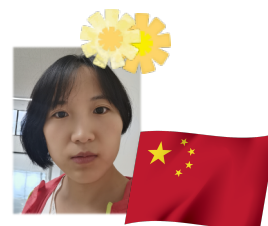


Hello, everyone. Welcome to the world of HIPIS.

It's the middle of Summer. Some love Summer and others don't. Me? I'm one of the latter persons, definitely because Summer in Japan, which is hot and humid, doesn't fit most of the beautiful flowers, trees or other plants used for gardening. As an enthusiastic gardener who especially loves herbs, now is the toughest time. Morning sunshine and afternoon shadow with less humidity are the best conditions for most plants in this season. Sorry, once the topic turns to gardening, I cannot stop talking....

### 1 Hello, friend !!

Today's guest is [Ding Dan-san](#) from China. She is now in her 2<sup>nd</sup> year of the Master's course and belongs to the Microbiology Department. She is also a Master's student of Ningxia Medical University in China. Taking advantage of the Double Degree Program, she enrolled in Shimane University last year.



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

I had wanted to study abroad and my university had just started the Double Degree Program, offering their students the opportunity to spend two years in Japan to study. There were similar programs with universities in other countries but they would give just three months or so and I thought it was too short. Japan was popular in China as well as US. So, I had no hesitation to apply for the program and now I believe that my decision was right because almost everything has kept going smoothly. One of the reasons, I think, would be thanks to my department. From getting utilities started and taking complicated procedures in the city hall to working in the lab for experiments, they've helped me a lot and I haven't had to worry about anything so far.





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

Quietness. After arriving at Kansai International Airport, I came to Izumo by bus. The bus was not crowded and therefore it's quiet inside the bus. That was my first impression.

On the one hand, I see few pedestrians on the streets in Izumo, but on the other hand, in a supermarket or shopping mall many people are out there.

**Yeah, once we get a driver's license, we use a car to go anywhere no matter how close it is. That's one feature of us, country people.**

Another thing which always impresses me is politeness. When I'm going around Izumo by bike, I sometimes encounter a car which stops for me to go ahead while I stop for the car to go ahead. After a moment, I go first, appreciating the driver's kindness.



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

In China, we also take off our shoes when entering a house. But unlike in Japan, we always wear slippers inside because being barefoot feels cold even with socks on. I bought a pair of slippers for my dormitory and wear them everywhere except for on the tatami mats. I fear slippers might cause damage to them. So, I instead put a carpet on the tatami mats and all the problems have been solved.



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



Ice cream, definitely!! I love ice cream. In Japan, almost all the prices are higher than in China. Ice cream is one of the few exceptions. The prices are almost on the same level and yet it tastes better here.

Sometimes I work on my experiment late at night and feel like having something sweet such as ice cream. I don't want to take the risk of going outside by myself in the pitch dark.

This is the moment I really appreciate the existence of the convenience store in the hospital. It can be accessible through roofed corridors all the way from my lab. The convenience store boasts a wide variety of goods and it's a happy time to wonder which sweet or sometimes bento box I should get for the night. My recent boom is "steamed chicken breast". Low calorie, high protein, optimal food!! It's also popular among young Japanese people, right?





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

Mt. Fuji. I have an unforgettable memory about it. Last year, I went on a vacation for the 1-week holiday period in August. First to USJ in Osaka, then to Tokyo and Enoshima, which I found really fantastic, in Kamakura, and then my last destination, Mt. Fuji.



When I reached the 5<sup>th</sup> station of the mountain by bus, it was raining heavily and very chilly. I wasn't prepared for it at all with only a short-sleeved shirt and short-pants.

To my relief, though, one souvenir shop had raincoats and trousers and I was one of those who rushed to get them before being sold out. Bracing myself, I started climbing only to see all the fog at the summit. I swore to myself that I would come back again, on a sunny day next year. Now. Who could have imagined this situation with the pandemic? All the routes to the summit are closed this summer and this year is my last year to study in Japan. Anyway, though, I certainly stood on the top of Mt. Fuji. Maybe I should be satisfied with it.

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

I want to advance to a Ph.D. course to further deepen my study for HBV after getting master's degrees in China and Japan. If possible, I want to go to another country for that purpose. Now that I have stayed in Japan for more than one year, I have found myself having a wider perspective and more flexible attitudes toward everything. This cannot be achieved only in a short time.



So, if I have a chance to study overseas for another several years, it will make me more matured and thoughtful, which I'm sure will lead to a better future for me and those around me.

Thank you, Ding Dan-san. She showed up on the day with a new hairstyle. She told me that she had gone to a beauty salon by herself, which she happened to find on the street, with neither recommendation nor appointment and that she had managed to communicate with the staff, overcoming the language barrier.

I'm sure that she is already getting closer to her ideal person with such a flexible attitude and guts. I hope she will come to Japan again someday and see the great panoramic view from the summit of Mr. Fuji.

*This corner, "Hello, friend!!" 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 cook Japanese dishes!!

Today, we are introducing a salad which uses an ingredient unique to Japan, "Somen" (そうめん素麺), the extremely fine noodles made of wheat. It is usually sold bundled in batches and one batch is 50g in most cases. This dish can make one complete meal because it contains most of the necessary nutrients, carbohydrate, protein, oil, vitamins, and minerals.

### Somen Salad

🌻 **Ingredients** 🌻 (for 2 persons)



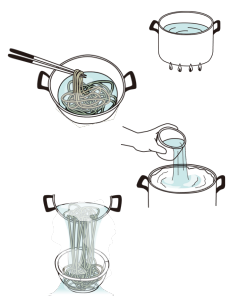
- Somen : 2 batches (100g)
- Ham: 3 slices (You can use canned tuna or something like that instead.)
- Salt
- Pepper
- Powdered soup mix
- Onion: 1/4
- Cucumber: 1
- Mayonnaise: 1/2 cup



Somen

### 🌻 How to make 🌻

- ① Shred the ham. Slice the onion thinly, put it in water, and drain the water. Cut the cucumber into 3mm width pieces, sprinkle a little salt, and squeeze after a little while.
- ② Boil the somen noodles as follows:



**1** Boil 1.5l of water in a larger pot. Tear off the bundles, put the somen noodles in the pot and stir them with long chopsticks immediately.

**2** When the noodles come up to the surface, add about 100cc of water to stop them from overflowing. The water is called "Sashimizu". When they rise to the surface again, turn off the heat.

**3** Drain the noodles in a strainer, and let them cool down with running water. Put them in iced water, wash thoroughly while rubbing with both hands, and drain in the strainer again.



- ③ Put ① and ② in a bowl and mix with the mayonnaise, salt, pepper, and powdered soup mix.



### 3 How to enjoy “Warigo-Soba”

Don't say “Noodle? Again?” after the recipe of “Somen Salad”. After all, it's summer now. We often lose our appetite and noodles are easy to digest. Izumo is famous for “Warigo-Soba”. The buckwheat cold noodles are served in triple-stacked round red containers with seasoning soy sauce (called “tsuyu”) alongside. The sauce is not for dipping but for pouring over the noodles.

This is how to enjoy it.

**1)** Sprinkle about a third of the condiments (green onion, grated gingers, and the like) over the noodles in the top container. (Don't break down the triple-stack.)



**2)** Pour the “tsuyu” over **1)** and eat. (Adjust the amount of “tsuyu” as you like.)

**3)** After eating all the noodles in the top container, pour the leftover “tsuyu” in the top container over the noodles in the middle container. Now the top container comes to the bottom and the middle comes to the top. Sprinkle the condiments like **1)** and add some tsuyu if necessary.

**4)** Repeat **3)** to eat the noodles in the last container.

**5)** It is highly likely that “soba-yu” comes with the noodles. It is the water that remains after boiling the noodles. It contains lots of vitamins. Some enjoy it with a little “tsuyu”, while others, especially those who are conscious about salt intake, enjoy it as it is. It might be an acquired taste but please try anyway.

### 4 Information from SIC, Shimane International Center

**1) “Tips for living in Shimane”** Access <https://www.sic-info.org/en/>



Click here!!

**2) “Disaster Prevention Handbook for foreign residents”**

[https://www.sic-info.org/wp-content/uploads/2020/04/handbook3\\_en.pdf](https://www.sic-info.org/wp-content/uploads/2020/04/handbook3_en.pdf)

Summer is the season when natural disasters happen frequently. Just check the handbook and deepen your understanding.

## 5 Events, Sightseeing, & Gourmet spots

### 1 Atagosan park

(愛宕山公園) <http://atagosan.jp/>

It is a sort of a small zoo where you can see and touch several kinds of animals such as deer, kangaroos, goats, pigs, donkeys and rabbits.

It is open 365 days a year and 24 hours a day. Admission is free.

#### ▶▶▶ Access:

by train 25-min. walk from “Unshu-Hirata” station on Ichibata Dentetsu line.

by car Check the map on their website.

📍 **Address:** 295 Hirata-cho, Izumo-shi

📞 **Tel:** 0853-63-4656

✉ **e-mail:** [atagosan-k@hit-5.net](mailto:atagosan-k@hit-5.net)

### 2 Amagiri Udon

(天霧うどん), Hirata Nakanoshima Branch (平田中之島店)



After enjoying contact with animals, why don't you have some delicious noodle dishes? They serve great food with reasonable prices.



▶▶▶ **Access:** by train 961m from “Unshu-Hirata” station on Ichibata Dentetsu line.

📍 **Address:** 3903 Hirata-cho, Izumo-shi

📞 **Tel:** 0853-63-5188

✓ **For more:** <https://tabelog.com/shimane/A3202/A320201/32000796/>

HIPIS is created by *English Project Team*.

If you have any comments or questions, please contact us:

[gakumh04@jn.shimane-u.ac.jp](mailto:gakumh04@jn.shimane-u.ac.jp) (addressed to Yuko Okada)

English used on HIPIS is supervised by our English teacher, Ms. Murphy, Lynne.