


# HELLO, FRIENDS !!

Shimane Hello Friends

**VOL. 18**  
2022.4.1



Hello, everyone. Welcome to the world of HELLO, FRIENDS!! Spring has come. Trees are budding and flowers are blooming. Hopefully, the international students who can finally enter Japan after a long, long wait will see and enjoy the beauty of sakura with their own eyes in time. I also hope that the unbelievable things happening far away from Japan will end, and that the affected people can return to their normal lives as soon as possible.

## 1 . LET'S MEET TODAY'S GUEST !!

Today's guest is YU AORIGELE san from China. He is in his 4<sup>th</sup> year in the Ph.D. program. Actually, I almost didn't know anything about him, except for some things related to his class or some other academic aspects. I asked him to be an interviewee this time because I wanted to know more about him.



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

Working as a medical doctor specialized in orthopedics, I had something I wanted to study in a doctoral program. I looked through papers on the journals with the relevant titles on the Internet to search for a prospective researcher and I finally found one. That's my current supervisor, Uchio sensei. I sent an email to him to ask to include me in his research team and supervise me as his student. I sent him some materials to show him what kind of experiments and surgeries I was doing then. Luckily he accepted me and luckily I passed the entrance exam to become a Ph.D. student in Shimane University.

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

After arriving at Kansai International Airport, I got on the long-distance bus at Kobe and came to Izumo the next morning. My first impression was ...small. It was in December. Other international students often say it's cold, but I was fine because I was working in a hospital in Beijing as a surgeon just before coming to Japan. Beijing is much colder, but much more developed. After all, it's a capital.

Compared to it, Izumo seemed a tiny little town. There were no taxis in front of Izumoshi station and I couldn't find bus stops around, so I walked to the campus asking the locals about the way. It was then that I felt my study of Japanese had been paid off. They were all kind, and my anxiety was gradually being eased.

It was about 8:00 when I got to the campus (actually the hospital). The receptionist kindly contacted Uchio sensei's secretary so she could take me to the department. I was so excited imagining what my life in Izumo would be like from now on.

**-Yes, your Japanese is excellent. People in Izumo love communicating with international students. If the student speaks to them in Japanese, they would be all the happier.**

### **3. What has been your biggest culture shock since coming to Japan?**

I was surprised to see Japanese girls wearing short skirts and no tights with their school uniform in winter on TV. Their legs were exposed to the cold air. It was unbelievable for a Chinese. Why? They must have been very cold, and it's not good for their health.

**-It's interesting you were surprised. Such sceneries have been so common that no one would say anything in Japan. They maybe prioritize how they look over how it might affect their health. It's called "nama ashi" in Japanese. Nama means bare and ashi means legs in this context.**



I was also shocked when I was served cold water in a restaurant in winter. That was unbelievable for a Chinese, too. We never have cold drinks in winter. It's not good for your health.

**-It's interesting too!! It's the norm in Japan that restaurants serve cold water even in winter. They often bring hot green tea for free if asked, though. But maybe you are right. Having cold food or drinks just cools our body, and maybe it's better not to have in winter.**

### **4. What's your favorite Japanese food or Japanese word?**



Tempura, definitely. I had it for the first time at the restaurant called "Shinmon (神門)" in front of the station. I went there with my old friend who has lived in Izumo for 30 years. I met him by chance two years after I came to Izumo.

**- You met an old friend in Izumo? It is a big surprise. It can happen in Tokyo, where people gather from around the world, but in Izumo, which is located in the second least populous prefecture (incidentally, the first least one is Tottori Pref.). You must have been really happy. I love Tempura too. How about sushi?**

Actually, I don't like it so much. Raw fish isn't my taste. I can eat only sanma, pacific saury, raw.

**-Only Sanma? Wow, interesting. Sanma contains lots of oil and has a distinctive taste.**

Sea bream or flounder seem more popular as raw fish. Anyway, we say "Tade kuu mushimo sugizuki", which means there is no accounting for tastes. Sanma used to be really affordable but due to the dwindling catch, the prices have surged and we cannot say it's affordable anymore. So sad.

## 5. What's your favorite sightseeing spot in Japan?

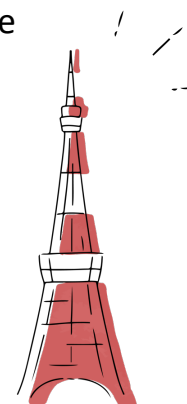
I have been to Kobe, Osaka, and Nagoya. Now, I'd love to visit Okinawa. My friend showed me some pictures taken in Okinawa on his vacation. The beauty of the ocean was beyond description. I want to see it with my own eyes. Another thing I'm curious about is blue starfish. Starfish is usually red. I don't think it lives in the sea around China. So, blue starfish is totally new to me. If I have a chance to go to Okinawa, I'll definitely go to a museum which exhibits blue starfish.



I'm also interested in Hokkaido. I'd love to see the landscape covered with pure white powder snow and try crab there. So, I want to visit in winter. Crab is one of the most famous delicacies in Hokkaido, right? I've grown up in Inner Mongolia. It's surrounded by land. We have only river crab, which is a bit smelly, has little flesh, and doesn't taste good. Sea crab is different. Just boiling it can be a delicious dish.

Oh, I also have to add Tokyo Tower on the list of my destinations before leaving Japan.

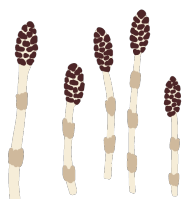
**-I've been to Tokyo Tower. Yes, you should. It's really beautiful especially, at night, being illuminated brilliantly.**



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

After getting a Ph.D. degree, I will go back to Inner Mongolia and work as an orthopedist while continuing my research. I'm sure being a doctoral degree holder will benefit me in various ways.

**Thank you, YU AORIGELE san. This time we did the interview remotely as I did in the last issue. He took time for the interview even though he was extremely busy taking care of his baby. I got a lot of surprises from his stories. He was taken aback to see "Nama-ashi" girls and he eats only sanma. How interesting!! His perspective gave me a fresh insight toward the Japanese culture and our way of living. This is why I cherish the opportunities having the interviews with international students and hope it goes on for years to come.**



*This corner, "Let's meet today's guest!!" is now recruiting volunteer interviewees. Please contact me, Yuko Okada, at [gakumh04@jn.shimane-u.ac.jp](mailto: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 TRY THIS JAPANESE RECIPE !!

### Tenshinhan (crab omelette on rice) with kanikama

※Tenshin means “Tianjin”, a Chinese city and “han” means rice.  
Tianjin is said to have been known for producing good rice.



#### ◀ INGREDIENTS ▶ For one person



Kanikama

- Kanikama ..... 2 sticks
- Chopped green onion .....appropriate amount
- Cooked Rice ..... one bowl

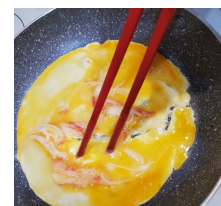
- Honey .....1/2 tbsp
- Soy sauce .....1 tsp
- Oyster sauce .....1 tsp
- Chicken stock powder .....1 tsp
- Sesame oil .....1 tsp
- Water .....160 cc

- Egg ..... 2
- salt ..... a pinch

- Salad oil .....2 tbsps
- Mix of starch and water .....appropriate amount

#### ◀ HOW TO MAKE ▶

- 1 Put **A** in a bowl and beat. Shred the kanikama and add to the bowl. Mix them lightly.
- 2 Put the rice in a bowl.
- 3 Put the salad oil in a pan and place it on medium heat. After heating up, pour **1** and scramble it lightly and quickly. Turn off the heat while the egg is still quite runny and put it over the bowl of rice in a sliding manner.
- 4 Put **B** in a pot and mix well. Place the pot on medium heat and cook until boiling. Turn down the heat and pour the mix of starch and water in the pot. When it starts simmering and thickens, turn off the heat.
- 5 Put enough amount of **4** over **3** and sprinkle the chopped green onion.



#### ✔ POINT

Fully heat the pan before pouring the mix of egg and kanikama.  
Pour it at once and just fry very lightly, and turn off the heat before it starts hardening. The starch sauce can soak in the runny egg very well.



### 3 . EVENT INFORMATION

## SPRING SPECIAL SERVICE BY OKUIZUMO OROCHI TROLLEY TRAIN



So sad because it was definitely one of the main tourist attractions in Shimane but it cannot be helped. JR has decided to cease the service in the fiscal year of 2023. So, why don't you take the chance of the special service offered during the season? It runs through the mountainous region and the picturesque sceneries will catch your heart.



#### **DATES** OF SPECIAL SERVICE WITH THE DIRECT RUN FROM IZUMO:

4/10, 17, 24, 29, 5/1, 3-5, 8, 15, 22, 29

4月							5月						
日	月	火	水	木	金	土	日	月	火	水	木	金	土
					1	2	1	2	3	4	5	6	7
3	4	5	6	7	8	9	8	9	10	11	12	13	14
10	11	12	13	14	15	16	15	16	17	18	19	20	21
17	18	19	20	21	22	23	22	23	24	25	26	27	28
24	25	26	27	28	29	30	29	30	31				

#### **TIME TABLE** ⌚

- **TO** JR Izumo-shi station (8:45) → Bingo-ochiai station (12:36)
- **FROM** JR Bingo-ochiai station (12:57) → Kisuki station (15:57) → change the trains (from the trolley to normal) → Kisuki station (16:00) → Izumo-shi station (17:03)

#### **FARE (ONE WAY):**

From Izumo-shi to Bingo-ochiai 1,980 yen/adult, 990 yen/child

#### **RESERVED SEAT CHARGE (ONE WAY):**

530 yen/adult, 260 yen/child (All seats are reserved.)

You can also enjoy a bento lunch box on the ride. Book in advance!!

**SEE** 🔍 <http://www.hiikawa-summit.info/orochi/>

## 4. LET'S LEARN ABOUT "NENDO"

I can hear someone saying, "I love it. I used to play with it and my kids love it too!!" Sorry, but it's not the case. The nendo I mention here is not the stuff called "clay" in English. That is another "nendo". I want to explain the "nendo" in "Reiwa yo nendo (fiscal or academic year 2022)". As you may have already recognized, this "nendo" means a period of one year designated for a certain purpose and often starts in April and ends in March.

The Japanese fiscal year is said to have originally started in October and end in September when it was officially institutionalized in 1869.

After several changes of the starting and ending points, it has settled in the current timing (from Apr. to Mar.) in 1886.



One theory why it is from Apr. to Mar. is that rice farmers needed enough time from harvesting the rice, selling it, and then paying the tax with the money.

Another theory is that then financial minister used three months' worth of the budget for the next year (1885) to compensate for the shortage of financial resources of that year (1884) and shortened the length of the next year (1885) by three months, and then moved up the start of the fiscal year of 1886 from July to April. Since then the cycle of the year has remained the same till now.



Intriguing, isn't it? The pandemic triggered a controversy two years ago after some high school students pleaded for making up for the loss of their student life by pushing back the starting time of the school year by six months, i.e. from April to October. Heated debates took place nationwide over the pros and cons, but after all, their plea couldn't bear fruit, maybe because of so many obstacles.



"HELLO,FRIENDS!!" is created by *The English Project Team*.

If you have any comments or questions, please contact us:  
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The English used on "HELLO,FRIENDS!!" is supervised  
by our English teacher, *Ms. Murphy, Lynne*.