



HELLO, FRIENDS !!

Shimane University Hello Friends



Vol.12
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Hello, everyone. Welcome to the world of “HELLO, FRIENDS!!”. Spring has sprung!! This year, the cherry blossom front has passed through far earlier than usual. So, I bet you have already enjoyed viewing the beautiful flowers in your own way while avoiding the three Cs. They are so beautiful that I can’t help but be awed by the power of nature as our daily lives have been badly affected by the coronavirus. Now, it’s the beginning of the new academic year. Those who are experiencing your first spring here or in your home countries - I hope you will eventually come to find that your decision to study here has been the right one.



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

We have Aji san from Indonesia to join us this time. What? Who is Aji san? You don't know? His full name is MUHAMMAD ALIM JAYA san but I have never called him that since he let me know the short convenient nickname. He is now in his 4th year of the Ph.D. course and belongs to the Department of Psychiatry.



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

There were three reasons. First, Izumo is a quiet place. Since we lived in a crowded neighborhood in my country, I had wanted to raise my kids in a calm environment. As it is located in the countryside, Izumo city offers such a wonderful place to live and study, especially for kids. Second, Izumo is culturally rich. People keep the traditions handed down through generations. There are many old buildings of cultural value. Izumo Taisha Grand Shrine is a good example. Thirdly, there is a collaboration program between our Muslim University of Indonesia, Hasanuddin University, and Shimane University. Under this program, I went through the otherwise complicated procedures relatively easily to start studying as a graduate student here. I had also old friends who had already come to Japan and experienced their campus life through their 4 years' doctoral course. They gave me lots of tips and lots of relief.



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

It was in February in 2018 when I came to Japan for the first time to take the entrance exam. I clearly remember the snow was covering the area. There were huge amounts of snow and it was shivering cold. Rather than being impressed by the winter wonderland, I was so exhausted by the long-hour trip and unfamiliar coldness that I almost felt sick. After the exam, my friend and his wife took me to Izumo Taisha. I'd rather have taken a rest quietly somewhere but anyway I was grateful for their kindness. It might not be a happy one but it was definitely a memorable event for me.

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

Garbage separation, definitely!! In Indonesia, we can take out garbage twice a day every day. We also don't have to divide it into many different items - just organic or non-organic. It took me a while to get used to Izumo's separation system. I have taken out garbage in the wrong way several times. Every time I did so, someone in charge taught me how I should have done it. Thanks to their persistent efforts, I can say now I will never make a mistake again.

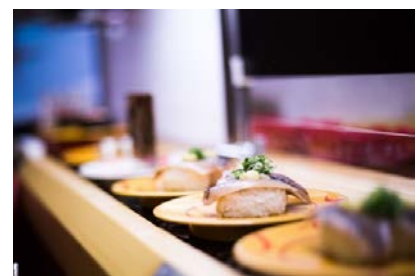


It depends on each municipality how we should take out garbage. I don't know if Izumo's system is strict or not. I heard the similar story from the international student from Ethiopia on the previous issue. I really feel this kind of garbage separation system is something Japan can be proud of. Aji san, if possible, please take the initiative in applying it to your country too!!

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

Well, it's hard to pick only one. I love lots of Japanese dishes. Soba, Okonomiyaki, Sushi, Takoyaki.... The soba I had for the first time was Warigo-soba, the typical one people in Izumo enjoy. I didn't know how I should eat it and ended up using all the seasonings and dashi-sauce on the top dish of the three layered ones. Later, I learned the right way and now I can enjoy Izumo-soba to the fullest. As for Okonomiyaki, someone told me that there is an Okonomiyaki restaurant in Hiroshima which uses Halal-processed ingredients.

I visited there and enjoyed myself a lot. And with Sushi, unlike Okonomiyaki, we Muslims don't have to worry about the ingredients because Sushi is made of only rice and seafood. Our family makes a schedule of visiting a conveyor-belt Sushi restaurant once a month. Thanks to inexpensive prices, we can have many kinds of Sushi and sometimes noodles or desserts. This conveyor-belt type or revolving sushi bar style is a great Japanese invention along with the garbage separation system, I think.



When I was a kid, about a couple of decades ago (just joking (・_・;)) there were no such Sushi restaurants. We went to a Sushi restaurant on only special occasions. Kaiten-zushi (conveyor-belt type) has turned Sushi into casual food. Great!!

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

It's hard to answer this question. Because there are a lot of sightseeing spots in Japan. I've been to Osaka a few times. There are two mosques in Osaka, one in central Osaka and the other in Ibaraki-city. I had wanted to go and see them. Now that I have fulfilled the purpose, the next destination I'm aiming for is Kobe. Kobe is said to have the oldest mosque in Japan and it's very popular. It's so sad we cannot travel freely now because of COVID-19. I've also been to Hiroshima. It was a total coincidence it was on Aug.6, the day when the atomic bomb was dropped in the city 76 years ago. The ceremony was being held and the park was crowded with the participants. We Indonesians learn at school about the history of atomic bombs dropped on Hiroshima and Nagasaki. So, I recognized instantly what the ceremony meant. The somber atmosphere left a strong impression on me. This is another memorable event.



Hiroshima Peace Memorial

What a coincidence!! The ceremony is broadcast live every year. Due to the coronavirus, the organizers had to scale it down last year. I hope they can hold it normally this year.

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

After returning to my home country, I want to join "Shimane University Alumni Association Indonesia". The members consist of ex-students graduated from Shimane University, both from Matsue and Izumo campuses. I think I'll be able to build strong relationships with many people through the organization. I also hope the collaboration program between Shimane University and our Muslim University of Indonesia will continue. Currently the direction is only one way, I mean, Indonesian students go to Japan, not vice versa. So, hopefully someday, students of Shimane University come to our university to study medicine as graduate students, and I want to help them learn a lot about not only academic matters but also cultural aspects.

I'm sure you will be a powerful and reliable mentor for them!!

Thank you, Aji san. I was happy to hear a lot of interesting stories. Aji san experienced many things inside and outside campus and now seems to be living in Japan quite comfortably with his family. I know he is also a great cook. If there is a chance, please try Aji san's "Nasi goreng". You will be hooked!!



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 !!

Inari zushi

(Zushi is the same as Sushi, just the sound becomes muddy.)



Spring in Japan is the best season for outings along with autumn. We make a kind of Sushi on such an occasion. It's called "Inari zushi" and doesn't need raw ingredients. Very simple. Vinegared rice is wrapped in salty-sweet Abura-age (deep fried tofu). It's popular among all generations. Why don't you try this low-cost easy recipe and go on a picnic?!

Ingredients (for 16 pieces)

- Abura-age8 pieces (one piece is about 7.5cm × 15cm)
- Water200 cc
- Sugar5 tablespoons
- Soy sauce3 tablespoons
- Vinegared ricerice 1.5 gou (1 gou is 180 cc)、



Abura-age / 油揚げ

- a** Vinegar 2 tablespoons
- b** Sugar 1.5 tablespoons
- c** Salt 3/4 teaspoons



How to make

- 1 Cut the Abura-age in half. (lengthwise or crosswise, either is OK.)
- 2 Open the mouth of each of 1.
- 3 Put 2 in a colander and pour boiled water from above to get rid of the oil. (not too much!!)
- 4 Put 3 and the water in a pan and bring to a boil.
- 5 Put the sugar and soy sauce in 4 and cook over a medium heat for 10 min.
- 6 Turn off the heat, put the lid on, and leave alone until it gets cold and the taste soaks in.
- 7 While waiting, prepare vinegared rice as follows:

- 1 Cook some rice a little hard.
- 2 Put **a**, **b** and **c** in a heat resistant container and microwave a little until the sugar and salt dissolve.
- 3 Put 1 in a shallow flat container and mix 2 in it swiftly with a spatula.



- 8 Squeeze 6 lightly (←important!!) and stuff each piece with 7.
- 9 Enjoy "O-inari-san(another way of calling "Inari zushi")"at a party (maybe after the pandemic) or under Sakura trees or, of course, in your usual dining room 😊.

3. Sightseeing & Gourmet spots

Hikawa Kouen ひかわこうえん / 斐川公園
(Kouen means "park")

Yes, our Izumo campus has lots of Tsutsuji (azalea) plants. But here in Hikawa Kouen, about 20,000 Tsutsuji bushes will welcome you with their brilliant pink color.



Tsutsuji/ つつじ

🌸 **Address** 〒699-0631 3864-2 Naoe, Hikawa-cho, Izumo-city
(出雲市斐川町直江3864-2)

🌸 **TEL** 0853-72-3837

🌸 **Best time to see** Late April ~ Early May

🌸 **Admission** Free

🌸 **Access** **By car** 5 min from Hikawa Interchange(斐川IC(インター))
on SAN-IN EXPRESSWAY
A parking lot is available. (about 180 cars)

By JR 30 min. on foot from JR "Naoe (直江)" station

Here is the map:

<https://www.kankou-shimane.com/destination/20562>

Gulliver pizza & coffee house



This restaurant serves great pizza and spaghetti. Loved by locals, it is often the case you have to wait or give up because of fully occupied tables. So, when you visit there, please keep it in mind or make a reservation!!

🌸 **Address** 〒699-0502 2750-6 Shoubara, Hikawa-cho, Izumo-city,
(島根県出雲市斐川町荘原 2 7 5 0 - 6)

🌸 **Access** **By JR:**
14 min. walk from JR "Shoubara(荘原)" station

By car:
5 min. from Izumo Airport

🌸 **TEL** 050-5262-1309 (Reservation & Inquiry),
0853-72-0172

🌸 **Time** 8:30am - 8:45pm(L.O.8:00) (Closed: Wednesdays, 2nd & 4th Tuesdays)

🌸 **For more** <https://tabelog.com/shimane/A3202/A320201/32000255/>

4. Let's learn seasonal Japanese events

Tango no sekku たんごのせっく / 端午の節句



We introduced “Hinamatsuri” in the previous issue as a girl’s festival. This time, it’s a boy’s festival called “Tango no Sekku”. It is on May 5th. It’s also called “Kodomo no hi (Children’s day)” and is a national holiday.

Some households with sons decorate their rooms with “Kabuto (warrior’s helmet)” or put up “Koinobori (carp streamers)” in their gardens. Sadly, as aging and depopulation have been advancing in many parts in Japan, the chances we can see carp streamers have been getting scarce.



Koinobori / こいのぼり



Chimaki
/ ちまき

Kashiwa-mochi
/ かしわもち

On and around this day, we have a custom to eat Chimaki (steamed rice dumpling wrapped in bamboo leaves) or Kashiwa-mochi (rice cake wrapped in an oak leaf with sweet redbean paste inside). It depends on the region which is eaten. Here in Izumo, people traditionally celebrate Children’s day a month later and enjoy “Sasamaki”, another way of calling Chimaki.



“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*.