

NAPIA

VOL. 22 July

NAPIA is a newsletter issued by Nagasaki International Association for foreign residents.

Introduction to the Nagasaki International Association

We promote international exchange by acting as a bridge between Nagasaki and a variety of countries from all over the world. We provide a wide range of information on life in Nagasaki and opportunities for international exchange. This edition of NAPIA contains more detailed information on specific activities and events that we hold.

We are open every week,

Monday to Friday, from 9:00 am to 5:30 pm.

Our lobby contains many books, pamphlets and other materials that are free to access, and we also regularly hold Japanese culture classes.



Check out our new homepage: <http://www.nia.or.jp/>

We have updated the Nagasaki International Association website. As well as the Japanese version, there are English, Chinese and Korean versions. The website offers useful information for daily life in Nagasaki for international residents and visitors, as well as schedules for events and classes such as our Japanese Culture Classes. Be sure to take a look!

Edited by:

Nagasaki International Association

&

Yoshioka Yuichiro



Multilingual Storytime

On Saturday, July 6th, in collaboration with Nagasaki City Library, we once again held a "Multilingual Storytime". This time, Ms. Hoa from Vietnam read in English, Ms. Park read in Korean and Ms. He read in Chinese. We had fun listening to the stories and playing games and singing songs from each country. The next storytime will be on Saturday, November 16th. We hope you will come and join us!



The 5th "Chatting in Nagasaki" Japanese Speech Contest for Non-Native Speakers

This year we held the 5th "Chatting in Nagasaki" Japanese Speech Contest for Non-Native Speakers on Saturday, June 22nd, at Nagasaki University of Foreign Studies. 11 contestants from 5 countries (China, South Korea, Germany and Mexico) took to the stage and spoke passionately about the importance of international exchange and peace.



Activity Volunteers Wanted!

We are also looking for volunteer staff from other countries to help with events like this. Help to widen our circle of international exchange by giving a talk about your country, playing sports, and more. Would you like to help out? Please get in touch!

Summer Festivals and Fireworks Displays

Dates	Festival Name	Place	Number of Fireworks
27th - 28th July 2013	Nagasaki Minato Matsuri (Harbour Festival)	Nagasaki City	3,000 (27th) 5,000 (28th)
1st August 2013	Omura Nagoshi Festival Fireworks Display	Omura City	3,000
3rd-4th August 2013 (fireworks on the 4 th only)	Sasebo Seaside Festival	Sasebo City	Over 3,000
10th August 2013	Hirado Port Summer Festival	Hirado City	2,500
13th August 2013	Ohseto Summer Festival	Saikai City	2,000
16th August 2013	Iki Island Yozora no Saiten (Night Sky Festival)	Iki City	2,200
17th August 2013	Tabira Summer Festival Seaside Fireworks Display	Hirado City	2,000
27th August 2013	Shimabara Onsen Gamadasu Fireworks Display	Shimabara City	6,000

My Summer Life by Yuichiro Yoshioka

My summer life is of a simple constitution. That is, reading a novel or watching a DVD in an air-conditioned room. I rarely go walking outside on a summer's day, and if I do, it is to go to a cool place, such as a library or café.

But I haven't always spent my summer life this way. It started when I joined grown-up society.

I used to enjoy my summer life every day when I was a child, becoming quite tanned as I spent all of my time outside.

Recently, I was searching for the traditional Nagasaki experience of living summer life better. But really, I don't need to search for something: it is already here in my memory. I just need to look in my brain.

Memories are coming back to me of insect-catching, waterfalls, *nagashi soumen* (flowing noodles), sea bathing, fireworks, and so on. What I feel represents summer best is *nagashi soumen*.

Since I have a hard work schedule, I often think about food's goodness to me. I want to eat food that is healthy and good for me, so my mind turned towards food, and I guess I picked out *soumen nagashi*.

I did not think about that at all when I was child.

Last weekend, I went to Ayugaeri Waterfall in Shimabara, where lots of people gather in the summer season. In this place we can go for the *soumen nagashi* experience.

How did my memory of the experience compare to the present day?

When I was a child, I did nothing but eat *soumen* noodles innocently. But now, I was so impressed by the beauty of the waterfall, like time flying, and with the flavor of the *soumen* flowing in my body with a sensation of coolness.

I realized the difference of feeling between children and adults.

As summer approaches, I will mimic my memory of childhood to make a new summer life.



During the heat of summer, how about slurping some delicious cold noodles to help you cool down?



Soumen

Chilled *soumen* noodles are the star of the summer noodle dishes. Nagasaki Prefecture is second in the country for *soumen* production, thanks to products such as the famous Shimabara Soumen, produced in Minami-Shimabara City.

Soumen, made from wheat flour, is one of many types of noodles produced across Japan and East Asia. Although *soumen* is available all year round, it is mostly eaten chilled, and thus is known as a summer noodle dish. The *tenobe* (hand-stretched) *soumen* variety is made by stretching and twisting the noodles, which are then dried and aged.

How to eat soumen

Boil the noodles in boiling water, and then cool them in ice water or running water. Remove sliminess by washing gently. Then dip the noodles into *mentsuyu* sauce(★). This is the most common way to eat *soumen*. In order to bring out the saltiness of the noodles, you don't need to put any salt into the cooking water. If the pot looks about to boil over, add some cold water to stop it (sometimes known in Japanese as *bikkuri mizu*, or 'surprise water' (☆)).

Seasonings you might like to try include chopped green onion, grated wasabi, grated ginger, sesame seeds, *myouga* (Japanese ginger), *nori* (dried seaweed sheets) and flaked bonito.

★*Mentsuyu*: a dipping sauce (*tsuyu*) made from ingredients such as soy sauce, *dashi* (fish-based soup stock), *mirin* (sweet rice wine for cooking) and sugar.

☆*Bikkuri mizu*: cold water used when boiling noodles, beans, rice etc. to prevent the pot from boiling over and to fine-tune the end result.

Nagashi Soumen

The noodles flow down a small flume (trough) made from bamboo. Diners catch the noodles with chopsticks and dip them into *mentsuyu* or another sauce and eat them. This is a typical and well-loved summer scene. Recently, various *nagashi soumen* kits have appeared in the shops. There are even ones made to look the water slide at a swimming pool! You too can enjoy catching flowing noodles in your own home!!

※There are a wide variety of noodles with special added ingredients:

- *Matcha soumen*: powdered green tea is kneaded into the noodle dough, turning it green.
- *Ichigo soumen*: strawberry juice is kneaded into the noodle dough, turning it a light red colour.
- *Ume soumen*: Dried *ume* plums are mashed and kneaded into the dough, again making light red noodles.

Another famous summer noodle dish in Japan...

Hiyashi chuuka consists of chilled Chinese noodles, and is eaten all over Japan during summertime.

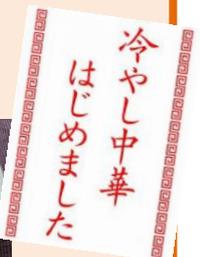
Colourful toppings such as vegetables, ham and *kinshitamago* (★) are placed on top of the noodles and cold *tsuyu* is poured over. In some areas this dish is called *reimen*, which just means 'cold noodles'. It is even available to buy at convenience stores.

How to eat hiyashi chuuka

Cook Chinese noodles and then cool them in cold water. Pile the noodles in a fairly deep bowl, and top with finely sliced ham, steamed chicken, *kinshitamago*(★), cucumber, tomato and so on, placing the ingredients so that they do not mix with each other, creating a colourful appearance. Pour cold *tsuyu* on top and eat! It is standard to garnish the dish with a little mustard paste, and a helping of red pickled ginger adds colour and extra flavour.

The *tsuyu* used is often made from a standard base of soy sauce and vinegar or with sesame sauce.

★*kinshitamago*: finely sliced thin egg omelette





Introducing our new office support volunteers



Hello, everyone. My name is **Guo Xiaoling**. I come from Taiyuan in Shanxi Province, China. Taiyuan is a city with a very long history, and as such, there are a great many old buildings. I came to Nagasaki in September 2010, and the two years and nine months since then have flown by in the blink of an eye. These days, I am a housewife, and although I'm very busy, I enjoy each and every day. On Mondays I volunteer at Nagasaki International Association. And on Saturdays, I study Japanese at a Japanese language class. From time to time, I go to Japanese Culture Classes hosted by Nagasaki International Association. My favourites are flower-pressing, origami and Japanese traditional dance. By attending language and culture classes, I can broaden my horizons and understand more about Japanese culture. I love cooking! My best dishes include *jiaozi* (gyoza/dumplings), hand-made noodles like *gan miantiao* and *chen mian*, steamed *mantou* buns and *kao mianbao* bread. As for Japanese cuisine, I am most interested in *oden*, a dish of various ingredients such as egg, potato and *daikon* radish stewed in a soy-flavoured *dashi* stock. I can't make it very well yet, but I'm learning. I have many hobbies. In addition to cooking, this year in April I started sketching and hula dance.

My life in Japan is very enjoyable. I hope to tell my friends and family all about the experiences I am having here and my thoughts about Japan.



My name is **Tran Thi Hai Anh** and I am from Vietnam. I am a transfer student studying literature at Kwassui Women's University. This year I am in 3rd year. Hai Anh is the name my parents gave me, with the hope of raising an active child. My hobbies are cooking, listening to music and playing sports.

Over the 2 and a half months since I have been in Japan, I have had many experiences and grown up a little. I always have a good time hanging out with my friends, the other overseas students and chatting with teachers. I have been volunteering once a week at Nagasaki International Association since the beginning of June.



Everyone here has looked after me a lot! I haven't just Japanese here at the International Association – I've also learnt many things. I've tried playing Instruments from other countries and attended classes on origami and flower pressing. I've also had the opportunity to speak in Vietnamese to people and teach everyone a little about Vietnam. I will be in Japan for 2 years, and during this time I want to learn about Nagasaki by helping out at the International Association. I look forward to meeting you all.

Hello! My name is **Tran Kim Hoang**, and I come from Ho Chi Minh City in Vietnam. I am a 4th year student in the Japanese Cultural Studies department at Hong Bang International University. My nickname is Kim. This year I turned 23. There are 4 people in my family. I received a scholarship from Kwassui Women's University, so from April this year to March next year I am studying there in the Department of Contemporary Japanese Culture, Faculty of Humanities.

When I first arrived in Japan, it was very cold. It was really tough for me as I had come from a hot place in Vietnam. Customs were different here and there were many things I did not understand. But, thanks to the help of the teachers and all my friends, who taught me many things, I have already become used to life in Japan, and I can speak Japanese quite well too. I like Japanese food very much, especially sushi, sashimi and ramen. I think Nagasaki is an excellent place, with its beautiful scenery, clean air and many festivals. I've visited all kinds of places – my favourite is the Penguin Aquarium. I have been volunteering at Nagasaki International Association for 3 months now. Everyone here is very kind and helps me, so I'm happy. I can only spend one year in Japan, so I am working hard at my studies. There are many Japanese companies in Vietnam, and I think I would like to work at one of them in the future. I really love Japan, and if it were possible, I'd like to live here always. Thank you!



If you have any comments or suggestions about NAPIA, Please let me know

Nagasaki International Association

2-11 Dejima-machi Nagasaki City TEL: 095-823-3931 FAX: 095-822-1551

E-mail: nia@nia.or.jp <http://www.nia.or.jp>