

Hello, everyone. Welcome to the world of HIPIS. This is the 3rd edition of our “HIPIS”. The comfortable autumn air is starting to blow here and there. Now it’s the best season to study, read, play sports and of course enjoy some delicacies!!

① Hello, friend!!



We have **REGASSA DEREJE GETACHEW** san from Ethiopia with us today. He is now in his 3rd year in Ph.D. course and he belongs to the Department of Anatomy. We had a long interview and therefore we will introduce the first half of it this time and the second half next time.



🌿 Hi DEREJE san, thank you for coming today.

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

🌿 My current professor Hiroki Otani came from Japan to my university for bilateral collaboration, Hawassa University in Ethiopia. I met him there for the first time. He invited four doctors to Japan including me for short term research training, clinical training, and visiting the lab and other facilities during a short stay. I was impressed by the environments, especially the lab, and really came to want to study here.

🌿 2. Is this your first time to come abroad or do you have any other experience of staying overseas?

🌿 Actually this is my third time. The first was when I went to Scotland in 2009 to join the Master program at the University of Dundee. The second was when I went to Kinshasa, the capital of D.R. Congo to attend a seminar held by US and UK professors to learn how to teach neurosciences in medical school.

3. What was your first impression of Izumo?

The cleanness of the city. Whether I walk through the city or campus or the hospital, there is no trash, which amazed me a lot. People don't throw away litter on the street but bring it back home. I also think that the waste classification system is a great invention of Japanese clean culture. I definitely want to spread it to at least my university back home even if it's impossible nationwide.

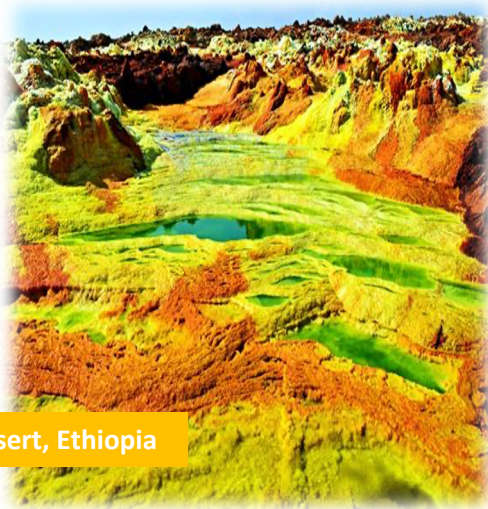
4. Would you tell me what your hometown is like?

It's called Hawassa city and is one of the well-developed areas in Ethiopia. There are resorts, hotels, and entertainment facilities and therefore lots of tourists come in its best season. My university, Hawassa university is also located there. I was an assistant professor there. After getting a Ph.D. degree, I hope I will make the most of my experience here and develop my career further.

5. You are from Ethiopia. Speaking of Ethiopia, I easily imagine marathon as a popular sport in your country thanks to the famed Abebe Bikila and other great athletes. Aside from marathon, what sports are popular in your country?

Athletics is the most popular and soccer is the second. There are many small soccer clubs in Ethiopia. Kids are familiar with the names of famous European clubs and players through TV. They dream of entering such a great world themselves someday. Soccer is great because people can play it with only one ball. No need for expensive gear or equipment.

- To be continued -



Orange smile Danakil desert, Ethiopia

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 try Student's recipe !!

Today's recipe is "Zenzai"

Zenzai is a traditional Japanese sweet. It is a sweet azuki beans soup with shiratama-dango(a kind of rice cake). Here Izumo area is famous for Izumo Zenzai, which is said to have been served for visitors of Izumo Taisha Shrine.

Ingredients (for 2 people)

Required time : 20min Cost : around 300 yen

Shiratama dango (rice flour dumplings: a kind of rice cake)

- shiratama-ko (rice flour): 100g
- water: 90g

Anko (sweet red beans jam)

- boiled azuki beans (canned): 100g
- water: 50g(≒50mL)



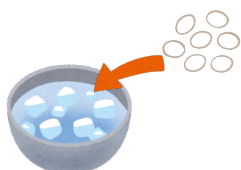
How to Make

1. Add water to shiratama-ko, and mix until the dough becomes as soft as an earlobe.



2. To make the dumplings, place the small dough on your palm and form them into small balls (the diameter is around 2cm) using both of your hands. Then, make a dent in the middle to make oval-shaped dumplings.

3. Heat water in a pan until it is boiled. Add the dumplings into the pan, then stir and wait until they float. It takes 2 to 3 minutes.



4. When all the dumplings have floated, boil 1 minute more to make sure and remove the dumplings from the pan and cool them in cold water.



5. Heat boiled azuki beans and water in another pan until it is being boiled. Add dumplings and cook on low heat for 3 minutes.

6. Enjoy!

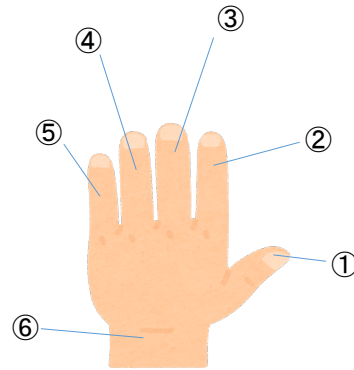
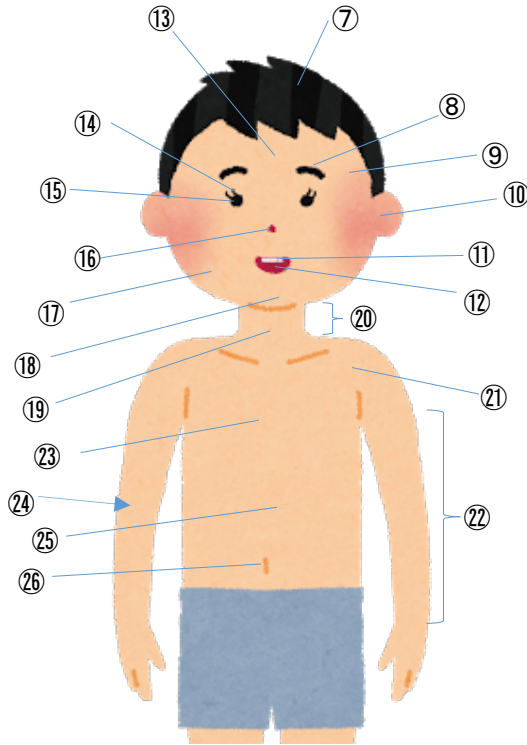


<by a 3rd grader in Medical School>

③ Let's say in Japanese!!

When you are sick and see the doctor, you may have to mention your body parts.

So, try the vocabulary test below to see how many of the body parts you can say in Japanese.



①	②	③	④	⑤	⑥	⑦
⑧	⑨	⑩	⑪	⑫	⑬	⑭
⑮	⑯	⑰	⑱	⑲	⑳	㉑
㉒	㉓	㉔	㉕	㉖		

a あたま atama	b まゆげ mayuge	c まつげ matsuge	d め me	e はな hana	f くち kuchi	g は ha	h みみ mimi	i ひたい hitai	j ほお hoo
k こめかみ komekami	l あご ago	m くび kubi	n かた kata	o ひじ hiji	p てくび tekubi	q うで ude	r むね mune	s へそ heso	
t おなか onaka	u のど nodo	v おやゆび oyayubi	w ひとさしゆび hitosashiyubi	x くすりゆび kusuriyubi	y こゆび koyubi	z なかゆび nakayubi			

Answers :

①v ②w ③z ④x ⑤y ⑥d ⑦a ⑧b ⑨k ⑩h ⑪g ⑫f ⑬e ⑭j ⑮i ⑯u ⑰n ⑱w ⑲m ⑳o ㉑t ㉒s ㉓z ㉔x ㉕y ㉖d

④ Events & Sightseeing spots



Matsue Suitouro (松江水燈路), The Water Lantern Festival

Dates: 9.21(Sat), 22(Sun), 23(National holiday), 28(Sat), 29(Sun),
10.5(Sat), 6(Sun), 12(Sat), 13(Sun), 14(National holiday), 19(Sat), 20(Sun), 26(Sat), 27(Sun)

Time: 6:00pm ~ 9:00pm

Place: Around Matsue Castle

Access by train: There is a free shuttle bus service linking JR “Matsue” station (South exit), Ichibata “Matsue Shinjiko onsen” station and the venue (Otemae). The timetable is here:

Matsue Station	Matsue Shinjiko onsen Station	Venue (arrival)	Venue (departue)	Matsue Shinjiko onsen Station	Matsue Station
5:10 pm	5:25	5:35	5:35		5:50
5:50	6:05	6:15	6:15		6:30
6:30	6:45	6:55	6:55	7:05	7:20
7:20	7:35	7:45	8:15	8:25	8:40
		8:55	8:55	9:05	9:15
		9:25	9:25	9:35	9:45

Access by car: Parking lots are provided in Shimane prefectural office, Matsue city office, and others.

For details: <https://www.suitouro.jp/>

Matsue Do-gyoretsu (松江篦行列) Drum Parade



Date: 10.20(Sun)

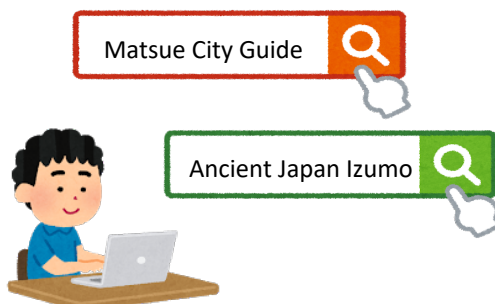
Procession start: 1:30pm at the front of Shimane prefectural office

Access to the prefectural office:

15 min. walk from Ichibata line “Matsue Shinjiko onsen” station
Here are the details about the route and traffic restrictions:
<http://www.dogyoretsu.jp/information/course>

⑤ Mini Info

Here are good information sources when you are looking for sight-seeing spots:
“Matsue City Guide”, “Ancient Japan Izumo”
Just put the words in the search window and click!!



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)