

## ふれあい通信



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## Japanese Cuisine as a Culture

Thank you very much  
for your participation in our  
International Exchange Day.♡

The 28th Nishinomiya International Exchange Day was held on Saturday, February 3. We would like to thank all the NIA volunteers and other related organizations for their great support. The site was sometimes very crowded with many visitors, but with everyone's cooperation, the event ended without any problems. We thank all the people who came to the event.



The Japanese language has more words to describe textures than any other language, five to six times more than English. Such words include *shakishaki* (crispy), *saku-saku* (crispy), *palipali* (crunchy), *galigali* (crunchy), and *hokuhoku* (steamy and hot). Just hearing these words makes you feel the delicious textures and stimulates your appetite.

In December 2013, *Washoku* (traditional Japanese cuisine), was registered as a UNESCO Intangible Cultural Heritage. According to the Ministry of Agriculture, Forestry and Fisheries, Japanese food culture has been nurtured to be in harmony with the diverse and abundant nature in Japan, which has four distinct seasons. The dietary tradition based on Japanese people's respect for nature has been registered as "*Washoku*:"

Traditional Dietary Culture of the Japanese."

The four characteristics recognized are its: (1) respect for diverse and fresh ingredients and their unique flavors, (2) nutritional balance that supports a healthy diet, (3) expression of the beauty of nature and the changing seasons, and (4) close relationship with annual events such as New Year's Day.

However, as Japan's food culture is also becoming increasingly multicultural, I feel that the *washoku*-centered lifestyle is fading as differences in family structure emerge with each generation. New Western-style food has become popular and the nuclear family has become more common, so young homemakers are increasingly finding that their cooking teachers are not their

mothers but the Internet, programs on TV, or magazines.

It may become more difficult to define "*washoku*" in the future. Food culture changes with the times and the trends of the world, but if the ingredients and preparations made at home have roots in Japan, it may be considered to be *washoku* or Japanese cuisine. I hope that Japan's cultural strength will keep traditional things alive for many years to come, even as we continue to be influenced by other cultures too.

At the Nishinomiya City International Association, we conduct programs to introduce Japanese food to foreigners and cook together, as well as programs to introduce foreign cuisine to Japanese residents and cook together. We look forward to your continued understanding and cooperation.

## NIA's Multilingual Radio Broadcasting – Subscribe to our channel on YouTube !

Did you know that there are two radio programs provided by Nishinomiya City International Association on Sakura FM, a community FM station in Nishinomiya City? The first is “Genkijirushi ! International Exchange,” in which a foreigner who is fluent in Japanese is invited as a guest and interviewed by a radio personality. The other is “Bridges across World Communities.” Native Chinese, English, and Portuguese MCs deliver the program on a weekly basis.

“Genkijirushi ! International Exchange” is broadcast on the 3rd and 4th Saturdays of each month from 11:30 to 11:50. Guests are from various countries and regions, and they are interviewed by the program’s personality. It is very interesting to listen to stories about their hometowns, how they came to Japan, episodes of their lives in Japan, and other stories that can be told only by people with perspectives from those countries. We also provide information about Nishinomiya City and international exchange events.

“Bridges across World Communities” is broadcast on the first Saturday of the month in Chinese, on the second and fourth Saturdays in English, and on the third Saturday in Portuguese from 12:00 noon to 12:15. First, we provide you with useful



information for your daily life in accordance with the time of the year. Staff members translate what they have prepared in advance into their native languages. When it is difficult to convey the information just as it is translated, they

paraphrase or add explanations to make it easier to understand. Next, they interview native speakers, who have a connection to NIA, and ask them about their reasons for coming to Japan and their impressions of living in Japan. Finally, we provide information on disaster prevention. There are many things that are commonplace to Japanese people, but unknown to foreigners. This information is important for them to stay safe in Japan.

People can listen to these programs not only on the radio, but also on YouTube. On YouTube, you can find past broadcasts and listen to them as many times as you like, providing you great opportunities to listen to native language speakers and learn their languages. We positively recommend you to subscribe to our YouTube channel and listen to our programs. (Y. I)



### Borsok from Kirghiz Republic

Sweets have a way of melting people's hearts with both the young and adults. This column will introduce you to various sweets from around the globe, and are associated with seasonal events.

#### Ingredients

- Bread flour...250g (2 and 1/2cup)
- Egg (beaten) ...2/3 of an egg
- Milk (warm) ..... 80cc
- Butter(melted) ...30g(2 tablespoons)
- Sugar ..... 1 tablespoon
- Salt ..... 1/3 teaspoons
- Dry yeast ..... 3g
- Warm water ..... 40~50cc

#### How to make

- ①Place flour in a large bowl and make a well in the center.
- ②In another bowl, mix beaten eggs, warm milk, and melted butter. Add sugar, salt, dry yeast, lukewarm water, and mix well.
- ③Add mixture ① and ② and knead until it forms into one piece. Cover with plastic wrap and let it ferment in a warm place for 1-2 hours.

- ④If the dough does not bounce back when pressed with a finger, divide it into two pieces, reshape each one, and roll them out to a 5mm thick with a rolling stick.
- ⑤Cut the dough of ④ into ribbons about 3cm wide, then cut them diagonally to form rhombus shapes about 3-4cm long.
- ⑥Heat oil to 180°C and fry the dough, stirring until both sides are golden brown.



Provided by Mr. Rafat from Kirghiz Republic

In Kyrgyzstan, located in northeastern Central Asia, a popular snack often enjoyed is a traditional fried bread called “Borsok”. These bite-sized treats have a crispy exterior, a chewy texture inside, and are hollow, making them perfect for eating in multiples. Borsok has been made in households for generations and is served with honey or jam alongside tea during breakfast, lunch, or teatime. In Kyrgyzstan, where over 70% of the population are descendants of nomadic tribes, hospitality is considered a virtue, and it’s customary to generously treat guests with an abundance of food, including piles of Borsok at celebrations and feasts.

At recent Borsok festivals, variations of the dish have emerged, with entries featuring ingredients such as pumpkin, beets, cheese, and honey. Contests have even been held, indicating the evolving nature of this beloved snack.

It’s easier to cook than you’d think, why don’t you try it? (Y. U)

The interviewee in this issue is Ms. Bruna Bajramovic from Bosnia and Herzegovina, who is currently living in Nishinomiya and works as an Environmental Designer. She has participated in the NIA's Online Japanese Language Course and has lectured for the city's International Miyamizu Gakuen Course at NIA.

## Work in Environmental Design

Bosnia and Herzegovina may not be a familiar country to many, and it's difficult to say something like "Oh yeah, I know Bosnia." Situated in the Balkan Peninsula of southeastern Europe, it is one of the six countries that gained independence from the former Yugoslavia in 1992. Some may remember it for hosting the Winter Olympics in its capital, Sarajevo.

Having experienced internal conflicts due to the dissolution of Yugoslavia during her childhood, she lived through a state of war. The military conflict lasted for over three years, and it was a painful journey until peace returned to society. During her student years, she became interested in architecture, perhaps influenced by her past experiences

and the desire to rebuild broken towns and residences.

Modern Japanese architecture is highly praised and admired overseas, while also possessing a slightly curious and mystical quality. For her, studying architecture was something that sparked curiosity. She wanted to unravel the "architectural path" by looking at the works of renowned architects like Tadao Ando.



About ten years ago, she learned that the Japanese Ministry of Education was recruiting foreign exchange students. She was selected for a single slot from her country and decided to pursue her studies in Japan. After completing a two-year master's course at a university of fine arts in Kobe, she moved on to a doctoral course, transitioning her focus from architecture to environmental design. This field involves urban planning, designing and planning out-

door spaces such as parks and their surroundings. After graduation, she joined an environmental design firm where she currently works.

Upon her arrival in Japan, the cultural shock she experienced was seeing all information in town (signs, posters, advertisements, etc.) written in Japanese kanji characters. She felt overwhelmed by the sea of characters, struggling to understand what was what. She coped by frequenting shops where she could communicate face-to-face and ask questions while shopping. She could endure it because Japanese people were all kind to her.

The impression she had of Japanese people was from films by Director Kurosawa, valuing ancient culture and portraying serious-minded samurai. However, upon arrival, she found people in Kansai to be friendly, humorous, and easy to get along with, feeling no discomfort. Her ideal living environment is a city with a community where people spend time together even when stepping out of their homes. She believes that having companionship enhances one's quality of life. We look forward to environmental designers like Bruna making significant contributions to the future of the Earth. (M. M)

## NIA Information Box

## INFORMATION

Japanese language classes for foreigners (10 classes each)		Place : NIA ConferenceRoom
Let's Speak and Learn Japanese for Living	Japanese Language Course for Foreigners	Japanese Language Chat Square for Foreigners
May 12 ~ July 14 Every Sunday 10:00~11:30	May 13 ~ July 22 Every Monday 18:30~20:00	May 9 ~ July 11 Every Thursday 10:30~12:00
Intermediate: Those who have completed the beginner level Capacity: 10 students (first 10 applicants) Instructor: Japanese language teacher Fee: 5,000 yen (including textbooks)	Beginners: Those who can hold a simple conversation Intermediate: People who want to enjoy conversing in Japanese Capacity: 10 students per class (first-come-first-served basis) Instructor: Japanese language teacher Fee: 5,000 yen (including textbooks)	Class 1: Beginners or those who have studied Japanese for a little while Class 2: Those who can read and write <i>hiragana</i> and <i>katakana</i> and have simple conversation. Capacity: 7 students per class (first-come-first-served basis) Fee: 2,000 yen *Application deadline: April 24

### Free Consultation for Non-Japanese residents

A judicial scrivener will provide consultations free of charge (under seal of secrecy). Please make an appointment by email or by telephone.

Date & Time	Subject	Place
May.19(Sun.), 2024 13:00~16:00	Legal Problems	NIA Conference Room
July.21(Sun.), 2024 13:00~16:00	Visa Status	

## Thank you for your support!

Nishinomiya Urban Management Co., Ltd. Ozeki Corporation 78.7MHz SAKURA-FM INC. Nishinomiya Shodo Association  
Nishinomiya UNESCO Association Nishinomiya City Managerial Staff Union Nishinomiya-Spokane Sister City Society

❖ English Conversation Courses by Native English Speakers ❖  
(Total 30 lessons per course)

Day/Time	Course (Max. number of students)	Students	Instructor	Fee(30 lessons, tax included)**		Period (Closed 8/1~8/31,12/23~1/13, and on holidays)
				Supporting members*	General citizens	
Monday 11:00~12:30	Intermediate (16)	Those who have English proficiency of EIKEN level 2 and can speak actively	Linden	36,000yen	46,000yen	May 13, 2024 ~ March 10, 2025
Monday 13:30~15:00	Elementary (16)	Junior High level English	Linden	36,000yen	46,000yen	May 13, 2024 ~ March 10, 2025
Monday 15:15~16:45	Elementary (16)	Junior High level English	Linden	36,000yen	46,000yen	May 13, 2024 ~ March 10, 2025
Monday 17:00~18:00	Kids (12)	New 2nd-6th graders who have no (little) experience in English conversation but are interested	David	36,000yen	46,000yen	May 13, 2024 ~ March 10, 2025
Monday 18:30~20:00	Intermediate (16)	Those who have English proficiency of EIKEN level 2 and can speak actively	David	36,000yen	46,000yen	May 13, 2024 ~ March 10, 2025
Wednesday 11:00~12:30	Elementary (16)	Junior High level English	James	36,000yen	46,000yen	May 15, 2024 ~ Jan 22, 2025
Wednesday 13:30~15:00	Introductory (16)	Those who have studied English conversation a little	James	36,000yen	46,000yen	May 15, 2024 ~ Jan 22, 2025
Wednesday 15:15~16:45	Elementary (16)	Those who have English proficiency of EIKEN level 2 and can speak actively	James	36,000yen	46,000yen	May 15, 2024 ~ Jan 22, 2025

\*Supporting members : a separate fee of 3,000 yen is required as a membership fee for the fiscal year 2024. \*\*Textbooks are required(to be purchased separately).

Application : Please send an e-mail to nia@nishi.or.jp with your name, postal code, address, a telephone number where you can be reached, and which course you'd like to take (only one).

Note : **Applications are not accepted on a first-come, first-served basis.** If there are too many applications, a lottery will be held.



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HPアドレス <http://www.frente-nishinomiya.com/>  
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- 設立年月日：昭和40年10月27日
- 事業内容：○建物管理運営事業 ○住宅管理運営事業 ○環境施設管理事業  
○不動産ファンドマネジメント事業 ○その他の事業

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# Looking Back on Our Activities in a year

## NIA Activity Digest for the Fiscal Year, 2023

Nishinomiya City International Association (NiA) has conducted various projects during fiscal year 2023.

### April

"Nishinomiya City News" No. 263 & 264 published by the Nishinomiya English Interpretation & Translation Volunteer Group.

- 1<sup>st</sup> One-on-one Japanese lessons by the Nishinomiya Volunteer Japanese Teaching Group (90 minutes, once a week through the end of March)
- 1<sup>st</sup> Sakura FM program "Bridges across World Communities" began. (1<sup>st</sup> Sat, Chinese; 2<sup>nd</sup> & 4<sup>th</sup> Sat, English; 3<sup>rd</sup> Sat, Portuguese. All from 12:00 noon 12:15)



- 1<sup>st</sup> International Kids Club : "Cherry Blossom Viewing"
- 10<sup>th</sup> *Fudebako*, a class to help children of multicultural backgrounds with their school studies began. JR Nishinomiya class on Mondays (goes until January)
- 15<sup>th</sup> Sakura FM program "Genki Jirushi Kokusai Koryu" began (3<sup>rd</sup> & 4<sup>th</sup> Saturdays every month, 11:30-11:50)
- 16<sup>th</sup> Japanese language classes on Sundays and Thursdays (14:00-15:30, goes until March)
- 17<sup>th</sup>-24<sup>th</sup> Lot-et-Garrone & Agen Week; 23<sup>rd</sup> Let's Enjoy Chatting in French
- 19<sup>th</sup> *Fudebako* Takasu class on Mondays began (goes until March).

### July

"Nishinomiya City News" No.269 & 270 published  
1<sup>st</sup> Cultural Exchange program "Yukata Day"



- 1<sup>st</sup> International Kids Club : "Calisthenics for Parents and Children"
- 1<sup>st</sup> First Aid Workshop for Foreigners
- 15<sup>th</sup> Chikyukko Club: "America"
- 22<sup>nd</sup> International Exchange Café
- 23<sup>rd</sup> Free Consultation Service on Residential Status for Foreigners

### May

"Nishinomiya City News" No.265 & 266 published

- 7<sup>th</sup> *Hanaso, Manabo Nihongo* (Let's Speak and Learn Japanese for Living, online course) began. (Sundays, 10:00-11:30 through July 9. 10 classes in all)
- 8<sup>th</sup> The first term of "Japanese Language Course for Foreigners" began. (Mondays, 18:30-20:00. Through July 10, 10 classes in all)
- 9<sup>th</sup> English conversation classes by native English speakers began (Introductory, Elementary, Intermediate and Kids courses). 30 classes on Mondays and Fridays
- 9<sup>th</sup> Dispatched volunteer teachers to Japanese classes organized by the city's Board of Education (once a week through March).
- 10<sup>th</sup> International Kids Club : "Let's Enjoy Ethnic Music with Robbin"
- 11<sup>th</sup> *Nihongo Nakayoshi Hiroba* (after-school Japanese class for foreign children and their parents) began. Spring semester on Thursdays, 16:00-17:30
- 14<sup>th</sup> Free Consultation Service for Foreigners on legal and other issues
- 20<sup>th</sup> Chikyukko Club held orientation.
- 20<sup>th</sup> Spanish Chat Club: "Barcelona Today"

### June

"Nishinomiya City News" No.267 & 268 published

- 3<sup>rd</sup> & 4<sup>th</sup> Homestay families accept foreign students (each weekend in June)
- 4<sup>th</sup> Creating a regional Japanese language education system, "Training to support Foreigners' Japanese Language Learning in the Northern Pat of the City" (thru July 23)
- 17<sup>th</sup> Chikyukko Club: "Canada"
- 24<sup>th</sup> Food Culture Exchange program "Picnic Lunch Box"

### August

Nishinomiya City News" No.271 & 272 published

- 5<sup>th</sup> & 6<sup>th</sup> NIA participated in the Takasu local Festival



Nishinomiya City International Association Newsletter / *Fureai Tsushin*

**September**

“Nishinomiya City News” No.273 & 274 published  
10<sup>th</sup> Free Consultation Service on Residential Status for Foreigners

- 14<sup>th</sup> Disaster Prevention Class for foreign students at Kwansei Gakuin University
- 14<sup>th</sup> *Nihongo Oshaberi Hiroba* (Japanese Language Chat Square for Foreigners) began. (Thursdays, 10:30-12:00 thru Nov 16<sup>th</sup>. 10 classes in all)
- 16<sup>th</sup> Chikyukko Club: “Singapore”
- 24<sup>th</sup> *Hanaso, Manabo Nihongo* (Speak and Learn Japanese for Living, online course) (Sundays, 10:00-11:30 thru Nov 26).
- 25<sup>th</sup> The second term of “Japanese Language Course for Foreigners” began. (Mondays, 18:30-20:00 thru December 4. 10 classes in all.)

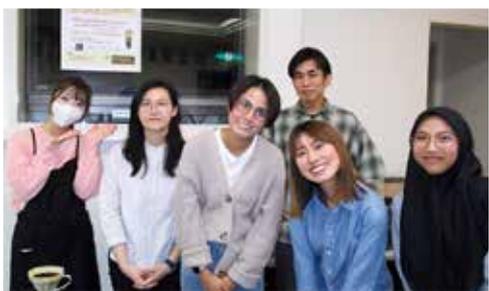


25<sup>th</sup>-Oct 2 Londrina Week: Talk Special  
30<sup>th</sup> Cultural Exchange program: “What kind of country is Singapore?”

**October**

“Nishinomiya City News” No.275 & 276 published

- 2<sup>nd</sup> Introductory Chinese Conversation course began. (Mondays, 18:00-19:30, thru Dec 10. 10 classes in all.)
- 14<sup>th</sup> International Kids Club: “Halloween Party”
- 15<sup>th</sup> Spanish Chat Club “Let’s Get to Know Uruguay, South America.”
- 21<sup>st</sup> Chikyukko Club: “Venezuela”
- 21<sup>st</sup> International café “NIA Café Katsu”



28<sup>th</sup> NIA participated in the 48<sup>th</sup> Nishinomiya Citizens’ Festival



**November**

“Nishinomiya City News” No.277 & 278 published

- 4<sup>th</sup> & 5<sup>th</sup> Homestay families accept foreign students (each weekend in Nov)
- 4<sup>th</sup> Joined the 9<sup>th</sup> World Rainbow Festival (Collaboration among 6 organizations, such as Prefectural Board of Education and Kwansei Gakuin Univ.)
- 11<sup>th</sup> International Kids Club: “Calisthenics for Parents and Children”
- 18<sup>th</sup> Chikyukko Club: “China”
- 25<sup>th</sup> Cultural Exchange program: “Experience *Maccha*”
- 26<sup>th</sup> Free Consultation Service for Foreigners on legal and other issues
- 26<sup>th</sup> Food Culture Exchange program: “Japanese Seasonal Dishes in Autumn”
- 27<sup>th</sup>-Dec 4 Shaoxing Week with “Enjoy Chatting in Chinese” and special lectures

**December**

“Nishinomiya City News” No.279 & 280 published

9<sup>th</sup> International Kids Club “Christmas party”



- 10<sup>th</sup> First Aid Training for Foreigners
- 16<sup>th</sup> Chikyukko Club prepared for International Exchange Day



**2024~**

**January**

15<sup>th</sup> Japanese Language Course for Foreigners (Mondays, 18:30-20:00, thru March 25. 10 classes in all)

- 20<sup>th</sup> Chikyukko Club rehearsed for the 28<sup>th</sup> International Exchange Day
- 20<sup>th</sup> Cultural Exchange program: “Kimono Day”
- 21<sup>st</sup> Free Consultation Service on Residential Status for Foreigners
- 27<sup>th</sup> International Kids Club: “Yoga for Children and Parents”

**February**

“Nishinomiya City News” No.281 & 282 published

- 13<sup>th</sup> NATS (Nishinomiya, Amagasaki, Toyonaka Suita) held a cooperative training on how to help foreigners in times of disaster.
- 18<sup>th</sup> Spanish Chatting Club “Argentine, A Country of Wealth”
- 25<sup>th</sup> Food Culture Exchange program: “Brazilian Cuisine”

**March**

“Nishinomiya City News” No.283 & 284 published

- 2<sup>nd</sup> International Kids Club: “Tsumami Zaiku Craft”
- 2<sup>nd</sup> Cultural Exchange program: Flower Arrangement
- 6<sup>th</sup>-13<sup>th</sup> Spokane Week with a special lecture
- 16<sup>th</sup> Lecture for International Understanding, “Our Relationship with the People of Bangladesh”
- 17<sup>th</sup> Free Consultation Service on Residential Status for Foreigners
- 29<sup>th</sup> Disaster Prevention Class for International Students (Kwansei Gakuin Univ.)