

## Hot Info Paper for International Students

**Hello, everyone. Welcome to the world of HIPIS.**

The winter is coming close, and everyone, are you prepared? Here, Izumo is located along the coast of the Sea of Japan and therefore the strong winds sometimes hit you mercilessly in colder months. Oh, but we also have many joyful events during this season, so look forward to what you might come across.





### ① Hello, friend!!



Now let's introduce the second half of the interview with **REGASSA DEREJE GETACHEW** san, who is, as you already know, from Ethiopia, and belongs to the Department of Anatomy.



 1. Maybe the food culture is totally different between Ethiopia and Japan. Did you have any difficulties getting accustomed to Japanese food? Rice is our staple food. What do you Ethiopian people have almost every day as staple food? Are there any vegetables or other ingredients you love but cannot find here in Japan? Or, are there any vegetables or fruits you saw for the first time since coming to Japan?

 Actually I didn't have any difficulty. International students from other countries may suffer hardships when they face Sushi or Sashimi but we Ethiopians have a custom of eating raw beef. So, I enjoyed the taste of raw fish to the fullest from the beginning. My favorite Japanese food is udon. When I visited the Shikoku region as a participant of the program by "Host-family association in Izumo", I got hands-on experience of making udon, including kneading and stamping the dough. It's really fun. Since then, I always order udon when I go to a Japanese restaurant.

Our staple food is Injera. It's made from a grain called "Teff" and shaped like a big circle. Thanks to its shape, it can serve as a plate. Many kinds of food such as vegetables or salads or non-moisture stew are placed on it. When we eat it, we just tear portions of Injera and mix them with the food on top of it. Very convenient. Unfortunately, no supermarkets sell Teff and no restaurants serve Injera in Izumo. I really miss it.



I can find any vegetables or fruits here I look for. There are some I saw for the first time in Japan. One of them is, ..., the one like an apple but not apple. What's the name? Oh, Nashi. It's really tasty. I love it.

2. And drinks. I know Ethiopian people love coffee. Your country is one of the biggest exporters of coffee. Are you also a coffee lover?



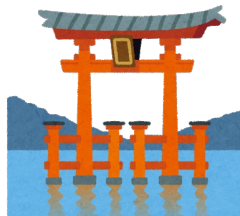
I used to be but I realized one day that I was too addicted to coffee so I decided to quit it. I've been successful so far. I think addiction itself, no matter what it is to, poses a kind of problem. Another reason I quit it is coffee sold in Japan isn't as good as in Ethiopia.

3. Where is your favorite spot around here and may I ask why?

My favorite spot is the playground on campus. I like running there. I can consume enough energy by running. I don't do that as often these days because I bike from my dormitory in Tenjin to here and to my daughter's kindergarten every day. That's also good exercise.

4. Outside Shimane, are there any other places you love in Japan?

I took my family to Miyajima in Hiroshima pref. last spring. The scenery is great, the wild deer is adorable, and the shrine (Itsukushima-shrine) is magnificent!! I easily understood why the place has been loved by so many people inside and outside of Japan.



5. I assume you have gotten familiar with some Japanese words through your daily life. What are your favorite Japanese words?

I use “Arigatou” and “Konnichiwa” almost every day. People around me help me a lot and I say “Arigatou” whenever they do me a favor. As for “Konnichiwa”, it’s one of the most important greetings. I think we can begin the day smoothly just by saying those greetings.

6. The final question. We introduced an onomatopoeia “Pekopeko” in the 1st edition and “Karakara” in this edition. Would you introduce an example of interesting onomatopoeias in your country?

Dogs bark “Wow wow” and cats cry “Meow meow” almost the same as English. How are they expressed in Japanese? Wan wan and nyaa nyaa? Quite different. Interesting.



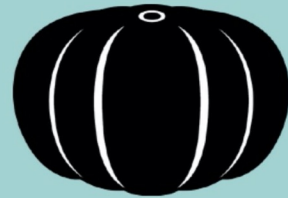
That’s all. Thank you for taking the time to be interviewed today. I believe the readers now feel closer to Ethiopia thanks to your co-operation.

*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 try Student's recipe !!

# Braised Kabocha (squash)

Touji is the shortest day of the year. It is said that in Japan on this day taking a yuzu citron bath and eating kabocha prevent catching cold.



Proportion : 2-3 servings

Ingredients :

1/4 Kabocha (500g)  
2 cups Water  
4 Tbsp. Sugar  
1 Tbsp. Soy sauce  
1/2 Tsp. Salt

Directions :

1. Cut the kabocha into bite-size pieces except the seeds. Remember, kabocha skin is edible and nutritious.

2. Place the kabocha pieces, skin side down, in a pot in a single layer.

Add water, and cook on medium high heat and bring it to a boil.

3. Add sugar, soy sauce and salt to the pot, and turn down to medium low heat to boil it for around 20-30 minutes.



### ③ Let's say in Japanese!!

a) Here are some expressions for how to explain your symptoms to the doctor in Japanese.



- Atama ga itai desu (I have a headache.)
- Onaka ga itai desu (I have a stomachache.)
- Nodo ga itai desu (I have a sore throat.)
- Netsu ga ari masu (I have a fever.)
- Tekubi ga harete imasu (I have a swollen wrist.)
- Ashikubi ga harete imasu (I have a swollen ankle.)
- Samuke ga shimasu (I feel cold.)
- Hakike ga shimasu (I am nauseous.)
- Memai ga shimasu (I am dizzy.)
- Hanamizu ga demasu (I have a runny nose.)
- Hana ga tsumatte imasu (I have a stuffy nose.)



b) Here are some of Japanese *onomatopoeias* used to explain your physical situations.

**Dokidoki** → When you feel your heart beating rapidly  
e.g. Shinzou ga dokidoki shimasu (My heart is beating rapidly.)



**Gakugaku** → When you feel some of your body parts shaking due to the cold or fear or tiredness  
e.g. Samukute ashi ga gakugaku shimasu (My legs are shaking due to the cold.)

**Kurakura** → When you feel dizzy  
e.g. Atama ga kurakura shimasu (I feel dizzy.)

**Zukizuki** → When your wound hurts badly and continuously  
e.g. Mushiba ga zukizuki shimasu (My decayed tooth hurts badly and continuously.)



## ④ Events & Sightseeing spots

### Night-time illumination

#### **1) Mantouzan-park, Hamada city, Shimane Pref.**

**Dates:** Nov.23(Sat.) ~ Jan.13(Mon.)

**Time:** 5:00pm - 10:00pm (6:00pm – 10:00pm on Nov.23, 5:00pm – 2:00am on Dec.31(Jan. 1))

**Access:** 5 min. walk from JR “Hamada” station

**Admission fee:** Free of charge

10m-high huge cedar tree will welcome you with countless light bulbs glittering on it. Trees lined along the streets between the station and the park are also lit up!

#### **2) Matsue Vogel Park**

**Dates:** Dec.7, 8, 14, 15, 21, 22, 28, 29 (All weekends)

**Time:** 5:00pm - 9:00pm

**Place :** Matsue Vogel Park

**Access:** Just outside of “Matsue Vogel Park” station on Ichibata line

**Admission fee(Night time):** 750 yen/adult, 380 yen/elementary & junior high

#### **3) Tottori Prefectural Flower Park (Tottori Hanakairo)**

**Dates:** Nov.15(Fri.) ~ Jan.13(Mon.) except Dec.3, 17, Jan.7

**Time:** 5:30pm - 9:00pm (Last entry 8:30pm)

**Access:** Free shuttle bus service from JR Yonago station

(See for the timetable → <http://hanakairou.sanin.jp/en/access/>)

**Admission Discount for International Visitors:**

700→350 yen/adult, 350→170 yen/elementary & junior high

Please show your passport at the reception desk to get the discount.



HIPIS is created by English Project Team.  
If you have any comments  
or questions, please contact us:  
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(addressed to Yuko Okada)