



NEWS LETTER

Vol. 9
January
Edition

ITERA INTERNATIONAL OFFICE

NEW YEAR Special Edition



#INSPIRINGSTORY

Being **Mother** or Being **Ph.D.** Student? **Why Not Being Both??**

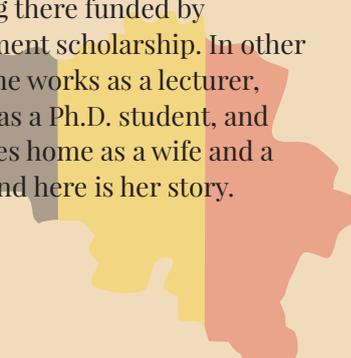
The famous show presenter, Najwa Shihab lately had a viral statement about the question “Why does a woman have to choose between being a good mother or good at carrier?” Her enlightening answer made the other women give standing ovation for her perspective.

“We can get them both” is her most powerful line. Every woman has a right to achieve her dream however some of us has to stop our step considering tradition, norm, and stereotype surrounds us. Regarding to the data from BPS on August

2019, in Indonesia, from 100 women in productive age, there's only half that included to the workforce. Now the question is, “why?”

Recently the writer interviewed ITERA's lecturer that having Ph.D. in KU Leuven, Belgium. Her name is Isye Susana Nurhasanah. She has been living there there with her 8

and 4 years sons and her husband. This husband and wife have been studying there funded by government scholarship. In other word, she works as a lecturer, studies as a Ph.D. student, and organizes home as a wife and a mom. And here is her story.





Just like another mom, in the early morning, Isye wakes up and prepares for the food and stuff and then together with her husband drops off her kids to the school before 8 AM and goes to the campus. The office hour is from 8 AM to 5 PM, afterward she picked up the kids, playing with them, having dinner and put the kids to sleep at 9 PM. At night, she continues to work on papers or reads some literature for 1 – 2 effective hours before sleep and starts again at 4 AM. As a Ph.D. student who brings her family, she has to be stick to the time management. She has to be focus when doing something whether it's working or refreshing.

It's in line with the way of living in Belgium, in particular in Leuven as one of an education city in Belgium. Here, people are strict to be discipline with their time. People of all ages have their own a yearly and daily book-plan, even for visiting relatives or refreshing, and we have to respect it. Both, she and her husband choose KU Leuven as their campus. There in KU Leuven, she works on project about Small Island Tourism Planning. Considering that Indonesia is

an archipelago country and has many small islands yet many of them are lack of spatial planning, especially for marine-small islands tourism planning. She concerns about how to achieve social-ecological resilience in small island through tourism. While her husband works on research related to spatial disaster mitigation, in the case of Merapi eruption.

Beforehand, they've decided to take doctoral program abroad because they want to broaden their horizon and experiences. Particularly for Isye, she wants to adapt and learn as well as experiencing new culture. As a lecturer, she wants to step forward and challenge herself and learn new good things that she can bring to our nation. Yet, as a mom, she wants to keep being part of motherhood.

Same vision is the key

*Find a mate that can be your other wing
So you can spread your wing and fly
together*

In the beginning of marriage, Isye and her husband think about what kind of family that they want to be. They even have

written list of vision and mission about their planning. The list contains about their future planning; study, carrier, job, even how to educate their kids. She said, they want their children to be not only smart in academic but also have a good character. This written list is more than useful; if one day they forget about their plan, they will see it again to keep on the track.

“We realized when we build the family, we build civilization as well.” she said.

Isye confesses that she often meets challenges. We can't avoid that a wife holds the most important role at home compared to husband. Then the hardest challenge is time management. She has to make sure that she has already balance all of her roles. Frankly speaking, it wasn't easy at all. Secondly, stress management. If we cannot arrange our time wisely, then we will possibly face stress. When you have a hectic moment related to study, like you're in the deadline, or under pressure because of work things, if you can not manage yourself in a better manner you will end up with bring stress at home and effect to your children. The solution for that situation she advised was to have it communicated with husband. Luckily, She have a partner that is always available to share thought and help. For example, if because of an urgent thing, the wife cannot pick up the kids from school or even go to the groceries, the husband will do. “We communicate and back up each other very well.” she said.

Speaking about women decision, she admitted that whatever a woman will be, she will bear the same heavy responsibilities whether she concern at home or concern at her carrier. Mom at home doesn't mean that she has an easier task than carrier mom and vice versa. Generally, women have to be anxious about things they have already or not even faced it yet. No wonder there are lot of women out there that had million thoughts before decided to get married and having kids. Because it's really challenging, yet it still possible to do! As a woman, once I also questioned “have I already tried my best for the family and work?” There are so many things that should be considered

before taking a decision. At the end, frequently, fear and doubt make women step back. For married women, the best thing to have is communicate it wisely with your husband first.

“But once you and your partner have a dream and have a decision to step forward, finish your challenge! Never stop in the middle of your struggle. Because when you give up, you’ll underestimate yourself. The more you keep a demotivated feeling, the more you will feel unable to achieve anything. Having a family doesn’t mean you have a limit action. It depends on our perspectives, indeed. What I believe is that keeping the positive perspectives while doing things and the way how we manage them optimally will really help us. Once we solved these challenges... We can explore ourselves more than we thought” she conveyed.

Support to the carrier woman

Although there are facts that society doesn’t expect too much from women in work, some part in the global world, raising support for working mom. In our previous public lecturer, Prof. M.S Kim from Seoul Women’s University talked about The Role of Women in Economic and Social Development. Women must have a chance to get education, to get information by themselves. This is why the women’s university is becoming important in Korea. They aim to empower women, raised women’s confidences, and prepare them as future leader. It’s no longer impossible if the world can be led by woman.

Rector of ITERA, Prof. Ofyar Z. Tamin., M.Sc., P.hD also said on his speech that it is very important to introduce about women’s university to aware people how important the role of women to develop a nation.

“As important as our mother in order to

build the character of her family. Educate a woman means educate the better generation, means, a better nation.” He said.

Parenting at its best

Go to the top by yourself is much easier than go together with your family.

Isye Susana not only share us her daily life, but also her concern about parenting. As a mother of two kids who are still in their golden ages, she desires to be “*madrasah*” (school) for her kids. In her little family, she does implement the principle to respect each other. The best way of parenting is not to yelling to them what they should or should not to do but be a good example for them, be their role model. Remember, children in their golden age have more critical thinking; they are questioning almost everything

She mentions about the use of gadget. At least give them 1 hour per day for gadget time and allocate the rest for quality time with your children by playing together with the kids or helping them with homework. We cannot tell them not to play gadget frequently if we as parents still use it in front of them. The rules are applied to all of us; show them a role model, not just a command.



IIO Today

Happy New Year to all of you! This month we welcome 2020, a year full of expectation. On this second year of IIO we are planning to increase the number of doctoral program for ITERA’s lecturers.

Our international collaboration will support the lecturer as well to get their Ph.D abroad. Besides, we will have inbound activity such as visiting lecturer and outbound activity for expanding collaboration and so forth.

On this first newsletter in 2020, we delightfully invite students, lecturers, staffs of ITERA to write the article related to international whether it’s hard news or feature. Best article will be published on our website, social media, wall magazine and here, the monthly newsletter.

Last but not least... Don’t forget to visit our office at Bld A, 1st floor!

**Acep Purqon, Phd
Director of IIO**

#Sharing

INTERNSHIP

National Astronomical Observatory of Japan (NAOJ)

Last December 2019, two of ITERA's students are selected to internship in winter school for two weeks at National Astronomical Observatory of Japan (NAOJ) winter school di Mitaka, Tokyo. One of them, Aziz Nugrahamuda Khagahdo has finished this program on 19 January 2020. Previously, he arrived in Japan on 9th January and gathered with other participants from Indonesia, China, Vietnam and so forth. His research project titled "Imaging and Spectroscopy of Exoplanets"

which is guided by Prof. Jun Hashimoto. He worked on it from Monday to Friday from 10 AM to 5 PM. At weekend, he spent the day walking along the center of Tokyo.

During his internship program, Dr. Hakim L. Malasan, M.Sc as ITERA's lecture from Atmospheric and Planetary Science (APS) Study Program supervised him from here.

He added, he desired to be an astronomer since he was junior high

school. As a religious Moslem boy, he believed that the more he understood about this universe, the more he assured himself that the words in Holy Qur'an are real. Besides, He admitted that he is very grateful for this international experience, particularly in his field of study.

"The professors in Japan are really helpful. Even for a basic question, they will answer step by step until I really understand." He said.



maket alma telescope



20 cm telescope dome

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