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Dublin City University has returned to the summer SEA program!

Dublin City University is back as a partner in our summer SEA program. Last year, the program only sent students to Bangor University in Wales in summer, but this year Dublin City University in Ireland has returned as a partner.

As of this newsletter's publication, the application period is almost over and interested students have begun preparing for their trip.

The study abroad programs will each run for approximately three weeks from August to September. We will be sharing their experiences in future issue of this newsletter, so please stay tuned!

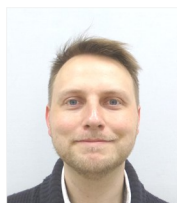
Hello Aidai Students! - A Message from a New Teacher



RALPH DUFFY-MCGHIE

Good to meet you, everyone.

My name is Ralph Duffy-McGhie, and I'm a new teacher here at Ehime University. I'm originally from England in the UK, but I've been living and working here in Matsuyama for almost eight years now.



I first came to Matsuyama in 2015 on the JET Program and worked in junior high schools and elementary schools all over Matsuyama. I love teaching English and I'm really glad that I've got the chance to work with all the students here at the university. Even if you think English is difficult and confusing, I understand.

Even after eight years, Japanese is still difficult for me, but I'm sure that we can enjoy our classes together.



In my spare time, I like to watch movies. I'm a big movie fan, and I enjoy dramas, comedies, and action movies. I also love to play board games with my friends. We often go to coffee shops to play together, as we're all quite busy these days and it's our chance to catch up.



I'm passionate about travel, and I have big plans to travel and see many different countries. I think all of you should travel sometime in your lives. There's so much to see and experience in the world.

Anyway, I look forward to meeting and talking with you all. Let's enjoy our time and classes together.

All the best,
Ralph Duffy-McGhie

The Secrets to a Happy Life

Desi TOM (Assistant Professor)



You may think money is the most important thing to be happy. However, scientists who study happiness say it is not so important. They found that if you have enough money for a comfortable life, more money does not give you more happiness. There are many ways to create happiness in our lives that do not require money.

Mindfulness

Mindfulness is when we focus our mind on something we are experiencing now. If we focus our thoughts on our current condition, we can calm our mind and relax. This happens when you soak in a hot spring and think about the warm water on your skin or the beautiful view from the outdoor bath. You can also take a few minutes to breathe slowly or notice things you can see through the window.



Having Gratitude

Gratitude is feeling thankful for the positive things in your life. We do not do this

enough because we naturally focus on the negative. This is useful for survival, but not for happiness. We can increase our sense of gratitude by writing down 3 good things that happened each day. It can be big, like your first day at Ehime University or small, such as eating your favorite snack.



Helping Others

Helping others makes us feel happy because we gain a sense of purpose and a positive connection to others, which is like the Japanese idea of *ikigai*. The way we help others does not have to be big, but it should be done many times and require some effort. For example, putting money in a donation box does not give you much boost in happiness because it is too easy. However, serving a meal to someone who cannot afford to eat can make you feel wonderful.



Upcoming Events

Exemption for English IV
(外部試験による成績判定)

Jul 24 - 28

Open Campus

Aug 9 - 10

Summer School Holiday

Aug 7 - Sep 27

**English Education Center
Ehime University**

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Matsuyama, Ehime
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[Eng. Page] <http://web.eec.ehime-u.ac.jp/english/>



Overseas Experience Reports

Here are two reports from students who went overseas during their spring holiday this year. The one who participated as part of an intensive course of Ehime University and the one who participated in a program offered by the University Co-op will each share their experiences.



My Decision

Yuho NYUNOYA (Faculty of Education)

Hello, my name is YUHO NYUNOYA. My major is education. I participated UWB program this March. I visited the USA in Seattle to learn English for two weeks. I stayed at a host family's house with my friend, visited schools to have a cultural exchange, and went sightseeing, etc. I learned many things, and would like to share two of them which moved me.

First of all, I took English classes at Foundation of International Understanding Through Students (FIUTS)*. OLENA VLASOVA taught us "fear". Everyone has a pet on their mind which is called fear. The pet is needed to save our lives, but we don't need it when we try something that takes courage. We have to keep on challenging. I'll keep my mind of the word which she said, "You are the owner." I want to act positively and face many struggles with the pet.



With Olena, one of the FIUTS staff

Also, "What are you living for?" How do you answer it when you are asked? I have been finding the meaning since I was young. I could meet NADA RAMADAN who had a strong answer. When I asked her it, she answered "carpe diem." It means enjoy now. She'd experienced explosion before, so she needed a reason to live. Literally, she was enjoying everything with shine. I want to live strong like her.

In addition, I enjoyed visiting many places, eating delicious food and interacting with people. Also, I could start having some good values and thinking. Seattle was amazing. I appreciate everyone who was involved in this program. Therefore, I decided to study English hard and will be back.

(*FIUTS...It is a nonprofit organization which focused on promoting international understanding and community.)

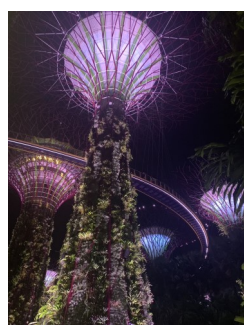


With Nada, another FIUTS staff

Wonderful Experience in Singapore

Nana TAKAHASHI (Faculty of Law & Letters)

Hello! My name is Nana Takahashi. I belong to the faculty of law and letters. I joined a tour group managed by the Co-op for those who have taken their TOEIC course. We went to Singapore during the spring break. At first, I was nervous because this was the first time for me going abroad. It was busy but I enjoyed it very much. It was an interesting 4-day trip. Just by moving around this multinational city, one could feel the various cultures and atmosphere.



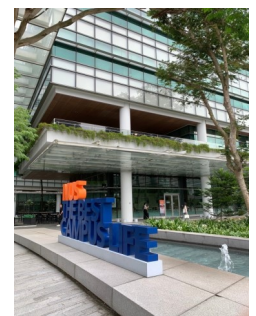
Night Show at Gardens by the Bay

I'm glad going there because the local people were friendly to the point they were willing to answer my questions in poor English.

What left the most impression was the night show at Gardens by the Bay. Especially, I

was impressed by how fantastic the fusion lights and music were. I liked the unique atmosphere after the show, and I want to visit that place again. The lights in the show used sun-powered batteries, which was impressive how environmentally conscious this city was.

It was a wonderful tour for me to study and enjoy everything. At the beginning of the tour, I hesitated to talk to the locals in English. However, after dealing with a huge hurdle in the beginning, I was able to interact with other university students in Singapore. This experience motivated me to keep studying English, and I'd like to try studying abroad the near future to broaden my views.



National University of Singapore