

HELLO, FRIENDS !!

Vol.11

2021.02.01

Shimane University Hello Friends



Hello, everyone. Welcome to the world of “HELLO, FRIENDS!!”.

Now it's the coldest time of the year but what makes me feel good is that the daytime is getting longer day by day. When you look close, you will find the branches of some trees having small buds. They are surely the sign of the arrival of spring and it should be the thing everyone has been looking forward to all the more for an unusually great amount of snow we had this winter.

1. Let's meet today's guest !!

We have couple **Sha Jingjing** san and **Bai Yunpeng** san from China to join us this time. They are now in their 4th year of the Ph.D. course and belong to the Department of Oral and Maxillofacial Surgery.



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

We knew Shimane University when we were undergraduate students because Shimane University has a good connection with the Master's course in our Ningxia Medical University. We knew a lot of achievements Shimane University had accomplished. We liked Japan's culture as well. Hence, it was natural that we were interested in coming to Japan to study advanced medical technology. We made efforts and fortunately succeeded in becoming Ph.D. students at Shimane University.

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

Compared to the bustling Tokyo and Osaka, Izumo was so quiet. Not only being quiet, order seemed to be well-maintained. Every place was very clean and the air was so fresh. We found it comfortable. Everyone we met was so polite and friendly that we didn't have to feel the loneliness of leaving home. The impression hasn't changed a bit so far.



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

The cultural shock that Japan brings to us comes from all aspects of life. The first thing that comes to our mind is the positive spirit of the Japanese. We really admire it. The Japanese, especially the colleagues in our department, are very conscientious in their jobs. It seems the most important thing for them is to do their best to complete their work. They can even skip meals and breaks to prioritize the work in front of them. Similarly, the elders in Japan are hardworking and unwilling to accept the definition of the old. Even though they retired from their regular jobs in the 60s, they still have plenty of energy and devote themselves in another job until their 70s and 80s.

To our surprise, some of them do volunteer activities relating to social welfare. In China, we advocated offering seats to the elders. When we first came to Japan and offered seats to an elderly person, she politely declined. Later we learned that in Japan old people didn't feel that they were getting old. As long as they could accomplish things by themselves, they were unwilling to accept help from others. We think it is this positive spirit that makes so many old people look young and makes Japan possess distinctive vigor and vitality.



Wow, you know very well about how older people behave here in Japan and how they consider themselves!! I'm not sure if I can keep working until those ages but at least I want to stay healthy so that I can take care of myself.

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

There is no doubt that our favorite Japanese food is Sushi. Japanese Sushi is definitely a gluttonous treat for most diners around the world. Unlike Chinese flavorful food culture, Japanese food culture has a unique style. Japanese food focuses on the taste of the ingredients themselves. In food such as Sushi or Sashimi, there is no extra seasoning, so that the original taste of seafood is left fragrant in the lips and teeth. The texture of the food in nature is maintained, which is very delicious and authentic. In addition, Japan is surrounded by the sea. The northernmost prefecture Hokkaido boasts abundant fish catches.



Hence, high quality Sushi!! If you get used to their authentic Sushi, you won't be able to be satisfied with Sushi anywhere else. Fishermen catch seafood and send it to various restaurants every morning.

The ingredients are not only fresh but we can even see which wholesale market each seafood comes from. This is very professional. At a Sushi restaurant, professional Sushi artisans serve you to tailor everything. Dipping in soy sauce and putting one mouthful on the tongue softly is the most enjoyable thing in our life.



Wow, what enthusiastic sushi lovers you are!! I'm happy you love Sushi so much. Yes, Hokkaido is the right place. I cannot forget even now how delicious the Sushi was when I visited there several decades ago.

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

Our favorite sightseeing spot in Japan is the Tokyo Tower. It is one of the most representative constructions in Tokyo. It is 333 meters high and built in 1958. Although its height is surpassed by the Sky Tree, which was built after it, its place in our hearts is still irreplaceable because it brings us countless romantic and happy memories. In the daytime, you can see the whole of Tokyo and even Tokyo Bay and Mt. Fuji from the tower. At night, on the other hand, it is lit up in red, which is very romantic and fashionable and it's the reason why we love the night view more. Climbing to the top of the tower, you feel as if you are in the starlight, and everything here is filled with mysterious and dreamy colors. If you have a chance, you must go and see the most beautiful night scenery in Tokyo.

Tokyo Tower/ 東京タワー



I've been to the Tokyo Tower once and somehow, I thought I shouldn't be satisfied until I visit the Sky Tree. Now, however, after hearing your story, I think I should cherish my memory of the Tokyo Tower.

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

Because of the impact of the Covid-19 pandemic this year, not only for us but also for all people, the future is blurred. So, we may have a period to stay in Japan to continue our scientific research for the time being. We hope that we gain our professors' support and encouragement so that we can stay here and continue to work and study. Of course, our ultimate goal is still to become dentists who can treat any patients successfully. We believe it will come true in the end.



Of course, you will !!

Thank you, Bai san and Sha san. I was impressed by their knowledge and passion for Japanese culture. Tokyo Tower must be happy too 😊 This time, like the previous one (vol. 7), I asked them to answer in writing due to the severe situation caused by the pandemic. I'm grateful for their sincerity and really hope their wishes come true.



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 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 !!



Creamy Turnip Soup



Kabu / かぶ

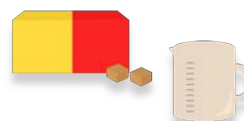
I don't know how popular turnip (“かぶ Kabu” in Japanese) is around the world but here in Japan, it is one of the most seasonal vegetables representing winter. Today, we would like to introduce a dish which is not typically Japanese but will be certainly enjoyed by almost all the people because of its gentle taste.

Ingredients (for 1persons)

- Turnip.....1 piece
- Onion1/8 piece
- Olive oil1 teaspoon
- Milk1/2 cup
- Salt & Peppera little

A

- Water1/2 cup
- Bouillon cube1/2 piece

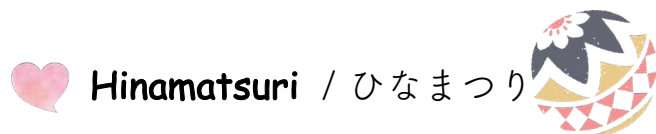


How to make

- 1 Peel and grate the turnip.
- 2 Boil the stems of the turnip with a little salt (not included in “Ingredients”) and cut them finely.
- 3 Chop the onion.
- 4 Heat the olive oil in a pan and fry 3 slowly over low heat.
- 5 When 4 becomes transparent, add 1 and A in the pan and simmer for 5 minutes.
- 6 Add the milk in 5 and bring to a gentle boil. Adjust the taste with the salt and pepper.
- 7 Pour in a cup and sprinkle 2 .



3. Let's learn seasonal Japanese events



The doll's festival is also called "Momo no sekku". This is an event to celebrate girls' healthy growth and happiness. Some of you may have seen a pair (Obina or Emperor doll and Mebina or Empress doll) of beautifully decorated dolls with their servants sitting in front of them holding tableware or playing music.

The date is March 3 but here in Izumo, it's traditionally celebrated about one month later in accordance with the old calendar. The positions of the obina and the mebina are reversed between the Kanto-styled dolls and the Kyoto-styled dolls. The former is the main stream.



Hinaninago / ひな人形
(positioned in Kanto-style)

4. Events & Gourmet spot

Strawberry Cafe 「Ichigo ya kirito」



(Ichigo means strawberry in Japanese.)

🍓 **Address** 〒692-0001 762 Akae-cho, Yasugi-city, Shimane pref.
(島根県安来市赤江町 7 6 2)

🍓 **TEL** 080-1644-0102

🍓 **Business days & Time**

Thursday, Friday, Saturday, Sunday, and national holidays, 11:00-16:00 (OS)
(Just in case, please call them in advance to make sure it's open. They also have an account on Instagram. So, you can contact them on social media instead of a phone call. Just search "Ichigoya Kirito".)

🍓 For more, visit <https://www.lazuda.com/news/archives/984>.



A strawberry farmer started a side business in April last year. If you have a sweet tooth, this cafe is a "must".

Strawberry picking (ichigo gari / いちご狩り)



I didn't see any statistics but I'm sure that strawberry is one of the most popular fruits in Japan given the wide range of confectionery with strawberry flavor. Strawberry sponge cake, strawberry tart, strawberry ice cream... Whoops!! Just imagining them makes my mouth water... Yasugi-city, in the eastern part of Shimane prefecture, is blessed with the environment suitable to grow the fruit and has enthusiastic farmers eager to make their produce as delicious as anywhere else. Here is one of the farms where you can enjoy strawberry picking.



Watanabe Tourist Farm (Watanabe Kankou Nouen / 渡辺観光農園)

- 🍓 **Address** 〒692-0025 199 Hohijima-cho, Yasugi-city, Shimane pref.
(島根県安来市穂日島町 1 9 9)
- 🍓 **Contact** (Reservation is needed.) TEL: 0854-22-6627 FAX: 0854-22-6627
- 🍓 **Period & Time** Early January ~ Late June, 10:00-16:00
- 🍓 **Fee** Jan.-May 2,000/adult, 1,000/child June 1,000/adult, 500/child
- 🍓 **Access** By car 10 min by car from Yonago Nishi Interchange(米子西IC(インター))
on SAN-IN EXPRESSWAY
A parking lot is available. (about 15 cars)
- By JR & bus JR Yasugi station → Yellow Bus (Hirose=Yonago line (広瀬=米子線)) →
Bus stop "Shimada(島田)" → 25 min on foot

🍓 Here is the map: <https://yasugi-kankou.com/experience/870/>



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

If you have any comments or questions, please contact us:
gakumh04@jn.shimane-u.ac.jp (addressed to Yuko Okada)

The English used on **"HELLO,FRIENDS!!"** is supervised
by our English teacher, *Ms. Murphy, Lynne*.

