALTH SURVEY



by Jarom Chao

## How RIC students live with their Health?



Near 50 percent of those students have an annual health check, the other 30 percent have their health checked once every 2 years, and the remaining 20 percent students do it once more than 3 years.

RIC students spend a lot of money on their health support. 35 percent of them spend more than 500 Baht per month, 45 percent students spend more than 200 and 20 percent spend less than 200 baht monthly.

Most RIC students have diarrhea as their biggest health problem in a year, close to 85 percent shown in the questionnaire as a big difference compared to the second one – cold and fever (15 percent). And most of the students who participated in the survey don't have just one allergy.

Breakfasts are considered less important at Rangsit University International College. Almost 50 percent of RIC students answered they have breakfast less than 2 times a week on the questionnaire. 25 percent said more than 3 times per week. There are only near 25 percent of them said they have breakfast every day. About food choices, almost all of them like to have Asian food, especially rice for lunch. Only a few students choose American fast food and others.

Overall, RIC students are living well without a lot of health risks. They all have insurance coverage which provides them with free health care. Those students are taking care of their health seriously since they do have health checks regularly. There is one condition according to this survey that might lead to some health problems in the future because there is a large number of students who don't have breakfast often. There is much research showing that having good breakfast can actually reduce the chance for humans to get nutrition and hearing problems. So, RIC students should be encouraged to have breakfasts regularly.

# SPORTS



Football is one of the famous sports worldwide but when we talk about it, we might have the image of guys running in the field, trying to catch the ball. However, nowadays everyone can play sports. Sports are not just for men anymore. In this era, women can also participate in any kind of sport based on equality. Even though, it's not common for women to play sport and it's hard to see them play. But woman and sports still exist.

by Leeya



Not so long ago, RSU Myanmar family provided such a fun activity for the Myanmar students here in RIC. It was such an interesting activity because not only sport for men was provided but also a football match for women. So many people came to have some fun and doing all the exercises and competing against each other at the Peak Scoreclub Pedriew.



There were not just Myanmar family there, the some of Bhutanese students also joining the activity. So it was like the sport day for 2 nationalities to come and have fun together. Myanmar family was the host but it does show that they are willing to accept and adapt to any cultures which was a good thing. As an international college, there are more than one culture and it would be nice to get to know someone from different nationalities.

The purpose of this event is to make Myanmar students here get to know each other more and to build unity because sport is such a good way of bringing people together. There are so many things you'll get from sports like: you'll get to know how to work as a group, what is the good teamwork, learn how to help other people. And last but not least, you will become so healthy.

Lastly, before we end this article, we would like to thank you the Myanmar family for providing such a good activity for students here in RIC. We appreciate that they see that sport is not just for men or women, it's for everyone. Also seeing sport as another way of communication to bring everyone together. THANK YOU!!!!



# PROFESSOR'S CORNER



by Markus  
Bohling

Greetings everybody and welcome back to another interview. This month we have an interview with Professor Ussanee Malisuwan, currently a guest lecturer for Rangsit International College. Here, she gives lectures about finance, accounting, and mathematics. She has also been working at this institution since 2002.

## **What motivated you to becoming a teacher?**

To preface this, I have to say that my husband is a teacher. We have always talked about becoming a teacher and we like to tell students various stories. After we have arrived in Thailand in the year 2000 we decide to become teachers.

## **How do you feel about Bitcoins and what got you to be interested in it?**

Bitcoins is one of the myriad of crypto currencies in this world. There are several cryptocurrencies in the market that would be really interesting to invest in right now such as Ethereum and Litecoin for example. Personally, I feel as if bitcoins will become one of the most significant cryptocurrencies in this world. I found myself interested in Bitcoins because I like to challenge myself to invest in something new.

## **What do you like to do in your spare time?**

I like to read novels and occasionally I ride bikes on the weekend as a form of exercise to keep myself healthy.

## **Where do you see Rangsit University going in the future?**

Rangsit University is one of the most qualified private university in Thailand, as such I believe that Rangsit University will be in a good shape in the future. However, all universities in Thailand will face a huge problem in the future regarding the 4g revolution, Rangsit University is no exception. The number of students will drop, the university would need to be prepared for that. A way to be prepared for that is for the university to offer more online and professional courses.

## **What do you think the world will be like in 2050?**

The world is evolving very rapidly. If we look at technological changes, there are more inventions in the past decade than the past century. For me, I think we would live a leisurely conservative lifestyle in an urban environment.

## **What do you believe is the meaning of life?**

First we have to define what life is, to me life is a synergy of the arts and sciences. Life to me is the way of how society operates, the society will tell us what life is. Accordingly, I believe that people should adjust themselves to how the society operates.

## **Since you seem to travel quite a bit, which country do you like the most so far?**

I really love Japan. In the city, the people always stick with the new trends and new technologies, they are very modern. In contrast, in towns and the countryside people usually live a quiet life (at least compared to the city). Yet, somehow the Japanese culture is still prevalent in the city and the countryside.

Another country I really like is Switzerland. Switzerland has an enchanting scenery and an almost perfect weather.

# ABOUT US



Kritsada Sriphaew, Ph.D., Assistant Professor  
Dean of Rangsit University International College

Below is the editorial board for the RIC Experience



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## Student Writers



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Phuntscho  
Home country: Bhutan



Jam  
Home country: China



Haroon  
Home country: Afghanistan



Alex  
Home country: Ireland



Xiyun  
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Markus  
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Nima  
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\*Regular students get 15,000 THB tuition fee credits deducted to next semester or get 15,000 THB cash if students' last semester. Scholarship students and Alumni get 15,000 THB cash.

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#### STEP 2: TRAIN

Students/Alumni must attend the training/briefing as organized by the Global Communication Centre, Rangsit University. (Program Specialist Training) and then sign a one-year agreement to become our Ambassador.

#### STEP 3: REFER

Ambassador follow up the admission procedure and take care of new students until they register as new RIC students with full payment of tuition fees. Scholarship students can't be referred.

#### STEP 4: REDEEM

Ambassador and new Student sign the Referral Form together at RIC Office. Ambassador will receive 15,000 THB either by tuition fee credits or cash accordingly.



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## MY INTERNSHIP ASIA 2018 MIA

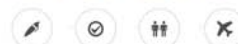
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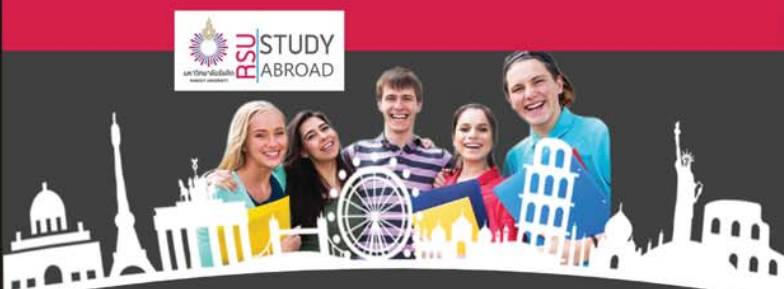
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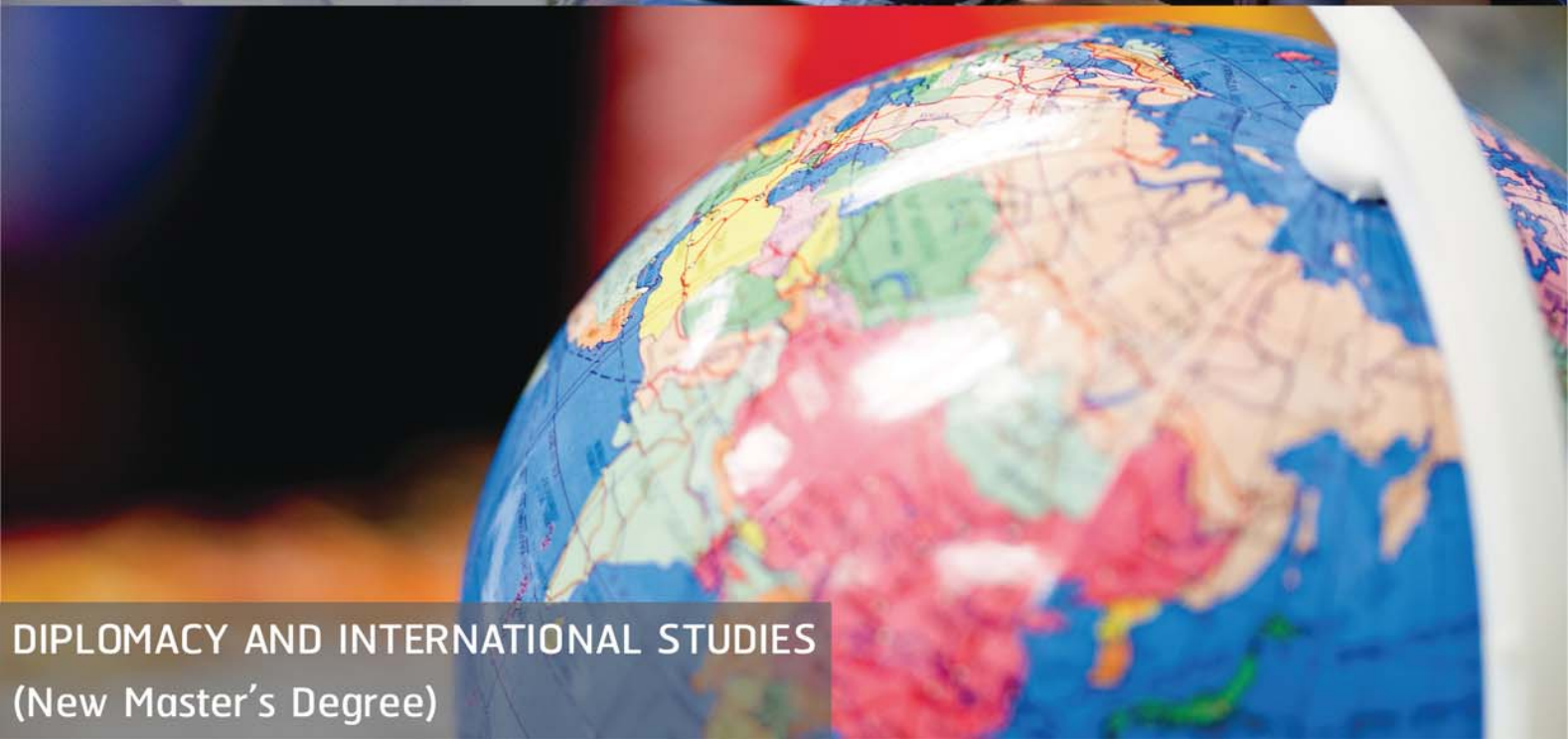




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