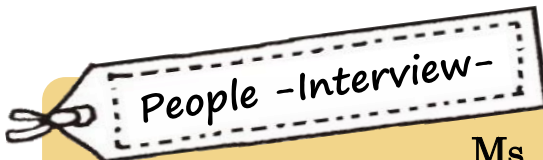


People -Interview-	・・・P1
Himeji Foreign Nationals Advice Center	・・・P2,3
Let's Support Himeji Egrets!	・・・P4
Harima District	
Celebrated for Its Original "Sake"	・・・P5
Announcements & Letter from the Editor	・・・P6

Himeji Cultural and International Exchange Foundation
– Newsletter editing volunteers



Ms. Laliya Adiawiakoye (Republic of Mali)



Laliya (age 20) is from the Republic of Mali located in West Africa. She is a basketball player for the Himeji Egrets based in Himeji. She is 195cm and currently the tallest in the "W league", which is the top league of Japanese women's basketball.

She practices with her team while studying hard as a student.

Q What made you come to Japan?

A In my second year of junior high school, I started playing basketball after I was influenced by my mother who was also a basketball player. I was scouted before I started high school and I began to have an interest in playing overseas. There were several countries as candidates, but after thinking about various things, I decided to study abroad at a Japanese high school.

Q Is there a difference between Malian and Japanese play style?

A Players in Mali are tall, and many players can play any position. While Japanese players have speed, I was surprised at their speed when I began training here. I started getting used to that speed and I'm becoming a player who is tall and fast.

Q What is your future goal?

A I want to do my best in Japan and become famous so I can be a player who my family in Mali can be proud of.

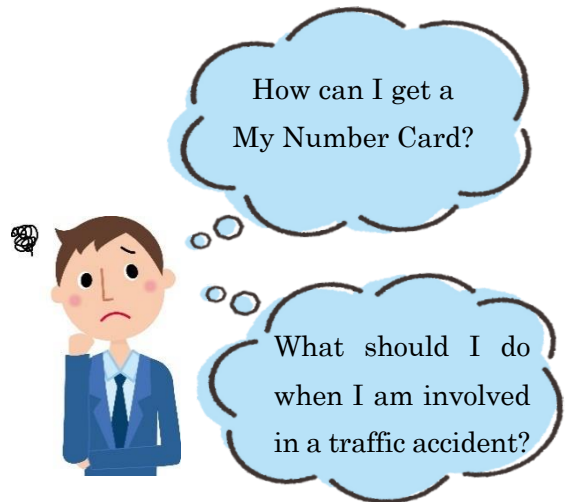


(Himeji Egrets Introduction on P4.)

Himeji Foreign Nationals Advice Center

Have you ever wondered where you could go to ask for help with troubling matters or finding daily life necessities? Himeji Foreign Nationals Advice Center provides advice in seven languages, while other languages are available using a translational device. You can receive advice by phone during the time that the respective language's advisor is available.

Counseling is free and the contents of the conversations are kept confidential for your privacy.



Location

Citizens Advice Center
 Himeji City Hall - 1F of the main building
 4-1 Yasuda Himeji
 Tel: 079-221-2159



Map of the City Hall



Advising Hours

Japanese, English, French translational device hours: Monday to Friday,
 9:00 a.m. to 12:00 a.m., 1:00 p.m. to 5:00 p.m.

	Monday	Tuesday	Wednesday	Thursday	Friday
Japanese	○	○	○	○	○
English French	○	○	○	○	○
Vietnamese	○ 1:00 - 5:00 p.m.	○ 1:00 - 5:00 p.m.	○ 1:00 - 5:00 p.m.	○ 1:00 - 5:00 p.m.	○ 1:00 - 5:00 p.m.
Chinese		○ 1:00 - 4:00 p.m.			
Spanish Portuguese		○ 1:00 - 4:00 p.m.			

※Advice in Vietnamese is also available at the following locations;
 Joto-machi General Center (Tues), Takagi General Center (Weds),
 Mino no Sato Exchange Hall (Thurs)
 Time: 1:00 p.m. to 5:00 p.m.
 Tel.: 080-6158-4445 (Advisor's Line)

Advisors

Japanese



DEGUCHI Teruko



SHIMAO Machiko



TSUKAHARA Tadao

And one other.

English • French



Koppert Marianne

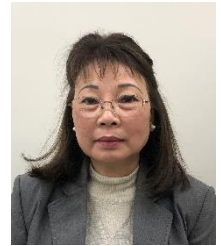
Vietnamese



WATANABE Le



KAWAHARA Rie



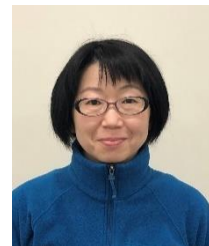
Vu Thi Phuong

Chinese



KAMATANI Shizuka

Spanish • Portuguese



ICHII Mikako

Review of Consulters



Japanese bureaucracy can be a lot to handle when you are new to a foreign country. Thanks to the Foreign Nationals Advising Center, I was able to understand my taxes better and make sure all the paperwork was in order. They saved me from a lot of stress and confusion.

(American, 20s, Male)



I was troubled with family issues and had nobody to consult with because I didn't want to have my private situations known to people around me and my family members. After I had the opportunity to discuss in the Foreign Nationals Advice Center, advisors listened to me and provided me many measures to solve my problems. When I went to the reception in the City Hall, they also acted as translators. Now all my problems have been solved and I live a happy life.

(Vietnamese, 40s, Female)



The Himeji Egrets were founded in 2013. It is the basketball team of this issue's interviewee, Laliya. The team is currently active in the West Japan Regional League of the Japan Society Basketball Federation (JSB). Starting from the 2022 season, they will participate in the W League as the only team from West Japan.

There are currently 15 players on the team. They practice during the limited hours in the night and on weekends, while they work for the local sponsor companies in the daytime. As preparation for next year's season in the W League, the team is working to strengthen, centered on Captain SHIRASAKI.

At the Tokyo Olympics held this summer, the Japan women's basketball national team won the silver medal and received a lot of attention. We're looking forward to the future breakthroughs of the "Himeji Egrets"!

These days, it's difficult for us to watch the matches due to COVID-19, but there is available information about the team's practices and matches on the homepage and SNS. Let's support our local Himeji team together!

Message from Captain SHIRASAKI Minami

Thank you very much for all of you cheering and support. Now, we are all very happy to be on the starting line of "participating in the W League", the dream for everyone who plays basketball. We hope that our efforts could spread the name of Himeji, and we will do our best to cheer up everyone! Please continue to support us!



Himeji Egrets
Official Homepage
<https://egrets.jp>



Harima District Celebrated for Its Original “Sake”



Winter is the season when we enjoy newly brewed sake (Japanese alcohol). People drink sake to share part of their life with the *Shinto* gods as well as to simply have a good time while drinking. In this country, sake is an integral part of *Shinto* functions such as weddings and the autumn harvest festivals. Also, sake is a very popular beverage in the seasonal events of New Year’s Day, cherry blossom viewing, moon viewing and so on. Sake has been always with Japanese people throughout history, developing alongside Japanese culture.

The Harima district is celebrated as one of the birthplaces of sake. There is a record of written text from about 1,300 years ago which states, “Mildew grew on the rice dedicated to God. We brewed sake from it. We offered it to God and made a feast before Them.” It is said that the Niwata Shrine in Shiso City, Hyogo Prefecture, is the very location referred to in this record. Even now, you can find many sake breweries in Himeji and its neighborhoods.

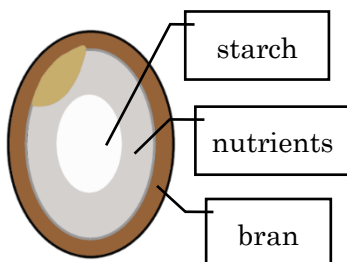
Varieties of Japanese sake

	Rice polishing ratio Less than 50 %	Rice polishing ratio Less than 60 %	—
Without brewed alcohol (<i>Junmai shu</i>)	<i>Junmai daiginjo shu</i>	<i>Junmai ginjo shu</i>	<i>Junmai shu</i> 〔 Rice polishing ratio: Undefined 〕
With brewed alcohol (<i>Jozo shu</i>)	<i>Daiginjo shu</i>	<i>Ginjo shu</i>	<i>Honjozo shu</i> 〔 Rice polishing ratio: less than 70% 〕

Brewed alcohol

Generally speaking, there are two kinds of sake; “*jun* (pure) -*mai* (rice) *shu* (sake)” and “*jozo* (brewed) *shu* (sake)”. The main ingredients of “*junmai shu*” are rice, rice malt and water. When making “*jozo shu*”, brewed alcohol is also added. With the addition of brewed alcohol, the sake gains a stronger aroma and becomes fruitier. Without the brewed alcohol, you can enjoy the natural flavor of sake.

Rice polishing ratio



“*Junmai shu*” and “*jozo shu*” are ramified further into three classes respectively according to the rice polishing ratios. “Rice polishing ratio” refers to the size of a rice grain after it is polished. For example, “a rice polishing ratio of 60%” refers to a rice grain in which 40% of the surface has been shaved off.

A rice grain has a core of starch, with a layer of nutrients around it. It is these nutrients that make sake taste various flavors. The more you polish rice, the clearer it tastes.

★Announcements from the Himeji Cultural and International Exchange Foundation★

■Simple Japanese seminars

We will hold simple Japanese seminar on February 11th and 12th in Egret Himeji. Non-native Japanese speakers also take part as volunteers of Himeji Cultural and International Exchange Foundation. Why don't you join the seminar and help others using your own point of view as a non-native Japanese speaker? For more details and an application, scan the QR code on the right and check out our website. For inquiries, please contact us by using the contact information below.



◆◆◆Letter from the Editor◆◆◆

It's December, and there the days have become quite chilly, haven't they? The climate in Himeji is classified as Setouchi-climate, which has a little rainfall and tends to be dry throughout the year. This tendency gets stronger especially in winter, and it's easy for us to catch a cold or become sick. Try not only to prevent sickness by wearing masks and washing your hands, but also eating hot and nutritious foods like hot pot and *oden* so that you can spend this winter healthily.



Disaster Prevention Vocabulary of This Issue

復旧 ふっきゅう *Fukkyū*: Restoration
Ex) 復旧工事 ふっきゅうこうじ *Fukkyū-Kouji*: Restoration work

Contributors of This Issue

Japanese: MOCHIZUKI Toshiharu, SHIGETA Fusako, MIYAMOTO Mika, HONJO Masako
TANITA June

English : TOKURA Wakana, ITANI Megumi, FUKUMIZU Yayoi, FUKUI Kenzo,
YOSHIDA Ayano, LYN Yannick

These names are used with the contributors' permission.
Their assistance is much appreciated.

You can read previous issues of “VIVA! ひめじ” on the Himeji Cultural and International Exchange Foundation's website (International Exchange Section) (<https://www.himeji-iec.or.jp/>).

The next issue will be available in March, 2022.

We welcome your comments and suggestions. We are also looking for translators and native speakers to assist with translating and proofreading upcoming editions. If you are interested, please contact us at the following address.

Contact Information

Himeji Cultural and International Exchange Foundation
3rd floor, Egret Himeji, 68-290 Honmachi,
Himeji City, Hyogo 670-0012
TEL : 079-282-8950 FAX : 079-282-8955
Email: info-iec@himeji-iec.or.jp