

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

Japanese Culture Experience Class

Taking a Walk Around Dejima Wearing a Kimono! Sat. Nov. 21st, 2020
~Tea ceremony experience & watching Nagasaki kenban dance performance~

We held a Japanese culture experience class for people from different countries living in Nagasaki Prefecture to provide opportunities to experience traditional Japanese culture. Fourteen international people from China, Vietnam, Thailand, Myanmar, Kazakhstan, Belarus, Taiwan, etc. participated. Participants changed into the kimono they had chosen as each liked and enjoyed walking around Dejima. After that, they watched *kenban* dance performance and experienced Japanese traditional musical instruments, and tasted *macha*, or powdered tea and Japanese sweets in the Japanese-style room in Dejima. Participants seemed to deepen their interest in Japan by experiencing Japanese culture in Dejima, which has a long history with foreign countries.



A wonderful collaboration on a musical instrument experience!



After all, it is difficult to sit on my heels!

Experiencing the tea ceremony with Nagasaki's specialty "castella" and matcha! Take a break!



I am doing my best even in COVID-19 pandemic!

~Messages from people in different countries who have lived in Nagasaki~



Ms. Deng Jie
At Nagasaki Waterfront Forest Park

Hello, everyone in Nagasaki. I am Deng Jie from China. I studied in Nagasaki for a year, from October 2019 to September 2020, as an exchange student. I am very happy to take this opportunity to share my life during the corona virus period with you.

A new corona virus broke out in Wuhan, shortly after returning to Nagasaki from Shanghai where I had returned during the winter vacation. At that time, my parents and family members did not take this seriously yet, but I heard from one of my friends working at a hospital that the situation was really hard. Then I contacted my parents many times a day, and reminded them repeatedly to buy masks, daily necessities,

and food, to refrain from going out, and to themselves clean. After that, infected people began to appear in different areas in China. Medical care faced an unprecedented situation, and the shortage

of medical supplies became more serious, especially in Wuhan, where infected people were most concentrated. Female healthcare workers working at forefront of the virus epidemic were not able to go to the bathroom to make their protective clothing last longer and could not change their sanitary napkins. But many leaders were men and could not consider such a female-specific situation. When I was wondering if there was anything I could do as the same woman, I heard that an organization called Weibo, a site of Chinese social media, was launching a sanitary napkins donation campaign. So I joined immediately.

Japan, which I thought was safe, has been in a serious situation since the beginning of spring break. The starting date of the class was postponed, and I started to stay at home. Classes went online and I lost opportunities to meet teachers, classmates, and friends. I could not take a walk in my favorite town, Nagasaki or take off my mask and breathe in the fresh air. The Japanese Language Proficiency Test that I had been preparing for a long time, and classes and school events I was looking forward to, were canceled, and I could not carry out my travel plan. The Covid-19 has had a strong impact on our lives. However, the long period of self-restraint was also a good opportunity for me to think about my future seriously while I was reading books and watching movies quietly. No matter how difficult the situations are, there are things in the world that will never change. The sun still rises, and flowers bloom as usual. I believe that the stress accumulated in self-restraint life will become the energy to live and will surely bear fruits in the near future.



Mr. Michael Pham
At Mt. Inasa observation platform

Hello. I am Michael Pham. I am an Asian American. My hometown is Green Bay, Wisconsin. I lived in Nagasaki as an international student for half a year, from October 2019 to March 2020.

I traveled to Korea when I was in Japan. After that, I experienced a period of self-isolation.

A lot of things were restricted, and I was really depressed. The hardest thing was that I had to return to the United States urgently while studying abroad due to the spread of the COVID-19. It was the most painful experience I have ever had because I wanted to continue to study in Japan.

However, I managed to recover from my pain with the help of a college adviser.

Even after returning to the U.S., I experienced a period of self-isolation again. I was very happy to see my family again and have home-cooked meals, so I was able to return to my original life pretty soon. But I missed my days in Japan and thought only about Japan for a while. I tried to talk to my friends over the phone about life, travel, food, and fun in Japan not to get depressed. I am also the director of the International Student Association, a group that supports international students from different countries studying at college. I love talking to international students from all over the world who have different languages and cultures. I am also the leader of the college dormitory. I talk with and cooperate with other dormitory leaders to try to create a better dormitory environment. I felt depressed often experiencing a period of self-isolation. But there were also positive aspects. Despite all the restrictions, I was grateful for all the opportunities I was given and was able to set my next goal and think about the future. Thank you for reading a story of my experience this time. I am very happy that I was able to spend time as an international student in Nagasaki. I would like to visit my second hometown, Nagasaki, which is full of wonderful memories, one day again.

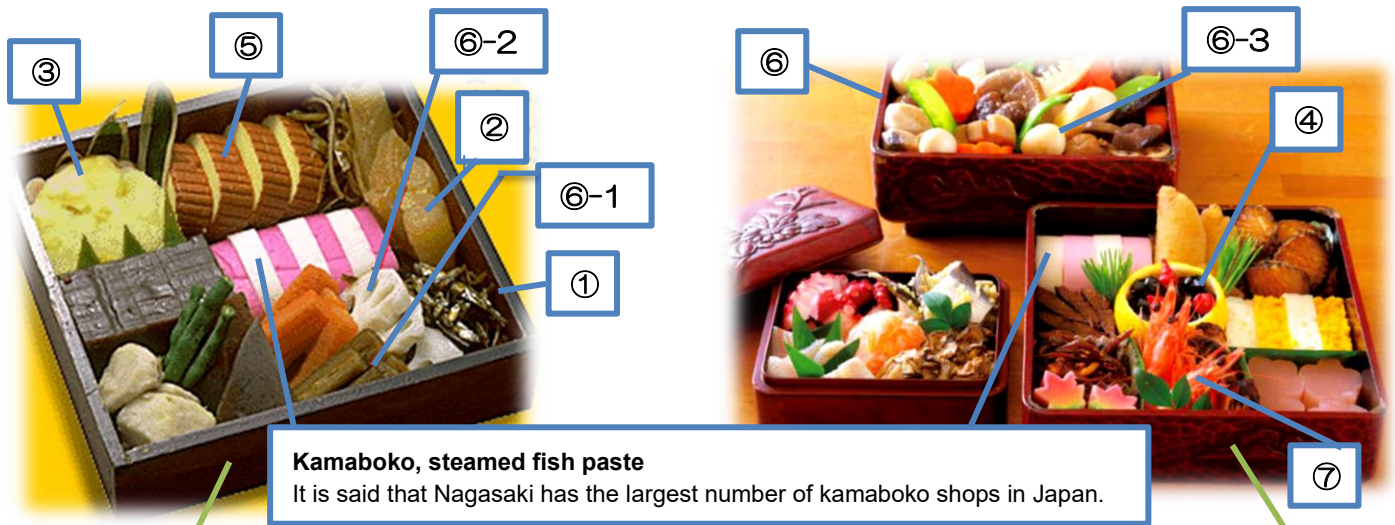


~Introducing Japanese New Year dishes~



The New Year in Japan. What do you think of? The New Year's first visit to shrines or temples? Or kadomatsu, a gate decoration with pine branches?

New Year's is a very important occasion for Japanese families to get together and celebrate the beginning of the year. This time, we will introduce Japanese New Year dishes, called "osechi dishes", which is full of different Japanese food. What are the hidden meanings in New Year dishes?



Jubako, stacked boxes

Osechi is a kind of good luck charm to pray for the happiness of the family in the New Year. Packing in stacked boxes also contains the wishes of "overlapping fortunes" and "overlapping happiness"

New Year dishes with plenty of cuisine are called "Osechi". People in the old days made dishes that could be preserved so that they did not have to cook for at least three days of New Year. Regarding to Osechi dishes, the dishes you make, how to fill the stacked boxes, and the number of stacked boxes differ depending on where you live or each home.

	Name of dish	Ingredients	What is the hidden meaning in the dish?
①	Tazukuri	Small dried anchovy	In the old days, when planting rice, they mixed finely chopped small sardine and ash to make fertilizer and put it into rice fields. It has come to be called Tazukuri, which literally means to make rice fields, with the hope that good rice can be harvested this year, too.
②	Kazunoko	Herring roe	Herring roe has so many eggs, that is, many children. So, it means that we hope that many children will be born, and that we will prosper for generations.
③	Kinton	Sweet potato	Kinton means a collection of gold or a treasure. So, it contains a hope that we can live a rich life this year as well.
④	Kuromame	Black soybeans	It is hoped that the whole family will be able to spend a year in good health this year as well.
⑤	Datemaki	Egg, hanpen	Datemaki was originally called "Castella Kamaboko" in Nagasaki Prefecture. In the old days, reading materials such as books were scrolls, so it is said that this rolled kamaboko represent the development of culture. *hanpen: a cake of ground fish combined with starch and steamed.
⑥	Simmered vegetables		Chopped vegetables are put in a pot and simmered together, which means that the whole family get along well and are tied together.
⑥-1		Burdock	Since it is a root vegetable, it is hoped that the foundation of the family will be solid.
⑥-2		Lotus root	From ancient times in Buddhism, lotus root is said to be in a paradise pond with Buddha, and is considered to be a pure and clean plant. Also, there are holes in the root, which means that the prospects are good.
⑥-3		Taro	When it becomes a parent taro, children of taro grow up from the root. So, it is used for celebrations that wish to have many children.
⑦	Prawn	Prawn	The prawn's back gets rounded when it is boiled or grilled. So, it is hoped that you can live a healthy long life until your back bends.

<Reference source>

- The Ministry of Agriculture, Forestry and Fisheries https://www.maff.go.jp/j/agri_school/a_menu/osechi/01.html
- Gurusuguri's selection "The Hall of Gourmet" Gurusuguri
https://gurusuguri.com/special/season/osechi/spcu-1511_13/?_ngt_=TT113cbeee1002ac1e4aed04a-8_1FkJfzbGlfHcRDQiR
- Nagasaki Kanboko Kingdom <https://kanboko-oukoku.jp/>

~The consultation desk for people from different countries~

Q&A

Q. I am worried if I have been infected with COVID-19. Where should I contact?

A. If you have a family hospital, call that hospital first and follow the instructions.

If you do not have a family hospital, contact the Nagasaki Prefectural Consultation and Counseling Center (0120-409-745). The Center introduces medical institutions in your area where you can be examined and treated. Please contact that medical institution and follow the instructions.

If you are not certain over your language, please contact Nagasaki Prefecture Consultation Center for Foreign People (095-820-3377).
From Monday to Saturday: 9:00-17:00

If you are having trouble living because of COVID-19, you can consult FRESC Help Desk (0120-76-2029) for free. It supports in 14 languages.

Expert Consultation Session for Foreign People

We will hold an expert consultation session on the 4th Saturday every month (13:30-16:30) for foreign people living in Nagasaki Prefecture. However, the schedule is subject to change, please check our official website or Facebook for the schedule. You can freely ask questions about status of residence, legal matters, work and so on.

- Available in 19 languages, including English, Chinese, Korean, Vietnamese, Nepali, Thai, Indonesian, Tagalog.
- Free consultation
- Consultations are completely confidential, so please feel free to ask questions.
- We will take appointments for consultations, but you can still call or come in person on the day without an appointment.

Place: Dejima Koryu Kaikan 1st Floor (2-11, Dejima-machi, Nagasaki City)
Phone: 095-820-3377

Free



~Announcement from the NIA~

We are currently looking for a foreign volunteer from 13:00 to 16:00 on Fridays!

“What do volunteers do?”

Serve tea for guests, clean the floor of the social exchange room, keep periodicals organized, and help out with other small office duties. Volunteers work in pairs (1 Japanese, 1 foreigner).

We offer a trial period, so you don't have to commit right away. If you're interested in international exchange or international cooperation, we encourage you to be a part of our team!

Nagasaki International Association

We are open from Mon.-Fri. except public holidays. 9:00-17:30

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