

The newsletters for foreign residents

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Himeji Cultural and International Exchange Foundation newsletter editing volunteers URL http://www.himeji-iec.or.jp

<People>Made Ngurah Adhiwangsa Wingraha (from Bali Island, Indonesia)

Mr.Adhi came to Japan last year and has been studying Japanese at Sochi International Academy in Himeji as a foreign student. He got the Silver prize with the theme of "Japanese *Noh* and Topeng" at the 13th Japanese Speech Contest held at Egret Himeji in February.



Q: Could you tell us your story about coming to Japan?

A: I was interested in Japanese culture as a senior high school student. When I was studying in my hometown, I was invited to come to Japan by a professor of Sochi International Academy.

Q: What was your impression of the speech contest?

A: I got nervous very much. My professor gave me advice when writing the manuscript and I practiced speaking it every day, so I could make a speech very well. At the end of my speech, I introduced the traditional art of my country, "Topeng".

Q: What is "Topeng" like?

A: Dancers with the masks dance in time to the musical performance of "Gamelan" (the concert of drums and keyed percussion instruments) to make an offer to God. It looks like the "*Noh*" of Japan. I have been familiar with it and enjoying it since childhood. Nowadays the number of dancers has been decreasing, so I would like to preserve the culture of my country.



Q: Do you have any troubles when living in Japan?

A: Bikes are the main traffic means in my country and I was surprised to find so many cars. I am not good at reading *Kanji* (Chinese character) yet, so I often make mistakes when taking a train because I cannot correctly understand the electric sign board of railway stations.

Q: What is your dream for the future?

A: I hope to enter a Japanese university and study geodetic survey, as well as stratum and fossils. We have many disasters of earthquake and floods, and some places have still not yet recovered. Japan can recover from disasters very quickly, to my surprise. I will study the causes of disasters with stratum and fossils and hope to help recovery of my home to the best of my ability.

Information for Going Out ~ Let's Go to Tegarayama by Loop Bus ~

In the Tegarayama area, south-west from JR Himeji Station, there are many places for family enjoyment. To go there, you can use a convenient "Loop Bus" on weekends and public holidays. Below are the recommended places for amusement along the Loop Bus route. Also, you can walk around Tegarayama park. Why don't you try



enjoying a walk with a packed lunch? 姫路駅 姫路 姫路市 Himeji Bus Station 中地 延末 市民プール前 文化センター Chuji Nobusue Himeji Himejishi 東延末 Shimin Pool mae Bunka Center mae Higashi Nobusue 姫路球場前 安田 Chuo Taiikukan, Vasuda Himeji Kyujo_mae 武道館 手柄山中央公園 姫路市役所前 手柄山中央公園口 植物園前 Tegarayama Tegarayama Himeji Chuo Koen Budokan, Chuo Koen_guchi Shiyakusho_mae Shokubutsuen_mae

From Shinki Bus website (Tegarayama Loop Bus) https://www.shinkibus.co.jp/rsn/loopbus/loopbus_tegara.html

● Himeji City Aquarium ☎079-297-0321

Get off at 'Himejishi Bunka Center_mae' bus stop.

Himeji City Aquarium exhibits the aquatic lives of turtles and penguins, and aquatic inhabitants of the Harima region. You can learn about the many aquatic inhabitants here.



[Open daily] 9:00am-5:00pm (Last entry at 4:30pm)

[Closed dates] Tuesday (if Tuesday is a public holiday, Wednesday is closed),

December 29 to January 1

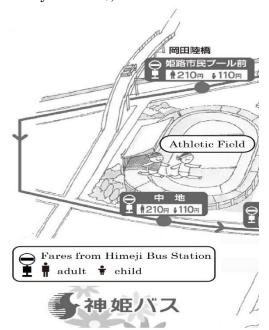
[Admission fees] Adult 510 yen,

Elementary and Junior High School Student 200yen

The neighboring Tegarayama Exchange Office exhibits the monorail which was used as transportation between JR Himeji station and Tegarayama.

Time Table										
(Himeji Bus Station: South ③ Stop)										
8	9	10	11	12	13	14	15	16		
15	15	15	15	15	15	15	15	15		
45	45	45	45	45	45	45	45	45		

Revised on April 1, 2018



● Himeji Tegarayama Amusement Park (City Pool) ©079-296-0503

Get off at 'Himeji Shimin Pool_ mae' bus stop.

This park has been a long-time popular place among Himeji people and you can enjoy swimming in the pool in summer.



[Pool opening period (2018)] July 7 to September 2 (No closed dates)

[Opening hours] 9:30am-6:00pm (last entry at 5:00pm)

[Admission fees-summer] Adult (Junior high school student and over) 1,100 yen

Child (4 year-old to elementary student) 500 yen

*Admission fees-other seasons: 4 year-old and over 100 yen.

● Himeji City Tegarayama Botanical Garden 2079-296-4300

Get off at 'Budokan, Shokubutsuen_ mae' bus stop.

Over 1,500 species including foliage plants, insectivorous plants, and cactii are displayed.



[Opening hours] 9:00am-5:00pm (Last entry at 4:30pm)

[Closed date] Fridays (the previous days of public holidays, and December 29 to January 1

[Admission fees] Adult (Junior high school student and over): 200 yen

Elementary school student: 100 yen 6 year-old and below: Free · · JR Sanyo Main Line #170m \$90 ふれあいの丘 文化センタ Himeji Tegarayama Amusement Park Himeji City Aquarium バラ園 緑の相談所 Himeji Historical Municipal Peace Center Swimming Poo 芝生広場 和風庭園 Central 芝生広場 Himeji Baseball Field Martial Arts Hall Himeji City Tegarayama Botanical Garden

Cold Noodles for Summer (for a healthy appetite)

[1] Chinese noodles (Ryampi) for 2 people

Ingredients: Flour, salt, water, sesame oil, ra-yu(chili oil,) black vinegar, sesame paste, bean sprouts, cucumber, garlic

<For making the dough>

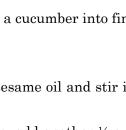
- ① Mix 2 cups of flour and 1 tea spoon of salt and knead it, adding 1 cup of water little by little. Let it stand for one hour.
- 2 Add ½ cup of water and knead the dough again until smooth.
- <For making the topping>
- 3 Boil a pack of bean sprouts in water for 20 seconds, and drain quickly. Cut a cucumber into fine strips.
- <For making 2 kinds of sauce>
- Mash up two cloves of garlic and mix it with a pinch of salt. Add a little sesame oil and stir it, slowly adding 1 cup of water.
- (5) Mix ½ cup of water and 2 table spoons of sesame paste and stir, then again, add another ½ cup of water and stir until thickened.
- <For making the noodles>
- 6 Transfer the thinly spread dough to an oily flat or pie pan. Steam in a steamer for 3 minutes. When steamed, cool it and tear it off the pan. Apply oil on the steamed dough before another one is piled up to avoid sticking to each other.
- 7 Repeat the process above.
- Slice the steamed dough thinly and serve it in a dish. Add the bean sprouts and cucumber strips on the noodles. Mix with garlic sauce, sesame sauce, black vinegar, and ra-yu oil before eating. It is also delicious when noodles are cut flat and wider.

[2] Japanese noodles (Somen) for 2 people

Ingredients: 3 bundles of dried *somen*, 2 eggs, a fragment of ginger, 1 pack of sliced ham (4 slices), green onions (to taste), ½ cucumber, ½ cup of water, pre-packed *somen* soup

- ① Prepare a pot large enough to boil 3 bundles of *somen*.
 - Boil the *somen*, stirring with chopsticks to avoid sticking to the bottom of the pot. Pour some water just before boiling over. When the noodles are done, drain and rinse in the running water.
- ② Beat the egg with a pinch of salt. Fry thinly in an oily pan and cut into strips. (this is called *Kinshi Tamago*) Cut the ham and the cucumber into strips.
- 3 Grate the ginger and cut the green onions into small pieces.
- ④ Pour some water into a dish, add some ice and serve the *somen*. Eat with ginger, green onions, *Kinshi Tamago*, cucumber, and ham. Both concentrated and non-concentrated soup is sold.

Tips to boil *somen*: Take a strand of *somen* out, expose to cold water, and bite to see how well the noodles are cooked. Cook the noodles quickly over a high heat and rinse well in cold running water to remove slipperiness. This will make the noodles smoother and tastier.

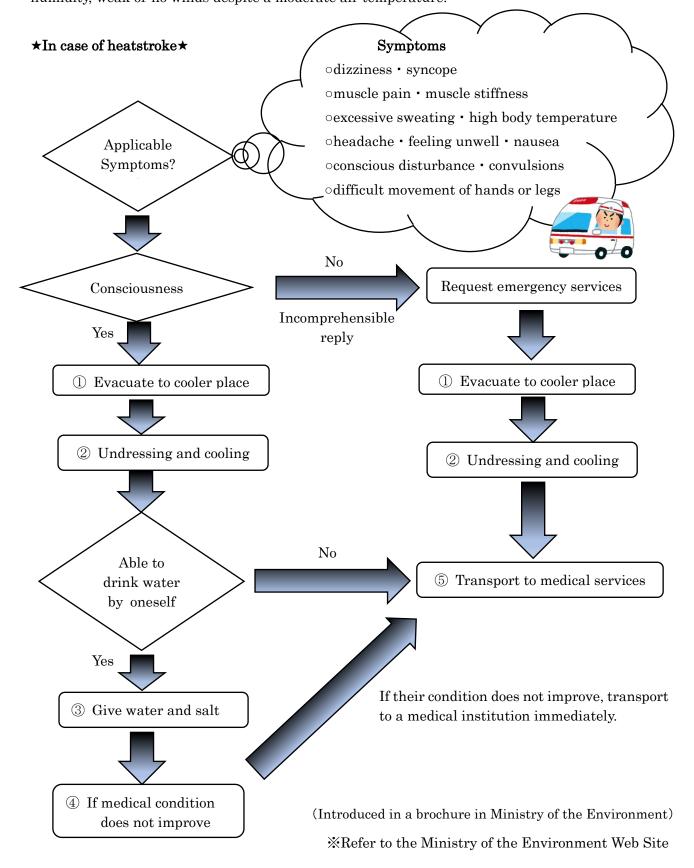




Heatstroke

Heatstroke occurs not only from environmental conditions such an air temperature, but also body conditions or not being used to heat. Be careful on days with high humidity, weak or no winds despite a moderate air temperature.





\diamondsuit \diamondsuit Editor's Postscript \diamondsuit \diamondsuit

We, translators/editors volunteers enjoyed walking through town, "Semba Hontokuji-temple" to "Mt. Otoko-yama" which was introduced in vol.60 (Let's walk along Semba River). It was spitting rain on that day (March 19), but we walked along the river while looking at Himeji Castle.





Drying the laundry is a trouble in these rainy season, isn't it? When it becomes humid, mold becomes easy to grow and the food poisoning increases, too. Please prevent food poisoning by washing hands and cooking with heat.

By the way, a yearly event "Himeji Yukata Festival" starts in June 22nd. When you wear *Yukata*, you can get special benefits at Shinki Bus or at a tourist facility. How about going out in *Yukata* in this occasion?

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Their assistance is much appreciated.

You can read back numbers of "VIVA! ひめじ" at the website of the Himeji Cultural and International Exchange Foundation (International Exchange Section)(http://www.himeji-iec.or.jp/).

The next issue of "VIVA! ひめじ" will be available in September. Don't miss it! We invite your comments and suggestions.

We are always looking for translators and native speakers to assist us with translating and proofreading upcoming editions of "VIVA! ひめじ". If you are interested, please contact us at the following address.

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