



Kaleidoscope

MEGURO



Vol.
14

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Interview with Our International Residents Stephan & Troy

Stephan Van Der Walt (R) and Troy Callander (L) both work for Tokyo Gas and play on the company's rugby team. Stephan is from Australia and Troy from New Zealand – “I am Kiwi” as Troy proclaimed. They came to Japan about a year ago. They live in Nakameguro and occasionally join MIFA's Japanese Conversation Salon to practice Japanese, which is how we first met them. On a beautiful Saturday morning, we watched them practice rugby before sitting down for a chat.



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On Life in Japan

Stephan finds it quiet and orderly here compared to Australia. People are nice and interested in what he does. He has made some nice friends who take him out and show him around. However, since there are fewer English-speaking Japanese than Stephan had anticipated, it took him some time to initially adjust to life in Japan.

Troy's biggest surprise when he first came was how helpful people are. Back in New Zealand there is a lot of self-service in shops and restaurants.

Being over 190 cm in height, they sometimes bump their heads against the handrail on the bus ceiling and the hood over the stove. They find it interesting that people wear suits to work even in the heat of summer. But when Stephan hopped on the train during Golden Week and found people in casual clothing instead, he was surprised again. Meanwhile, Troy is amazed at the contrast between the suit-wearing norm here and the common attire of shorts, socks, and jandals (=sandals)

in New Zealand.

While they still face the language barrier, it does not hinder their play on the rugby field. Their coaches speak mainly Japanese. But since the technical terms are the same as in English, and a lot of the same Japanese words are repeatedly used, they can manage to follow the instruction. They also get help from English-speaking Japanese players and staff when necessary.

On Food in Japan

They love Japanese food. Troy's favorite is sushi and sashimi. They both love yakiniku. Since they eat a lot, when they show up together at their neighborhood all-you-can-eat yakiniku restaurant, they would get a sad look from the staff :) They can get from supermarkets a lot of the food they eat back home, with some differences - more rye bread here versus sourdough and wholewheat

bread in Australia. Besides, since they eat a lot of bread, they usually go to a bakery to get a whole loaf instead of a supermarket which only sells it in slices.

On Life as a Foreigner in Meguro

They both love living in Nakameguro, especially because of the numerous cafes and great restaurants.

Stephan finds Meguro a great place to raise his baby girl. He found an international hospital which takes care of his daughter's medical needs without the language barrier. Furthermore, it is so safe that his wife can go out alone. He is amazed at how little kids commute to school on their own.

On Rugby in Japan

They find rugby in Japan to be similar to Australia and New Zealand - Japanese players are equally strong and have adopted a lot of the Kiwi style of play. They are impressed by the improvement the Japanese team has made, and think Japan will do well and may surprise us in the World Cup this year.



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Playtime with Japanese teammates in an ice tub.

Let's speak Japanese

Introducing MIFA's one-on-one Japanese Conversation Salon



Mr. Sakai (L), Erin (C), Mr. Komatsu (R)

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Do you want an opportunity to practice speaking Japanese?

You can learn natural Japanese conversation at MIFA Japanese Conversation Salon.

Most of the Japanese volunteers (teachers) at the salon have experience living abroad or experience communicating with foreigners.

They know the kinds of difficult situations foreigners encounter in Japan because of language barrier. So, they can effectively assist you in learning useful and practical Japanese. You'll be surprised to know that you share so much in common with the volunteers.

Learners mainly come from Asian countries such as China, Taiwan, and Vietnam, but there are also other nationalities such as Europe,

America, and Africa. Learners are of various age groups and Japanese proficiency levels.

Interview with the learner and Japanese volunteers

Interviewer: How did you learn about this salon?

Erin (from Taiwan): My friend told me about this salon. The conversation practice alone at my Japanese language school was not enough.

Mr. Komatsu (Volunteer): The learners

often search on the internet about how to learn Japanese, and then decided to come to this salon.

Interviewer: What do you pay attention to when talking with foreigners at this salon?

Mr. Komatsu: I make sure I speak slowly. Instead of teaching, I focus on helping them to learn Japanese while having an enjoyable conversation with each other.

Mr. Sakai (Volunteer): I think it's important to be patient. I try not to rush them to give an answer.

Interviewer: Please say a few words to those who want to participate.

Mr. Komatsu: You can enjoy learning even if you only speak a little Japanese.

Erin: At this salon, I can learn not only Japanese but also the culture and lifestyle. Every time I come here, I have the motivation to further improve my Japanese.

Mr. Sakai: We're excited to talk about different topics at the salon. There are also events where members can get acquainted with each other, such as a party at the end of the year.

Let's talk us about your country and yourself in MIFA Japanese Conversation Salon and improve your Japanese!! We are looking forward to meeting you!

Information about this salon

Time: Wednesday 10:00-11:20 / 13:10-14:30 / 15:00-16:20 Thursday 19:00-20:15

Lesson Fee: 500 yen/5 lessons for member 200 yen/1 lesson for visitor

Membership Fee: 1,000 yen/year (500 yen for students)

Place: Meguro City Office Complex's Annex 5F / Meguro International Friendship Association (MIFA)

Please visit MIFA website for details (see p.4)

* During the first lesson we explain about the salon and ask you your purpose of learning Japanese.

Meguro Kumin Matsuri (Meguro City Festival)



There will be stage performance and local product fair at this event. In addition, a limited number of Pacific sauries delivered from Kesenuma City, Miyagi Prefecture, which is a sister city of Meguro, will be grilled and served for free with kabosu orange (citrus fruit) from Usuki City, Oita Prefecture.

Meguro Sanma Matsuri opens at 10:10 (until saury stock runs out)

You will be asked to put on a wrist band when you line up. You will not receive sanma

(saury) coupon without the wrist band.

Even if you come in a group, all the member of the group will have to line up and not just one representative.

For Further Information, contact with Meguro Kumin Matsuri Executive Committee Office
Tel:03-5722-9278 (Japanese only)

Date & Time: Sep. 15 (Sun) 10:00-15:00
(Omatsuri Hiroba starts at 9:30)

Place: Dendo Square Park (1-25-8 Meguro)



The residence of Marquis Maeda Toshinari



Appreciating noble life at the residence of Marquis Maeda Toshinari and relaxing in Komaba park!

Marquis Maeda Old House is preserved in Komaba Park. Western style house is designed like a British country house and has been designated as an important national cultural property along with Japanese style house since 2013. Inside of these houses you can imagine the life of Japanese aristocrats in the first half of the 20th century.

Komaba park is located in a quiet residential area, eight minutes from west exit of Komaba todaimae station of Keio Inokashira Line. Beautiful cherry blossoms can be seen on the front yard in March and April, and brilliant autumn leaves can be viewed on the back yard in November and December.



Maeda feudal clan was one of the biggest that was governed by Tokugawa shogun in Edo era. Marquis Maeda, grandson of the last feudal clan lord came to Komaba from Bunkyo City of Tokyo. Built in 1927 and 1930, the houses were used for treating foreign and domestic guests and also used by Maeda family. Both Western and Japanese style gorgeous houses are opened to public free of charge now. You can have relaxing time in the houses and the green park.

Address: 4-3-55, Komaba, Meguro-ku

Opening hours and dates

Western style house:

From 9:00 to 16:30, Wednesday through Sunday except from December 29th through January 3rd.

Japanese style house:

From 9:00 to 16:00, Tuesday through Sunday except from December 28th through January 4th.

TEL: Western style house 03-3466-5150
Japanese style house 03-3460-6725
(both Japanese only)

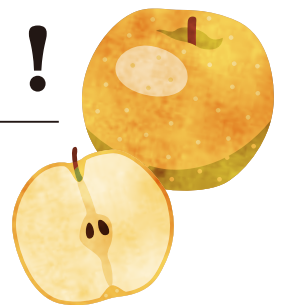
Enjoy the Flavor of Japan's Autumn - Fruits !

There are various kinds of autumn flavors in Japan. *Sanma* (saury) is a popular autumn food, but it is just a part of them. You might say that the king of autumn flavor is fruit! This time, we would like to introduce *Nashi*, which is one of the most typical and popular Japanese fruits.

Nashi is a kind of pear, but the shape and scent are totally different from those of western pears. It looks like an apple and they generally come in two colors, pale brown

and green. You can enjoy the crunchy, juicy and fresh smell of the fruit, which differs according to the varieties. "Kosui" is the most popular type of brown *nashi* which is big and gives off a sweet smell. "Nijyuseiki" is said to be the green *nashi* which represents its variety for its sweet and sour taste. In Japan, there are currently over 20 varieties of *nashi* available in the market and roughly 250,000 tons of *nashi* were produced in 2016. Chiba is the prefecture producing the largest quantity of *nashi* in Japan, which produces 30,000 tons annually.

Nashi has a long history, which started over 2,000 years ago. According to the oldest written evidence, Emperor Jito's order mentioned *nashi* in 693. In the 18th century, there were over 150 varieties of *nashi*! The best season for fruits is just around the corner. Let's enjoy Japanese fruits, which are famous and are sometimes described as jewels due to their fine quality.



Be Kind to Animals Week

The "Be Kind to Animals Week" will be between September 20th and 29th this year. Let's keep pets with love and responsibility through their lifetime.

<Pet owner's responsibilities>

- Get your pet sterilized and castrated if you don't want to breed it.
- Make sure that your dog wears a license tag and ensure to have it vaccinated against the rabies every year.
- Evacuate with your pet at the time of natural disasters (prepare foods and drinks to survive for more than 5 days and a basket or cage).
- Leash your dog, wash away the urine and bring back the excrement while you take it for a walk.
- Keep your cat indoors.



Meguro City will hold events related to the "Be Kind to Animals Week" as follows:

Event	Date and time	Place
Panel display	Sep. 20(Fri) - 29 (Sun)	West entrance lobby, 1st floor, Meguro City Office Complex
Consultation by veterinary	Sep. 25(Wed)・27 (Fri)	

Please visit these events if you are interested in them. Pets are not allowed to be accompanied.

For details, contact Sanitation Section at 03-5722-9505 (Japanese only).

Tuberculosis Prevention Week

The Tuberculosis (TB) prevention week will be between September 24th and 30th this year. The key to protect your precious people such as family and friends and yourself from the disease is to attend an annual medical checkup, even if you don't have any signs or



symptoms of the disease. Attending the yearly chest X-rays screening is highly recommended, because it allows you to be diagnosed and receive the proper treatment in the early stages.

"What is TB?"

TB is caused by bacteria (Mycobacterium tuberculosis). TB is preventable and curable because of the development of effective medical treatment and antimicrobial drugs. However, TB is still one of the most serious infectious disease in Japan, around 50 people are found with this disease every day.

"When should I go see a doctor?"

The symptoms might be too mild to be

noticed during the early stage. It also resembles with the symptoms of a cold, which can lead to delays in diagnosis. When you have a mild fever, cough, sneeze or sputum for over two weeks, it might be a sign of TB and you should go see a doctor.

Meguro City will hold Tuberculosis prevention posters exhibition as follows

Date and time:

Sep. 24 (Tue) 10:00 – 17:30

Sep. 25 (Wed) to 29 (Sun) 8:30 – 17:30

Sep. 30 (Mon) 8:30 – 15:30

Location: West entrance lobby, 1st floor, Meguro City Office Complex

Life in Tokyo
Website for Foreign Residents in Tokyo

www.lifein.tokyo.jp/en/

JAPANESE ENGLISH

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Foreign Residents Information Desk

03-5722-9187
English

www.city.meguro.tokyo.jp/multi/index.html

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MIFA
Meguro International Friendship Association

<http://mifa.jp/en/>

Kaleidoscope MEGURO aims to embrace diversity and promote intercultural harmony.

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