

Hot Info Paper for International Students

Hello, everyone. Welcome to the world of HIPIS.

All of us are now going through the “once in a lifetime” or even “once in a hundred years” event. I hadn’t realized how precious the normal life is until the pandemic happened. Those who have small children must feel much more anxiety. I really hope that we can see the end of the tunnel when this is issued (I’m writing this at the end of April.)



1 Hello, friend !!

Today’s guest is **DONG NGOC QUANG** san from Vietnam. He is now in his 4th year of the Ph.D. course and belongs to the Dept. of Oral and Maxillofacial Surgery. This time, we took the form of “e-mail interview” to avoid a close conversation.



1. First, may I ask why you became interested in Shimane University to study as a Ph.D. student?

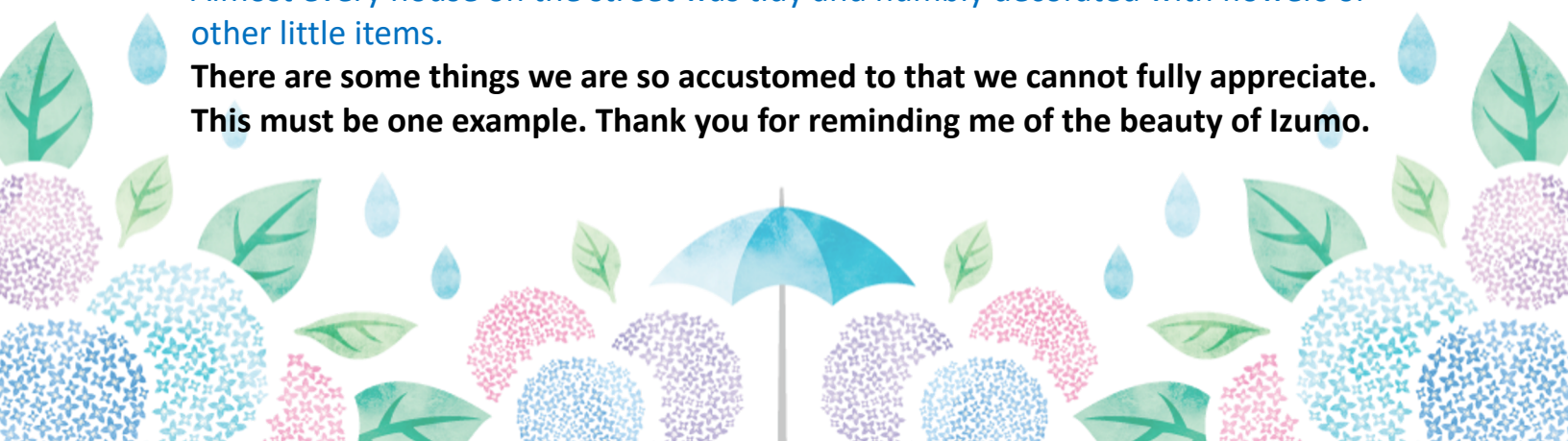
I got to know Shimane University purely by chance. I had wanted to receive clinical training abroad because the training in my field in my country was very limited. So, I searched on the Internet to see if there were any possible options in Japan, and Shimane University appeared first on the search. Then, I contacted my professor and he agreed. After coming here, my professor asked me to study for the PhD so I became a PhD student.

Our university first? Wow, it must have been destiny.

2. What was your first impression when coming to Izumo?

In the first morning in Izumo I had to walk from Izumo-shi station to the University, and the first thing I realized was Izumo was a very quiet and uncrowded city and I liked it. The air was so fresh and the street was very clean. Almost every house on the street was tidy and humbly decorated with flowers or other little items.

There are some things we are so accustomed to that we cannot fully appreciate. This must be one example. Thank you for reminding me of the beauty of Izumo.





3. What's your biggest culture shock after coming to Japan?

I think it is the way of communication. Sometimes I still feel confused when I need to communicate with Japanese people. When I studied in England and, to a lesser extent, when I was in my country, if I didn't know something or if I needed something, I just went ahead to ask. However, in Japan, it doesn't work that way so I always need to think twice before asking.



Oh, it's a kind of “*Kuuki wo yomu*” in Japanese. The literal meaning is “Read the air”. We expect people to sense the mood and act in line with that. If your behavior is beyond expectation, our attitude might get awkward. Sadly, it's a part of Japanese culture.

4. What's your favorite Japanese food?

It should be *chan-pon* in my opinion. The dish contains lots of vegetable and meat. The soup is also delicious. However, in my personal opinion, the *chan-pon* in Joyfull is the best in Izumo. It's even better than some other *chan-pon* restaurants in Aeon Mall and Youme Town.



***Chan-pon* in Joyfull?! I didn't know their *chan-pon* is that great!! I must try it someday. (^▽^)/.**

5. What's your favorite Japanese word?

It is *onegaishimasu*. This word is flexible and it can help me to pass through many troubles. I'm not sure if it's correct, but adding *onegaishimasu* makes the sentences or the requests more polite and can reduce lots of misunderstanding.

Your understanding is totally correct. The word “*onegaishimasu*” has such great power. It can include various meanings and therefore, you can use it in many situations.



6. Would you introduce an example of interesting onomatopoeia in your country, Vietnam?

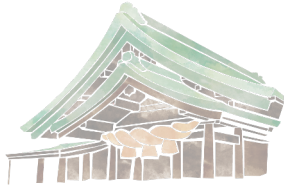
“Meo”, it's the sound produced by a cat. And cat in Vietnamese is “Mèo”, which has similar sound but with lower pitch.



Oh, it's similar to the Japanese version of a cat cry. They cry “*Nyaa*” in Japanese.



7. What's your favorite sightseeing spot in Japan?



It must be Izumo Taisha. This is a very large place with lots of sakura flowers in Spring. It looks like a big tranquil garden to us. My wife and I often go there any time we need to refresh ourselves.

I didn't know there are sakura trees in Izumo Taisha. What a shame, as a garden lover myself!!

8. What do you picture in your mind as a career path after graduation?

After graduation I will go back to work in my hospital in Vietnam as a surgeon. I will apply what I have learned in Shimane to provide better care for our patients. Currently, I have already been invited to co-operate with some universities so maybe I will get involved in teaching undergraduate and graduate students as well. If possible, I will attempt to build a co-operation program between my hospital and Shimane University. Let's wait and see.

You have already made concrete plans for the future. The co-operation program sounds great. You will be a bridge connecting your hospital and our university. I'm sure it will be successful and I want to see more and more students come here from Vietnam to study, following your path.



Thank you Quang san for accepting this e-mail interview and constructing written sentences. It must have taken you much more time. "Social distancing" is the word I often hear these days. I really hope it will be a thing of "the past" as soon as possible.



This corner, "Hello, friend!!" is now recruiting volunteer interviewees. Please contact me, Yuko Okada, at gakumh04@jn.shimane-u.ac.jp or come to my office if you can take time for the interview. If we have no volunteers, we will ask someone to be the next interviewee.

2

Let's learn about Japanese drinks



Introduction to Japanese tea

Green tea (緑茶 Ryokucha)

Most Japanese tea is green tea. Tea and green tea are made from the same tea leaves but the former is fermented and the latter is unfermented. This leads to the differences of the tastes and colors between them. These are some kinds of green tea.

Sencha (煎茶)

Sencha is the most popular type of green tea. If we say "Ocha", it means Sencha in most cases.

Gyokuro (玉露)

Gyokuro is a high-graded type of green tea. It's made from the leaves of tea plants grown under covers to shutter the sunlight. As a result, the taste gets milder and deeper.

Maccha (抹茶)

Maccha is powdered tea. It's made by drying fresh tea leaves and grinding them with a stone mill. It's not transparent unlike others and usually used in tea ceremonies and for sweets.

Houjicha (ほうじ茶)

Houjicha is made by roasting "Sencha" or other tea. The roasting process evaporates the caffeine and the taste gets less bitter.

Genmaicha (玄米茶)

Genmaicha is made by mixing the almost equal amount of Sencha or other green tea and brown rice. You can enjoy the distinguishing flavor of the brown rice.

Others

Mugicha (麦茶)

Cold Mugicha is quite popular in summer in Japan. Even though it has "cha" at the end of its name, it's not made from tea leaves but barley seeds. So, it doesn't have caffeine in it. This might be one of the reasons why it's popular.

If you have an opportunity to stay at a Japanese-style inn, maybe you will see a Sencha set (a can of Sencha leaves, a tea pot, some tea cups, and an electric kettle) on the table or somewhere else in your room. Do you know how to make it? Here is how:

Sencha



【Serves 2】



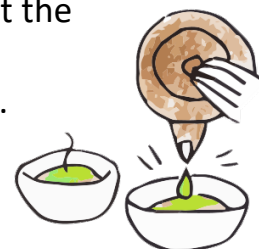
1 Put 4g of tea leaves (2 teaspoons) in a tea pot.

2 Put 200ml of hot water of 90~100°C in the tea pot.

3 Wait for about 30 sec.

4 Put the Sencha in each cup, little by little evenly, so that the tea has the same density.

Please pour until the last drop because it tastes the best.



※ If it's high-grade tea, please put hot water in each cup first and then put the water in the tea pot. The water gets cooler to around 80°C, which is good for high-grade tea.



OK, got it? Then, let's learn more about Japanese drinks, but this time, not tea but ...UME syrup!!

Now it's the season for Aoume (青梅) or unripe ume. Some of you must have seen round green ume fruits in supermarkets around this time of the year. Many Japanese make a refreshing summer drink called "Ume syrup" using this Aoume.



Ingredients

Aoume (青梅)	1kg
Crystal sugar (氷砂糖 Koori zatou)	1kg
Vinegar (Fruits vinegar such as apple vinegar is recommended.)	100cc~200cc
4 liter glass jar as a container	1

How to make

1 Sterilizing the jar

Put it in a large pot and boil for about 15 min. The lid and rubber seal should also be boiled. Dry them completely.

2 Washing Aoumes

Wash them with water and drain using a strainer. Remove damaged ones if any.

3 Removing the astringent taste

Soak the Aoumes in more than 2 liters of water for 1-2 hours. If they are ripe, yellow ones, this process is unnecessary.

4 Drying

Pat the Aoumes with a clean towel and leave for a while in the shade until they are completely dried.



5 Taking off the stem ends

Remove them one by one with a bamboo stick or toothpick.



6 Putting the ingredients in the jar

Put the Aoumes and the crystal sugar in turns.

(Aoumes→sugar→Aoumes→sugar...)

Put the vinegar at the end. Put the lid on the jar and shake it so that the vinegar can go through. Keep it somewhere cool.

7 Waiting until done

Don't forget to shake it once or twice every day. When the sugar dissolves completely, it's done. It will take about 1 month. Remove the Aoumes and keep the syrup in the fridge. Enjoy it with water or soda water.



HIPIS is created by *English Project Team*.

If you have any comments or questions, please contact us:
gakumh04@jn.shimane-u.ac.jp (addressed to Yuko Okada)
English used on HIPIS is supervised by our English teacher,
Ms. Murphy, Lynne.

