

Study Tour ● Shimbun

修学旅行 新聞 Shūgakuryokō Shimbun - Newsletter Join Japan

www.joinjapan.nl

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Current exchange rate

€ 1 = ¥ 128,91

€ 0,776 = ¥ 100



Only 1 month until departure

We started!

In the previous months, you already did work on the study tour by performing a contract research or designing our reports and tour guide. But since monday we really started working on our researches about Japan. An while writing this, the first groups even already had their first feedback meeting.

And while getting to know Japan and it civil engineering, you can feel people starting to realize it is really coming close. With learning more and more about the land of the rising sun, I'm looking forward to it every day a bit more.

The hard work we all do these days could well have been interrupted by the Kick-In. The parties are of course nice, but for many last week was the time they started discovering a new world: the world of stu-

dents. And we probably won't stay in Japan for years, would it be possible for us to discover the world of being Japanese?

If tired of studying Japan in your macro, meso or micro study. Take a rest and have a look at the do and don't in Japan, some interesting facts about sumo wrestling or the southern city of Naha and, in the end still study Japan a bit more. And if that's not enough, there's always a puzzle on the back.

Enjoy reading!

Dates to remember + To do

To Do Send your declarations for the expenses you made for your contract research to treasurer@joinjapan.nl

To Do Optional: Temporarily stop your student travel product. See the update-mail we sent.

To Do Optional: Make sure your debit card and/or credit card can be used in Japan

14 Sept Participant drink and shirt handout

28 Sept Goodbye drink. Parents are welcome!

30 Sept 14:50 Departure
Arrive at Schiphol Airport @ 11:30

Japanese 101

トイレ	Toire	Toilet
わかりません	Wakarimasen	I don't understand
英語	Eigo	English
質問	Shitsumon	Question
学生	Sakusei	Student
先生	Sensei	Teacher
私	Watashi	I
あなた	Anata	You
ホテル	Hoteru	Hotel
日本	Nihon/nippon	Japan

News from the land of the rising sun

Startup takes stress out of fed-up workers' exit plans



Resigning can be hard for many Japanese employees. How can it be done on a respectfully? The piles of paperwork to fill out, bosses incessantly trying to talk subordinates out of leaving and the silent re-priming filling the workplace all stand in the way.

The startup Exit offers a service that relays an employee's intention to resign for a fee: ¥50,000 (€385). The founders think "it is good for companies, too. "Employees thinking of resigning generally aren't very productive. They say they have worked for clients who felt cornered to the point of considering taking their own lives. For them, Exit provided a life-saving solution.

Once an online request is accepted and the fee is deposited, Exit contacts the employer and notifies them of the client's intention to resign. Exit will relay other requests the client may have, including using up any paid leave, but steers clear of anything that requires a lawyer to handle, such as negotiating severance packages.

Camping becoming more popular in Japan



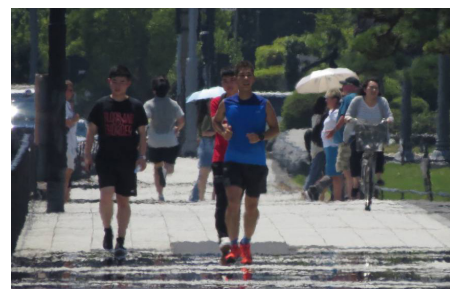
With various new camping options available, camping is regaining popularity in Japan after a mid-1990s boom led by the country's first baby boomers, who were born in the late 1940s.

The new options include "glamping," or glamorous camping, which offers luxury tent stays without the need to bring any camping gear or food, as well as solo camping. Conventional family camping is also popular.

The current camping boom is led by so-called second baby boomers — those born in the early 1970s.

Glamping, which provides campers with all the necessary gear and amenities, is growing rapidly and becoming popular among beginners. Glamping campers can stay in a tent that has been already set up with furniture inside, as if staying in a hotel.

Olympic heat wave fears



This year's record heat wave, which has so far killed more than 100 people and led to tens of thousands more being rushed to the hospital, has raised concern that some foreign visitors to the 2020 Olympic games may not find them as hospitable as organizers had hoped.

Fears have been rekindled over what experts say will likely be a sweltering 2020 Games, which will start on July 24 and finish on Aug. 9.

A spokesman for the Tokyo Olympic Organizing Committee said the "probability is extremely low" that the July-August period could be postponed, because it would be seen as Tokyo violating the original arrangement with the IOC.

The July-August window was a precondition set by the International Olympic Committee (IOC) as it wants to avoid having the quadrennial games coincide with other popular sporting events.

News from the Study Tour Chamber

The moment is finally there. We have begun! Last Monday we started with the first two lectures and the first deadlines area already coming soon. In these five weeks all educational activities that prepare us for the trip will be executed. In the meantime, we're still working as we did before on all other necessities. Confirming the excursions, writing the trip booklet, reserving seats in the Shinkansen and much more. And we've heard many more ideas from you on ideas that we could do in Japan. Feel free to take initiative and maybe organise an activity yourself in Japan! Of course, we'd like to know what you're up to, but together we can do even more fun stuff in Japan!

Do's and don'ts in Japan

By: Marthe



Japan has a rich and intriguing history and is a society bound by etiquette, or rules of behavior. In a country where 126 million people live on a land mass of 377,944 squared kilometers rules are needed to ensure that the entire fabric of society does not break down. Although, the Japanese do not expect that the tourists know all their rules of behavior, it is good to know some do's and don'ts for your stay in Japan.

Greetings

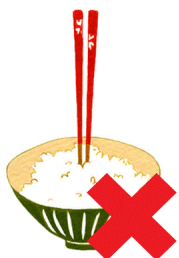
Japanese people will never shake hands to greet. They make a bow. Nowadays it has become more common to shake hands when international businessmen visit Japan, but the effort of trying to bow shows respect. Depending on the social hierarchy you are bending deeper or not.

Don't come up until the other does unless you are their superior. If you are bowing try to bend from the waist and keep the back relatively straight. Men and women bow differently. If you are a man, you bow with your hands at your side. Women bow with their hands clasped in the lap.



Food and drinks

If you are out with Japanese people, don't finish your meal or drink. If you finish your meal they will assume they have not fed you enough, or have not got you drunk enough. Always have a little in your glass, and a little on your plate. In Japan it is not common to tip and might be seen as offensive. If you are enjoying your meal, Japanese people will slurp their noodles very loudly. The louder the slurping, the more that you have enjoyed your meal. To eat your meal, you will use chopsticks. Don't stab your food with the chopsticks. Also, don't put your chopsticks vertical in a rice bowl. This is done to offer your meal to your ancestors.



Shoes

Do take your shoes off when you are entering a house or a restaurant, particularly outside of Tokyo. Inside you wear slippers. In a lot of hotels they have slippers for their guests. The floor of traditional Japanese houses were covered with tatami mats. As the streets were muddy and dirty, they did not want to bring this dirt onto the mats and into their houses.

Toilet

In Japan you will come across both Western-style toilets and traditional squat toilets. When you are compelled to squat, the correct position is facing the hood, away from the door. The Western-style toilets are often very modern and have a lot of buttons. Do play with every button. In case the buttons have only Japanese sign it can be difficult to find the right button to flush the toilet. The Japanese use toilet slippers to go to the toilet. After leaving the bathroom, they change back into their house slippers. If you have to blow your nose, make sure you do it in the bathroom. Don't blow your nose in the presence of others.



Cell phone

Use your cell phone, but don't talk on it on the trains. Everyone is on theirs, but there is respect for others by keeping it quiet

More about cultural excursions

Miyajima island



Miyajima is a small island less than an hour outside the city of Hiroshima. The island is best known for its shinto shrine, the Itsukushima Shrine. In front of the shrine is the entrance gate, the torii. In the old days the soil of the island was so sacred that ordinary people were only allowed to enter the shrine, which was also built above the water. They reached the shrine by boat through the torii. At flood the gate is in the water and at low tide the gate is accessible on foot. Since 1996 the shrine is on the UNESCO World Heritage List. Other attractions are the Buddhist temple Daishō-in and the pagoda with five floors, Goju-no-to. Next to the pagoda is the Senjokaku, the pavilion of a thousand tatami mats, built in 1587. On the last day of the study tour we will travel to Miyajima island by train and ferry and maybe we will make a cableway ride.

Tea ceremony



In Osaka we will participate in a traditional tea ceremony. The Japanese tea ceremony has many names in Japanese: Chanoyu, sado or ocha. It has a long history of a thousand years and has ties to the tea traders in China. Japanese monks first brought back tea leaves during the Chinese Tang dynasty (618 – 907 AD) and only used them in their temples for religious services. A priest called Myōan Eisai spread the belief that green tea could be used for medicine and by drinking it regularly you were ensured good health. Samurai in particular followed this practice and spread its popularity. Later, another priest called Murata Shukou, called the father of the tea ceremony, added more significance and rituals by making powdered tea so others could enjoy it. His focus on aesthetics became well known and heavily influences the tea ceremony that we know today. The ceremony includes the ceremony itself, drinking green tea and eating Japanese sweets. Normally the ceremony is performed wearing a yukata or kimono. However, we are allowed to do this in our casual clothing.

Mount Fuji

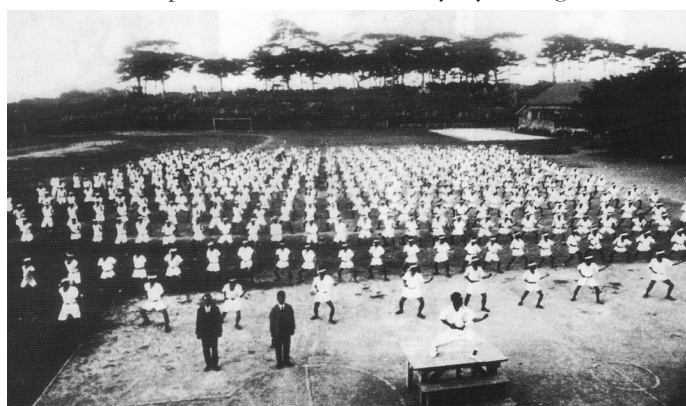
Mount Fuji is with its 3776 meters Japan's highest mountain. Mount Fuji is an active volcano, which most recently erupted in 1707. On clear days it can be seen from Tokyo. According to UNESCO, Mount Fuji has "inspired artists and poets and been the object of pilgrimage for centuries". We will visit Mount Fuji during the study tour. We will travel by private bus to the fifth station, where we will enjoy a local lunch. Next, we will make a boat trip across lake Ashi and finish the day with a cableway ride on the Hakone cableway. Now we wish for a clear day to enjoy the beautiful views.



City of the month: Naha

This month's city is Naha (那覇市). Naha is located on Okinawa Island and is part of the Okinawa Prefecture and Island group, which are then part of the Ryukyu Islands. The Okinawa Prefecture is the most southern prefecture of Japan. Of course, Naha should not be mistaken with Nara, the city of the month April.

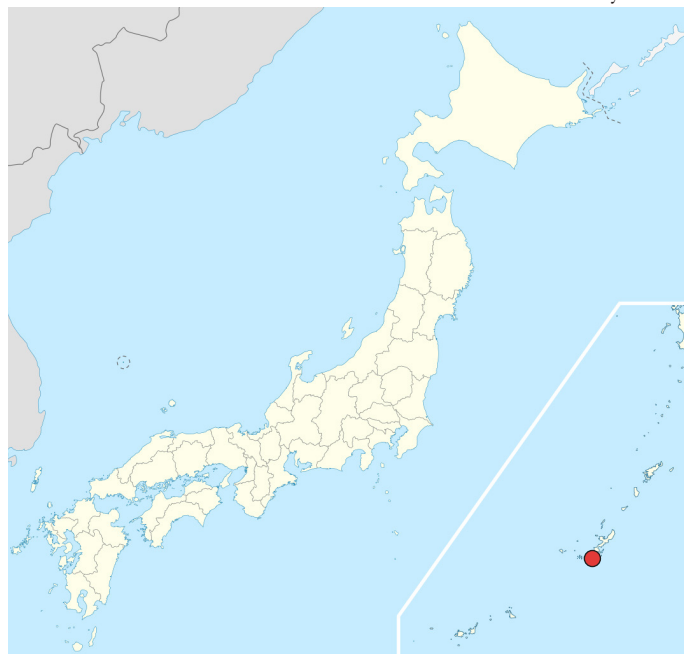
The name of the city has quite a history. Originally the city was called Naba, this was the name of a huge mushroom-shaped stone in the centre of the city. But, over time the stone became buried and the pronunciation of the city name changed. Throughout history Naha has been developing itself as a port city. In the early 15th century the island of Okinawa was ruled by the Ryukyu Kingdom, with Naha as its capital. Due to its strategic advantageous location, Naha was centre point of a lot of trade between Japan, China and European countries. This was until 1879 when Ryukyu Islands, including Okinawa were annexed by Japan. A part of the city still reminds of the period that it was under Ryukyu ruling.



The Shuri Castle in the centre of Naha still reminds of the ages the city was reigned by the Ryukyu kingdom. Unfortunately, the Shuri Castle isn't the original castle the royal family lived in. However, it was rebuilt after the Second World War, where the original building was used by Japanese forces, which resulted in the castles and the tunnels underneath it to be almost destroyed.

Nowadays Naha is a popular place for Japanese to visit. Because of its southern location it is one of the warmest cities in Japan. Throughout the year the average temperature is around 23.10C. Because of its specific climate the changes in temperature between summer and winter are not very big. In the winter months it still can be 23 0C during the day, although you will need a jacket by

By: Tom



night because the temperature will drop beneath 10 0C. Even some Japanese websites advice to bring a scarf, because of the "cold" nights. However, personally, I don't think that is needed.

Besides its rich history and its nice temperature Naha is also famous for its culture. As in the rest of Japan, martial arts play a big role in the culture. Especially for on Okinawa and the rest of the Ryukyun Islands. Because what you may not know is that karate was founded on the island of Okinawa and it was only after the annexation of the island and the hard work of Mr. Miyagi that karate became famous in the rest of Japan.

Furthermore, because Okinawa is famous for its martial arts. Some famous films and series were set in Okinawa, as for example The Karate Kid Part II and Kill Bill: Volume 1. But also its role in second world war is famous in films and series. The series I personally recommend you to watch during the flight to Japan is The Pacific. This tv-serie tells the story about a group of soldiers conquering the pacific. What I would really recommend you is to watch Episode 9, called Okinawa (link: https://www.imdb.com/title/tt1576604/?ref_=tt_ep_nx), so you can see the destruction of the Shuri castle.



Japanese Street Food: Satsumaimo Amani



Ingredients

- 400g Satsumaimo (Japanese sweet potatoes), about 3 small potatoes
- 1 1/2 cup (300ml) water
- 3 Tbsp sugar
- 1/4 tsp salt

Link to recipe video



Satsumaimo Amani is sweet potato cooked in sweet syrup. It is a great small side dish or snack. Satsumaimo Amani is not something you eat at restaurants, but it is often made at home in the fall.

Satsumaimo, Japanese sweet potatoes, are in season in fall and winter, so Satsumaimo is the taste of fall in Japan. They are purple outside and yellow inside, dense and sweet, different from western yams which are usually orange inside. Because of the sweet taste, Satsumaimo is used in many desserts, like simple baked potatoes or more complicated sweet potato cakes. Satsumaimo are used for savory dishes too, such as using them in Tempura or adding to Miso Soup. The sweetness of the potatoes and salty seasonings complement each other very well.

Satsumaimo Amani is quite sweet but it is still a part of a meal, not really a dessert. It doesn't exactly go with Steamed Rice, but rather eaten to refresh the palate between salty dishes.

There are more stores in the US carrying Satsumaimo today. If you find them, especially skinnier ones, make this dish! It's a great flavor and a little different from Japanese food you already know.

Preperation

1. Cut Satsumaimo into 1" (2cm) thick rounds. Soak in water for 5 minutes.
2. In a pot put Satsumaimo and add water to cover the potatoes. Let the water boil and strain right away.
3. Put the 1 1/2 cup water, sugar and salt in a pot and stir, then add potatoes back. At medium heat cook until the sauce boils, turn the heat down to low, cover with parchment paper, and cook about 20 minutes.
4. Cool leaving potatoes in syrup.

Did you know?

The only Japanese survivor of the Titanic lost his job and was dubbed a coward for not dying with the other passengers

As an employee of the Japanese Transportation Ministry, Masabumi Hosono had completed a work trip to Russia and booked a second-class ticket on the ship of dreams. He came to England after he studied the country's railway operations in Russia. As he boarded the Titanic at Southampton, he was set on his journey back home.

He quickly rushed outside after a officer knocked on his door. When one of the officers yelled that there was space for two more people, a man rushed to jump into the boat, and taken by the moment, he jumped next, thereby avoiding death.

Along with the rest of the survivors, Hosono arrived in New York and eventually reached his homeland, where newspaper headlines declared him to be the "Lucky Japanese Boy." He provided statements, interviews, and family photos for several newspapers in Japan, and this gave him a level of fame.

After an American survivor called him a stowaway, Japanese newspapers started criticizing Hosono publicly for making it through while so many had perished in the ocean. Hosono was fired from his post at the ministry and professors declared that his deed was unethical. Hosono was later given back his job, with the explanation he was a very skilled employee. He continued to work there until he passed away in 1939. However, the disgrace persisted to shadow the family name.



Sumo wrestling



One of Japan's most known martial arts is sumo wrestling. At first it might not look like one of the most artfully executed sport compared to the other martial arts, but there is a great history behind it.

Sumo wrestling originated about 1500 years ago, starting as a ritual to pray for a fertile harvest and honour the spirits, known as kami. These spirits belong to the Shinto, which was the original religion of Japan. Nowadays it is still possible to refer to the rituals back in these days, because the ring is still purified with salt by the sumo wrestlers before starting a match.

Regulations

There are basically two ways to win a sumo wrestling match. Throw the opponent on the floor or push the opponent out of the ring. A sumo wrestler may also win the match if the opponent loses his loincloth, known as mawashi. This rule is introduced in the last century and does not occur very often.

A fight starts if both the wrestlers have both of their fists on the floor at the same time. This process could take a while and is a mental game between both wrestlers. When both wrestlers are ready, a match only takes a small moment with an enormous strength exposure.

The referees, known as gyoji, wear traditional clothing during the match and are also in the ring. Remarkable is that the referees carry a small sword with them. This symbolizes the well-considered decisions the referee makes and the possibility to commit traditional suicide in case the referee made a wrong decision.



Fun facts:

By: Tim

Below some fun facts about sumo wrestling are highlighted which probably most people do not know when watching a match.

Sumo wrestlers were not fat in the beginning of the sport

In the beginning the sumo wrestlers did not have the image of a chubby heighweighted man. Moreover they were strong muscular man with a healthy weight. However, in the 20th century the wrestlers gain weight to make it more difficult to throw the opponent on the floor or outside the ring. Because there are no weight divisions, as in boxing, a big advantage was gained and all wrestlers became fat.



Sumo wrestlers are not allowed to drive cars

Since an car accident involving a sumo wrestler the sumo association decided to prohibit a sumo wrestler to drive a car. So, not only insurance companies in Japan influence the citizens in their transport behaviour by banning people to bike for safety issues.

Sumo wrestlers have to wear traditional clothes all the time

Besides the strict regulation for driving a car, sumo wrestlers are not allowed to choose their own clothes to wear. They are obligated to wear Japanese traditional clothes wherever they go.

Only one foreigner allowed in a sumo stable to train and become a sumo wrestler

Japanese honour their culture and traditions. For that reason sumo wrestlers stables are not allowed to recruit multiple foreigners at the same time and all foreigners need to speak Japanese and honour the traditions as well. The wrestlers train, live, sleep and eat in the stables which is a tough life.

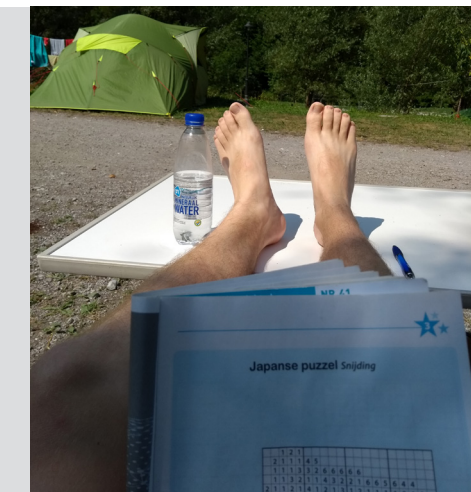
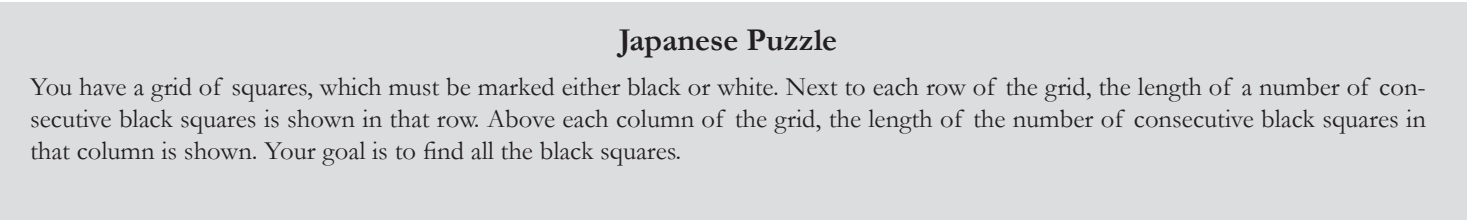
Hopefully you gained a broader insight in sumo wrestling and its traditions!

Japanese Puzzle

You have a grid of squares, which must be marked either black or white. Next to each row of the grid, the length of a number of consecutive black squares is shown in that row. Above each column of the grid, the length of the number of consecutive black squares in that column is shown. Your goal is to find all the black squares.

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The collage consists of three images. The left image shows a person's feet resting on a white mat outdoors, with a water bottle and a Japanese puzzle book in the foreground. The middle image is a title card for the 'Challenge'. The right image is a menu for 'Poké bowls' with four items and their prices.

Challenge

We didn't get much response on the last challenge. The best holiday picture was also the only one that wasn't made by myself. Martijn was tasting Japanese culture by making a Japanese puzzle. Now let's see whether you can also solve the one above Martijn.

The other response, by myself, was the menu of some sushi. In Rijssen they apparently serve sushi in Poké Balls.

Next challenge is easier: Make a picture in the participant clothing with all your micro study group members!

Poké bowls	
Poké Bowl Gravad Lax/Salmon <i>Gemarineerde, rauwe zalm met avocado, mango en een topping van Yuzu</i> Marinated, raw salmon with avocado, mango and a topping of Yuzu	€19,95
Poké Bowl Tonijn/Tuna <i>Tonijn, sesamzaad, gemarineerde retich en ajvar van venkel geserveerd met limoenmayonaise</i> Tuna, sesame seeds, marinated retich and ajvar of fennel served with lime mayonnaise	€19,95
Poké Bowl Beef Teriyaki <i>Gewolte ossenhaas met teriyaki, taugé en bamboescheuten</i> Stir-fried tenderloin with soy, bean sprouts and bamboo shoots	€19,95
Poké Bowl Gerookte hoender/Smoked chicken <i>Roetuur van konkommer, dun gesneden radijs, gepocheerde hoender en truffelcrème</i> Sweet and sour of cucumber, thinly sliced radish, poached chicken and truffle cream	€19,95

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