



Hello, everyone. Welcome to the world of HIPIS.

It's October!! Autumn!! Look at the sky. What beautiful clouds they are. We call them "Iwashi-gumo", which literally means "Sardine clouds". I've learned they are called "mackerel sky" in English. The same idea, isn't it? Just seeing the small fragments of clouds looking like the scales of sardines makes me happy that my favorite season has finally arrived.



1 Hello, friend !!



Today's guest is **JAHAN NUSRAT**-san from Bangladesh. She is now in her 4th year of the Ph.D. course and belongs to the Department of Anatomy.

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

Before I came to Japan, my sister and brother-in-law had already been the members of the department after completing the Ph.D. program here. They would talk to me a lot about how nice Prof. Otani was and say to me, "Why don't you join us?". At first, I had a little hesitation because I was studying to become a dentist in Bangladesh then. Quite different from Prof. Otani's field, Anatomy. However, considering the fact that both my sister and brother-in-law were also dentists, I thought I might be able to manage, and then made up my mind. After confirming my willingness, they told him about me. According to what I heard from them, Prof. Otani instantly expressed great interest in accepting me, adding that specializing in a different field won't cause any obstacles because they can share more knowledge and therefore better outcomes can arise. Just imagine how happy I was when they conveyed his words to me!!





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

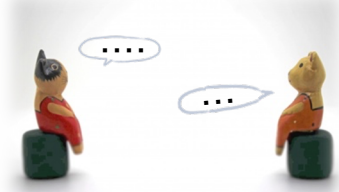
Izumo is very beautiful. The rustic atmosphere makes me relax. The people are quiet, humble and polite. I strongly sensed it all the more for my hometown, Dhaka, in Bangladesh, which is said to be one of the most densely-populated places in the world.



Thank you. I'm happy every time international students praise Izumo. I also admire the picturesque scenery around Izumo.

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

I sometimes travel a long distance. Whether it is on the bus, train, airplane or anything else, it is often the case that strangers sitting next to each other keep silent, seemingly trying not to disturb the other one or maybe they are just shy. In Bangladesh, we say "hi" and then start a conversation in such a situation to have a joyful time, even a little, on the road. Meanwhile, Japan has a wide variety of greetings. I think it shows how the people in this country value daily interactions with the people around them. We Bangladeshi have mostly morning greetings. I think I will miss "Konnichiwa" or "Konbanwa" after going back to my country.



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

I love Japanese food. It's really difficult to pick just one. Tempura, Onigiri, Takoyaki, Ice cream.... We have ice cream in Bangladesh too but totally different from the one in Japan. Japanese ice cream is richer in texture but less sweet. Once I get used to it, I cannot be satisfied with Bangla's ice cream any more. As for takoyaki, we have to be careful about its ingredients because some have pork in it. For religious reasons, we are not allowed to have such takoyaki. After trying various kinds of takoyaki, I can say my favorite is the one at "Kirara Taki" Michi no eki road station*. Kirara also offers delicious ice cream too!!

Yeah, their takoyaki and ice cream are famous. You can enjoy not only octopus but also other seafood in the takoyaki. It's quite filling. "Taki" in "Kirara Taki" is the name of the area. Taki produces good figs, the red fruit called Ichijiku in Japanese. So Kirara's fig ice cream is a "must" along with the takoyaki. They are worth waiting in line.



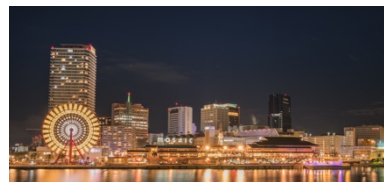
Ichijiku / いちじく

(※For "Michi no eki", please see the last page.)



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

This is my 4th year, so I've been to many sightseeing spots in Japan. I love Osaka. It's the birthplace of my favorite "takoyaki" and home to my favorite theme park "USJ". Actually, I have been to USJ twice. Hopefully "the third" will come. I love Kobe as well. I cannot forget the amazing night view from the harbor.

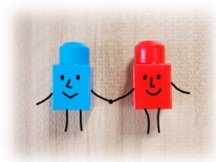


Kobe / 神戸

I also love Kyoto. The quaint atmosphere at the temples soothes my feelings. Of course, I love Tokyo too!! I've been there once. Due to the time restrictions, I visited only Ueno zoo and Tokyo tower but they were enough for me to fall in love with the metropolitan place.

USJ, twice?! Wow, even I, from Osaka, haven't been there. If I have a chance to go there, maybe I should ask you for some advice.

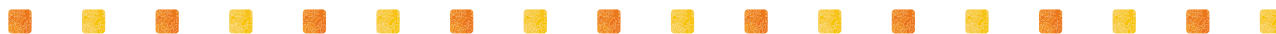
6. What do you picture in your mind as a career path after graduation?



After going back to Bangladesh, I would like to have a job as a teacher or researcher at some institution. My husband works for the air defense force, which transfers him every two years. Having a regular job means I cannot accompany him. In that regard, he is very supportive. He always tells me that I don't have to sacrifice my career for him. I really appreciate it.

Wow, Great!! It would be such a shame if you had to give up your career before accomplishing your goal. I had assumed that Bangladesh was a relatively conservative country. But like in Japan, younger people might start to think about getting married more flexibly.

Thank you, NUSRAT-san. Actually, I haven't had many chances to talk to her since her enrollment. So, today was a precious day for me. Thinking back on the past interviews, it turned out that takoyaki, ice cream, and USJ are commonly popular among the international students. She looked fully satisfied with her current situation after experiencing various things in Japan. I hope she will enjoy many more aspects that Japan can offer before heading back to her country next spring.



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 Nepali-style potato salad!!

Aloo ko achar



Namaste! This is Ai Akiyama from the International Exchange Office.

Today, I would like to introduce you to a simple and popular dish from Nepal- **Aloo ko achar**. It's a typical traditional Nepali dish that is prepared in every household in Nepal, both as an everyday meal and for special occasions. Growing up in Nepal, I loved eating

this with Poori, which is a deep-fried bread. **Aloo ko achar** can also be eaten on its own or with rice. I came to Japan 3 years ago and whenever I miss Nepali food, I just make this quick dish. Here's the recipe for you to try.

Ingredients (for 2-3 persons)

A

- Potatoes ... 2~3
- Cucumber ... 1
- Ginger and garlic paste ... 1 tablespoon
- Chili powder or chili flakes ... 1~2 teaspoons
- Sichuan pepper powder(if available) ... 1/4 teaspoon
- Cumin powder ... 1/4 teaspoon
- Lemon juice ... 2 tablespoons
- Salt ... as per taste
- Roasted sesame seeds ... 2 tablespoons
- Vegetable oil(mustard oil if available) ... 2 tablespoons
- Fenugreek seeds(if available) ... 1 teaspoon
- Turmeric powder ... 1 teaspoon
- For garnish, some fresh coriander leaves

Directions

- 1 Boil the potatoes. When done, peel and cut it into bite-size pieces.
- 2 Cut the cucumber also into bite-size pieces.
- 3 Grind roasted sesame seeds to a coarse powder.
- 4 Put all the ingredients "A" in a heat resistant bowl.
- 5 Heat oil in a pan and add fenugreek seeds. Turn off heat when it turns black.
- 6 Add turmeric powder to the oil and stir for a minute.
- 7 Pour the hot oil over 4.
- 8 Mix thoroughly and add chopped coriander leaves for garnish.



You can eat it served at room temperature, or cold! There you go! Easy right?



In Nepal, each household has its own version of the recipe for this salad. You can also modify this recipe to suit your taste. If you like spicy, add more chili, if you like sour, add more lemon, and so on.

I hope you try it someday and treat yourself with this delicious and flavorful Nepali dish!

3 Let's learn Japanese words relating to COVID-19.



English	Japanese (Roman alphabet)	Japanese (Kana, Kanji)
New coronavirus	Shingata Korona Uirusu	しんがた(新型)コロナウイルス
Infection	Kansen	かんせん(感染)
Pneumonia	Haien	はいえん(肺炎)
Wearing a mask	Masuku Chakuyou	ますくちやくよう(マスク着用)
Gargling	Ugai	うがい
3C	San Mitsu	さんみつ(三密)
Vaccine	Wakuchin	わくちん(ワクチン)
Disinfection	Shoudoku	しょうどく(消毒)
Self-restraint	Jishuku	じしゆく(自粛)
Self-quarantine	Jitakutaiki	じたくたいき(自宅待機)

4 Events, Sightseeing, & Gourmet spots



Kiyomizu-dera Temple (きよみずでら 清水寺)

It is one of the best spots in Shimane to enjoy the autumn foliage. It dates back as many as 1,400 years!! Upon hearing “Kiyomizu-dera”, most of you would imagine the one in Kyoto. Actually, there are more than 10 temples called “Kiyomizu-dera” in Japan. Some have relations with the one in Kyoto, and others don’t. This one in Shimane seems to belong to the latter group. You can get there by JR & bus or by car.



➤ Address: 528, Kiyomizu-cho, Yasugi-city, Shimane pref.
For details, please visit

➤ <https://zuikozan-kiyomizudera.jimdofree.com/access/>

Kiyomizu/Shimizu Yokan (きよみず / しみずようかん 清水羊羹)



The temple boasts its original Yokan, a kind of traditional Japanese sweet made of red bean paste. It’s called “Kiyomizu Yokan or Shimizu Yokan”, and its history is similarly old. There are some Yokan shops on the premises from different manufacturers. Enjoying the sweet bites while strolling among beautifully colored maple trees would definitely make for one of the unforgettable memories of your stay in Japan.

Michi no eki Ara Essa (みちのえき あらえっさ 道の駅アラエッサ)

After enjoying the beautiful autumn leaves at Kiyomizu-dera, why don't you stop by here? Michi no eki literally means "station on the road". It is a facility registered by the Ministry of Land, Infrastructure, Transport and Tourism, where you can get traffic information, have a rest, or do shopping. According to the Ministry's website, there are 1,180 Michi no ekis as of July 1, 2020.

- Address: 118-1, Nakaumi-cho, Yasugi-city, Shimane Pref.
The atmosphere is quite lively. If you want to try a local delicacy, Michi no eki is the right place.
- For more: <http://michinoeki-araessa.jp/>



What is "Ara Essa"? I'm sorry, I almost forgot to explain it. It derives from a shout for the old local folk song "Yasugi-bushi", and the shout is "Ala, Essassa~!!"

5 Information from SIC, Shimane International Center

One Stop Center

- https://www.sic-info.org/support/consultation/onestopcenter_shimane/

[2020.04 英語]

Consulting Service

Consult with us for free We protect your privacy

 **070-3774-9329**
Soudan@SIC (Skype ID)

Monday to Friday 9 a.m. to 5 p.m. (Excluding public holidays,
other holidays and the end-of-year/New Year's period)
Please say "EIGO ONEGAISHIMASU."

Shimane Multicultural General Consultation "ONE STOP CENTER"

You can consult with us about anything!

■ Visa status	■ Work	■ Medical care
■ Childbirth and childcare	■ Education etc.	

Living Information for Foreigners

Scan for our website
(Scan the QR code on the right)



 Shimane International Center

English, Chinese, Vietnamese, Indonesian, Burmese, and nine other languages are available!!



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.

