

# The Sunchon Phoenix

THE SUNCHON NATIONAL UNIVERSITY



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## Sunchon National University is in the Spring

Before starting the new semester, Sunchon National University students are waking up from winter sleep. Winter vacation started after finishing the final test on December 16th last year. The students set up their goals for the vacation and did their best to achieve them. The goals of the students are various such as studying, working at part-time jobs, traveling etc. Throughout the vacation, students kept going to the library to study. IALS(International Affairs and Language

Studies) was also crowded with the students who were eager to acquire foreign languages. Even during the vacation, the students of Sunchon National University were running toward their dreams. Facing the new semester, the students are finishing their vacation plans, setting up new plans and taking a new step forward. Their faces are full of liveliness and vitality.

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### I' m Always Cheering for You

Today is the first day of the rest of your life

Try your best rather than be the best

Your possibility is upper than sky and wider than sea

Whether you think you can or whether you think you can't  
you're right

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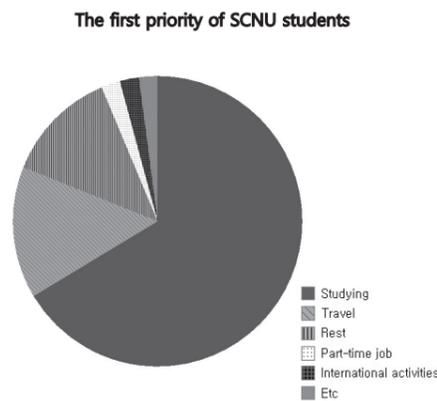
| Campus |

## The First Priority of SCNUers is Studying!

Thinking about the upcoming vacation, many university students set their goals and make plans. They have made constant efforts to accomplish their goals and plans. Some students studied hard to get good jobs after graduation, others work part-time to pay for tuition. According to a survey of 'Detizen', a well-known contest exhibit site, the top priority of university students is studying(42%), the next is international activity(19%), part-time job(17%), etc. Then what were their plans over the vacation? Did they accomplish them well? If they didn't fully achieve their goals, what were the reasons? We conducted a survey of 50 Sunchon National University students in front of the library, the students' hall and the main gate of Sunchon national university.

63 percent of students chose studying(TOEIC, license, etc.) as the first priority. Second was travel which was selected by 14 percent of students. Next, rest(12%) followed, 2 percent of students chose part-time jobs, international activities, etc. Many Sunchon National University students strive to study during the vacation due to the unemployment crisis.

There are some students who want to refresh themselves through travel and rest.



32 percent of students were satisfied with their accomplishment, but 68 percent of students felt a lack of accomplishment over vacation. The biggest reason for feeling that way was due to a shortage of labor, next is a shortage of time(18%), lack of money(10%), etc.(10%), global ambiguity(2%). Most Sunchon National University students felt a lack of accomplishment over vacation, the reasons for feeling were varied.

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## 132 Students from 18 Countries On Campus

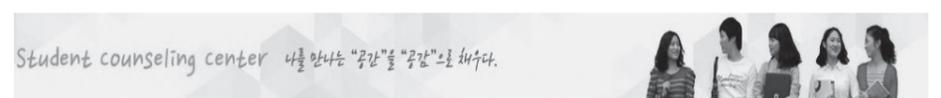
This chart is the total number of foreign students on campus. According to the report by Affairs and Language Studies released on January this year, there are 132 students from 18 countries. 74 Chinese students were the largest numbers. Besides there were 13 students from Bangladesh, and 7 from both the republics of Philippines and India.

Number	Nations	Total	Percentage
1	China	74	56.0
2	Bangladesh	13	9.8
3	Republic of the Philippines	7	5.3
4	Japan	4	3.0
5	Vietnam	6	4.5
6	India	7	5.3
7	Russia	2	1.5
8	Taiwan	1	0.7
9	Malaysia	1	0.7
10	Republic of Zimbabwe	1	0.7
11	Burma	2	1.5
12	Laos	3	2.3
13	Mongolia	4	3.0
14	Srilanka	1	0.7
15	Thailand	1	0.7
16	Pakistan	1	0.7
17	Nepal	3	2.3
18	U.S.A.	1	0.7
		<b>132</b>	<b>99.4</b>

There were 3 different kinds of students studying aboard. Some study at their own expense, others are exchange-program students through related university's memorandum, and the last are students studying abroad. Recently, three Global Korea Scholarship programers come and visit our campus to learn how the situation of the students are.

## Consult Easily

Student counseling center homepage is opened. SCNU students can consult easily at home. They can have online counseling and psychological test. They also get enough information about counseling. You can write counselling review after participating various program like counselling, test and workshop, etc. Students can use this service in 'http://jobs.sunchon.ac.kr/stu\_counsel/'.



## Use Sunchon National University Sports Park!

Sunchon National University Sports Park was finished on December 31, 2015 and is waiting to be used by Sunchon National University students before the new semester. It's good news for Sunchon National University students who don't enjoy physical activity. Sunchon National University Sports Park is between Sunchon National University playground and gym. It has facilities such as a basketball court, foot volleyball courts, Futsal stadium, and etc. Sunchon National University Sports Park is being tested from January 4 to March 31. It is going to be operated by

gathering various opinions in April. It is open to Sunchon National University staff and students as well as local residents.

The basketball court and foot volleyball court are available to anyone at any time, but the Futsal stadium needs an advance reservation. Sunchon National University students should visit the university headquarters on the second floor of the Students' Support Division and reserve the foot volleyball court. University officials can make Internet reservations. It is available on the Sunchon National University home page - Introducing University (facility

request) Futsal stadium application guide. The reservation system was established so that Sunchon National University students can make Internet reservations later. Then the reservation will only be available online. The facility can be reserved twice a semester. The former half of the month reservations are available at 10 a.m. to 7 p.m. on the last day of the previous month, the latter half of the month reservations are available at 10 a.m. to 5 p.m. on 15th of each month. User must pay 10,000 won per hour after March.

Students Support Division prepares public

relations (PR) to promote use by Suncheon National University students. Students' Support Division are trying to find the best way to use the stadium. A fee for using the Futsal stadium in order to maintain the Futsal stadium. You can inquire about the matter in the Sunchon National University headquarters on the second floor of the Students' Support Division.

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▲ There were SCNU students and faculty who played the football.



▲ An interesting game in the evening

| Opinion | a returning student after discharge

## Welcome to the 2016 Spring Semester

The year 2016 is special time of renewal for me. Fortunately the end of last year was the final day of my 21 months of military service as a soldier in Gyeonnam province. My service term was not always happy. Sometimes I was discouraged. There were constraints such as not being able to see my family anytime I wanted, having to stop my college studies, and simple things like not being able to see movies when I wanted. Looking back, it was the first time I was apart from my community and waiting for the day I would be discharged was the longest wait in my life. The longer I wait, the more heartedly I wish for new start.

First I cleaned my room and

kitchen that was full of scattered stuff such as clothes and luggages waiting to be cleaned. I wished my room were not a warehouse anymore. To do so, I needed regular exercise to boost my strength and time management to spare time for cleaning. I started cleaning through all belongs beginning on a Monday in January for 4~5 hours a total of 10 times. That time was the happiest time I have ever had. Also my parents helped me with a smile.

After that my university and neighboring communities are my next playground. I always think about what to do to achieve my dreams. To put my dreams in action, it is important to contribute

for my dream. So working part-time is a better way to be confident and help pay for my tuition.

I have 2 years left before graduation while my peers already graduated or are now job seekers. Approximately 8 thousand undergraduates will come to school when the spring semester starts. I guess those who will make friends on campus are almost all freshmen despite being unfamiliar with each other. I hope to make good friend with them like I did as a freshman. To do my best in two roles, I am fully enthusiastic and energetic. I can hardly wait for new spring semester. Welcome March!



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### SCNUer's News Brief

- A chair-professor Bae, byung-woo(dept. of photo art) earned a prize from the Lee, joong sup's art award. Bae famous for photo taken pinetree and he was the first nominee in the field of photography.
- The academic conference of admiral Lee Sunshin was held at the second floor conference room in 70th-year memorial hall on April 28th.
- The number of freshmen was 2,143 in 2016. Their entrance ceremony held the first monday in March. Jo, Ma-ro(dept. of English education) oath of office representative in front of President Park, Jin-seong.

| Essay |

## Dream Class Instructor's Report

During vacation, university students tend to do many things they weren't able to do during the semester. Many students struggle to find a job and build a career. Yet, some students make an attempt to travel in order to relieve their stress. Now, we're so happy to tell our readers a vivid travel story about a visit to Singapore

Firstly, the Merlion Statue is one of the most popular tourist attractions in Singapore. Merlion is a compound word of "lion" and "mermaid". The upper side of the statue is a lion and the bottom is a fish. The statue is in Merlion's Park on Sentosa Island. It is regarded as a must-see

attraction for all tourists. I can see the grandeur, greatness of Singapore and feel its national pride through this statue. I wish we would have similar landmarks in Korea.

Next, Singapore is famous for the Marina Bay Sands Hotel. It is an integrated resort which was built by Ssangyong E&C in 2010. This hotel has various facilities such as a shopping mall, swimming pool, restaurants, and museums. Many tourists visit the store named Charles & Keith because Charles & Keith is a famous brand in Singapore and it's not expensive. We can also appreciate the splendid night view of

Singapore through one of the many laser shows which occur often. The pictures shown can assist in seeing the splendor that is Singapore.

Lastly, some of the most famous Singaporean foods are Chili crabs and Kaya Toast. Chili crab is a representative seafood and it is mixed with Malaysian food and Chinese food. It's an example which shows Singapore is a multicultural country. In order to eat at famous restaurants, many tourists visit the stores near Clarke Quay. Kaya Toast is a typical Singaporean breakfast item, along with coffee. It is served with a raw egg and Kaya jam containing

coconut. There are many branches of Kata Toast Stores in local areas.

Besides those already mentioned, there are some more tourist attractions such as China town, Universal Studios and so on. We found that Singapore is a well-equipped clean city for tourists, of which Singaporean's rapid economic growth is based on. You can appreciate all of these while traveling. So, don't be afraid to go abroad.

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| Column |

## University Where We are not Alone

The biggest reason why we strive to study is to enter a university. We think entering a college is everything, it can reward us for the time that we studied hard. In high school days we just study hard with the expectation that we could enjoy romantic life in the university. However it is different in reality. There are many troubles such as employment, tuition, living expenses etc. so we lack the time of studying. Instead of receiving the compensation. Under these circumstances, enjoying college life and circle activity is considered a waste.



"This is not one person's job, one person's job alone" one of the best line from 'Misaeng', a very popular TV drama. Society is not one person's world. It is the place where we live together. The university is same. University is not a place where we prepare just for employment, but is a place where we learn how to live together. We can learn how to live together through our college life and circle activities, but students who spend time enjoying their college life and circle activity are considered foolish people. Many students only dip their toes into university. Now, we should jump fully into university life. University is the place that students directly experience the life. Can we live in this world alone? We can't live in here alone. don't be afraid to get together. How fully you experience in university life can predict how well you fit into society.

## The Sunchon Phoenix Needs Your Articles!



The Sunchon Phoenix is always ready to receive your opinions, essays, reviews and critiques. Every Hyanglimian(students, professors, staffs) can actively participate in making the newspapers come to the edit office with your articles in student hall 3rd floor. And manuscripts accepted will be rewarded. Your articles are good help in The Sunchon Phoenix's development. We want to be with you. Please don't hesitate to contact us.

## THE SUNCHON PHOENIX

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| Culture |

# Let's Go to Suncheon Arezzang Night Market



▲ Night marketers seemed cheerful.



▲ Its stage tied visitors and shoppers.

Silent Suncheon Arezzang is crowded with people on every Friday and Saturday night. It is the scene of Suncheon Arezzang night market that has different kinds of food and is kind-hearted in spite of its shabbiness. Calm Suncheon Arezzang become active and lively for a change. Night market is local attraction by opening in several cities between a few years recently. The night market of Busan, the Bupyeong Kkangtong market and the Jeonju Nambu market already are essential attractions of those regions. Not only local residents but also many tourists visit night market. It is a hot spot of the region.

Suncheon Arezzang night market was firstly held on December 4, 2015. Suncheon Arezzang wasn't so popular for the first three-months. It is open on every Friday and Saturday night, after 17:00 in winter and after 18:00 in summer. More than 20 cart bars are open; different kinds of food such

as Chicken Skewers, steak and bulgogi are sold. Visitors line up in front of the cart bars, seats for eating are always filled with tourists. There are also a variety of acts on stage in the market corner. Eyes and ears of tourists feast on Suncheon Arezzang's attractions. Especially many young people in their 20s and 30s and tourists visit Suncheon Arezzang night market through blogs and SNS.

Suncheon City Hall started a Suncheon Arezzang night market business to help young entrepreneurs and business owners and stimulate regional economy. Suncheon Arezzang night market attracts many tourists, creates a synergy effect by giving life to the surrounding business area. Even if there are some problems like a lack of toilets, smoking area designation etc. Suncheon Arezzang night market is a new source of pride in Suncheon

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▲ one bite of hotdog smelled tasty.



▲ Delicious food and its sauce

## Smart Tips to Prevent Binge Drinking

Various kinds of meetings continue during the new semester. So university students have continuous drinking parties day after day. Many university students are hungover because of continuous drinking parties. Heavy drinking disrupts learning in class the next day and negatively affects their health. On one hand, moderate drinking lightens up the mood and helps relieve their stress by improving blood circulation. There are several tips for healthy drinking during the new semester when drinking day after day.

### 1. Before drinking

- Eat chocolate

The polyphenol ingredient of chocolate protects the stomach, weakens the absorption of alcohol in the body. Chocolate is also high-calorie so it prevents heavy drinking by reducing one's appetite for snacks and alcohol.



▲ a stick of chocolate

- Drink a glass of milk

A glass of milk reduces absorption of alcohol in the body. But some people who don't digest milk well must be careful.

- Lie on your back 30 minutes before drinking

If you lie 30 minutes on your back before drinking, blood to the liver increases 70% so it can improve the detoxication function of liver.



▲ a sweet dream like a tiger

### 2. Drinking alcohol

- Talk more

10% of alcohol is released into the atmosphere by breathing out. The more you

talk, the faster alcohol is released so you are not as affected by alcohol.

- Avoid spicy and salty snacks

Spicy and salty snacks increase drinking. It also gives a stimulus to the stomach and injure the stomach. Almonds and cucumbers are good for alcohol detoxication.

- Drink water more

Drinking water is good for your health when drinking. It can improve alcoholism.



▲ a cup of iced water

### 3. After drinking

- Get enough sleep

The liver only has to concentrate on

alcohol detoxication without other physical activities while sleeping. So enough sleep is very effective as a hangover cure.

- Eat Hangover Soup

Alcohol is released by sweat when you eat hot Hangover Soup. Proper Hangover Soups are bean sprouts soup, clam soup and dried pollack soup. But avoid spicy and salty soup like ramen which can hurt the stomach.



▲ a bowl of bean sprouts soup

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