

Hello, everyone. Welcome to the world of HIPIS.

Now, almost one month has gone by since the beginning of the year. How fast! The older I get, the faster I feel time passing. Why? I don't know but maybe you can realize my feelings someday once you have become a middle-aged ojisan or obasan. Ha, ha, ha(o^—^o)

① Hello, friend!!



Today's guest is **TUMURBAATAR TUVSHINTUGS** san from Mongolia. He is now in his 3rd year in the Ph.D. course and belongs to the Department of Obstetrics and Gynecology. He joined the interview with his wife, **TUMURGAN ZOLZAYA** san, who is also a Ph.D. student and the contributor to this issue's "Let's try Student's recipe".



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

When I graduated from university in Mongolia, I wanted to advance my research in medical science and get a Ph.D. degree. In Mongolia, however, the education environment was not good enough partly due to a lack of lab equipment and suitable supervisors. Luckily, I had an acquaintance who had completed the Ph.D. course here and recommended this university to me.

Oh, I have to thank your acquaintance for bringing such a good student here.

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

When I came to Izumo for the first time, I directly went to a shopping mall. The scenery there was something totally different from the one I was used to seeing in Mongolia. Bowing, yeah, bowing. Everyone seemed to bow to us and to each other. But it was a kind of comfortable surprise. I instantly understood that the people bowed to demonstrate their respect to the other. So my first encounter with Izumo made me feel very positive to this town.

I'm glad to hear that. Thank you!!

3. What's your favorite Japanese food?

Eel, definitely. In Mongolia, which is surrounded by land, people don't have the custom of eating seafood. Even now that I have stayed in Japan for almost 3 years, I cannot get used to the taste of fish or other marine products. But eel is the exception. Maybe it's due to the salty-sweet "Kabayaki (similar to Teriyaki)-sauce". I wish eel was more affordable!!

I couldn't agree more!!



4. What's your favorite Japanese word?

It may sound odd but it's "desukedomo". I don't know its meaning but I feel something cool about its sound.

It means "although"

Oh, really?! My daughter, who goes to nursery school, often says "desukedomo" or "desukedo". She knows lots of other Japanese words and is kind of my Japanese teacher.

Children can absorb many things quickly like a sponge.

5. Would you introduce an example of interesting onomatopoeia in your country, Mongolia?

It might be a spell rather than an onomatopoeia but we chant "khurai khurai" while raising our arms when we have a family gathering and pray for a blessing to the sun. It's a kind of an annual event and it's done first thing in the morning, and after that we begin our activities for the day.

Sounds interesting!! Maybe it makes the family bond stronger.

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

Izumo-Taisha and the beach nearby. The name of the beach? Oh, Inasa no Hama, I see.

Most Mongols are Buddhist and therefore I feel purified when I visit Izumo-Taisha.



Actually Izumo-Taisha is not a temple but a shrine. I can understand your feelings fully, though. The solemn atmosphere comforts me whenever I pay a visit there.

There is a big rock on the beach and a small shrine gate stands on that. I guess it's a sacred rock, and therefore it's become a spiritual spot. I also love to see the ocean and hear the sound of the waves- one of the most relaxing moments for me.



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

I hope I will be a teacher at university in Mongolia eventually. But before that, I hope I can continue studying surgery while working as a Postdoctoral researcher in one of the advanced countries.

I assume you have a bright future ahead of you if you study hard.

That's all. Thank you for co-operating with us today. I hope this interview will make the readers feel more familiar with you and your country, Mongolia.

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 Introduction to Japanese tradition

Setsubun

Some of you must have found a variety of sushi roll called "Ehomaki" piled up in the racks in supermarkets or convenient stores recently. We have a custom of having it on the day of *Setsubun*. It's on Feb. 3 this year.



Setsubun refers to the day before the beginning of each season. The Japanese old calendar specifies when each season begins. There used to be four *setsubuns* because Japan has four seasons (spring, summer, fall, winter) but only the *setsubun* before spring has survived until today in our daily life.

Mamemaki

In ancient Japan, people believed that grains had the power to expel evil spirit and especially soybeans were highly regarded along with rice and wheat to have spiritual power to ward off those evil spirits. This is one of the theories to explain why people started throwing soybeans on *Setsubun*.



③ Let's try Student's recipe !!

Today, we are introducing Mongolian food called “**Buuz**”. It's one of the variations of the steamed dumpling. In fact, they are bigger than ordinary dumplings. Buuz is prepared for special occasions such as Mongolian Lunar New Year celebrations, or for special honored guests.

Ingredients (for 1 to 2 people)

For the dough:

250g- flour
150ml warm water
A pinch of salt

For the filling:

300g minced beef or mutton
½ a chopped onion
1 clove garlic small sized chopped
Salt and pepper (to taste)

How to make

1. Prepare the filling:

Mix the minced meat, onion, and garlic together.
Add water until the mass is smooth enough to work with.
Add salt and pepper (some families add caraway).

2. Prepare the dough:

Mix the flour, water, and salt to create a pliable dough.

Let it rest for 15 minutes.

3. Roll the dough into a tube shape.

4. Tear off pieces of the tube and roll them into circular shapes. Make sure the center is thicker than the edge.

5. Place a ball of the filling in the center of each.

6. Pinch the edges at the top, leaving a gap as a vent.

7. Dip the bottom in vegetable oil to prevent sticking.

8. Steam the dumplings for 20 minutes.



④ Let's say in Japanese!!

Now it's the midst of winter. Here are some examples of the timely expressions.

Shimo ga oriru

If you come from a warmer country, you may not be familiar with the phenomenon. “Shimo (frost) ga oriru (come down)” refers to the situation in which the ground gets covered with frost.

Michi ga kooru

When the temperature has dropped close to zero, there is a high possibility that “michi ga kooru” or the roads get icy. In such a situation, we strongly recommend you to refrain from driving.



Te ga kajikamu

Some of you might have experienced that your hands went numb outdoors on a very cold day. We say “te (hands) ga kajikamu (go numb)” to express such a situation.

⑤ Recycle stores information

If you need something and want to get it in a reasonable way, recycle stores are on your side!! Here is a list of recycle stores in Izumo.



1) If (furniture)	Izumo-shi, Ogitotsu-cho, 511-1	0853-30-0086
2) Kaihousouko Izumoten	Izumo-shi, Watarihashi-cho, 1081-1	0853-25-8767
3) Dokidoki Hikawaten	Izumo-shi, Hikawa-cho, Naoe, 4826-1	0853-73-7355
4) Duboraya	Izumo-shi, Ogitotsu-cho, 525-2	0853-25-0383
5) Furugiya family (clothing)	Izumo-shi, Enyaarihara-cho, 6-46	0853-20-1499
6) Recycle shop Gorilla	Izumo-shi, Takaoka-cho, 459-1	0853-25-7310
7) Remake life Izumo-ten	Izumo-shi, Tenjin-cho, 202-1	0853-21-6544
8) 2nd Street	Izumo-shi, Tenjin-cho, 29, 1F of Geo Izumoten	0853-24-7166

⑥ Winter Activity



Koyu-kan (湖遊館, Ice skating rink) <https://www.koyukan.net/>

Period: Oct.5(Sat.) ~ May.6(Wed.)

Business hours: 10:00am - 7:00pm (Tuesdays are closed unless it falls on a national holiday. In such a case, the next day is closed.)

Access: 15 min. walk from “Koyu-kan Shin Eki” (湖遊館新駅) station on Ichibata line

Admission fee:

	Junior high or under	Adult
Daytime	620 (520) yen	1,150 (1,040) yen
Nighttime(from 5:00pm)	410 (310) yen	830 (730) yen

※()→If you show your Kokkoro card or JAF card, you can get the discount.
<Kokkoro Card>



You can be eligible to get it if you have a child under 18 or you (your wife) are expecting a baby. If you haven't gotten it yet, please visit the city hall. There are some privileges. One card is issued for a household.

※ The rental fee for a pair of skating shoes, 410 yen, is additionally charged.

※ Just watching or accompanying is free of charge.

※ Don't forget to bring gloves. If you do, you will have to buy a pair there at 200 yen.

※ Long sleeves, long trousers, and long socks are recommended.

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)

