

# Sekai wa Hitotsu

Summer 2013

No. **127**

English

GIC's Coordinators for International Relations (CIRs) Sally (Australia), Morishita (Brazil), and Gong (China) held an 'ABC' cooking class on March 8 at Gifu City's Dream Theatre.

Participants had a great time making dishes from Australia (A), Brazil (B) and China (C).

This class provides a way for participants to enjoy chatting with each other and the instructors while making dishes from different countries.



▲ABC Cooking Class

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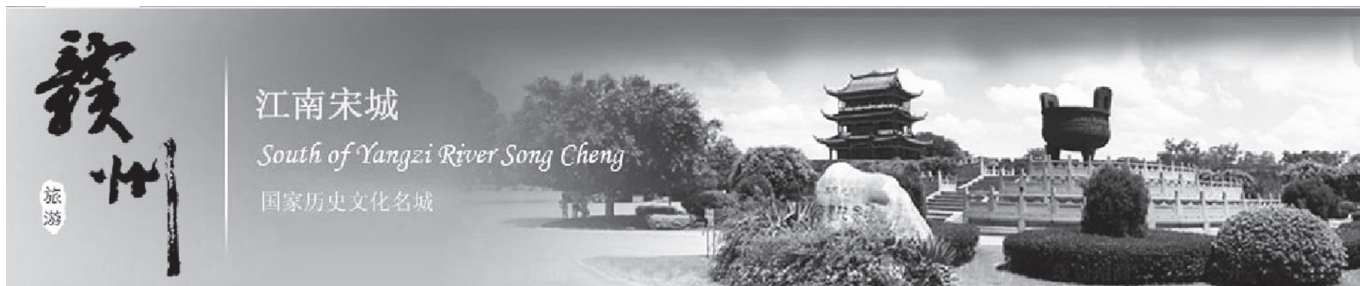
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## Introducing Guangzhou (Jiangxi Province, China)

### Hometown of Coordinator for International Relations, Chen Ping.

Guangzhou is situated in the south of Jiangxi Province, and is known as the Jiangxi's southern gateway. Surrounded by mountains in four directions and with rivers in three directions, it is a city blessed with nature. It covers an area of 3.94 square kilometers, and is inhabited by 9.26 million people. It is a warm and rainy place. Forest covers 76.2% of the province which makes it the 10<sup>th</sup> most forested province in the country, and has earned it the name the 'Ecological kingdom'.

Guangzhou, a city surrounded by nature, is known as a place of plentiful produce. It's famous for rice, tea, oil and mikan fruit production; however the main industry is mining, and it is the world's third biggest producer of rare earth, and the biggest producer of tungsten.

Guangzhou City has thrived as the southern part of Jiangxi Province politically, economically, culturally, and as a transportation hub for many years. It boasts a history of more than 2200 years, and is one of China's historically and culturally significant castle cities. The remaining castle wall runs for 3.6 kilometers from east to west, and is still steeped in the lively atmosphere from the Song Dynasty. It's for this reason that it is called the Song palace museum. Moving forwards to modern history,

according to the Communist party it was where the temporary Sino-Soviet government was situated, and played an important role in the Cultural Revolution. Guangzhou is also known as the cradle of the People's Republic of China. It is also the main residence of the 'Hakka' Han Chinese people, who are otherwise known as 'guest families'.

Guangzhou is famous for its natural beauty and amazing scenery, and there are places of historic interest all over the city. The old castle walls from the Song Dynasty, the Yugu Pavilion (one of the great towers of Jiangnan), the Tongtian rock (in the stone caves of Jiangnan), the Hakka walled village, and the temporary Sino-Soviet Government revolution memorial; these are all famous tourist destinations, and are visited by both domestic and international tourists.

The major railway lines running through the city are the Jinjiu, Ganlong, and Ganshao lines. There is also a network of roads that connect you to wherever you want to go, starting with the major cities inside and outside of the province. Direct flights will also take you to Beijing, Shanghai, Jiangxi or Xiamen.



**Hi, I'm the new Coordinator for International Relations (CIR).**

**I'm very pleased to meet you all!**



Hello everyone, my name is Chen Ping, and I come from Guangzhou City in Jiangxi Province, China.

When I was a young girl, I often had the chance to watch women in kimonos speaking Japanese on TV. Watching such kind and graceful human beings, I began to think that I would like to be able to speak like that one day, and that's how I decided to study Japanese.

I got the chance to come to Gifu as a CIR during the spring, when the flowers were still in bloom, in this land of beautiful mountains and rivers. I am delighted to have been given this opportunity. I want to interact with the people of Gifu in many different situations, to talk with them, and I would like them to get to know China a little better. I am going to hold Chinese language classes and provide cultural education opportunities at GIC, so definitely come along if you have an interest. I am looking forwards to seeing as many people there as possible.

I am also there to support Chinese people living in Gifu people with any lifestyle or language learning difficulties that they have, so if this is you, please don't hesitate to get in contact with me.

I look forwards to a productive time here in Gifu.



## Round table discussion

### *The Governor and international residents*



On 17 May a round table discussion was held on how to better promote Gifu Prefecture to the rest of the world, and how to encourage even more people to come to the prefecture. The talk was held between Governor Furuta Hajime and representatives from 9 countries, including Brazil, China, America, Indonesia and Sri Lanka.

The talks started out with the presentation of a project promoting Hida and Mino overseas. The mayor has used three selling points to promote the prefecture; the many tourist resources starting with Gifu's Shirakawa-go village because of its attraction to tourists from Asian countries, quality foods such as Hida beef and the Fuyu persimmon, and the clusters of automobile parts and aerospace industries that have developed and expanded due to the influence of the tradition of manufacturing - and it looks like these selling points are doing the trick. Clients from Singapore and Thailand have increased dramatically.

This was followed by an opinion exchange coordinated by Gifu Goodwill Guide's Masako Kawai. Participants voiced a variety of opinions based on their own national perspective. "Make a website where people can book hotels in English." "The concept of Seiryu (clear waters) leaves one with a fresh impression of the prefecture." "Lots of people are interested in clean air, and this could become a good selling point." Opinions like this made for a lively exchange.



## The Philippines

### ● ● Cultures of the world ● ●

## Halo-halo



Food is an important part of Filipino culture. People love eating so much that when they greet each other they don't ask 'how are you?', but rather 'have you eaten already?', and I think it would be fair to say that it's considered a hobby. The average Filipino person will eat 6 (!?) times a day- breakfast, morning tea, lunch, afternoon tea, dinner, and a snack before bed. When Filipino people get together there is always a lot of food prepared, and the more food there is the more love is being shown. In the Philippines, food is an expression of hospitality and of friendship.

Filipino people enjoy a summer dessert called halo-halo. You might see halo-halo for sale at convenience stores in Japan, but these are actually arranged to be quite Japanese.

The ingredients are sweet boiled kidney beans and chick peas, sugar palm fruit (kaong), coconut sport (macapuno), jackfruit (langkâ), nata de coco, sweet potato, and pounded, crushed young rice (pinipig); all of these ingredients are put in

a tall glass (sometimes with fruit, tofu or other sweet things) which are sprinkled with sugar, over which there is a layer of shaved ice, on top of which is arranged pudding, purple yam or ice-cream. A drizzling of condensed milk completes this dessert. It is something like a Japanese shaved ice or parfait, and is incredibly delicious. I would encourage you all to give it a go!



# Information for Foreign Residents

## Save electricity this summer

Survive the Japanese summer while being good to your wallet and the environment!

### ~Air Conditioner~

Effective air conditioner use is the best way to save electricity.

#### Keep it on 28 – 30°C

For every 2 degrees you increase the air conditioner temperature, it becomes 10% more efficient.

#### Use a fan

If you also use a pedestal fan together with your air conditioner to circulate the air around the room, you can keep the temperature down and reduce your electricity bill.

#### Are you keeping it clean?

If your filter is clogged up with gunk then it will use more electricity to run. Clean your filter about once a month.

#### Effective curtain use

Close your curtains to stop the cool air escaping.

#### A curtain of green

You can reduce the cost of running your air conditioner by keeping out the sun. As well as bamboo blinds or window shades, we recommend creating a “green curtain” of vegetables or creepers like goya (bitter melon). A green curtain is easy to grow on the balcony of your apartment using a set for sale. And if you can harvest any of the vegetables, eating them will help make your body more resistant to the summer heat.



#### ☆Saving electricity: important, but...

You could cut your energy use by about 50% without the use of an air conditioner. However air conditioners are an important way to prevent heat stroke especially in the elderly, so make sure you don't put anyone under undue stress!

### ~Refrigerator~

Everyone knows that you should change the setting from 'strong' (強) to 'medium' (中), but we have a couple of other tips that will also help you save electricity.

#### To fill, or not to fill...

If you only fill your refrigerator 70 – 80%, rather than stuffing it full, you could save up to 10% of running costs. However, your freezer is more efficient when it is 100% full. Also, increase efficiency by making sure you position your refrigerator where the ventilation opening is not being blocked off.

#### Effective positioning

Place your refrigerator in a well-ventilated area, about 10 cm away from the wall. Make sure it's not in reach of the sun coming in from the west.

### ~Computers~

#### To turn off, or not to turn off...

It takes about as much energy to turn on your computer as it does to run it for about an hour. So it could be more efficient to leave your computer on rather than turn it on and off multiple times. If you're only going to be away from your computer for a little while, put it on energy saving mode.

### ~Throw out your rubbish~

The less time it takes to start up your computer, the less electricity it will use. So to increase efficiency, decrease the number of applications that start when you turn on the computer. There are probably applications that you don't even use - find out what they are and delete them.

### ~Toilets~

If you have a heated toilet seat, close the lid when the toilet is not in use. You can save up to 10% of electricity used by not leaving the lid open.

Set the temperature of the water used for cleaning of the seat itself to 'weak' (弱) or 'low' (低). And if you are planning any long term absences from the house like a holiday, pull out the plug.

### ~Cleaning and laundry~

#### Are you an over-vacuuming?

Think about whether you really need to use your vacuum cleaner every time you take it out. Daily users should try limiting it to once in every two days, and using a broom or a floor cleaner on other days.

#### Combine laundry

If you don't have very much laundry to do, consider waiting until the following day and doing a bigger load.

### ~Other~

#### Unplug unnecessary sockets

'Standby energy' is the energy that appliances use when they are not switched on, but are still plugged into the wall. Standby energy accounts for a proportion of your household electricity bill. Turn off the main power switch of appliances that are not in use, and if you are not using them long term, pull out the plug. Think about how much you actually use your appliances, and save electricity.



### ~Coolbiz~

Public offices and other institutions are carrying out a 'coolbiz' campaign, which means that employees are allowed to wear casual clothing during the hot summer months, like no neck ties and no overcoats. This will be in effect from 1 May to 31 October this year. The 'Super cool biz' enlightenment campaign will be in operation from 1 June to 30 September.

The coolbiz campaign commenced in 2005 at the request of the Ministry of the Environment, to promote awareness of energy efficiency amongst citizens and prevent global warming. Even the number of private companies that allow casual dress so that employees can be comfortable in work environments where the room temperature is set to 28°C, are increasing.



## Public facilities to use this summer .....

Well, summer is hot! It's pretty easy to let the heat get the better of you, but if you take advantage of public facilities like pools and libraries you can take the edge off the heat.

### Swimming pools

The heat makes it pretty difficult to exercise outdoors in the summer, so why not head down to your local swimming pool?



#### \* Plaza Kakebora

[www.kk-giken.jp/kakebora/](http://www.kk-giken.jp/kakebora/) (Japanese only)  
1-104 Oku(奥), Gifu City  
Near North Gifu Country Club, in Motosu City.  
Closed Mondays, but open every day 21 July – 31 August  
One day pass ¥400. Discounts for children and seniors.  
40 mins by bus from Gifu station. Accessible by car.

#### \* Nagara Swimming Plaza

[www.gifuspo.or.jp/GMC/100/101-9.html](http://www.gifuspo.or.jp/GMC/100/101-9.html) (Jpn. only)  
2675-28 Nagara Fukumitsu Ono (長良福光大野), Gifu City  
Part of Gifu Memorial Center  
Summer opening hours (1 July – 31 August)  
1 pm – 8:30 pm weekdays  
10 am – 6 pm weekends  
18 yrs and above- ¥320/ below 18 yrs ¥160  
Closed Tuesdays  
This is a public space and can be booked out, so it's better to check whether the pool is available that day before going.  
[www.gifuspo.or.jp/GMC/100/swimming.html](http://www.gifuspo.or.jp/GMC/100/swimming.html) (Jpn. only)  
Click on the relevant month. If the date that you wish to go has '開放' written next to it, then it is open to the general public.  
20 minutes from Gifu station by bus. Parking available but limited.

#### \* Gifu City pools

[www.city.gifu.lg.jp/5145.htm](http://www.city.gifu.lg.jp/5145.htm)  
(Gifu City homepage, multilingual)  
Gifu City operates three public pools during the summer. Opening periods and fees are the same.  
13 July – 14 September  
10 am – 5 pm  
Before the day before Gifu City elementary and junior high school summer holidays commence, and after 1 Sept, pools are only open to the public on weekends and public holidays.  
¥200 entrance, various discounts and exceptions available.

- 1) Nanbu Shimin Pool  
4-120 Minami Uzura (南鷲), Gifu City  
Close to where Ibi River and Route 1 intersect.  
Parking available.
- 2) Hokubu Shimin Pool  
1020-2 Masaki(正木), Gifu City  
Close to the junction of Route 77 and 78  
Parking available

- 3) Honjo Shimin Pool  
2-13 Kotobuki-cho(寿町), Gifu City  
Inside Honjo Park  
On the west side of Kano Nishi Elementary School  
No parking available

#### \* Pool manners

Wear a swimming cap  
Children in 2<sup>nd</sup> year elementary school or below must be accompanied by a parent.  
Infants in nappies are not allowed in the pool at all.  
People with tattoos, infections, or drunk people will be refused entrance.  
Please remove any makeup.  
Please remove any accessories like piercings, necklaces or watches, and remove glasses.

### Libraries

Libraries are comfortable and cool, and there is plenty of reading material available, including books and magazines. Try enjoying the cool environment while flipping through a book.



#### \* Gifu Prefectural Library

[www.library.pref.gifu.lg.jp/language/top.html](http://www.library.pref.gifu.lg.jp/language/top.html)  
(Multilingual)  
4-2-1 Usa(宇佐), Gifu City  
10 mins by foot from Nishi Gifu Station  
Walk south from Nishi Gifu station, and turn left at the second traffic lights.  
Open 10 am – 8 pm Tues – Fri, and 10 am – 6 pm weekends and public holidays.  
Closed Mondays and the last Friday of every month.  
Parking available.

#### \* Gifu City Main Library (Honkan)

[lib.gifu.city.gifu.jp/guidance-english.htm](http://lib.gifu.city.gifu.jp/guidance-english.htm)  
(English only, information about other city libraries also available, including the Branch Library.)  
1-7 Yatsudera Machi(八ツ寺町), Gifu City  
From Gifu JR station walk north along Nagaragawa Dori, and turn left after the city hall's south wing. On the right hand side.  
Open 10 am – 6 pm Tues – Fri, and 10 am – 5 pm weekends and public holidays.  
No parking available.

#### \* Gifu City Branch Library (Bunkan)

1-10-23 Hashimoto-cho(橋本町), Gifu City  
Inside Gifu JR Station, Heartful Square G, 1st floor.  
Open every day, 9 am – 9 pm  
Parking available for a fee, however if members show the library staff your ticket you can receive an hour for free.  
\*Please check the website for details.

# Farewell CIRs



## Timothy Oakes (Australia)



Time flies like an arrow! In 2011 I signed a contract with Gifu Prefecture and prepared myself to head back to Japan for the first time in 8 years. My memory of Japan had started to fade during my 8 years away, and I wondered to myself what use could I possibly be if I returned to a country that still has a long recovery ahead of it in the wake of the Great East Japan earthquake without any language skills.

The next day I had my first face to face meeting with my supervisor at Gifu Prefecture via Skype, and as soon as we had exchanged greetings we started talking about what I would do for work. They suggested that I be the person in charge of supporting the approximately 60 foreign Assistant Language Teachers (ALTs) and Coordinators for International Relations (CIRs) working in municipalities throughout the prefecture. I did not hesitate to proudly take up that position. I finally found a place where I could utilise the leadership skills that I had built up during my time in the private sector in Australia.

Now, 2 years later, thanks to the support and cooperation from Japan's international organisations and the local governments of Gifu Prefecture, I have started to gain skills as a counselor, and I feel I have reached a place where I am collaborating effectively as a supervisor with everyone else.

As far as international exchange goes, I have been involved deeply in a wide range of projects involving residents, public organisations and NPOs. Being involved in the English language courses run by the Gifu International Center and the Hello Gifu Hello World international fair are perhaps the experiences that I will remember the most, and were a definite highlight. The longest time I have lived in Japan has been Fukuoka City and Kanagawa City, but I feel that the people of Gifu prefecture have perhaps shown the most interest in foreign culture. I would like to thank everybody from the bottom of my heart for having interest in us CIRs.



Being Luis Frois at the Nobunaga Festival



## Thibaut Meurisse (France)

It's been two and a half years already since I arrived here, and I can't believe how quickly the day that I have to leave Gifu has crept up on me.

To be perfectly honest with you, I knew nothing about Gifu Prefecture before I came here. However, over the 2 years that I have been here I have been able to get quite a good feel for the prefecture, by doing things like participating in the Gujo Odori, going many times to Takayama and Shirakawa-go, or going to see displays of Mino paper. As far as work goes, as well as being blessed with the chance to meet the Japanese resident ambassador for France, I was also able to interpret for a sword making master in Seki, which was a very meaningful experience.

It's unfortunate that I wasn't able to spend that much time getting to know the prefectural residents at the center, but I would like to express deep thanks to the people that took the trouble to participate in the language classes and culture classes that I taught there. I can't say for sure to what degree I was able to contribute to international understanding in the prefecture, but I feel I can definitely say that thanks to everyone I have been able to broaden my own scope, and have come a step closer to becoming a better global citizen.

I will continue to use the lessons that I have learnt as a CIR in Gifu, continue to do my best, and to grow as a person.

Thank you so much to the people of Gifu Prefecture, I am in your debt!



My first time in Shirakawa-go. Fantastic!

## Nihongo Hiroba Hashima City

### ● Outline

*Nihongo Hiroba Hashima City* is a Japanese language study support group for foreign people residing or working in Hashima City or the surrounding areas. They also run activities that allow people to experience the joy of learning about different cultures through exchange, cultivate citizens that will be able to thrive in a multicultural society, and create an internationally minded town.

### ● Japanese language support classroom

Japanese language instruction is provided through one on one style lessons, where people can learn enough Japanese to be able to fulfill their daily needs. International residents of Hashima City and surrounding areas participate, including Chinese, Vietnamese and Cambodian people, and can learn Japanese in a fun environment through chatting with our Japanese volunteer members.

Participants can also choose to study using reference materials, and we also cater for people wishing to pass specific Japanese language tests.

Held on the 1<sup>st</sup> and 3<sup>rd</sup> Sunday of the month, 10 am - 12 pm

Please refer to the Hashima City International Exchange Association Homepage for further details.

*(Translators note: there is no English information*

- Founded in 2008
- 23 members
- Represented by Iwata Kousaku
- 3646 Soto Awano, Oguma-cho, Hashima City  
iwata-ksk@hotmail.co.jp

*on the website about the language classes. Please try the email address above.)*

Held at Hashima Citizens Hall (Hashima-shi Shimin Kaikan)

### ● Exchange Activities

We also conduct exchange activities through games, conduct walking tours of the central city including a visit to the Wisteria tree at Takehana Betsuin (branch temple), hold Japanese cultural experience sessions (for example medallion carving, making soba, or tea ceremonies), and hold cooking classes. In addition to these activities, this year we plan to hold two exchange sessions between international residents and local students. The Japanese Taiko (drums) and flute club students will hold performances and dances to introduce Japanese traditional culture, and we hope that we will encourage understanding of different cultures through holding these meetings.



▲ A conversation exchange group

### A message from Hashima City Nihongo Hiroba

Amongst our volunteers there are two Chinese people who have been living in Japan for more than 10 years. Our language exchange sessions usually consist of about 10 to 14 volunteer members, and 10 to 16 foreign people. Everyone enjoys each other's company. As a volunteer teacher, trying to talk in such a way that your partner understands you, you realise that there are a lot of things that you didn't know about Japanese, or can't understand, or only understand in a very vague way. In this way every conversation will help you discover something new. Understanding things from the perspective of a culture other than your own is always very refreshing.



### Intake information session at Takayama

The NPO Machi Supo in Takayama City hosted a JICA intake information session on 13 April (Sat). This coincided with the JICA spring intake recruiting drive explanation sessions being held all over the country. For this particular event our goal was to create interest, so we made a programme that was accessible to a wide range of people.



We managed to remove some of the distance between potential recruits and former volunteers through photo displays and informal discussions. We hope to make subsequent events easy to participate in too. Thank you to all those who participated in or helped organise this event!



### Interested in courses about international understanding?

Think about what international understanding is and how it works at one of our workshops.

- 23 August (Fri)
  - 9:30 am - 4 pm
  - Sogo Kyoiku Center
  - Educators welcome
  - Run by former volunteers and overseas education researchers
- We look forwards to seeing you there!

Feel free to get in touch with me regarding volunteering for JICA or international understanding education  
Mari Kagami, Gifu Coordinator for International Cooperation, Gifu Prefecture JICA Desk  
Tel: 058-263-8069 E-mail: jicadpd-desk-gifuken@jica.go.jp

# ? Did you know? ?

On the GIC home page we don't just display notices from GIC and related organisations. We also have a blog written by our CIRs. It's updated on an ad hoc basis, and is a great chance to learn about life through the eyes of the CIRs. Access the blog from the GIC home page ([www.gic.or.jp](http://www.gic.or.jp)). It's on the banner on the right hand side.



※写真はイメージです。

We also have a Facebook page, which includes some information that is not on the home page, so make sure you check that out too. We're waiting for your likes!

GIC Facebook page  
[www.facebook.com/gifu.gic](http://www.facebook.com/gifu.gic)

## Become a member!

The GIC runs projects that support multiculturalism, international exchange, and international understanding. We have a membership system for people who want to support our aims financially.

- **Yearly Fees:** ¥3000 for individuals, ¥5000 for groups.  
 \*Fees will be calculated on a monthly basis for applications made part way through the year for first time members.
- **Benefits:** Notifications about our international exchange or understanding projects.  
 Discounts and priority entrance to our fee based events (language courses, cooking classes etc.)  
 A copy of our international exchange information publication Sekai Wa Hitotsu posted to your residence.  
 Discounts from cooperating companies and outlets.
- **How to apply:** Please contact GIC directly

## Advertise with us

We are now accepting applications for advertisements for our home page (in Japanese, English, Portuguese, Chinese or Tagalog) and our magazine 'Sekai Wa Hitotsu' (in Japanese, English, Portuguese, or Chinese). Please make enquiries to GIC for further details.

### Issued by: Gifu International Center (GIC)

Gifu Chunichi Building 2F, 1-12 Yanagase Dori, Gifu City, 500-8875  
 Tel: 058-214-7700 Fax: 058-263-8067  
 Three-way Call Civic Interpreter Service (Trio-phone): 058-263-8066  
 E-mail: [gifu@gic.or.jp](mailto:gifu@gic.or.jp) URL: <http://www.gic.or.jp>  
 Opening hours: Sunday to Friday 9:30 am - 6:00 pm  
 Closed: Saturday, Public Holidays, New Year Period.

