

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

Through the training program in Penang

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Here in Penang, we have two important duties, and one is our lectures to Malaysian students as Dr. Mito already wrote in *News from Penang*, Vol.1. All FD members have given their lectures (each lecture takes about two hours) at three schools such as a university and a Politeknik (Polytechnic). In addition, some members have given those at other colleges.

The other duty is making an English teaching material for classes at NIT, TUT and NUT. We are making the material on the basis of the training program at TUT and Queens College, and then we think that the material can help the teachers give their lectures. We are divided into three groups, and each group has meetings and works on their part. Of course, we have plenary meetings periodically, and then each group proceeds to work.

We participated in other works offered by TUT aside from the main two duties. Some TUT students also have come to Penang and they have worked on their internship. They gave their presentations twice in February and we joined the meetings for the presentations. I was impressed by the students' English presentations and their answers for questions. We were also offered to have a homestay and that was mentioned by Dr. Kimura in *News from Penang*, Vol.4 though. It was my first time and a good opportunity for me. In addition, we visited Singapore Aerospace Manufacturing and Motorola as a kind of a plant tour. Also, we sometimes had meetings with TUT professors and shared each other opinions.

Through the training program in

Penang, I have realized that I need to be strong in both mind and body to give two-hour lecture twice one day! Now, I jog two or three times one week to strengthen my body. As a result, I attacked Penang Hill (735 m) with my colleagues making use of the Chinese New Year. According to Wikipedia, Penang Hill is a hill resort comprising a group of peaks in Penang, Malaysia. Is it a really resort? No! It's a very tough hill to run up because it's too steep. However, the view from the top is very nice. Actually, I was very tired, but it was a great training not only for my body but also for my mind. Before turning 40, I can realize that there is nothing more valuable than good health and physical fitness.



Group meeting



At Penang Hill (Yoshi, Show, Tom and Ryu)

When You Wish Upon a Star – at Penang -

Shoichi Furuyama, National Institute of Technology, Toyama College

I haven't been able to fix my life style, rhythm and food in Malaysia yet since I came to here. I spent very healthy days such as I woke up 4am and I went to bed by 10pm in New York, but I can't do them at here because I can't run in mornings. There are mainly three factors. Firstly the late dawn time. It is still dark at 7am. I am feeling about one hour gap between my body clock and the sunlight. The road condition is not good for pedestrian, that's why it is dangerous to run beside roads. Finally the public security is not sure at the early morning time. These things make me stressful. I have tried to run at evening, but it is too hot. The figure shows my running route on Strava in Penang from January to February. The red roads are my common running route, but the area is restricted like that.

Unfortunately I don't like Malaysian foods even if almost of all colleagues like them because of they are too oily and too salty for me. Moreover because of dishes and glasses look

not clean and I am a little bit fussiness about cleanliness, it is very hard situation for me. Especially foods of streets stall are my mental anguish. The situation there is no kitchen in accommodation makes me difficult to control of meals, as a result it is quite stressful for me. I usually have breads, cup soup and supplement of vitamin as breakfast. I go to a clean restaurant for lunch and I have just fruit for dinner. Fruits are very delicious that's why they are helpful for me. I have never used tap-water not only for drinking but also teeth brushing.

I had a class at Politeknik Seberang Perai (PSP). Seventy or more students came to the class. I enjoyed teaching at that time. Because of I have two classes at the beginning of March; I will do the best about that.

Anyway there is pool in TUT Penang campus. I usually swim every Friday night. When I see the sky on the water, I can watch Orion in the sky. It is very hot in Malaysia but asterism is winter, it makes my feeling strange. By the way I can see Canopus of Carina at here. It is second brightness star in the sky but it is very hard to see it in Japan. Because the height is only 2 degree at Tokyo, the star is called visionary star. If you see the star, people said that the life time would become longer in China. I can extend my life time (become healthier) because I could see the star. I will try hard work with caring body condition.



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