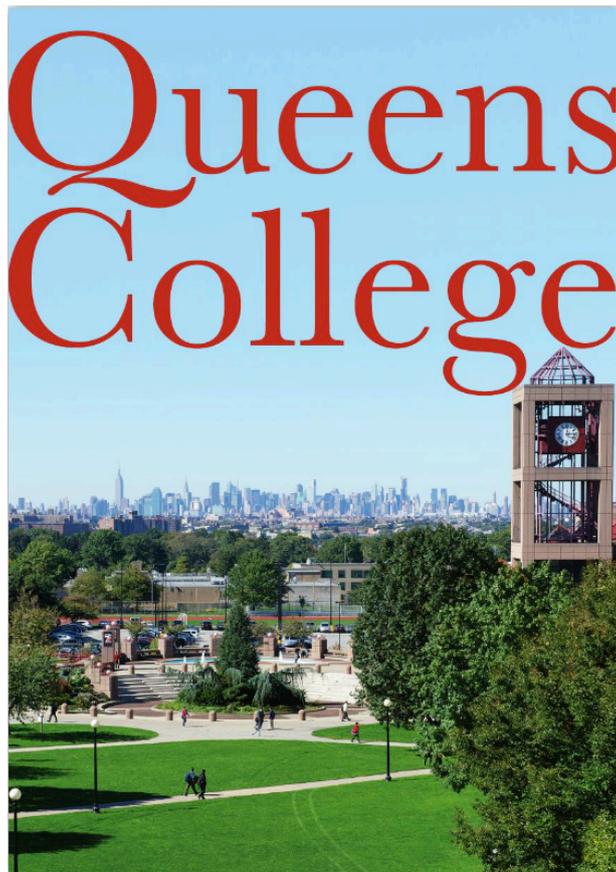


**Toyohashi University of Technology,
Institute for Global Network Innovation in
Technology Education**

News from QC

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■ Reports

Nothing is More Important than Health

Shoichi FURUYAMA, National Institute of Technology, Toyama, Imizu



It is a talk about the usual life in Queens College in NY. I have some oversea experiments; however the long stay in oversea like as six months is unusual experience for me. I think most important thing is to keep healthy physical condition in the situation. In addition I am not so young. I will introduce one day of healthy Queens College life.



I get up 4 am every day. It might be unusual; however, it is usual for me. Of course outside is dark. The first thing is to drink clear water then I study homework. I often write a summary of articles in New York Times. At the same time I hear some internet radio like as ESPN New York. I also study some grammar and writing homework until 6 am.

I run 4 – 6 km at Queens College track from 6 am. After that I take shower and wash clothes. The cost of laundry is \$1.5 and it takes about 40 minutes. While washing machine working, I eat breakfast and make lunch box.



Breakfast is serial and egg. I also take some nuts, prune and milk. It is maybe healthy food. I cook egg by microwave machine with Japanese Shio-Kosho which is best spice for it. Lunch is sandwich every day.

I go to class at 8:10 and it starts at 8:30. Morning section is from 8:30 to 11:30 and afternoon section is from 12:30 to 15:30. After classes I go to laboratory where I have some communication with post doctor, doctor course and master students.

I will continue the story at the next time. (NCT, Toyama, Show Furuyama)

Who Knows Physical Conditions and Muscles Supporting to Stay Here as a Man?

Yoshitaka MATSUMOTO, National Institute of Technology, Toyota

Considering what is Global Teacher

Actually, getting advanced English skill and learning a lecture skill in class are purposes of this program in cultivating the global teachers, who are instructors to teach global issues and advanced science and engineering with practical English communication skills. . But is it enough to acquire these abilities when we stay in US? I don't think so. I recognize, we need to discover abilities individually which are improved us to be global teachers.

I found my opinion after a week we arrived, because I accepted lots of culture shocks and experience. When we were attending a class, instructors and friends said, "You look so young. Japanese food improves your health, right?" I don't feel bad to hear of that, but I considered they might seem to me more childish or weaker. My height is only 5.4 feet and muscles that used to strengthen by a soccer club training were totally gone and fat adds my body awfully. I realized I must exercise and do some progressive things to be a global teacher. Therefore, I decided to: 1) grow moustache and beard, 2) add strong muscles on upper body, and 3) color the skin brown by sunburn.



Fig. 1 Training to add muscles in a gym of the dorm of QC
Machine : PARAMOUNT
Weights : 60 lbs.

Training to be Global Teacher

I started these tasks as soon as possible, when I decided. Luckily, nobody annoys me



Fig. 2 The transition of the facial and head appearance from arrival in NY to 3 and 5 weeks later: Left : a week later, Mid. : 3 weeks, Right : 5 weeks
We realized moustache and beard added on his face 3 weeks later. He has cut the hair and trimmed them 5 weeks later. He looks fresh-faced and more confidential than before.

with negative comments because I spend time away from my family now. I hope you'll see me who changes totally different before.

But I told a QC instructor, who was elderly lady, about my trainings. She answered, “Oh, Yoshi. Most of American thinks looking younger than real aged is better thing. Don’t think about you want to be elder. Keep you younger.” I don’t think my workouts are wrong and I have to continue effectively these trainings.

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