



The FFL Journal

English magazine of Faculty of Foreign Languages of HCMC Open University

SELF-LOVE

Dare to do and
have things to share

Love at first sight:
How real?

VOLUME 3:

LOVE

7.000 VND

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COFFEE TALK

7 NATIONAL CRIMES

After a trip to Singapore, my friend, a journalist, told that she had seen some words on the wall of a temple:

"Seven National Crimes

I don't think.

I don't know.

I don't care.

I am too busy.

I live well enough alone.

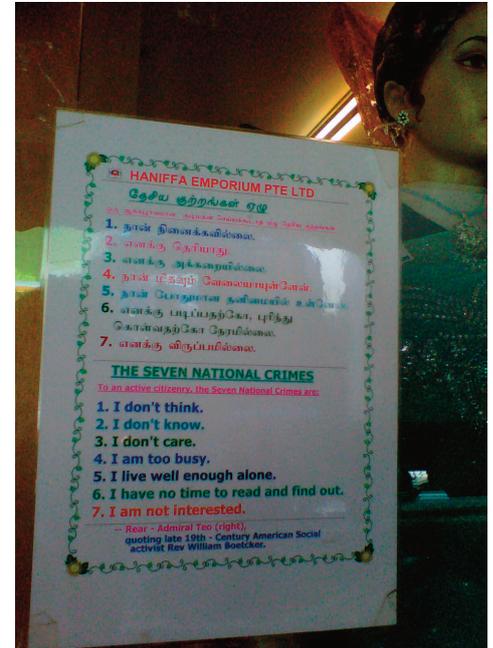
I have no time to read and find out.

I am not interested."

(William John Henry Boetcker (1873–1962), American religious leader and influential public speaker)

Crimes are not necessary to be severe issues, they are from our thoughts and actions. ■

TÔN NỮ TƯỜNG VY



Source: Khổng Loan - Tuổi Trẻ Newspaper

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THINK BUSINESS – THINK FUTURE

Business study courses give you an overview of how the commercial world operates. They cover the areas of marketing, customer relationship, finance, logistics, human resources, information technology, organizational behaviors, etc. From your hands-on experiences, you'll have a chance to extend your business knowledge and develop essential business skills whether for a job or for a diploma in Business.

Why study Business – It's fun!

If you enjoy at least some of the aforementioned topics, then that's an absolute must to study business. Like anything in life, you get out of studying business what you put in. Don't study business because you think it's the only way to have a well-paid job. You'll probably hate business programs so much that you would like to drop out of them as soon as possible or you could not pass many subjects for you have no motivation to study them. If you do end up graduating, you might find you don't like the jobs in business you are qualified for.



Source: bizplan_37signals.com

Real business skills

When it comes to job searching, practical business skills and knowledge that business students have gained from hands-on experience and from business programs are highly attractive to employers. They can see that soft skills such as creative problem solving skills, management skills, thinking skills, communication skills, presentation skills, etc., to some extent, are able to help candidates 'hit the ground running'. For their business, the potential cost-savings on basic training and building up their new employee's competencies is a crucial consideration when the employers choose candidates.

As well as developing the essential transferable or 'soft' skills that employers demand, business studies also cultivate the following strengths:

- knowledge of organizational behaviours and structures;
- critical thinking and analytical skills, alongside familiarity with evaluative techniques;
- a creative problem-solving approach and sound, logical decision-making skills;
- effective and persuasive written and oral communication skills;
- numeracy and the ability to research, interpret and use business and financial data and information;
- self-reliance, initiative and the ability to manage time, projects and resources;
- appreciation of the causes and effects of economic and other external changes.

These attributes are much sought after by employers since they build commercial awareness and allow new recruits to quickly integrate into the organization and make valuable contributions.

Consider the skills you gain during your course as well as through other activities such as pair-works, volunteering, sports, membership of societies, leadership roles, etc., and think about how these can be used as an evidence of your skills and personal attributes, then you can start to market and sell who you really are, identify what you may be lacking and consider how to improve your profile.



Source: <http://www.jcedc.net>

Business knowledge is useful at a personal level

You learn a lot of skills and knowledge that you can apply to jobs or to your personal life. Learning about interest rates, exchange rates, economic indicators and equity markets can help you make better decisions about investing and obtaining mortgages. You'll use the statistical skills you gain again and again, mostly in business settings. You also learn a fair bit about Microsoft Excel in your first year, which will aid you greatly.

Business today is conducted on a global platform. And who knows where it could take you? Perhaps you'll join in a global blue chip company, maybe you'll work in the entrepreneurial sector or go into consultancy, or you could even start your own business. ■

Compiled by **ĐẶNG PHƯƠNG THẢO**

Sources: <http://asiancorrespondent.com>



Source: <http://www.worldtobi.com>

SELF – LOVE... WHY NOT?

"I am short; my eyes are so small; why don't I possess spotless complexion like that beautiful girl; ; my timid characteristic deprives me of my friends; I do not have any gifts; I wonder why I am so slow-witted in Maths; I by no means gain any success with my capacity..." Do you see one or any of them which is familiar with you? If your answer is yes, it will prove that you do not love yourself enough.

Since the childhood, you have been taught at a constant rate that you must love your family, love people, love country...Rarely do you hear people say that you should "love yourself" for fear that you can boost your ego and become selfish or arrogant. However, I am not convinced that you are competent to love people and other things if you even cannot love yourself. Trying imaging that you are a full of water bottle applying water until it is used up unless someone adds more water. Hence, refilling that bottle by learning to love yourself.

Rolling in inferiority complex

You are unique and you need to push your self-esteem up. But the fact is that the majority of people try to seek their defects not for perfecting them but for rolling in inferiority complex. Honestly, I used to be one of them. Lacking of confidence in both appearance and capacity led to my former characteristic. I often stood in front of the mirror and pointed out almost unsightly-supposed features of my body. How weary I was! I had many pretty classmates, who were full of pride of their appearance, I thought. In addition, lacking of self-confidence was a permanent state that I myself created and then it often got in my way every time I set determination to do something.



Source: <http://thumbs.dreamstime.com>

Changing myself

I wasted so much time wallowing in self-pity for my appearance and wrongly suspecting my inner strength and not attempting for anything as there was existence of an invisible power pulling me back, a voice telling me that I could not do it, so I quit for the very first time and I blew numerous chances away. Once I realized that, I need to transform the situation.

One said that everything starts with thinking before you act. For this reason, instead of complaining and blaming myself, I learn the way of thinking optimistically. I accept the way I look and consider bad features of my appearance as special differences from other people. Besides, I speak out loud that I love myself unconditionally and I gradually become stronger, I repeat it even everyday to remind me

not to lose self-love. By acting, I challenge myself in competitions and activities at college. I firmly believe that if I do not try, one hundred percent I cannot do it, but if I try, there is a chance that i can be successful, so why don't I go for it? Grapping chances and challenging yourself to accumulate experience and to grow up is an important lesson I have learnt. I have participated in some social activities that my university initiated so that I can improve my soft skills and integrate into team working environment. I have also registered up-coming "English Eloquence Competition" though I know my English communication skill may be not good enough to compete with other entrants. I also try sending my writing and translation for my university's English journal in the hope of becoming a collaborator. "No pain no gain", if I cannot do it one thousand times, I will try to do it once. I have the faith that every bead of perspiration trickling down is not useless. Now I love myself more than ever.

Those are some personal experiences I have gained in the process of learning self-love. You will realize many strong points which were obstructed by your self-faith-losing. Be patient, discover your potential ability and express it out. "Love yourself first and everything falls into line".

To sum up, I would like to insert some meaningful lyrics in a common song named "Born this way" by Lady Gaga:

*"I'm beautiful in my way
Cause God makes no mistakes
I'm on the right track
I was born this way
Don't hide yourself in regret
Just love yourself and you're set
I'm on the right track
I was born this way".* ■

NGUYỄN TRÚC PHƯƠNG

HOT SINGLES



TOP 10 ALBUMS OF 2011

1/ Adele – 21	15.3 million copies sold
2/ Lady GaGa - Born This Way	5.4 million copies sold
3/ Michael Bublé – Christmas	5.2 million copies sold
4/ Bruno Mars - Doo-Wops & Hooligans	4.0 million copies sold
5/ Rihanna – Loud	3.4 million copies sold
6/ Coldplay - Mylo Xyloto	3.3 million copies sold
7/ Adele – 19	2.8 million copies sold
8/ Mumford & Sons - Sigh No More	2.2 million copies sold
9/ Katy Perry - Teenage Dream	2.1 million copies sold
10/ Beyoncé – 4 Columbia	2.1 million copies sold

LÊ THỐNG

WHAT IS REAL LOVE?



Source: <http://pic.chinafilm.com>

For hundreds of years, people have talked a lot about love. It has taken us lots of time, ink, and papers just to comment the most beautiful thing in the world - love. However, do you think that the love we are talking about is the real love we want to achieve? There is something unacceptable about this kind of love that you never care and ask for explanation about. I have discovered some interesting things about love.

Some people always think that love comes along with envy, sadness, disappointment etc. If love is one of the most beautiful things in our life, why do we have to engage it to those stupid things? I have been in love one girl for eight years and I got nothing happy but sadness and disappointment. We are biased by our society that if we love, we have to prepare to suffer pain. I do not think so. In my opinion, people think about love like that just because the way of their thinking is affected by other ones around them. They never dare to think in their own way - their natural way. I think love the best thing I have ever had in my life and it will bring peace and happiness to me. I feel that my parents love me a lot, and if someone else loves me like that, I will accept it.

Nowadays, people want to have a perfect love, but they may never get what they desire. The reason is very simple. At first, they may love, but later they think so much to ensure their love that the real love disappears. I have realized that nothing is certain in our life. Instead of thinking too much about the future to hold everything in our hand, why don't we just live for the present without worrying? You will see that if you give up all of your thought and love with your heart, you will feel the real love flowing inside you. At that time, you are the real love and you want to share this love with anyone you meet, even though they are your enemies. The reason is that when you really love, you do not have the ability to get angry or hate anyone.

What a pity that almost everyone does not figure out how to love happily. They just do like other people say. The past is dead, and the future has not come yet. We are wasting our time just to regret the past and worry about the future. We even have no time to enjoy the present as we always think, think, and think. If we cannot control our thoughts, how can we prevent ourselves from being affected by things around us? We think that if we try hard, we will get everything we want, but the more we dream, the bigger sadness we get.

I have found that to live happily and have the real love, we just have to give up our dreams, our desires and live in the present. If you do this, you will feel the infinitive love and peace in your heart. Do you realize that you are happy when something happens to you accidentally? In contrast, you may be interested in things you plan and try to achieve for a few days, but later, you will soon get bored and feel empty. This is all about the real love I want to tell you, will you think about yourselves and find your own way to the real love in your heart or just follow the old type of thinking path that people call "love"? ■

NGUYỄN THIỆN PHƯỚC

POEM CORNER

UNKNOWN

(by Hồ Thị Trung Kiên - AV08A2)

I lost my way
In the sea of people
How can I find you
Among this ocean
Without compass?
I'm sailling...

How can I find you?
I haven't seen your face
Yet imagine how we would meet
But believe for sure, sweet
I will realize you
Right at the first look
Your love guides me.

LOVE'S PHILOSOPHY (by Percy Bysshe Shelley) (1803-1822)

The fountains mingle with the river,
And the rivers with the ocean;
The winds of heaven mix forever,
With a sweet emotion;
Nothing in the world is single;
All things by a law divine
In one another's being mingle;
Why not I with thine?
See! the mountains kiss high heaven,
And the waves clasp one another;
No sister flower would be forgiven,
If it disdained it's brother;
And the sunlight clasps the earth,
And the moonbeams kiss the sea;
What are all these kissings worth,
If thou kiss not me?

FAMILY IS NUMBER ONE

The woman I am concerned and admire best in the world is my mother. Only my mom was willing to go to the night market with me, and did her best to bargain with salesman for the thing I really liked though she did not have enough money at that time. Only my mom told me not to love soon, not to fall in love with guys getting the same ages since she was afraid I was too naive to realize the true happiness. And only my mom was the sole woman who cried when I made a mistake.

My father is also the man I am worried and idolize best in my lifetime. It was my dad who understood my "girls' matter" and bought me some medicine, and did the housework for me in those unwell days as well. It was my dad again, sacrificing his own valuable drops of blood to save my family from the most difficult circumstances. Besides, my sister is the second woman I love after my mother. She happily bought me a laptop with her two-month miserable salary.

In the trivial round, you will not receive the above meaningful things easily from your friends, your relatives, or any ones else except your family. In fact, my family is the rock whenever I fall down, is the encouraging stepping-stone whenever I am getting weak or shy, is the most heartfelt advisor whenever I am lost, and is the teacher giving me precious lessons.

I wonder, thus, why don't we sit down and have the family meals together for 30 minutes only instead of spending hours going out with friends? Why don't we buy a cake for our siblings with great pleasure rather than entertain our friends with a delicious expensive meal? We cheerfully give our friends a lift to the bus station far away from houses, but why don't we take our parents to see a doctor near houses twice a year only, while?

You know, FAMILY means Father And Mother, I Love You. Therefore remember loving and respecting our own families always as much as we can! ■

QUÁCH MINH MINH



Source: Quách Minh Minh

8 AMAZING FACTS ABOUT LOVE



Source: 2. love-heart_designswan.com

Love is a light of your life. Everyone knows that love increases the quality of our lives. If still there are some people who don't believe in this, we have found some funny scientific love facts to prove this theory.

1. People are more likely to tilt their heads to the right when kissing instead of the left (65 percent of people go to the right!)
2. Men who kiss their wives in the morning live five years longer than those who don't.
3. Falling in love can induce a calming effect on the body and mind and raise levels of nerve growth factor for about a year, which helps to restore the nervous system and to improve the lover's memory.
4. Love can also exert the same stress on your body as deep fear. You see the same physiological responses - pupil dilation, sweaty palms, and increased heart rate.
5. The oldest known love song was written 4,000 years ago and comes from an area between the Tigris and Euphrates Rivers.
6. The tradition of the diamond engagement ring comes from Archduke Maximilian of Austria, who gave a diamond ring to his fiancée in the 15th century.
7. People who are newly in love produce decreased levels of the hormone serotonin - as low as levels seen in people with obsessive-compulsive disorder. Perhaps that's why it's so easy to feel obsessed when you're smitten.
8. According to mathematical theory, we should date a dozen people before choosing a long-term partner, that provides the best chance that you'll make a love match. ■

Collector: **NGUYỄN THÙY TRANG**
Website: amolife.com



LOVE AT FIRST SIGHT: HOW REAL?

Love, obviously, is an extremely extensive topic. However, "How real is the love at first sight?" is much more specific question, and never seems to be an easy one to discuss. According to Adam & Eve Sex Survey (2011), over half (55%) of American adults say they believe in love at first sight – and 71% of them experienced it themselves(1). Different people have different answers, and these numbers just showed us what happened in US. Why don't we take a look to see what Vietnamese students think about this tricky question?

Nguyễn Thiện Phước – AV10A1

I think that love at first sight is a very rare case of falling in love. People always create an ideal lover in their mind and once they meet a person like that, they may have the feeling of "love" immediately. However, in my opinion, they are just attracted by the "appearance", not the "inside" of that person. Therefore, few people find out their real love this way.



Source: <http://chaos-in-ur-heart.blogspot.com>

Lâm Hoàng Thiện – AV10A1

I think love is diverse, and to love someone at the first sight is also a part of it. Love at first sight may bring more passion at the beginning. However, this does not mean that the broken situation never comes. Anyway, love itself has plenty of ways to start, so love at first sight is only a way for a love to grow.

Nguyễn Thùy Trang - AV09A1

What is love? No one can define it exactly and scientifically. Love means different things to different people. Therefore, if you think that love at first sight isn't real love, you may be right, and if someone believes that it is real, she is not wrong either. Love has no rule.

Chu Thị Như Trang – AV10A1

Personally, I believe there is "Love at first sight". However, if possible, I'd prefer to call it "Crush" rather than "Love". Having good impressions on someone doesn't mean you fall in love with him or her because these feelings affect you temporarily, not for good. What if you find out your present mate is not as perfect as the one you met at your first meeting? You regret? Abandon yourself in depression? Or want to "replay" to find the better? Everything needs time, and so does love. "It takes a second to have a crush on somebody, a minute to like him, a day to love him, but it takes a lifetime to forget him." (Johnny Depp) Therefore,

when you are not able to forget someone though time has flown by, then you have really met your one true love.



Source: <http://www.paklinks.com>

It's easy to see that not many of us believe in "love at first sight", isn't it? Therefore, we can figure out the differences between the viewpoints of Vietnamese and American, especially in love. Finally, there're still no official adequate answers for that question. You may believe it, or may not. Anyway, no matter how real is the love at first sight is, it's undeniable that it surely a very beautiful one. Hope that you can meet that miracle love once in your life to have a truly real experience. ■

CHU THỊ NHƯ TRANG

Reference:

<http://www.reuters.com/article/2011/04/07/idUS222734+07-Apr-2011+PRN20110407>

QUOTATIONS OF THE MONTH

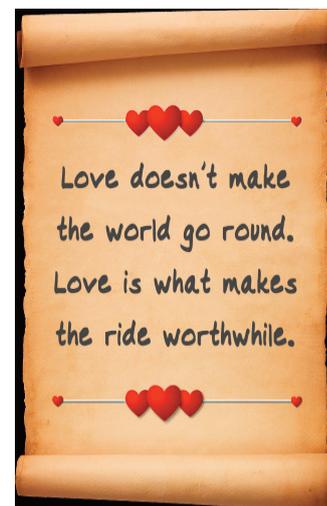
"Love is a fruit in season at all times, and within reach of every hand."

Mother Teresa - Albanian-born Roman Catholic Missionary

"We come to love not by finding a perfect person, but by learning to see an imperfect person perfectly."

Sam Keen - American author, professor and philosopher

"I love you, not only for what you are, but for what I am when I am with you."
Roy Croft - Poet and Translator



Translation Contest Announcement

Here we go to the result of the Translation Contest of the Volume 01 (October 2011). The winner is Nguyễn Trúc Phương, student of AV10A7. Congratulations for her well-done paper. It's our honor to award her the Certificate of the faculty, 100.000 VND and a free FFL Journal Volume 3.

Phương, proud of your hard word and keep going on!

10 NĂM SAU CUỘC TẤN CÔNG

Đã qua 10 năm nhưng những hệ lụy từ vụ khủng bố chấn động 11.9.2001 vẫn đè nặng lên hệ thống kinh tế, chính trị và xã hội Mỹ.

Ngày 11.9.2001, khoảnh khắc 2 chiếc máy bay đâm thẳng vào tòa tháp đôi World Trade Center ở New York đã đưa nước Mỹ đến một bước ngoặt lịch sử. Tưởng chừng bất khả xâm phạm, cường quốc số một thế giới lại bị tấn công ngay chính "trái tim" của mình. Sau 10 năm, Mỹ đã hoàn toàn thay đổi, vững chãi hơn nhờ nhiều lớp "áo giáp" an ninh nhưng cũng nặng nề hơn với một nền kinh tế đang trong cơn khủng hoảng lại phải gánh gánh chi phí quốc phòng ngất ngưởng.

Sau biến cố 11.9, Mỹ chính thức bước vào thời kỳ "chiến tranh phòng ngừa": tấn công trước để khỏi bị tấn công. Với sức mạnh quân sự vượt trội, Mỹ nhanh chóng chiếm được Afghanistan và Iraq, nhưng "quá trình chuyển giao dân chủ" đã không diễn ra như mong đợi và hiện Washington gần như sa lầy ở hai chiến trường này.

Trong bài viết mới đây trên tờ Les Echos, chuyên gia từng đoạt Nobel Kinh tế Joseph Stiglitz nhấn mạnh: "Việc tăng các chi phí cho quốc phòng cùng lúc với các đợt miễn giảm thuế dưới thời của Tổng thống George Bush đã giải thích vì sao Mỹ từ chỗ chỉ bị thâm hụt ngân sách khoảng 2% GDP lúc ông ấy vừa đắc cử, đến nay phải gánh món nợ hơn 14.000 tỉ USD".

(Thanh Niên)

WORLD CAN 'THRIVE' AS POPULATION REACHES 7 BILLION

As the global population hits 7 billion in the coming days, nations can take steps to tackle critical challenges and prepare for the arrival of billions more people this century, the United Nations said Wednesday. The milestone is expected to be reached on October 31.

"With planning and the right investments in people now ... our world of 7 billion can have thriving, sustainable cities, productive labor forces that can fuel economic growth, youth populations that contribute to the well-being of economies and societies, and a generation of older people who are healthy and actively engaged in the social and economic affairs of their communities," UNFPA, the United Nations Population Fund, said in a new report.

10 YEARS AFTER THE ATTACK

Although 10 years have come by, the effects from world-stirred September 11th catastrophe is still a burden to the American economic, politic and social system.

On September 11th 2001, the moment that two planes directly rammed into the Twin Towers of the World Trade Center in New York City led America to a historical turning-point. It was seemingly inviolable; world's number-one power was attacked at its own "heart". After 10 years, America has already changed, sturdier due to many layers of security "armors", but harder to the economy being in a crisis has to sustain extremely high security costs.

After the September 11th event, America officially entered a period of "preventive war": attacking first so as not to be attacked. With the dominant security power, America rapidly occupied Afghanistan and Iraq, but "the process of transition to democracy" didn't happen as expected and Washington has almost sunk into these two battles.

According to a recent piece of Les Echos article, Joseph Stiglitz, the expert received the Nobel Prize in Economics, stressed: "Increasing security costs coincided with tax remission waves under George Bush term explained why America turned from barely bearing approximately 2% budget deficit when he was recently elected to carrying the debt of over 14.000 billion USD."

Người dịch: Nguyễn Trúc Phương

THẾ GIỚI CÓ THỂ PHÁT TRIỂN KHI DÂN SỐ ĐẠT MỨC 7 TỶ NGƯỜI

Khi dân số toàn cầu chạm mức 7 tỷ người trong những ngày sắp tới, các quốc gia có thể thực hiện những biện pháp để khắc phục những thách thức lớn và chuẩn bị cho mức tăng hàng tỷ người nữa trong thế kỷ này, theo thông tin từ Mỹ vào thứ 4. Cột mốc được chờ đợi là vào ngày 31 tháng 10.

"Với kế hoạch và sự đầu tư đúng đắn dẫn đầu với con người ngay từ bây giờ, thế giới 7 tỷ dân của chúng ta có thể phát triển được các thành phố sinh thái, lực lượng lao động có hiệu quả giúp đẩy mạnh sự phát triển kinh tế, dân số trẻ đóng góp cho sự thịnh vượng của nền kinh tế - xã hội, đồng thời thế hệ những người lớn tuổi hơn có đủ sức khỏe và chủ động tham gia vào những vấn đề kinh tế - xã hội của cộng đồng," theo một báo cáo mới đây của UNFPA (Quỹ hoạt động dân số Liên Hiệp Quốc).

Among the steps the report focuses on are empowering young people with economic opportunities; planning for the growth of cities; developing programs to share and sustain the Earth's resources; and improving education, including sexual education.

(CNN – 26/10/2011)

Những biện pháp mà báo cáo tập trung vào đó là: trao cho những người trẻ các cơ hội kinh tế, kế hoạch phát triển thành phố, những chương trình đang được phát triển để chia sẻ và duy trì nguồn tài nguyên Trái Đất, cải thiện giáo dục, bao gồm cả giáo dục giới tính.

Người dịch: Nguyễn Trúc Phương

DẶNG PHƯƠNG THẢO

LOVE A GAY

How do you do when you fall in love with an enigmatic boy and then find out he is a gay man? How do you do when you must be a "Spy" for his mother and one day you are in his home, have lunch with his family? I have been in such a weird love.

1. An interesting friend

I made friend with him in my first days of being a newbie of Harry Potter Vietnam Network (HPVN) when I was in grade 10. He was very talented in writing, designing, photographing, playing piano, guitars and singing, he was also friendly and we had some sharing about friendship, family, and works in HPVN. Gradually, I found him an introverted and enigmatic guy with many stories and even... scandals in HPVN. However, you know, to a teenager, the more secrets he had, the more attractive he became. One day, I realized that I had eyes only for him.

2. Having troubles

I found ways to contact him more, did my best to take care more of him without letting him know my affection. He was a sensitive guy, so it was not so difficult for him to find out my special care. That was also the time we went to a bit of a rough patch about opposite points of view about administrating in HPVN and other relationships.

Once I wrote an article for Hoa Hoc Tro about the connection between parents and children nowadays, one of my interviewee was his mother. She said that her family did not understand much about their son, it seemed that he always built a wall around him. Suddenly she asked me to pretend a new friend of him, to get his thinking and tell her. I did, and I knew some things about him, including the bitter fact that he was a gay. That was the main reason for his virtual wall. To see straight to the fact and our stormy relationship, I knew that we could not be of each other. It seemed that I was a boat which lost direction. After some weeks of consideration, I decided to make a gap time to have more focus on my life.

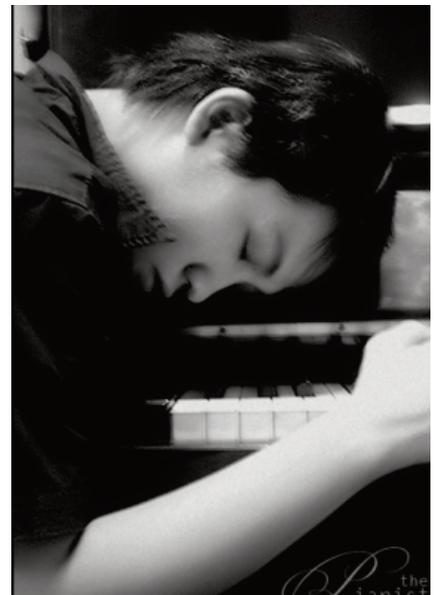
3. Meeting together

After years of no contact, we met together in Ho Chi Minh City. Because we had been online friends, I was happy to meet him in the "real life". Amazingly, my campus in the first year at college (Hồ Hảo Hớn campus, District 1) was next to his home, so sometimes I had lunch with his family before rushing to the next shift at the other campus.

At that time, my heart was more stable but, to tell the truth, there was a little bit difficult for us to make friendly and comfortable conversations as before. Now we are still friends, and I am glad to see him successful with his significant talents. For his family, fortunately, they know and sympathetically accept the fact that he is abnormal in sex and they are currently living happily together. To be a gay is not a crime, he and I can not be a couple due to unsuitability only, regardless of his homosexuality or not.

That was the first time I had a hard shock in affection. Everyone has his or her own problems, even in sex, so if we love that person, it is better to let him or her to seek the most suitable lover. Homosexuals have that right and so do we. Surely we can feel our pains inside, but let the time help it pass away. Although time could not heal any pain completely, it at least helps us to know more clearly who we are and what we need to do in our long journey of life. ■

TÔN NỮ TƯỜNG VY



Source: Lee

DARE TO DO AND HAVE THINGS TO SHARE



Source: Võ Bùi Thanh Thúy

In this issue, we have a talk to a very sensitive, impressive and experienced person to know what she thinks about love and life. She is Ms. Võ Bùi Thanh Thúy, our Vice President of the Youth Union.

1. There are many definitions of love. In your opinion, what is love?

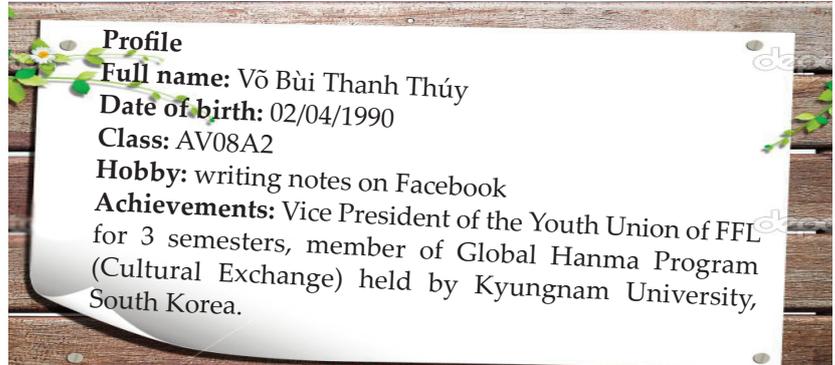
I think love here can be love for our nation, our parents, our boyfriend/girlfriend, etc., but these all come from the love for us. It is because only when we know our true value and how to take care of ourselves will we know how to have other be cognizant of that value. Moreover, loving ourselves means knowing how to develop our strong points considerably and to hide or eliminate our weak points rightly in order to be successful. However, it does not mean that we just think of ourselves which is selfish. We should control our egos to get along well with other people. It's very necessary to know "Who we are and where we stand in the world" to treat others equitably.

2. What is the most important thing in love?

I believe that actions speak louder than words. I didn't realize this simple thing until I found the special one. Efforts in taking care of and understanding each other should be high-valued. These efforts may come from many little things. These things can be some very small volunteer changes in one's habits to please us or even bring us tears of happiness. I think these changes are from love from the bottom of our hearts.



Thúy and her colleague - Nguyễn Thị Thái
- in the Youth Union



Profile

Full name: Võ Bùi Thanh Thúy

Date of birth: 02/04/1990

Class: AV08A2

Hobby: writing notes on Facebook

Achievements: Vice President of the Youth Union of FFL for 3 semesters, member of Global Hanma Program (Cultural Exchange) held by Kyungnam University, South Korea.

3. What do you think about love for our nation of today's youth?

I feel luckiest being a Vietnamese. We have very distinct culture and custom. However, many young people do not realize that, and try to compare Vietnam to some foreign countries imprecisely. They even forget their origins and want to become someone else. Why do we always think negatively about our nation and run after something unsuitable for our culture and even our true personalities? We should not stand still and just complain. Why don't we try to improve ourselves first in order to be a well-educated Vietnamese? Be ourselves is a wonderful thing! Similar to love, never pretend to be someone's shadows which are not our true value. Our true nature will "emerge" at any time, although at first, we can maintain the state of being other very well.

4. Have you ever regretted giving someone too much love and receiving nothing in return?

Commonly, at the beginning of a breakdown, everybody will be very dispirited and wonder why they have spent too much effort, love, time and energy to gain such person's love. Is it worth doing so? So do I, these thoughts also flash in my mind. However, I have been aware that everything happens for a reason; therefore, I can learn from things and people that have walked into my life. And then, I change and improve myself so as to overcome misfortunes and not to repeat my mistakes.

Furthermore, I even do not have a clear definition of what giving and receiving are. I just do what I like and what I think the others need. It is also a way of loving myself. And I am happy to do so.

5. Are you happy with your life now?

I am pleased with everyone and everything around me, but not myself. I am always in the state of being bored and I want to do something new, sometimes ridiculous. Also, I believe that bravery, great desire and absolute belief in ourselves will lead us to success. Hence, I am not hesitant about taking risks to achieve my goals, out of the fact that what you really learn is much more important than the word "success". Whenever something goes

wrong, I do not blame it on destiny or situations. Only being born is inactive, since I could not choose where I was born. However, to the rest of my life, I can make decisions for my own life. Why can't we?

6. Which is the happiest moment in your life?

It is such a difficult question for me. (Smile) I treasure every moment in my life. It is because I DARE to do new things, meet new people, and change myself. After the "DARE", I have many things to "SHARE", although sometimes I am quite disappointed or even get bored to death. I remember the meaning of mandarins – also the meaning of life which my teacher told me when he wished me a happy new year. He said that mandarins can taste both sour and sweet, just



Thúy received Certificate from Global Hanma program 2011

as life. "Sweet" here is happiness and success, and "sour" is difficulties and challenges. Let's enjoy more "sweet" in our life, but do not to eliminate "sour", because without it, our life would be very tedious. ■

NGUYỄN THỊ MỸ LINH

LEARNING WORLD



LOVE WORLD



Love is a word with lots of connotations. In this volume, "Learning English World" would like to bring you some famous love idioms and phrases in English. Let's take a look at them!

• In love

1. **to fancy someone** (British English) = to find someone attractive: "My friend fancies you!"
2. **to have the hots for someone** = to find someone very attractive: "She's got the hots for the new office manager."
3. **to have eyes only for** = to be attracted to one person only: "He's dropped all his old friends, now that he has eyes only for Susie."
4. **to go steady** = to go out with someone: "They've been going steady since their first year at university."
5. **to be smitten by someone** = to be in love with someone: "I first met him at a party and from that evening on, I was smitten."
6. **to fall head over heels for someone** = to completely fall in love: "He fell head over heels for her."
7. **to be loved-up** (British English) = to exist in a warm feeling of love: "They are one loved-up couple!"
8. **to have a crush on someone** = to only be able to think about one person: "When I was at school, I had a crush on a Korean movie star."

9. **to be lovey-dovey** = for a couple to show everyone how much they are in love: "They're so lovey-dovey, always whispering to each other and looking into each other's eyes."

10. **a love-nest** = the place where two lovers live: "They made a love-nest in the old basement flat."

• Types of love

1. **puppy love** = love between teenagers: "It's just puppy love – you'll grow out of it!"
2. **cupboard love** = love for someone because they give you food: "I think my cat loves me, but it's only cupboard love!"

• Getting married

1. **to get hitched**: "They're getting hitched next month."
2. **to tie the knot**: "So when are you two tying the knot?"

• If it goes wrong...

1. **to go through a bit of a rough patch** = when things are not going well: "Since the argument, they've been going through a bit of a rough patch."
2. **to have blazing rows** = to have big arguments: "We had a blazing row last night."
3. **can't stand the sight of someone** = to not like someone: "She can't stand the sight of him any more!"
4. **to call it a day** = to agree that the relationship has ended: "We decided to call it a day."
5. **to be on the rocks** = a relationship that is in difficulty: "Once she moved out, it was clear their marriage was on the rocks."
6. **to have a stormy relationship** = a relationship with many arguments: "I'm glad we don't have a stormy relationship."
7. **a love-rat** = a man who betrays his girlfriend/wife: "He's had affairs with three different women – he's a complete love-rat."

• Sayings

1. **Marry in haste, repent at leisure** = if you marry too quickly, you have the rest of your life to regret it!
2. **Love is blind** = when you love someone, you can't see their faults
3. **Beauty is in the eye of the beholder** = beauty is subjective
4. **Let your heart rule your head** = allow your emotions to control your rational side



Source: nhacvietplus.com.vn

5. **Wear your heart on your sleeve** = show other people how you are feeling (For more details, visit www.english-at-home.com) Here you go! Let's express your feelings to your beloved on this Valentine's Day by sending some of the beautiful and famous Love idioms and phrases provided here. If you have a crush on someone, don't hesitate to wear your heart on your sleeve, let your heart rule your head! Good luck! ■

TRẦN THỊ DIỆU LONG

OPPORTUNITY PLANET

1. ICCR Cultural Exchange Program (CEP) and General Cultural Scholarship Scheme (GCSS), deadline: 10/03/2012

Subjects: Vietnamese students

According to the Consulate - General of India, the Government offers 05 CEP scholarships and 07 GCSS scholarships for students in the South of Vietnam, who are eligible for studying undergraduate and postgraduate programs in India. The school year begins in June, 2012.

The students will be offered return flight tickets, tuition fee, allowance, accommodation.

Each applicant submits 06 sets of documents including: Application form, copies of academic records (notarized) to the Consulate General of India (55 Nguyen Dinh Chieu Street, District 3, HCMC). Applicant must submit health record at SOS medical clinic or hospitals in Vietnam recognized by the United Nations.

Please visit <http://www.indembassy.com.vn> for more details.

2. "Students' Dream" Writing Contest, deadline: 10/03/2012

Topic: Writings to share your dreams, ambitions, ideal life with the motto: "Dreams are indispensable to life, especially dreams of young people who have rich knowledge and aspirations".

The prizes range from 1.000.000 VND to 10.000.000 VND. Students send their entries (no more than 1000 words) to uocmosinhvien@gmail.com. For more information, visit <http://www.hoisinhvientphcm.com>.



3. Asian Young Forum 10 (AYF 10), deadline: 29/03/2012

The Asian Young Forum (AYF) is a college-aged students and young people's network organization. The AYF provides college-aged students and young people a venue where they could share their ideas, views and knowledge on culture, language, leadership and social, global issues. The AYF has opened registration for the AYF 10 in Vladivostok, Russia. Visit <http://www.asianyouthforum.org> for more information.



4. JVI 20th Anniversary Essay and Video Contest "Training, Transition, and Development: The Role of the JVI", deadline: 06/04/2012

Content: Write a short essay (max. 3,500 words) OR produce a short video (max. 3 minutes long) that illustrates how training and education matter in successfully transitioning from planned to market-based economies, and for economic development in general.

Prize: - A trip to Vienna, Austria, with travel costs, hotel accommodation and daily allowance provided
- An opportunity to participate in the Anniversary Conference.

Submission Instructions:

All submissions must contain your full name, e-mail address, and a short CV.

Essays: (Word/ pdf file attached) can be transmitted by e-mail to contest2012@jvi.org

Videos: using an online file transfer service (<https://www.transferbigfiles.com>), e-mail a download link to contest2012@jvi.org. Please ensure that the e-mail with the link contains your name and contact information.

5. "Grateful Stroke" Contest (Net but tri an), deadline: 20/04/2012

Message Contest: Share The Gratitude

Topic: Writing about teachers, relatives, colleagues and friends who are Vietnamese with real stories, which have given the author a profound lesson, which is a good example for the author to learn, to follow and hope to share with everyone.

Contestants can send submissions (no more than 1500 words) either by mail to 130 Phan Dang Luu, Ward 3, Phu Nhuan District, HCMC or visit www.netbuttrian.vn and follow the submission instructions. For more details, visit www.netbuttrian.vn.

6. "Summer Diary" Contest, deadline: 01/06/2012

The Summer Diary contest is opened in order to impulse the development of student's writing skill and reading habit. The entries must be written in Vietnamese and no more than 4000 words. The topic focuses on stories when you are in school, college or university. The contestants send their entries to baiduthi@nhatkimmuaaha.com. For more information, visit <http://nhatkymuaaha.com/a/home>. ■

NGUYỄN QUỐC VŨ



POCKET ADDRESS LIST

A quiet and romantic space must be an attractive destination for couples on Valentine's Day. These are some possible options for you:

1. Thuy Truc Coffee

Address: 212/4 Dinh Bo Linh Street, Ward 26, Binh Thanh District, Ho Chi Minh City



Source: <http://www.vnnhahang.com>

Designed in a countryside style, Thuy Truc coffee with freshly green bamboos standing by the dreamy lakeside and a beautiful fountain forcing water up into the air will create unforgettable memories for couples.

Price is reasonable, from 10.000 to 25.000VND.

Open time: 7.30 a.m.- 11 p.m

2. Icoffee

Address: 57F Tu Xuong Street, Ward 7, District 3, Ho Chi Minh City

A quiet and romantic space with sparkling candlelight, wooden slats arranged in a sudden inspiration, beautiful vases of flowers together with deep warm tunes of the songs in the 1980s is what makes this coffee shop impressive and different from others. This is indeed an ideal place for those who love serenity and romance.



Source: <http://danong.com>

3. Ốc Thảo

Address: Alley 273 Hoang Dieu Street, opposite from H2 Apartment (District 4)



Source: Tôn Nữ Tường Vy

With a cheap price for seafood, this place is a heaven for everyone who want to enjoy many delicious types of seafood. Price is reasonable, from 20.000 to 40.000VND. Open time: 10 a.m - 7 p.m ■

FUNNY STORIES

She's my wife

One of the guest turned to a man by his side to criticize the singing of the woman who was trying to entertain them.

"What a terrible voice! Do you know who she is?"

"Yes", was the answer. "She's my wife"

"Oh, I beg your pardon. Of course, it isn't her voice, really. It's the stuff she has to sing. I wonder who wrote that awful song?"

"I did", was the answer.

Nothing can stop me

A naval cadet wrote to his sweetheart:

"For your sake I'm ready for any exploit! I can swim across the Pacific, brave a part of shark, walk to you under water for miles and miles!"

All that sounded convincing. Then he added:

"Neither storm or hurricane can stop me!"

P.S: 'I will come to see you on Saturday if it does not rain'

So happy

During their silver anniversary, a wife reminded her husband:

"Do you remember when you proposed to me, I was so overwhelmed that I didn't talk for an hour?"

The hubby replied: "Yes, honey, that was the happiest hour of my life." ■

BÙI THỊ PHƯƠNG

TRẦN NGUYỆT MINH

SPONSORS

CONGRATULATIONS!!! We have next readers who are so lucky to have our books for the The FFL Journal Volume 02 (December 2011)



BIỂN ĐÔNG VÀ HẢI ĐẢO VIỆT NAM

- Phạm Thị An (AV05)
- Bùi Thị Phương (AV09A2)

2. 50 ĐIỀU TRƯỜNG HỌC KHÔNG DẠY BẠN

- Nguyễn Thị Mỹ Linh (AV09A1)
- Lê Thị Thu Trúc (11AV02)

3. BÀI GIẢNG CUỐI CÙNG

- Nguyễn Ngọc Ly (AV10A7)
- Quách Thanh Phương (AV08A2)

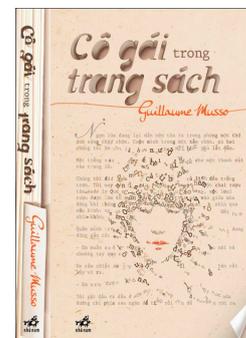


And now here we go to new books for this month, remember to cut and send your vouchers as quick as possible to us to be the next lucky readers. :D

CÔ GÁI TRONG TRANG SÁCH

Author: Guillaume Musso
 Translator: Huy Minh
 Publisher: Van Hoc
 Price: 98.000 VND

This is the keen and palpitating play; the romantic and unreal love. All of that happens when life depends on a book only! Tom Boyd was a multi-million-selling author living in LA. One night, a beautiful, naked girl appears in Tom's house. She claims to be Billie, a character from his novels, who has fallen into the real world because of a printer's error in his latest book. And she wants to strike a deal with him: if he writes his next novel she can go back to the world of fiction; in return she will help him win back his beloved Aurore... What does he have to lose? Guillaume Musso's latest romantic adventure is a story of friendship, love and the special place in our lives that you can find in "Cô gái trong trang sách".



Source: www.vinabook.com

This book is available at Vinabook.com - an online bookshop with the aims of having the best and fastest service for customers, developing the online book market in Vietnam.

Website: <http://www.vinabook.com>

TIỂU SỬ STEVE JOBS

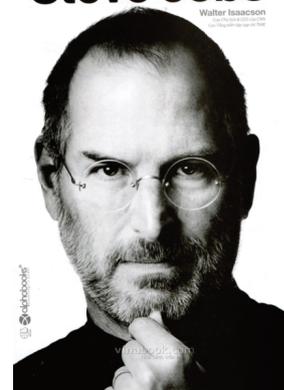
Author: Walter Isaacson
 Translator: Many translators
 Publisher: The Gioi
 Price: 189.000 VND

With "Tiểu sử Steve Jobs", you may find out a lot of information that has never heard before about Steve Jobs, whose tale is instructive and cautionary, filled with lessons about innovation, character, leadership, and values. Walter Isaacson has written a riveting story of the roller-coaster life and searingly intense personality of a creative entrepreneur whose passion for perfection and ferocious drive revolutionized six industries: personal computers, animated movies, music, phones, tablet computing, and digital publishing. Hope you enjoy it.

This book is available at Alpha books - a bookshop with main product line as: Alpha Biz (management), Alpha Edu (education and thinking), Alpha Omega (classics), Alpha Kid (for children), IMONE (literature).

Website: <http://www.alphabooks.vn>

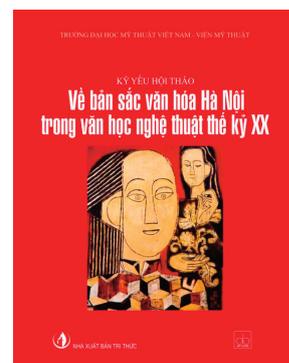
tiểu sử Steve Jobs



Source: www.alphabooks.vn

KỶ YẾU HỘI THẢO – VỀ BẢN SẮC VĂN HÓA HÀ NỘI TRONG VĂN HỌC NGHỆ THUẬT THẾ KỶ XX

Organizers: Vietnam University of Fine Arts – The Arts Institute and Tri Thuc Publisher
 The council of editors: Lai Nguyen An, Nguyen Quan, Bui Nhu Huong, Pham Trung
 Publisher: Tri Thuc
 Price: 89.000 VND



Spource: <http://nxbtrithuc.com.vn>

Ha Noi - our capital, is a multiform city. Its diversity was made by the different historical stages and levels of society. In order to help you know more about the character of this thousand-year cultural city, we hereby introduce the book "Kỷ yếu hội thảo - Về bản sắc văn hóa Hà Nội trong văn học nghệ thuật Thế kỷ XX". It involves valuable speeches and opinions selected to focus on discovering a common specific characteristics creating Ha Noi's cultural character in the 20th century- the latest and liveliest one throughout three periods: 1900-1945; 1945-1975; and 1986 up to now.

This book is available at Publisher of Knowledge - where scholars, researchers and students can trust to their quality, focus on spreading great trends of thoughts in both classic and modern.

Website: <http://nxbtrithuc.com.vn> ■

PHẠM NGỌC TUYẾT

VALENTINE'S SONG

- Beautiful in white** - Shane Filan
- Butterfly fly away** - Miley Cyrus
- Eien Ha Tada No Ichi Byou Kara** - Jay'ed ft. JUJU
- Love Paradise** - Kelly Chan
- Mùa yêu** - Mai Khôi
- My Valentine** - Nickkhun ft Taecyeon (2PM)
- Sakurairo Mau Koro** - Nakashima Mika
- What are words** - Chris Medina
- What makes you beautiful** - One Direction
- You're not alone** - Shayne Ward
- You're still the one** - Shania Twain

ALL ABOUT US

(1) Take my hand, I'll teach you to dance
 I'll spin you around, won't let you fall down
 Would you let me lead, you can step on my feet
 Give it a try, it'll be alright

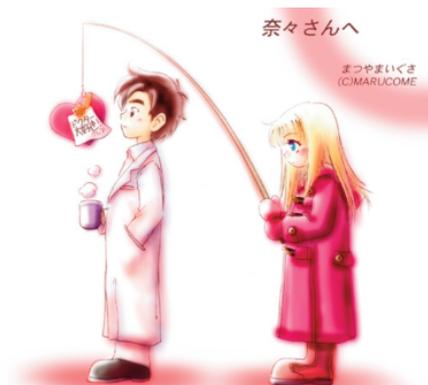
Chorus: The room's hush, hush,
 And now's our moment
 Take it in feel it all and hold it
 Eyes on you, eyes on me
 We're doing this right

Cause lovers dance when they're feeling in love
 Spotlight shining, it's all about us
 It's oh, oh, oh, oh, all about uh, uh, uh, uh, us
 And every heart in the room will melt
 This is a feeling I've never felt but,
 It's oh, oh, all about us.

(2) Suddenly, I'm feeling brave
 I don't know what's got into me,
 Why I feel this way
 Can we dance, real slow?
 Can I hold you?
 Can I hold you close ?

[Repeat Chorus]

FYI, This song was used for the famous clip "All about CVA" by a group of senior students of Chu Van An High School (Ha Noi), which was a phenomenon in the internet. ^ ^



Source: http://img2.tamtay.vn/134720863_lovehina3.jpg

ART GALLERY



You're Single?!
HAHAHAHAHH
HAHAHAHAHH
HAHAHAHAHH
me too.

You are single

Source: <http://images.piccsy.com>



Suddenly you fancy someone

Source: <http://archi.vn>



Get jealous T”T

Source: <http://www.dailydawdle.com>



Say your "3 miraculous words"

Source: <http://rosewings.blogspot.com>



Have a romantic love

Source: <http://www.livevn.com>



Get married

Source: <http://3.bp.blogspot.com>



Having Things In Common

Have babies

Source: <http://www.desicommments.com>



Become parents

Source: <http://hoachinh.wordpress.com>



Have quarrels

Source: <http://fc01.deviantart.net>



Heal your pains and remember to be free from any already-gone things

Source: <http://files.myopera.com>



And being a match forever. :)

Source: <http://www.livevn.com>